

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. 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.

Other Resources

If you are experiencing financial difficulties, the **Center for Food Action** is open on a limited schedule for food pick-ups on Monday, Wednesday and Friday from 10:00-1:00 pm. Appointments are required 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 NJ Department of Health website <https://covid19.nj.gov/health>. In addition, you can contact the NJ Coronavirus & Poison Center Hotline at **1-800-222-1222** to speak with a trained healthcare professional.

The 2020 Census is very important. The results of this once-a-decade count determine the number of seats each state has in the House of Representatives. It is used to draw congressional and state legislative districts. The results will show where communities need new schools, new clinics, new roads and more services for families, older adults, and children. The results will also inform how hundreds of billions of dollars in federal funding are allocated to more than 100 programs, including Medicaid and block grants for community mental health services.

Virtual Class Information

Zoom Zumba Gold

Every Monday and Wednesday at 11:00 am in August 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 August [Zoom](#).

You are invited to join Joan's Gentle Yoga with a Singing Bowl Meditation. This 60 minute 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. **No class August 2 & 25.**

Zoom Bones Exercise

Every Tuesday at 11:00 am in August [Zoom](#).

Work on strengthening our bones through weight bearing exercises, as well as balancing and stretching exercises. If possible, equipment needed is arm weights and leg weights. Must have an armless chair for sitting and standing behind and a bottle of water. To be included in Bones Exercise Zoom class email Caroline at clknauss@verizon.net.

Zoom Arthritis and Balance Class

Every Wednesday at 3:00 pm in August 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.

Zoom Seated Zumba Gold

Monday August 10 & 24 at 1:30 on [Zoom](#).

Enjoy all of the great music and dance steps that made Zumba the most popular exercise program of all time - without leaving the safety of your chair. Flamenco, salsa, merengue, cha cha, swing, rock 'n' roll - we have it all! If you have any mobility or balance issues, this is the class for you! All you need is a safe area where you can easily move your arms and legs through a wide range of motion, a sturdy chair without arms and a bottle of water. The class will be 45 minutes.