



James J. Tedesco, III
County Executive

Board of County Commissioners

Steven A. Tanelli
Chairman

Tracy Silna Zur
Vice Chairwoman

Dr. Joan M. Voss
Chair Pro Tempore

Mary J. Amoroso

Rafael Marte

Germaine M. Ortiz

Thomas J. Sullivan

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
October 2026

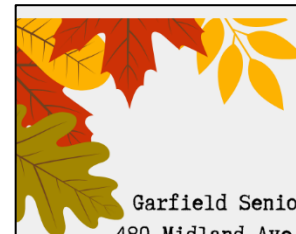


Oct 2	Crafts: October Ornament Making	9:15 AM
Oct 6	Afternoon Fall Festival – Indoor S'mores, Drums & Games	12:15 PM
Oct 8, 22	Activity: Pen Pals w/ Brightside Manor	10:00 AM
Oct 9	Presentation: Spice of the Month – Garlic w/ Senior Activity Center staff	9:00 AM
Oct 9	RFP Café Enjoy Specialty Teas, Coffees, and Pastries w/ Senior Activity Center staff	9:15 AM
Oct 12	Indigenous Peoples' Day & Columbus Day – Center Closed	ALL DAY
Oct 13	Trip to Secor Farms Advanced registration required: (201) 336-7496	10:00 AM
Oct 14	Celebration: Hispanic Heritage Month – ESL/SSL Game w/ Traditional Hispanic Snacks	9:30 AM
Oct 13	Virtual Travel: Philippines w/ traditional Pancit noodles	12:45 PM
Oct 21	Blood Pressure Screening and Health Q&A w/ Sarah Bombino, RN, Mid Bergen Regional Health Commission	9:30 AM
Oct 23	Presentation: Beat the Cold w/ Harvey Silberstein, Bergen County Division of Senior Services	11:00 AM
Oct 30	Halloween Monster Bash Wear a funny or scary costume!	ALL DAY
Oct 30	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.



Thanksgiving Luncheon

THURSDAY, NOV. 26, 2026

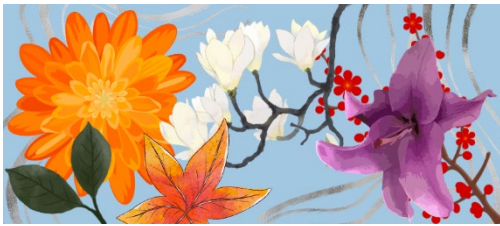
10:00AM - 2:00PM

(RSVP BY NOV. 19)

Garfield Senior Activity Center
480 Midland Ave, Garfield NJ 07026

To RSVP call (973) 478-0502
or email seniors@bergencountynj.gov



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
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		1 9:30 Meditation 10:00 Exercise: Happy Bones 12:15 Crochet 12:30 Zumba w/ Lauren Eggplant Rollatini w/ Meatballs	2 9:15 Crafts: October Ornament Making 9:30 Tai Chi (Video) 10:00 Yoga w/ EJ 12:30 Bingo 1:45 Mahjong Bratwurst w/ Sauerkraut
5 9:30 Meditation/Tai Chi 10:00 Sit and Be Fit w/ EJ 12:30 Bingo Fish w/ Lemon Caper Sauce	6 9:30 Meditation 10:00 Exercise: Happy Bones 12:00 Tai Chi (Video) 12:15 Event: Afternoon Fall Festival 12:15 Crochet Ham Steak w/ Pineapple	7 9:30 Tai Chi (Video) 9:45 Food Shopping 10:00 Zumba w/ Lourdes 12:30 Bingo Italian Turkey Sausage	8 9:30 Meditation 9:00 Activity: Pen Pals 10:00 Exercise: Happy Bones 12:15 Crochet 12:30 Zumba w/ Lauren Seafood Salad Platter w/ Spinach	9 9:00 Presentation: Spice of the Month 9:15 Event: RFP Café 9:30 Tai Chi (Video) 10:00 Yoga w/ EJ 12:30 Bingo 1:45 Mahjong Ginger Soy Chicken
  CENTER CLOSED	13 9:30 Meditation 10:00 Trip to Secor Farms 12:00 Tai Chi (Video) 12:15 Crochet 12:30 Beginners' Belly Dance Homestyle Meatloaf w/ Gravy	14 9:30 Tai Chi (Video) 9:30 Celebration: Hispanic Heritage Month 9:45 Food Shopping 10:00 Zumba w/ Lourdes 12:30 Bingo Chicken Tikka Masala	15 9:30 Meditation 10:00 Exercise: Happy Bones 12:15 Crochet 12:30 Zumba w/ Lauren Tuna Noodle Salad over Romaine	16 9:30 Tai Chi (Video) 10:00 Yoga w/ EJ 12:30 Bingo 1:45 Mahjong Korean BBQ Chicken Leg
19 9:30 Meditation/Tai Chi 10:00 Sit and Be Fit w/ EJ 12:30 Bingo Roast Turkey w/ Gravy	20 9:30 Meditation 10:00 Exercise: Happy Bones 12:00 Tai Chi (Video) 12:15 Crochet 12:30 Beginners' Belly Dance 12:45 Virtual Travel: Philippines Chicken Marsala	21 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 Breaded Pork Chop w/ Gravy	22 9:30 Meditation 10:00 Activity: Pen Pals 10:00 Exercise: Happy Bones 12:15 Crochet 12:30 Zumba w/ Lauren Stuffed Cabbage	23 9:30 Tai Chi (Video) 10:00 Yoga w/ EJ 11:00 Presentation: Beat the Cold 12:30 Bingo 1:45 Mahjong Egg Salad Sandwich
26 9:30 Meditation/Tai Chi 10:00 Sit and Be Fit w/ EJ 12:30 Bingo Cheese Omelet	27 9:30 Meditation 10:00 Exercise: Happy Bones 12:00 Tai Chi (Video) 12:15 Crochet 12:30 Beginners' Belly Dance Beef Chili Con Carne	28 9:30 Tai Chi (Video) 9:45 Food Shopping 10:00 Zumba w/ Lourdes 12:30 Bingo Turkey and Swiss w/ Lettuce & Tomato	29 9:30 Meditation 10:00 Exercise: Happy Bones 12:15 Crochet 12:30 Zumba w/ Lauren Chicken Cordon Bleu	30 9:30 Tai Chi (Video) 10:00 Yoga w/ EJ 12:30 Musical Birthday Bingo Bash 1:45 Mahjong  All Day Halloween Monster Bash Chicken Parmesan