

# BERGEN NEW JERSEY *County*

James J. Tedesco III  
County Executive

and the

## BOARD OF COUNTY COMMISSIONERS

DEPARTMENT OF HUMAN SERVICES  
Melissa H. DeBartolo, Esq.  
Director

DIVISION OF SENIOR SERVICES  
Lorraine Joewono  
Director



## For Your Information...

### KEY TELEPHONE NUMBERS

Division of Senior Services  
Bergen ADRC (formerly NJ EASE)  
(201) 336-7400  
1-(877) 222-3737

Meals on Wheels  
(201) 336-7420

Bergen County Housing Authority  
(201) 336-7600

Community Transportation  
(201) 368-5955

Division of Disability Services  
(201) 336-6500

Bergen County  
Board of Social Services  
(201) 368-4200

### WALLINGTON SENIOR ACTIVITY CENTER

24 Union Boulevard  
Wallington, NJ 07057  
Phone: (973) 777-5815 • Fax (973) 777-5134

[WallingtonCenter@co.bergen.nj.us](mailto:WallingtonCenter@co.bergen.nj.us)

Open: Monday - Friday 8:00AM - 3:30PM

# BERGEN NEW JERSEY *County*

James J. Tedesco III, County Executive

**WALLINGTON ACTIVITY CENTER**  
**Bergen County Department of Human Services**  
**Division of Senior Services/ADRC**  
**JANUARY 2023**

January 2	New Year's Day Observed - Center Closed	
January 4	Trivia Day Celebration	
January 9	Blood Pressure Screening with Lisa Lupetti BSN, RN, CHFNP	10:00 AM
January 16	Martin Luther King Day - Center Closed	
January 18	Snowman Month Craft	12:00 PM
January 23	Blood Pressure Screening with Lisa Lupetti BSN, RN, CHFNP	10:00 AM

## Join Us for a Movie Every Monday at 12:15 p.m.

*The Wallington Senior Activity Center activities and programs are funded by the Bergen County, Division of Senior Services through the Older Americans Act, and*



Bergen County Division of Senior Services supports and promotes diverse and inclusive communities, and does not discriminate based on age, color, creed, gender, gender identity, mental or physical disability, national origin, political affiliation, race or sexual orientation in its provision of services or employment

On behalf of the County of Bergen, we thank you for your patience during the Covid-19 pandemic. At this time, the County has lifted most restrictions related to Covid-19, but will continue to require health screenings upon entrance to the centers. Masks are now optional throughout the centers. Masks are still required on the bus for those who are unvaccinated, although it is preferable for all to wear a mask when on the bus. Meals will return to congregate setting, and there will no longer be a Grab & Go option. We look forward to seeing you again as we resume all regular activities. If you have any questions, kindly contact your center directly at (973) 777-5815.

