

BERGEN NEW JERSEY *County*

James J. Tedesco III
County Executive

BOARD OF COUNTY COMMISSIONERS

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DEPARTMENT OF HUMAN SERVICES

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Director

DIVISION OF SENIOR SERVICES

Lorraine Joewono
Director



KEY TELEPHONE NUMBERS

Division of Senior Services
Bergen ADRC (formerly NJ EASE)
(201) 336-7400
(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 Prestigiacomio, Director
159 Park Street
Ridgefield Park, NJ, 07660
Phone: (201) 336-7496 • 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
March 2026



March 3	Lucky Shamrock Craft	9:30AM
March 6	Brunch & Sing-a-long Live pianist & Karaoke	10:45AM
March 8	Daylight Savings Time Begins Turn clocks forward 1 hour	2:00AM
March 10	Crockpot Cooking Beef Stew demo and sample	2:00PM
March 13	Presentation: Radon Awareness w/ Chantal Folkes, Bergen County Dept of Health Services	11:00AM
March 17	St. Patrick's Day National Honor Society Visit w/ Activities	9:00AM
March 20	First day of Spring Morning Pictionary and Trivia	9:15AM
March 24 & 31	Happy Bones Osteoporosis Prevention Exercise	10:15AM
March 24	Virtual Travel: Japan Enjoy Edamame & Spring Rolls w/ Your Virtual Tour	1:30PM
March 27	Musical Birthday Bingo Bash	11:00AM
March 30	Overpeck Park Visit Weather Permitting	11:00AM

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.

Spring Luncheon
Sunday April 5th, 10AM-2PM
Garfield Senior Activity Center, 480 Midland Avenue, Garfield NJ 07026
RSVP by Monday March 30th to your Senior Activity Center Director

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2 9:30 Meditation/Tai Chi 10:00 Sit and Be Fit w/ EJ 12:30 Bingo</p> <p style="text-align: center;">Stuffed Cabbage</p>	<p>3 9:30 Meditation 9:30 Lucky Shamrock Craft 12:00 Tai Chi (Video) 12:15 Crochet 12:30 Zumba w/ Lauren</p>  <p style="text-align: center;">Tuna Salad w/ Romaine</p>	<p>4 9:30 Tai Chi (Video) 9:45 Food Shopping 10:00 Zumba w/ Lourdes 12:30 Bingo</p> <p style="text-align: center;">Roast Turkey w/ Gravy</p>	<p>5 9:30 Meditation 10:00 Beginners' Belly Dance 12:15 Crochet 12:30 Zumba w/ Lauren</p> <p style="text-align: center;">Korean BBQ Chicken Leg</p>	<p>6 9:30 Tai Chi (Video) 10:00 Yoga w/ EJ 10:45 Brunch & Sing-a-long 11:00 Presentation: Spice of the month 12:30 Bingo 1:45 Mahjongg</p>  <p style="text-align: center;">Cheese Omelet</p>
<p>9 9:30 Meditation/Tai Chi 10:00 Sit and Be Fit w/ EJ 12:30 Bingo</p>  <p style="text-align: center;">Cheeseburger w/ Lettuce & Tomato</p>	<p>10 9:30 Meditation 12:00 Tai Chi (Video) 12:15 Crochet 12:30 Zumba w/ Lauren 2:00 Crockpot Cooking: Beef Stew Demo</p> <p style="text-align: center;">Chicken Salad Platter over Greens</p>	<p>11 9:30 Tai Chi (Video) 9:45 Food Shopping 10:00 Zumba w/ Lourdes 12:30 Bingo</p> <p style="text-align: center;">Pork Tenderloin w/ Apple Cinnamon Glaze</p>	<p>12 9:30 Meditation 10:00 Beginners' Belly Dance 12:15 Crochet 12:30 Zumba w/ Lauren</p>  <p style="text-align: center;">Chicken Florentine</p>	<p>13 9:30 Tai Chi (Video) 10:00 Yoga w/ EJ 11:00 Presentation: Radon Awareness 12:30 Bingo 1:45 Mahjongg</p> <p style="text-align: center;">Stuffed Shells w/ Marinara</p>
<p>16 9:30 Meditation/ Tai Chi 10:00 Sit and Be Fit w/ EJ 12:30 Bingo</p> <p style="text-align: center;">Fish Filet with Lemon Sauce</p>	<p>17 9:00 National Honor Society Visit 9:30 Meditation 12:00 Tai Chi (Video) 12:15 Crochet 12:30 Zumba w/ Lauren</p>  <p style="text-align: center;">Corned Beef</p>	<p>18 9:30 Tai Chi (Video) 9:45 Food Shopping 10:00 Zumba w/ Lourdes 12:30 Bingo</p> <p style="text-align: center;">Chicken Parmesan</p>	<p>19 9:30 Meditation 10:00 Beginners' Belly Dance 12:15 Crochet 12:30 Zumba w/ Lauren</p> <p style="text-align: center;">Meatloaf w/ Mushroom Gravy</p>	<p>20 9:15 Morning Pictionary and Trivia 9:30 Meditation 10:00 Yoga w/ EJ 12:30 Bingo 1:45 Mahjongg</p>  <p style="text-align: center;">Egg Salad Platter on Spinach</p>
<p>23 9:30 Meditation 10:00 Sit and Be Fit w/ EJ 12:30 Bingo</p> <p style="text-align: center;">Stuffed Peppers</p>	<p>24 9:30 Meditation 10:15 Happy Bones Exercise 12:15 Crochet 12:30 Zumba w/ Lauren 1:30 Virtual Travel: Japan</p> <p style="text-align: center;">LS Ham Steak w/ Pineapple</p>	<p>25 9:30 Tai Chi (Video) 9:45 Food Shopping 10:00 Zumba w/ Lourdes 12:30 Bingo</p>  <p style="text-align: center;">Pot Roast w/ Gravy</p>	<p>26 9:30 Meditation 10:00 Beginners' Belly Dance 12:15 Crochet 12:30 Zumba w/ Lauren</p> <p style="text-align: center;">Seafood Salad on Spinach</p>	<p>27 9:30 Tai Chi (Video) 10:00 Yoga w/ EJ 12:30 Birthday Bingo Bash 1:45 Mahjongg</p> <p style="text-align: center;">Manicotti w/ Marinara</p>
<p>30 9:30 Meditation 10:00 Sit and Be Fit w/ EJ 11:00 Overpeck Park Visit (weather permitting) 12:30 Bingo</p>  <p style="text-align: center;">Sweet Chicken Sausage</p>	<p>31 9:30 Meditation 10:45 Brunch & Sing-along 10:15 Happy Bones Exercise 12:15 Crochet 12:30 Zumba w/ Lauren</p> <p style="text-align: center;">Roast Turkey & Cheddar w/ Lettuce & Tomato</p>	 <p>Happy International Women's Day March 8</p>		<p style="text-align: center;">Suggested Lunch Donation: \$1.25 Per Meal</p> <p style="text-align: center;"><i>Please reserve lunch by 11:30AM the day before</i></p> <p style="text-align: center;">Lunch is served at 11:30 AM daily</p> <p style="text-align: center;">Continental Breakfast Monday- Friday 8:30 AM-10:00 AM</p> 