



James J. Tedesco III
County Executive

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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
October 2025

October 3rd	Presentation: Spice of the Month Recipe <i>The spice of the month is Cumin</i>	11:15 AM
October 6th	Craft: Pumpkin Ornament making	9:00 AM
October 6th	Presentation: Downsizing w/ Lori and Cathy from Coldwell Banker Realty	11:00 AM
October 13th	Center Closed- Columbus/ Indigenous People Day	All Day
October 14th	Total Brain Health w/ Agata	9:30 AM
October 14th	Craft: Pumpkin Coaster Craft	10:15 AM
October 17th	Presentation: Qi Gong w/ John Mazzo from Holy Name Hospital	11:00 AM
October 21st	Blood Pressure Screenings w/ John, RN, Holy Name Hospital	9:00 AM
October 21st	Presentation: Breast Cancer Information w/ John, RN, Holy Name Hospital	11:30 AM
October 22nd	Virtual Travel: Germany w/ snacks	10:00 AM
October 23rd	Social Worker Q&A w/ Craig Eccles, Bergen County Senior Services	9:00 AM
October 28th	Pictionary w/ Agata	10:00 AM
October 31st	Halloween Party/ Birthday Bingo Bash	9:00 AM- 2:00 PM

Bergen County Department of Human Services,
Division of Senior Services

Caregivers Conference

Saturday, October 4th, 2025

9:00 AM - 2:00 PM

Public Meeting Room (5th floor)
Bergen County Administration Building
One Bergen County Plaza, Hackensack, NJ 07601

To RSVP Call 201-336-7400 or
Email seniors@bergencountynj.gov



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
Continental Breakfast Served Daily 8:30am-10:00am 	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	1 9:30 Tai Chi (Video) 9:45 Food Shopping 10:00 Zumba w/ Lourdes 11:00 Morning Sing-a-long 12:30 Bingo Yom Kippur Eggplant Parmesan	2 9:30 Meditation 10:00 Beginners Belly Dance 12:15 Crochet 12:30 Line Dancing w/ Elise Ham and Cheddar	3 9:30 Tai Chi (Video) 10:00 Yoga w/ EJ 11:15 Presentation: Spice of the month 12:30 Bingo Salisbury Steak
6 9:00 Pumpkin Ornament Making 9:30 Meditation/Tai Chi 10:00 Sit and Be Fit w/ EJ 11:00 Presentation: Downsizing 12:30 Bingo Stuffed Cabbage	7 9:30 Meditation 10:00 Breakfast Bingo 12:00 Tai Chi (Video) 12:15 Crochet 12:30 Zumba w/ Lauren Tuna Noodle Salad	8 9:30 Tai Chi (Video) 9:45 Food Shopping 10:00 Zumba w/ Lourdes 11:00 Morning Sing-a-Long 12:30 Bingo Chicken Florentine	9 9:30 Meditation 10:00 Beginners Belly Dance 12:15 Crochet 12:30 Line Dancing w/ Elise BBQ Pulled Pork Sandwich	10 9:30 Tai Chi (Video) 10:00 Yoga w/ EJ 12:30 Bingo 1:45 Mahjong Roast Turkey with Gravy
13 Columbus/ Indigenous People Day Center Closed	14 9:30 Meditation 9:30 Total Brain Health w/ Agata 10:15 Pumpkin Coaster Craft 12:00 Tai Chi (Video) 12:15 Crochet 12:30 Zumba w/ Lauren Turkey Tacos	15 9:30 Tai Chi (Video) 9:45 Food Shopping 10:00 Zumba w/ Lourdes 11:00 Morning-Sign-a-Long 12:30 Bingo Lemon Caper Fish	16 9:30 Meditation 10:00 Beginners Belly Dance 12:15 Crochet 12:30 Line Dancing w/ Elise Chicken Parmesan	17 9:30 Tai Chi (Video) 10:00 Yoga w/ EJ 11:00 Qi Gong Demonstration 12:30 Bingo 1:45 Mahjong Egg Salad Platter
20 9:30 Meditation/Tai Chi 10:00 Sit and Be Fit w/ EJ 12:30 Bingo Hungarian Goulash	21 9:30 Meditation 9:30 Blood Pressure Screenings 11:30 Presentation: Breast Cancer 12:00 Tai Chi (Video) 12:15 Crochet 12:30 Zumba w/ Lauren Ham Steak with Pineapple	22 9:30 Tai Chi (Video) 9:45 Food Shopping 10:00 Armchair Travel to Germany 10:00 Zumba w/ Lourdes 11:00 Morning-Sing-a-Long 12:30 Bingo Stuffed Peppers	23 9:00 Social Worker Q&A w/ Craig 9:30 Meditation 10:00 Beginners Belly Dance 12:15 Crochet 12:30 Line Dancing w/ Elise Korean BBQ Chicken Leg	24 9:30 Tai Chi (Video) 10:00 Yoga w/ EJ 12:30 Bingo 1:45 Mahjong Seafood Salad
27 9:30 Meditation/Tai Chi 10:00 Sit and Be Fit w/ EJ 12:30 Bingo Pork Tenderloin with Gravy	28 9:30 Meditation 10:00 Pictionary w/ Agata 12:00 Tai Chi (Video) 12:15 Crochet 12:30 Zumba w/ Lauren Bratwurst	29 9:30 Tai Chi (Video) 9:45 Food Shopping 10:00 Zumba w/ Lourdes 11:00 Morning-Sing-a-long 12:30 Bingo Korean Beef	30 9:30 Meditation 10:00 Beginners Belly Dance 12:15 Crochet 12:30 Line Dancing w/ Elise Chicken Cordon Bleu	31 9:00 Halloween Party 9:30 Tai Chi (Video) 10:00 Yoga w/ EJ 12:30 Birthday Bingo Bash Stuffed Peppers