

BERGEN NEW JERSEY County

James J. Tedesco III
County Executive

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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 CENTER

SENIOR ACTIVITY CENTER

Tara Prestigiacomio, Director
159 Park Street
Ridgefield Park, NJ, 07660
Phone: (201) 641-1220 • Fax (201) 641-1222

ridgefieldparkcenter@bergencountynj.gov

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

April 2, 9, 16, 23, 30	Senior Choir Club	11:00 AM
April 3, 10, 17, 24	Seminar: Take Control of Your Health Advanced registration Required (201-641-1220)	9:30 AM-11:30 AM
April 4th	Basic Tech Assistance w/ RPSAC Staff	9:30 AM
April 7th	Hand Massages w/ Agata	12:00 PM
April 7, 14, 21	Seminar: Get Connected w/ The Drug & Alcohol Resource Center	2:00 PM-3:00PM
April 11th	BC Senior Services Social Work Mobile Office w/ Craig Eccles	9:30 AM
April 11th	Senior Planet Class	11:00AM
April 14th	Seminar: Mediterranean Diet w/ Holy Name Nutrition	11:30 AM
April 15th	Blood Pressure Screening w/ John, Holy Name	9:30 AM
April 15th	Total Brain Health w/ Agata	11:00AM
April 17th	"Egg" Decorating (sugar cookie shaped eggs)	2:00 PM
April 18th	Center Closed Good Friday	
April 25th	Volunteer Breakfast Celebration	9:00AM
April 25th	Musical Birthday Bingo	12:30PM
April 29th	Armchair Travel & Cultural Snacks	12:00 PM

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






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.

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<p>1 9:30 Meditation 10:15 Zumba w/ Lauren 12:00 Tai Chi (Video) 12:15 Crochet 12:30 Movie</p> <p style="text-align: center;">Chicken Florentine</p>	<p>2 9:30 Tai Chi (Video) 9:45 Food Shopping 10:00 Zumba w/ Lourdes 11:00 Senior Choir Club 12:30 Bingo</p> <p style="text-align: center;">Tuna Salad Platter</p>	<p>3 9:30 Meditation 9:30 Taking Control of Your Health 10:00 Beginners Belly Dance 12:30 Line Dancing</p> <p style="text-align: center;">Hungarian Goulash</p>	<p>4 9:30 Tai Chi (Video) 9:30 Basic Tech Assistance 10:00 Yoga w/ EJ 12:30 Bingo</p> <p style="text-align: center;">Manicotti with Tomato Sauce</p>
<p>7 9:00 Mahjong 9:30 Meditation/Tai Chi 10:00 Sit and Be Fit w/ EJ 12:00 Hand Massage w/Agata 12:30 Bingo 2:00 Seminar: Get Connected w/ The Drug & Alcohol Resource Center</p> <p style="text-align: center;">Jamaican Jerk Chicken</p>	<p>8 9:30 Meditation 10:15 Zumba w/ Lauren 12:00 Tai Chi (Video) 12:15 Crochet 12:30 Movie</p> <p style="text-align: center;">Pork Loin with Gravy</p>	<p>9 9:30 Tai Chi (Video) 9:45 Food Shopping 10:00 Zumba w/ Lourdes 11:00 Senior Choir Club 12:30 Bingo</p> <p style="text-align: center;">Oven Roasted Turkey Breast</p>	<p>10 9:30 Meditation 9:30 Seminar: Taking Control of Your Health 10:00 Beginners Belly Dance 12:15 Craft Corner 12:30 Line Dancing</p> <p style="text-align: center;">Chicken Parmesan</p>	<p>11 9:30 Tai Chi (Video) 9:30 Social Work Mobile Office 10:00 Yoga w/ EJ 11:00 Senior Planet Class 12:30 Bingo</p> <p style="text-align: center;">Seafood Salad Platter</p>
<p>14 9:00 Mahjong 9:30 Meditation/Tai Chi 10:00 Sit and Be Fit w/ EJ 11:30 Seminar: Mediterranean Diet 12:30 Bingo 2:00 Seminar: Get Connected w/ The Drug & Alcohol Resource Center</p> <p style="text-align: center;">Homestyle Meatloaf</p>	<p>15 9:30 Meditation 9:30 Blood Pressure Screenings 10:15 Zumba w/ Lauren 11:00 Total Brain Health w/ Agata 12:00 Tai Chi (Video) 12:15 Crochet 12:30 Movie</p> <p style="text-align: center;">Roast Turkey with Swiss Cheese</p>	<p>16 9:30 Tai Chi (Video) 9:45 Food Shopping 10:00 Zumba w/ Lourdes 11:00 Senior Choir Club 12:30 Bingo</p> <p style="text-align: center;">Chicken Cordon Bleu</p>	<p>17 9:30 Meditation 9:30 Taking Control of Your Health 10:00 Beginners Belly Dance 12:15 Craft Corner 12:30 Line Dancing 2:00 "Egg" Decorating (Sugar Cookies)</p> <p style="text-align: center;">Beef Stir Fry</p>	 <p style="text-align: center;">Center Closed</p>
<p>21 9:00 Mahjong 9:30 Meditation/Tai Chi 10:00 Sit and Be Fit w/ EJ 12:30 Bingo 2:00 Seminar: Get Connected w/ The Drug & Alcohol Resource Center</p> <p style="text-align: center;">Ham Steak with Pineapple</p>	<p>22 9:30 Meditation 10:15 Zumba w/ Lauren 12:00 Tai Chi (Video) 12:15 Crochet 12:30 Movie</p> <p style="text-align: center;">Cheese Omelet</p>	<p>23 9:30 Tai Chi (Video) 9:45 Food Shopping 10:00 Zumba w/ Lourdes 11:00 Senior Choir Club 12:30 Bingo</p> <p style="text-align: center;">Meatballs with Marinara</p>	<p>24 9:30 Meditation 9:30 Taking Control of Your Health 10:00 Beginners Belly Dance 12:15 Craft Corner 12:30 Line Dancing</p> <p style="text-align: center;">Chef Salad</p>	<p>25 9:00 Volunteer Breakfast Celebration 9:30 Tai Chi (Video) 10:00 Yoga w/ EJ 12:30 Musical Birthday Bingo</p> <p style="text-align: center;">Korean BBQ Leg</p>
<p>28 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;">Chicken Piccata</p>	<p>29 9:30 Meditation 10:15 Zumba w/ Lauren 12:00 Armchair Travel & Cultural Snacks 12:15 Crochet 12:30 Movie</p> <p style="text-align: center;">Pot Roast</p>	<p>30 9:30 Tai Chi (Video) 9:45 Food Shopping 10:00 Zumba w/ Lourdes 11:00 Senior Choir Club 12:30 Bingo</p> <p style="text-align: center;">Egg Salad Platter</p>	<p style="text-align: center;">Continental Breakfast</p> <p style="text-align: center;">Served Daily 8:30am-10:00am</p> 	<p style="text-align: center;">Suggested Lunch Donation: \$1.25 Per Meal</p> <p style="text-align: center;">Please reserve lunch by 11:30 AM the day before</p> <p style="text-align: center;">Lunch will Be Served at 11:30 Daily</p>