



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
July 2026



July 1	Craft: Summer Ornament Making	9:00 AM
July 1	*4th of July Village Decorating Contest	9:30 AM
July 2	*Presentation: Spice of the Month- All Spice w/ Ridgefield Park Senior Activity Center Staff	11:00 AM
July 2	Red, White & Blue Frozen treats; Sundaes & Ice pops	12:00 PM
July 3	Center Closed – Fourth of July	ALL DAY
July 7, 14, 21, 28	*Exercise Class: Happy Bones for Bone Strengthening w/ Ridgefield Park Senior staff (upstairs)	10:15 AM
July 7	*Aim for Unity Part 2	11:00 AM
July 8	*Presentation: Nutrition Education w/ Lodi Shoprite w/ Shop Rite Dietician Juliette Gallo	11:00 AM
July 10	*Ridgefield Park SAC Café ‘ Enjoy some coffee, tea, pastries, and music	9:00 AM
July 15	*Presentation: Adler Aphasia Center w/ Jennifer Kelemen	11:00 AM
July 21	*Virtual Travel: Brazil w/ Authentic Brazilian Snacks	10:45 AM
July 24	*Presentation: Beat the Heat w/ Harvey Silverstein, Bergen County Division of Senior Services	11:00 AM
July 27	*Memory Game w/ Ridgefield Park Senior center staff	10:00 AM
July 29	*Summer Sound Bath w/ Crystal Singing Bowls	12:30 PM
July 31	*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.



The Amphitheater at Overpeck County Park

Bergen County's Star-Spangled Spectacular

FIREWORKS
FOOD TRUCKS
BEER & WINE GARDEN

LIVE MUSIC
CARNIVAL ATTRACTIONS
& MORE!

July 4th 2PM
Rain Date: July 5th

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<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 4th of July Decorating Contest 9:45 Food Shopping 10:00 Zumba w/ Lourdes 12:30 Bingo</p> <p>Chicken Florentine</p>	<p>2 9:30 Meditation 10:00 Beginner Belly Dance 11:00 Presentation: Spice of the Month 12:00 Ice Cream 12:15 Crochet 12:30 Zumba w/ Lauren</p> <p>Hot Dogs</p>	<p>3  CENTER CLOSED</p>
<p>6 9:30 Meditation/Tai Chi 10:00 Sit and Be Fit w/ EJ 12:30 Bingo</p> <p>Cheeseburger w/ Lettuce and Tomato</p>	<p>7 9:30 Meditation 10:15 Exercise: Happy Bones 11:00 Aim for Unity 12:00 Tai Chi (Video) 12:15 Crochet 12:30 Zumba w/ Lauren</p> <p>Roast Turkey & Swiss w/ Lettuce</p>	<p>8 9:30 Tai Chi (Video) 9:45 Food Shopping 10:00 Zumba w/ Lourdes 11:00 Presentation: Lodi Shop Rite 12:30 Bingo</p> <p>Stuffed Cabbage</p>	<p>9 9:30 Meditation 10:00 Beginner Belly Dance 12:15 Crochet 12:30 Zumba w/ Lauren</p> <p>Korean BBQ Chicken Leg</p>	<p>10 9:00 Ridgefield Park SAC Café 9:30 Tai Chi (Video) 10:00 Yoga w/ EJ 12:30 Bingo 1:45 Mahjong</p> <p>Roast Pork Loin w/ Apple Cinnamon</p>
<p>13 9:30 Meditation/Tai Chi 10:00 Sit and Be Fit w/ EJ 12:30 Bingo</p> <p>Hawaiian Chicken</p>	<p>14 9:30 Meditation 10:15 Exercise: Happy Bones 12:00 Tai Chi (Video) 12:15 Crochet 12:30 Zumba w/ Lauren</p> <p>Chef Salad w/ Diced Turkey</p>	<p>15 9:30 Tai Chi (Video) 9:45 Food Shopping 10:00 Zumba w/ Lourdes 11:00 Presentation: Adler Aphasia Center 12:30 Bingo</p> <p>Chicken Parmesan</p>	<p>16 9:30 Meditation 10:00 Beginner Belly Dance 12:15 Crochet 12:30 Zumba w/ Lauren</p> <p>Egg Salad with Lettuce/Tomato</p>	<p>17 9:30 Tai Chi (Video) 10:00 Yoga w/ EJ 12:30 Bingo 1:45 Mahjong</p> <p>Teriyaki Glazed Salmon</p>
<p>20 9:30 Meditation/Tai Chi 10:00 Sit and Be Fit w/ EJ 12:30 Bingo</p> <p>Cheese Omelet</p>	<p>21 9:30 Meditation 10:15 Exercise: Happy Bones 10:45 Virtual Travel: Brazil 12:00 Tai Chi (Video) 12:15 Crochet 12:30 Zumba w/ Lauren</p> <p>Italian Meatballs</p>	<p>22 9:30 Tai Chi (Video) 9:45 Food Shopping 10:00 Zumba w/ Lourdes 12:30 Bingo</p> <p>Seafood Salad on Spinach</p>	<p>23 9:30 Meditation 10:00 Beginner Belly Dance 12:15 Crochet 12:30 Zumba w/ Lauren</p> <p>BBQ Pulled Pork Sandwich</p>	<p>24 9:30 Tai Chi (Video) 10:00 Yoga w/ EJ 11:00 Presentation: Beat the Heat 12:30 Bingo 1:45 Mahjong</p> <p>Chicken Cordon Bleu</p>
<p>27 9:30 Meditation/Tai Chi 10:00 Sit and Be Fit w/ EJ 10:00 Memory Games 12:30 Bingo</p> <p>Roast Beef with Gravy</p>	<p>28 9:30 Meditation 10:15 Exercise: Happy Bones 12:00 Tai Chi (Video) 12:15 Crochet 12:30 Zumba w/ Lauren</p> <p>Breaded Haddock</p>	<p>29 9:30 Tai Chi (Video) 9:45 Food Shopping 10:00 Zumba w/ Lourdes 12:00 Sound Bath 12:30 Bingo</p> <p>LS Ham Steak with Pineapple</p>	<p>30 9:30 Meditation 10:00 Beginner Belly Dance 12:15 Crochet 12:30 Zumba w/ Lauren</p> <p>Chicken Piccata with Capers</p>	<p>31 9:30 Tai Chi (Video) 10:00 Yoga w/ EJ 12:30 Musical Birthday Bingo 1:45 Mahjong</p> <p>Stuffed Peppers</p>