

RIDGEFIELD PARK SENIOR ACTIVITY CENTER

Tara Prestigiacomo, Center Director

July 2019

(201) 641-1220

Monday	Tuesday	Wednesday	Thursday	Friday
<p>1 9:30 CONTINENTAL BREAKFAST 9:30 CARDS/GAMES/ COLORING 10:00 ZUMBA GOLD 12:30 BINGO</p> <p style="text-align: center;">Roast Turkey</p>	<p>2 9:30 CARDS/GAMES/ COLORING 9:30 CONTINENTAL BREAKFAST 10:00 YOGA 12:00 ESL/poker club 1:30 Project Healthy Bones</p> <p style="text-align: center;">Fish and Chips</p>	<p>3 9:30 CONTINENTAL BREAKFAST 9:30 CARDS/GAMES/ COLORING 10:00 SUN POWER YOGA 12:30 FOOD SHOPPING 12:45 PUZZLE PARTY/CARDS</p> <p style="text-align: center;">Hot Dogs and Sauerkraut</p>	<p style="text-align: center;">4</p> <p style="text-align: center;">4th of July !!!</p>	<p>5 9:30 CONTINENTAL BREAKFAST 9:30 CARDS/GAMES/ COLORING 10:00 LINE DANCING 12:30 BINGO</p> <p style="text-align: center;">Chicken Cordon Bleu</p>
<p>8 9:30 CONTINENTAL BREAKFAST 9:30 CARDS/GAMES/ COLORING 9:45 MEDITATION 10:00 ZUMBA GOLD 12:30 BINGO</p> <p style="text-align: center;">Eggplant Rollatini</p>	<p>9 9:30 CARDS/GAMES/ COLORING 9:30 CONTINENTAL BREAKFAST 10:00 YOGA 12:00 ESL/poker club 1:30 Project Healthy Bones</p> <p style="text-align: center;">Hawaiian Boneless Chicken</p>	<p>10 9:30 CONTINENTAL BREAKFAST 9:30 CARDS/GAMES/ COLORING 10:00 SUN POWER YOGA 12:30 FOOD SHOPPING</p> <p style="text-align: center;">Coconut crusted Haddock</p>	<p>11 9:30 CONTINENTAL BREAKFAST 9:30 CARDS/GAMES/ COLORING 10:15 ZUMBA GOLD 12:30 BINGO 1:00 PROJECT HEALTHY BONES</p> <p style="text-align: center;">Home-style Meatloaf w gravy</p>	<p>12 9:30 CONTINENTAL BREAKFAST 9:30 CARDS/GAMES/ COLORING 10:00 LINE DANCING 12:30 BINGO</p> <p style="text-align: center;">Baked Penne w Ricotta</p>
<p>15 9:30 CARDS/GAMES/ COLORING 10:00 ZUMBA GOLD 12:30 BINGO</p> <p style="text-align: center;">Chicken Piccata unbreaded</p>	<p>16 9:30 CARDS/GAMES/ COLORING 9:30 CONTINENTAL BREAKFAST 10:00 YOGA 12:00 ESL 1:00 happy bones</p> <p style="text-align: center;">Rigatoni w Turkey Bolognese</p>	<p>17 9:30 CONTINENTAL BREAKFAST 9:30 CARDS/GAMES/ COLORING 10:00 SUN POWER YOGA 12:30 FOOD SHOPPING</p> <p style="text-align: center;">BBQ Beef Rib</p>	<p>18 9:30 CONTINENTAL BREAKFAST 9:30 CARDS/GAMES/ COLORING 10:15 ZUMBA GOLD 12:30 BINGO 1:00 Happy Bones</p> <p style="text-align: center;">Breaded Flounder Filet</p>	<p>19 9:30 CONTINENTAL BREAKFAST 9:30 CARDS/GAMES/ COLORING 10:00 LINE DANCING 12:30 BINGO</p> <p style="text-align: center;">Meatballs w Mushroom gravy</p>
<p>22 9:30 CONTINENTAL BREAKFAST 9:30 CARDS/GAMES/ COLORING 9:45 MEDITATION 10:00 ZUMBA GOLD 12:30 BINGO</p> <p style="text-align: center;">Meat Lasagna</p>	<p>23 9:30 CARDS/GAMES/ COLORING 9:30 CONTINENTAL BREAKFAST 10:00 YOGA 12:00 ESL/poker club 1:00 Happy Bones</p> <p style="text-align: center;">Pork Chop w Gravy</p>	<p>24 9:30 CARDS/GAMES/ COLORING 9:30 CONTINENTAL BREAKFAST 10:00 Blood Pressure Screening 10:00 SUN POWER YOGA 12:30 FOOD SHOPPING</p> <p style="text-align: center;">Chicken Salad on lettuce</p>	<p>25 9:30 CONTINENTAL BREAKFAST 9:30 CARDS/GAMES/ COLORING 10:15 ZUMBA GOLD 12:30 BINGO 1:00 Happy Bones</p> <p style="text-align: center;">Turkey Burger</p>	<p>26 9:30 CONTINENTAL BREAKFAST 9:30 CARDS/GAMES/ COLORING 10:00 LINE DANCING 12:30 BINGO</p> <p style="text-align: center;">Tortilla Crusted Fish</p>
<p>29 9:30 CONTINENTAL BREAKFAST 9:30 CARDS/GAMES/ COLORING 9:45 MEDITATION 10:00 ZUMBA GOLD 12:30 BINGO</p> <p style="text-align: center;">Open Hot Roast beef Sandwich</p>	<p>30 9:30 CARDS/GAMES/ COLORING 9:30 CONTINENTAL BREAKFAST 10:00 YOGA 12:00 ESL/poker club 1:00 Happy Bones</p> <p style="text-align: center;">Tuna Salad sandwich</p>	<p>31 9:30 CONTINENTAL BREAKFAST 9:30 CARDS/GAMES/ COLORING 10:00 SUN POWER YOGA 12:30 FOOD SHOPPING</p> <p style="text-align: center;">Penne w Italian Meatballs</p>	<p>159 Park Street Ridgefield Park, NJ 07660 Center Hours: 8:00 - 3:30 Lunch Served Daily ~ 11:30 Suggested Lunch Donation \$1.25</p>	
<p>~ Please reserve lunch 1 day in advance <u>Before Noon</u></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

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
July 2019 , National Ice Cream Month

July 3:	Library Outreach	11:00am
July 4:	Center Closed Independence Day	
July	Nutrition Education	11:00am
July 11:	Online benefits and savings program assistance	9:00am
July 11:	Last project Healthy Bones Class (New Classes to begin in September)	1:00pm
July 12:	County Clerk John Hogan & staff visiting and making Senior Gold Discount Cards	11:30am
July 12:	Bingo Party w Hospice of NJ	12:30pm
July 17:	Library Outreach	10:30am
July 22:	Maria Rini "downsizing for Seniors"	11am
July 22:	Social Services Outreach	9-12
June 18:	Baking Club	1pm
July	Afternoon Matinee	12:15pm
July 26:	July birthday and Bingo Bash	12:00pm
July 29:	Act Now Memory Screenings	10am
July 31:	Blood Pressure Screenings with HARP medical	10am
July 31:	Library Outreach	1

Check out our new programs!!
-Poker Club Tuesday Afternoons
-Board Games with Lisa
-Garden Club
Chess Lessons



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

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.

All Bergen County Residents 60+ are welcome!
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