

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



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

159 Park Street
Ridgefield Park, NJ 07660

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

RidgefieldParkCenter@co.bergen.nj.us

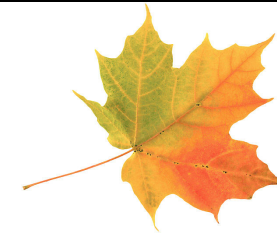
Open: Monday - Friday, 8:00 AM - 3:30PM

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RIDGEFIELD PARK SENIOR ACTIVITY CENTER Bergen County Department of Human Services Division of Senior Services/ADRC November 2021

November 2	Election Day Go Vote!!	Center closed
November 7	Daylight Savings Time Ends	Turn clocks back 1 hour
November 11	Happy Veteran's Day	Senior center Closed
	Nutrition Education	
November 25	Happy Thanksgiving	Center Closed
November 26	Thanksgiving Holiday observed	Center Closed
November 28	Hanukkah begins at sundown	



The RP 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.

Thank you for your patience and understanding as we continue to navigate necessary COVID-19 protocols and preventative measures at our Senior Activity Centers. These protocols are intended to further ensure the health and safety of everyone at the center. Our senior activity center staff are diligently working to bring safe, but fun and enjoyable activities and programming to our centers. At this time, we ask that you please continue to pre-register for morning or afternoon sessions, as well as, for to-go lunches. Please know that your cooperation during these challenging times is very much appreciated. If you have any questions, kindly contact your center directly at (201) 641-1220.



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>1 9:30 Cards/ coloring 10:00 Meditation 11:30-12:15 pick up lunch 12:45 Bingo <i>Turkey and Swiss Cheese Sandwich w Arugula on Multigrain</i></p>	<p>2  Election Day, Center Closed</p>	<p>3 9:00 Cards/ coloring 9:30 Zumba (Chair Exercise) 11:30-12:15 Pick Up Lunch 1:00 Bingo <i>Breaded Chicken Cutlet</i></p>	<p>4 9:00 Cards/ Coloring 11:30-12:15 Pick up Lunch 1:00 Healthy Bones <i>Shaved Beef Stroganoff</i></p>	<p>5 9:00 Cards/ Coloring 10:00 Bingo 11:30-12:15 Pick Up Lunch 1:00- 3:00 Movie Matinee <i>Broccoli Stuffed Chicken</i></p>
<p>8 9:30 Cards/ coloring 10:00 Meditation 11:30-12:15 pick up lunch 12:45 Bingo <i>Chicken Salad Sandwich</i></p>	<p>9 9:30 Cards/ Games/ Coloring 10:00 Yoga (Video) 11:30-12:15 Lunch Pick Up 1:00 Happy Bones <i>BBQ Pulled Pork</i></p>	<p>10 9:00 Cards/ coloring 9:30 Zumba (Chair Exercise) 11:30-12:15 Pick Up Lunch 1:00 Bingo <i>Hamburger Plate</i></p>	<p>11  <i>Veterans Day</i> Center Closed</p>	<p>12 9:00 Cards/ Coloring 10:00 Bingo 11:30-12:15 Pick Up Lunch 1:00- 3:00 Movie Matinee <i>Roast Turkey w Brown Gravy</i></p>
<p>15 9:30 Cards/ coloring 10:00 Meditation 11:30-12:15 pick up lunch 12:45 Bingo <i>Black forest ham & Swiss on Long Roll</i></p>	<p>16 9:30 Cards/ Games/ Coloring 10:00 Yoga (Video) 11:30-12:15 Lunch Pick Up 1:00 Happy Bones <i>Chicken Teriyaki</i></p>	<p>17 9:00 Cards/ coloring 9:30 Zumba (Chair Exercise) 11:30-12:15 Pick Up Lunch 1:00 Bingo <i>Salisbury Steak</i></p>	<p>18 9:00 Cards/ Coloring 11:30-12:15 Pick up Lunch 1:00 Healthy Bones <i>Italian Meatballs</i></p>	<p>19 9:00 Cards/ Coloring 10:00 Bingo 11:30-12:15 Pick Up Lunch 1:00- 3:00 Movie Matinee <i>Shaved Chicken</i></p>
<p>22 9:30 Cards/ coloring 10:00 Meditation 11:30-12:15 pick up lunch 12:45 Bingo <i>Egg Salad on Multigrain</i></p>	<p>23 9:30 Cards/ Games/ Coloring 10:00 Yoga (Video) 11:30-12:15 Lunch Pick Up 1:00 Happy Bones <i>Korean BBQ Chicken Leg</i></p>	<p>24 9:00 Cards/ coloring 9:30 Zumba (Chair Exercise) 11:30-12:15 Pick Up Lunch 1:00 Bingo <i>Stuffed Cabbage</i></p>	<p>25 </p>	<p>26 </p>
<p>29 9:30 Cards/ coloring 10:00 Meditation 11:30-12:15 pick up lunch 12:45 Bingo <i>Breaded Chicken Cutlet</i></p>	<p>30 9:30 Cards/ Games/ Coloring 10:00 Yoga (Video) 11:30-12:15 Lunch Pick Up 1:00 Happy Bones <i>Home-Style Meatloaf</i></p>		<p>Please reserve your pick up lunch at least one day before by 11am. (201) 641-1220</p>	