

# BERGEN NEW JERSEY *County*

**James J. Tedesco III**  
*County Executive*

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*Director*

DIVISION OF SENIOR SERVICES  
**Lorraine Joewono**  
*Director*



## For Your Information...

### 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) 641-1220 • Fax (201) 641-1222

[ridgefieldparkcenter@bergencountynj.gov](mailto:ridgefieldparkcenter@bergencountynj.gov)

Open: Monday - Friday, 8:00AM - 3:30PM

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## RIDGEFIELD PARK SENIOR ACTIVITY CENTER Bergen County Department of Human Services Division of Senior Services/ADRC December 2024

December 3rd	Presentation: Heath Care Balance Screening	9:30 AM
December 3rd	Holiday Card Making Craft	12:30 PM
December 4th	National Cookie Day! Cookie Baking and Decorating	2:00 PM
December 4th, 11th, 18th	Food Shopping <i>Advanced Registration Required (201) 641-1220</i>	9:45 AM
December 6th	Annual Tree Lighting & Holiday Sing Along	9:00 AM
December 10th	Total Brain Health & Door Hanger Craft w/ Agata	9:30 AM
December 12th	Hot Cocoa Bar	9:00 AM
December 17th	Blood Pressure Screenings w/ HUMC	9:30 AM
December 19th	Belly Dance Recital & Party	10:15 AM
December 20th	Presentation: Bergen County Senior Services w/ Craig	9:30 AM
December 20th	Holiday Party	All Day
December 25th	Center Closed- Christmas Day	All Day
December 31st	New Years Toast	12:00 PM

**Please Note Center will be closed Wednesday, January 1, 2025**

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.