**MONDAY**

**TUESDAY**

**WEDNESDAY**

**THURSDAY**

**FRIDAY**

<p>2</p> <p><b>CLOSED</b> <b>NEW YEAR'S DAY 2023 OBSERVED</b></p> 	<p>3</p> <p>10:30 CHAIR YOGA 11:30 LUNCH SERVED 12:00 ACTIVE SENIOR EXERCISE 1:00 BOARD GAMES</p> <p><b>Meatloaf with Gravy</b></p>	<p>4</p> <p>8:00 WALMART SHOPPING 10:00 KNITTING &amp; CROCHETING 10:30 CHAIR STRENGTH TRAINING 11:30 LUNCH SERVED 12:15 ARTS &amp; CRAFTS</p> <p><b>TRIVIA DAY CELEBRATION</b> <b>Baked Fish w/garlic lemon sauce</b></p>	<p>5</p> <p>8:00 SHOP RITE SHOPPING 10:30 CHAIR YOGA 11:30 LUNCH SERVED 12:00 ACTIVE SENIOR EXERCISE 1:00 PUZZLES</p> <p><b>BBQ Pulled Pork with Sauce</b></p>	<p>6</p> <p>10:00 KNITTING &amp; CROCHETING 10:30 INFORMAL ART- PAINTING 11:30 LUNCH SERVED 12:00 BINGO</p> <p><b>Roasted Chicken Leg With Cacciatore Sauce</b></p>
<p>9</p> <p>10:00 <b>BLOOD PRESSURE SCREENING</b> 10:30 STRETCH &amp; FLEX 11:30 LUNCH SERVED 12:15 <b>MOVIE</b></p> <p><b>Tuna and Bowtie Salad</b></p>	<p>10</p> <p>10:30 CHAIR YOGA 11:30 LUNCH SERVED 12:00 ACTIVE SENIOR EXERCISE 1:00 BOARD GAMES</p> <p><b>Balsamic Breaded Chicken Breast</b></p>	<p>11</p> <p>8:00 WALMART SHOPPING 10:00 KNITTING &amp; CROCHETING 10:30 CHAIR STRENGTH TRAINING 11:30 LUNCH SERVED 12:15 ARTS &amp; CRAFTS</p> <p><b>Hamburger</b></p>	<p>1</p> <p>8:00 SHOP RITE SHOPPING 10:30 CHAIR YOGA 11:30 LUNCH SERVED 12:00 ACTIVE SENIOR EXERCISE 1:00 PUZZLES</p> <p><b>Sliced Turkey with Gravy</b></p>	<p>13</p> <p>10:00 KNITTING &amp; CROCHETING 10:30 INFORMAL ART- PAINTING 11:30 LUNCH SERVED 12:00 BINGO</p> <p><b>Italian Meatballs</b></p>
<p>16</p> <p><b>Martin Luther King Day</b> <b>Center Closed</b></p>	<p>17</p> <p>10:30 CHAIR YOGA 11:30 LUNCH SERVED 12:00 ACTIVE SENIOR EXERCISE 1:00 BOARD GAMES</p> <p><b>Pork Chop with Cinnamon Apple Glaze</b></p>	<p>18</p> <p>8:00 WALMART SHOPPING 10:00 KNITTING &amp; CROCHETING 10:30 CHAIR STRENGTH TRAINING 11:30 LUNCH SERVED 12:15 ARTS &amp; CRAFTS</p> <p><b>SNOWMAN MONTH CRAFT</b> <b>Orange Chicken</b></p>	<p>19</p> <p>8:00 SHOP RITE SHOPPING 10:30 CHAIR YOGA 11:30 LUNCH SERVED 12:00 ACTIVE SENIOR EXERCISE 1:00 PUZZLES</p> <p><b>WW Rotini w/ Turkey Sausage Peppers, Onions &amp; Sauce</b></p>	<p>20</p> <p>10:00 KNITTING &amp; CROCHETING 10:30 INFORMAL ART- PAINTING 11:30 LUNCH SERVED 12:00 BINGO</p> <p><b>Pepper Steak</b></p>
<p>23</p> <p>10:00 <b>BLOOD PRESSURE SCREENING</b> 10:30 STRETCH &amp; FLEX 11:30 LUNCH SERVED 12:15 <b>MOVIE</b></p> <p><b>Chicken Chow Mein</b></p>	<p>24</p> <p>10:30 CHAIR YOGA 11:30 LUNCH SERVED 12:00 ACTIVE SENIOR EXERCISE 1:00 BOARD GAMES</p> <p><b>Salisbury Steak with Gravy</b></p>	<p>25</p> <p>8:00 WALMART SHOPPING 10:00 KNITTING &amp; CROCHETING 10:30 CHAIR STRENGTH TRAINING 11:30 LUNCH SERVED 12:15 ARTS &amp; CRAFTS</p> <p><b>Tuna Salad w/ Lettuce Leaf</b></p>	<p>26</p> <p>8:00 SHOP RITE SHOPPING 10:30 CHAIR YOGA 11:30 LUNCH SERVED 12:00 ACTIVE SENIOR EXERCISE 1:00 PUZZLES</p> <p><b>Cheese &amp; Spinach Lasagna</b></p>	<p>27</p> <p>10:00 KNITTING &amp; CROCHETING 10:30 NFORMAL ART- PAINTING 11:30 LUNCH SERVED 12:00 BINGO</p> <p><b>Chicken Marsala</b></p>
<p>30</p> <p>10:30 STRETCH &amp; FLEX 11:30 LUNCH SERVED 12:15 <b>MOVIE</b></p> <p><b>Egg Salad on Lettuce Leaf</b></p>	<p>31</p> <p>10:30 CHAIR YOGA 11:30 LUNCH SERVED 12:00 ACTIVE SENIOR EXERCISE 1:00 BOARD GAMES</p> <p><b>Korean BBQ Chicken Leg</b></p>			<p><b>Suggested Donation</b></p> <p><b>\$1.25</b></p>