

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

Tara Prestigiacomio, Director
159 Park Street
Ridgefield Park, NJ, 07660
Phone: (201) 641-1220 • Fax (201) 641-1222

ridgefieldparkcenter@bergencountynj.gov

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

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RIDGEFIELD PARK SENIOR ACTIVITY CENTER Bergen County Department of Human Services Division of Senior Services/ADRC February 2025

February 3rd	Game: "Find the Groundhogs"	9:00 AM
February 4th	Seminar: Total Brain Health w/ Agata	9:30 AM
February 5th, 12th, 19th, 26th	Food Shopping Advanced registration Required (201- 641-1220)	9:45 AM
February 7th	Tech Support w/ RPSAC Staff Basic technology questions for smartphones, iPads, laptops	9:00 AM
February 10th	Presentation: Heart Health in Seniors w/ Holy Name	11:00 AM
February 10th	Superbowl Highlights and Snacks	11:00 AM
February 14th	Happy Valentine's Day! Valentines Pancakes and Planters	9:00 AM
February 17th	Center Closed- President's Day	CLOSED
February 18th	Blood Pressure Screening w/ HUMC Nurse Lisa Azouri	9:30 AM
February 18th	Morning Trivia: US Presidents	9:30 AM
February 21st	Presentation: Senior Services Social Worker w/ Craig Eccles, Bergen County Division of Senior Services	9:30 AM
February 25th	Travel Presentation w/ Special Snacks from Mexico	12:00 PM
February 27th	Birthday Baking	2:00 PM
February 28th	Presentation: Fair Housing Counsel Disability Rights	11:00 AM
February 28th	Musical Birthday Bingo	12:30 PM

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 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.

SPRING LUNCHEON

JOIN US FOR FOOD AND MUSIC ON
SUNDAY, APRIL 20, 2025
10:00AM - 2:00PM

Garfield Senior Activity Center
480 Midland Avenue
Garfield, New Jersey 07026

Kindly RSVP with your Senior Activity Center Director


MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

<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</p> <p>Served Daily 8:30am–10:00am</p> 		<p>HAPPY</p> 	 <p>FEBRUARY IS AMERICAN HEART MONTH</p>
<p>3</p> <p>9:00 "Find the Groundhog" Game 9:30 Meditation/ Tai Chi 10:00 Sit and Be Fit w/EJ 12:30 Bingo 2:00 Mahjong</p> <p>Asian Beef Stir Fry</p>	<p>4</p> <p>9:30 Meditation 9:30 Total Brain Health 10:15 Zumba w/ Lauren 12:00 Tai Chi (Video) 12:15 Crochet 12:30 Movie 12:30 Poker/Ping Pong/Darts</p> <p>Chicken Tarragon</p>	<p>5</p> <p>9:30 Tai Chi (Video) 9:45 Food Shopping 10:00 Zumba w/ Lourdes 12:30 Bingo</p> <p>Tuna Noodle Salad</p>	<p>6</p> <p>9:00 Art 9:30 Meditation 10:00 Beginners Belly Dancing 12:30 Line Dancing</p> <p>Korean BBQ Leg</p>	<p>7</p> <p>9:30 Tai Chi (Video) 9:30 Tech Support 10:00 Yoga w/ EJ 12:30 Bingo 2:00 Mahjong</p> <p>Stuffed Cabbage</p>
<p>10</p> <p>9:00 Mahjong 9:30 Meditation/ Tai Chi 10:00 Sit and Be Fit w/EJ 11:00 Superbowl Highlights/Snacks 11:00 Presentation: Heart Health 12:30 Bingo</p> <p>Lemon Pepper Tilapia</p>	<p>11</p> <p>9:30 Meditation 10:15 Zumba w/ Lauren 12:00 Tai Chi (Video) 12:15 Crochet 12:30 Movie 12:30 Poker/Ping Pong/Darts</p> <p>Cheeseburger</p>	<p>12</p> <p>9:30 Tai Chi (Video) 9:45 Food Shopping 10:00 Zumba w/ Lourdes 12:30 Bingo</p> <p>Chicken Cordon Bleu</p>	<p>13</p> <p>9:00 Art 9:30 Meditation 10:00 Beginners Belly Dancing 12:30 Line Dancing</p> <p>Roast Turkey w/ Swiss</p>	<p>14</p> <p>9:00 Pancakes & Planting 9:30 Tai Chi (Video) 10:00 Yoga w/ EJ 12:30 Bingo 2:00 Mahjong</p> <p>Chicken Parmesan</p>
<p>17</p>  <p>Center Closed</p>	<p>18</p> <p>9:30 Morning Trivia: US Presidents 9:30 Blood pressure Screening 10:15 Zumba w/ Lauren 12:00 Tai Chi (Video) 12:15 Crochet 12:30 Movie 12:30 Poker/Ping Pong/Darts</p> <p>Chili Con Carne</p>	<p>19</p> <p>9:30 Tai Chi (Video) 9:45 Food Shopping 10:00 Zumba w/ Lourdes 12:30 Bingo</p> <p>Chicken Cranberry Dijon</p>	<p>20</p> <p>9:00 Art 9:30 Meditation 10:00 Beginners Belly Dancing 12:30 Line Dancing</p> <p>Italian Turkey Sausage</p>	<p>21</p> <p>9:30 Tai Chi (Video) 9:30 Senior Services Presentation 10:00 Yoga w/ EJ 12:30 Bingo 2:00 Mahjong</p> <p>Egg Salad Platter</p>
<p>24</p> <p>9:00 Mahjong 9:30 Meditation/ Tai Chi 10:00 Sit and Be Fit w/EJ 12:30 Bingo</p> <p>Sliced Pork Loin</p>	<p>25</p> <p>9:30 Meditation 10:15 Zumba w/ Lauren 12:00 Travel Presentation: Mexico 12:15 Crochet 12:30 Movie 12:30 Poker/Ping Pong/Darts</p> <p>Cheese Omelet</p>	<p>26</p> <p>9:30 Tai Chi (Video) 9:45 Food Shopping 10:00 Zumba w/ Lourdes 12:30 Bingo</p> <p>Potato Crusted Pollack</p>	<p>27</p> <p>9:00 Art 9:30 Meditation 10:00 Beginners Belly Dancing 12:15 Craft Corner 2:00 Baking</p> <p>Stuffed Peppers</p>	<p>28</p> <p>9:30 Tai Chi (Video) 10:00 Yoga w/ EJ 11:00 Presentation: Fair Housing Counsel and Disability Rights 12:30 Musical Birthday Bingo 2:00 Mahjong</p> <p>Homestyle Meatloaf w/ Gravy</p>