



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
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



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
May 2026



May 1	Arts & Crafts: May Flower Tree Craft w/Tara and Priya	9:30 AM
May 1	Presentation: Spice of the Month This month's spice is <i>chili</i>	11:00 AM
May 4	Class: Exercise Demo w/ Chris Carroll, YWCA (downstairs)	12:00 AM
May 5,12,19,26	Class: Bone Strengthening Exercise w/ Tara (upstairs)	12:30 PM
May 5	Presentation: Senior Safety w/ Harvey Silverstein, Bergen County Division of Senior Services	11:00 AM
May 7	Arts & Crafts: Spring Vase w/ Tara and Priya	9:00 AM
May 8	Ridgefield Park SAC Café	9:15 AM
May 11	Mother's Day Brunch: Mocktails and Manicures w/ Agata Halat, Bergen County Division of Senior Services	11:00 AM
May 19	Presentation: Healthy Eating on SNAP w/Tess Tomasi, Bergen County Division of Senior Services	10:00 AM
May 21	Creative Writing: Porchlight Letters w/ Priya	9:30 AM
May 22	Games: Pineapple Festival & Other Yard Games	11:00 AM
May 25	Center Closed – Memorial Day	
May 26	Virtual Travel: Peru / Machu Picchu Enjoy Peruvian Pepper Jam on Toast	11:00 AM
May 27	Blood Pressure Screening & Health Q&A w/ Catherine Bustista, Hackensack University Medical Center	12:30 PM
May 29	Musical Birthday Bingo Bash	12:30 PM

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.

Public Hearing



on the
Needs of Older Adults

Bergen County Administration
Building
Commissioners Public Meeting
Room – 5th Floor
One Bergen County Plaza,
Hackensack, NJ

Tuesday, May 12, 2026
8:30 AM - 11:30 AM

To RSVP Call
201-336-7400

or email
seniors@bergencountynj.gov

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
 <p>OLDER AMERICANS MONTH</p> <p>CHAMPION YOUR HEALTH: MAY 2026</p>				<p>Continental Breakfast</p> <p>Monday-Friday 8:30AM - 10:00AM</p> 		<p>Suggested Lunch Donation: \$1.25 Per Meal</p> <p><i>Please reserve lunch by 11:30AM the day before</i></p> <p>Lunch is served at 11:30AM daily</p>		<p>1 9:30 Tai Chi (Video) 9:30 Arts & Crafts: May Flower Tree 10:00 Yoga w/ EJ 11:00 Presentation: Spice of the Month - Chili 12:30 Bingo 1:45 Mahjong Pot Roast w/ Gravy</p>	
<p>4 9:30 Meditation/Tai Chi 10:00 Sit and Be Fit w/ EJ 12:00 YWCA Exercise Demo 12:30 Bingo</p> <p>Egg Salad w/ Spinach</p>		<p>5 9:30 Meditation 10:00 Happy Bones 11:00 Presentation: Senior Safety 12:00 Tai Chi (Video) 12:30 Bone Strengthening Exercise 12:15 Crochet</p> <p>Chicken Fajitas</p>		<p>6 9:30 Tai Chi (Video) 9:45 Food Shopping 10:00 Zumba w/ Lourdes 12:30 Bingo</p> <p>Stuffed Peppers</p>		<p>7 9:00 Arts & Crafts: Spring Vase 9:30 Meditation 10:00 Beginner Belly Dance 12:15 Crochet 12:30 Zumba w/ Lauren</p> <p>Salmon w/ Creamy Dill Sauce</p>		<p>8 9:15 Ridgefield Park SAC Café 9:30 Tai Chi (Video) 10:00 Yoga w/ EJ 12:30 Bingo 1:45 Mahjong</p> <p>Chicken Florentine</p>	
<p>11 9:30 Meditation/Tai Chi 10:00 Sit and Be Fit w/ EJ 11:00 Mother's Day Brunch 12:30 Bingo 1:00 Mocktails and Manicures</p> <p>Cheese Omelette</p>		<p>12 9:30 Meditation 10:00 Happy Bones 12:00 Tai Chi (Video) 12:30 Bone Strengthening Exercise 12:15 Crochet</p> <p>Meatloaf w/ Mushroom Gravy</p>		<p>13 9:30 Tai Chi (Video) 9:45 Food Shopping 10:00 Zumba w/ Lourdes 12:30 Bingo</p> <p>Italian Meatballs</p>		<p>14 9:30 Meditation 10:00 Beginner Belly Dance 12:15 Crochet 12:30 Zumba w/ Lauren</p> <p>Chicken w/ Broccoli & Cheese</p>		<p>15 9:30 Tai Chi (Video) 10:00 Yoga w/ EJ 12:30 Bingo 1:45 Mahjong</p> <p>Tuna Noodle Salad</p>	
<p>18 9:30 Meditation/Tai Chi 10:00 Sit and Be Fit w/ EJ 12:30 Bingo</p> <p>Pork w/ Apple Cinnamon Glaze</p>		<p>19 9:30 Meditation 10:00 Presentation: Health Eating on SNAP 10:00 Happy Bones 12:00 Tai Chi (Video) 12:30 Bone Strengthening Exercise 12:15 Crochet</p> <p>Chicken Tikka Masala</p>		<p>20 9:30 Tai Chi (Video) 9:45 Food Shopping 10:00 Zumba w/ Lourdes 12:30 Bingo</p> <p>Korean BBQ Chicken Leg</p>		<p>21 9:30 Meditation 9:30 Creative Writing: Porchlight Letters 10:00 Beginner Belly Dance 12:15 Crochet 12:30 Zumba w/ Lauren</p> <p>Roast Turkey & Swiss Cheese</p>		<p>22 9:30 Tai Chi (Video) 10:00 Yoga w/ EJ 11:00 Games: Pineapple Festival & Other Yard Games 12:30 Bingo 1:45 Mahjong</p> <p>Cheeseburger</p>	
<p>25</p> <p>Happy Memorial Day</p> <p>CENTER CLOSED</p>		<p>26 9:30 Meditation 10:00 Happy Bones 11:00 Virtual Travel: Peru/ Machu Picchu 12:00 Tai Chi (Video) 12:30 Bone Strengthening Exercise 12:15 Crochet</p> <p>Stuffed Cabbage</p>		<p>27 9:30 Tai Chi (Video) 9:45 Food Shopping 10:00 Zumba w/ Lourdes 12:30 Blood Pressure Screenings 12:30 Bingo</p> <p>Hawaiian Chicken</p>		<p>28 9:30 Meditation 10:00 Beginner Belly Dance 12:15 Crochet 12:30 Zumba w/ Lauren</p> <p>Roast Beef & Provolone</p>		<p>29 9:30 Tai Chi (Video) 10:00 Yoga w/ EJ 12:30 Musical Birthday Bingo Bash 1:45 Mahjong</p> <p>Roast Turkey w/ Gravy</p>	