



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.

Phone: (973) 336-5815 • Fax (973) 777-5134
wallingtoncenter@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
November 2025

November 3	Total Brain Health Class w/ Agata Halat	12:15 PM
November 4	Center Closed– Election Day	All Day
November 5	Holiday Cards to Spread Some Cheer For our Veterans and Active Service Members	10:00 AM- 11:30 AM
November 13	Center Closed – Veterans Day	All Day
November 10	Vanilla Cupcake Day - Sweet Treats For All	10:00 AM - 11:00 AM
November 12	Senior Medicare Patrol-Open Enrolment w/ Joel Schnider	11:30 AM
November 18,25	Movies Series - James Bond 007	12:00 PM- 2:00 PM
November 20	Presentation- Manage Your Multiple Medications w/ Dr. Tanchun MD, PHD	11:45 AM
November 21	Presentation- Myths About Diabetes w/ Stephanie Sass MS, RD	11:00 AM- 11:30 AM
November 27	Center Closed – Thanksgiving Day	All Day
November 28	Center Closed – Thanksgiving Observed	All Day

Thanksgiving Luncheon

Garfield Senior Activity Center
480 Midland Ave
Garfield, New Jersey, 07026
Thursday, November 27, 2025
10:00 AM - 2:00 PM



To RSVP call (973) 478-0502 or email seniors@co.bergen.nj.us

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
	Suggested Lunch Donation: \$1.25 Per Meal Please reserve lunch by 11:30 AM the day before Lunch will Be Served at 11:30 Daily			
3 10:00 Knitting & Crocheting 10:00 Diamond Art 10:15 Zumba Gold 12:15 <u>Total Brain Health Class</u> Ham with Pineapple	4  Election Day Center Closed	5 8:00 Walmart Shopping 10:00 Knitting & Crocheting 10:00 <u>Holiday Cards for Veterans</u> 10:30 Exercise Class 12:15 Arts & Crafts Korean BBQ Chicken Leg	6 8:00 ShopRite Shopping 9:30 <u>Blood Pressure Screening</u> 10:30 Chair Yoga 12:00 Chair Flow Exercise 12:00 Bingo Swedish Meatballs with Gravy	7 10:00 Senior Fitness 10:00 Knitting & Crocheting 11:00 Informal Art-Painting 12:00 Bingo Cheese Omelet
10 10:00 Knitting & Crocheting 10:00 <u>Vanilla Cupcake Day</u> 10:00 Diamond Art 10:15 Zumba Gold Homestyle Meatloaf	11  Center Closed	12 8:00 Walmart Shopping 10:00 Knitting & Crocheting 10:30 Exercise Class 11:30 <u>Presentation: Senior Medicare Patrol</u> 12:15 Arts & Crafts Korean Beef	13 8:00 ShopRite Shopping 10:30 Chair Yoga 12:00 Chair Flow Exercise 12:00 Bingo Tuna Salad Platter	14 10:00 Senior Fitness 10:00 Knitting & Crocheting 11:00 Informal Art-Painting 12:00 Bingo Broccoli Stuffed Chicken
17 10:00 Knitting & Crocheting 10:00 Diamond Art 10:15 Zumba Gold 12:00 Bingo Chicken Parmesan	18 10:30 Chair Yoga 12:00 Diamond Art 12:00 <u>James Bond 007 Movie</u> Stuffed Cabbage	19 8:00 Walmart Shopping 10:00 Knitting & Crocheting 10:30 Exercise Class 12:15 Arts & Crafts Egg Salad Platter with Spinach	20 8:00 ShopRite Shopping 10:30 Chair Yoga 11:45 <u>Presentation: Manage Your Medication</u> 12:00 Chair Flow Exercise 12:00 Bingo Cheeseburger	21 10:00 Senior Fitness 10:00 Knitting & Crocheting 11:00 Informal Art-Painting 11:00 <u>Presentation: Myths About Diabetes</u> 12:00 Bingo Ham and Swiss
24 10:00 Knitting & Crocheting 10:00 Diamond Art 10:15 Zumba Gold 12:00 Bingo Stuffed Peppers	25 10:30 Chair Yoga 12:00 Diamond Art 12:00 <u>James Bond 007 Movie</u> Chicken Florentine	26 8:00 Walmart Shopping 10:00 Knitting & Crocheting 10:30 Exercise Class 12:15 Arts & Crafts Pot Roast with Gravy	27 Thanksgiving Luncheon Garfield Senior Center 10am-2pm <i>Registration is Required</i> Please call (973) 478-0502 Center Closed	28  Center Closed