



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
November 2025**

November 3rd	Craft: Leaf Ornament	9:30 AM
November 4th	Center Closed– Election Day	All Day
November 6th	Sound Bath w/ Tara	12:30 PM
November 7th	Presentation: Spice of the Month Recipe & sample <i>The spice of the month is cinnamon</i>	11:15 AM
November 10th	Veterans Appreciation Breakfast	9:30 AM
November 11th	Center Closed– Veterans Day	All Day
November 14th	Seminar: Managing Multiple Medication w/ Tanchun Wang HUMC	11:00 AM
November 18th	Blood Pressure Screening w/ John Mazzo, RN, Holy Name Hospital	9:00 AM
November 18th	Presentation: Diabetes Risk Assessment w/ John Mazzo, RN, Holy Name Hospital	9:30 AM
November 21st	Musical Birthday Bingo Bash	12:30 PM
November 24th	Total Brain Health Class w/ Agata	9:30 AM
November 24th	Hand Massage w/ Agata	10:00 AM
November 27th	Center Closed– Thanksgiving Day Luncheon at Garfield <i>Reservations required</i>	10:00 AM - 2:00 PM
November 28th	Center Closed– Thanksgiving Observed	All Day

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.

Thanksgiving Luncheon

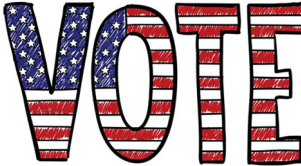
Garfield Senior Activity Center
480 Midland Ave
Garfield, New Jersey, 07026

Thursday, November 27, 2025
10:00 AM – 2:00 PM

Reservations are required. Please RSVP by Novemeber 17, 2025.

To RSVP call (973) 478-0502 or email seniors@BergenCountyNJ.gov



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Continental Breakfast Served Daily 8:20:AM-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			
3 9:30 Leaf Ornament Craft 9:30 Meditation/Tai Chi 10:00 Sit and Be Fit w/ EJ 12:30 Bingo Ham with Pineapple	4  Election Day Center Closed	5 9:30 Tai Chi (Video) 9:45 Food Shopping 10:00 Zumba w/ Lourdes 11:00 Morning Sing-a-Long 12:30 Bingo Korean BBQ Chicken Leg	6 9:30 Meditation 10:00 Beginners Belly Dance 12:15 Crochet 12:30 Zumba w/ Lauren 12:30 Sound Bath Swedish Meatballs with Gravy	7 9:30 Tai Chi (Video) 10:00 Yoga w/ EJ 11:15 Presentation: Spice of the month Cinnamon 12:30 Bingo 1:45 Mahjong Cheese Omelet
10 9:30 Meditation/Tai Chi 9:30 Veterans Breakfast 10:00 Sit and Be Fit w/ EJ 12:30 Bingo Homestyle Meatloaf	11  Center Closed	12 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	13 9:30 Meditation 10:00 Beginners Belly Dance 12:15 Crochet 12:30 Zumba w/ Lauren Tuna Salad Platter	14 9:30 Tai Chi (Video) 10:00 Yoga w/ EJ 11:00 Seminar: Managing Multiple Medication 12:30 Bingo 1:45 Mahjong Broccoli Stuffed Chicken
17 9:30 Meditation/Tai Chi 10:00 Sit and Be Fit w/ EJ 12:30 Bingo Chicken Parmesan	18 9:00 Blood Pressure Screening 9:30 Presentation: Diabetes Risk Assessments 9:30 Meditation 12:00 Tai Chi (Video) 12:15 Crochet 12:30 Zumba w/ Lauren Stuffed Cabbage	19 9:30 Tai Chi (Video) 9:45 Food Shopping 10:00 Zumba w/ Lourdes 11:00 Morning Sing-a-Long 12:30 Bingo Egg Salad Platter with Spinach	20 9:30 Meditation 10:00 Beginners Belly Dance 12:15 Crochet 12:30 Zumba w/ Lauren Cheeseburger	21 9:30 Tai Chi (Video) 10:00 Yoga w/ EJ 12:30 Musical Birthday Bingo Bash 1:45 Mahjong Ham and Swiss
24 9:30 Meditation/Tai Chi 9:30 Total Brain Health Class 10:00 Hand Massage w/ Agata 10:00 Sit and Be Fit w/ EJ 12:30 Bingo Stuffed Peppers	25 9:30 Meditation 12:00 Tai Chi (Video) 12:15 Crochet 12:30 Zumba w/ Lauren Chicken Florentine	26 9:30 Tai Chi (Video) 9:45 Food Shopping 10:00 Zumba w/ Lourdes 11:00 Morning Sing-a-Long 12:30 Bingo Pot Roast with Gravy	27 Thanksgiving Luncheon Garfield Senior Center 10am-2pm Registration is Required Please call (973) 478-0502 Center Closed	28  Center Closed