

RIDGEFIELD PARK SENIOR ACTIVITY CENTER

Tara Prestigiacomio, Center Director

August 2019

(201) 641-1220

Monday	Tuesday	Wednesday	Thursday	Friday
<p>159 Park Street Ridgefield Park, NJ 07660 Center Hours: 8:00 - 3:30 Lunch Served Daily ~ 11:30 Suggested Lunch Donation \$1.25</p>	<p>~ Please reserve lunch 1 day in advance <u>Before Noon</u></p>		<p>1 9:30 CONTINENTAL BREAKFAST 9:30 CARDS/GAMES/ COLORING 10:15 ZUMBA GOLD 12:30 BINGO 1:00 PROJECT HEALTHY BONES Chicken Scampi</p>	<p>2 9:30 CONTINENTAL BREAKFAST 9:30 CARDS/GAMES/ COLORING 10:00 LINE DANCING 12:30 BINGO Egg Omelet</p>
<p>5 9:30 CONTINENTAL BREAKFAST 9:30 CARDS/GAMES/ COLORING 10:00 ZUMBA GOLD 12:30 BINGO Vegetable Lasagna w Bechamel Sauce</p>	<p>6 9:30 CARDS/GAMES/ COLORING 9:30 CONTINENTAL BREAKFAST 10:00 YOGA 12:00 ESL/poker club 1:30 Project Healthy Bones Beef teriyaki</p>	<p>7 9:30 CONTINENTAL BREAKFAST 9:30 CARDS/GAMES/ COLORING 10:00 SUN POWER YOGA 12:30 FOOD SHOPPING Parmesan Crusted Fish</p>	<p>8 9:30 CONTINENTAL BREAKFAST 9:30 CARDS/GAMES/ COLORING 10:15 ZUMBA GOLD 12:30 BINGO 1:00 PROJECT HEALTHY BONES Roast Pork w Gravy</p>	<p>9 9:30 CONTINENTAL BREAKFAST 9:30 CARDS/GAMES/ COLORING 10:00 LINE DANCING 12:30 BINGO Breaded Chicken Milanese</p>
<p>12 9:30 Continental Breakfast 9:30 CARDS/GAMES/ COLORING 10:00 ZUMBA GOLD 12:30 BINGO Beer Battered Fish</p>	<p>13 9:30 CARDS/GAMES/ COLORING 9:30 CONTINENTAL BREAKFAST 10:00 YOGA 12:00 ESL 1:00 PROJECT HEALTHY BONES Chicken Stuffed w Broccoli</p>	<p>14 9:30 CONTINENTAL BREAKFAST 9:30 CARDS/GAMES/ COLORING 10:00 SUN POWER YOGA 12:30 FOOD SHOPPING Turkey & bean Chili</p>	<p>15 9:30 CONTINENTAL BREAKFAST 9:30 CARDS/GAMES/ COLORING 10:15 ZUMBA GOLD 12:30 BINGO 1:00 PROJECT HEALTHY BONES Eggplant Rollatini</p>	<p>16 9:30 CONTINENTAL BREAKFAST 9:30 CARDS/GAMES/ COLORING 10:00 LINE DANCING 12:30 BINGO Home-style Meatloaf w gravy</p>
<p>19 9:30 CONTINENTAL BREAKFAST 9:30 CARDS/GAMES/ COLORING 10:00 ZUMBA GOLD 12:30 BINGO Chinese Chicken and Broccoli</p>	<p>20 9:30 CARDS/GAMES/ COLORING 9:30 CONTINENTAL BREAKFAST 10:00 YOGA 12:00 ESL/poker club 1:00 PROJECT HEALTHY BONES Rigatoni w Turkey Bolognese</p>	<p>21 9:30 CARDS/GAMES/ COLORING 9:30 CONTINENTAL BREAKFAST 10:00 Blood Pressure Screening 10:00 SUN POWER YOGA 12:30 FOOD SHOPPING Sweet Italian Sausage Sandwich</p>	<p>22 9:30 CONTINENTAL BREAKFAST 9:30 CARDS/GAMES/ COLORING 10:15 ZUMBA GOLD 12:30 BINGO 1:00 PROJECT HEALTHY BONES Roast Turkey w Gravy</p>	<p>23 9:30 CONTINENTAL BREAKFAST 9:30 CARDS/GAMES/ COLORING 10:00 LINE DANCING 12:30 BINGO Coconut Crusted Haddock</p>
<p>26 9:30 CONTINENTAL BREAKFAST 9:30 CARDS/GAMES/ COLORING 10:00 ZUMBA GOLD 12:30 BINGO BBQ Beef Rib</p>	<p>27 9:30 CARDS/GAMES/ COLORING 9:30 CONTINENTAL BREAKFAST 10:00 YOGA 12:00 ESL/poker club 1:00 PROJECT HEALTHY BONES Breaded Flounder</p>	<p>28 9:30 CARDS/GAMES/ COLORING 9:30 CONTINENTAL BREAKFAST 10:00 Blood Pressure Screening 10:00 SUN POWER YOGA 12:30 FOOD SHOPPING Chicken Piccata Unbreaded</p>	<p>29 9:30 CONTINENTAL BREAKFAST 9:30 CARDS/GAMES/ COLORING 10:15 ZUMBA GOLD 12:30 BINGO 1:00 PROJECT HEALTHY BONES Swedish Meatballs</p>	<p>30 9:30 CONTINENTAL BREAKFAST 9:30 CARDS/GAMES/ COLORING 10:00 LINE DANCING 12:30 BINGO Baked Ziti w ricotta</p>

