

BERGEN NEW JERSEY *County*

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



KEY TELEPHONE NUMBERS

Division of Senior Services
Bergen ADRC (formerly NJ EASE)
(201) 336-7400
(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: (201) 336-7497 • Fax: (973) 777-5134

washingtoncenter@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
March 2026



March 2	Presentation: Radon Awareness (Bergen County Health Department) - Learn the facts about this silent danger in your home and how to detect it	11:00AM
March 3,10,17,24,31	Movies <i>Enjoy a great movie with friends – Popcorn, hotdogs, snacks and soda</i>	12:00PM
March 4	Bunny Tree Project <i>Independent art activity to hang on our Inspiration Tree</i>	10:00AM
March 5	Wellness Screening <i>Blood Pressure, Total Cholesterol, Glucose, BMI, Pulse by Hackensack Meridian Health</i>	9:30 AM
March 9	National Women's Day Breakfast <i>Pancakes served in recognition of women and their accomplishments all over the world</i>	9:00AM
March 9	Presentation: Nutrition <i>w/ Stephanie Sass, ShopRite Dietitian</i>	11:45 AM
March 16	Jeopardy <i>w/ Agata Halat, Bergen County Division of Senior Services</i> <i>Test your skills with this interactive game</i>	12:00 PM
March 17	Happy St Patrick's Day <i>Don't forget to wear green/Limerick writing contest, Irish Music All Day</i>	10:00AM
March 25	Crafts with Kids from Jefferson Annex School <i>Decoupage Eggs</i>	10:00 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.

Spring Luncheon
Sunday April 5th, 10AM-2PM
Garfield Senior Activity Center, 480 Midland Avenue, Garfield NJ 07026
RSVP by Monday March 30th to your Senior Activity Center Director

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2 10:00 Knitting & Crocheting 10:00 Diamond Art 10:15 Zumba Gold <u>11:00 Radon Awareness</u> 12:00 Bingo</p> <p style="text-align: center;">Stuffed Cabbage</p>	<p>3 10:30 Chair Yoga 12:00 Diamond Art <u>12:00 Movie</u></p> <p style="text-align: center;">Tuna Salad w/ Romaine</p>	<p>4 8:00 Walmart Shopping <u>10:00 Bunny Tree Project</u> 10:00 Knitting & Crocheting 10:30 Exercise Class 12:15 Arts & Crafts</p> <p style="text-align: center;">Roast Turkey w/ Gravy</p>	<p>5 8:00 ShopRite Shopping <u>9:30 Wellness Screening</u> 10:30 Chair Yoga 12:00 Chair Flow Exercise 12:00 Bingo</p> <p style="text-align: center;">Korean BBQ Chicken Leg</p>	<p>6 10:00 Senior Fitness 10:00 Knitting & Crocheting 11:00 Informal Art-Painting 12:00 Bingo</p> <p style="text-align: center;">Cheese Omelet</p>
<p>9 <u>9:00 National Women's Day Breakfast</u> 10:00 Knitting & Crocheting 10:00 Diamond Art 10:15 Zumba Gold <u>11:45 Presentation: Nutrition</u> 12:00 Bingo</p> <p style="text-align: center;">Cheeseburger w / Lettuce & Tomato</p>	<p>10 10:30 Chair Yoga 12:00 Diamond Art <u>12:00 Movie</u></p> <p style="text-align: center;">Chicken Salad Platter over Greens</p>	<p>11 8:00 Walmart Shopping 10:00 Knitting & Crocheting 10:30 Exercise Class 12:15 Arts & Crafts</p> <p style="text-align: center;">Pork Tenderloin w/ Apple Cinnamon Glaze</p>	<p>12 8:00 ShopRite Shopping 10:30 Chair Yoga 12:00 Chair Flow Exercise 12:00 Bingo</p> <p style="text-align: center;">Chicken Florentine</p>	<p>13 10:00 Senior Fitness 10:00 Knitting & Crocheting 11:00 Informal Art-Painting 12:00 Bingo</p> <p style="text-align: center;">Stuffed Shells w/ Marinara</p>
<p>16 10:00 Knitting & Crocheting 10:00 Diamond Art 10:15 Zumba Gold 12:00 Bingo <u>12:00 Jeopardy</u></p> <p style="text-align: center;">Fish Filet with Lemon Sauce</p>	<p>17 <u>10:00 Happy St Patrick's Day</u> 10:00 Chair Yoga 12:00 Diamond Art <u>12:00 Movie</u></p> <div style="text-align: center;">  <p>Corned Beef</p> </div>	<p>18 8:00 Walmart Shopping 10:00 Knitting & Crocheting 10:30 Exercise Class 12:15 Arts & Crafts</p> <p style="text-align: center;">Chicken Parmesan</p>	<p>19 8:00 ShopRite Shopping 10:30 Chair Yoga 12:00 Chair Flow Exercise 12:00 Bingo</p> <p style="text-align: center;">Meatloaf w/ Mushroom Gravy</p>	<p>20 10:00 Senior Fitness 10:00 Knitting & Crocheting 11:00 Informal Art-Painting 12:00 Bingo</p> <p style="text-align: center;">Egg Salad Platter on Spinach</p>
<p>23 10:00 Knitting & Crocheting 10:00 Diamond Art 10:15 Zumba Gold 12:00 Bingo</p> <p style="text-align: center;">Stuffed Peppers</p>	<p>24 10:30 Chair Yoga 12:00 Diamond Art <u>12:00 Movie</u></p> <p style="text-align: center;">LS Ham Steak w/ Pineapple</p>	<p>25 8:00 Walmart Shopping 10:00 Knitting & Crocheting <u>10:00 Crafts with Kids</u> 10:30 Exercise Class 12:15 Arts & Crafts</p> <p style="text-align: center;">Pot Roast w/ Gravy</p>	<p>26 8:00 ShopRite Shopping 10:30 Chair Yoga 12:00 Chair Flow Exercise 12:00 Bingo</p> <p style="text-align: center;">Seafood Salad on Spinach</p>	<p>27 10:00 Senior Fitness 10:00 Knitting & Crocheting 11:00 Informal Art-Painting 12:00 Bingo</p> <p style="text-align: center;">Manicotti w/ Marinara</p>
<p>30 10:00 Knitting & Crocheting 10:00 Diamond Art 10:15 Zumba Gold 12:00 Bingo</p> <p style="text-align: center;">Sweet Chicken Sausage</p>	<p>31 10:30 Chair Yoga 12:00 Diamond Art <u>12:00 Movie</u></p> <p style="text-align: center;">Roast Turkey & Cheddar w/ Lettuce & Tomato</p>	<div style="text-align: center;">  <p>March 8</p> </div>	<p style="text-align: center;">Suggested Lunch Donation: \$1.25 Per Meal</p> <p style="text-align: center;"><i>Please reserve lunch by 11:30AM the day before</i></p> <p style="text-align: center;">Lunch is served at 11:30AM daily</p>	<p style="text-align: center;">Continental Breakfast</p> <p style="text-align: center;">Served Daily 9:00AM – 11:00AM</p> <div style="text-align: right;">  </div>