



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 Prestigiacomo, 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
August 2026



August 3	Crafts: Seasonal Tree Ornaments Help make a beach themed ornament for our indoor trees	9:15 AM
August 4	Crafts: Summer Centerpiece Craft Decorate painted bottles with summer adornments	9:00 AM
August 6, 20	Activity: Pen Pals w/ Brightside Manor	10:30 AM
August 7	Presentation: Spice of the Month – Paprika w/ Ridgefield Park Senior Activity Staff	11:00 AM
August 11	Virtual Travel: Puerto Rico w/ Arynitas and Tostones (Puerto Rican snacks)	10:45 AM
August 12	Presentation: Stop Driving? Stop Exercising? Too Late to Stop Smoking? – Exploring the Myths of Aging w/ Harvy Silberstein, Bergen County Division of Senior Services	11:00 AM
August 14	RP SAC Café Coffee/tea/pastries & musical entertainment w/ our Seniors	9:30 AM
August 19	Blood Pressure Screenings and Health Q & A Nurse Sarah Bombino w/ Mid-Bergen Atlantic Health	9:30 AM
August 21	Indoor Beach Bash	All Day
August 25	Crafts: Lavender Watercolor Painting w/ Agata Halat, Bergen County Division of Senior Services	12:30 PM
August 26	Celebration: Women's Equality Day All-day activities to celebrate the achievements of wonderful women	All Day
August 28	Musical Birthday Bingo Bash	12:30 PM

****Happy Bones Exercise Class will be Tuesdays at 10:15 AM and Fridays at Noon ****

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.

RSVP

Or visit <https://forms.office.com/g/xLLWgs2cv6>

**SENIOR FESTIVAL**
THURSDAY, SEPTEMBER 24
(RAIN DATE TUESDAY, SEPTEMBER 29)
VAN SAUN COUNTY PARK

For more INFO
transport: **(201) 368-5955**
general questions: **(201) 336-7417**
email: **seniors@Bergencountynj.gov**

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
3 9:15 Crafts: Seasonal Tree Craft 9:30 Meditation/Tai Chi 10:00 Sit and Be Fit w/ EJ 12:30 Bingo Chicken Scampi		4 9:00 Crafts: Summer Center Pieces 9:30 Meditation 10:15 Exercise: Happy Bones 12:00 Tai Chi (Video) 12:15 Activity: Crochet 12:30 Zumba w/ Lauren Pork Loin w/ Apple Cinnamon Glaze		5 9:30 Tai Chi (Video) 9:45 Food Shopping 10:00 Zumba w/ Lourdes 12:30 Bingo Vegetable Lasagna		6 9:30 Meditation 10:00 Beginner Belly Dance 10:30 Activity: Pen Pals 12:15 Activity: Crochet 12:30 Zumba w/ Lauren Roast Turkey & Cheddar Cheese		7 9:30 Tai Chi (Video) 10:00 Yoga w/ EJ 11:00 Presentation: Spice of the Month 12:00 Exercise: Happy Bones 12:30 Bingo 1:45 Mahjong Homestyle Meatloaf w/ Gravy	
10 9:30 Meditation/Tai Chi 10:00 Sit and Be Fit w/ EJ 12:30 Bingo Stuffed Cabbage		11 9:30 Meditation 10:15 Exercise: Happy Bones 10:45 Virtual Travel: Puerto Rico 12:00 Tai Chi (Video) 12:15 Activity: Crochet 12:30 Zumba w/ Lauren Chicken Tikka Masala		12 9:30 Tai Chi (Video) 9:45 Food Shopping 10:00 Zumba w/ Lourdes 11:00 Presentation: Exploring the Myths of Aging 12:30 Bingo Roast Beef & Provolone		13 9:30 Meditation 10:00 Beginner Belly Dance 12:15 Activity: Crochet 12:30 Zumba w/ Lauren Ham Steak w/ Pineapple		14 9:30 Tai Chi (Video) 9:30 RP SAC Café 10:00 Yoga w/ EJ 12:00 Exercise: Happy Bones 12:30 Bingo 1:45 Mahjong BBQ Chicken Leg	
17 9:30 Meditation/Tai Chi 10:00 Sit and Be Fit w/ EJ 12:30 Bingo Stuffed Peppers		18 9:30 Meditation 10:15 Exercise: Happy Bones 12:00 Tai Chi (Video) 12:15 Activity: Crochet 12:30 Zumba w/ Lauren Egg Salad w/ Lettuce & Tomato		19 9:30 Tai Chi (Video) 9:30 Blood Pressure Screenings and Health Q & A 9:45 Food Shopping 10:00 Zumba w/ Lourdes 12:30 Bingo Beer Battered Cod		20 9:30 Meditation 10:00 Beginner Belly Dance 10:30 Activity: Pen Pals 12:15 Activity: Crochet 12:30 Zumba w/ Lauren Beef & Broccoli		21 8:30 Indoor Beach Bash 9:30 Tai Chi (Video) 10:00 Yoga w/ EJ 12:00 Exercise: Happy Bones 12:30 Bingo 1:45 Mahjong Chicken Cordon Bleu	
24 9:30 Meditation/Tai Chi 10:00 Sit and Be Fit w/ EJ 12:30 Bingo Pot Roast w/ Gravy		25 9:30 Meditation 10:00 Crafts: Lavander Water Coloring 10:15 Exercise: Happy Bones 12:00 Tai Chi (Video) 12:15 Activity: Crochet 12:30 Zumba w/ Lauren Chicken Parmesan		26 9:30 Tai Chi (Video) 9:45 Food Shopping 10:00 Zumba w/ Lourdes 12:30 Bingo All Day: Women's Equality Day Celebration Baked Herbed Chicken		27 9:30 Meditation 10:00 Beginner Belly Dance 12:15 Activity: Crochet 12:30 Zumba w/ Lauren Tuna Salad w/ Lettuce & Tomato		28 9:30 Tai Chi (Video) 10:00 Yoga w/ EJ 12:00 Exercise: Happy Bones 12:30 Musical Birthday Bingo Bash 1:45 Mahjong Beef Hot Dog	
31 9:30 Meditation/Tai Chi 10:00 Sit and Be Fit w/ EJ 12:30 Bingo Cheeseburger w/ Lettuce & Tomato		Continental Breakfast Monday-Friday 8:30AM - 10:00AM 		Suggested Lunch Donation: \$1.25 Per Meal Please reserve lunch by 11:30AM the day before Lunch is served at 11:30AM daily					