



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

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



James J. Tedesco III, County Executive

WALLINGTON SENIOR ACTIVITY CENTER
Bergen County Department of Human Services
Division of Senior Services/ADRC
JANUARY 2026

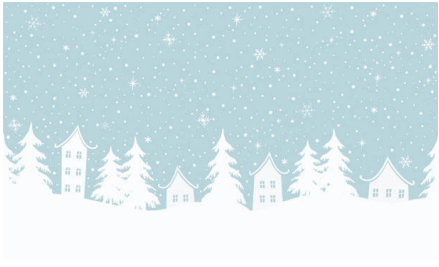

January 1	New Year's Day - Center Closed	Closed
January 6 13 20 27	Movie—Comedy Movies all Month	12:00 PM
January 8	Hand Massage w/ Agata Halat	10:30 AM
January 8	Total Brain Health Class	12:15 PM
January 10	Craft with First Graders from Jefferson Annex School	10:00 AM
January 19	Martin Luther King Jr. Day - Center Closed	Closed
January 23	Coffee with Friends Trip to local coffee shop - Akar Cafe	11:00 AM
January 26	Game Day: "Price is Right "	12:15 PM



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 11:30 Daily</p>			<p>1</p> <p>HAPPY <i>new year</i></p> <p>Center Closed</p>	<p>2</p> <p>10:00 Senior Fitness 10:00 Knitting & Crocheting 11:00 Informal Art-Painting 12:00 Bingo</p> <p>Stuffed Peppers</p>
<p>5</p> <p>10:00 Knitting & Crocheting 10:00 Diamond Art 10:15 Zumba Gold 12:00 Bingo</p> <p>Homestyle Meatloaf w/ Gravy</p>	<p>6</p> <p>10:30 Chair Yoga 12:00 Diamond Art 12:00 <u>Movie</u></p> <p>Sliced Pork Loin</p>	<p>7</p> <p>8:00 Walmart Shopping 10:00 Knitting & Crocheting 10:30 Exercise Class 12:15 Arts & Crafts</p> <p>Roast Turkey and Cheddar</p>	<p>8</p> <p>8:00 ShopRite Shopping 9:30 <u>Blood Pressure Screenings</u> 10:30 Chair Yoga 10:30 <u>Hand Massage</u> 12:00 Chair Flow Exercise 12:15 <u>Total Brain Health Class</u></p> <p>Chicken Parmesan</p>	<p>9</p> <p>10:00 Senior Fitness 10:00 Knitting & Crocheting 11:00 Informal Art-Painting 12:00 Bingo</p> <p>Cheese Omelet</p>
<p>12</p> <p>10:00 Knitting & Crocheting 10:00 Diamond Art 10:15 Zumba Gold 12:00 Bingo</p> <p>Stuffed Cabbage</p>	<p>13</p> <p>10:30 Chair Yoga 12:00 Diamond Art 12:00 <u>Movie</u></p> <p>Chicken Marsala</p>	<p>14</p> <p>8:00 Walmart Shopping 10:00 Knitting & Crocheting 10:30 Exercise Class 12:15 Arts & Crafts</p> <p>Ham and Swiss</p>	<p>15</p> <p>8:00 ShopRite Shopping 10:30 Chair Yoga 12:00 Chair Flow Exercise 12:00 Bingo</p> <p>Chicken Fajitas w/ Onions & Peppers</p>	<p>16</p> <p>10:00 Senior Fitness 10:00 Knitting & Crocheting 11:00 Informal Art-Painting 12:00 Bingo</p> <p>Cheeseburger w/ Lettuce & Tomato</p>
<p>19</p>  <p>Center Closed</p>	<p>20</p> <p>10:30 Chair Yoga 12:00 Diamond Art 12:00 <u>Movie</u></p> <p>Chicken Cordon Bleu</p>	<p>21</p> <p>8:00 Walmart Shopping 10:00 Knitting & Crocheting 10:30 Exercise Class 12:15 Arts & Crafts</p> <p>Salisbury Steak w/ Mushroom Gravy</p>	<p>22</p> <p>8:00 ShopRite Shopping 10:30 Chair Yoga 12:00 Chair Flow Exercise 12:00 Bingo</p> <p>Seafood Salad Platter</p>	<p>23</p> <p>10:00 Senior Fitness 10:00 Knitting & Crocheting 11:00 <u>Coffee with Friends</u> 11:00 Informal Art-Painting 12:00 Bingo</p> <p>Roast Pork</p>
<p>25</p> <p>10:00 Knitting & Crocheting 10:00 Diamond Art 10:15 Zumba Gold 12:00 <u>Game Day: "Price is Right"</u></p> <p>Roast Turkey w/ Gravy</p>	<p>27</p> <p>10:30 Chair Yoga 12:00 Diamond Art 12:00 <u>Movie</u></p> <p>Italian Beef Meatballs</p>	<p>28</p> <p>8:00 Walmart Shopping 10:00 Knitting & Crocheting 10:30 Exercise Class 12:15 Arts & Crafts</p> <p>Beer Battered Cod</p>	<p>29</p> <p>8:00 ShopRite Shopping 10:30 Chair Yoga 12:00 Chair Flow Exercise 12:00 Bingo</p> <p>Korean BBQ Chicken Leg</p>	<p>30</p> <p>10:00 Senior Fitness 10:00 Knitting & Crocheting 11:00 Informal Art-Painting 12:00 Bingo</p> <p>Pot Roast with Gravy</p>