



**James J. Tedesco, III**  
County Executive

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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**  
**Senior Activity Center**

**Tara Prestigiaco, Director**  
**159 Park Street**  
**Ridgefield Park, NJ, 07660**  
**Phone: (201) 336-7496 • Fax (201) 641-1222**

**[ridgefieldparkcenter@bergencountynj.gov](mailto:ridgefieldparkcenter@bergencountynj.gov)**

**Open: Monday - Friday, 8:00AM - 3:30PM**



**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**  
**April 2026**



<b>April 1</b>	<b>April Fool's Day! Bring your favorite joke to share</b> w/ Chick & Egg Ornament Crafts	<b>9:30AM</b>
<b>April 3</b>	<b>Center Closed – Good Friday</b>	
<b>April 10</b>	<b>Monthly Latte Day</b> Coffee & tea served by “barista” (Priya). Live pianist (Ivan)	<b>9:00AM</b>
<b>April 14</b>	<b>Virtual Travel: Greece</b> Pita w/ hummus & tzatziki dip	<b>11:00AM</b>
<b>April 15</b>	<b>Arts &amp; Crafts: World Art Day</b> Make a button mosaic or spring vase	<b>2:30PM</b>
<b>April 17</b>	<b>Spring Belly Dancing Show &amp; Volunteer Appreciation Ceremony</b>	<b>10:00AM</b>
<b>April 20-24</b>	<b>Bergen 250 United We Serve – Week of Service</b> See signage for daily schedule	<b>9:15AM</b>
<b>April 21</b>	<b>Spring Crafts</b> w/ Agata Halat, Bergen County Division of Senior Services	<b>10:00AM</b>
<b>April 22</b>	<b>Earth Day Celebration</b> w/ Special activities and snacks	<b>All Day</b>
<b>April 24</b>	<b>Presentation: Eating Our Way to Good Health</b> w/ Kara Motsch, Dietitian, Bergen New Bridge Medical Center	<b>11:00AM</b>
<b>April 24</b>	<b>Musical Birthday Bingo Bash</b>	<b>12:30PM</b>
<b>April 28</b>	<b>Game: Jeopardy</b> w/ Agata Halat, Bergen County Division of Senior Services	<b>10:00AM</b>

*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 9, 2026**  
**5:00PM-9:00PM**  
(Registration will begin at 4:30PM)

**Bergen County Administration Building**  
**Multi-Purpose Room - 1st Floor**  
**One Bergen County Plaza, Hackensack, NJ**

