



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

[ridgefieldparkcenter@bergencountynj.gov](mailto: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  
July 2025**

July 1	Decorate Outside for town 4th of July Contest	10:00AM
July 3	Independence Day Party	All Day
July 4	Center Closed– 4th of July	CLOSED
July 7	4th of July Trivia/ Red White & Blue snacks	11:15am
July 11	Senior Planet : Using AI	11:00AM
July 14	Qi Gong Demonstration w/ Holy Name	11:00AM
July 15	Total Brain Health w/ Agata Pictionary w/ Agata	10:00AM 10:45AM
July 15	Blood Pressure Screening w/ RN John, Holy Name	9:30AM
July 22	Armchair Travel to Iceland w/ Cold Treats	10:00AM
July 25	Seminar: Safe Seniors Traveling Talk Show w/ Mariska Heluk, ADV	11:00AM
July 25	Musical Birthday Bingo Bash	12:30PM

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.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<div>Continental Breakfast</div> <div>Served Daily 8:30am-10:00am</div> <div></div>	<div>1</div> <div>9:30 Meditation 10:00 4th of July Decorating Contest 12:00 Tai Chi (Video) 12:15 Crochet 12:30 Zumba w/ Lauren</div> <div>Egg Salad Platter with Spinach</div>	<div>2</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>Roast Turkey with Gravy</div>	<div>3</div> <div>9:00 Mixed Medium Art 9:30 Meditation 10:00 Beginners Belly Dance 12:15 Craft Corner 12:30 Line Dancing All Day Independence Day Party</div> <div>Beef Hot Dogs</div>	<div>4</div> <div></div> <div>Center Closed</div>
<div>7</div> <div>9:30 Meditation/Tai Chi 10:00 Sit and Be Fit w/ EJ 12:30 Bingo</div> <div>Hawaiian Chicken</div>	<div>8</div> <div>9:30 Meditation 12:00 Tai Chi (Video) 12:15 Crochet 12:30 Zumba w/ Lauren</div> <div>Stuffed Peppers</div>	<div>9</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>Tuna Noodle Salad over Spinach</div>	<div>10</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>Stuffed Shells</div>	<div>11</div> <div>9:30 Tai Chi (Video) 10:00 Yoga w/ EJ 11:00 Presentation: Senior Planet / AI 12:30 Bingo 1:45 Mahjong</div> <div>Cheeseburger</div>
<div>14</div> <div>9:30 Meditation/Tai Chi 10:00 Sit and Be Fit w/ EJ 11:00 Demonstration: Qi Gong 12:30 Bingo</div> <div>Chicken Cordon Bleu</div>	<div>15</div> <div>9:30 Meditation 9:30 Blood Pressure Screening 10:45 Pictionary 12:00 Tai Chi (Video) 12:15 Crochet 12:30 Zumba w/ Lauren</div> <div>Salisbury Steak with Gravy</div>	<div>16</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>BBQ Pulled Pork Sandwich</div>	<div>17</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 Parmesan</div>	<div>18</div> <div>9:30 Tai Chi (Video) 10:00 Yoga w/ EJ 12:30 Bingo 1:45 Mahjong</div> <div>Seafood Salad with Mixed Greens</div>
<div>21</div> <div>9:30 Meditation/Tai Chi 10:00 Sit and Be Fit w/ EJ 12:30 Bingo</div> <div>Homestyle Meatloaf with Gravy</div>	<div>22</div> <div>9:30 Meditation 10:00 Armchair Travel to Iceland 12:00 Tai Chi (Video) 12:15 Crochet 12:30 Zumba w/ Lauren</div> <div>Cheese Omelet</div>	<div>23</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>Eggplant Rollatini</div>	<div>24</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>Turkey and Swiss</div>	<div>25</div> <div>9:30 Tai Chi (Video) 10:00 Yoga w/ EJ 11:00 Seminar: Safe Seniors Talk Show 12:30 Musical Birthday Bingo 1:45 Mahjong</div> <div>Korean BBQ Chicken Leg</div>
<div>28</div> <div>9:30 Meditation/Tai Chi 10:00 Sit and Be Fit w/ EJ 12:30 Bingo</div> <div>Beer Battered Fish</div>	<div>29</div> <div>9:30 Meditation 12:00 Tai Chi (Video) 12:15 Crochet 12:30 Zumba w/ Lauren</div> <div>Chicken Florentine</div>	<div>30</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>Chef Salad</div>	<div>31</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>Roast Pork with Gravy</div>	<div>Suggested Lunch Donation: \$1.25 Per Meal Please reserve lunch by 11:30 AM the day before</div> <div>Lunch will Be Served at 11:30 Daily</div>