

BERGEN NEW JERSEY *County*

James J. Tedesco III
County Executive

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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

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James J. Tedesco III, County Executive

RIDGEFIELD PARK SENIOR ACTIVITY CENTER Bergen County Department of Human Services Division of Senior Services/ADRC February 2023



February 1st, 8th, 15th, 22nd	Food Shopping please sign up in advance	10:00AM
February 2nd, 9th, 16th, 23rd	Happy Bones returns Thursday Afternoons	1:30PM
February 3rd	Wear Red—Heart Disease Awareness Day	
February 10th	Predict Superbowl Champ... (Prizes awarded Monday)	
February 13th	Lunchtime Celebration of Superbowl Winners	11:30PM
February 14th	Happy Valentine's Day! Chocolate making, Karaoke, Horse Racing	9:15AM
February 20th	President's Day Center Closed	
February 21st	Blood Pressure Screenings and Health Q& A	9:30AM -11:30AM
February 21st	Fat Tuesday / Marti Gras Mask Making Craft	12:30PM
February 22nd	Ash Wednesday / Lent Season begins	
TBD	iPad Demonstrations	
February 28th	Movie Matinee <i>Light refreshments will be served</i>	12:00PM

On behalf of the County of Bergen, we thank you for your patience during the Covid-19 pandemic. At this time, the County has lifted most restrictions related to Covid-19, but will continue to require health screenings upon entrance to the centers. Masks are now optional throughout the centers. Meals will return to congregate setting, and there will no longer be a Grab & Go option. We look forward to seeing you again as we resume all regular activities. 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.

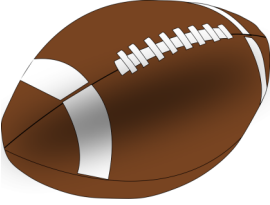



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

		<p>8:30 Continental Breakfast 1 9:00 Cards/Coloring/Dominos 10:00 Zumba w/ Lourdes 11:30 Lunch 12:30 Bingo</p> <p>Baked Fish w/ Garlic Lemon Sauce</p>	<p>8:30 Continental Breakfast 2 9:00 Cards/Coloring/Dominos 10:00 Beginner Belly Dance 11:30 Lunch 1:30 Happy Bones Exercise</p> <p>Sliced Roast Beef w/ Gravy</p>	<p>8:30 Continental Breakfast 3 9:00 Cards/Coloring/Dominos 10:00 Sit & Be Fit 11:30 Lunch 12:30 Bingo</p> <p>Turkey & Black Bean Chili</p>
<p>8:30 Continental Breakfast 6 9:00 Cards/Coloring/Dominos 9:30 Meditation 10:00 Yoga w EJ 11:30 Lunch 12:15 Bingo</p> <p>BBQ Beef Ribque</p>	<p>8:30 Continental Breakfast 7 9:30 Cards/Games/Coloring 10:00 Zumba w/ Lauren 11:30 Lunch 12:00 Chocolate Cookie Baking</p> <p>Chicken Cacciatore</p>	<p>8:30 Continental Breakfast 8 9:00 Cards/Coloring/Games 10:00 Zumba w/ Lourdes 10:00 Food Shopping 11:30 Lunch 12:15 Bingo</p> <p>Italian Meatballs</p>	<p>8:30 Continental Breakfast 9 9:00 Cards/Coloring/Games 10:00 Beginner Belly Dance 11:30 Lunch 1:30 Happy Bones Exercise</p> <p>Beef and Broccoli</p>	<p>8:30 Continental Breakfast 10 9:00 Cards/Coloring/Games 10:00 Sit & Be Fit 11:30 Lunch 12:30 Bingo</p> <p>Chicken Cordon Bleu</p>
<p>8:30 Continental Breakfast 13 9:00 Cards/Coloring/Games 9:30 Meditation 10:00 Yoga w/ EJ 11:30 Lunch 12:15 Bingo</p> <p>Meatloaf w/ Brown Gravy</p>	<p>8:30 Continental Breakfast 14 9:30 Cards/Games/Coloring 10:00 Zumba w/ Lauren 11:30 Lunch 12:00 Valentine Craft</p> <p>BBQ Chicken Leg</p>	<p>8:30 Continental Breakfast 15 9:00 Cards/ Coloring 10:00 Zumba w/ Lourdes 10:00 Food Shopping 11:30 Lunch 1:00 Bingo</p> <p>Sliced Turkey w/ Gravy</p>	<p>8:30 Continental Breakfast 16 9:00 Cards/Coloring 10:00 Beginner Belly Dance 11:30 Lunch 1:30 Happy Bones Exercise</p> <p>Sweet and Sour Meatballs</p>	<p>8:30 Continental Breakfast 17 9:00 Cards/ Coloring 10:00 Sit & Be Fit 11:30 Lunch 12:30 Bingo</p> <p>Sliced Pork Tenderloin w/ Apple Sauce</p>
 <p>Center Closed Pres. Day</p>	<p>8:30 Continental Breakfast 21 9:30 Cards/Games/Coloring 10:00 Zumba w/ Lauren 11:30 Lunch 12:00 Mardi Gras Mask</p> <p>Salisbury Steak</p>	<p>8:30 Continental Breakfast 22 9:00 Cards/Coloring/Holiday Fun 10:00 Zumba w/ Lourdes 11:30 Lunch 12:30 Bingo</p> <p>Lemon-Pepper Baked Fish</p>	<p>8:30 Continental Breakfast 23 9:00 Cards/Coloring 10:00 Beginner Belly Dance 11:30 Lunch 1:30 Happy Bones Exercise</p> <p>Chicken Marsala</p>	<p>8:30 Continental Breakfast 24 9:00 Cards/ Coloring 10:00 Sit & Be Fit 11:30 Lunch 12:30 Bingo</p> <p>Mini Cheese Ravioli</p>
<p>8:30 Continental Breakfast 27 9:00 Cards/Coloring/Games 9:30 Meditation 10:00 Yoga w/ EJ 11:30 Lunch 12:15 Bingo</p> <p>Breaded Chicken Piccata</p>	<p>8:30 Continental Breakfast 28 9:30 Cards/Games/Coloring 10:00 Zumba w/ Lauren 11:30 Lunch 12:00 Movie Matinee</p>	<p>Please call to reserve 1 day in advance before 11:30am</p> <p>Suggested donation of \$1.25 is requested for meals</p>		<p>Meals provide 1/3 recommended Dietary Reference Intakes (DRIs) for older adults. The weekly average nutrient amount of each meal is: 10% or less Saturated Fat (35g), 1000mg or less Sodium. Salt and Sugar are not added to any recipe.</p>