



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



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