

**FOR YOUR  
INFORMATION**

**Ramsey Van Transportation**

201-825-3400 X 277

**Meals on Wheels**

201-358-0050

**Senior Division of Senior Services**

201-336-7400

**Bergen County Transportation**

201-368-5955

**County Information & Assistance**

1-877-222-3737

**Ramsey Senior Center**

205 Church St. Finch Park

201-825-1975

Mail to Borough Hall:

33 North Central Ave.

201-825-3400

Ramseynj.com(SENIORS)

ramseyseniorcenter@gmail.com



Ramsey Senior Center  
c/o Borough Hall  
33 North Central Ave.  
Ramsey, NJ 07446

**Save the Date:**

The Borough of Ramsey and the Ramsey Seniors will only accept checks for trips, luncheons, events etc. and classes that require payment. No cash. Proof of residency required.

Sign up at Borough Hall Ramsey Seniors Holiday Party on Dec. 3<sup>rd</sup>. Make \$35 check payable to "Ramsey Seniors"

Sign up Senior Center bulletin board Gingerbread House decorating at RHS Culinary Arts Class on 12/6. Free Nov.5: Election Day Senior Center is closed and will be used as a voting site.

Nov. 19: Free Technology Class **Twitter Tweets**. Ramsey Senior Center 3 pm. Sign up by contacting Betsy Sabatini Coyne 201-327-0830 or email [bcoyne@pcmactechology.com](mailto:bcoyne@pcmactechology.com)

Nov.22: **Ramsey Responds food drive 1-4 pm** Ramsey Senior Center.

Dec. 3: **Ramsey Seniors Holiday Party** 12 noon Ramsey Country Club

Dec. 6: Decorate **Gingerbread Houses** RHS Culinary Arts Class



# Ramsey Senior Center

Finch Park, Ramsey, NJ 07446



## November 2019





*Ramsey  
Senior Center's  
Annual Holiday Party*

JOIN THE RAMSEY SENIORS FOR OUR ANNUAL HOLIDAY PARTY  
ON DECEMBER 3, 2019 AT 12 O'CLOCK NOON RAMSEY COUNTRY CLUB  
FULL COURSE LUNCHEON, DJ AND DANCING  
SIGN UP AT BOROUGH HALL \$35 CHECK PAYABLE TO "RAMSEY SENIORS"

Join us and the Ramsey High School Culinary Arts Class for some holiday fun. Help us decorate Gingerbread Houses Friday, December 6, 11:30 am-1:44 pm at Ramsey High School. No experience necessary just bring your holiday spirit. Gingerbread Houses will then be donated to help spread joy. This is a fun way to give back to our community. A sign up sheet will be hung on the Senior Center bulletin board.



