

**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

seniors@co.Bergen.nj.us

County Information & Assistance

1-877-222-3737

RAMSEY SENIOR CENTER

Mail to Borough Hall:

33 North Central Ave.

201-825-3400

www.ramseynj.com/225/Senior-Center

ramseyseniorcenter@gmail.com

Ramsey Senior Center

Monthly Newsletter



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Ramsey Seniors Goes Virtual

Physical & Spiritual Support

We have worked with our instructors to provide weekly classes via [Zoom](#). These classes include: Meditation/ Yoga, Zumba, Bones exercise and Arthritis exercise.

Help for Ramsey Seniors and Those with Need

In an effort to support the Ramsey seniors and those in the community with need in maintaining social distancing during COVID-19 situation, we have put together a volunteer program. If you need help, such as obtaining groceries or other essentials, please contact the Borough's volunteer helpline at 201-825-3400, extension 279. Please leave your name, telephone number and a description of what you need.

Mental Health Support

Bergen County Aging and Disability Resource Connection (ADRC) is offering a grant funded program, at no cost to seniors, caregivers, and disabled adults who need counseling. Sessions would be conducted over the phone and would run from 5-30 minutes depending on the needs of the individual. Sessions would be provided by a Licensed Social Worker (LCSW) and all information is protected by HIPPA. Please contact the Borough's volunteer helpline at 201-825-3400, extension 279. Please leave your name, telephone number and that you are looking for mental health support.

Virtual Class Information

Zoom Zumba Gold

Every Monday, Wednesday and Friday at 11:00 am in May on [Zoom](#).

Join us for Zoom Zumba! Have about 6 feet X 6 feet of space to move around. The surface should be smooth and allow your feet to move freely. If you must dance on carpet, you can wrap wide masking tape around your sneakers starting about 2 inches from the tip of the toe to the ball of your foot. Be sure that the end of the tape is on the top of the sneaker. Another option is to put knee-high hosiery over your sneakers. Have water and a small towel nearby.

Zoom Gentle Yoga and Meditation

Every Tuesday and Friday at 10:00 am in May [Zoom](#).

You are invited to join Joan's Gentle Yoga with a Singing Bowl Meditation. This 60 min class is just right for any participant at any level of yoga practice. It is perfect to do in a chair or on a yoga mat! The gentle yoga poses taught enable you to stretch, move, breath, then relax the mind with a calming meditation at the end. Pose variations are provided during each session. The class materials needed include a yoga mat or a chair, blanket, small towel, comfortable clothes, tissues, and some water to drink after the session.

Zoom Bones Exercise

Every Tuesday at 11:00 am in May.

Work on strengthening our bones through weight bearing exercises, as well as balancing and stretching exercises. Equipment need if possible arm weights and leg weights. Must have an armless chair for sitting and standing behind and a bottle of water

Zoom Arthritis and Balance Class

Every Wednesday at 3:00 pm in May on [Zoom](#).

This class will have exercises for flexibility, range of motion, strength, endurance, cardiorespiratory health, balance and coordination. Please wear comfortable clothing, supportive shoes and have water on hand. The only required equipment is a chair with no arms. Other helpful supplies to have (optional) during the class include a resistance band (or ace bandage or pantyhose or leggings), tennis ball (or small rubber ball or orange, lemon or lime), two paper plates, any size, one pair of light weights - 1-3 lbs (or 2 soup cans), and one roll of toilet paper (a substitute for a ball). The class can be taken standing or seated.

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Other Resources

The Ramsey Free Public Library has on-line programs for all ages including story time, arts & crafts, yoga, and book club. The library's website also has information on the federal grants and loans available to small businesses. For more information, please go to www.ramseylibrary.org.

If you are experiencing financial difficulties, the **Center for Food Action** is open on a limited schedule for food pick-ups on Mondays, Wednesdays and Fridays from 10:00 am – 1:00 pm. Appointments are required, but **you do not need to be an existing client**. Please call **201-529-2029** to make an appointment. In addition, **Ramsey Responds** has resources. Ramsey Responds can be reached at **201-312-4843**.

Accurate and up to date information on COVID-19 can be found on the Centers for Disease Control and Prevention website (www.cdc.gov) and the New Jersey Department of Health website <https://covid19.nj.gov/health>. In addition, you can contact the New Jersey Coronavirus & Poison Center Hotline at 1-800-222-1222 to speak with a trained healthcare professional.