



James J. Tedesco III
County Executive

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DEPARTMENT OF HUMAN SERVICES
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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

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
September 2025**

September 1	Labor Day (Center Closed)	ALL DAY
September 2	Pictionary	10:00AM
September 5	Presentation: Identity Theft Protection w/ Joel Schneider	11:00AM
September 8	Special Breakfast to celebrate National Senior Center Month	10:00AM
September 9	Morning Sing-a-long	10:00AM
September 16	Blood Pressure Screening w/ John, RN, Holy Name Hospital	9:30AM
September 18	Senior Festival Van Saun County Park Registration required. Please call (201) 641-1220 to RSVP	10:00AM
September 19	Hand Massages w/ Agata Halat	11:00AM
September 23	Virtual Travel: Austria	10:00AM
September 26	POW/MIA Recognition Ceremony w/ Richard Daul, Bergen County Veterans Services	11:00AM
September 26	September Musical Bingo Birthday Bash	12:30PM
September 30	Total Brain Health Class and Jeopardy w/ Aggie Halat	10:00AM



Senior Festival

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



When traveling to the
Senior Festival
we encourage everyone to
carpool or use Bergen County
Community Transportation.

For more information,
please contact
Community Transportation at
(201) 368-5955.

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>1</div> <div></div> <div>Center Closed</div>	<div>2</div> <div>9:30 Meditation 10:00 Pictionary 10:30 Breakfast Bingo 12:00 Tai Chi (Video) 12:30 Zumba w/ Lauren 1:45 Mahjong</div> <div>Stuffed Cabbage</div>	<div>3</div> <div>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 BBQ Chicken Leg</div>	<div>4</div> <div>9:30 Meditation 10:00 Beginners Belly Dance 12:15 Craft Corner 12:30 Line Dancing</div> <div>Tuna Noodle Salad</div>	<div>5</div> <div>9:30 Tai Chi (Video) 10:00 Yoga w/ EJ 11:00 Presentation: Identity Theft Protection 12:30 Bingo 1:45 Mahjong</div> <div>Salisbury Steak</div>
<div>8</div> <div>9:30 Meditation/Tai Chi 10:00 Hot Breakfast 10:00 Sit and Be Fit w/ EJ 12:30 Bingo</div> <div>Chicken Stir Fry w/ Peppers & Onions</div>	<div>9</div> <div>9:30 Meditation 10:00 Morning Sing-a-Long 10:30 Breakfast Bingo 12:00 Tai Chi (Video) 12:30 Zumba w/ Lauren 1:45 Mahjong</div> <div>Pork Tenderloin w/ Gravy</div>	<div>10</div> <div>9:30 Tai Chi (Video) 9:45 Food Shopping 10:00 Zumba w/ Lourdes 11:00 Senior Choir Club 12:30 Bingo</div> <div>Lemon Caper Fish</div>	<div>11</div> <div>9:30 Meditation 10:00 Beginners Belly Dance 12:15 Craft Corner 12:30 Line Dancing</div> <div>Roast Turkey & Swiss</div>	<div>12</div> <div>9:30 Tai Chi (Video) 10:00 Yoga w/ EJ 12:30 Bingo 1:45 Mahjong</div> <div>Italian Meatballs w/ Tomato Sauce</div>
<div>15</div> <div>9:30 Meditation/Tai Chi 10:00 Sit and Be Fit w/ EJ 12:30 Bingo</div> <div>BBQ Pulled Pork Sandwich</div>	<div>16</div> <div>9:30 Meditation 9:30 Blood Pressure Screening 10:30 Breakfast Bingo 12:00 Tai Chi (Video) 12:30 Zumba w/ Lauren 1:45 Mahjong</div> <div>Cheese Omelet</div>	<div>17</div> <div>9:30 Tai Chi (Video) 9:45 Food Shopping 10:00 Zumba w/ Lourdes 11:00 Senior Choir Club 12:30 Bingo</div> <div>Beef Teriyaki</div>	<div>18</div> <div>9:30 Meditation 10:00 Beginners Belly Dance 12:15 Craft Corner 12:30 Line Dancing Senior Festival</div> <div>Cheese Ravioli</div>	<div>19</div> <div>9:30 Tai Chi (Video) 10:00 Yoga w/ EJ 11:00 Hand Massages 12:30 Bingo 1:45 Mahjong</div> <div>Chicken Piccata</div>
<div>22</div> <div>9:30 Meditation/Tai Chi 10:00 Sit and Be Fit w/ EJ 12:30 Bingo</div> <div>Homestyle Meatloaf</div>	<div>23</div> <div>9:30 Meditation 10:00 Arm Chair Travel to Austria 10:30 Breakfast Bingo 12:00 Tai Chi (Video) 12:30 Zumba w/ Lauren 1:45 Mahjong</div> <div>Egg Salad over Spinach</div>	<div>24</div> <div>9:30 Tai Chi (Video) 9:45 Food Shopping 10:00 Zumba w/ Lourdes 11:00 Senior Choir Club 12:30 Bingo</div> <div>Stuffed Peppers</div>	<div>25</div> <div>9:30 Meditation 10:00 Beginners Belly Dance 12:15 Craft Corner 12:30 Line Dancing</div> <div>Cheeseburger</div>	<div>26</div> <div>9:30 Tai Chi (Video) 10:00 Yoga w/ EJ 11:00 POW/MIA Recognition Ceremony 12:30 Birthday Bingo Bash 1:45 Mahjong</div> <div>Korean Beef</div>
<div>29</div> <div>9:30 Meditation/Tai Chi 10:00 Sit and Be Fit w/ EJ 12:30 Bingo</div> <div>Chicken Fajitas</div>	<div>30</div> <div>9:30 Meditation 10:00 Total Brain Health Class/Jeopardy 10:30 Breakfast Bingo 12:00 Tai Chi (Video) 12:30 Zumba w/ Lauren 1:45 Mahjong</div> <div>Chicken Cordon Bleu</div>	<div>When traveling to the Senior Festival we encourage everyone to carpool or use Bergen County Community Transportation. For more information, please contact Community Transportation at (201) 368-5955.</div>	<div>Suggested Lunch Donation: \$1.25 Per Meal Please reserve lunch by 11:30 AM the day before Lunch will Be Served at 11:30 Daily</div>	<div>Continental Breakfast Served Daily 8:30am-10:00am</div> <div></div>