

BERGEN NEW JERSEY *County*

James J. Tedesco III
County Executive

and the

BOARD OF COUNTY COMMISSIONERS

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 January 2023

January 1st	Happy 2023!!	
January 2nd	Center Closed New Year's Day Observed	
January 4, 11, 18, 25	Bus to Food Shop (advanced sign up required)	10:00AM
January TBD	Nutrition Education	11:00AM
January 17th	Blood Pressure Screenings and Health Q& A	9:30AM -11:30AM
January 16th	Center Closed Martin Luther King Jr day	
January 22nd	Chinese/ Lunar New Year	
January 23rd	Lunar New Year Luchtime Celebration	11:30AM
January 25th	CBD for Pain Management Seminar with The Center for Drug and Alcohol Resources	11:00AM
January 27th	RP Library Outreach and iPad Demonstration	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.

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.



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

<p>2</p>  <p>HAPPY NEW YEAR</p>	<p>3</p> <p>9:30 Cards/ Games/Coloring 10:00 Zumba w/ Lauren 11:30 Lunch</p> <p>Meatloaf w/ Gravy</p>	<p>4</p> <p>9:00 Cards/Coloring/Holiday Fun 10:00 Zumba w/ Lourdes 11:30 Lunch 12:30 Bingo</p> <p>Baked Fish w/ Garlic Lemon Sauce</p>	<p>5</p> <p>9:00 Cards/ Coloring 10:00 Beginner Belly Dance 11:30 Lunch</p> <p>BBQ Pulled Pork w/ Sauce</p>	<p>6</p> <p>9:00 Cards/ Coloring 10:00 Sit & Be Fit 11:30 Lunch 12:30 Bingo</p> <p>Roasted Chicken Leg w/ Cacciatore Sauce</p>
<p>9</p> <p>9:00 Cards/ Coloring 9:30 Meditation 10:00 Yoga w EJ 11:30 Lunch 12:15 Bingo</p> <p>Tuna and Bowtie Salad</p>	<p>10</p> <p>9:30 Cards/ Games/ Coloring 10:00 Zumba w/ Lauren 11:30 Lunch</p> <p>Balsamic Breaded Chicken Breast</p>	<p>11</p> <p>9:00 Cards/ Coloring 10:00 Zumba w/ Lourdes Food Shopping 11:30 Lunch 12:15 Bingo</p> <p>Hamburger</p>	<p>12</p> <p>9:00 Cards/ Coloring 10:00 Beginner Belly Dance 11:30 Lunch</p> <p>Sliced Turkey w/ Turkey gravy</p>	<p>13</p> <p>9:00 Cards/ Coloring 10:00 Sit & Be Fit 11:30 Lunch 12:30 Bingo</p> <p>Italian Meatballs</p>
<p>16</p> 	<p>17</p> <p>9:30 Cards/ Games/ Coloring 10:00 Zumba w/ Lauren 11:30 Lunch</p> <p>Pork Chop w/ Cinnamon Apple Glaze</p>	<p>18</p> <p>9:00 Cards/ Coloring 10:00 Zumba w/ Lourdes 11:30 Lunch 1:00 Bingo</p> <p>Orange Chicken</p>	<p>19</p> <p>9:00 Cards/ Coloring 10:00 Beginner Belly Dance 11:30 Lunch</p> <p>Whole Wheat Rotini w/ Crumbled Italian Sausage</p>	<p>20</p> <p>9:00 Cards/ Coloring 10:00 Sit & Be Fit 11:30 Lunch 12:30 Bingo</p> <p>Pepper Steak</p>
<p>23</p> <p>9:00 Cards/ Coloring 9:30 Meditation 10:00 Yoga w/ EJ 11:30 Lunch 12:15 Bingo</p> <p>Chicken Chow Mein</p>	<p>24</p> <p>9:30 Cards/ Games/ Coloring 10:00 Zumba w/ Lauren 11:30 Lunch</p> <p>Salisbury Steak w/ Gravy</p>	<p>25</p> <p>9:00 Cards/Coloring/Holiday Fun 10:00 Zumba w/ Lourdes 11:30 Lunch 12:30 Bingo</p> <p>Tuna Salad w/ Lettuce Leaf</p>	<p>26</p> <p>9:00 Cards/ Coloring 10:00 Beginner Belly Dance 11:30 Lunch</p> <p>Cheese & Spinach Lasagna</p>	<p>27</p> <p>9:00 Cards/ Coloring 10:00 Sit & Be Fit 11:30 Lunch 12:30 Bingo</p> <p>Chicken Marsala</p>
<p>30</p> <p>9:00 Cards/ Coloring 9:30 Meditation 10:00 Yoga w/ EJ 11:30 Lunch 12:15 Bingo</p> <p>Egg Salad w/ Lettuce Leaf</p>	<p>31</p> <p>9:30 Cards/ Games/ Coloring 10:00 Zumba w/ Lauren 11:30 Lunch</p> <p>Korean BBQ Chicken Leg</p>	<p>Please call to reserve 1 day in advance before 11:30am</p> <p>Suggested donation of \$1.25 is requested for meals</p>		