## Holiday Luncheon

**Garfield Senior Activity Center**  
480 Midland Ave  
Garfield, New Jersey, 07026

**Wednesday, December 25, 2024**  
**10:00 AM - 2:00 PM**

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



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>2</b> 9:30 Meditation/ Tai Chi 10:00 Sit and Be Fit w/ EJ 12:30 Bingo</p> <p style="text-align: center;"><b>Turkey &amp; Red Bean Chili</b></p>	<p><b>3</b> 9:30 Meditation <b>9:30 Prestation</b> 10:15 Zumba w/ Lauren 12:00 Tai Chi (Video) 12:30 Movie <b>12:30 Holiday Card Making</b></p> <p style="text-align: center;"><b>Eggplant Rollatini</b></p>	<p><b>4</b> 9:30 Tai Chi (Video) <b>9:45 Food Shopping</b> 10:00 Zumba w/ Lourdes 12:30 Bingo <b>2:00 Cookie Baking and Decorating</b></p> <p style="text-align: center;"><b>Chicken Piccata</b></p>	<p><b>5</b> 9:00 Art w/ Instructor Lily 9:30 Meditation 10:00 Beginner Belly Dance 12:15 Craft Corner 12:30 Line Dancing</p> <p style="text-align: center;"><b>Pork Loin w/ Gravy</b></p>	<p><b>6</b> <b>9:00 Annual Tree Lighting</b> 9:30 Tai Chi (Video) 10:00 Yoga w/ EJ 12:30 Bingo</p> <p style="text-align: center;"><b>Egg Salad Platter w/ Romaine</b></p>
<p><b>9</b> 9:30 Meditation/ Tai Chi 10:00 Sit and Be Fit w/ EJ 12:30 Bingo</p> <p style="text-align: center;"><b>Cheeseburger</b></p>	<p><b>10</b> <b>9:30 Total Brain Health</b> <b>9:30 Door Hanger Craft</b> 9:30 Meditation 10:15 Zumba w/ Lauren 12:00 Tai Chi (Video) 12:15 Craft Corner 12:15 Movie 12:30 Poker/ Ping Pong/ Darts <b>Korean BBQ Chicken Leg</b></p>	<p><b>11</b> 9:30 Tai Chi (Video) <b>9:45 Food Shopping</b> 10:00 Zumba w/ Lourdes 12:30 Bingo</p> <p style="text-align: center;"><b>Salisbury Steak w/ Gravy</b></p>	<p><b>12</b> <b>9:00 Hot Cocoa Bar</b> 9:00 Art w/ Instructor Lily 9:30 Meditation 10:00 Beginner Belly Dance 12:15 Craft Corner 12:30 Line Dancing</p> <p style="text-align: center;"><b>Chicken Francese</b></p>	<p><b>13</b> 9:30 Tai Chi (Video) 10:00 Yoga w/ EJ 12:30 Bingo</p> <p style="text-align: center;"><b>Balsamic Chicken w/ Peppers</b></p>
<p><b>16</b> 9:30 Meditation/ Tai Chi 10:00 Sit and Be Fit w/ EJ 12:30 Bingo</p> <p style="text-align: center;"><b>Turkey &amp; Swiss</b></p>	<p><b>17</b> <b>9:30 Blood Pressure Screenings</b> 9:30 Meditation 10:15 Zumba w/ Lauren 12:00 Tai Chi (Video) 12:15 Craft Corner 12:30 Movie 12:30 Poker/ Ping Pong/ Darts</p> <p style="text-align: center;"><b>Italian Meatballs w/ Ziti Marinara</b></p>	<p><b>18</b> 9:30 Tai Chi (Video) <b>9:45 Food Shopping</b> 10:00 Zumba w/ Lourdes 12:30 Bingo</p> <p style="text-align: center;"><b>Cheese Omelet</b></p>	<p><b>19</b> 9:00 Art w/ Instructor Lily 9:30 Meditation 10:15 Belly Dance Recital 12:15 Craft Corner 12:30 Line Dancing</p> <p style="text-align: center;"><b>Chicken Florentine</b></p>	<p><b>20</b> <b>9:00 Presentation: Senior Services</b> 9:30 Tai Chi (Video) 10:00 Yoga w/ EJ 12:30 Bingo</p> <p style="text-align: center;"><b>Holiday Party</b></p> <p style="text-align: center;"><b>Chicken Marsala</b></p>
<p><b>23</b> 9:30 Meditation/ Tai Chi 10:00 Sit and Be Fit w/ EJ 12:30 Bingo</p> <p style="text-align: center;"><b>Fish w/ Lemon Pepper Sauce</b></p>	<p><b>24</b> 9:30 Meditation 10:15 Zumba w/ Lauren 12:00 Tai Chi (Video) 12:30 Movie 12:15 Craft Corner 12:30 Poker/ Ping Pong/ Darts</p> <p style="text-align: center;"><b>Stuffed Cabbage</b></p>	<p style="text-align: center;"> <b>Center Closed</b> <b>Holiday Luncheon</b> <b>Garfield Senior Center</b> <b>10am-2pm</b></p>	<p><b>26</b> 9:00 Art w/ Instructor Lily 9:30 Meditation 10:00 Beginner Belly Dance 12:15 Craft Corner 12:30 Line Dancing</p> <p style="text-align: center;"><b>Chicken Fettuccini Alfredo</b></p>	<p><b>27</b> 9:30 Tai Chi (Video) 10:00 Yoga w/ EJ 12:30 Bingo</p> <p style="text-align: center;"><b>Homestyle Meatloaf w/ Gravy</b></p>
<p><b>30</b> 9:30 Meditation/ Tai Chi 10:00 Sit and Be Fit w/ EJ 12:30 Bingo</p> <p style="text-align: center;"><b>Tuna Salad Platter</b></p>	<p><b>31</b> 9:30 Meditation 10:15 Zumba w/ Lauren 12:00 Tai Chi (Video) <b>12:00 New Years Toast</b> 12:30 Movie 12:15 Craft Corner</p> <p style="text-align: center;"><b>Roasted Chicken Leg</b></p>	<p style="text-align: center;"> <b>happy holidays!</b></p>	<p style="text-align: center;"><b>Continental Breakfast</b></p> <p style="text-align: center;"><b>Served Daily</b> <b>8:30am– 10:00am</b></p> <p style="text-align: center;"></p>	<p style="text-align: center;"><b>Suggested Lunch Donation:</b> <b>\$1.25 Per Meal</b> <b>Please reserve lunch by 11:30 AM the day before</b></p> <p style="text-align: center;"><b>Lunch will Be Served at 11:30 Daily</b></p>