



**James J. Tedesco, III**  
County Executive

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**Department of Human Services**

**Melissa H. DeBartolo, Esq.**  
Director

**Division of Senior Services**

**Lorraine Joewono**  
Director

**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 Boulevard**  
**Wallington, NJ, 07057**

**Phone: (201) 336-7497 • Fax (973) 777-5134**

**wallingtoncenter@bergencountynj.gov**

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



**BERGEN NEW JERSEY**  
*County*

James J. Tedesco III, County Executive



**Wallington Senior Activity Center**  
**Bergen County Department of Human Services**  
**Division of Senior Services/ADRC**  
**April 2026**



|                            |   |                |
|----------------------------|---|----------------|
| <b>April 3</b>             | <b>Center Closed – Good Friday</b>  |                |
| <b>April 6</b>             | <b>Advanced Care Planning</b><br>w/ Lisa Molinari MSW, LSW  | <b>11:00AM</b> |
| <b>April 7, 14, 21, 28</b> | <b>Movies</b><br><i>Planes, Trains and Automobiles, Uncle Buck, The Great Outdoors, Summer Rental</i>   | <b>12:15PM</b> |
| <b>April 10</b>            | <b>Walk in the Park</b><br>Kicking off our first of the season Walk in the Park   | <b>9:00AM</b>  |
| <b>April 13</b>            | <b>Presentation: “Where Connection Grows” – Explore the topics of loneliness, isolation, physical and mental health and the importance of staying connected</b><br>w/ Harvey Silberstein, Division of Senior Services | <b>11:00AM</b> |
| <b>April 15</b>            | <b>Crafts with Kids from Jefferson Annex School</b><br>Spring Gardening Craft   | <b>10:00AM</b> |
| <b>April 16, 23, 30</b>    | <b>May Dance Rehearsal</b><br>“May Dance” will be performed on May 1. Rehearsals will take place every Thursday at 12:15 leading up to the date. Must sign up by April 15 to participate.                             | <b>12:15AM</b> |
| <b>April 18-26</b>         | <b>Bergen 250 United We Serve – Week of Service</b><br>See flyers for more information  |                |
| <b>April 24</b>            | <b>Poetry Reading</b><br>w/ Mariah Texidor, Wallington Library  | <b>11:00AM</b> |
| <b>April 28</b>            | <b>Moment of Laughter Day</b><br>Share your favorite jokes with us!   | <b>11:00AM</b> |

*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.

**Caregivers Conference**

**Thursday, April 9, 2026**  
**5:00PM-9:00PM**  
(Registration will begin at 4:30PM)

*Bergen County Administration Building*  
**Multi-Purpose Room - 1st Floor**  
*One Bergen County Plaza, Hackensack, NJ*

