

BERGEN NEW JERSEY *County*

James J. Tedesco III
County Executive

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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

Tara Prestigiacomo, Director
159 Park Street
Ridgefield Park, NJ, 07424
Phone: (201) 641-1220 • Fax (201) 641-1222

ridgefieldparkcenter@co.bergen.nj.us

Open: Monday - Friday, 8:00AM - 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

| | | |
|------------------------|---|----------|
| July 1 | Senior Planet Education "Food Delivery Apps" | 11:00AM |
| July 2 | Decorating for 4th of July Contest | 12:00PM |
| July 3, 10, 17, 24, 31 | Food Shopping w/ Community Transportation <i>Registration Required</i> | 9:45 AM |
| July 3 | 4th of July Outdoor Ice Cream Social <i>Wear Red, White, and Blue</i> | 11:45AM |
| July 4 | Center Closed Independence Day <i>(Check out the oldest parade in the County on Main Street in Ridgefield Park at 12:00PM)</i> | ALL DAY |
| July 11 | "Healthy Eating on a Budget" Nutrition Education seminar w/ Melisa Damcevaska of Horizon Health | 11:00 AM |
| July 11, 18, 25 | Snacks & Summer Movie: Matinee | 12:00PM |
| July 16 | Blood Pressure Screening w/ HUMC Nurse Lisa Lupetti | 9:00AM |
| July 18 | Total Brain Health w/ Agata & Doreen | 9:30AM |
| July 19 | Healthy Feet Seminar w/ Home Footcare Services | 11:15AM |
| July 25 | Karaoke & Drum Party w/ Agatha & Doreen | 12:15PM |
| July 25 | Baking for Bingo | 11:00AM |
| July 26 | Big Birthday Bingo | 12:30PM |
| July 31 | Christmas in July Party | 9:00AM |

Join us Tuesday Mornings at 9:15AM for a Mixed Media Art Class w/ instructor Lily & Tuesday Afternoons at 12:15PM for a New Diamond Art Project w/ Agata & Doreen

The 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



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.

Save the Date

Senior Festival


September 12, 2024

Rain Date: Tuesday September 17, 2024

10AM - 2PM

Van Saun County Park, Paramus

Registration Recommended: Call: 201-336-7417 or Email: seniors@co.bergen.nj.us

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|---|---|---|--|
| <p>1 9:30 Meditation/ Tai Chi 10:00 Yoga w/EJ 11:00 Senior Planet Education 12:30 Bingo</p> <p>Stuffed Peppers</p> | <p>2 9:30 Meditation 10:15 Zumba w/ Lauren 12:00 Decorating for 4th of July 12:00 Tai Chi (Video) 12:15 Craft Corner</p> <p>Home Style Meatloaf w/ Gravy</p> | <p>3 9:30 Tai Chi (Video) 9:45 Food Shopping 10:00 Zumba w/ Lourdes 11:45 4th of July Outdoor Ice Cream Social 12:30 Bingo</p> <p>Hawaiian Chicken</p> |  <p>Center Closed</p> | <p>5 9:30 Tai Chi (Video) 10:00 Sit & Be Fit 12:30 Bingo</p> <p>Roast Turkey w/ Swiss</p> |
| <p>8 9:30 Meditation/ Tai Chi 10:00 Yoga w/EJ 12:30 Bingo</p> <p>Chicken Marsala</p> | <p>9 9:30 Meditation 10:15 Zumba w/ Lauren 12:00 Tai Chi (Video) 12:15 Craft Corner</p> <p>Pork Loin w/ Gravy</p> | <p>10 9:30 Tai Chi (Video) 9:45 Food Shopping 10:00 Zumba w/ Lourdes 12:30 Bingo</p> <p>Roast Beef w/ Gravy</p> | <p>11 9:30 Meditation 10:00 Beginner Belly Dance 11:00 Presentation: "Healthy Eating on a Budget" 12:00 Summer Movie Matinee 12:15 Craft Corner</p> <p>BBQ Chicken Leg</p> | <p>12 9:30 Tai Chi (Video) 10:00 Sit & Be Fit 12:30 Bingo</p> <p>Cheeseburger on WW Bun</p> |
| <p>15 9:30 Meditation/ Tai Chi 10:00 Yoga w/EJ 12:30 Bingo</p> <p>Sweet Chicken Sausage</p> | <p>16 9:00 Blood Pressure Screening 9:30 Meditation 10:15 Zumba w/ Lauren 12:00 Tai Chi (Video) 12:15 Craft Corner</p> <p>Stuffed Cabbage</p> | <p>17 9:30 Tai Chi (Video) 9:45 Food Shopping 10:00 Zumba w/ Lourdes 12:30 Bingo</p> <p>Ziti and Meatballs</p> | <p>18 9:30 Total Brain Health 10:00 Beginner Belly Dance 12:00 Summer Movie Matinee 12:15 Craft Corner</p> <p>Chef Salad</p> | <p>19 9:30 Tai Chi (Video) 10:00 Sit & Be Fit 11:15 Healthy Feet Seminar 12:30 Bingo</p> <p>Chicken Cordon Bleu</p> |
| <p>22 9:30 Meditation/ Tai Chi 10:00 Yoga w/EJ 12:30 Bingo</p> <p>Roast Turkey w/ Gravy</p> | <p>23 9:30 Meditation 10:15 Zumba w/ Lauren 12:00 Tai Chi (Video) 12:15 Craft Corner</p> <p>Swedish Meatballs w/ Gravy</p> | <p>24 9:30 Tai Chi (Video) 9:45 Food Shopping 10:00 Zumba w/ Lourdes 12:30 Bingo</p> <p>Beef and Cheese Lasagna</p> | <p>25 9:30 Meditation 10:00 Beginner Belly Dance 11:00 Baking for Bingo 12:00 Summer Movie 12:15 Karaoke & Drum Party 12:15 Craft Corner</p> <p>Balsamic Chicken</p> | <p>26 9:30 Tai Chi (Video) 10:00 Sit & Be Fit 12:30 Big Bingo</p> <p>Egg Salad Platter w/ Romaine</p> |
| <p>29 9:30 Meditation/ Tai Chi 10:00 Yoga w/EJ 12:30 Bingo</p> <p>Herbed Chicken Leg</p> | <p>30 9:30 Meditation 10:15 Zumba w/ Lauren 12:00 Tai Chi (Video) 12:15 Craft Corner</p> <p>Cheese Omelet</p> | <p>31 9:00 Christmas in July Party 9:30 Tai Chi (Video) 9:45 Food Shopping 10:00 Zumba w/ Lourdes 12:30 Bingo</p> <p>Salisbury Steak w/ Gravy</p> | <p>Suggested Lunch Donation: \$1.25 Per Meal Please reserve lunch by 11:30 AM the day before</p> <p>Lunch will Be Served at 11:30 Daily</p> | <p>Continental Breakfast Daily</p> <p>Food must be consumed On site!!</p> |