

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 CENTER SENIOR ACTIVITY CENTER

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

ridgefieldparkcenter@co.bergen.nj.us

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

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

May 2024



POWERED BY CONNECTION. MAY 2024

May 2	Tap Dancing Demonstration	10:00AM
May 3	Derby Day & Planter Craft w/ Agata	9:30AM
May 6	Trip: Alice Dreams of Wonderland at Bergen PAC <i>Reservations required 201-641-1220 cost \$10</i>	9:45 AM
May 7	Presentation: Legal Tender	11:45AM
May 9	Tea Time & Crafting	12:30PM
May 10	Ping Pong (Downstairs)	12:00PM
May 13	Mother's Day Breakfast	9:15AM
May 13	Movie Matinee : La Bamba	2:00PM
May 14	Town Elections—Abbreviated Schedule	ALL DAY
May 15	OPEN HOUSE !!!	All Day
May 16	Total Brain Health w/ Agata & Doreen	12:30 PM
May 21	Blood pressure Screening w/ HUMC Nurse Lisa Lupeti	9:30 AM
May 23	Monthly Music Program (Instruments & Karaoke)	12:30 PM
May 24	Farmers' Market Voucher Distribution <i>For questions call 201-641-1220 Application and Self-Declarations can be obtained at the center</i>	10:00AM
May 24	Big Birthday Bingo	12:30PM
May 27	Memorial Day (Center Closed)	All Day

Open House

Please join us at one of the 24
Senior Activity Centers or Nutrition Sites in
Bergen County to celebrate
Older Americans Month

For More Information Email:
seniors@co.bergen.nj.us



Senior Festival

September 12, 2024

Rain Date: Tuesday September 17, 2023








10AM - 2PM

Van Saun County Park, Paramus

To RSVP Call 201-336-7417 or
Email seniors@co.bergen.nj.us



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>Suggested Lunch Donation: \$1.25 Per Meal Please reserve lunch by 11:30 AM the day before</p> <p>Lunch will Be Served at 11:30 Daily</p>		<p>¹ 9:30 Tai Chi (Video) 10:00 Zumba w/ Lourdes 10:45 Food Shopping 12:30 Bingo</p> <p>Roasted Turkey w/ Gravy</p>	<p>² 9:30 Meditation 10:00 Tap Dance Demonstration 12:15 Craft Corner 12:30 Tai Chi (Video)/ Happy Bones</p> <p>Chef Salad</p>	<p>³ 9:00 Planting Craft 9:30 Tai Chi (Video) 10:00 Sit and Be Fit 11:00 Kentucky Derby 12:30 Bingo</p> <p>Chicken Fajitas w/ Onions & Peppers</p>
<p>⁶ 9:30 Meditation/ Tai Chi 9:45 Trip Bergen PAC 10:00 Yoga w/ EJ 12:30 Bingo</p>  <p>Stuffed Cabbage</p>	<p>⁷ 9:30 Meditation 10:15 Zumba w/ Lauren 11:30 Legal Tender Presentation 12:30 Tai Chi (Video)</p> <p>Chicken Cordon Bleu</p>	<p>⁸ 9:30 Tai Chi (Video) 10:00 Zumba w/ Lourdes 10:45 Food Shopping 12:30 Bingo</p> <p>Pepper Steak</p>	<p>⁹ 9:30 Meditation 10:15 Beginner Belly Dance 12:00 Ping Pong (Downstairs) 12:30 Tai Chi (Video)/Happy Bones 1:00 Tea & Craft of the Month</p> <p>Balsamic Chicken</p>	<p>¹⁰ 9:30 Tai Chi (Video) 10:00 Sit and Be Fit 12:30 Bingo</p>  <p>Eggplant Rollatini</p>
<p>¹³ 9:15 Mothers Day Breakfast 9:30 Meditation/ Tai Chi 10:00 Yoga w/ EJ 12:30 Bingo 1:30 Movie Matinee</p> <p>Chicken Piccata</p>	<p>¹⁴</p> <p>Town Elections No Programs In Main Room</p> <p>Stuffed Peppers</p>	<p>¹⁵</p> <p>OPEN HOUSE ALL DAY 9:30 Tai Chi (Video) 10:00 Zumba w/ Lourdes 10:45 Food Shopping 12:30 Bingo</p>  <p>Korean BBQ Leg</p>	<p>¹⁶ 9:30 Meditation 10:00 Exercise 12:15 Craft Corner 12:30 Total Brain Health 12:30 Tai Chi (Video)/Happy Bones</p> <p>Homestyle Meatloaf w/ Gravy</p>	<p>¹⁷ 9:30 Tai Chi (Video) 10:00 Sit and Be Fit 12:30 Bingo</p> <p>Chicken Parmesan</p>
<p>²⁰ 9:30 Meditation/ Tai Chi 10:00 Yoga w/ EJ 12:30 Bingo</p>  <p>Pork Loin w/ Gravy</p>	<p>²¹ 9:30 Meditation 10:00 Blood Pressure Screening 10:15 Zumba w/ Lauren 12:30 Tai Chi (Video)</p> <p>Tuna Salad Platter on Romaine</p>	<p>²² 9:30 Tai Chi (Video) 10:00 Zumba w/ Lourdes 10:45 Food Shopping 12:30 Bingo</p> <p>Baked Ziti and Meatballs w/ Marinara</p>	<p>²³ 9:30 Meditation 10:00 Exercise 12:15 Craft Corner 12:30 Monthly Music Program 12:30 Tai Chi (Video)/Happy Bones</p> <p>Cheeseburger on Whole Wheat Bun</p>	<p>²⁴ 9:30 Tai Chi (Video) 10:00 Sit and Be Fit 10:00 Farmers' Market Distribution 12:30 Bingo Birthday Bash</p> <p>Sliced Turkey w/ Swiss</p>
 <p>CENTER CLOSED</p>	<p>²⁸ 9:30 Meditation 10:15 Zumba w/ Lauren 12:30 Tai Chi (Video) 12:30 New Diamond Art Projects</p> <p>Hawaiian Chicken</p>	<p>²⁹ 9:30 Tai Chi (Video) 10:00 Zumba w/ Lourdes 10:45 Food Shopping 12:30 Bingo</p>  <p>Egg Salad Platter on Spinach</p>	<p>³⁰ 9:30 Meditation 10:00 Exercise 12:15 Craft Corner 12:30 Tai Chi (Video)</p> <p>Beer Battered Fish</p>	<p>³¹ 9:30 Tai Chi (Video) 10:00 Sit and Be Fit 12:30 Bingo</p>  <p>Salisbury Steak</p>