



James J. Tedesco, III
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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
June 2026



June 1	Arts & Crafts: Patriotic Tree Ornament	9:00 AM
June 2	Primary Election All activities will be held downstairs. Boxed lunch will be served.	ALL DAY
June 2, 9, 16, 23, 30	Exercise Class: Happy Bones for Bone Strengthening w/ Ridgefield Park Senior Activity Center staff (upstairs)	10:15 AM
June 3	Farmers' Market Voucher Distribution	9:00 AM
June 5	Presentation: Spice of the Month – Ginger w/ Ridgefield Park Senior Activity Center Staff	11:00 AM
June 8	Games: World Ocean's Day Trivia and snacks	9:00 AM
June 10	Presentation: Pain Management w/ Dr. Matt Delbert, Summit Health	11:00 AM
June 12	Ridgefield Park SAC Café	9:00 AM
June 17	Presentation: Safe Seniors w/ Harvey Silverstein, Bergen County Division of Senior Services	11:00 AM
June 17	Wellness Visit – Blood Pressure Screenings & Q&A w/ RN Sara Bombino, Mid Bergen Regional Health Commission	11:00 AM
June 19	Center Closed – Juneteenth	ALL DAY
June 22	Celebration: Father's Day Breakfast	9:00 AM
June 23	Virtual Travel: Taiwan Enjoy A-Sha's Noodles w/ Ridgefield Park Senior Activity Center Staff	11:00 AM
June 24	Audiology Screening w/ Dr. Joanne Salvesen, Beltone 21st Century Hearing Care	11:00 AM
June 26	Musical Birthday Bingo Bash	11:00 AM
June 30	Archery Workshop to Promote Brain Health w/ Aim for Unity NJ	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.

SAVE THE DATE

SENIOR FESTIVAL

THURSDAY, SEPTEMBER 24
(RAIN DATE TUESDAY, SEPTEMBER 29)

VAN SAUN COUNTY PARK

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
1	<p>9:00 Craft: Patriotic Tree Ornament 9:30 Meditation/ Tai Chi 10:00 Sit and Be Fit w/ EJ 12:30 Bingo</p> <p>Pot Roast w/ Gravy</p>	2	<p>9:30 Meditation 10:15 Exercise: Happy Bones 12:00 Tai Chi (Video) 12:15 Group Activity: Crochet</p> <p>Lunch & Classes Will Be Held Downstairs Due to Primary Voting BOXED LUNCH Roast Turkey & Cheddar</p>	3	<p>9:00 Farmer's Market Voucher Distribution 9:30 Tai Chi (Video) 9:45 Food Shopping 10:00 Zumba w/ Lourdes 12:30 Bingo</p> <p>Turkey Tacos</p>	4	<p>9:30 Meditation 10:00 Beginner Belly Dance 12:15 Group Activity: Crochet 12:30 Zumba w/ Lauren</p> <p>Salisbury Steak w/ Mushroom Gravy</p>	5	<p>9:30 Tai Chi (Video) 10:00 Yoga w/ EJ 11:00 Presentation: Spice of the Month 12:30 Bingo 1:45 Mahjong</p> <p>Cheese Omelet</p>
8	<p>9:00 Games: Worlds Ocean Day 9:30 Meditation/Tai Chi 10:00 Sit and Be Fit w/ EJ 12:30 Bingo</p> <p>Stuffed Peppers</p>	9	<p>9:30 Meditation 10:15 Exercise: Happy Bones 12:00 Tai Chi (Video) 12:15 Group Activity: Crochet</p> <p>Pork Tenderloin</p>	10	<p>9:30 Tai Chi (Video) 9:45 Food Shopping 10:00 Zumba w/ Lourdes 11:00 Presentation: Pain Management 12:30 Bingo</p> <p>Korean BBQ Chicken Leg</p>	11	<p>9:30 Meditation 10:00 Beginner Belly Dance 12:15 Group Activity: Crochet 12:30 Zumba w/ Lauren</p> <p>Seafood Salad w/ Romaine</p>	12	<p>9:00 Ridgefield Park SAC Café 9:30 Tai Chi (Video) 10:00 Yoga w/ EJ 12:30 Bingo 1:45 Mahjong</p> <p>Chicken Marsala w/ Mushrooms</p>
15	<p>9:30 Meditation/Tai Chi 10:00 Sit and Be Fit w/ EJ 12:30 Bingo</p> <p>Italian Meatballs</p>	16	<p>9:30 Meditation 10:15 Exercise: Happy Bones 12:00 Tai Chi (Video) 12:15 Group Activity: Crochet</p> <p>Egg Salad w/ Spinach & Tomato</p>	17	<p>9:30 Tai Chi (Video) 9:45 Food Shopping 10:00 Zumba w/ Lourdes 11:00 Presentation: Safe Seniors 11:00 Wellness Visit & Blood Pressure Screenings 12:30 Bingo</p> <p>Beef Stroganoff</p>	18	<p>9:30 Meditation 10:00 Beginner Belly Dance 12:15 Group Activity: Crochet 12:30 Zumba w/ Lauren</p> <p>Hawaiian Chicken</p>	19	<p>Juneteenth</p> <p>CENTER CLOSED</p>
22	<p>9:00 Celebration: Father's Day Breakfast 9:30 Meditation/Tai Chi 10:00 Sit and Be Fit w/ EJ 12:30 Bingo</p> <p>Ham Steak w/ Pineapple</p>	23	<p>9:30 Meditation 10:15 Exercise: Happy Bones 12:00 Tai Chi (Video) 12:15 Group Activity: Crochet 1:00 Virtual Travel: Taiwan</p> <p>Stuffed Cabbage</p>	24	<p>9:30 Tai Chi (Video) 9:45 Food Shopping 10:00 Zumba w/ Lourdes 11:00 Audiology Screening 12:30 Bingo</p> <p>Tuna Salad w/ Lettuce & Tomato Wrap</p>	25	<p>9:30 Meditation 10:00 Beginner Belly Dance 12:15 Group Activity: Crochet 12:30 Zumba w/ Lauren</p> <p>Chicken Parmesan</p>	26	<p>9:30 Tai Chi (Video) 10:00 Yoga w/ EJ 12:30 Musical Birthday Bingo Bash 1:45 Mahjong</p> <p>Baked Stuffed Flounder w/ Broccoli</p>
29	<p>9:30 Meditation/Tai Chi 10:00 Sit and Be Fit w/ EJ 12:30 Bingo</p> <p>Ham and Swiss w/ Lettuce & Tomato</p>	30	<p>9:30 Meditation 10:15 Exercise: Happy Bones 11:00 Archery Workshop 12:00 Tai Chi (Video) 12:15 Group Activity: Crochet</p> <p>BBQ Pulled Pork Sandwich</p>	<p>Continental Breakfast 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>World Elder Abuse Awareness Day</p> <p>June 15</p> 	