# November 2019

Monday	Tuesday	Wednesday	Thursday	Friday
				<b>1</b>
				<b>11:15</b> Yoga <b>12:30</b> Ping Pong <b>1:00</b> Bocce <b>1:00</b> Horseshoes <b>1:00</b> Pool & Shuffleboard <b>2:30</b> Arthritis Exercise
<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>
<b>10:00</b> Hatha Yoga <b>12:00</b> Fast Track Bingo <b>1:00</b> Bocce <b>1:00</b> Horseshoes <b>1:00</b> Pool / Shuffleboard <b>1:30</b> Knitting/Crochet <b>3:30</b> Arthritis Exercise <b>6:30</b> Ping Pong at Sr Ctr		<b>10:00</b> Art <b>12:00</b> Bridge <b>1:00</b> Bocce <b>1:00</b> Horseshoes <b>1:00</b> Woodcarving <b>1:00</b> Pool & Shuffleboard <b>4:00</b> Ping Pong at Sr Ctr <b>6:00</b> VFW	<b>9:15</b> Exercise <b>10:30</b> Healthy Bones <b>11:30</b> Healthy Bones <b>1:30</b> Tai Chi <b>2:30</b> Tai Chi Fan <b>2:00</b> Pickleball	<b>11:15</b> Yoga <b>12:30</b> Ping Pong <b>1:00</b> Bocce <b>1:00</b> Horseshoes <b>1:00</b> Pool & Shuffleboard <b>2:30</b> Arthritis Exercise
<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>
<b>10:00</b> Hatha Yoga <b>12:00</b> Fast Track Bingo <b>1:00</b> Bocce <b>1:00</b> Horseshoes <b>1:00</b> Pool / Shuffleboard <b>1:30</b> Knitting/Crochet <b>3:30</b> Arthritis Exercise <b>6:30</b> Ping Pong at Sr Ctr	<b>9:15</b> Exercise <b>10:30</b> Healthy Bones <b>11:00</b> Leisure Club <b>11:30</b> Healthy Bones <b>12:00</b> Senior Bus Paramus Park <b>1:00</b> Zumba Gold <b>2:00</b> Pickleball	<b>10:00</b> Art <b>12:00</b> Bridge <b>1:00</b> Bocce <b>1:00</b> Horseshoes <b>1:00</b> Woodcarving <b>1:00</b> Pool & Shuffleboard <b>4:00</b> <b>Committee Meeting</b> <b>6:30</b> Ping Pong at Sr Ctr	<b>9:15</b> Exercise <b>10:30</b> Healthy Bones <b>11:30</b> Healthy Bones <b>1:30</b> Tai Chi <b>2:30</b> Tai Chi Fan <b>2:00</b> Pickleball	<b>11:15</b> Yoga <b>12:30</b> Ping Pong <b>1:00</b> Bocce <b>1:00</b> Horseshoes <b>1:00</b> Pool & Shuffleboard <b>2:30</b> Arthritis Exercise
<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>
<b>10:00</b> Hatha Yoga <b>12:00</b> Fast Track Bingo <b>1:00</b> Bocce <b>1:00</b> Horseshoes <b>1:00</b> Pool / Shuffleboard <b>1:30</b> Knitting/Crochet <b>3:30</b> Arthritis Exercise <b>6:30</b> Ping Pong at Sr Ctr	<b>9:15</b> Exercise <b>10:30</b> Healthy Bones <b>11:30</b> Healthy Bones <b>1:00</b> Zumba Gold	<b>10:00</b> Art <b>12:00</b> Bridge <b>1:00</b> Woodcarving <b>1:00</b> Pool & Shuffleboard <b>6:30</b> Ping Pong at Sr Ctr	<b>9:15</b> Exercise <b>10:30</b> Healthy Bones <b>11:30</b> Healthy Bones <b>1:30</b> Tai Chi <b>2:30</b> Tai Chi Fan <b>7:00</b> VFW	<b>11:15</b> Yoga <b>1:00</b> Ramsey Responds Food Drive
<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>
<b>10:00</b> Hatha Yoga <b>12:00</b> Fast Track Bingo <b>1:00</b> Pool / Shuffleboard <b>1:30</b> Knitting/Crochet <b>3:30</b> Arthritis Exercise <b>6:30</b> Ping Pong at Sr Ctr	<b>9:15</b> Exercise <b>10:30</b> Healthy Bones <b>11:00</b> Leisure Club <b>11:30</b> Healthy Bones <b>1:00</b> Zumba Gold	<b>10:00</b> Art <b>12:00</b> Bridge <b>1:00</b> Woodcarving <b>1:00</b> Pool & Shuffleboard <b>6:30</b> Ping Pong at Sr Ctr		<b>12:30</b> Ping Pong <b>1:00</b> Pool & Shuffleboard
<b>WALKING</b> Mon. – Sat. at 8:00 am meeting by Varka Restaurant or Mon, Wed, Fri - at 9:30 am meeting at the Interstate entrance to the bike path. Tues. 12:15 pm at the Interstate entrance to the bike path (all weather permitting)				

**New Jersey Senior Olympics** was held in September. We are so proud of our Ramsey Senior Olympians. Here are the results:

**Golf:**

Diane Pevny- Gold

**Pickleball:**

Women`s Doubles Karen Fang-Gold

Women`s Singles Karen Fang-Bronze

Men`s Doubles Desmond Lim-Gold

**Softball Team:**

Diane Pevny-Gold

**Table Tennis:**

Women`s Singles Renee Wolf -Silver

Women`s Doubles Snow Chu-Gold

Men`s Singles Bob Zaretsky-Gold

Mixed Doubles Renee Wolfe & Joe Wraga- Silver

Mixed Doubles Snow Chu & Bob Zaretsky-Gold

**Track & Field:**

100m run Betsy Van Dyke-Gold

400m run Betsy Van Dyke-Gold

**Ping Pong:** New time 12:30 pm

**Fall Schedule:** The last official day of the outdoor season is **Nov.18** for Bocce, Horseshoes & Pickleball.

**Technology Class Nov. 19 Twitter Tweets:** Learn how to stay connected on Twitter, follow someone and read their Tweets. Learn to tweet and what it means to use a hashtag. Free. Ramsey Senior Center 3 pm. Sign up by contacting Betsy Sabatini Coyne 201-327-0830 or email [bcoyne@pcmactechology.com](mailto:bcoyne@pcmactechology.com)