

# Ramsey Senior Center

Monthly Newsletter



**Activity Schedule** Corn hole starting March 23<sup>rd</sup> 1pm inside. Bocce/horseshoes will begin outside weather permitting April 3<sup>rd</sup> 1-3pm

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.		11:00 Zumba Gold 1:00 Pool & Shuffleboard 2:00 Pool & Shuffleboard 2:00 Table Tennis 3:00 Table Tennis	10:00 Healthy Bones 11:30 Healthy Bones 1:00 Womans Club 2:00 Digital World Presentation	10:00 Yoga/Meditation 1:00 Pool & Shuffleboard 2:00 Pool & Shuffleboard 2:00 Table Tennis 3:00 Table Tennis
10:00 Yoga/Meditation 11:15 Functional Exercise 1:00 Knitting/Crochet 1:00 Pool & Shuffleboard 2:00 Knitting/Crochet 2:00 Pool & Shuffleboard 2:00 Table Tennis 3:00 Table Tennis	10:00 Healthy Bones 11:30 Healthy Bones	11:00 Zumba Gold 1:00 Pool & Shuffleboard 2:00 Pool & Shuffleboard 2:00 Table Tennis 3:00 Table Tennis	10:00 Healthy Bones 11:00 Trustee Meeting 11:30 Healthy Bones 1:00 VHA Meeting	10:00 Yoga/Meditation 1:00 Pool & Shuffleboard 2:00 Pool & Shuffleboard 2:00 Table Tennis 3:00 Table Tennis
10:00 Yoga/Meditation 11:15 Functional Exercise 1:00 Knitting/Crochet 1:00 Pool & Shuffleboard 2:00 Knitting/Crochet 2:00 Pool & Shuffleboard 2:00 Table Tennis 3:00 Table Tennis	10:00 Healthy Bones 10:30 Ask The Nurse 11:30 Healthy Bones 12:30 Ask The Nurse 1:00 Leisure Club	11:00 Zumba Gold 1:00 Pool & Shuffleboard 2:00 Pool & Shuffleboard 2:00 Table Tennis 3:00 Table Tennis	10:00 Healthy Bones 11:30 Healthy Bones 12:00 Candy Egg Filling 1:00 Womans Club	10:00 Yoga/Meditation 1:00 Pool & Shuffleboard 2:00 Pool & Shuffleboard 2:00 Table Tennis 3:00 Table Tennis
10:00 Yoga/Meditation 11:15 Functional Exercise 1:00 Knitting/Crochet 1:00 Pool & Shuffleboard 2:00 Knitting/Crochet 2:00 Pool & Shuffleboard 2:00 Table Tennis 3:00 Table Tennis	10:00 Healthy Bones 11:30 Healthy Bones 2:00 Book Club	11:00 Zumba Gold 1:00 Pool & Shuffleboard 2:00 Pool & Shuffleboard 2:00 Table Tennis 3:00 Table Tennis	10:00 Healthy Bones 11:30 Healthy Bones 1:00 Corn hole	10:00 Yoga/Meditation 1:00 Pool & Shuffleboard 2:00 Pool & Shuffleboard 2:00 Table Tennis 3:00 Table Tennis
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## 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**

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 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.



### Ramsey Seniors Give Back

The Ramsey Seniors will be doing their annual community service filling thousands of eggs for the Ramsey Recreations Spring Egg Hunt. Lunch will be served. All welcome. Please sign up on Senior bulletin board.

**Location: Ramsey Senior/Community Center Date: March 16<sup>th</sup> Time: 12 noon**

## Ask The Nurse

**Location: Ramsey Senior Center**

**Date: March 14th**

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

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



KEEP GETTING BETTER

Mind-  
Body-Spirit

REIKI

April 4, 2023

9:00am-11:00 am

Ramsey Senior Center

20 minute

Individual sessions

includes Meditation

Reiki, Aromatherapy

Sign up sheet posted on the Senior  
Center Bulletin Board



Hands-Only CPR

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*



**Location: Ramsey Senior Center**

**Date: April 25, 2023**

**Time: 12:30-1:30**

**Registration is required**

**Call Ramsey Health Dept at 201-825-3400 x245**

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



## Additional Information

### **Securing Your Digital World Presentation**

**Location:** Ramsey Senior Center

**Date:** March 2nd

**Time:** 2-3:30 pm

Frank Gergelyi, President of All-in-One Computers, Inc. will present a lecture highlighting the basics of digital security. Topics he will cover include:

- PCs : secure with passwords; use multiple accounts if necessary; limit use by others of PC; online/offline backups; only time remote access of your PC is acceptable
- Tablets and Smartphones: use access code to secure; transfer pictures
- 2 step authentications: what it is and why it is important
- Enable multiple ways to open online banking accounts; brokerage accounts; and credit cards
- Avoid scams through phone calls; pop-up warnings onscreen; advertisements; credit cards; requests for remote access; fishing emails
- Limit use of public WiFi “hotspots” and free Internet in coffee cafes, public libraries, other public settings
- Limit use of “kiosk” PCs at hotels, airports, train stations
- Keep duplicates of all vital/irreplaceable information
- Use unique, non-personal passwords which include upper, lower case letters, numbers and special symbols at least 8 characters in length
- Store passwords in a safe place and keep a current list; make sure someone you trust has access to them.

This is not a hands-on workshop, although you are free to bring your personal device. Registration is required either through a sign-up sheet at the Senior Center or you can call the Center at 201-825-1975.

### **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 Seniors Book Discussion**

Please join Catherine Dodwell and Karen Dey on Tuesday, March 21<sup>st</sup> at 2pm for the Senior Book Group. In March, we will discuss *Clara and Mr. Tiffany* by Susan Vreeland and copies are available at the Ramsey Public Library.

It’s 1893, and at the Chicago World’s Fair, Louis Comfort Tiffany makes his debut with a luminous exhibition of innovative stained-glass windows that he hopes will earn him a place on the international artistic stage. But behind the scenes in his New York studio is the freethinking Clara Driscoll, head of his women’s division, who conceives of and designs nearly all of the iconic leaded-glass lamps for which Tiffany will long be remembered. Never publicly acknowledged, Clara struggles with her desire for artistic recognition and the seemingly insurmountable challenges that she faces as a professional woman.

This opportunity is designed to be social and to encourage new retirees to meet other residents. Refreshments will be served. Registration is helpful—there is a sign-up sheet in the Senior Center or you can call the Center at 201-825-1975.

### **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](#)

If you have any questions you may call the Ramsey Office of Emergency Management at 201-825-3400 x 280

### **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)