



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 Blvd.
Wallington, NJ, 07057
Phone: (973)-777-5815 • Fax (973)-777-5134

wallingtoncenter@bergencountynj.gov



James J. Tedesco III, County Executive

Wallington Senior Activity Center
Bergen County Department of Human Services
Division of Senior Services/ADRC
August 2025

August 1	Walk In The Park <i>Meet us at Wallington Samuel Nelkin Park for a beautiful walk</i>	9:00AM
August 4	Total Brain Health Class w/ Agata Halat	12:15PM
August 5,12,19,26	Shark Month! <i>Shark movie every week, starting with "Jaws I"</i> <i>Popcorn will be served.</i>	12:00PM
August 8	The Health Benefits Of Zucchini Presentation: w/ Stephane Sass MS,RD	11:45AM
August 11	National Tattoo Day <i>Receive a temporary tattoo & learn the significance of tattoos throughout history</i>	All Day
August 18	Jeopardy w/ Agata Halat	12:15PM
August 21	Celebrating National Senior Day	12:00PM
August 25	Hand Massages w/ Agata Halat	12:00PM

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.



Senior Festival

Thursday, September 18, 2025
Rain Date: Thursday, September 25, 2025
10:00AM - 2:00PM
Van Saun County Park, Paramus



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<p>Suggested Lunch Donation: \$1.25 Per Meal Please reserve lunch by 11:30 AM the day before</p> <p>Lunch will Be Served at 11:30 Daily</p>			<div>1</div> <div>9:00 <u>Walk In The Park</u></div> <div>10:00 Senior Fitness</div> <div>10:00 Knitting & Crocheting</div> <div>11:00 Informal Art-Painting</div> <div>12:00 Bingo</div> <div>Eggplant Rollatini</div>
<div>4</div> <div>10:00 Knitting & Crocheting</div> <div>10:30 Zumba Gold</div> <div>10:00 Diamont Art</div> <div>12:15 <u>Total Brain Health Class</u></div> <div>Roast Turkey with Gravy</div>	<div>5</div> <div>10:30 Chair Yoga</div> <div>12:00 Line Dancing</div> <div>12:00 Diamond Art</div> <div>12:00 Bingo</div> <div>12:15 <u>Shark Month Movie</u></div> <div>Ham Steak with Pineapple</div>	<div>6</div> <div>8:00 Walmart Shopping</div> <div>10:00 Knitting & Crocheting</div> <div>10:30 Active Adult Exercise</div> <div>12:15 Arts & Crafts</div> <div>Chicken Parmesan</div>	<div>7</div> <div>8:00 ShopRite Shopping</div> <div>9:30 <u>Blood Pressure Screening</u></div> <div>10:30 Chair Yoga</div> <div>12:00 Chair Flow Exercise</div> <div>Roast Turkey with Swiss</div>	<div>8</div> <div>10:00 Senior Fitness</div> <div>10:00 Knitting & Crocheting</div> <div>11:00 Informal Art-Painting</div> <div>11:45 <u>Presentation: Health Benefits of Zucchini</u></div> <div>12:00 Bingo</div> <div>Lemon Caper Fish</div>
<div>11</div> <div><u>National Tattoo Day</u></div> <div>10:00 Knitting & Crocheting</div> <div>10:30 Zumba Gold</div> <div>12:00 Diamond Art</div> <div>Herbed Chicken Leg</div>	<div>12</div> <div>10:30 Chair Yoga</div> <div>12:00 Line Dancing</div> <div>12:00 Diamond Art</div> <div>12:00 Bingo</div> <div>12:15 <u>Shark Month Movie</u></div> <div>Stuffed Peppers</div>	<div>13</div> <div>8:00 Walmart Shopping</div> <div>10:00 Knitting & Crocheting</div> <div>10:30 Active Adult Exercise</div> <div>12:15 Arts & Crafts</div> <div>Korean Beef</div>	<div>14</div> <div>8:00 ShopRite Shopping</div> <div>10:30 Chair Yoga</div> <div>12:00 Chair Flow Exercise</div> <div>Egg Salad with Spinach</div>	<div>15</div> <div>10:00 Senior Fitness</div> <div>10:00 Knitting & Crocheting</div> <div>11:00 Informal Art-Painting</div> <div>12:00 Bingo</div> <div>BBQ Pork Sandwich</div>
<div>18</div> <div>10:00 Knitting & Crocheting</div> <div>10:30 Zumba Gold</div> <div>12:00 Diamond Art</div> <div>12:15 <u>Jeopardy</u></div> <div>Italian Beef Meatballs</div>	<div>19</div> <div>10:30 Chair Yoga</div> <div>12:00 Line Dancing</div> <div>12:00 Diamond Art</div> <div>12:00 Bingo</div> <div>12:15 <u>Shark Month Movie</u></div> <div>Seafood Salad</div>	<div>20</div> <div>8:00 Walmart Shopping</div> <div>10:00 Knitting & Crocheting</div> <div>10:30 Active Adult Exercise</div> <div>12:15 Arts & Crafts</div> <div>Sesame Chicken</div>	<div>21</div> <div>8:00 ShopRite Shopping</div> <div>10:30 Chair Yoga</div> <div>12:00 Chair Flow Exercise</div> <div>12:00 <u>National Senior Day Celebration</u></div> <div>Pot Roast with Gravy</div>	<div>22</div> <div>10:00 Senior Fitness</div> <div>10:00 Knitting & Crocheting</div> <div>11:00 Informal Art-Painting</div> <div>12:00 Bingo</div> <div>Stuffed Cabbage</div>
<div>25</div> <div>10:00 Knitting & Crocheting</div> <div>10:30 Zumba Gold</div> <div>12:00 Diamond Art</div> <div>12:00 <u>Hand Massages</u></div> <div>Chicken Cordon Bleu</div>	<div>26</div> <div>10:30 Chair Yoga</div> <div>12:00 Line Dancing</div> <div>12:00 Diamond Art</div> <div>12:00 Bingo</div> <div>12:15 <u>Shark Month Movie</u></div> <div>Cheeseburger</div>	<div>27</div> <div>8:00 Walmart Shopping</div> <div>10:00 Knitting & Crocheting</div> <div>10:30 Active Adult Exercise</div> <div>12:15 Arts & Crafts</div> <div>Tuna Noodle Salad</div>	<div>28</div> <div>8:00 ShopRite Shopping</div> <div>10:30 Chair Yoga</div> <div>12:00 Chair Flow Exercise</div> <div>Beef Hot Dogs</div>	<div>29</div> <div>10:00 Senior Fitness</div> <div>10:00 Knitting & Crocheting</div> <div>11:00 Informal Art-Painting</div> <div>12:00 Bingo</div> <div>Crab Cakes</div>