

BERGEN NEW JERSEY *County*

James J. Tedesco III
County Executive

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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

159 Park Street
Ridgefield Park, NJ 07660

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

RidgefieldParkCenter@co.bergen.nj.us

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

September 5	Center Closed - Labor Day	
September 6	Edge Physical Therapy Seminar "Fall Prevention"	11:00AM
September 7, 14, 21, 28	Bus to Food Shop (advanced sign up required)	10:00AM
September 11	Patriot's Day / Grandparent's Day	
September 12	Grandparent's Day Celebration RP Derby/ Karaoke	11:00AM
September 13	Senior Festival (please sign up in advance)	
September 28	Blood Pressure Screening/ Nurse Q&A	9:00AM 11:00AM

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. 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>Please call to reserve 1 day in advance before 11:30am</p> <p>Suggested donation of \$1.25 is requested for meals</p>	<p>1</p> <p>9:00 Cards/ Coloring 10:00 Beginner Belly Dance 11:30 Lunch 1:00 Healthy Bones Sliced Turkey w/ Gravy</p>	<p>2</p> <p>9:00 Cards/ Coloring 10:00 Sit & Be Fit 11:30 Lunch 12:30 Bingo Rigatoni Bolognese</p>
<p>5</p> 	<p>6</p> <p>9:30 Cards/ Games/ Coloring 10:00 Zumba w/ Lauren 11:30 Lunch 1:00 Happy Bones Hamburger (Beef) w/ Sausage & Garlic Olive Oil</p>	<p>7</p> <p>9:00 Cards/ Coloring 9:30 Zumba w/ Lourdes 11:30 Lunch 12:30 Bingo</p> <p>Chicken Florentine</p>	<p>8</p> <p>9:00 Cards/ Coloring 10:00 Beginner Belly Dance 11:30 Lunch 1:00 Healthy Bones Fish Sticks w/ Lemon and Tartar Sauce</p>	<p>9</p> <p>9:00 Cards/ Coloring 10:00 Sit & Be Fit 11:30 Lunch 12:30 Bingo</p> <p>BBQ Pulled Pork Sandwich</p>
<p>12</p> <p>9:00 Cards/ Coloring 9:30 Meditation 10:00 Yoga w EJ 11:30 Lunch 12:15 Bingo</p> <p>Grilled Chicken Caesar Salad</p>	<p>13</p> <p>9:30 Cards/ Games/ Coloring 10:00 Zumba w/ Lauren 11:30 Lunch 1:00 Happy Bones</p> <p>Salisbury Steak w/ Brown Gravy</p>	<p>14</p> <p>9:00 Cards/ Coloring 9:30 Zumba w/ Lourdes 11:30 Lunch 1:00 Bingo</p> <p>Italian Meatballs w/ Tomato Basil Sauce</p>	<p>15</p> <p>9:00 Cards/ Coloring 10:00 Beginner Belly Dance 11:30 Lunch 1:00 Healthy Bones</p> <p>Turkey Burger</p>	<p>16</p> <p>9:00 Cards/ Coloring 10:00 Sit & Be Fit 11:30 Lunch 12:30 Bingo</p> <p>Orange Chicken w/ Gravy</p>
<p>19</p> <p>9:00 Cards/ Coloring 9:30 Meditation 10:00 Yoga w EJ 11:30 Lunch 12:15 Bingo Turkey & Swiss cheese w/ Arugula on WW Roll</p>	<p>20</p> <p>9:30 Cards/ Games/ Coloring 10:00 Zumba w/ Lauren 11:30 Lunch 1:00 Happy Bones</p> <p>Stuffed Cabbage</p>	<p>21</p> <p>9:00 Cards/Coloring/Holiday Fun 9:30 Zumba w/ Lourdes 11:30 Lunch 12:30 Bingo</p> <p>Lemon Pepper Baked Fish</p>	<p>22</p> <p>9:00 Cards/ Coloring 10:00 Beginner Belly Dance 11:30 Lunch 1:00 Healthy Bones</p> <p>Sloppy Joe on Kaiser Roll</p>	<p>23</p> <p>9:00 Cards/ Coloring 10:00 Sit & Be Fit 11:30 Lunch 12:30 Bingo</p> <p>Egg Salad on Romaine Lettuce</p>
<p>26</p> <p>9:00 Cards/ Coloring 9:30 Meditation 10:00 Yoga w/ EJ 11:30 Lunch 12:15 Bingo</p> <p>Tuna Noodle Salad</p>	<p>27</p> <p>9:30 Cards/ Games/ Coloring 10:00 Zumba w/ Lauren 11:30 Lunch 1:00 Happy Bones</p> <p>Pork Tenderloin w/ Gravy</p>	<p>28</p> <p>9:00 Cards/ Coloring 9:30 Zumba w/ Lourdes 11:30 Lunch 12:30 Bingo</p> <p>Korean BBQ Chicken Leg Quarter</p>	<p>29</p> <p>9:00 Cards/ Coloring 10:00 Beginner Belly Dance 11:30 Lunch 1:00 Healthy Bones</p> <p>Cheese Ravioli in Spinach Sauce</p>	<p>30</p> <p>9:00 Cards/ Coloring 10:00 Sit & Be Fit 11:30 Lunch 12:30 Bingo</p> <p>Shaved Chicken Sandwich</p>