

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 May 2023



May 5th	Cinco De Mayo Celebration	
May 8th	Monthly Memory Geme	9:30am
May 3rd, 10th, 17th, 24th, 31st	Food Shopping (Advanced Reg required)	10:30am
May 14th	Happy Mother's Day	
May 15h	Mother's Day Manicures/Open House Baking	9:30am
May 16th	Open House Special all day event Register by calling (201) 641-1220	9:00am- 2:00pm
May 16th	Blood Pressure Screenings / Health Q & A	9:30am- 11:30am
May 18th	Jewelry/ Keychain Making	12:15pm
May 23rd	PM walk RP nature preserve advanced sign ups required Weather permitting	1:00pm
May 24th	Elder Law Information Session	11:00am
May 25th	Spring Cookie/chocolate making	12:30pm
May 29th	Memorial Day Center Closed	
May 30th	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 have returned to a congregate setting, and there is 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.

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
1	8:30 Continental Breakfast 9:00 Cards/Coloring/Dominos 9:30 Meditation 10:00 Yoga w/ EJ 11:30 Lunch 12:15 Bingo Italian Meatballs w/ Tomato Basil Sauce	2	8:30 Continental Breakfast 9:30 Cards/Games/Coloring 10:15 Zumba w/ Lauren 11:30 Lunch 12:00 Spring craft Tuna and Bowtie Pasta Salad	3	8:30 Continental Breakfast 9:00 Cards/Coloring/Dominos 10:00 Zumba w/ Lourdes 10:30 Food Shopping 11:30 Lunch 12:30 Bingo Pork Chop in Garlic Sauce	4	8:30 Continental Breakfast 9:00 Cards/Coloring/Dominos 10:00 Beginner Belly Dance 11:30 Lunch 12:30 Cards/ Word Search/ Afternoon stretch Balsamic Breaded Chicken Breast	5	8:30 Continental Breakfast 9:00 Cards/Coloring/Games 10:00 Sit & Be Fit 11:30 Lunch 12:30 Bingo Mexican Chicken Breast
8	8:30 Continental Breakfast 9:00 Cards/Coloring/Dominos 9:30 Meditation 10:00 Yoga w/ EJ 11:30 Lunch 12:15 Bingo Baked Fish w/ Lemon	9	8:30 Continental Breakfast 9:30 Cards/Games/Coloring 10:15 Zumba w/ Lauren 11:30 Lunch 12:00 Fresh Air/ Neighbor- hood walk Korean BBQ Chicken Leg	10	8:30 Continental Breakfast 9:00 Cards/Coloring/Games 10:00 Zumba w/ Lourdes 10:30 Food Shopping 11:30 Lunch 12:15 Bingo Stuffed Peppers (Turkey)	11	8:30 Continental Breakfast 9:00 Cards/Coloring/Games 10:00 Beginner Belly Dance 11:30 Lunch 12:30 cards/ word search/ afternoon stretch LS Ham Steak	12	8:30 Continental Breakfast 9:00 Cards/Coloring/Games 10:00 Sit & Be Fit 11:30 Lunch 12:30 Bingo Boneless Chicken Scampi
15	8:30 Continental Breakfast 9:00 Cards/Coloring/Games 9:30 Meditation 10:00 Yoga w/ EJ 11:30 Lunch 12:15 Bingo Tuna Salad on Romaine	16	8:30 Continental Breakfast 9:30 Cards/Games/Coloring 10:15 Zumba w/ Lauren 11:30 Lunch 12:00 Spring Craft OPEN HOUSE ALL DAY Chicken Marsala	17	8:30 Continental Breakfast 9:00 Cards/ Coloring 10:00 Zumba w/ Lourdes 10:30 Food Shopping 11:30 Lunch 12:30 Bingo Sweet Pork Sausage Sandwich	18	8:30 Continental Breakfast 9:00 Cards/Coloring 10:00 Beginner Belly Dance 11:30 Lunch 11:30 Baking 12:30 Jewelry making Salisbury Steak w/ Brown Gravy	19	8:30 Continental Breakfast 9:00 Cards/Coloring 10:00 Sit & Be Fit 11:30 Lunch 12:30 Bingo Eggplant Rollatini w/ Italian Meatballs (2)
22	8:30 Continental Breakfast 9:00 Cards/Coloring/Games 9:30 Meditation 10:00 Yoga w/ EJ 11:30 Lunch 12:15 Bingo Orange Chicken	23	8:30 Continental Breakfast 9:30 Cards/Games/Coloring 10:15 Zumba w/ Lauren 11:30 Lunch 12:00 Fresh Air/Neighborhood walk Roast Beef w/ Gravy	24	8:30 Continental Breakfast 9:00 Cards/Coloring 10:00 Zumba w/ Lourdes 10:30 Food Shopping 11:30 Lunch 12:30 Bingo Chicken Waldorf Salad	25	8:30 Continental Breakfast 9:00 Cards/Coloring 10:00 Beginner Belly Dance 11:30 Lunch 12:30 Chocolate Cookie Making Pork Tenderloin w/ Gravy	26	8:30 Continental Breakfast 9:00 Cards/ Coloring 10:00 Sit & Be Fit 11:30 Lunch 12:30 Bingo Swedish Meatballs
29	Closed for Memorial Day		30	8:30 Continental Breakfast 9:30 Cards/Games/Coloring 10:15 Zumba w/ Lauren 11:30 Lunch 12:30 Movie Matinee Beef Hamburger	31	8:30 Continental Breakfast 9:00 Cards/Coloring/Games 10:00 Zumba w/ Lourdes 10:30 Food Shopping 11:30 Lunch 12:15 Bingo Chicken Florentine	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 Please call to reserve meal 1 day in advance before 11:30am Suggested donation of \$1.25 is requested for meals		<i>We all share one room, I know our dancers get a little warm and our card players get a bit cold, please bring/ wear layers ... tank tops, tee shirts and sweaters as we can not adjust the temperature to each individual body :)</i>