

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 OCTOBER 2021

October 11th	Center Closed Columbus Day	All Day
October 20th	Surrogate Dressler Visiting	11:00am
October 29th	Halloween Bingo (Costumes Encouraged!)	10:00am
October 31st	Happy Halloween	All Day

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.

The Ridgefield Park 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.

OCTOBER

RIDGEFIELD PARK SENIOR ACTIVITY

2021


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 9:00 CARDS/COLORING 10:00 BINGO 11:30-12:30 Pick Up Lunch 1:00-3:00 Movie Matinee</p> <p>Roast Turkey w Gravy</p>
<p>4 9:30 CARDS/COLORING 10:00 Meditation 11:30-12:30 Pick Up Lunch 12:30 BINGO</p> <p>Grilled Italian Fillet Sandwich</p>	<p>5 9:30 CARDS/GAMES/ COLORING 10:00 YOGA (Video) 11:30-12:30 Pick Up Lunch 1:00 Happy Bones</p> <p>Rigatoni</p>	<p>6 9:00 CARDS/ COLORING 9:30 ZUMBA GOLD (chair exercise) 11:30-12:30 Pick up Lunch 1:00 Bingo</p> <p>Shaved BBQ Chicken</p>	<p>7 9:00 CARDS/COLORING 10:15 SUN POWER YOGA 11:30-12:30 Pick up Lunch 1:00 Healthy Bones</p> <p>Ham Steak w Pineapple</p>	<p>8 9:00 CARDS/ COLORING 10:00 Bingo 11:30-12:30 Pick up Lunch 1:00-3:00 Movie Matinee</p> <p>Home Style Meatloaf</p>
<p>11 Center Closed for Columbus Day</p>	<p>12 9:30 CARDS/GAMES/ COLORING 10:00 YOGA (Video) 11:30-12:30 Pick Up Lunch 1:00 Happy Bones</p> <p>Chicken Salad</p>	<p>13 9:00 CARDS/ COLORING 9:30 ZUMBA GOLD (chair exercise) 11:30-12:30 Pick up Lunch 1:00 Bingo</p> <p>Chicken Cordon Blu</p>	<p>14 9:00 CARDS/COLORING 10:15 SUN POWER YOGA 11:30-12:30 Pick up Lunch 1:00 Healthy Bones</p> <p>Sweet & Sour Meatballs</p>	<p>15 9:00 CARDS/COLORING 10:00 BINGO 11:30-12:30 Pick Up Lunch 1:00—3:00 Movie Matinee</p> <p>Chicken Chow Mein</p>
<p>18 9:30 CARDS/COLORING 10:00 Meditation 11:30-12:30 Pick Up Lunch 12:30 BINGO</p> <p>Imitation Crab Salad Sandwich on</p>	<p>19 9:30 CARDS/GAMES/ COLORING 10:00 YOGA (Video) 11:30-12:30 Pick Up Lunch 1:00 Happy Bones</p> <p>Un-breaded Chicken Piccata</p>	<p>20 9:00 CARDS/ COLORING 9:30 ZUMBA GOLD (chair exercise) 11:30-12:30 Pick up Lunch 1:00 Bingo</p> <p>Roast Beef w Gravy</p>	<p>21 9:00 CARDS/COLORING 10:15 SUN POWER YOGA 11:30-12:30 Pick up Lunch 1:00 Healthy Bones</p> <p>Breaded Chicken w Country Gravy</p>	<p>22 9:00 CARDS/COLORING 10:00 BINGO 11:30-12:30 Pick Up Lunch 1:00-3:00 Movie Matinee</p> <p>Spinach and Cheese Lasagna</p>
<p>25 9:30 CARDS/COLORING 10:00 Meditation 11:30-12:30 Pick Up Lunch 12:30 BINGO</p> <p>Breaded Chicken Sandwich w</p>	<p>26 9:30 CARDS/GAMES/ COLORING 10:00 YOGA (Video) 11:30-12:30 Pick Up Lunch 1:00 Happy Bones</p> <p>Beer-Battered Fish on Leaf Lettuce</p>	<p>27 9:00 CARDS/ COLORING 9:30 ZUMBA GOLD (chair exercise) 11:30-12:30 Pick up Lunch 1:00 Bingo</p> <p>General Taos Chicken</p>	<p>28 9:00 CARDS/COLORING 10:15 SUN POWER YOGA 11:30-12:30 Pick up Lunch 1:00 Healthy Bones</p> <p>Breaded Pork Cutlet Marsala</p>	<p>29 9:00 CARDS/COLORING 10:00 BINGO 11:30-12:30 Pick Up Lunch 1:00-3:00 Movie Matinee</p> <p>Chicken Parmesan</p>