



RIDGEFIELD PARK SENIOR ACTIVITY CENTER

Tara Prestigiacomio, Center Director

February 2020

(201) 641-1220

Monday	Tuesday	Wednesday	Thursday	Friday
<p>3 9:30 CONTINENTAL BREAKFAST 9:30 CARDS/MANDALAS & MEDITATION 10:00 ZUMBA GOLD 12:30 BINGO</p> <p style="text-align: center;">Vegetable Lasagna</p>	<p>4 9:30 CARDS/GAMES/ COLORING 9:30 CONTINENTAL BREAKFAST 10:00 YOGA 12:00 ESL/poker / chess club 1:00 Happy Bones</p> <p style="text-align: center;">Chicken Salad Plate</p>	<p>5 9:30 CONTINENTAL BREAKFAST 9:30 CARDS/GAMES/ COLORING 9:30 Blood pressure screenings 10:00 SUN POWER YOGA 12:30 FOOD SHOPPING</p> <p style="text-align: center;">Boneless BBQ Beef Sandwich</p>	<p>6 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;">Hawaiian Chicken</p>	<p>7 9:30 CONTINENTAL BREAKFAST 9:30 CARDS/GAMES/ COLORING 10:00 LINE DANCING 12:30 BINGO</p> <p style="text-align: center;">Meatballs Marinara</p>
<p>10 9:30 CONTINENTAL BREAKFAST 9:30 CARDS/MANDALAS & MEDITATION 10:00 ZUMBA GOLD 12:30 BINGO</p> <p style="text-align: center;">Cheese Omelet & Breakfast Sausage</p>	<p>11 9:30 CARDS/GAMES/ COLORING 9:30 CONTINENTAL BREAKFAST 10:00 YOGA 12:00 ESL/poker / Chess club 1:00 happy BONES</p> <p style="text-align: center;">Chicken Scampi</p>	<p>12 9:30 CONTINENTAL BREAKFAST 9:30 CARDS/GAMES/ COLORING 10:00 SUN POWER YOGA 12:30 FOOD SHOPPING</p> <p style="text-align: center;">Meat Lasagna</p>	<p>13 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;">Pork Chop w Gravy</p>	<p>14 9:30 CONTINENTAL BREAKFAST 9:30 CARDS/GAMES/ COLORING 10:00 LINE DANCING 12:30 BINGO</p> <p style="text-align: center;">Chicken Parmesan</p>
<p>17</p> <p style="text-align: center;">President's Day</p>	<p>18 9:30 CARDS/GAMES/ COLORING 9:30 CONTINENTAL BREAKFAST 10:00 YOGA 12:00 ESL/poker/ chess 1:00 Happy Bones</p> <p style="text-align: center;">Shaved Philly Beef Sandwich</p>	<p>19 9:30 CONTINENTAL BREAKFAST 9:30 CARDS/GAMES/ COLORING 10:00 SUN POWER YOGA 12:30 FOOD SHOPPING</p> <p style="text-align: center;">Breaded Chicken Breast Chipotle</p>	<p>20 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;">Rigatoni w Beef Bolognese</p>	<p>21 9:30 CONTINENTAL BREAKFAST 9:30 CARDS/GAMES/ COLORING 10:00 LINE DANCING 12:30 BINGO</p> <p style="text-align: center;">Healthy Vegetable Rotini Salad</p>
<p>24 9:30 CONTINENTAL BREAKFAST 9:30 CARDS/MANDALAS & MEDITATION 10:00 ZUMBA GOLD 12:30 BINGO</p> <p style="text-align: center;">Roast Pork w Gravy</p>	<p>25 9:30 CARDS/GAMES/ COLORING 9:30 CONTINENTAL BREAKFAST 10:00 YOGA 12:00 ESL/poker/ chess 1:00 Happy Bones</p> <p style="text-align: center;">Stuffed Cabbage</p>	<p>26 9:30 CONTINENTAL BREAKFAST 9:30 CARDS/GAMES/ COLORING 10:00 SUN POWER YOGA 12:30 FOOD SHOPPING</p> <p style="text-align: center;">Baked Penne w Ricotta</p>	<p>27 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;">Open Hot Roast Beef Sandwich</p>	<p>28 9:30 CONTINENTAL BREAKFAST 9:30 CARDS/GAMES/ COLORING 10:00 LINE DANCING 12:30 BINGO</p> <p style="text-align: center;">Eggplant Rotini</p>
<p style="text-align: center;">Please stay home if you aren't feeling well!</p>	<p style="text-align: center;">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 style="text-align: center;">~ Please reserve lunch 1 day in advance <u>Before Noon</u></p>		

BERGEN NEW JERSEY County

James J. Tedesco III
County Executive

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DEPARTMENT OF HUMAN SERVICES

Melissa DeBartolo, Esq.
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
February 2020 Heart Healthy Month

February 3, 10 & 24:	Monday Morning Meditation & Mandala drawings	9:30am
February 6:	Chronic Wound Care seminar w/ Holy Name Hosp.	11am
February 13:	Healthy Heart Diet seminar w HARP medical	11am
February 14:	Valentine Tea Party	11:15am
February 14:	Afternoon Movie matinee	1pm
February 17:	Center Closed President's Day	
TBD	Ridgefield Park Public Library visit	
February 24:	Social Services outreach	9:30am
February 26:	Ash Wednesday	
February 26:	Blood Pressure Screenings	9-11am
February 26::	Pre- Birthday party baking	12:00pm
February 27:	Monthly Birthday Party & Bingo Bash	12:00pm



****Please help us update our records,
New assessments need to be filled out on your first
visit of the new year**



**SPANISH AS A SECOND LANGUAGE coming
soon!**

The Ridgefield Park Senior Activity Center's 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 over.

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!
159 Park Street • Ridgefield Park, NJ
07660

Phone: (201) 641-1220 • Fax (201) 440-2332

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Tara Prestigiacomio, Center Director

Notary Public

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