



James J. Tedesco, III
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Department of Human Services

Melissa H. DeBartolo, Esq.
Director

Division of Senior Services
Lorraine Joewono
Director

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 (<i>wear your favorite team gear</i>)	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

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.

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
<div>2</div> <div>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</div> <div>Korean BBQ Chicken</div>	<div>3</div> <div>9:30 Meditation 12:00 Tai Chi (Video) 12:15 Crochet 12:30 Zumba w/ Lauren</div> <div>Ham Steak with Pineapple</div>	<div>4</div> <div>9:30 Tai Chi (Video) 9:45 Food Shopping 10:00 Zumba w/ Lourdes 12:30 Bingo 1:45 Valentine Craft</div> <div>Roast Turkey and Cheddar</div>	<div>5</div> <div>9:30 Meditation 10:00 Beginners Belly Dance 12:15 Crochet 12:30 Zumba w/ Lauren</div> <div>Italian Meatballs</div>	<div>6</div> <div>9:30 Tai Chi (Video) 10:00 Yoga w/ EJ 11:15 Presentation: Spice of the month Paprika 12:30 Bingo 1:45 Mahjong</div> <div>Stuffed Cabbage</div>
<div>9</div> <div>9:30 Meditation/Tai Chi 10:00 Sit and Be Fit w/ EJ 11:00 Superbowl Highlights Party 12:30 Bingo</div> <div>Salisbury Steak</div>	<div>10</div> <div>9:30 Meditation 12:00 Tai Chi (Video) 12:15 Crochet 12:30 Zumba w/ Lauren</div> <div>Chicken Florentine</div>	<div>11</div> <div>9:30 Tai Chi (Video) 9:45 Food Shopping 10:00 Zumba w/ Lourdes 12:30 Bingo</div> <div>Chicken Cordon Bleu</div>	<div>12</div> <div>9:30 Meditation 10:00 Beginners Belly Dance 12:15 Crochet 12:30 Zumba w/ Lauren</div> <div>Egg Salad Platter</div>	<div>13</div> <div>9:30 Tai Chi (Video) 9:30 Valentines Celebration Breakfast 10:00 Yoga w/ EJ 12:30 Bingo 1:45 Mahjong</div> <div>Chicken Parmesan</div>
<div>16</div> <div></div> <div>Center Closed</div>	<div>17</div> <div>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</div> <div>Sesame Chicken</div>	<div>18</div> <div>9:00 Hot Cocoa Bar PJ Brunch 9:30 Tai Chi (Video) 9:45 Food Shopping 10:00 Zumba w/ Lourdes 12:30 Bingo</div> <div>Cheese Omelet</div>	<div>19</div> <div>9:30 Meditation 10:00 Beginners Belly Dance 12:15 Crochet 12:30 Zumba w/ Lauren</div> <div>Cheeseburger</div>	<div>20</div> <div>9:30 Tai Chi (Video) 10:00 Yoga w/ EJ 11:00 Seminar: Legal Planning for Seniors 12:30 Bingo 1:45 Mahjong</div> <div>Breaded Fish Filet</div>
<div>23</div> <div>9:30 Meditation/Tai Chi 10:00 Sit and Be Fit w/ EJ 12:30 Bingo</div> <div>Chicken Tikka Masala</div>	<div>24</div> <div>9:30 Meditation 11:00 Armchair travel to Italy 12:00 Tai Chi (Video) 12:15 Crochet 12:30 Zumba w/ Lauren</div> <div>Stuffed Peppers</div>	<div>25</div> <div>9:30 Tai Chi (Video) 9:45 Food Shopping 10:00 Zumba w/ Lourdes 12:30 Bingo</div> <div>Sliced Pork Loin</div>	<div>26</div> <div>9:30 Meditation 10:00 Beginners Belly Dance 12:15 Crochet 12:30 Zumba w/ Lauren</div> <div>Pot Roast</div>	<div>27</div> <div>9:30 Tai Chi (Video) 9:00 Blood Pressure screenings 10:00 Yoga w/ EJ 12:30 Birthday Bingo Bash 1:45 Mahjong</div> <div>Seafood Salad</div>
<div></div>	<div></div>	<div></div>	<div>Continental Breakfast</div> <div>Served Daily 8:30 AM-10:00 AM</div> <div></div>	<div>Suggested Lunch Donation: \$1.25 Per Meal Please reserve lunch by 11:30 AM the day before</div> <div>Lunch will Be Served at 11:30 Daily</div>