

Ramsey Senior Center

Monthly Newsletter



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, other essentials or do not have computer access to register for the COVID-19 vaccine 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, ext 279**. Please leave your name, telephone number and that you are looking for mental health support.

Virtual Class Information

Zoom Zumba Gold

Every Monday 11 am and Wednesday at 10 am in March 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 Arthritis and Balance Class

Every Monday 3:30 pm Wednesday at 2:00 pm in March 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 Bones Exercise

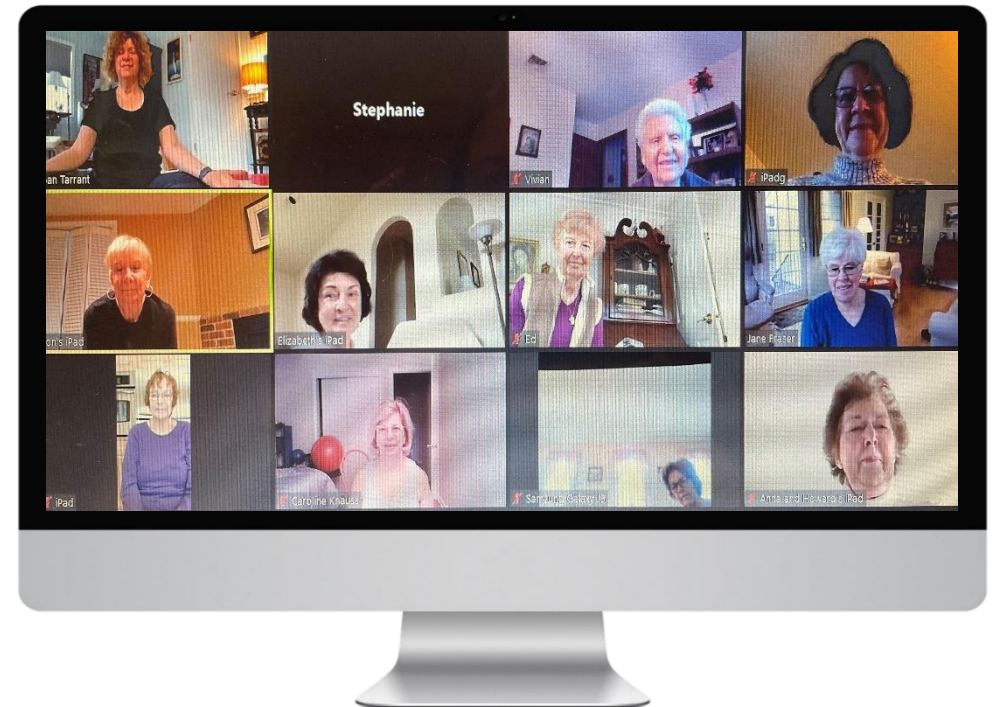
Every Tuesday at 11 am in March [Zoom](#).

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 Gentle Yoga and Meditation

Every Tuesday and Friday at 10 am in March [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.



Additional Information

Nixle Emergency Notifications & Alerts Sign Up

Nixle keeps you up-to-date with relevant information from your local public safety departments & schools. Please sign up for emergency notifications and alerts for Ramsey through the Nixle system. Two options to sign-up: From your cell phone simply text the zip code 07446 to 888777, and receive text alerts.

Go to [Nixle's website](#) and create an account and manage notifications through your account.

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.

COVID-19 Resources

Visit the Borough of Ramsey Health Department website at:

<http://ramseynj.com/327/Health> for COVID-19 Vaccination Registration Links. The Murphy administration has created an automated phone line for anyone who needs assistance or has questions about registering for the COVID-19 Vaccine. Live operators are available at **855-568-0545 to assist.**

[NJ Vaccine Scheduling System \(NJVSS\)](#)

You can reserve your spot to get the COVID-19 vaccine by pre-registering [here](#).

If you are having technical issues registering please submit your support request

<https://covid19.nj.gov/forms/vaccine/vss-feedback>

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.

Oakland Senior Center is hosting mobile COVID-19 testing in their parking lot Mondays, Wednesdays and Saturdays. The testing is open to Ramsey residents. Please go to <https://www.oakland-nj.org> to register for an appointment. Appointments are required

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

Mail to Borough Hall:

33 North Central Ave.

201-825-3400

www.ramseynj.com/225/Senior-Center

ramseyseniorcenter@gmail.com