

BERGEN NEW JERSEY County

James J. Tedesco III
County Executive

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DEPARTMENT OF HUMAN SERVICES
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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

Agata Dressler, Director
24 Union Boulevard
Wallington, NJ, ZIP
Phone: 973-777-5815 • Fax (973-777-5134)

WallingtonCenter@co.bergen.nj.us

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

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WALLINGTON SENIOR ACTIVITY CENTER Bergen County Department of Human Services Division of Senior Services/ADRC February 2024

February 2	National Wear Red Day - Wear Something Red	
February 5	Happy Birthday Facebook w/ Cesar Guerra Director of Information Technology Department	11:45AM
February 7	60th Anniversary of Beatles Arrival in the United States Beatles All Day - Bring Any Memorabilia	
February 14	Heart Health Presentation w/ Bergen County Health Services	11:30AM
February 15	Fat Thursday - Special Treat	
February 19	President's Day- Center Closed	CLOSED
February 20	National Love Your Pet Day- Bring a Picture Of Your Pet Presentation w/ Laura Checki	11:30 AM
February 21	Health, Skin & Nutrition w/ Josefina Santa Romana MS Clinical Dietician	11:30AM
February 21	Total Brain Health - It Is Brain Training Program Challenges Daily Thinking Skills Promotes Cognitive Vitality and Improves Mood w/ Agata & Dorene	12:00PM
February 26	Heart Health Awareness Month - Hands-Only CPR Class Limited Seating - MUST PREREGISTER 973-777-5815	9:30 AM- 10:30 AM
February 28	Jeopardy Game w/ Agata & Dorene	12:00PM
February 28	Don't be a Victim w/ Joel Schneider	11:30AM

The Senior Activity Center activities and programs are funded by the Bergen County, Division of Senior Services through the Older Americans Act, and are available at no charge for Bergen County residents 60 years old and over.



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 practices.



AMERICAN HEART MONTH FEATURING

BERGEN COUNTY
HEALTH SERVICES:

LIFE'S ESSENTIAL EIGHT
HEART HEALTH PRESENTATION

For the month of February, Bergen County Health Services will present at all ten county-operated centers.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><u>FAT TUESDAY</u></p> 	<p>Wishing you strength and luck in the Year of the Dragon!</p> 		<p>1 8:00 WALMART SHOPPING 10:00 KNITTING & CROCHETING 10:30 CHAIR STRENGTH TRAINING 11:30 LUNCH SERVED 12:15 ARTS & CRAFTS</p> <p>Chicken Piccata</p>	<p>2 <u>NATIONAL WEAR RED DAY</u> 10:00 SENIOR FITNESS 10:00 KNITTING & CROCHETING 10:30 INFORMAL ART- PAINTING 11:30 LUNCH SERVED 12:00 BINGO</p> <p>Ham Steak</p>
<p>5 10:00 KNITTING & CROCHETING 10:30 ZUMBA GOLD 11:30 LUNCH SERVED 11:45 <u>HAPPY BDAY FACEBOOK PRESENTATION</u> 12:15 <u>MOVIE</u></p> <p>Homestyle Meatloaf w/ Gravy</p>	<p>6 10:30 CHAIR YOGA 11:30 LUNCH SERVED 12:00 LINE DANCING 12:00 <u>DIAMOND ART</u></p> <p>Turkey & Swiss</p>	<p>7 <u>BEATLES ANNIVERSARY</u> 8:00 WALMART SHOPPING 10:00 KNITTING & CROCHETING 10:30 CHAIR STRENGTH TRAINING 11:30 LUNCH SERVED 12:15 ARTS & CRAFTS</p> <p>Korean BBQ Chicken Leg</p>	<p>8 8:00 WALMART SHOPPING 10:00 KNITTING & CROCHETING 10:30 CHAIR STRENGTH TRAINING 11:30 LUNCH SERVED 12:15 ARTS & CRAFTS</p> <p>Pulled Pork</p>	<p>9 10:00 SENIOR FITNESS 10:00 KNITTING & CROCHETING 10:30 INFORMAL ART- PAINTING 11:30 LUNCH SERVED 12:00 BINGO</p> <p>Pepper Steak</p>
<p>12 10:00 KNITTING & CROCHETING 10:30 ZUMBA GOLD 11:30 LUNCH SERVED 12:15 <u>MOVIE</u></p> <p>Egg Salad on Pumpnickel</p>	<p>13 10:30 CHAIR YOGA 11:30 LUNCH SERVED 12:00 LINE DANCING 12:00 <u>DIAMOND ART</u></p> <p>Chicken Marsala</p>	<p>14 <u>VALENTINE'S DAY</u> 8:00 WALMART SHOPPING 10:00 KNITTING & CROCHETING 10:30 CHAIR STRENGTH TRAINING 11:30 LUNCH SERVED 11:30 HEART HEALTH PRESENTATION 12:15 ARTS & CRAFTS</p> <p>Eggplant Rollatini</p>	<p>15 <u>FAT THURSDAY</u> 8:00 WALMART SHOPPING 10:00 KNITTING & CROCHETING 10:30 CHAIR STRENGTH TRAINING 11:30 LUNCH SERVED 12:15 ARTS & CRAFTS</p> <p>Cheeseburger</p>	<p>16 10:00 SENIOR FITNESS 10:00 KNITTING & CROCHETING 10:30 INFORMAL ART- PAINTING 11:30 LUNCH SERVED 12:00 BINGO</p> <p>Beer Battered Fish</p>
<p>19  CENTER CLOSED President's Day </p>	<p>20 <u>NATIONAL LOVE YOUR PET DAY</u> 10:30 CHAIR YOGA 11:30 PET PRESENTATION 11:30 LUNCH SERVED 12:00 LINE DANCING 12:00 <u>DIAMOND ART</u></p> <p>Roast Turkey Sandwich w/ Cheddar</p>	<p>21 8:00 WALMART SHOPPING 10:00 KNITTING & CROCHETING 10:30 CHAIR STRENGTH TRAINING 11:30 NUTRITON PRESENTATION 11:30 LUNCH SERVED 12:00 TOTAL BRAIN HEALTH 12:15 ARTS & CRAFTS</p> <p>Pork Loin w/ Gravy</p>	<p>22 8:00 WALMART SHOPPING 10:00 KNITTING & CROCHETING 10:30 CHAIR STRENGTH TRAINING 11:30 LUNCH SERVED 12:15 ARTS & CRAFTS</p> <p>Sesame Chicken</p>	<p>23 10:00 SENIOR FITNESS 10:00 KNITTING & CROCHETING 10:30 INFORMAL ART- PAINTING 11:30 LUNCH SERVED 12:00 BINGO</p> <p>Spinach Quiche</p>
<p>26 9:30 <u>CPR CLASS</u> 10:00 KNITTING & CROCHETING 11:30 LUNCH SERVED 12:15 <u>MOVIE</u></p> <p>Stuffed Cabbage</p>	<p>27 10:30 CHAIR YOGA 11:30 LUNCH SERVED 12:00 LINE DANCING 12:00 <u>DIAMOND ART</u></p> <p>Tuna Salad on Whole Wheat</p>	<p>28 8:00 WALMART SHOPPING 10:00 KNITTING & CROCHETING 10:30 CHAIR STRENGTH TRAINING 11:30 LUNCH SERVED 11:30 PRESENTATION: DON'T BE A VICTIM W/ JOEL SCHNEIDER 12:00 <u>JEOPARDY GAME</u> 12:15 ARTS & CRAFTS</p> <p>Chicken Florentine</p>	<p>29 8:00 WALMART SHOPPING 10:00 KNITTING & CROCHETING 10:30 CHAIR STRENGTH TRAINING 11:30 LUNCH SERVED 12:15 ARTS & CRAFTS</p> <p>Cranberry Glazed Turkey Meatballs</p>	<p>Suggested Lunch Donation: \$1.25 Per Meal</p> <p>Please reserve lunch by 11:30 AM the day before</p>