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>Suggested Lunch Donation:</b> \$1.25 Per Meal</p> <p><i>Please reserve lunch by 11:30AM the day before</i></p> <p><b>Lunch is served at 12:00PM daily</b></p>	<p><b>Continental Breakfast</b></p> <p><b>Monday-Friday</b> <b>8:30AM - 10:00AM</b></p> 	<p><b>1</b> <u>9:30 Arts &amp; Crafts: Chick &amp; Egg Ornament Crafts</u> 9:30 Tai Chi (Video) 9:45 Food Shopping 10:00 Zumba w/ Lourdes 12:30 Bingo</p> <p><b>Cheese Omelet</b></p>	<p><b>2</b> 9:30 Meditation 10:00 Beginner Belly Dance 12:15 Crochet 12:30 Zumba w/ Lauren</p> <p><b>Cheeseburger</b></p>	 <p><b>CENTER CLOSED</b></p>
<p><b>6</b> 9:30 Meditation/Tai Chi 10:00 Sit and Be Fit w/ EJ 12:30 Bingo</p> <p><b>Korean BBQ Chicken Leg</b></p>	<p><b>7</b> 9:30 Meditation 12:00 Tai Chi (Video) 12:15 Crochet 12:30 Zumba w/ Lauren</p> <p><b>Eggplant, Peppers &amp; Mozzarella</b></p>	<p><b>8</b> 9:30 Tai Chi (Video) 9:45 Food Shopping 10:00 Zumba w/ Lourdes 12:30 Bingo</p> <p><b>Chicken Florentine</b></p>	<p><b>9</b> 9:30 Meditation 10:00 Beginner Belly Dance 12:15 Crochet 12:30 Zumba w/ Lauren</p> <p><b>Stuffed Peppers</b></p>	<p><b>10</b> <u>9:00 Monthly Latte Day</u> 9:30 Tai Chi (Video) 10:00 Yoga w/ EJ 12:30 Bingo 1:45 Mahjong</p> <p><b>Pork w/ Apple Cinnamon Glaze</b></p>
<p><b>13</b> 9:30 Meditation/Tai Chi 10:00 Sit and Be Fit w/ EJ 12:30 Bingo</p> <p><b>Teriyaki Glazed Salmon</b></p>	<p><b>14</b> 9:30 Meditation <u>11:00 Virtual Travel: Greece</u> 12:00 Tai Chi (Video) 12:15 Crochet 12:30 Zumba w/ Lauren</p> <p><b>Homestyle Meatloaf w/ Gravy</b></p>	<p><b>15</b> 9:30 Tai Chi (Video) 9:45 Food Shopping 10:00 Zumba w/ Lourdes 12:30 Bingo <u>2:30 Arts &amp; Crafts: Make a button mosaic or spring vase</u></p> <p><b>Chicken Cordon Bleu</b></p>	<p><b>16</b> 9:30 Meditation 10:00 Beginner Belly Dance 12:15 Crochet 12:30 Zumba w/ Lauren</p> <p><b>Tuna Salad Sandwich</b></p>	<p><b>17</b> 9:30 Tai Chi (Video) 10:00 Yoga w/ EJ <u>10:00 Spring Belly Dancing Show</u> <u>10:00 Volunteer Appreciation Ceremony</u> 12:30 Bingo 1:45 Mahjong</p> <p><b>Roast Turkey &amp; Cheddar</b></p>
<p><b>20</b> <u>9:15 Bergen 250 United We Serve – Week of Service</u> 9:30 Meditation/Tai Chi 10:00 Sit and Be Fit w/ EJ 12:30 Bingo</p> <p><b>Ham Steak w/ Pineapple</b></p>	<p><b>21</b> <u>9:15 Bergen 250 United We Serve – Week of Service</u> 9:30 Meditation <u>10:00 Spring Crafts</u> 12:00 Tai Chi (Video) 12:15 Crochet 12:30 Zumba w/ Lauren</p> <p><b>Roast Turkey w/ Gravy</b></p>	<p><b>22</b> <u>9:15 Bergen 250 United We Serve – Week of Service</u> 9:30 Tai Chi (Video) 9:45 Food Shopping 10:00 Zumba w/ Lourdes 12:30 Bingo</p> <p><b>Swedish Meatballs</b></p>	<p><b>23</b> <u>9:15 Bergen 250 United We Serve – Week of Service</u> 9:30 Meditation 10:00 Beginner Belly Dance 12:15 Crochet 12:30 Zumba w/ Lauren</p> <p><b>Egg Salad on Spinach</b></p>	<p><b>24</b> <u>9:15 Bergen 250 United We Serve – Week of Service</u> 9:30 Tai Chi (Video) 10:00 Yoga w/ EJ <u>11:00 Presentation: Eating Our Way to Good Health</u> <u>12:45 Musical Birthday Bingo Bash</u> 1:45 Mahjong</p> <p><b>Chicken Parmesan</b></p>
<p><b>27</b> 9:30 Meditation/Tai Chi 10:00 Sit and Be Fit w/ EJ 12:30 Bingo</p> <p><b>Stuffed Cabbage</b></p>	<p><b>28</b> 9:30 Meditation <u>10:00 Game: Jeopardy</u> 12:00 Tai Chi (Video) 12:15 Crochet 12:30 Zumba w/ Lauren</p> <p><b>Seafood Salad on Romaine</b></p>	<p><b>29</b> 9:30 Tai Chi (Video) 9:45 Food Shopping 10:00 Zumba w/ Lourdes 12:30 Bingo</p> <p><b>Salisbury Steak w/ Gravy</b></p>	<p><b>30</b> 9:30 Meditation 10:00 Beginner Belly Dance 12:15 Crochet 12:30 Zumba w/ Lauren</p> <p><b>Chicken Cacciatore</b></p>	 <p><b>April 22</b></p>