

BERGEN NEW JERSEY County

James J. Tedesco III
County Executive

BOARD OF COUNTY COMMISSIONERS

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DEPARTMENT OF HUMAN SERVICES
Melissa H. DeBartolo, Esq.
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

RIDGEFIELD PARK SENIOR ACTIVITY CENTER

Tara Prestigiacomo, Director
159 Park Street
Ridgefield Park, NJ, 07424
Phone: (201) 641-1220 • Fax (201) 641-1222

Ridgefieldparkcenter@co.bergen.nj.us

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

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RIDGEFIELD PARK SENIOR ACTIVITY CENTER Bergen County Department of Human Services Division of Senior Services/ADRC April 2024

April 3	Presentation: Bergen County Social Work	11AM-1:00PM
April 3,10,17,24	Food Shopping w/ Community Transportation	9:45AM
April 5	April Showers -Will be Planting Flowers	9:15AM
April 8	County Clerk John Hogan Visit- Making "Senior Cards"	11:15AM
April 12	Senior Planet Lecture: "MyChart"	9:15AM
April 15	Presentation: DCA Fraud Prevention Education	11:00AM
April 18	Music & Mocktails w/ Agatha & Doreen	12:30PM
April 22	Earth Day -Trip to Bergen County Equestrian Center	9:45AM
April 23	Blood Pressure Screenings: w/ HUMC Nurse Lisa Lupetti BSN,RN,CHFM	10:00AM
April 26	Presentation: Affordable Connectivity Program/ Lifeline Phone Service- w/ Teaneck Creak Observation	11:00AM
April 26	Baking	9:00AM
April 26	Birthday Bingo	12:15PM
April 29	Presentation: Healthy BBQ Options w/ Tara Padatosi RDN HUMC	11:00AM
April 30	Public Hearing on needs of Senior Citizens - At One Bergen County Plaza	8:30AM-11:30AM

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 11th
5:00 PM - 9:00 PM

Bergen County Administration Building
Multi-Purpose Room

SAVE THE DATE

Public Hearing on the Needs of Older Adults

Tuesday, April 30th
8:30 AM - 11:30 AM

Bergen County Administration Building
Public Meeting Room (5th floor)

To RSVP Call 201-336-7417 or
Email seniors@co.bergen.nj.us




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Email seniors@co.bergen.nj.us

Lunch Served Daily at 11:30

RIDGEFIELD PARK SENIOR ACTIVITY CENTER

April 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>1 9:30 Meditation/ Tai Chi 10:00 Yoga w/ EJ 12:30 Bingo</p> <p>Pork Loin w/ Gravy</p>	<p>2 9:30 Meditation 10:15 Zumba w/ Lauren 12:30 Tai Chi (Video) 12:15 Craft Corner/ Happy Bones</p> <p>Chicken Cordon Bleu</p>	<p>3 9:30 Tai Chi (Video) 10:00 Zumba w/ Lourdes 10:00 Food Shopping 12:30 Bingo</p> <p>Homestyle Meatloaf w/ Gravy</p>	<p>4 9:30 Meditation 10:15 Beginner Belly Dance 12:30 Tai Chi (Video) 12:15 Craft Corner</p> <p>Stuffed Cabbage</p>	<p>5 9:15 April Showers/ Planting Flowers 9:30 Tai Chi (Video) 10:00 Sit & Be Fit 12:30 Bingo</p> <p>Turkey & Swiss</p>
<p>8 9:30 Meditation/ Tai Chi 10:00 Yoga w/ EJ 11:15 County Clerk Visit & Craft 12:30 Bingo</p> <p>Korean BBQ Chicken Leg</p>	<p>9 9:30 Meditation 10:15 Zumba w/ Lauren 12:30 Tai Chi (Video) 12:15 Craft Corner/ Happy Bones</p> <p>Egg Salad</p>	<p>10 9:30 Tai Chi (Video) 10:00 Zumba w/ Lourdes 10:00 Food Shopping 12:30 Bingo</p> <p>LS Ham Steak</p>	<p>11 9:30 Meditation 10:15 Beginner Belly Dance 12:30 Tai Chi (Video) 12:15 Craft Corner</p> <p>Salisbury Steak</p>	<p>12 9:15 Senior Planet 9:30 Tai Chi (Video) 10:00 Sit & Be Fit 12:30 Bingo</p> <p>Chicken Parmesan</p>
<p>15 9:30 Meditation/ Tai Chi 10:00 Yoga w/ EJ 11:00 DCA Fraud Prevention 12:30 Bingo</p> <p>Stuffed Peppers (Turkey)</p>	<p>16 9:30 Meditation 10:15 Zumba w/ Lauren 12:30 Tai Chi (Video) 12:15 Craft Corner/ Happy Bones</p> <p>Roast Beef w/ Gravy</p>	<p>17 9:30 Tai Chi (Video) 10:00 Zumba w/ Lourdes 10:00 Food Shopping 12:30 Bingo</p> <p>Tuna Salad Platter</p>	<p>18 9:30 Meditation 10:15 Beginner Belly Dance 12:30 Tai Chi (Video) 12:15 Craft Corner 12:30 Music & Mocktails</p> <p>Cheeseburger</p>	<p>19 9:30 Tai Chi (Video) 10:00 Sit & Be Fit 12:30 Bingo</p> <p>Eggplant Rollatini</p>
<p>22 9:30 Meditation/ Tai Chi 9:45 Equestrian Center Visit 10:00 Yoga w/ EJ 12:30 Bingo</p> <p>Herb Roasted Chicken Leg</p>	<p>23 9:30 Meditation 10:00 Blood Pressure Screening 10:15 Zumba w/ Lauren 12:30 Tai Chi (Video) 12:15 Craft Corner/ Happy Bones</p> <p>Cheese Omelet</p>	<p>24 9:30 Tai Chi (Video) 10:00 Zumba w/ Lourdes 10:00 Food Shopping 12:30 Bingo</p> <p>Baked Ziti w/ Meatballs</p>	<p>25 9:30 Meditation 10:15 Beginner Belly Dance 12:30 Tai Chi (Video) 12:15 Craft Corner</p> <p>Chicken Piccata</p>	<p>26 9:15 Baking 9:30 Tai Chi (Video) 10:00 Sit & Be Fit 12:30 Birthday Bingo</p> <p>Swedish Meatballs</p>
<p>29 9:30 Meditation/ Tai Chi 10:00 Yoga w/ EJ 11:00 Presentation: Healthy BBQ Optionss 12:30 Bingo</p> <p>Chicken Cacciatore</p>	<p>30 8:30 Public Hearing 9:30 Meditation 10:15 Zumba w/ Lauren 12:30 Tai Chi (Video) 12:15 Craft Corner/ Happy Bones</p> <p>Beer Battered Fish</p>		<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>Continental Breakfast Monday-Friday 8:00AM to 11:00AM</p>