BERGEN NEW JERSEY County

James J. Tedesco III
County Executive
Board of Chosen Freeholders

Germaine M. Ortiz
Chairwoman

Mary J. Amoroso
Vice Chairwoman

Joan M. Voss
Chair Pro Tempore

David L. Ganz

Thomas J. Sullivan

Steven A. Tanelli
Tracy Silna Zur

DEPARTMENT OF HUMAN SERVICES
Melissa DeBartolo, Esq.
Acting Department Director

Division Of Senior Services
Lorraine Joewono
Director Senior Services



RIDGEFIELD PARK SENIOR ACTIVITY CENTER

159 Park Street

Ridgefield Park, NJ 07660

Phone: (201) 641-1220 • Fax (201) 440-2332

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

RidgefieldParkCenter@co.bergen.nj.us



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 on Disability Services
201-336-6500

Bergen County
Board of Social Services
201-368-4200

BERGEN NEW JERSEY County

James J. Tedesco III, *County Executive*
RIDGEFIELD PARK SENIOR ACTIVITY CENTER
Bergen County Department of Human Services
Division of Senior Services/ADRC
August 2019 Month

August 1:	Last project Healthy Bones Class of Summer	1:00pm
August 2:	Assistance w internet devices & online applications	10:00am
August 6 :	Chess games / Instruction	1pm
	Nutrition Education TBD	11:00am
August 9:	Assemblymam Schear mobile office	10:30-1pm
August 14:	Library Outreach	11:00am
August 13:	Afternoon Bakers	1:00pm
August 14:	Choir Club	11:00am
August 22:	Afternoon Matinee	12:15pm
August 26:	Board of Social Services outreach	9-12pm
August 2	Summer Sundaes	12:00pm
August 28:	Library Outreach	11:00am
August 28:	Blood Pressure Screenings with HARP medical	10am
August 30:	Monthly Birthday party & Bingo bash	12:00pm

Check out our new programs!!
Morning Tai Chi— (video led, not instructor)

-Poker Club Tuesday Afternoons
-Board Games / Chess
-Garden Club

Bergen County Division 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.



All Bergen County Residents 60+ are welcome!

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Notary Public

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