

BERGEN NEW JERSEY *County*

James J. Tedesco III
County Executive

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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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James J. Tedesco III, County Executive

RIDGEFIELD PARK SENIOR ACTIVITY CENTER Bergen County Department of Human Services Division of Senior Services/ADRC **March 2023**



March 1st, 8th, 15th, 22nd, 29th	Food Shopping please sign up in advance	10:00am
March 1st	CBD for Pain Management Center for Alcohol and Drug Resources of NJ	11:00am
March 2nd	Monthly Morning Memory Game w/ Doreen	9:30am
March 2nd, 9th, 16th, 23rd, 30th	Creative Ways 8 week Pottery Class (advanced reg. required)	12:30pm
March TBD	The Key Memory Seminar	11:00am
March 12th	Daylight Savings Time Begins	
March 14th	Shamrock Cookie/Chocolate Making	12:30pm
March 17th	Happy St. Patrick's Day! Try your luck with our Big Bingo	12:00pm
March 20th	First Day of Spring	
March 21st	Blood Pressure Screenings / Health Q & A	9:30am-11:30am
March 22nd	Ramadan begins at sundown	
TBD	iPad assisted "armchair travel"	11:00am
March 28th	Movie Matinee <i>Light refreshments will be served</i>	12:00pm

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.

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.

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.

Center Director
Tara Prestigiaco

RIDGEFIELD PARK SENIOR ACTIVITY CENTER
March 2023

201-641-1220


MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

<p>Meals provide 1/3 recommended Dietary Reference Intakes (DRIs) for older adults. The weekly average nutrient amount of each meal is: 10% or less Saturated Fat (35g), 1000mg or less Sodium. Salt and Sugar are not added to any recipe</p>	<p>Please call to reserve 1 day in advance before 11:30am Suggested donation of \$1.25 is requested for meals</p> 	<p>8:30 Continental Breakfast 1 9:00 Cards/Coloring/Dominos 10:00 Zumba w/ Lourdes 10:00 Food Shopping 11:30 Lunch 12:30 Bingo</p>	<p>8:30 Continental Breakfast 2 9:00 Cards/Coloring/Dominos 10:00 Beginner Belly Dance 11:30 Lunch 12:30 Creative Ways Pottery</p> <p>Herb Roasted Chicken Leg</p>	<p>8:30 Continental Breakfast 3 9:00 Cards/Coloring/Dominos 10:00 Sit & Be Fit 11:30 Lunch 12:30 Bingo</p> <p>Eggplant Rollatini</p>
<p>8:30 Continental Breakfast 6 9:00 Cards/Coloring/Dominos 9:30 Meditation 10:00 Yoga w EJ 11:30 Lunch 12:15 Bingo</p> <p>Sweet and Sour Meatballs</p>	<p>8:30 Continental Breakfast 7 9:30 Cards/Games/Coloring 10:15 Zumba w/ Lauren 11:30 Lunch 12:00 Happy Bones</p> <p>Baked Fish w/ Dill Sauce</p>	<p>8:30 Continental Breakfast 8 9:00 Cards/Coloring/Games 10:00 Zumba w/ Lourdes 10:00 Food Shopping 11:30 Lunch 12:15 Bingo</p> <p>Chicken Florentine</p>	<p>8:30 Continental Breakfast 9 9:00 Cards/Coloring/Games 10:00 Beginner Belly Dance 11:30 Lunch 12:30 Creative Ways Pottery</p> <p>Hamburger (Beef)</p>	<p>8:30 Continental Breakfast 10 9:00 Cards/Coloring/Games 10:00 Sit & Be Fit 11:30 Lunch 12:30 Bingo</p> <p>Tuna and Bowtie Pasta</p>
<p>8:30 Continental Breakfast 13 9:00 Cards/Coloring/Games 9:30 Meditation 10:00 Yoga w/ EJ 11:30 Lunch 12:15 Bingo \</p> <p>Pork Tenderloin w Applesauce</p>	<p>8:30 Continental Breakfast 14 9:30 Cards/Games/Coloring 10:15 Zumba w/ Lauren 11:30 Lunch 12:00 Chocolate Cookie Baking</p> <p>Salisbury Steak w/ Gravy</p>	<p>8:30 Continental Breakfast 15 9:00 Cards/ Coloring 10:00 Zumba w/ Lourdes 10:00 Food Shopping 11:30 Lunch 12:30 Bingo</p> <p>Chicken Cutlet Parmesan</p>	<p>8:30 Continental Breakfast 16 9:00 Cards/Coloring 10:00 Beginner Belly Dance 11:30 Lunch 12:30 Creative Ways Pottery</p> <p>Corned Beef w/ Garlic & Lemon Sauce</p>	<p>8:30 Continental Breakfast 17 9:00 Cards/ Coloring 10:00 Sit & Be Fit 11:30 Lunch 12:30 Bingo</p> <p>Baked Fish</p>
<p>8:30 Continental Breakfast 20 9:00 Cards/Coloring/Games 9:30 Meditation 10:00 Yoga w/ EJ 11:30 Lunch 12:15 Bingo</p> <p>Turkey and Swiss Cheese w/ Arugula on Whole Wheat</p>	<p>8:30 Continental Breakfast 21 9:30 Cards/Games/Coloring 10:15 Zumba w/ Lauren 11:30 Lunch 12:00 Happy Bones</p> <p>Hot Tuna Noodle Casserole</p>	<p>8:30 Continental Breakfast 22 9:00 Cards/Coloring 10:00 Zumba w/ Lourdes 10:00 Food Shopping 11:30 Lunch 12:30 Bingo</p> <p>Chicken Cordon Bleu</p>	<p>8:30 Continental Breakfast 23 9:00 Cards/Coloring 10:00 Beginner Belly Dance 11:30 Lunch 12:30 Creative Ways Pottery</p> <p>Sloppy Joe on Whole Wheat</p>	<p>8:30 Continental Breakfast 24 9:00 Cards/ Coloring 10:00 Sit & Be Fit 11:30 Lunch 12:30 Bingo</p> <p>Egg Salad on Romaine Lettuce</p>
<p>8:30 Continental Breakfast 27 9:00 Cards/Coloring/Games 9:30 Meditation 10:00 Yoga w/ EJ 11:30 Lunch 12:15 Bingo</p> <p>Swedish Meatballs</p>	<p>8:30 Continental Breakfast 28 9:30 Cards/Games/Coloring 10:15 Zumba w/ Lauren 11:30 Lunch 12:00 Movie Matinee</p> <p>Meatloaf w/ Gravy</p>	<p>8:30 Continental Breakfast 29 9:00 Cards/Coloring 10:00 Zumba w/ Lourdes 10:00 Food Shopping 11:30 Lunch 12:30 Bingo</p> <p>Shaved Philly Beef Sandwich</p>	<p>8:30 Continental Breakfast 30 9:00 Cards/Coloring 10:00 Beginner Belly Dance 11:30 Lunch 12:30 Creative Ways Pottery</p> <p>Korean BBQ Chicken Leg Qtr</p>	<p>8:30 Continental Breakfast 31 9:00 Cards/ Coloring 10:00 Sit & Be Fit 11:30 Lunch 12:30 Bingo</p> <p>Baked Fish w/ Dill Sauce</p>