



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**  
**August 2025**

August 5	Pictionary	10:00AM
August 8	Bergen County Senior Social Services Visit w/ Craig	10:00AM
August 12	Virtual Travel: Jamaica	10:00AM
August 15	Seminar: Scams & Fraud w/ Dennis Niland, Consumer Affairs	11:00AM
August 19	Blood Pressure Screening w/ John, RN, Holy Name Hospital	9:30AM
August 19	Presentation: Hygiene & Wellness w/ Holy Name Hospital	11:00AM
August 21	National Senior Citizens Day	All Day
August 21	Mocktails and Karaoke w/ Agata	1:30PM
August 26	Morning Movie Matinee	9:45AM
August 29	August Musical Bingo Birthday 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>Suggested Lunch Donation: \$1.25 Per Meal</div> <div>Please reserve lunch by 11:30 AM the day before</div> <div>Lunch will Be Served at 11:30 Daily</div>	<div></div>	<div></div>	<div>1 9:30 Tai Chi (Video) 10:00 Yoga w/ EJ 12:30 Bingo 1:45 Mahjong</div> <div>Eggplant Rollatini</div>
<div>4 9:30 Meditation/Tai Chi 10:00 Sit and Be Fit 12:30 Bingo</div> <div>Roast Turkey with Gravy</div>	<div>5 9:30 Meditation 10:00 Pictionary 12:00 Tai Chi (Video) 12:15 Crochet 12:30 Zumba w/ Lauren</div> <div>Ham Steak with Pineapple</div>	<div>6 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>7 9:30 Meditation 10:00 Beginners Belly Dance 12:15 Craft Corner 12:30 Line Dancing</div> <div>Roast Turkey with Swiss</div>	<div>8 9:30 Tai Chi (Video) 10:00 Social Services Visit 10:00 Yoga w/ EJ 12:30 Bingo 1:45 Mahjong</div> <div>Lemon Caper Fish</div>
<div>11 9:30 Meditation/Tai Chi 10:00 Sit and Be Fit 12:30 Bingo</div> <div>Herbed Chicken Leg</div>	<div>12 9:30 Meditation 10:00 Arm Chair Travel to Jamaica 12:00 Tai Chi (Video) 12:15 Crochet 12:30 Zumba w/ Lauren</div> <div>Stuffed Peppers</div>	<div>13 9:30 Tai Chi (Video) 9:45 Food Shopping 10:00 Zumba w/ Lourdes 11:00 Senior Choir Club 12:30 Bingo</div> <div>Korean Beef</div>	<div>14 9:30 Meditation 10:00 Beginners Belly Dance 12:15 Craft Corner 12:30 Line Dancing</div> <div>Egg Salad with Spinach</div>	<div>15 9:30 Tai Chi (Video) 10:00 Yoga w/ EJ 11:00 Seminar: Scams &amp; Frauds 12:30 Bingo 1:45 Mahjong</div> <div>BBQ Pork Sandwich</div>
<div>18 9:30 Meditation/Tai Chi 10:00 Sit and Be Fit 12:30 Bingo</div> <div>Italian Beef Meatballs</div>	<div>19 9:30 Meditation 9:30 Blood Pressure Screening 11:00 Presentation Hygiene and Wellness 12:00 Tai Chi (Video) 12:15 Crochet 12:30 Zumba w/ Lauren Seafood Salad</div> <div></div>	<div>20 9:30 Tai Chi (Video) 9:45 Food Shopping 10:00 Zumba w/ Lourdes 11:00 Senior Choir Club 12:30 Bingo</div> <div>Sesame Chicken</div>	<div>21 National Senior Citizens Day 9:30 Meditation 10:00 Beginners Belly Dance 12:15 Craft Corner 12:30 Line Dancing 1:30 Mocktails and Karaoke Pot Roast with Gravy</div> <div></div>	<div>22 9:30 Tai Chi (Video) 10:00 Yoga w/ EJ 12:30 Bingo 1:45 Mahjong</div> <div>Stuffed Cabbage</div>
<div>25 9:30 Meditation/Tai Chi 10:00 Sit and Be Fit 12:30 Bingo</div> <div>Chicken Cordon Bleu</div>	<div>26 9:30 Meditation 9:45 Morning Movie Matinee 12:00 Tai Chi (Video) 12:15 Crochet 12:30 Zumba w/ Lauren</div> <div>Cheeseburger</div>	<div>27 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</div>	<div>28 9:30 Meditation 10:00 Beginners Belly Dance 12:15 Craft Corner 12:30 Line Dancing</div> <div>Beef Hot Dogs</div>	<div>29 9:30 Tai Chi (Video) 10:00 Yoga w/ EJ 12:30 August Musical Birthday Bingo 1:45 Mahjong</div> <div>Crab Cakes</div>