

BERGEN

NEW JERSEY County

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

Open: Monday - Friday, 8:00AM - 3:30PM

The County of Bergen

Wishes you a

Happy and Healthy

New Year



BERGEN NEW JERSEY

County James J. Tedesco III, County Executive

RIDGEFIELD PARK SENIOR ACTIVITY CENTER

Bergen County Department of Human Services

Division of Senior Services/ADRC

JANUARY 2026

January 1st	New Year's Day - Center Closed	Closed
January 2nd	Presentation: Spice of the Month Recipe & Sample <i>The spice of the month is Paprika</i>	11:15AM
January 5th	Craft: Snowman / Snowflake Ornaments	9:30AM
January 8th	Stone Soup Celebration & Sound Bath (Will be held upstairs)	2:00PM
January 9th	Brunch Pajama Party	11:00 AM
January 12th	Education: Hygiene and Self Care w/ Marilisa Bergen County Health Services	11:00 AM
January 13th	Total Brain Health Class w/ Agata, Bergen County Senior Services	9:30 AM
January 16th	Seminar: Medicare Open Enrollment	11:00 AM
January 19th	Martin Luther King Jr. Day - Center Closed	CLOSED
January 20th	Blood Pressure Screening w/ John Mazzo, RN, Holy Name Hospital	9:30 AM
January 20th	Jeopardy w/ Agata, Bergen County Senior Services	9:30 AM
January 26th	National Honor Society Visit: Games and refreshments	11:00 AM
January 23rd	Nutrition Education: Eating Less Sugar w/ RD Julianne Gallo Lodi ShopRite	11:00 AM
January 30th	Musical Birthday Bingo Bash	12:30 PM

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
<p>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</p>	<p>Continental Breakfast Served Daily 8:30AM-10:00AM</p> 		1  Center Closed	2 9:30 Tai Chi (Video) 10:00 Yoga w/ EJ 11:15 Presentation: Spice of the month Paprika 12:30 Bingo 1:45 Mahjong Stuffed Peppers
5 9:30 Meditation/Tai Chi 10:00 Sit and Be Fit w/ EJ 12:30 Bingo Homestyle Meatloaf w/ Gravy	6 9:30 Meditation 12:00 Tai Chi (Video) 12:15 Crochet 12:30 Zumba w/ Lauren Sliced Pork Loin	7 9:30 Tai Chi (Video) 9:45 Food Shopping 10:00 Zumba w/ Lourdes 12:30 Bingo Roast Turkey and Cheddar	8 9:30 Meditation 10:00 Beginners Belly Dance 12:15 Crochet 12:30 Zumba w/ Lauren 2:00 Stone Soup & Sound Bath Chicken Parmesan	9 9:30 Tai Chi (Video) 10:00 Yoga w/ EJ 11:00 Brunch Pajama Party 12:30 Bingo 1:45 Mahjong Cheese Omelet
12 9:30 Meditation/Tai Chi 10:00 Sit and Be Fit w/ EJ 11:00 Presentation: Hygiene and Self Care 12:30 Bingo Stuffed Cabbage	13 9:30 Meditation 9:30 Total Brain Health 12:00 Tai Chi (Video) 12:15 Crochet 12:30 Zumba w/ Lauren Chicken Marsala	14 9:30 Tai Chi (Video) 9:45 Food Shopping 10:00 Zumba w/ Lourdes 12:30 Bingo LS Ham and Swiss	15 9:30 Meditation 10:00 Beginners Belly Dance 12:15 Crochet 12:30 Zumba w/ Lauren Chicken Fajitas w/ Onions & Peppers	16 9:30 Tai Chi (Video) 10:00 Yoga w/ EJ 11:00 Seminar: Medicare Open Enrollment 12:30 Bingo 1:45 Mahjong Cheeseburger w/ Lettuce & Tomato
19  Center Closed	20 9:30 Meditation 9:30 Blood Pressure Screening 9:30 Jeopardy 12:00 Tai Chi (Video) 12:15 Crochet 12:30 Zumba w/ Lauren Chicken Cordon Bleu	21 9:30 Tai Chi (Video) 9:45 Food Shopping 10:00 Zumba w/ Lourdes 12:30 Bingo Salisbury Steak w/ Mushroom Gravy	22 9:30 Meditation 10:00 Beginners Belly Dance 12:15 Crochet 12:30 Zumba w/ Lauren Seafood Salad Platter	23 9:30 Tai Chi (Video) 10:00 Yoga w/ EJ 12:30 Bingo 1:45 Mahjong Roast Pork
26 9:30 Meditation/Tai Chi 10:00 Sit and Be Fit w/ EJ 11:00 National Honors Society Visit 12:30 Bingo Roast Turkey w/ Gravy	27 9:30 Meditation 12:00 Tai Chi (Video) 12:15 Crochet 12:30 Zumba w/ Lauren Italian Beef Meatballs	28 9:30 Tai Chi (Video) 9:45 Food Shopping 10:00 Zumba w/ Lourdes 12:30 Bingo Beer Battered Cod	29 9:30 Meditation 10:00 Beginners Belly Dance 12:15 Crochet 12:30 Zumba w/ Lauren Korean BBQ Chicken Leg	30 9:30 Tai Chi (Video) 10:00 Yoga w/ EJ 11:00 Nutrition Education: Eating Less Sugar 12:30 Birthday Bingo 1:45 Mahjong Pot Roast with Gravy