


Ramsey Senior Center

Monthly Newsletter



Activity Schedule Starting June 21st Pickleball will move to 4:00 pm

Monday	Tuesday	Wednesday	Thursday	Friday			
		10:00 Board Games 10:00 Bocce 11:00 Functional Exercise 11:00 Bocce 11:00 Bridge	1:00 Pool & Shuffleboard 2:00 Pool & Shuffleboard 2:00 Table Tennis 3:00 Table Tennis	1 10:00 Healthy Bones 10:00 Meeting 11:30 Healthy Bones 1:00 Pickleball 2:00 Pickleball	2 10:00 Yoga/Meditation 10:00 Bocce 11:00 Bocce 11:00 Card Games	3 1:00 Pool & Shuffleboard 2:00 Pool & Shuffleboard 2:30 Table Tennis 3:30 Table Tennis	
6 10:00 Yoga/Meditation 10:00 Bocce 11:00 Bocce 11:15 Senior Aerobics 12:00 Bingo 1:00 Knitting/Crochet	7  1:00 Pool & Shuffleboard 2:00 Knitting/Crochet 2:00 Pool & Shuffleboard 2:00 Table Tennis 3:00 Table Tennis 3:30 Girl Scout IPHONE Help	10:00 Board Games 10:00 Bocce 11:00 Functional Exercise 11:00 Bocce 11:00 Bridge	1:00 Pool & Shuffleboard 2:00 Pool & Shuffleboard 2:00 Table Tennis 3:00 Table Tennis	8 10:00 Healthy Bones 10:00 Meeting 11:30 Healthy Bones 11:00 Committee Meeting 12:30 Speaker The Art & Science of Tea 1:00 Pickleball 2:00 Pickleball	9 10:00 Yoga/Meditation 10:00 Bocce 11:00 Bocce 11:00 Card Games	10 1:00 Pool & Shuffleboard 2:00 Pool & Shuffleboard 2:30 Table Tennis 3:30 Table Tennis	
13 10:00 Yoga/Meditation 10:00 Bocce 11:00 Bocce 11:15 Senior Aerobics 12:00 Bingo 1:00 Knitting/Crochet	14 10:00 Healthy Bones 10:30 Ask The Nurse 11:30 Healthy Bones 11:30 Ask The Nurse	12:30 Ask The Nurse 1:00 Pickleball 2:00 Pickleball	10:00 Board Games 10:00 Bocce 11:00 No Functional Exercise 11:00 Bocce 11:00 Bridge	1:00 Pool & Shuffleboard 2:00 Pool & Shuffleboard 2:00 Table Tennis 3:00 Table Tennis	15 10:00 Healthy Bones 10:00 Meeting 1:00 Pickleball 2:00 Pickleball	16 10:00 Yoga/Meditation 10:00 Bocce 11:00 Bocce 11:00 Card Games	17 1:00 Pool & Shuffleboard 2:00 Pool & Shuffleboard 2:30 Table Tennis 3:30 Table Tennis
20 10:00 Yoga/Meditation 10:00 Bocce 11:00 Bocce 11:15 Senior Aerobics 12:00 Bingo 1:00 Knitting/Crochet	21 10:00 Healthy Bones 11:30 Healthy Bones 4:00 Pickleball 5:00 Pickleball	10:00 Board Games 10:00 Bocce 11:00 Functional Exercise 11:00 Bocce 11:00 Bridge	1:00 Pool & Shuffleboard 2:00 Pool & Shuffleboard 2:00 Table Tennis 3:00 Table Tennis	22 10:00 Healthy Bones 10:00 Meeting 11:30 Healthy Bones 4:00 Pickleball 5:00 Pickleball	23 10:00 Yoga/Meditation 10:00 Bocce 11:00 Bocce 11:00 Card Games	24 1:00 Pool & Shuffleboard 2:00 Pool & Shuffleboard 2:30 Table Tennis 3:30 Table Tennis	
27 10:00 Yoga/Meditation 10:00 Bocce 11:00 Bocce 11:15 Senior Aerobics 12:00 Bingo 1:00 Knitting/Crochet	28 10:00 Healthy Bones 11:30 Healthy Bones 4:00 Pickleball 5:00 Pickleball	10:00 Board Games 10:00 Bocce 11:00 Functional Exercise 11:00 Bocce 11:00 Bridge	1:00 Pool & Shuffleboard 2:00 Pool & Shuffleboard 2:00 Table Tennis 3:00 Table Tennis	29 10:00 Healthy Bones 10:00 Meeting 11:30 Healthy Bones 4:00 Pickleball 5:00 Pickleball	30 Walking Group (Meet at Varka) Monday-Saturday 8:00 am Walking Group (Meet at Interstate Bike Path) Monday, Wednesday, and Friday 9:30 am.		

