



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  
wallingtocenter@bergencountynj.gov

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**  
**October 2025**

October 3	Walk in the Park at Samuel Nelkin County Park	9:00AM
October 6	Class: Total Brain Health w/ Agata Halat	12:15PM
October 7,14,21,28	Spooky Movies & Snack Bar	12:00PM-2:00PM
October 9	Trip to McFaul Environmental Center Enjoy a presentation about Apple Cidering <b>Registration Required, Limited Seating.</b>	12:00PM-3:00PM
October 10,16,23	Witch Dance Practice Join the Halloween Craze and learn the Witch Dance	1:00PM-2:00PM
October 13	Center Closed- Columbus/ Indigenous People Day	All Day
October 15	Blood Pressure Class – participate in four 15 min sessions and receive a complimentary Blood Pressure cuff by Mid Bergen Regional Health Commission	9:30AM-10:30AM
October 17	Spa Day Relax with hand massages, aromatherapy, collagen masks and guided meditation.	12:00PM-3:00PM
October 20	Presentation: Stress Management w/ Bill Wright, CTRS	11:30PM
October 24	Pumpkin Project w/ Agata Halat	10:00AM
October 31	Halloween Party Preform the Witch Dance and enjoy Halloween activities	All Day

Bergen County Department of Human Services,  
Division of Senior Services

**Caregivers Conference**

Saturday, October 4th, 2025  
9:00 AM - 2:00 PM

Public Meeting Room (5th floor)  
Bergen County Administration Building  
One Bergen County Plaza, Hackensack, NJ 07601


To RSVP Call 201-336-7400 or  
Email [seniors@bergencountynj.gov](mailto:seniors@bergencountynj.gov)



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.

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 <b>11:30</b> Daily</p>	<p>1 8:00 Walmart Shopping 10:00 Knitting &amp; Crocheting 10:30 Exercise Class 12:15 Arts &amp; Crafts</p> <p>Eggplant Parmesan</p>	<p>2 8:00 ShopRite Shopping 9:30 <u>Blood Pressure Screenings</u> 10:30 Chair Yoga 12:00 Chair Flow Exercise</p> <p>Ham and Cheddar</p>	<p>3 9:00 <u>Walk In The Park</u> 10:00 Senior Fitness 10:00 Knitting &amp; Crocheting 11:00 Informal Art-Painting 12:00 Bingo</p> <p>Salisbury Steak</p>
<p>6 10:00 Knitting &amp; Crocheting 10:00 Diamond Art 10:30 Zumba Gold 12:15 <u>Class: Total Brain Health</u></p> <p>Stuffed Cabbage</p>	<p>7 10:30 Chair Yoga 12:00 Line Dancing 12:00 Diamond Art 12:00 Bingo 12:00 <u>Scary Movie</u></p> <p>Tuna Noodle Salad</p>	<p>8 8:00 Walmart Shopping 10:00 Knitting &amp; Crocheting 10:30 Exercise Class 12:15 Arts &amp; Crafts</p> <p>Chicken Florentine</p>	<p>9 8:00 ShopRite Shopping 10:30 Chair Yoga 12:00 Chair Flow Exercise 12:15 <u>Trip to Environmental Center</u></p> <p>BBQ Pulled Pork Sandwich</p>	<p>10 10:00 Senior Fitness 10:00 Knitting &amp; Crocheting 11:00 Informal Art-Painting 12:00 Bingo 1:00 <u>Witch Dance Practice</u></p> <p>Roast Turkey with Gravy</p>
<p>13 <b>Columbus/ Indigenous Peoples' Day</b></p> <p>Center Closed</p>	<p>14 10:30 Chair Yoga 12:00 Line Dancing 12:00 Diamond Art 12:00 <u>Scary Movie</u></p> <p>Turkey Tacos</p>	<p>15 8:00 Walmart Shopping 9:30 <u>Blood Pressure Screenings</u> 10:00 Knitting &amp; Crocheting 10:30 Exercise Class 12:15 Arts &amp; Crafts</p> <p>Lemon Caper Fish</p>	<p>16 8:00 ShopRite Shopping 10:30 Chair Yoga 12:00 Chair Flow Exercise 1:00 <u>Witch Dance Practice</u></p> <p>Chicken Parmesan</p>	<p>17 10:00 Senior Fitness 10:00 Knitting &amp; Crocheting 11:00 Informal Art-Painting 12:00 Bingo 12:15 <u>Spa Day</u></p> <p>Egg Salad Platter</p>
<p>20 10:00 Knitting &amp; Crocheting 10:00 Diamond Art 10:30 Zumba gold 11:45 <u>Presentation: Stress Management</u></p> <p>Hungarian Goulash</p>	<p>21 10:30 Chair Yoga 12:00 Line Dancing 12:00 Diamond Art 12:00 Bingo 12:00 <u>Scary Movie</u></p> <p>Ham Steak with Pineapple</p>	<p>22 8:00 Walmart Shopping 10:00 Knitting &amp; Crocheting 10:30 Exercise Class 12:15 Arts &amp; Crafts</p> <p>Stuffed Peppers</p>	<p>23 8:00 ShopRite Shopping 10:30 Chair Yoga 12:00 Chair Flow Exercise 1:00 <u>Witch Dance Practice</u></p> <p>Korean BBQ Chicken Leg</p>	<p>24 10:00 Senior Fitness 10:00 Knitting &amp; Crocheting 10:00 <u>Pumpkin Arts And Crafts</u> 11:00 Informal Art-Painting 12:00 Bingo</p> <p>Seafood Salad</p>
<p>27 10:00 Knitting &amp; Crocheting 10:00 Diamond Art 10:30 Zumba Gold</p> <p>Pork Tenderloin with Gravy</p>	<p>28 10:30 Chair Yoga 12:00 Line Dancing 12:00 Diamond Art 12:00 Bingo 12:00 <u>Scary Movie</u></p> <p>Bratwurst</p>	<p>29 8:00 Walmart Shopping 10:00 Knitting &amp; Crocheting 10:30 Exercise Class 12:15 Arts &amp; Crafts</p> <p>Korean Beef</p>	<p>30 8:00 ShopRite Shopping 10:30 Chair Yoga 12:00 Chair Flow Exercise</p> <p>Chicken Cordon Bleu</p>	<p>31 10:00 Senior Fitness 10:00 Knitting &amp; Crocheting 11:00 Informal Art-Painting 11:00 <u>Halloween Party/ Witch Dance</u></p> <p>Stuffed Peppers</p>