


# Ramsey Senior Center

Monthly Newsletter



# Activity Schedule

Monday	Tuesday	Wednesday	Thursday	Friday
Walking Group (Meet at Varka)   Monday-Saturday   8:00 am Walking Group (Meet at Interstate Bike Path)   Monday, Wednesday, and Friday   9:30 am.				10:00 Yoga/Meditation 10:00 Bocce 11:00 Bocce 11:00 Card Games 1:00 Pool & Shuffleboard 2:00 Pool & Shuffleboard 2:30 Table Tennis 3:30 Table Tennis
	4 10:00 Healthy Bones 11:30 Healthy Bones 4:00 Pickleball 5:00 Pickleball	5 10:00 Board Games 10:00 Bocce 11:00 Zumba Gold 11:00 Bocce 11:00 Bridge	6 1:00 Pool & Shuffleboard 2:00 Pool & Shuffleboard 2:00 Table Tennis 3:00 Table Tennis	7 10:00 Healthy Bones 10:00 Meeting 11:30 Healthy Bones 4:00 Pickleball 5:00 Pickleball 10:00 Yoga/Meditation 10:00 Bocce 11:00 Bocce 11:00 Card Games 1:00 Pool & Shuffleboard 2:00 Pool & Shuffleboard 2:30 Table Tennis 3:30 Table Tennis
11 10:00 Yoga/Meditation 10:00 Bocce 11:00 Bocce 11:15 Functional Exercise 12:00 Bingo 1:00 Knitting/Crochet 1:00 Pool & Shuffleboard 2:00 Knitting/Crochet 2:00 Pool & Shuffleboard 2:00 Table Tennis 3:00 Table Tennis	12 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	13 10:00 Board Games 10:00 Bocce 11:00 Zumba Gold 11:00 Bocce 11:00 Bridge 1:00 Pool & Shuffleboard 2:00 Pool & Shuffleboard 2:00 Table Tennis 3:00 Table Tennis	14 10:00 Healthy Bones 10:00 Meeting 11:30 Healthy Bones 11:00 Committee Meeting 4:00 Pickleball 5:00 Pickleball	15 10:00 Yoga/Meditation 10:00 Bocce 11:00 Bocce 11:00 Card Games 1:00 Pool & Shuffleboard 2:00 Pool & Shuffleboard 2:30 Table Tennis 3:30 Table Tennis
18 10:00 No Yoga/Meditation 10:00 Bocce 11:00 Bocce 11:15 Functional Exercise 12:00 Bingo 1:00 Knitting/Crochet 1:00 Pool & Shuffleboard 2:00 Knitting/Crochet 2:00 Pool & Shuffleboard 2:00 Table Tennis 3:00 Table Tennis	19 10:00 Healthy Bones 11:00 Hands on CPR 11:30 Healthy Bones 4:00 Pickleball 5:00 Pickleball	20 10:00 Board Games 10:00 Bocce 11:00 Zumba Gold 11:00 Bocce 11:00 Bridge 1:00 Pool & Shuffleboard 2:00 Pool & Shuffleboard 2:00 Table Tennis 3:00 Table Tennis	21 10:00 Healthy Bones 10:00 Meeting 11:30 Healthy Bones 4:00 Pickleball 5:00 Pickleball	22 10:00 No Yoga/Meditation 10:00 Bocce 11:00 Bocce 11:00 Card Games 1:00 Pool & Shuffleboard 2:00 Pool & Shuffleboard 2:30 Table Tennis 3:30 Table Tennis
25 10:00 Yoga/Meditation 10:00 Bocce 11:00 Bocce 11:15 Functional Exercise 12:00 Bingo 1:00 Knitting/Crochet 1:00 Pool & Shuffleboard 2:00 Knitting/Crochet 2:00 Pool & Shuffleboard 2:00 Table Tennis 3:00 Table Tennis	26 10:00 Healthy Bones 11:30 Healthy Bones 4:00 Pickleball 5:00 Pickleball	27 10:00 Board Games 10:00 Bocce 11:00 Zumba Gold 11:00 Bocce 11:00 Bridge 1:00 Pool & Shuffleboard 2:00 Pool & Shuffleboard 2:00 Table Tennis 3:00 Table Tennis	28 10:00 Healthy Bones 10:00 Meeting 11:30 Healthy Bones 4:00 Pickleball 5:00 Pickleball	29 10:00 Yoga/Meditation 10:00 Bocce 11:00 Bocce 11:00 Card Games 1:00 Pool & Shuffleboard 2:00 Pool & Shuffleboard 2:30 Table Tennis 3:30 Table Tennis

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. No Yoga on July 18 & July 22**

### **Functional, Resistance and Balance Class**

**Every Monday 11:15 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.**

### **Zumba Gold Class**

**Every Wednesday 11:00 am**

Zumba Gold takes the popular Latin-dance inspired workout of Zumba and makes it accessible for seniors, beginners or others needing modifications in their exercise routine. Zumba Gold builds cardiovascular health by challenging the heart and working the muscles of the hips, legs and arms with dance moves that focuses on balance, range of motion and coordination. This class can be taken standing or seated.

### **Ask The Nurse**

**Location: Ramsey Senior Center**

**Date: July 12**

**Time: 10:30 am- 1:00 pm**

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

### **Hands only CPR**

**Location: Ramsey Senior Center**

**Date: July 19, 2022**

**Time: 11:00-12:00 pm**

**Registration is required** Call Ramsey Health Dept at 201-825-3400 x245

The American Heart Association (AHA) encourages members of the community to make a difference by learning CPR.

This class will focus on the following skills:

- Recognizing the early signs of a heart attack
- Providing effective compressions
- Practicing the use of an AED
- NO Certification for this class

This class is being offered by the Health Awareness Regional Program of Hackensack University Medical Center, Hackensack Meridian Health



## **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](mailto: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

### **Senior Book Discussion Group**

The Ramsey Seniors will be hosting a monthly book discussion group beginning on **Tuesday, September 20 at 2 pm**. Karen Dey and Catherine Dodwell will lead a discussion of Kristin Hannah's Four Winds. Set in the Midwest during the Dust Bowl era, this story presents "an indelible portrait of America and the American Dream, as seen through the eyes of one indomitable woman whose courage and sacrifice will come to define a generation." Copies of the book will be available at the Ramsey Library beginning in mid-August (large print copies will be available) and may be checked out on your library card. This opportunity is designed to be social and to encourage new retirees to meet other residents. Refreshments will be served. Registration is required, sign up sheet will be posted on the Senior Center bulletin board.

**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](http://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 Independence Day Celebration @ Finch Park will be held on Friday, July 1st.**

6:30PM - 7:30PM One Hit Wanderers

8:00PM - 9:30PM Fillet of Sole

Fireworks to follow

Ramsey Baseball & Softball Association will be selling refreshments at the snack stand

The VFW will be grilling in front of their building at Finch Park

\*Rain Date is Saturday, July 2nd

**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](mailto: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](http://www.ramseynj.com/225/Senior-Center)  
[ramseyseniorcenter@gmail.com](mailto:ramseyseniorcenter@gmail.com)