

BERGEN NEW JERSEY *County*

James J. Tedesco III
County Executive

BOARD OF COUNTY COMMISSIONERS

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DEPARTMENT OF HUMAN SERVICES

Melissa H. DeBartolo, Esq.
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

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RIDGEFIELD PARK SENIOR ACTIVITY CENTER

Bergen County Department of Human Services

Division of Senior Services/ADRC

October 2022

October 4	Yom Kippur begins at Sundown	
October 5	Education w BrightStar	11:00AM
October 10	Center Closed Columbus Day	
October 5, 12, 19, & 26	Bus to Food Shop (advanced sign up required)	10:00AM
October TBD	Craft Day with YWCA	1:15PM
October 19th	Quarterly Nutrition Education	11:00AM
October TBD	Blood Pressure Screening/ Nurse Q&A	9:00AM -11:00AM
October 31st	Happy Halloween ! Special Activities, Costumes encouraged !!	10:00AM -2:00PM

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.

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.



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.

Center Director
Tara Prestigiacomio

RIDGEFIELD PARK SENIOR ACTIVITY CENTER

201-641-1220

October 2022


MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

<p>3 9:00 Cards/ coloring 9:30 Meditation 10:00 Yoga w EJ 11:30 Lunch 12:15 Bingo Boneless Chicken Breast w/ Lemon Sauce</p>	<p>4 9:30 Cards/ Games/ Coloring 10:00 Zumba w/ Lauren 11:30 Lunch 1:00 Happy Bones Beef Tacos</p>	<p>5 9:00 Cards/ Coloring 10:00 Zumba w/ Lourdes 10:00 Food Shopping 11:30 Lunch 12:15 Bingo Turkey Burger w/ Tomato and Lettuce</p>	<p>6 9:00 Cards/ Coloring 10:00 Beginner Belly Dance 11:30 Lunch 1:00 Healthy Bones Potato Crusted Fish</p>	<p>7 9:00 Cards/ Coloring 10:00 Sit & Be Fit 11:30 Lunch 12:30 Bingo Bratwurst w/ Sauerkraut & Sautéed Onions</p>
<p>10 <i>Columbus Day</i> <i>Center Closed</i></p>	<p>11 9:30 Cards/ Games/ Coloring 10:00 Zumba w/ Lauren 11:30 Lunch 1:00 Happy Bones Skinless Eggplant Rollatini</p>	<p>12 9:00 Cards/ coloring 10:00 Zumba w/ Lourdes 11:30 Lunch 12:30 Bingo Baked Fish w/ Dill Sauce</p>	<p>13 9:00 Cards/ Coloring 10:00 Beginner Belly Dance 11:30 Lunch 1:00 Healthy Bones Herb Roasted Chicken Leg Quarter</p>	<p>14 9:00 Cards/ Coloring 10:00 Sit & Be Fit 11:30 Lunch 12:30 Bingo Swedish Meatballs w/ Gravy</p>
<p>17 9:00 Cards/ coloring 9:30 Meditation 10:00 Yoga w EJ 11:30 Lunch 12:15 Bingo Egg Salad on Romaine</p>	<p>18 9:30 Cards/ Games/ Coloring 10:00 Zumba w/ Lauren 11:30 Lunch 1:00 Happy Bones Shepherd's Pie</p>	<p>19 9:00 Cards/ coloring 10:00 Zumba w/ Lourdes 11:30 Lunch 1:00 Bingo Chicken Cutlet Parmesan</p>	<p>20 9:00 Cards/ Coloring 10:00 Beginner Belly Dance 11:30 Lunch 1:00 Healthy Bones Sliced Turkey Breast w/ Gravy & Cranberry Sauce</p>	<p>21 9:00 Cards/ Coloring 10:00 Sit & Be Fit 11:30 Lunch 12:30 Bingo Pork Tenderloin w/ Gravy</p>
<p>24 9:00 Cards/ coloring 9:30 Meditation 10:00 Yoga w EJ 11:30 Lunch 12:15 Bingo Homestyle Meatloaf</p>	<p>25 9:30 Cards/ Games/ Coloring 10:00 Zumba w/ Lauren 11:30 Lunch 1:00 Happy Bones BBQ Pulled Pork</p>	<p>26 9:00 Cards/coloring/ Holiday Fun 10:00 Zumba w/ Lourdes 11:30 Lunch 12:30 Bingo Vegetable Lasagna</p>	<p>27 9:00 Cards/ Coloring 10:00 Beginner Belly Dance 11:30 Lunch 1:00 Healthy Bones Pot Roast w/ Gravy</p>	<p>28 9:00 Cards/ Coloring 10:00 Sit & Be Fit 11:30 Lunch 12:30 Bingo Chicken Florentine</p>
<p>31 9:00 Cards/ coloring 9:30 Meditation 10:00 Yoga w/ EJ 11:30 Lunch 12:15 Bingo Chicken Cordon Bleu</p>			<p>Please call to reserve 1 day in advance before 11:30am. Suggested donation of \$1.25 is requested for meals.</p>	