

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

January 2022


January 1	Happy 2022!!	
January 11	Trivia Tuesday	10am
January 12	Nutrition Education	10:30am
January 17	Martin Luther King, Jr. Birthday	Center closed
January 25	Project healthy bones begins	1pm
January 26	Chronic Disease Class Begins	12:30pm-2:30pm

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>3 9:30 Cards/ coloring 10:00 Meditation 11:30-12:15 pick up lunch 12:45 Bingo</p>	<p>4 9:30 Cards/ Games/ Coloring 9:45 Christmas Bingo 11:30-12:15 Lunch Pick Up 1:00 Happy Bones</p>	<p>5 9:00 Cards/ coloring 9:30 Zumba (Chair Exercise) 11:30-12:15 Pick Up Lunch 1:00 Bingo</p>	<p>6 9:00 Cards/ Coloring <i>Tree trimming Celebration</i> 11:30-12:15 Pick up Lunch 1:00 Healthy Bones</p>	<p>7 9:00 Cards/ Coloring 10:00 Bingo 11:30-12:15 Pick Up Lunch 1:00– 3:00 Movie Matinee</p>
<p>10 9:30 Cards/ coloring 10:00 Meditation 11:30-12:15 pick up lunch 12:45 Bingo</p>	<p>11 9:30 Cards/ Games/ Coloring 9:45 Christmas Bingo 11:30-12:15 Lunch Pick Up 1:00 Happy Bones</p>	<p>12 9:00 Cards/ coloring 9:30 Zumba (Chair Exercise) 11:30-12:15 Pick Up Lunch 1:00 Bingo</p>	<p>13 9:00 Cards/ Coloring 11:30-12:15 Pick up Lunch 1:00 Healthy Bones</p>	<p>14 9:00 Cards/ Coloring 10:00 Bingo 11:30-12:15 Pick Up Lunch 1:00– 3:00 Movie Matinee</p>
<p>17 Center Closed for MLK Day</p> 	<p>18 9:30 Cards/ Games/ Coloring 10:00 Yoga (Video) 11:30-12:15 Lunch Pick Up 1:00 Happy Bones</p>	<p>19 9:00 Cards/ coloring 9:30 Zumba (Chair Exercise) 11:30-12:15 Pick Up Lunch 1:00 Bingo</p>	<p>20 9:00 Cards/ Coloring 11:30-12:15 Pick up Lunch 1:00 Healthy Bones</p>	<p>21 9:00 Cards/ Coloring 10:00 Bingo 11:30-12:15 Pick Up Lunch 1:00– 3:00 Movie Matinee</p>
<p>24 9:30 Cards/ coloring 10:00 Meditation 11:30-12:15 pick up lunch 12:45 Bingo</p>	<p>25 9:30 Cards/ Games/ Coloring 10:00 Yoga (Video) 11:30-12:15 Lunch Pick Up 1:00 Happy Bones</p>	<p>26 9:00 Cards/ coloring/ holiday fun 9:30 Zumba (Chair Exercise) 11:30-12:15 Pick Up Lunch 1:00 Bingo</p>	<p>27 9:00 Cards/ Coloring 11:30-12:15 Pick up Lunch</p>	<p>28 9:00 Cards/ Coloring 10:00 Bingo 11:30-12:15 Pick Up Lunch 1:00– 3:00 Movie Matinee</p>
<p>31 9:30 Cards/ coloring 10:00 Meditation 11:30-12:15 pick up lunch 12:45 Bingo</p>		<p>Please reserve your pick up lunch at least one day before by 11am. (201) 641-1220</p>		