


RIDGEFIELD PARK SENIOR ACTIVITY CENTER

Tara Prestigiacomio, Center Director

March 2020

(201) 641-1220

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2 9:30 CONTINENTAL BREAKFAST 9:30 CARDS/MANDALAS & MEDITATION 10:00 ZUMBA GOLD 11:00 SSL 12:30 BINGO Chicken Breast Florentine</p>	<p>3 9:30 CARDS/GAMES/ COLORING 9:30 CONTINENTAL BREAKFAST 10:00 YOGA 12:00 ESL/poker / chess club 12:00 TAI CHI 1:00 Happy Bones Eggplant Rollatini</p>	<p>4 9:30 CONTINENTAL BREAKFAST 9:30 CARDS/GAMES/ COLORING 9:30 Blood pressure screenings 10:00 SUN POWER YOGA 12:30 FOOD SHOPPING Chicken Salad Sandwich</p>	<p>5 9:30 CONTINENTAL BREAKFAST 9:30 CARDS/GAMES/ COLORING 10:15 ZUMBA GOLD 12:30 BINGO 1:00 Project Healthy Bones Home-style Meatloaf w Gravy</p>	<p>6 9:30 CONTINENTAL BREAKFAST 9:30 CARDS/GAMES/ COLORING 10:00 LINE DANCING 12:30 BINGO Chilled Tuna & Bowtie Salad</p>
<p>9 9:30 CONTINENTAL BREAKFAST 9:30 CARDS/MANDALAS & MEDITATION 10:00 ZUMBA GOLD 11:00 SSL 12:30 BINGO Boneless BBQ Beef Sandwich</p>	<p>10 9:30 CARDS/GAMES/ COLORING 9:30 CONTINENTAL BREAKFAST 10:00 YOGA 12:00 TAI CHI 12:00 ESL/poker / Chess club 1:00 happy BONES Unbreaded Chicken Picatta</p>	<p>11 9:30 CONTINENTAL BREAKFAST 9:30 CARDS/GAMES/ COLORING 10:00 SUN POWER YOGA 12:15 ANIMAL ENCOUNTERS 12:30 FOOD SHOPPING Hamburger</p>	<p>12 9:30 CONTINENTAL BREAKFAST 9:30 CARDS/GAMES/ COLORING 10:15 ZUMBA GOLD 12:30 BINGO 1:00 Project Healthy Bones Greek-style Roasted Chicken Qtr</p>	<p>13 9:30 CONTINENTAL BREAKFAST 9:30 CARDS/GAMES/ COLORING 10:00 LINE DANCING 12:30 BINGO Potato Crusted Fish</p>
<p>16 9:30 CONTINENTAL BREAKFAST 9:30 CARDS/MANDALAS & MEDITATION 10:00 ZUMBA GOLD 11:00 SSL 12:30 BINGO Roast Beef & Gravy</p>	<p>17 9:30 CARDS/GAMES/ COLORING 9:30 CONTINENTAL BREAKFAST 10:00 YOGA 12:00 TAI CHI 12:00 ESL/poker/ chess 1:00 Happy Bones Corned Beef</p>	<p>18 9:30 CONTINENTAL BREAKFAST 9:30 CARDS/GAMES/ COLORING 10:00 SUN POWER YOGA 12:30 FOOD SHOPPING Irish Bangers & Mash</p>	<p>19 9:30 CONTINENTAL BREAKFAST 9:30 CARDS/GAMES/ COLORING 10:15 ZUMBA GOLD 12:30 BINGO 1:00 Project Healthy Bones Open Roast Turkey Sandwich</p>	<p>20 9:30 CONTINENTAL BREAKFAST 9:30 CARDS/GAMES/ COLORING 10:00 LINE DANCING 12:30 BINGO Veggie Burger</p>
<p>23 9:30 CONTINENTAL BREAKFAST 9:30 CARDS/MANDALAS & MEDITATION 10:00 ZUMBA GOLD 11:00 SSL 12:30 BINGO Korean BBQ Chicken Leg Quarter</p>	<p>24 9:30 CARDS/GAMES/ COLORING 9:30 CONTINENTAL BREAKFAST 10:00 YOGA 12:00 TAI CHI 12:00 ESL/poker/ chess 1:00 Happy Bones Salisbury Steak w gravy</p>	<p>25 9:30 CONTINENTAL BREAKFAST 9:30 CARDS/GAMES/ COLORING 10:00 SUN POWER YOGA 12:30 FOOD SHOPPING Balsamic Breaded Chicken Breast</p>	<p>26 9:30 CONTINENTAL BREAKFAST 9:30 CARDS/GAMES/ COLORING 10:15 ZUMBA GOLD 12:30 BINGO 1:00 Happy Bones Pork Chop w gravy</p>	<p>27 9:30 CONTINENTAL BREAKFAST 9:30 CARDS/GAMES/ COLORING 10:00 LINE DANCING 12:30 BINGO Baked Penne w Ricotta</p>
<p>30 9:30 CONTINENTAL BREAKFAST 9:30 CARDS/MANDALAS & MEDITATION 10:00 ZUMBA GOLD 11:00 SSL 12:30 BINGO Philly Shaved Beef & cheese</p>	<p>31 9:30 CARDS/GAMES/ COLORING 9:30 CONTINENTAL BREAKFAST 10:00 YOGA 12:00 TAI CHI 12:00 ESL/poker/ chess 1:00 Happy Bones Chicken Teriyaki</p>		<p>~ Please reserve lunch 1 day in advance <u>Before Noon</u></p> <p>Please stay home if you aren't feeling well!</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>

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

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.

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RIDGEFIELD PARK SENIOR ACTIVITY CENTER
Bergen County Department of Human Services
Division of Senior Services/ADRC
March 2020

March 2,9,16,23, 30	Spanish as a second language, all Mondays in March	11:00am
March 3:	"You be the Judge" game with County Manor	11am
March 5:	What is Respite Care? With ADC	11am
March 11:	Animal Encounters with BC Zoo	12:15pm
March 8:	Daylight Savings time begins	
March 12:	"Ride for Life" senior transportation information	11am
March 17:	St Patrick's Day	9:30am
March 20:	First Day of Spring	
March 23:	Social Services outreach	9:30am
March 23:	Special Bingo with Bergen County Healthcare Center at Rockleigh	12:30pm
March 24:	Pre-Birthday party baking	12:00pm
March 25:	Blood Pressure Screenings	9-11am
March 27:	Monthly Birthday Party & Bingo Bash	12:00pm
March 31:	Project Healthy Bones new Session kick-off	1pm



All new **Animal Encounters ! Join us as we welcome Bergen County Zoo once a month for a presentation with artifacts and/ or an animal from their zoo!!

New Project Healthy Bones classes to beginning. Advanced registration with medical clearance is required

Tai Chi, all Tuesdays in March at noon (waivers must be completed prior to attending class)



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

The Ridgefield Park Senior 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

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Notary Public

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