

# Ramsey Senior Center

Monthly Newsletter



## Activity Schedule

**Masks are required when visiting and participating in activities at the Senior/Community Center. Arthritis Exercise and Yoga Classes have been moved to Zoom. Table tennis will be taking the month off.**

Monday	Tuesday	Wednesday	Thursday	Friday
<p>3</p> <p>10:00 No Yoga/Med. Zoom 1:00 Knitting/Crochet 1:00 Pool &amp; Shuffleboard</p> <p>2:00 Knitting/Crochet 2:00 Pool &amp; Shuffleboard</p>	<p>4</p> <p>10:00 Healthy Bones 11:30 Healthy Bones</p>	<p>5</p> <p>10:00 Board Games 11:00 Bridge 11:00 Arthritis Exercise Zoom</p> <p>1:00 Pool &amp; Shuffleboard 2:00 Pool &amp; Shuffleboard</p>	<p>6</p> <p>10:00 Healthy Bones 10:00 Meeting 11:30 Healthy Bones</p>	<p>7</p> <p>10:00 Yoga/Meditation Zoom 10:00 Games 11:00 Card Games 1:00 Arthritis Exercise Zoom</p> <p>1:00 Pool &amp; Shuffleboard 2:00 Pool &amp; Shuffleboard</p>
<p>10</p> <p>10:00 Yoga/Meditation Zoom 1:00 Knitting/Crochet 1:00 Pool &amp; Shuffleboard</p> <p>2:00 Knitting/Crochet 2:00 Pool &amp; Shuffleboard</p>	<p>11</p> <p>10:00 Healthy Bones 10:45 Ask The Nurse 11:30 Healthy Bones 11:30 Ask The Nurse 12:30 Ask The Nurse</p>	<p>12</p> <p>10:00 Board Games 11:00 Bridge 11:00 Arthritis Exercise Zoom</p> <p>1:00 Pool &amp; Shuffleboard 2:00 Pool &amp; Shuffleboard</p>	<p>13</p> <p>10:00 Healthy Bones 10:00 Meeting 11:00 Committee Meeting 11:30 Healthy Bones</p>	<p>14</p> <p>10:00 Yoga/Meditation Zoom 10:00 Games 11:00 Card Games 1:00 Arthritis Exercise Zoom</p> <p>1:00 Pool &amp; Shuffleboard 2:00 Pool &amp; Shuffleboard</p>
<p>17</p> <p>10:00 No Yoga/Med. Zoom 1:00 Knitting/Crochet 1:00 Pool &amp; Shuffleboard</p> <p>2:00 Knitting/Crochet 2:00 Pool &amp; Shuffleboard</p>	<p>18</p> <p>10:00 Healthy Bones 11:30 Healthy Bones</p>	<p>19</p> <p>10:00 Board Games 11:00 Bridge 11:00 Arthritis Exercise Zoom</p> <p>1:00 Pool &amp; Shuffleboard 2:00 Pool &amp; Shuffleboard</p>	<p>20</p> <p>10:00 Healthy Bones 10:00 Meeting 11:30 Healthy Bones</p>	<p>21</p> <p>10:00 Yoga/Meditation Zoom 10:00 Games 11:00 Card Games 1:00 Arthritis Exercise Zoom</p> <p>1:00 Pool &amp; Shuffleboard 2:00 Pool &amp; Shuffleboard</p>
<p>24</p> <p>10:00 Yoga/Meditation Zoom 1:00 Knitting/Crochet 1:00 Pool &amp; Shuffleboard</p> <p>2:00 Knitting/Crochet 2:00 Pool &amp; Shuffleboard</p>	<p>25</p> <p>10:00 Healthy Bones 11:30 Healthy Bones</p>	<p>26</p> <p>10:00 Board Games 11:00 Bridge 11:00 Arthritis Exercise Zoom</p> <p>1:00 Pool &amp; Shuffleboard 2:00 Pool &amp; Shuffleboard</p>	<p>27</p> <p>10:00 Healthy Bones 10:00 Meeting 11:30 Healthy Bones</p>	<p>28</p> <p>10:00 Yoga/Meditation Zoom 10:00 Games 11:00 Card Games 1:00 Arthritis Exercise Zoom</p> <p>1:00 Pool &amp; Shuffleboard 2:00 Pool &amp; Shuffleboard</p>
<p>31</p> <p>10:00 Yoga/Meditation Zoom 1:00 Knitting/Crochet 1:00 Pool &amp; Shuffleboard</p> <p>2:00 Knitting/Crochet 2:00 Pool &amp; Shuffleboard</p>				<p>Walking Group (Meet at Varka)   Monday-Saturday   8:00 am Walking Group (Meet at Interstate Bike Path)   Monday, Wednesday, and Friday   9:30 am.</p>

## Activity Schedule

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. Pickleball will return in the spring. **Masks are required when visiting and participating in activities at the Senior/Community Center. Arthritis Exercise and Yoga Classes have been moved to Zoom. Table tennis will be taking the month off.**

### Zoom Gentle Yoga and Meditation

**Every Monday and Friday at 10 am**

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 class on January 2<sup>nd</sup> & January 17.**

### Zoom Arthritis and Balance Class

**Every Wednesday starting 11 am and Friday at 1:00 pm**

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. **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.

## Ask The Nurse

**Location: Ramsey Senior Center**

**Dates: January 11**

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

- Blood Pressure Screening
- Body Mass Index (BMI) Screening
- Stroke Risk Assessment
- Diabetes Risk Assessment
- Community Resource Referral Information
- Bone Density Screening



## Bone Density Screening

January 11, 2022  
 10:30am- 1:00pm  
 75 E Oak Street  
 Ramsey, NJ 07446

*Why are bone density screenings important?*

*Bone density tests are important to measure how strong the bones are.*



## COVID-19 Resources

Visit the Borough of Ramsey Health Department website at <http://ramseynj.com/327/Health>. COVID-19 Vaccination Appointment Requests for Ramsey Seniors. The Ramsey Health Department is working with Hackensack Awareness Regional Program (HARP) to schedule COVID-19 vaccination appointments for our residents who are 75 and older. [Please click this link for more information.](#) You may request an appointment by calling 201-825-3400 EXT. 279 and leave a message with your name, address, phone number, date of birth, and email. You may also request an appointment by filling out our form using the link <https://forms.gle/SRN6N5jVjj993pZr7>

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.**

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.

### 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*

## 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 Nixle Emergency Notifications & Alerts**

Please sign up for emergency notifications and alerts for Ramsey through the Nixle system. To sign up from your cell phone simply text the zip code 07446 to 888777, and receive text alerts.

### **Christmas Tree Pick Up**

The ONE TIME Curbside Christmas Tree Pick Up is scheduled for Monday, January 10th. \*Christmas trees may also be brought to the yard waste bin at the recycling center, Monday - Saturday.\*

### **2022 Recycling Guide**

Visit [here](#) for the 2022 Recycling Guide. The new guide is expected to be mailed to Ramsey residents the 1<sup>st</sup> week of January.

## Ramsey Senior Center Membership Registration Form Adults 60+

The Senior Center is updating to a new registration system and **all seniors will have to update their information**. [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.

### 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)