

**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



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.

Feb. 4: Technology Class on Computer Security. Free Ramsey Senior Center 3 pm. Sign up by contacting Betsy Sabatini Coyne 201-327-0830 or email bcoyne@pcmactechnology.com



Ramsey Senior Center

Finch Park, Ramsey, NJ 07446

January 2020



Pictured above are the Ramsey Seniors enjoying their afternoon dancing, dining and celebrating the Holidays at the Ramsey Country Club.

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




The Ramsey Seniors and the Ramsey High School Culinary Arts Class had some holiday fun decorating Gingerbread Houses.



The Houses were donated throughout our community to those who needed some holiday joy.



January 2020

Monday	Tuesday	Wednesday	Thursday	Friday
		1	2	3
			9:15 Exercise 10:30 Healthy Bones 11:30 Healthy Bones 1:30 Tai Chi 2:30 Tai Chi Fan	11:15 Yoga 12:30 Ping Pong 1:00 Pool & Shuffleboard 2:30 Arthritis Exercise
6	7	8	9	10
10:00 Hatha Yoga 12:00 Fast Track Bingo 1:00 Pool / Shuffleboard 1:30 Knitting/Crochet 3:30 Arthritis Exercise 6:30 Ping Pong at Sr Ctr	9:15 Exercise 10:30 Healthy Bones 11:30 Healthy Bones 1:00 Zumba Gold	10:00 Art 12:00 Bridge 1:00 Woodcarving 1:00 Pool & Shuffleboard 4:00 Committee Meeting 6:30 Ping Pong at Sr Ctr	9:15 Exercise 10:30 Healthy Bones 11:30 Healthy Bones 1:30 Tai Chi 2:30 Tai Chi Fan	11:15 Yoga 12:30 Ping Pong 1:00 Pool & Shuffleboard 2:30 Arthritis Exercise
13	14	15	16	17
10:00 Hatha Yoga 12:00 Fast Track Bingo 1:00 Pool / Shuffleboard 1:30 Knitting/Crochet 3:30 Arthritis Exercise 6:30 Ping Pong at Sr Ctr	9:15 Exercise 10:30 Healthy Bones 11:00 Leisure Club 11:30 Healthy Bones 12:00 Senior Bus Paramus Park 1:00 Zumba Gold	10:00 Art 12:00 Bridge 1:00 Woodcarving 1:00 Pool & Shuffleboard 6:30 Ping Pong at Sr Ctr	9:15 Exercise 10:30 Healthy Bones 11:30 Healthy Bones 1:30 Tai Chi 2:30 Tai Chi Fan 7:00 VFW	11:15 Yoga 12:30 Ping Pong 1:00 Pool & Shuffleboard 2:30 Arthritis Exercise
20	21	22	23	24
10:00 Hatha Yoga 12:00 Fast Track Bingo 1:00 Pool / Shuffleboard 1:30 Knitting/Crochet 3:30 Arthritis Exercise 6:30 Ping Pong at Sr Ctr	9:15 Exercise 10:30 Healthy Bones 11:30 Healthy Bones 1:00 Zumba Gold	10:00 Art 12:00 Bridge 1:00 Woodcarving 1:00 Pool & Shuffleboard 6:30 Ping Pong at Sr Ctr	9:15 Exercise 10:30 Healthy Bones 11:30 Healthy Bones 1:30 Tai Chi 2:30 Tai Chi Fan	11:15 Yoga 12:30 Ping Pong 1:00 Pool & Shuffleboard 2:30 Arthritis Exercise
27	28	29	30	31
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The Mayor and Council recognized the **Ramsey Senior Olympians** for their unbelievable accomplishments at the NJ Senior Olympics this year.

Technology Class Computer Security February 4:

Learn about habits that can result in the security on your computer becoming compromised, and your system becoming slow and/or unresponsive. Some of the key topics covered will be:

- Learning how to know which system updates are the right ones to do
- Managing your online passwords and keeping them safe from hackers.
- Learning why it's important to invest in good internet security software.
- Tips for handling emails that may be malicious.

Free. Ramsey Senior Center 3 pm. Sign up by contacting Betsy Sabatini Coyne 201-327-0830 or email: bcoyne@pcmactechnology.com

WALKING 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).