Ramsey Senior Center Membership Registration Form Adults 60+: [Please click this link to fill out the Ramsey Senior Center Membership Registration form.](#) The information is for the use by the Ramsey Senior Center and will not be shared with any other persons or organizations.

Activity Schedule Continued

We are in the process of building out the activities programs to enhance your physical, social and mental well being. Additional in person activities will be added in the coming months.

Gentle Yoga and Meditation

Every Monday and Friday at 10 am at Senior Center & on Zoom

You are invited to join Joan's Gentle Yoga with a Singing Bowl Meditation. This 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. **Please be on time, bring to class a yoga mat, yoga block and some water to drink after the session.**

Functional, Resistance and Balance Class

Every Wednesday 11 am

This class will focus on keeping and improving ranges of motions, executing movements usually performed in activities of daily living, preventing muscle loss with resistance exercises and practicing challenging but safe balance sequences. Please wear comfortable clothing, supportive shoes and have water on hand. **Other helpful supplies to bring to class (optional) include a resistance band (or ace bandage), tennis ball (or small rubber ball), one pair of light weights 1-3 lbs. The class can be taken standing or seated.**

Senior Aerobics Class

Every Monday 11:15 am

Cardio based workout focused on improving the cardiorespiratory system, aerobic capacity and metabolism. Some examples of movements performed are: march, step touch, grapevine, v-step, taps, knee lifts and squats, all of them can be adjusted to everyone's level. Please wear comfortable clothing, supportive shoes and have water on hand. This class can be taken standing or seated.

Ask The Nurse

Location: Ramsey Senior Center

Date: June 14

Time: 10:30 am- 1:00pm

- Blood Pressure Screening
- Stroke Risk Assessment
- Diabetes Risk Assessment
- Community Resource Referral Information



The Art and Science of Tea

*A Nutrition Talk with our
Registered Dietitian, Susan
Kraus*

Where: Ramsey Senior Center

*When: June 9, 2022
12:30-1:30 pm*

Ramsey Girl Scouts iPhone Technology Help

Location: Ramsey Senior Center

Date: June 6th & June 20th

Time: 3:30-4:30 pm

Erin and Julia are girl scouts from troop 95835. As part of their silver award project, they would like to help seniors with their iPhone skills, texting and email at the Senior Center. Please bring your iPhone.



Remembering Ramsey Senior



Veronica C. Ford (Vera), 97, of Ramsey passed away on May 21st, 2022. Vera was an active member of the Ramsey Seniors and Crafty Sisters. She was very talented and her afghans were beautiful. As a member of our Crafty Sisters she made numerous afghans weekly which were donated to various charities. Her dedication was very appreciated. She enjoyed dancing at our parties, participating in our classes and going on our trips. Vera will truly be missed by us all.

Ramsey New Resident Mixer

June 14th from 5:30 PM to 8:30 PM at the Ramsey Municipal Pool. Free for all who attend and will include fun, food, swimming and music. The goal of this mixer is to mingle, network, and learn more about what our incredible town has to offer residents of all ages and interests!

Drug Take Back at Ramsey Farmers Market

The Ramsey Municipal Alliance will be offering their annual drug take back in partnership with the Ramsey Police Department on June 6th. Bring any unused, unwanted, or expired medications for disposal (sorry - no liquids, needles, or sharps).

