

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

Open: Monday - Friday, 8:00 AM - 3:30PM



BERGEN NEW JERSEY County

James J. Tedesco III, County Executive

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

June 2nd	Farmers' Market Distribution	1-2pm
June 5th	Foot health Education with Podiatrist	11am
June 7,14, 21,28th	Food Shopping (Advanced Reg required)	10am
June 8th	Happy Ocean's Day ! Experiment, games, chocolates	All day
June 13th	Manicures, aromatherapy, hand massages	9:30am
June 13th	Timed Static Contraction Exercise demo	12:15pm
June 14th	Happy Flag Day! Morning trivia Wear your Red, White, and Blue	9:30am
June 14th	Monthly SNAP/ Board of Social Services Outreach visit	10am-2pm
June 16th	Juneteenth day observation CENTER CLOSED	
June 18th	Happy Father's Day	
June 20th	Blood Pressure Screenings / Health Q & A	9:30-11am
June 20th	New Weekly Diamond Art Project	12:15pm
June 22nd	Summer Kick off Ice Cream Party / Beach Ball Toss	noon
June 27th	Movie Matinee Light refreshments served	
	Coming up next Month: Sewing lessons, & PM Yoga	

Bergen County Elder Abuse Awareness Walk

Saturday June 3, 2023

Overpeck County Park Amphitheater
One Challenger Road, Ridgefield Park

Rain Date Sunday, June 11, 2023

9:00am—12:00pm

Register today using the link below or calling 201-336-7416

<https://www.eventbrite.com/e/bergen-county-elder-abuse-awareness-walk-tickets-635453868627>



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.

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



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
Please call to reserve 1 day in advance before 11:30am
Suggested donation \$1.25

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 :)

1
 8:30 CONTINENTAL BREAKFAST
 9:30 MEDITATION
 10:00 BEGINNER BELLY DANCE
 11:30 LUNCH

Pork Chop

2 8:30 CONTINENTAL BREAKFAST
 9:30 MEDITATION
 10:00 SIT & BE FIT
 11:30 LUNCH
 12:30 BINGO
 1:00 FARMERS' MARKET DISTRIBUTION

Creamed Spinach Stuffed Fish

5
 8:30 CONTINENTAL BREAKFAST
 9:30 MEDITATION
 10:00 YOGA W/ EJ
 11:00 PODIATRIST SEMINAR
 11:30 LUNCH
 12:15 BINGO

Shaved Philly Beef Sandwich

6 8:30 CONTINENTAL BREAKFAST
 9:30 MEDITATION
 10:15 ZUMBA W/ LAUREN
 11:30 LUNCH
 12:00 NEIGHBORHOOD WALK (WEATHER PERMITTING)

Hawaiian Chicken

7 8:30 CONTINENTAL BREAKFAST
 9:30 MEDITATION
 10:00 ZUMBA W/ LOURDES
 10:00 FOOD SHOPPING
 11:30 LUNCH
 12:15 BINGO

Whole Wheat Ziti w/ Crumbled Turkey Sausage

8
 8:30 CONTINENTAL BREAKFAST
 9:30 MEDITATION
 10:00 BEGINNER BELLY DANCE
 11:30 LUNCH
 12:15 OCEAN THEMED CHOCOLATE MAKING & GAMES

Baked Fish w/ Lemon Dill Sauce

9
 8:30 CONTINENTAL BREAKFAST
 9:30 MEDITATION
 10:00 SIT & BE FIT
 11:30 LUNCH
 12:30 BINGO

Swedish Meatballs

12
 8:30 CONTINENTAL BREAKFAST
 9:30 MEDITATION
 10:00 YOGA W/ EJ
 11:30 LUNCH
 12:15 BINGO

Meatloaf w/ Gravy

13
 8:30 CONTINENTAL BREAKFAST
 9:30 MEDITATION
 9:30 MANICURES & HAND-MASSAGE
 10:15 ZUMBA W/ LAUREN
 11:30 LUNCH
 12:15 EXERSIZE DEMO

Herb Roasted Chicken Leg

14 8:30 CONTINENTAL BREAKFAST
 9:30 MEDITATION
 9:30 FLAG DAY TRIVIA
 10:00 ZUMBA W/ LOURDES
 10:00 FOOD SHOPPING/ SNAP VISIT
 11:30 LUNCH
 12:30 BINGO

Egg Salad on Romaine Lettuce

15
 8:30 CONTINENTAL BREAKFAST
 9:30 MEDITATION
 10:00 BEGINNER BELLY DANCE
 11:30 LUNCH
 11:30 BAKING

Stuffed Peppers

16

**JUNETEENTH OBSERVED
 CENTER CLOSED**

19
 8:30 CONTINENTAL BREAKFAST
 9:30 MEDITATION
 10:00 YOGA W/ EJ
 11:30 LUNCH
 12:15 BINGO

Lemon-Pepper Baked Fish

20
 8:30 CONTINENTAL BREAKFAST
 9:30 MEDITATION/ BLOOD PRES-SURE SCREENINGS
 10:15 ZUMBA W/ LAUREN
 11:30 LUNCH
 12:15 DIAMOND ART

Chicken Fillet with Honey Dijon

21
 8:30 CONTINENTAL BREAKFAST
 9:30 MEDITATION
 10:00 ZUMBA W/ LOURDES
 11:30 LUNCH
 12:00 ICE CREAM PARTY
 12:30 BINGO

Honey Glazed Pork Chop

22 8:30 CONTINENTAL BREAKFAST
 9:30 MEDITATION
 10:00 BEGINNER BELLY DANCE
 11:30 LUNCH
 11:30 BAKING
 12:30 ICE CREAM & BALL TOSS

Turkey & Swiss Cheese Sandwich

23
 8:30 CONTINENTAL BREAKFAST
 9:30 MEDITATION
 10:00 SIT & BE FIT
 11:30 LUNCH
 12:30 BINGO

Beef Hamburger

26
 8:30 CONTINENTAL BREAKFAST
 9:30 MEDITATION
 10:00 YOGA W/ EJ
 11:30 LUNCH
 12:15 BINGO

Chicken Cordon Bleu

27
 8:30 CONTINENTAL BREAKFAST
 9:30 MEDITATION
 10:15 ZUMBA W/ LAUREN
 11:30 LUNCH
 12:00 COASTER CRAFT
 12:15 DIAMOND ART

LS Ham Steak w/ Pineapple

28
 8:30 CONTINENTAL BREAKFAST
 9:30 MEDITATION
 10:00 ZUMBA W/ LOURDES
 10:00 FOOD SHOPPING
 11:30 LUNCH
 12:15 BINGO

Potato Crusted Baked Fish

29
 8:30 CONTINENTAL BREAKFAST
 9:30 MEDITATION
 10:00 BEGINNER BELLY DANCE
 11:30 LUNCH
 12:15 PET PARTNERS THERAPY DOGS & OTHER THERAPY ANIMALS

Mini Cheese Ravioli with Meatballs

30
 8:30 CONTINENTAL BREAKFAST
 9:30 MEDITATION
 10:00 SIT & BE FIT
 11:30 LUNCH
 12:30 BINGO

Korean BBQ Chicken Leg