



James J. Tedesco, III
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Director

Division of Senior Services
Lorraine Joewono
Director

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.

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 Activity Center
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, 8:00 AM - 3:30 PM



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
February 2026

February 2nd	Heart Ornament Craft	9:30 AM
February 2nd	Annual Groundhog Hunt w/ prizes (upstairs)	2:00 PM
February 4th	Valentine's Day Craft w/ Agata	1:45 PM
February 6th	Presentation: Spice of the Month Recipe & Sample <i>The spice of the month is turmeric</i>	11:00 AM
February 9th	Superbowl Highlights Party (wear your favorite team gear)	11:00 AM
February 13th	Valentine's Day Celebration / Breakfast Bingo	9:30 AM
February 16th	Center Closed– Presidents Day	All Day
February 17th	Total Brain Health w/Agata	9:30 AM
February 17th	Lunar New Year Celebration w/ Snacks & Activities	ALL DAY
February 18th	Brunch: Hot Cocoa Bar / Pajamas & Pancakes	9:00 AM-11:00 AM
February 20th	Seminar: Legal Planning for Seniors w/ Brian Smith Esq., Heritage Legal Counsel	11:00 AM
February 24th	"Armchair Travel" (National Geographic) Italy w/ Italian Pastries	11:00 AM
February 27th	Musical Birthday Bingo Bash	12:30 PM
February 27th	Seminar & Blood Pressure Screening w/ Sarah Bombino CHES Mid-Bergen Regional Health	9:00 AM-11:00 AM

Caregivers Conference

Thursday, April 9th
5:00 PM - 9:00 PM
Bergen County Administration Building
Multi-Purpose Room



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



**Public Hearing
on the
Needs of Older Adults**

Tuesday, May 12th
8:30 AM - 11:30 AM
Bergen County Administration Building
Public Meeting Room (5th floor)



To RSVP Call 201-336-7417 or
Email seniors@bergencountynj.gov

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 9:30 Meditation/Tai Chi 9:30 Heart Ornament Craft 10:00 Sit and Be Fit w/ EJ 12:30 Bingo 2:00 Annual Groundhog Search Korean BBQ Chicken	3 9:30 Meditation 12:00 Tai Chi (Video) 12:15 Crochet 12:30 Zumba w/ Lauren Ham Steak with Pineapple	4 9:30 Tai Chi (Video) 9:45 Food Shopping 10:00 Zumba w/ Lourdes 12:30 Bingo 1:45 Valentine Craft Roast Turkey and Cheddar	5 9:30 Meditation 10:00 Beginners Belly Dance 12:15 Crochet 12:30 Zumba w/ Lauren Italian Meatballs	6 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 Cabbage
9 9:30 Meditation/Tai Chi 10:00 Sit and Be Fit w/ EJ 11:00 Superbowl Highlights Party 12:30 Bingo Salisbury Steak	10 9:30 Meditation 12:00 Tai Chi (Video) 12:15 Crochet 12:30 Zumba w/ Lauren Chicken Florentine	11 9:30 Tai Chi (Video) 9:45 Food Shopping 10:00 Zumba w/ Lourdes 12:30 Bingo Chicken Cordon Bleu	12 9:30 Meditation 10:00 Beginners Belly Dance 12:15 Crochet 12:30 Zumba w/ Lauren Egg Salad Platter	13 9:30 Tai Chi (Video) 9:30 Valentines Celebration Breakfast 10:00 Yoga w/ EJ 12:30 Bingo 1:45 Mahjong Chicken Parmesan
16  Center Closed	17 9:30 Meditation 9:30 Total Brain Health 12:00 Tai Chi (Video) 12:15 Crochet 12:30 Zumba w/ Lauren Lunar New Year Celebration Sesame Chicken	18 9:00 Hot Cocoa Bar PJ Brunch 9:30 Tai Chi (Video) 9:45 Food Shopping 10:00 Zumba w/ Lourdes 12:30 Bingo Cheese Omelet	19 9:30 Meditation 10:00 Beginners Belly Dance 12:15 Crochet 12:30 Zumba w/ Lauren Cheeseburger	20 9:30 Tai Chi (Video) 10:00 Yoga w/ EJ 11:00 Seminar: Legal Planning for Seniors 12:30 Bingo 1:45 Mahjong Breaded Fish Filet
23 9:30 Meditation/Tai Chi 10:00 Sit and Be Fit w/ EJ 12:30 Bingo Chicken Tikka Masala	24 9:30 Meditation 11:00 Armchair travel to Italy 12:00 Tai Chi (Video) 12:15 Crochet 12:30 Zumba w/ Lauren Stuffed Peppers	25 9:30 Tai Chi (Video) 9:45 Food Shopping 10:00 Zumba w/ Lourdes 12:30 Bingo Sliced Pork Loin	26 9:30 Meditation 10:00 Beginners Belly Dance 12:15 Crochet 12:30 Zumba w/ Lauren Pot Roast	27 9:30 Tai Chi (Video) 9:00 Blood Pressure screenings 10:00 Yoga w/ EJ 12:30 Birthday Bingo Bash 1:45 Mahjong Seafood Salad
 HAPPY VALENTINE'S DAY	 Valentine's Day	 FEBRUARY IS HEART HEALTH MONTH	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