



James J. Tedesco III  
County Executive

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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 Prestigiacomo , Director  
159 Park Street  
Ridgefield Park, NJ, 07662  
Phone: (201) 641-1220 • Fax (201) 641-1222

[ridgefieldparkcenter@bergencountynj.gov](mailto:ridgefieldparkcenter@bergencountynj.gov)



James J. Tedesco III, County Executive

**Ridgefield Park Senior Activity Center  
Bergen County Department of Human Services  
Division of Senior Services/ADRC  
June 2025**

June 2	<b>Presentation: Compulsive Gambling</b> w/ Joseph Kane	<b>11:00AM</b>
June 2,9,16	<b>Workshop: Get Connected</b> w/ Rosemary, The Drug & Alcohol Resource Center	<b>1:30PM</b>
June 3	<b>Total Brain Health Class</b> w/ Agata	<b>10:00AM</b>
June 6	<b>Ridgefield Park Preschool Graduation Show</b>	<b>11:00AM</b>
June 13	<b>Monthly Social Worker Visit</b> w/ Craig, Bergen County Division of Senior Services	<b>9:45am</b>
June 16	<b>Fathers Day Breakfast</b>	<b>9:15AM</b>
June 17	<b>Balance &amp; Fall Risk Assessments and Blood Pressure Screenings</b> w/ Holy Name Hospital	<b>9:30AM</b>
June 17	<b>Jeopardy</b> w/ Agata	<b>10:00AM</b>
June 20	<b>Center Closed– Juneteenth Day Observed</b>	<b>CLOSED</b>
June 24	<b>Armchair Travel to Italy &amp; Special Treat (Italian Ice)</b>	<b>10:30AM</b>
June 27	<b>Musical Birthday Bingo Bash</b>	<b>12:30PM</b>

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.



**Senior Festival**

**Thursday, September 18, 2025**  
Rain Date: Thursday, September 25, 2025  
**10:00AM - 2:00PM**  
**Van Saun County Park, Paramus**



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<div>2</div> <div>9:30 Meditation/Tai Chi 10:00 Sit and Be Fit w/ EJ <b>11:00 Presentation:</b>     <b>Compulsive Gambling</b> 12:30 Bingo <b>1:30 Workshop: Get Connected</b></div> <div>Roast Turkey with Swiss Cheese</div>	<div>3</div> <div>9:30 Meditation <b>10:00 Total Brain Health Class</b> 12:00 Tai Chi (Video) 12:15 Crochet 12:30 Zumba w/ Lauren</div> <div>Hawaiian Chicken</div>	<div>4</div> <div>9:00 Water Coloring 9:30 Tai Chi (Video) 9:45 Food Shopping 10:00 Zumba w/ Lourdes 11:00 Senior Choir Club 12:30 Bingo</div> <div>Pork Tenderloin with Gravy</div>	<div>5</div> <div>9:00 Mixed Medium Art 9:30 Meditation 10:00 Beginners Belly Dance 12:15 Craft Corner 12:30 Line Dancing</div> <div>Seafood Salad Platter</div>	<div>6</div> <div>9:30 Tai Chi (Video) 10:00 Yoga w/ EJ <b>11:00 RP Preschool Graduation</b> 12:30 Bingo 1:45 Mahjong</div> <div>Chicken Cordon Bleu</div>
<div>9</div> <div>9:30 Meditation/Tai Chi 10:00 Sit and Be Fit w/ EJ 12:30 Bingo <b>1:30 Workshop: Get Connected</b></div> <div>Stuffed Peppers</div>	<div>10</div> <div>9:30 Meditation 12:00 Tai Chi (Video) 12:15 Crochet 12:30 Zumba w/ Lauren</div> <div>Tuna Noodle Salad</div>	<div>11</div> <div>9:00 Water Coloring 9:30 Tai Chi (Video) 9:45 Food Shopping 10:00 Zumba w/ Lourdes 11:00 Senior Choir Club 12:30 Bingo</div> <div>Turkey Tacos</div>	<div>12</div> <div>9:00 Mixed Medium Art 9:30 Meditation 10:00 Beginners Belly Dance 12:15 Craft Corner 12:30 Line Dancing</div> <div>Chicken Florentine</div>	<div>13</div> <div>9:30 Tai Chi (Video) <b>10:00 Monthly Social Worker visit</b> 10:00 Yoga w/ EJ 12:30 Bingo 1:45 Mahjong</div> <div>Eggplant Parmesan</div>
<div>16</div> <div><b>9:15 Fathers Day Breakfast</b> 9:30 Meditation/Tai Chi 10:00 Sit and Be Fit w/ EJ 12:30 Bingo <b>1:30 Workshop: Get Connected</b></div> <div>Chicken Fettucine Alfredo</div>	<div>17</div> <div><b>9:30 Blood Pressure Screening &amp; Balance &amp; Fall Risk Assessments</b> 9:30 Meditation <b>10:00 Jeopardy</b> 12:00 Tai Chi (Video) 12:15 Crochet 12:30 Zumba w/ Lauren Homestyle Meatloaf with Gravy</div> <div>Homestyle Meatloaf with Gravy</div>	<div>18</div> <div>9:00 Water Coloring 9:30 Tai Chi (Video) 9:45 Food Shopping 10:00 Zumba w/ Lourdes 11:00 Senior Choir Club 12:30 Bingo</div> <div>Jamaican Jerk Chicken Leg</div>	<div>19</div> <div>9:00 Mixed Medium Art 9:30 Meditation 10:00 Beginners Belly Dance 12:15 Craft Corner 12:30 Line Dancing</div> <div>BBQ Pulled Pork Sandwich</div>	<div>20</div> <div></div> <div>Center Closed</div>
<div>23</div> <div>9:30 Meditation/Tai Chi 10:00 Sit and Be Fit w/ EJ 12:30 Bingo</div> <div>Stuffed Cabbage</div>	<div>24</div> <div>9:30 Meditation <b>10:30 Armchair Travel to Italy</b> 12:00 Tai Chi (Video) 12:15 Crochet 12:30 Zumba w/ Lauren</div> <div>Ham Steak with Pineapple</div>	<div>25</div> <div>9:00 Water Coloring 9:30 Tai Chi (Video) 9:45 Food Shopping 10:00 Zumba w/ Lourdes 11:00 Senior Choir Club 12:30 Bingo</div> <div>Chicken Parmesan</div>	<div>26</div> <div>9:00 Mixed Medium Art 9:30 Meditation 10:00 Beginners Belly Dance 12:15 Craft Corner 12:30 Line Dancing</div> <div>Chef Salad</div>	<div>27</div> <div>9:30 Tai Chi (Video) 10:00 Yoga w/ EJ <b>12:30 Musical Birthday Bingo</b> 1:45 Mahjong</div> <div>Pot Roast with Gravy</div>
<div>30</div> <div>9:30 Meditation/Tai Chi 10:00 Sit and Be Fit w/ EJ 12:30 Bingo</div> <div>Korean BBQ Chicken Leg</div>	<div></div>	<div><b>Food Shopping</b> <b>Advanced Registration Required</b>  Please call <b>(201) 641-1220</b> to Register  <b>Thank you!</b></div>	<div><b>Continental Breakfast</b>  <b>Served Daily</b> <b>8:30am-10:00am</b> </div>	<div><b>Suggested Lunch Donation:</b> <b>\$1.25 Per Meal</b> <b>Please reserve lunch by 11:30 AM the day before</b>  <b>Lunch will Be Served at 11:30 Daily</b></div>