

# 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

Tara Prestigiacomio, Director  
159 Park Street  
Ridgefield Park, NJ, 07424  
Phone: (201) 641-1220 • Fax (201) 000-0000

[RidgefieldParkCenter@co.bergen.nj.us](mailto:RidgefieldParkCenter@co.bergen.nj.us)

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

# BERGEN NEW JERSEY *County*

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## RIDGEFIELD PARK SENIOR ACTIVITY CENTER Bergen County Department of Human Services Division of Senior Services/ADRC February 2024

February 1, 8, 15, 22, 29	Making Music, Happy Bones	12:15PM
February 5	Heart Health Presentation w/ Bergen County Health Services	11:00AM
February 6, 13 20, 27	Happy Bones Exercise class, Crochet Club	12:15PM
February 2	Groundhogs Day (Movie/Hot Pancake Breakfast)	9:00AM
February 9	Lunar New Year (Snacks, Crafts, & Activities)	11:15AM
February 12	Football Trivia & Prizes to Superbowl Pick Winners	11:00AM
February 13	Mardi Gras Necklace Making, (Wear Purple or Green)	9:00AM
February 13	Blood Pressure Screenings / Health Q&A w/ HUMC Nurse Lisa Lupetti BSN, RN, CHFNP	10:00AM
February 19	President's Day	CLOSED
February 22	Mocktails and Karaoke w/ Doreen & Agata	1:30PM
February 22	Baking for Big Bingo Birthday Party	9:00AM
February 23	Big Birthday Bingo Party	12:15PM
February 26	Healthy Heart Diet Seminar w/ HUMC Nurse Lisa Lupetti BSN, RN, CHFNP	11:00AM

The 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.

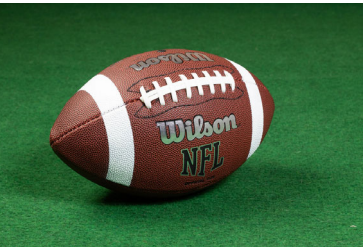


AMERICAN HEART MONTH FEATURING

BERGEN COUNTY  
HEALTH SERVICES:

LIFE'S ESSENTIAL EIGHT  
HEART HEALTH PRESENTATION

For the month of February, Bergen County Health Services will present at all ten county-operated centers.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<p><b>COLD AND FLU SEASON IS IN FULL SWING PLEASE STAY HOME IF YOU ARE NOT FEELING WELL!</b></p>	<p>Every Wednesday Food Shopping w/ Community Transportation *Registration Required (201) 641-1220</p>	<p>1 9:30 Meditation 10:00 Beginner Belly Dance 12:00 Tai Chi (Video) 12:15 Happy Bones Exercise Class/ 12:15 Crochet Club 12:15 Making Music</p> <p>Chicken Piccata</p>	<p>2 9:00 Movie &amp; Pancakes 9:30 Tai Chi (Video) 10:00 Sit &amp; Be Fit 12:30 Bingo</p> <p>Ham Steak</p>
<p>5 9:30 Meditation/Tai Chi 10:00 Yoga w EJ 11:00 Presentation: Heart Health 12:30 Bingo</p> <p>Homestyle Meatloaf w/ Gravy</p>	<p>6 9:30 Meditation 10:15 Zumba w/ Lauren 12:00 Tai Chi (Video) 12:15 Crochet Club /Happy Bones Exercise Class</p> <p>Turkey &amp; Swiss</p>	<p>7 9:30 Tai Chi (Video) 10:00 Zumba w/ Lourdes 10:00 Food Shopping 12:30 Bingo</p> <p>Korean BBQ Chicken Leg</p>	<p>8 9:30 Meditation 10:00 Beginner Belly Dance 12:00 Tai Chi (Video) 12:15 Happy Bones Exercise Class/ 12:15 Crochet Club 12:15 Making Music</p> <p>Pulled Pork</p>	<p>9 9:00 Lunar New Year Craft /Snacks 9:30 Tai Chi (Video) 10:00 Sit &amp; Be Fit 12:30 Bingo</p> <p>Pepper Steak</p>
<p>12 9:30 Meditation/tai Chi 10:00 Yoga w/ EJ 11:00 Gift for Superbowl Winners 12:00 Bingo</p> <p>Egg Salad on Pumpernickel</p>	<p>13 9:00 Mardi Gras Necklace Making 9:30 Meditation 10:15 Zumba w/ Lauren 12:00 Tai Chi (Video) 12:15 Crochet Club/Happy Bones Exercise Class</p> <p>Chicken Marsala</p>	<p>14 9:00 Valentine &amp; Cookie Bake 9:30 Tai Chi (Video) 10:00 Zumba w/ Lourdes 10:00 Food Shopping 12:30 Bingo</p> <p>Eggplant Rollatini</p> 	<p>15 9:00 Baking Birthday Party 9:30 Meditation 10:00 Beginner Belly Dance 12:00 Tai Chi (Video) 12:15 Happy Bones/Crochet club 12:15 Making Music</p> <p>Cheeseburger</p>	<p>16 9:30 Tai Chi (Video) 10:00 Sit &amp; Be Fit 12:30 Bingo</p> <p>Beer Battered Fish</p>
<p>19</p>  <p><b>CENTER CLOSED</b></p> <p><b>President's Day</b></p>	<p>20 9:30 Meditation 10:15 Zumba w/ Lauren 12:00 Tai Chi (Video) 12:15 Crochet Club/Happy Bones Exercise Class</p> <p>Roast Turkey Sandwich w/ Cheddar</p>	<p>21 9:30 Tai Chi (Video) 10:00 Zumba w/ Lourdes 10:00 Food Shopping 12:30 Bingo</p> <p>Pork Loin w/ Gravy</p>	<p>22 9:30 Meditation/ Baking 10:00 Beginner Belly Dance 12:00 Tai Chi (Video) 12:15 Happy Bones Exercise Class/ 12:15 Crochet Club 12:15 Mocktails and Karaoke</p> <p>Sesame Chicken</p>	<p>23 9:30 Tai Chi (Video) 10:00 Sit &amp; Be Fit 12:30 Big Birthday Bingo</p> <p>Spinach Quiche</p>
<p>26 9:30 Meditation/Tai Chi 10:00 Yoga w EJ 11:00 Healthy Heart Diet Seminar 12:00 Bingo</p> <p>Stuffed Cabbage</p>	<p>27 9:30 Meditation 10:15 Zumba w/ Lauren 12:00 Tai Chi (Video) 12:15 Crochet Club /Happy Bones Exercise Class</p> <p>Tuna Salad on Whole Wheat</p>	<p>28 9:30 Tai Chi (Video) 10:00 Zumba w/ Lourdes 10:00 Food Shopping 12:30 Bingo</p> <p>Chicken Florentine</p>	<p>29 9:30 Meditation 10:00 Beginner Belly Dance 12:00 Tai Chi (Video) 12:15 Happy Bones Exercise Class/ 12:15 Crochet Club 12:15 Making Music Cranberry Glazed Turkey Meatballs</p>	<p><b>Suggested Lunch Donation: \$1.25 Per Meal</b></p> <p><b>Please reserve lunch by 11:30 AM the day before</b></p>