James J. Tedesco, III
County Executive

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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 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

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.

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
November 2026

Nov 2	**Crafts: Fall Ornament Making** w/ Center Staff	**9:30 AM**
Nov 3	**Election Day – Center Closed**	**ALL DAY**
Nov 4	**Crafts: Being Thankful "Rocks!"** Rock Garden Craft w/ Center Staff	**9:30 AM**
Nov 6	**Presentation: The Benefits of Hummus** w/ Juliette Gallo, RD, ShopRite of Lodi	**11:00 AM**
Nov 9	**Blood Pressure Screening and Health Q&A** w/ Sarah Bombino, RN, Mid Bergen Regional Health	**9:30 AM**
Nov 9	**Presentation: Nourishing Foods** w/ Sarah Bombino, RN, Mid Bergen Regional Health	**11:00 AM**
Nov 10	**Veteran's Day Pancake Trivia Breakfast** A collection for Wounded Warriors will be held	**9:30 AM**
Nov 11	**Veterans Day – Center Closed**	**ALL DAY**
Nov 13	**RP SAC Café** Coffee/tea/pastries & musical entertainment w/ our Seniors	**9:30 AM**
Nov 13	**Presentation: Senior Myths** w/ Harvey Silberstein, Bergen County Division of Senior Services	**11:00 AM**
Nov 17	**Virtual Travel: Costa Rica – with traditional Soldanza chips**	**12:30 PM**
Nov 20	**Musical Birthday Bingo Bash**	**12:30 PM**
Nov 25	**Friendsgiving** A full day of games and traditional snacks w/ our Seniors	**ALL DAY**
Nov 26, 27	**Thanksgiving Break – Center Closed**	**ALL DAY**

Join us for Happy Bones Exercise Class – Every Tuesday and Thursday at 10:00AM

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

(201) 336-7496, Tara Prestigiacomo, Director

RIDGEFIELD PARK SENIOR ACTIVITY CENTER

November 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 9:30 Meditation/Tai Chi **9:30 Crafts: Fall Ornament Making** 10:00 Sit and Be Fit w/ EJ 12:30 Bingo Stuffed Cabbage	**3**  CENTER CLOSED	**4** 9:30 Tai Chi (Video) **9:30 Crafts: Rock Garden Craft** 9:45 Food Shopping 10:00 Zumba w/ Lourdes 12:30 Bingo Homestyle Meatloaf w/ Mushroom Gravy	**5** 9:30 Meditation **10:00 Exercise: Happy Bones** 12:15 Crochet 12:30 Zumba w/ Lauren Tuna Salad Sandwich	**6** 9:30 Tai Chi (Video) 10:00 Yoga w/ EJ **11:00 Presentation: The Benefits of Hummus** 12:30 Bingo 1:45 Mahjong Chicken Florentine
9 9:30 Meditation/Tai Chi **9:30 Blood Pressure Screening and Health Q&A** 10:00 Sit and Be Fit w/ EJ **11:00 Presentation: Nourishing Foods** 12:30 Bingo Sliced Pork Loin w/ Apple Cinnamon Glaze	**10** 9:30 Meditation **9:30 Event: Veterans Day Pancake Trivia Breakfast** **10:00 Exercise: Happy Bones** 12:00 Tai Chi (Video) 12:15 Crochet 12:30 Beginners Belly Dancing w/ Elly Chicken Fajitas	**11**  CENTER CLOSED	**12** 9:30 Meditation **10:00 Exercise: Happy Bones** 12:15 Crochet 12:30 Zumba w/ Lauren Baked Herbed Chicken Leg	**13** 9:30 Tai Chi (Video) **9:30 Event: RP SAC Café** 10:00 Yoga w/ EJ **11:00 Presentation: Senior Myths** 12:30 Bingo 1:45 Mahjong Turkey and Swiss Cheese
16 9:30 Meditation/Tai Chi 10:00 Sit and Be Fit w/ EJ 12:30 Bingo Chicken Parmesan	**17** 9:30 Meditation **10:00 Exercise: Happy Bones** 12:00 Tai Chi (Video) 12:15 Crochet **12:30 Virtual Travel: Costa Rica** 12:30 Beginners Belly Dancing w/ Elly Egg Salad with Lettuce & Tomato	**18** 9:30 Tai Chi (Video) 9:45 Food Shopping 10:00 Zumba w/ Lourdes 12:30 Bingo Lemon Pepper Tilapia	**19** 9:30 Meditation **10:00 Exercise: Happy Bones** 12:15 Crochet 12:30 Zumba w/ Lauren Sweet & Sour Chicken	**20** 9:30 Tai Chi (Video) 10:00 Yoga w/ EJ **12:30 Musical Birthday Bingo** 1:45 Mahjong Cheeseburger w/ Lettuce and Tomato
23 9:30 Meditation/Tai Chi 10:00 Sit and Be Fit w/ EJ 12:30 Bingo Korean BBQ Chicken Leg	**24** 9:30 Meditation **10:00 Exercise: Happy Bones** 12:00 Tai Chi (Video) 12:15 Crochet 12:30 Beginners Belly Dancing w/ Elly Cheese Omelet	**25** 9:30 Tai Chi (Video) 9:45 Food Shopping 10:00 Zumba w/ Lourdes 12:30 Bingo Friendsgiving—All Day Ham Steak w/ Pineapple	**26** *Thanksgiving Luncheon* GARFIELD SENIOR ACTIVITY CENTER 10AM-2PM REGISTRATION REQUIRED PLEASE CALL (973) 478-0502 CENTER CLOSED	 CENTER CLOSED
30 9:30 Meditation/Tai Chi 10:00 Sit and Be Fit w/ EJ 12:30 Bingo Eggplant Rollatini w/ Italian Meatballs	National Alzheimer's Disease Awareness Month 		**Suggested Lunch Donation:** **$1.25 Per Meal** ***Please reserve lunch by 11:30AM the day before*** **Lunch is served at 11:30AM daily**	**Continental Breakfast** **Monday-Friday** **8:30AM - 10:00AM** 