

BERGEN NEW JERSEY *County*

James J. Tedesco III
County Executive

BOARD OF COUNTY COMMISSIONERS

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DEPARTMENT OF HUMAN SERVICES
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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 of Disability Services
(201) 336-6500

Bergen County
Board of Social Services
(201) 368-4200

RIDGEFIELD PARK SENIOR ACTIVITY CENTER

159 Park Street
Ridgefield Park, NJ 07660

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

RidgefieldParkCenter@co.bergen.nj.us

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

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 2022

May 2	Brain Games	11am
May 5	Cinco De Mayo	
May 6	RP "Kentucky Derby"	11am
May 8	Happy Mother's Day	
May 9	Caption Call telephone service	11am
May 25	Blood Pressure Screenings	9-11am
May 30	Center closed for Memorial Day	

Thank you for your patience and understanding as we continue to navigate necessary COVID-19 protocols and preventative measures at our Senior Activity Centers. These protocols are intended to further ensure the health and safety of everyone at the center. Our senior activity center staff are diligently working to bring safe, but fun and enjoyable activities and programming to our centers. Please know that your cooperation during these challenging times is very much appreciated. If you have any questions, kindly contact your center directly at (201) 641-1220.

The RP Senior Activity Center 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 of 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.

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

<p>2 9:00 Cards/ coloring 9:30 Meditation 10:00 Yoga w/ EJ 11:30 Lunch 12:15 Bingo</p> <p><i>Chicken Salad</i></p>	<p>3 9:30 Cards/ Games/ Coloring 10:00 Fitness 11:30 Lunch 1:00 Happy Bones</p> <p><i>Italian Meatballs</i></p>	<p>4 9:00 Cards/ coloring 9:30 Zumba (Chair Exercise) 11:30 Lunch 12:15 Bingo</p> <p><i>Lemon-Pepper Baked Fish</i></p>	<p>5 9:00 Cards/ Coloring 10:00 Beginner Belly Dance 11:30 Lunch 1:00 Healthy Bones</p> <p><i>Garlic Roasted Pork</i></p>	<p>6 9:00 Cards/ Coloring 9:30 Bingo 10:00 Sit & Be Fit 11:30 Lunch 12:15 Bingo</p> <p><i>Unbreaded Chicken Piccata</i></p>
<p>9 9:00 Cards/ coloring 9:30 Meditation 10:00 Yoga w/ EJ 11:30 Lunch 12:15 Bingo</p> <p><i>Cheese Omelet</i></p>	<p>10 9:30 Cards/ Games/ Coloring 10:00 Fitness 11:30 Lunch 1:00 Happy Bones</p> <p><i>Korean BBQ Chicken Leg</i></p>	<p>11 9:00 Cards/ coloring 9:30 Zumba (Chair Exercise) 11:30 Lunch 1:00 Bingo</p> <p><i>Veggie Burger</i></p>	<p>12 9:00 Cards/ Coloring 10:00 Beginner Belly Dance 11:30 Lunch 1:00 Healthy Bones</p> <p><i>Chicken Florentine</i></p>	<p>13 9:00 Cards/ Coloring 9:30 Bingo 10:00 Sit & Be Fit 11:30 Lunch 12:15 Bingo</p> <p><i>Potato Crusted Baked Fish</i></p>
<p>16 9:00 Cards/ coloring 9:30 Meditation 10:00 Yoga w EJ 11:30 Lunch 12:15 Bingo</p> <p><i>Tuna Salad on Lettuce</i></p>	<p>17 9:30 Cards/ Games/ Coloring 10:00 Fitness 11:30 Lunch 1:00 Happy Bones</p> <p><i>Hearty Meat Lasagna</i></p>	<p>18 9:00 Cards/ coloring 9:30 Zumba (Chair Exercise) 11:30 Lunch 1:00 Bingo</p> <p><i>Hawaiian Chicken Breast</i></p>	<p>19 9:00 Cards/ Coloring 10:00 Beginner Belly Dance 11:30 Lunch 1:00 Healthy Bones</p> <p><i>Salisbury Steak</i></p>	<p>20 9:00 Cards/ Coloring 9:30 Bingo 10:00 Sit & Be Fit 11:30 Lunch 12:15 Bingo</p> <p><i>Roasted Turkey</i></p>
<p>23 9:00 Cards/ coloring 9:30 Meditation 10:00 Yoga w EJ 11:30 Lunch 12:15 Bingo</p> <p><i>Boneless Chicken Scampi</i></p>	<p>24 9:30 Cards/ Games/ Coloring 10:00 Fitness 11:30 Lunch 1:00 Happy Bones</p> <p><i>Pork Chop</i></p>	<p>25 9:00 Cards/ coloring/holiday fun 9:30 Zumba (Chair Exercise) 11:30 Lunch 1:00 Bingo</p> <p><i>Pepper Steak</i></p>	<p>26 9:00 Cards/ Coloring 10:00 Beginner Belly Dance 11:30 Lunch 1:00 Healthy Bones</p> <p><i>Swedish Meatballs</i></p>	<p>27 9:00 Cards/ Coloring 9:30 Bingo 10:00 Sit & Be Fit 11:30 Lunch 12:15 Bingo</p> <p><i>Penne w Pink Sauce and Chicken</i></p>
	<p>31 9:30 Cards/ Games/ Coloring 10:00 Fitness 11:30 Lunch 1:00 Happy Bones</p> <p><i>Hamburger</i></p>	<p>Please reserve your lunch at least one day before by 11am. (201) 641-1220</p>		