

# BERGEN NEW JERSEY *County*

James J. Tedesco III  
County Executive

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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, 07660  
Phone: (201) 641-1220 • Fax (201) 641-1222

[ridgefieldparkcenter@bergencountynj.gov](mailto:ridgefieldparkcenter@bergencountynj.gov)

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

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## RIDGEFIELD PARK SENIOR ACTIVITY CENTER Bergen County Department of Human Services Division of Senior Services/ADRC March 2025

March 4th	Seminar: Total Brain Health w/ Agata	11:00 AM
March 5, 12, 19, & 26	Food Shopping Advanced registration Required (201-641-1220)	9:45 AM
March 7	Tech Support w/ RPSAC Staff Basic technology help for phones, iPads, laptops	9:30 AM
March 10	Morning Trivia: Women's History	11:00 AM
March 14	Mindful Movement QiGong Demonstration w/John Masso RN., HUMC	11:00 AM
March 17	St. Patrick's Day Party	9:00 AM
March 18	Blood Pressure Screening & Health Q/A w/ John, Holy Name	9:30 AM
March 20 & 27	Workshop: Taking Control of Your Health Advanced registration Required (201-641-1220)	9:30 AM- 11:30 AM
March 21	BC Senior Services Social Work Mobile Office w/ Craig Eccles	9:30 AM
March 25	Travel Presentation: Trip to Ireland w/ Snacks	12:30 PM
March 28	Musical Birthday Bingo	12:30 PM

## SPRING LUNCHEON

JOIN US FOR FOOD AND MUSIC ON  
SUNDAY, APRIL 20, 2025  
10:00AM - 2:00PM



Garfield Senior Activity Center  
480 Midland Avenue  
Garfield, New Jersey 07026

