




RIDGEFIELD PARK SENIOR ACTIVITY CENTER

Tara Prestigiacomio, Center Director

December 2019

(201) 641-1220

Monday		Tuesday		Wednesday		Thursday		Friday	
2	9:30 CONTINENTAL BREAKFAST 9:30 CARDS/GAMES/ COLORING 10:00 ZUMBA GOLD 12:30 BINGO Unbreaded Chicken Picatta	3	9:30 CARDS/GAMES/ COLORING 9:30 CONTINENTAL BREAKFAST 10:00 YOGA 12:00 ESL/poker club 1:00 PROJECT HEALTHY BONES Salisbury Steak w Gravy	4	9:30 CONTINENTAL BREAKFAST 9:30 CARDS/GAMES/ COLORING 10:00 Tai Chi tape 12:30 FOOD SHOPPING Lemon Pepper Fish	5	9:30 CONTINENTAL BREAKFAST 9:30 CARDS/GAMES/ COLORING 10:15 ZUMBA GOLD 12:30 BINGO 1:00 Project Healthy Bones Chicken salad	6	9:30 CONTINENTAL BREAKFAST 9:30 CARDS/GAMES/ COLORING 10:00 LINE DANCING 12:30 BINGO Vegetable Lasagna
9	9:30 CONTINENTAL BREAKFAST 9:30 CARDS/GAMES/ COLORING 10:00 ZUMBA GOLD 12:30 BINGO Breaded Fish Sandwich	10	9:30 CARDS/GAMES/ COLORING 9:30 CONTINENTAL BREAKFAST 10:00 YOGA 12:00 ESL/poker club 1:00 PROJECT HEALTHY BONES Roast Pork w Gravy	11	9:30 CONTINENTAL BREAKFAST 9:30 CARDS/GAMES/ COLORING 10:00 Tai Chi tape 12:30 FOOD SHOPPING Eggplant Rollatini	12	9:30 CONTINENTAL BREAKFAST 9:30 CARDS/GAMES/ COLORING 10:15 ZUMBA GOLD 12:30 BINGO 1:00 Project Healthy Bones Homestyle Meatloaf w Gravy	13	9:30 CONTINENTAL BREAKFAST 9:30 CARDS/GAMES/ COLORING 10:00 LINE DANCING 12:30 BINGO Chicken Scampi
16	9:30 CONTINENTAL BREAKFAST 9:30 CARDS/GAMES/ COLORING 10:00 ZUMBA GOLD 12:30 BINGO Open Roast Turkey sandwich	17	9:30 CARDS/GAMES/ COLORING 10:00 YOGA 12:00 ESL 1:00 Project Healthy Bones Chicken Parm	18	9:30 CONTINENTAL BREAKFAST 9:30 CARDS/GAMES/ COLORING 10:00 Tai Chi tape 12:30 FOOD SHOPPING Hamburger w Lettuce	19	9:30 CONTINENTAL BREAKFAST 9:30 CARDS/GAMES/ COLORING 10:15 ZUMBA GOLD 12:30 BINGO 1:00 Project Healthy Bones Hawaiian Boneless Pork	20	9:30 CONTINENTAL BREAKFAST 9:30 CARDS/GAMES/ COLORING 10:00 LINE DANCING 12:30 BINGO Baked Fresh Fish Filet w Lemon
23	9:30 CONTINENTAL BREAKFAST 9:30 CARDS/GAMES/ COLORING 10:00 ZUMBA GOLD 12:30 BINGO Sweet & Sour Meatballs	24	9:30 CARDS/GAMES/ COLORING 9:30 CONTINENTAL BREAKFAST 10:00 YOGA 12:00 ESL/poker club 1:00 PROJECT HEALTHY BONES Tuna Salad Sandwich	25		26	9:30 CONTINENTAL BREAKFAST 9:30 CARDS/GAMES/ COLORING 10:15 ZUMBA GOLD 12:30 BINGO 1:00 project Healthy Bones Roasted Chicken Leg Quarter	27	9:30 CONTINENTAL BREAKFAST 9:30 CARDS/GAMES/ COLORING 10:00 LINE DANCING 12:30 BINGO Boneless BBQ Beef Rib
30	9:30 CONTINENTAL BREAKFAST 9:30 CARDS/GAMES/ COLORING 10:00 ZUMBA GOLD 12:30 BINGO Pork Chop w Gravy	31	9:30 CARDS/GAMES/ COLORING 9:30 CONTINENTAL BREAKFAST 10:00 YOGA 12:00 ESL Cheese omelet	Happy 2020!!! 		159 Park Street Ridgefield Park, NJ 07660 Center Hours: 8:00 - 3:30 Lunch Served Daily ~ 11:30 Suggested Lunch Donation \$1.25		~ Please reserve lunch 1 day in advance Before Noon 	



James J. Tedesco III
County Executive

Board of Chosen Freeholders

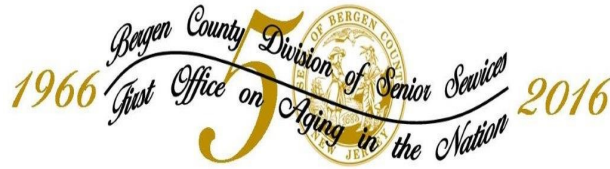
Germaine M. Ortiz
Chairwoman

Mary J. Amoroso
Vice Chairwoman

Joan M. Voss
Chair Pro Tempore

David L. Ganz
Thomas J. Sullivan
Steven A. Tanelli
Tracy Silna Zur

Melissa DeBartolo, Esq.
Acting Department Director
Division Of Senior Services
Lorraine Joewono
Director Senior Services



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 on Disability Services
201-336-6500

Bergen County
Board of Social Services
201-368-4200

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
December 2019

December 2:	Nutrition Education on Lactose Intolerance	11am
December 4, 11, 18th	“Living a healthy Life w Chronic Conditions” last 3 classes (advanced reg required) downstairs	10am
December 4:	Tai Chi	10am
December 5:	Deck the Halls! Cookies, Cocoa ,Carols, & Decorating	9am
December 9:	Special Bingo with Hospice of NJ	12:15pm
December 11:	Tai Chi	10am
December 11:	High School Winter Concert	12:30pm
December 17:	Holiday baking for party	12:30pm
December 18:	Tai Chi	12:30pm
December 19:	All day holiday party	9am
December 21:	First Day of Winter	
December 22:	Hanukah begins at sundown	
December 25:	Christmas Day -Center Closed	
December 25:	Christmas Dinner @ Garfield Senior Activity Center	10:30am- 1:30pm
December 26:	Kwanzaa Begins	
December 27:	Monthly Birthday Party & Bingo Bash	12:00pm
December 30:	Social Services outreach	9:30am
December 31:	Afternoon Movie matinee	12:15pm



Bergen County Division 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.

RIDGEFIELD PARK SENIOR ACTIVITY CENTER

159 Park Street
Ridgefield Park, NJ 07660
Phone: (201) 641-1220 • Fax (201) 440-2332
Open: Monday - Friday, 8:00 AM - 3:30PM
RidgefieldParkCenter@co.bergen.nj.us

All Bergen County Residents 60+ are welcome!
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Phone: (201) 641-1220 • Fax (201) 440-2332
RidgefieldParkCenter@co.bergen.nj.us
Tara Prestigiacomio, Center Director
Notary Public
Open Monday - Friday, 8:00 AM - 3:30 PM