

BERGEN NEW JERSEY *County*

James J. Tedesco III
County Executive

BOARD OF COUNTY COMMISSIONERS

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DEPARTMENT OF HUMAN SERVICES
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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

Tara Prestigiacomo , Director
159 Park Street
Ridgefield Park , NJ, 07424
Phone: (201) 641-1220 • Fax (201) 641-1222

Ridgefieldparkcenter@co.bergen.nj.us

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 March 2024

| | | |
|----------------|--|--------------------|
| March 5 | Maple Sugaring Trip <i>Registration Required (201) 641-1220</i> | 11:00AM |
| March 6 | Read Across America Virtual Event w/ Lincoln School | 11:15AM |
| March 8 | International Women's Day Celebration <i>Breakfast & Special Activities</i> | 9:00AM |
| March 12,19,26 | Coupon Club | 9:00AM |
| March 18 | St. Patrick's Day Party | 9:00AM |
| March 19 | Blood pressure Screenings/ Health Q&A w/ HUMC Nurse Lisa Lupetti BSN, RN, CHFN | 10:00AM |
| March 21 | Baking for Birthday Bingo | 9:00AM |
| March 21 | Mocktails & Karaoke | 12:30PM |
| March 22 | Birthday Bingo | 12:15PM |
| March 25 | Wellness Challenge w/ Braven Health | 11:00AM |
| March 26 | Neurographic Art Project w/ Doreen & Agata | 1:30PM |
| March 29 | Center Closed- Good Friday | ALL DAY |
| March 31 | Spring Luncheon at Garfield Senior Center <i>Registration Required (973) 478-0502 or email garfieldcenter@co.bergen.nj.us</i> | 10:00AM- 2:00PM |

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.

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|--|---|---|---|
| <div>Suggested Lunch Donation: \$1.25 Per Meal</div> <div>Please reserve lunch by 11:30 AM the day before</div> <div>Lunch Served Daily at 11:30AM</div> | <div>Continental Breakfast Served Daily</div> <div></div> | <div>Food Shopping w/ Community Transportation Every Wednesday</div> <div>Registration Required (201) 641-1220</div> | <div><div>Happy St. Patrick's Day</div></div> | <div>1 8:30 Movie & Pancakes 9:30 Tai Chi (Video) 10:00 Sit & Be Fit 12:30 Bingo</div> <div>Eggplant Rollatini</div> |
| <div>4 9:30 Meditation/ Tai Chi 10:00 Yoga w/ EJ 12:30 Bingo</div> <div>Swedish Meatballs</div> | <div>5 9:30 Meditation 10:15 Zumba w/ Lauren 11:00 Maple Sugar Trip 12:00 Tai Chi (Video) 12:15 Crochet Club/ Happy Bones</div> <div>Grilled Chicken w/ Roasted Pepper</div> | <div>6 9:30 Tai Chi (Video) 10:00 Zumba w/ Lourdes 10:00 Food Shopping 12:30 Bingo</div> <div>Homestyle Meatloaf w/ Gravy</div> | <div>7 9:30 Meditation 10:00 Beginner Belly Dance 12:00 Tai Chi (Video) 12:15 Diamond Art 12:15 Crochet Club/ Happy Bones 12:30 Making Music</div> <div>LS Ham Steak</div> | <div>8 9:00 International Women's Day Celebration 9:30 Tai Chi (Video) 10:00 Sit & Be Fit 12:30 Bingo</div> <div>Beer Battered Fish</div> |
| <div>11 9:30 Meditation/ Tai Chi 10:00 Yoga w/ EJ 12:00 Bingo</div> <div>Sweet Chicken Sausage</div> | <div>12 9:00 Coupon Club 9:30 Meditation 10:15 Zumba w/ Lauren 12:00 Tai Chi (Video) 12:15 Crochet Club/ Happy Bones</div> <div>Stuffed Cabbage</div> | <div>13 9:30 Tai Chi (Video) 10:00 Zumba w/ Lourdes 10:00 Food Shopping 12:30 Bingo</div> <div>Korean BBQ Chicken Leg</div> | <div>14 9:30 Meditation 10:00 Beginner Belly Dance 12:00 Tai Chi (Video) 12:15 Diamond Art 12:15 Crochet Club/ Happy Bones 12:30 Making Music</div> <div>Hamburger</div> | <div>15 9:30 Tai Chi (Video) 10:00 Sit & Be Fit 12:30 Bingo</div> <div>Tuna Salad on Romaine Lettuce</div> |
| <div>18 9:30 Meditation/ Tai Chi 10:00 Yoga w/ EJ 12:00 Bingo</div> <div>St. Patrick's Day Celebration</div> <div>Corned Beef</div> | <div>19 9:00 Coupon Club 9:30 Meditation 10:00 Blood Pressure Screenings 10:15 Zumba w/ Lauren 12:00 Tai Chi (Video) 12:15 Crochet Club/ Happy Bones</div> <div>Pork Tenderloin w/ Gravy</div> | <div>20 9:30 Tai Chi (Video) 10:00 Zumba w/ Lourdes 10:00 Food Shopping 12:30 Bingo</div> <div>First Day of Spring</div> <div>Roast Turkey w/ Gravy</div> | <div>21 9:00 Baking for Birthday Bingo 9:30 Meditation 10:00 Beginner Belly Dance 12:00 Tai Chi (Video) 12:15 Diamond Art 12:15 Crochet Club/ Happy Bones 12:30 Mocktails & Karaoke Shepherd's Pie w/ Mashed Potatoes</div> | <div>22 9:30 Tai Chi (Video) 10:00 Sit & Be Fit 12:30 Birthday Bingo</div> <div>Egg Salad</div> |
| <div>25 9:30 Meditation/ Tai Chi 10:00 Yoga w/ EJ 11:00 Presentation- Wellness Challenge 12:00 Bingo</div> <div>Stuffed Peppers</div> | <div>26 9:00 Coupon Club 9:30 Meditation 10:15 Zumba w/ Lauren 12:00 Tai Chi (Video) 12:15 Crochet Club/ Happy Bones 1:30 Art Project</div> <div>Herbed Roasted Chicken Leg</div> | <div>27 9:30 Tai Chi (Video) 10:00 Zumba w/ Lourdes 10:00 Food Shopping 12:30 Bingo</div> <div>Baked Ziti & Meatballs</div> | <div>28 9:30 Meditation 10:00 Beginner Belly Dance 12:00 Tai Chi (Video) 12:15 Diamond Art 12:15 Crochet Club/ Happy Bones 12:30 Making Music</div> <div>Chicken Sausage w/ Onions & Peppers</div> | <div>29 CENTER CLOSED</div> <div></div> |