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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

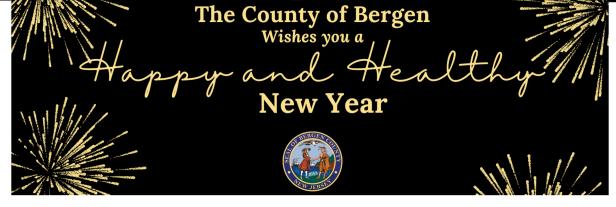
Bergen County Board of Social Services (201) 368-4200

WALLINGTON SENIOR ACTIVITY CENTER

Agata Dressler, Director
24 Union Blvd
Wallington, NJ, 07057
Phone: (973-777-5815 • Fax (973-777-5134

wallingtoncenter@bergencountynj.gov

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





WALLINGTON SENIOR ACTIVITY CENTER Bergen County Department of Human Services Division of Senior Services/ADRC January 2025

January 6	anuary 6 National Bean Day Bean, versatile legume. Nutrition presentation with Stephane Sass MS,RD		
January 8	Medicare Senior Patrol - Information about Medicare Open Enrollment w/ Joel Schneider	11:45 AM	
January 9	Law Enforcement Appreciation Day Coffee with Wallington Police Officers	10:30 AM	
January 10	National Cut your Energy Bill Day Presentation with PSE &G	11:45 AM	
January 13	What is Your Vision for 2025 Vision board project (all Week)	12:15 PM	
January 24	National Compliment Day Share compliments with each other	All Day	
January 28	National Blueberry Pancake Day Making pancakes	10:00 AM - 11:00 AM	
January 28	National Kazoo Day Lets learn to play Yellow Submarine	11:15 AM	
January 29	National Privacy Day Presentation about Cyber Security with Bergen County IT Department	11:45 AM	

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.

WALLINGTON SENIOR ACTIVITY CENTER

January 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Suggested Lunch Donation: \$1.25 Per Meal Please reserve lunch by 11:30 AM the day before		new year	8:00 ShopRite Shopping 9:30 Blood Pressure Screening 10:30 Chair Yoga 12:00 Chair Flow Exercise	3 10:00 Senior Fitness 10:00 Knitting & Crocheting 10:30 Informal Art-Painting 12:00 Bingo
Lunch will Be Served at 11:30 Daily		Center Closed	Chicken Cordon Bleu	Stuffed Cabbage
6 10:00 Knitting & Crocheting 10:30 Zumba Gold 11:45 <u>Presentation for</u> National Bean Day	7 10:30 Chair Yoga 12:00 Line Dancing 12:00 Diamond Art	8 8:00 Walmart Shopping 10:00 Knitting & Crocheting 10:30 Active Adult Exercise 11:45 Medicare Senior Patrol 12:15 Arts & Crafts	9 8:00 ShopRite Shopping 9:30 Law Enforcement Appreciation Day 10:30 Chair Yoga 12:00 Chair Flow Exercise	10 10:00 Senior Fitness 10:00 Knitting & Crocheting 11:00 Informal Art-Painting 11:45 Presentation for National Cut Energy Bill Day 12:00 Bingo
Roast Turkey w/ gravy	Salisbury Steak w/ gravy	Chicken Marsala	Tuna Salad on Spinach	Turkey Chili
13 10:00 Knitting & Crocheting 10:30 Zumba Gold 12:30 What's Your Vision Day	14 10:30 Chair Yoga 12:00 Line Dancing 12:00 Diamond Art	15 8:00 Walmart Shopping 10:00 Knitting & Crocheting 10:30 Active Adult Exercise 12:15 Arts & Crafts	16 8:00 ShopRite Shopping 10:30 Chair Yoga 12:00 Chair Flow Exercise	17 10:00 Senior Fitness 10:00 Knitting & Crocheting 10:30 Informal Art-Painting 12:00 Bingo
	Roast Pork	Pot Roast w/ Gravy	Fish w/ Lemon Pepper Sauce	Chicken Parmesan
MARTIN LUTHER KING DAY	21 10:30 Chair Yoga 12:00 Line Dancing 12:00 Diamond Art	22 8:00 Walmart Shopping 10:00 Knitting & Crocheting 10:30 Active Adult Exercise 12:15 Arts & Crafts	23 8:00 ShopRite Shopping 10:30 Chair Yoga 12:00 Chair Flow Exercise	24 National Complement Day 10:00 Senior Fitness 10:00 Knitting & Crocheting 10:30 Informal Art-Painting 12:00 Bingo
Center Closed	Stewed Beef Tips	Baked Ziti w/ Meatballs	Ham Steak	Meatloaf w/ Gravy
27 10:00 Knitting & Crocheting 10:30 Zumba Gold	9:30 <u>National Blueberry Day</u> 10:30 Chair Yoga 11:30 <u>National Kazoo Day</u> 12:00 Line Dancing 12:00 Diamond Art	8:00 Walmart Shopping 10:00 Knitting & Crocheting 10:30 Active Adult Exercise 11:45 Presentation for National Privacy Day 12:15 Arts & Crafts	30 8:00 ShopRite Shopping 10:30 Chair Yoga 12:00 Chair Flow Exercise	31 10:00 Senior Fitness 10:00 Knitting & Crocheting 10:30 Informal Art-Painting 12:00 Bingo
Cheeseburger	Chicken Salad on Romaine	Sesame Chicken	Vegetable Lasagna	Chicken Kiev