Additional Information

Food Assistance

If you are experiencing financial difficulties, the Center for Food Action in Mahwah, 90 Ridge Road is open on a limited schedule for food pick-ups from 10:00am-2:00pm on Wednesday and Friday. 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.

St. Paul's food pantry is open to serve those in need of food assistance. Anyone is welcome to take advantage of this service. The Pantry is located at the garage behind the church at 200 Wyckoff Avenue in Ramsey. Hours: Every Saturday morning 9am-10am. Anytime by appointment. Call the Parish Center at 201-327-0976. Donations of food or Shop Rite gift cards can be dropped off Saturday afternoons from 4pm-5pm and Sunday mornings from 10:45am-11:30am.

Help for Ramsey Seniors and Those with Need

In an effort to support the Ramsey seniors and those in the community in need we have put together a volunteer program. If you need help, such as obtaining groceries, 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.

Ramsey Municipal Pool

To register log into your Community Pass account and follow each page until check out. For those that need help with registration, need to pick up new badges, need assistance uploading photos, or anything else, (the pool will advertise the dates and times well ahead of time).

ramseymunicipalpool@gmail.com

Learn more [here](#).



RAVE Mobile Safety Emergency Notifications & Alerts

We would like to introduce you to Ramsey's new community emergency notification system, RAVE Mobile Safety. Many residents may be familiar with our SwiftReach Reverse 911 and NIXLE notification systems. RAVE will now take the place of these two systems enabling the Borough to send out critical information to the community via text, email, voice and social media messaging using one platform. This will result in more accurate timely notifications, reduce duplicate messaging and do away with multiple platform costs.

Click link to create an account and register: [RAVE Mobile Safety Registration](#)

Be assured that any information that you may enter will remain strictly confidential and be utilized by Borough Officials, the Ramsey Police Department and Ramsey OEM to push out important community notifications such as community wide events, changes in municipal schedules, road closures and emergency messages only. If you have any questions you may call the Ramsey Office of Emergency Management at 201-825-3400 x 280

Ramsey Senior Pickleball



If You Test Positive for COVID-19 (Isolate)

Everyone, regardless of vaccination status.

- Stay home for 5 days.
- If you have no symptoms or your symptoms are resolving after 5 days, you can leave your house.
- Continue to wear a mask around others for 5 additional days.

If you have a fever, continue to stay home until your fever resolves.

If You Were Exposed to Someone with COVID-19 (Quarantine)

If you:

Have been boosted
OR

Completed the primary series of Pfizer or Moderna vaccine within the last 6 months

OR

Completed the primary series of J&J vaccine within the last 2 months

- Wear a mask around others for 10 days.
- Test on day 5, if possible.

If you develop symptoms get a test and stay home.

If you:

Completed the primary series of Pfizer or Moderna vaccine over 6 months ago and are not boosted
OR

Completed the primary series of J&J over 2 months ago and are not boosted
OR

Are unvaccinated

- Stay home for 5 days. After that continue to wear a mask around others for 5 additional days.
- If you can't quarantine you must wear a mask for 10 days.
- Test on day 5 if possible.

If you develop symptoms get a test and stay home

COVID-19 Resources

Visit the Borough of Ramsey Health Department website at <http://ramseynj.com/327/Health>

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.

Early Voting Instructions & Information for June 7th Primary Election

In person Early Voting begins on Friday, June 3rd. See link below for instructions for the upcoming June 7th Primary Election:

https://www.co.bergen.nj.us/images/County_Officials/Superintendent_of_Elections/Early_Voting_Instructions.pdf

Closest Early Voting Location: Mahwah - 475 Corporate Drive (Senior Center)

Early Voting hours are as follows:

- Friday, June 3 10am-8pm
- Saturday, June 4 10am-8pm
- Sunday, June 5 10am-6pm

Contacts

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
201-825-1975
Mail to Borough Hall:
33 North Central Ave.
201-825-3400
www.ramseynj.com/225/Senior-Center
ramseyseniorcenter@gmail.com