Kindly RSVP with your Senior Activity Center Director

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
<p><b>3</b> 9:00 Mahjong 9:30 Meditation/ Tai Chi 10:00 Sit and Be Fit w/ EJ 12:30 Bingo</p> <p style="text-align: center;"><b>Roast Turkey w/ Gravy</b></p>	<p><b>4</b> 9:30 Meditation <b>9:30 Total Brain Health</b> 10:15 Zumba w/ Lauren 12:00 Tai Chi (Video) 12:15 Crochet 12:30 Movie 12:30 Poker/Ping Pong/Darts</p> <p style="text-align: center;"><b>Stuffed Cabbage</b></p>	<p><b>5</b> 9:30 Tai Chi (Video) <b>9:45 Food Shopping</b> 10:00 Zumba w/ Lourdes 12:30 Bingo</p> <p style="text-align: center;"><b>Spinach Quiche</b></p>	<p><b>6</b> 9:30 Meditation 10:00 Beginners Belly Dance 12:15 Craft Corner 12:30 Line Dancing</p> <p style="text-align: center;"><b>Korean BBQ Chicken Leg</b></p>	<p><b>7</b> 9:30 Tai Chi (Video) <b>9:30 Tech Support</b> 10:00 Yoga w/ EJ 12:30 Bingo</p> <p style="text-align: center;"><b>Breaded Fish Filet</b></p>
<p><b>10</b> 9:00 Mahjong 9:30 Meditation/ Tai Chi 10:00 Sit and Be Fit w/ EJ <b>11:00 Women's History Trivia</b> 12:30 Bingo</p> <p style="text-align: center;"><b>Salisbury Steak w/ Mushroom Gravy</b></p>	<p><b>11</b> 9:30 Meditation 10:15 Zumba w/ Lauren 12:00 Tai Chi (Video) 12:15 Crochet 12:30 Movie 12:30 Poker/Ping Pong/Darts</p> <p style="text-align: center;"><b>Chef Salad</b></p>	<p><b>12</b> 9:30 Tai Chi (Video) <b>9:45 Food Shopping</b> 10:00 Zumba w/ Lourdes 12:30 Bingo</p> <p style="text-align: center;"><b>Chicken Florentine</b></p>	<p><b>13</b> 9:30 Meditation 10:00 Beginners Belly Dance 12:15 Craft Corner 12:30 Line Dancing</p> <p style="text-align: center;"><b>Roast Turkey &amp; Swiss</b></p>	<p><b>14</b> 9:30 Tai Chi (Video) 10:00 Yoga w/ EJ <b>11:00 Qigong Demonstration</b> 12:30 Bingo</p> <p style="text-align: center;"><b>Eggplant Parmesan</b></p>
<p><b>17</b> <b>9:00 St Patrick's Day Party</b> 9:00 Mahjong 9:30 Meditation/ Tai Chi 10:00 Sit and Be Fit w/ EJ 12:30 Bingo</p> <p style="text-align: center;"><b>Corned Beef</b></p>	<p><b>18</b> <b>9:30 Blood Pressure Screening</b> 9:30 Meditation 10:15 Zumba w/ Lauren 12:00 Tai Chi (Video) 12:15 Crochet 12:30 Movie 12:30 Poker/Ping Pong/Darts</p> <p style="text-align: center;"><b>Pork Tenderloin w/ Gravy</b></p>	<p><b>19</b> 9:30 Tai Chi (Video) <b>9:45 Food Shopping</b> 10:00 Zumba w/ Lourdes 12:30 Bingo</p> <p style="text-align: center;"><b>Chicken Parmesan</b></p>	<p><b>20</b> 9:30 Meditation 9:30 <b>Seminar: Taking Control of Your Health</b> 10:00 Beginners Belly Dance 12:15 Craft Corner 12:30 Line Dancing</p> <p style="text-align: center;"><b>Fish Filet w/ Lemon Sauce</b></p>	<p><b>21</b> 9:30 Tai Chi (Video) <b>9:30 Senior Services</b> <b>Social Worker Support</b> 10:00 Yoga w/ EJ 12:30 Bingo</p> <p style="text-align: center;"><b>Tuna Noodle Salad</b></p>
<p><b>24</b> 9:00 Mahjong 9:30 Meditation/ Tai Chi 10:00 Sit and Be Fit w/ EJ 12:30 Bingo</p> <p style="text-align: center;"><b>Homestyle Meatloaf w/ Gravy</b></p>	<p><b>25</b> 9:30 Meditation 10:15 Zumba w/ Lauren 12:00 Tai Chi (Video) 12:15 Crochet <b>12:30 Travel Presentation: Ireland</b> 12:30 Poker/Ping Pong/Darts</p> <p style="text-align: center;"><b>Stuffed Shells</b></p>	<p><b>26</b> 9:30 Tai Chi (Video) <b>9:45 Food Shopping</b> 10:00 Zumba w/ Lourdes 12:30 Bingo</p> <p style="text-align: center;"><b>Beef Stir Fry</b></p>	<p><b>27</b> 9:30 Meditation 9:30 <b>Seminar: Taking Control of Your Health</b> 10:00 Beginners Belly Dance 12:15 Craft Corner 12:30 Line Dancing</p> <p style="text-align: center;"><b>Herb Roasted Chicken Leg</b></p>	<p><b>28</b> 9:30 Tai Chi (Video) 10:00 Yoga w/ EJ <b>12:30 Musical Birthday Bingo</b></p> <p style="text-align: center;"><b>Egg Salad Platter</b></p>
<p><b>31</b> 9:00 Mahjong 9:30 Meditation/ Tai Chi 10:00 Sit and Be Fit w/ EJ 12:30 Bingo</p> <p style="text-align: center;"><b>Stuffed Peppers</b></p>		<p style="text-align: center;"><b>*HAPPY ST. PATRICK'S DAY*</b></p>	<p style="text-align: center;"><b>Continental Breakfast</b></p> <p style="text-align: center;"><b>Served Daily 8:30am-10:00am</b></p> 	<p style="text-align: center;"><b>Suggested Lunch Donation: \$1.25 Per Meal</b> Please reserve lunch by 11:30 AM the day before</p> <p style="text-align: center;"><b>Lunch will Be Served at 11:30 Daily</b></p>