To RSVP Call **201-336-7400**  
or email  
**seniors@bergencountynj.gov**

| MONDAY  | TUESDAY   | WEDNESDAY  | THURSDAY  | FRIDAY  |
|---|---|--|---|---|
| <p><b>Suggested Lunch Donation:</b><br/>\$1.25 Per Meal</p> <p><i>Please reserve lunch by 11:30AM the day before</i></p> <p>Lunch is served at 11:30AM daily</p>  | <p><b>Continental Breakfast</b></p> <p><b>Served Daily</b><br/><b>9:00AM – 11:00AM</b></p>    | <p><b>1</b> 8:00 Walmart Shopping<br/>10:00 Knitting &amp; Crocheting<br/>10:30 Exercise Class<br/>12:15 Arts &amp; Crafts</p> <p style="text-align: center;"><b>Cheese Omelet</b></p>   | <p><b>2</b> 8:00 ShopRite Shopping<br/>10:30 Chair Yoga<br/>12:00 Chair Flow Exercise<br/>12:00 Bingo</p> <p style="text-align: center;"><b>Cheeseburger</b></p>  | <p><b>3</b></p>  <p style="text-align: center;"><b>GOOD FRIDAY</b></p> <p style="text-align: center;"><b>CENTER CLOSED</b></p>   |
| <p><b>6</b> 10:00 Knitting &amp; Crocheting<br/>10:00 Diamond Art<br/>10:15 Zumba Gold<br/>11:00 <u>Advanced Care Planning</u><br/>12:00 Bingo</p> <p style="text-align: center;"><b>Korean BBQ Chicken Leg</b></p>     | <p><b>7</b> 10:30 Chair Yoga<br/>12:00 Diamond Art<br/>12:00 <u>Movie: Planes, trains and Automobiles</u></p> <p style="text-align: center;"><b>Eggplant, Peppers &amp; Mozzarella</b></p>                                    | <p><b>8</b> 8:00 Walmart Shopping<br/>10:00 Knitting &amp; Crocheting<br/>10:30 Exercise Class<br/>12:15 Arts &amp; Crafts</p> <p style="text-align: center;"><b>Chicken Florentine</b></p>  | <p><b>9</b> 8:00 ShopRite Shopping<br/>10:30 Chair Yoga<br/>12:00 Chair Flow Exercise<br/>12:00 Bingo</p> <p style="text-align: center;"><b>Stuffed Peppers</b></p>   | <p><b>10</b> 9:00 <u>Walk in the Park</u><br/>10:00 Senior Fitness<br/>10:00 Knitting &amp; Crocheting<br/>11:00 Informal Art-Painting<br/>12:00 Bingo</p> <p style="text-align: center;"><b>Pork w/ Apple Cinnamon Glaze</b></p>   |
| <p><b>13</b> 10:00 Knitting &amp; Crocheting<br/>10:00 Diamond Art<br/>10:15 Zumba Gold<br/>11:00 <u>Traveling Talks</u><br/>12:00 Bingo</p> <p style="text-align: center;"><b>Teriyaki Glazed Salmon</b></p>           | <p><b>14</b> 10:30 Chair Yoga<br/>12:00 Diamond Art<br/>12:00 <u>Movie: Uncle Buck</u></p> <p style="text-align: center;"><b>Homestyle Meatloaf w/ Gravy</b></p>  | <p><b>15</b> 8:00 Walmart Shopping<br/>10:00 <u>Craft with Kids</u><br/>10:00 Knitting &amp; Crocheting<br/>10:30 Exercise Class<br/>12:15 Arts &amp; Crafts</p> <p style="text-align: center;"><b>Chicken Cordon Bleu</b></p>                         | <p><b>16</b> 8:00 ShopRite Shopping<br/>10:30 Chair Yoga<br/>12:00 Chair Flow Exercise<br/>12:15 <u>May Dance Rehearsal</u></p> <p style="text-align: center;"><b>Tuna Salad Sandwich</b></p>   | <p><b>17</b> 10:00 Senior Fitness<br/>10:00 Knitting &amp; Crocheting<br/>11:00 Informal Art-Painting<br/>12:00 Bingo</p> <p style="text-align: center;"><b>Roast Turkey &amp; Cheddar</b></p>  |
| <p><b>20</b> 10:00 Knitting &amp; Crocheting<br/>10:00 Diamond Art<br/>10:15 Zumba Gold</p> <p><u>Bergen 250 United We Serve – Week of Service</u></p> <p style="text-align: center;"><b>Ham Steak w/ Pineapple</b></p> | <p><b>21</b> 10:30 Chair Yoga<br/>12:00 Diamond Art<br/>12:00 <u>Movie: The Great Outdoors</u></p> <p><u>Bergen 250 United We Serve – Week of Service</u></p> <p style="text-align: center;"><b>Roast Turkey w/ Gravy</b></p> | <p><b>22</b> 8:00 Walmart Shopping<br/>10:00 Knitting &amp; Crocheting<br/>10:30 Exercise Class<br/>12:15 Arts &amp; Crafts</p> <p><u>Bergen 250 United We Serve – Week of Service</u></p> <p style="text-align: center;"><b>Swedish Meatballs</b></p> | <p><b>23</b> 8:00 ShopRite Shopping<br/>10:30 Chair Yoga<br/>12:00 Chair Flow Exercise<br/>12:00 <u>May Dance Rehearsal</u></p> <p><u>Bergen 250 United We Serve – Week of Service</u></p> <p style="text-align: center;"><b>Egg Salad on Spinach</b></p> | <p><b>24</b> 10:00 Senior Fitness<br/>10:00 Knitting &amp; Crocheting<br/>11:00 <u>Poetry Reading</u><br/>11:00 Informal Art-Painting<br/>12:00 Bingo</p> <p><u>Bergen 250 United We Serve – Week of Service</u></p> <p style="text-align: center;"><b>Chicken Parmesan</b></p> |
| <p><b>27</b> 10:00 Knitting &amp; Crocheting<br/>10:00 Diamond Art<br/>10:15 Zumba Gold<br/>12:00 Bingo</p> <p style="text-align: center;"><b>Stuffed Cabbage</b></p>   | <p><b>28</b> 10:30 Chair Yoga<br/>11:00 <u>Moments of Laughter</u><br/>12:00 Diamond Art<br/>12:00 <u>Movie: Summer Rental</u></p> <p style="text-align: center;"><b>Seafood Salad on Romaine</b></p>                         | <p><b>29</b> 8:00 Walmart Shopping<br/>10:00 Knitting &amp; Crocheting<br/>10:30 Exercise Class<br/>12:15 Arts &amp; Crafts</p> <p style="text-align: center;"><b>Salisbury Steak w/ Gravy</b></p>   | <p><b>30</b> 8:00 ShopRite Shopping<br/>10:30 Chair Yoga<br/>12:00 Chair Flow Exercise<br/>12:00 <u>May Dance Rehearsal</u></p> <p style="text-align: center;"><b>Chicken Cacciatore</b></p>  |  <p style="text-align: center;"><b>HAPPY EARTH DAY</b></p> <p style="text-align: center;">April 22</p>   |