

RIDGEFIELD PARK SENIOR ACTIVITY CENTER

Tara Prestigiacomio, Center Director

May 2019

(201) 641-1220

Monday	Tuesday	Wednesday	Thursday	Friday
<p>159 Park Street Ridgefield Park, NJ 07660 Center Hours: 8:00 - 3:30 Lunch Served Daily ~ 11:30 Suggested Lunch Donation</p>	<p>~ Please reserve lunch 1 day in advance <u>Before Noon</u></p>	<p>1 9:30 CONTINENTAL BREAKFAST 9:30 CARDS/GAMES/ COLORING 10:00 SUN POWER YOGA 12:30 FOOD SHOPPING 12:45 PUZZLE PARTY/CARDS Baked Fish</p>	<p>2 9:30 CONTINENTAL BREAKFAST 9:30 CARDS/GAMES/ COLORING 10:15 ZUMBA GOLD 12:30 BINGO 1:00 PROJECT HEALTHY BONE Pork Chop</p>	<p>3 9:30 CONTINENTAL BREAKFAST 9:30 CARDS/GAMES/ COLORING 10:00 LINE DANCING 12:30 BINGO Turkey & Bean Chili</p>
<p>6 9:30 CONTINENTAL BREAKFAST 9:30 CARDS/GAMES/ COLORING 9:45 MEDITATION 10:00 ZUMBA GOLD 12:30 BINGO Fish & Chips</p>	<p>7 9:30 CARDS/GAMES/ COLORING 9:30 CONTINENTAL BREAKFAST 10:00 YOGA 12:00 ESL 1:00 PROJECT HEALTHY BONES Ziti & Italian Meatballs</p>	<p>8 9:30 CONTINENTAL BREAKFAST 9:30 CARDS/GAMES/ COLORING 10:00 SUN POWER YOGA 10:00 SUNSHINE CLUB 12:30 FOOD SHOPPING 12:30 POKER CLUB Chicken Salad Plate on Lettuce Leaf</p>	<p>9 9:30 CONTINENTAL BREAKFAST 9:30 CARDS/GAMES/ COLORING 10:15 ZUMBA GOLD 12:30 BINGO 1:00 PROJECT HEALTHY BONES Roast Turkey w Gravy</p>	<p>10 9:30 CONTINENTAL BREAKFAST 9:30 CARDS/GAMES/ COLORING 10:00 LINE DANCING 12:30 BINGO Chicken Fajitas w Sauteed Peppers & Onions</p>
<p>13 9:30 CONTINENTAL BREAKFAST 9:30 CARDS/GAMES/ COLORING 9:45 MEDITATION 10:00 ZUMBA GOLD 12:30 BINGO Omelet & Breakfast Sausage</p>	<p>14 9:30 CARDS/GAMES/ COLORING 9:30 CONTINENTAL BREAKFAST 10:00 YOGA 11:00 Choir Club 12:00 ESL 1:00 PROJECT HEALTHY BONES Chicken Cutlet Milanese</p>	<p>15 9:30 CONTINENTAL BREAKFAST 9:30 CARDS/GAMES/ COLORING 10:00 SUN POWER YOGA 12:30 FOOD SHOPPING 12:30 POKER CLUB Salisbury Steak</p>	<p>16 9:30 CONTINENTAL BREAKFAST 9:30 CARDS/GAMES/ COLORING 10:15 ZUMBA GOLD 12:30 BINGO 1:00 PROJECT HEALTHY BONE Vegetable Lasagna</p>	<p>17 9:30 CONTINENTAL BREAKFAST 9:30 CARDS/GAMES/ COLORING 10:00 LINE DANCING 12:30 BINGO Coconut Crusted Haddock Fish</p>
<p>20 9:30 CONTINENTAL BREAKFAST 9:30 CARDS/GAMES/ COLORING 9:45 MEDITATION 10:00 ZUMBA GOLD 12:30 BINGO Boneless Chicken Scampi</p>	<p>21 9:30 CARDS/GAMES/ COLORING 9:30 CONTINENTAL BREAKFAST 10:00 YOGA 12:00 ESL 1:00 PROJECT HEALTHY BONES Hot Open Roast Beef Sandwich</p>	<p>22 9:30 CARDS/GAMES/ COLORING 9:30 CONTINENTAL BREAKFAST 10:00 Blood Pressure Screening 10:00 SUN POWER YOGA 10:00 SUNSHINE CLUB 12:30 FOOD SHOPPING/POKER CLUB Ziti w Pork Sausage</p>	<p>23 9:30 CONTINENTAL BREAKFAST 9:30 CARDS/GAMES/ COLORING 10:15 ZUMBA GOLD 12:30 BINGO 1:00 PROJECT HEALTHY BONES Asian-Style Chicken and Broccoli</p>	<p>24 9:30 CONTINENTAL BREAKFAST 9:30 CARDS/GAMES/ COLORING 10:00 LINE DANCING 12:30 BINGO Hamburger</p>
<p>27 Memorial Day Center Closed</p>	<p>28 9:30 CARDS/GAMES/ COLORING 9:30 CONTINENTAL BREAKFAST 10:00 YOGA 12:00 ESL/ CARDS 1:00 PROJECT HEALTHY BONES Parmesan Crusted Fish</p>	<p>29 9:30 CONTINENTAL BREAKFAST 9:30 CARDS/GAMES/ COLORING 10:00 SUN POWER YOGA 12:30 FOOD SHOPPING 12:45 PUZZLE PARTY Roast Turkey Wrap</p>	<p>30 9:30 CONTINENTAL BREAKFAST 9:30 CARDS/GAMES/ COLORING 10:15 ZUMBA GOLD 12:30 BINGO 1:00 PROJECT HEALTHY BONES Eggplant Rolltini</p>	<p>31 9:30 CONTINENTAL BREAKFAST 9:30 CARDS/GAMES/ COLORING 10:00 LINE DANCING 12:30 BINGO Hawaiian Boneless Chicken</p>

BERGEN NEW JERSEY County

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

Michael V. Bellucci
Acting 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 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
May 2019 Older American's Month

May 1:	Library Outreach	11:00am
May 2:	Habits of Healthy People seminar with Humana	11:00am
May 13:	Mother's Day Brunch	10:30am
May 13:	Mandala's and SHIP information	9:30am
May 14:	Baking Club	1pm
May 16:	Afternoon Matinee	12:15pm
May 20:	Board of Social Services outreach	9-12pm
May 22:	Bone Density Screening	10am
May 22:	Blood Pressure Screenings with HARP medical	10am
May 23:	Senior Medicare Patrol "Brace Scams"	11am
May 27:	Center Closed Memorial Day	
May 30:	Monthly Birthday party & Bingo bash	12:00pm
May 30:	Older American's Month celebration and Open House	9am

Poker Club Tuesday/ Wednesday Afternoons Osteoporosis Awareness Month Bone Density Screenings

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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Tara Prestigiacomo, Center Director
Notary Public
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