



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

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

Ridgefieldparkcenter@co.bergen.nj.us

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



James J. Tedesco III, County Executive

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

January 1	New Year's Day	Closed
January 2, 9, 16, 23, 30	Happy Bones Exercise class, Crochet club	12:15PM
January 3, 10, 17, 24, 31	Food shopping w/ community transportation (advanced registration required) (201) 641-1220	10:00AM
January 11, 18, 25	Making Music, Happy Bones	12:15PM
January 11	Aromatherapy Hand Massage w/ Doreen & Agata	9:00AM
January 12	"Disney Day" Eat around the world Epcot Style ... trivia, multi-cultural music & other surprises	All Day
January 16	Keeping our resolutions re: diet & exercise w/ HUMC nurse Lisa Lupetti BSN, RN, CHFNP	11:00AM
January 16	Blood Pressure Screenings / Health Q & A w/ HUMC nurse Lisa Lupetti BSN, RN, CHFNP	10:00AM
January 15	Martin Luther King Day	Closed
January 22	Senior Planet Lecture	12:00PM
January 22	Movie Matinee w/ snacks	1:30PM
January 25	Baking for Big Bingo	9:00AM
January 26	Big Bday Bingo Party	12:15PM
January 26	Ride Connect w/ Orestes	11:00AM
January 30	Total Brain Health: "Fact or Fiction"	9:00AM

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



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.

BERGEN COUNTY

WISHES YOU A

Happy and Healthy
NEW YEAR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<div>1</div> <div>CENTER CLOSED</div> <div>Happy New Year</div>	<div>2</div> <div>9:30 Meditation 10:15 Zumba w/ Lauren 12:00 Tai Chi (Video) 12:15 Happy Bones</div> <div>Sweet Sausage (Chicken)</div>	<div>3</div> <div>9:30 Tai Chi (Video) 10:00 Zumba w/ Lourdes 10:00 Food Shopping 12:30 Bingo</div> <div>Cheeseburger</div>	<div>4</div> <div>9:30 Meditation 10:00 Beginner Belly Dance 12:00 Tai Chi (Video) 12:15 Happy Bones/Crochet club</div> <div>Korean BBQ Chicken Leg</div>	<div>5</div> <div>9:30 Meditation 10:00 Sit & Be Fit 11:00 Sunshine Club 12:30 Bingo</div> <div>Vegan Meatball Marsala</div>
<div>8</div> <div>9:30 Meditation/ Tai Chi 10:00 Yoga w/ EJ 11:00 Senior Planet Lecture 12:00 Bingo</div> <div>Baked Chicken Cutlet w/ Garlic Lemon Sauce</div>	<div>9</div> <div>9:30 Meditation 10:15 Zumba w/ Lauren 12:00 Tai Chi (Video) 12:15 Happy Bones</div> <div>Pork Tenderloin w/ Gravy</div>	<div>10</div> <div>9:30 Tai Chi (Video) 10:00 Zumba w/ Lourdes 10:00 Food Shopping 12:30 Bingo</div> <div>Tuna Salad on Romaine</div>	<div>11</div> <div>9:30 Meditation 10:00 Beginner Belly Dance 12:00 Tai Chi (Video) 12:15 Happy Bones/Crochet club 12:30 Making Music</div> <div>Stewed Beef Tips</div>	<div>12</div> <div>Theme Party Today 9:30 Tai Chi (Video) 10:00 Sit & Be Fit 11:00 Nutrition Education 12:30 Bingo</div> <div>Turkey Sloppy Joe</div>
<div>15</div> <div>CENTER CLOSED</div> <div>Martin Luther King Jr. Day</div>	<div>16</div> <div>9:30 Meditation 10:00 Blood Pressure Screenings 10:15 Zumba w/ Lauren 11:00 Nutrition Education 12:15 Happy Bones/ Crochet</div> <div>Baked BBQ Chicken</div>	<div>17</div> <div>9:30 Tai Chi (Video) 10:00 Zumba w/ Lourdes 10:00 Food Shopping 12:30 Bingo</div> <div>Pulled Pork</div>	<div>18</div> <div>9:30 Meditation 10:00 Beginner Belly Dance 12:00 Tai Chi (Video) 12:15 Happy Bones/Crochet club 12:30 Making Music</div> <div>Turkey Swiss Cheese on Pumpernickel</div>	<div>19</div> <div>9:30 Tai Chi (Video) 10:00 Sit & Be Fit 12:30 Bingo</div> <div>Baked Ziti & Meatballs w/ Marinara Sauce</div>
<div>22</div> <div>9:30 Meditation/ Tai Chi 10:00 Yoga w/ EJ 11:00 Senior Planet Lecture 12:00 Bingo 1:30 Matinee</div> <div>Baked Egg, Spinach, Onion, & Mushroom Casserole</div>	<div>23</div> <div>9:30 Meditation 10:15 Zumba w/ Lauren 12:00 Tai Chi (Video) 12:15 Happy Bones/ Crochet 12:30 Movie Matinee</div> <div>Homestyle Meatloaf w/ Gravy</div>	<div>24</div> <div>9:30 Tai Chi (Video) 10:00 Zumba w/ Lourdes 10:00 Food Shopping 12:30 Bingo</div> <div>Sesame Chicken</div>	<div>25</div> <div>9:00 Baking for Bingo Bash 9:30 Meditation 10:00 Beginner Belly Dance 12:00 Tai Chi (Video) 12:15 Happy Bones/Crochet club 12:30 Making Music</div> <div>LS Ham Steak</div>	<div>26</div> <div>9:30 Tai Chi (Video) 10:00 Sit & Be Fit 11:00 Ride Share Seminar 12:30 Bingo Bash</div> <div>Baked Chicken Cutlet w/ Gravy</div>
<div>29</div> <div>9:30 Meditation/ Tai Chi 10:00 Yoga w/ EJ 11:00 Senior Planet Lecture 12:00 Bingo</div> <div>Roast Turkey w/ Cheddar on Rye</div>	<div>30</div> <div>9:00 Total Brain Health 9:30 Tai Chi (Video) 10:15 Zumba w/ Lauren 12:15 Happy Bones/ Crochet</div> <div>Beer Battered Fish</div>	<div>31</div> <div>9:30 Tai Chi (Video) 10:00 Zumba w/ Lourdes 10:00 Food Shopping 12:30 Bingo</div> <div>Eggplant Rollatini</div>	<div></div> <div></div>	<div>Continental breakfast available daily until 11am</div> <div>Suggested Lunch Donation: \$1.25 Per Meal</div> <div>Please reserve lunch by 11:30 AM the day before</div>