

BERGEN NEW JERSEY *County*

James J. Tedesco III
County Executive

BOARD OF COUNTY COMMISSIONERS

Germaine M. Ortiz
Chairwoman

Mary J. Amoroso
Vice Chairwoman

Dr. Joan M. Voss
Chair Pro Tempore

Rafael Marte
Thomas J. Sullivan
Steven A. Tanelli
Tracy Silna Zur

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

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 January 2025

January 1st	Center Closed– New Years Day	All Day
January 3rd	Tech Support w/ RPSAC Staff ... Ask your (basic) technology questions for Smart Phones, Ipads, laptops	9:00AM-10:00AM
January 3rd	Senior Planet	11:00 AM
January 7, 14, 21, 28	Beginner's Crochet Club	12:30PM
January 8th 15th 22nd 29th	Food Shopping <i>Advanced registration Required (201-641-1220)</i>	9:45 AM
January 10th, 17th	Table Ping Pong/ Poker Club	1:45PM
January 17th	BC Senior Services Social Worker Outreach Visit w/ Craig Eccles	9:30 AM
January 20th	Center Closed-Martin Luther King Day	All Day
January 21st	Pajamas and Pancakes	8:30 AM
January 21st	Create your own Vision Board	9:00AM
January 28th	Blood Pressure Screening Seminar: Healthy Eating Habits for the New Year w/ HUMC Nurse Lisa Azouri	9:30AM 11:00AM
January 28th	Arm Chair Travel to "Italy" & Make your own mini pizza	12:00 PM
January 29th	Happy Lunar/ Chinese New Year!! Snacks & Craft	11:00AM
January 30th	Seminar: Balance Issues & Screening w/ Achieve Home Care	11:00AM
January 31st	Big Musical Birthday Bingo Bash	12:30 PM
January 31st	Seminar: Total Brain Health w/ Agata	11:00AM

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.

The County of Bergen

Wishes you a

Happy and Healthy
New Year



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Please note, As per County policy all food must be enjoyed on premises. No "doggie bags".</p> <p>Suggested Lunch Donation: \$1.25 Per Meal</p> <p>Please reserve lunch by 11:30 AM the day before</p>	<p>Continental Breakfast</p> <p>Served Daily 8:30am-10:00am</p> 	<p>1</p> <p>HAPPY New Year</p> <p>Center Closed</p>	<p>2</p> <p>9:00 Art w/ Instructor Lily 9:30 Meditation 10:00 Beginners Belly Dance 12:15 Craft Corner 12:30 Line Dancing</p> <p>Chicken Cordon Bleu</p>	<p>3</p> <p>9:00 Tech Support 9:30 Tai Chi (Video) 10:00 Yoga w/ EJ 11:00 Senior Planet 12:30 Bingo</p> <p>Stuffed Cabbage</p>
<p>6</p> <p>9:00 Mahjong 9:30 Meditation/ Tai Chi 10:00 Sit and Be Fit w/EJ 12:30 Bingo</p> <p>Roast Turkey w/ Gravy</p>	<p>7</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>Salisbury Steak w/ Gravy</p>	<p>8</p> <p>9:30 Tai Chi (Video) 9:45 Food Shopping 10:00 Zumba w/ Lourdes 12:30 Bingo</p> <p>Chicken Marsala</p>	<p>9</p> <p>9:00 Art w/ Instructor Lily 9:30 Meditation 10:00 Beginners Belly Dance 12:15 Craft Corner 12:30 Line Dancing</p> <p>Tuna Salad on Spinach</p>	<p>10</p> <p>9:30 Tai Chi (Video) 10:00 Yoga w/ EJ 12:30 Bingo 1:45 Table Ping Pong/ Poker Club</p> <p>Turkey Chili</p>
<p>13</p> <p>9:00 Mahjong 9:30 Meditation/ Tai Chi 10:00 Sit and Be Fit w/EJ 12:30 Bingo</p> <p>Cheese Omelet</p>	<p>14</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>Roast Pork</p>	<p>15</p> <p>9:30 Tai Chi (Video) 9:45 Food Shopping 10:00 Zumba w/ Lourdes 12:30 Bingo</p> <p>Pot Roast w/ Gravy</p>	<p>16</p> <p>9:00 Art w/ Instructor Lily 9:30 Meditation 10:00 Beginners Belly Dance 12:15 Craft Corner 12:30 Line Dancing</p> <p>Fish w/ Lemon Pepper Sauce</p>	<p>17</p> <p>9:30 Tai Chi (Video) 9:30 Senior Services Outreach 10:00 Yoga w/ EJ 12:30 Bingo</p> <p>Chicken Parmesan</p>
<p>20</p>  <p>Center Closed</p>	<p>21</p> <p>9:00 Pajamas and Pancakes 9:00 Make Your Own Vision Board 9:30 Meditation 10:15 Zumba w/ Lauren 12:00 Tai Chi (Video) 12:30 Movie 12:15 Crochet 12:30 Poker/Ping Pong/Darts Stewed Beef Tips</p>	<p>22</p> <p>9:30 Tai Chi (Video) 9:45 Food Shopping 10:00 Zumba w/ Lourdes 12:30 Bingo</p> <p>Baked Ziti w/ Meatballs</p>	<p>23</p> <p>9:00 Art w/ Instructor Lily 9:30 Meditation 10:00 Beginners Belly Dance 12:15 Craft Corner 12:30 Line Dancing</p> <p>Ham Steak</p>	<p>24</p> <p>9:30 Tai Chi (Video) 10:00 Yoga w/ EJ 12:30 Bingo 1:45 Table Ping Pong/ Poker Club</p> <p>Meatloaf w/ Gravy</p>
<p>27</p> <p>9:00 Mahjong 9:30 Meditation/ Tai Chi 10:00 Sit and Be Fit w/EJ 12:30 Bingo</p> <p>Cheeseburger</p>	<p>28</p> <p>9:30 Meditation 9:30 Blood Pressure Screenings 11:00 Seminar: Healthy Eating 10:15 Zumba w/ Lauren 12:00 Arm Chair Travel "Italy" Make Your Own Pizza 12:30 Poker/Ping Pong/ Darts</p> <p>Chicken Salad on Romaine</p>	<p>29</p> <p>9:30 Tai Chi (Video) 9:45 Food Shopping 10:00 Zumba w/ Lourdes 11:00 Snacks and Crafts for Lunar New Year 12:30 Bingo</p> <p>Sesame Chicken</p>	<p>30</p> <p>9:00 Art w/ Instructor Lily 9:30 Meditation 10:00 Beginners Belly Dance 11:00 Balance Screening Seminar 12:15 Craft Corner 12:30 Line Dancing</p> <p>Vegetable Lasagna</p>	<p>31</p> <p>9:30 Tai Chi (Video) 10:00 Yoga w/ EJ 11:00 Total Brain Health 12:15 Birthday Bingo Bash</p> <p>Chicken Kiev</p>