

# BERGEN NEW JERSEY *County*

James J. Tedesco III  
County Executive

## BOARD OF COUNTY COMMISSIONERS

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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](mailto: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 December 2022

December 2nd	Holiday Baking, Tree Trimming, Cookies & Cocoa	morning
December 7, 14, 21, 28	Bus to Food Shop (advanced sign up required)	10:00am
December 16th	Comfort Partners Saving Money on Energy Seminar	11:00am
December 18th	Hanukkah begins at Sundown	
December 19th	Intergenerational Holiday Sing-A-Long	9:15am
December 20th	Blood Pressure Screenings and Health Q& A	9:30am 11:30am
December 21st	Holiday Party	9:00am- 2:00pm
December 25th	Merry Christmas	
December 26th	Center Closed—Christmas Observed	
December 31st	New Year's Eve	



On behalf of the County of Bergen, we thank you for your patience during the Covid-19 pandemic. At this time, the County has lifted most restrictions related to Covid-19, but will continue to require health screenings upon entrance to the centers. Masks are now optional throughout the centers. Meals will return to congregate setting, and there will no longer be a Grab & Go option. We look forward to seeing you again as we resume all regular activities. 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.

*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.*

Center Director  
Tara Prestigiacomio

**RIDGEFIELD PARK SENIOR ACTIVITY CENTER**  
**December 2022**

201-641-1220

**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><b>1</b></p> <p>9:00 Cards/ Coloring 10:00 Beginner Belly Dance 11:30 Lunch 1:00 Healthy Bones</p> <p>Homestyle Meatloaf</p>	<p><b>2</b></p> <p>9:00 Cards/ Coloring 10:00 Sit &amp; Be Fit 11:30 Lunch 12:30 Bingo</p> <p>Herb Roasted Chicken Leg</p>
<p><b>5</b></p> <p>9:00 Cards/ Coloring 9:30 Meditation 10:00 Yoga w EJ 11:30 Lunch 12:15 Bingo</p> <p>Whole Wheat Ziti</p>	<p><b>6</b></p> <p>9:30 Cards/ Games/ Coloring 10:00 Zumba w/ Lauren 11:30 Lunch 1:00 Happy Bones</p> <p>Tuna Salad</p>	<p><b>7</b></p> <p>9:00 Cards/ Coloring 10:00 Zumba w/ Lourdes Food Shopping 11:30 Lunch 12:15 Bingo Pulled BBQ Chicken</p>	<p><b>8</b></p> <p>9:00 Cards/ Coloring 10:00 Beginner Belly Dance 11:30 Lunch 1:00 Healthy Bones</p> <p>Sliced Roast Beef w/ Gravy</p>	<p><b>9</b></p> <p>9:00 Cards/ Coloring 10:00 Sit &amp; Be Fit 11:30 Lunch 12:30 Bingo</p> <p>Tortellini and Chicken Alfredo</p>
<p><b>12</b></p> <p>9:00 Cards/ Coloring 9:30 Meditation 10:00 Yoga w EJ 11:30 Lunch 12:15 Bingo</p> <p>Egg Salad on Lettuce</p>	<p><b>13</b></p> <p>9:30 Cards/ Games/ Coloring 10:00 Zumba w/ Lauren 11:30 Lunch 1:00 Happy Bones</p> <p>Cheese Ravioli w/ Meatballs</p>	<p><b>14</b></p> <p>9:00 Cards/ Coloring 10:00 Zumba w/ Lourdes 11:30 Lunch 1:00 Bingo</p> <p>Sliced Turkey w/ Gravy</p>	<p><b>15</b></p> <p>9:00 Cards/ Coloring 10:00 Beginner Belly Dance 11:30 Lunch 1:00 Healthy Bones</p> <p>Stuffed Cabbage</p>	<p><b>16</b></p> <p>9:00 Cards/ Coloring 10:00 Sit &amp; Be Fit 11:30 Lunch 12:30 Bingo</p> <p>Unbreaded Chicken Marsala</p>
<p><b>19</b></p> <p>9:00 Cards/ Coloring 9:30 Meditation 10:00 Yoga w EJ 11:30 Lunch 12:15 Bingo Turkey &amp; Red Kidney Bean Chili</p>	<p><b>20</b></p> <p>9:30 Cards/ Games/ Coloring 10:00 Zumba w/ Lauren 11:30 Lunch 1:00 Happy Bones</p> <p>Beef Goulash</p>	<p><b>21</b></p> <p>9:00 Cards/Coloring/Holiday Fun 10:00 Zumba w/ Lourdes 11:30 Lunch 12:30 Bingo</p> <p>Baked Fish</p>	<p><b>22</b></p> <p>9:00 Cards/ Coloring 10:00 Beginner Belly Dance 11:30 Lunch 1:00 Healthy Bones</p> <p>BBQ Chicken Quarter</p>	<p><b>23</b></p> <p>9:00 Cards/ Coloring 10:00 Sit &amp; Be Fit 11:30 Lunch 12:30 Bingo</p> <p>Salisbury Steak w/ Gravy</p>
<p><b>26</b></p> <p>Christmas Holiday Observed</p>	<p><b>27</b></p> <p>9:30 Cards/ Games/ Coloring 10:00 Zumba w/ Lauren 11:30 Lunch 1:00 Happy Bones</p> <p>Broccoli Stuffed Fish</p>	<p><b>28</b></p> <p>9:00 Cards/ Coloring 10:00 Zumba w/ Lourdes 11:30 Lunch 1:00 Bingo</p> <p>Sloppy Joe</p>	<p><b>29</b></p> <p>9:00 Cards/ Coloring 10:00 Beginner Belly Dance 11:30 Lunch 1:00 Healthy Bones</p> <p>Chicken Parmesan</p>	<p><b>30</b></p> <p>9:00 Cards/ Coloring 10:00 Sit &amp; Be Fit 11:30 Lunch 12:30 Bingo</p> <p>Pork Tenderloin</p>