



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
December 2025

December 1st	Craft: Making Ornaments	9:30 AM
December 2nd	Total Brain Health w/ Agata	9:30 AM
December 2nd	Craft: Let's Build a Snowman! w/ Agata	12:00 PM
December 5th	Presentation: Spice of the Month Recipe & Sample <i>The spice of the month is cardamom</i>	11:00 AM
December 8th	Presentation: 12 Ways to Have a Healthy Holiday w/ Bergen County Health Services	11:00 AM
December 10th	Co-op Preschool Christmas Sing-a-long (upstairs)	11:00 AM
December 12th	Social Work Outreach w/ Craig Eccles BC Social Worker	9:00 AM
December 16th	Blood Pressure Screening w/ John Mazzo, RN, Holy Name Hospital	9:00 AM
December 16th	Presentation: Creative Mediation w/ John Mazzo, RN, Holy Name Hospital	11:00 AM
December 18th	Cookie Baking	2:00 PM
December 19th	Holiday Party	ALL DAY
December 22nd	Craft: Snowflake Ornaments w/ John	11:00 AM
December 25	Center Closed– Christmas Day	All Day
December 31st	New Years Eve Countdown at Noon	12:00 PM



Holiday Luncheon

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

Thursday, December 25, 2025
10:00 AM - 2:00 PM

Reservations are required. Please RSVP by December 19, 2025.
To RSVP call (973) 478-0502 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	
1 9:30 Meditation/Tai Chi 9:30 Craft: Making Ornaments 10:00 Sit and Be Fit w/ EJ 12:30 Bingo Vegetable Lasagna	2 9:30 Meditation 9:30 Total Brain Health 12:00 Craft: Let’s Build a Snowman 12:00 Tai Chi (Video) 12:15 Crochet 12:30 Zumba w/ Lauren Tuna Salad Platter	3 9:30 Tai Chi (Video) 9:45 Food Shopping 10:00 Zumba w/ Lourdes 12:30 Bingo Chicken Piccata	4 9:30 Meditation 10:00 Beginners Belly Dance 12:15 Crochet 12:30 Zumba w/ Lauren Cheeseburger	5 9:30 Tai Chi (Video) 10:00 Yoga w/ EJ 11:00 Presentation: Spice of the Month Cardamom 12:30 Bingo 1:45 Mahjong Roasted Pork Loin with Gravy	
8 9:30 Meditation/Tai Chi 10:00 Sit and Be Fit w/ EJ 11:00 Presentation: 12 Ways to Have a Heathy Holiday 12:30 Bingo BBQ Pulled Chicken	9 9:30 Meditation 12:00 Tai Chi (Video) 12:15 Crochet 12:30 Zumba w/ Lauren Homestyle Meatloaf with Gravy	10 9:30 Tai Chi (Video) 9:45 Food Shopping 10:00 Zumba w/ Lourdes 11:00 Co-Op Christmas Sing-a-Long 12:30 Bingo Turkey and Swiss	11 9:30 Meditation 10:00 Beginners Belly Dance 12:15 Crochet 12:30 Zumba w/ Lauren Chicken Parmesan	12 9:00 Social Work Outreach 9:30 Tai Chi (Video) 10:00 Yoga w/ EJ 12:30 Bingo 1:45 Mahjong Stuffed Peppers	
15 9:30 Meditation/Tai Chi 10:00 Sit and Be Fit w/ EJ 12:30 Bingo Pot Roast with Gravy	16 9:00 Blood Pressure Screening 9:30 Meditation 11:00 Presentation: Creative Mediation 12:00 Tai Chi (Video) 12:15 Crochet 12:30 Zumba w/ Lauren Seafood Salad Platter	17 9:30 Tai Chi (Video) 9:45 Food Shopping 10:00 Zumba w/ Lourdes 12:30 Bingo Chicken Tikka Masala	18 9:30 Meditation 10:00 Beginners Belly Dance 12:15 Crochet 12:30 Zumba w/ Lauren 1:00 Cookie Baking Spinach Quiche with Tomato and Feta	19 9:30 Tai Chi (Video) 10:00 Yoga w/ EJ 12:30 Bingo 1:45 Mahjong All Day Holiday Party Korean BBQ Chicken Leg	
22 9:30 Meditation/Tai Chi 10:00 Sit and Be Fit w/ EJ 11:00 Craft: Snowflake Ornaments 12:30 Bingo Beef Bourguignon	23 9:30 Meditation 12:00 Tai Chi (Video) 12:15 Crochet 12:30 Zumba w/ Lauren Potato Crusted Fish	24 9:30 Tai Chi (Video) 9:45 Food Shopping 10:00 Zumba w/ Lourdes 12:30 Bingo Stuffed Cabbage	25 Holiday Luncheon Garfield Senior Center 10am-2pm <i>Registration is Required</i> <i>Please call (973) 478-0502</i> Center Closed	26 9:30 Tai Chi (Video) 10:00 Yoga w/ EJ 12:30 Bingo 1:45 Mahjong Chicken Cordon Bleu	
29 9:30 Meditation/Tai Chi 10:00 Sit and Be Fit w/ EJ 12:30 Bingo Sweet and Sour Meatballs	30 9:30 Meditation 12:00 Tai Chi (Video) 12:15 Crochet 12:30 Zumba w/ Lauren Egg Salad Platter	31 9:30 Tai Chi (Video) 9:45 Food Shopping 10:00 Zumba w/ Lourdes 12:00 NYE Countdown 12:30 Bingo Italian Beef Sausage	Continental Breakfast Served Daily 8:30 AM-10:00 AM 		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