

Village of Ridgewood
Department of Parks and Recreation

Key Telephone Numbers for Older Adults

- The Stable 201-670-5560
H.I.L.T. Headquarters
- Bergen County Division of Senior Services 1-877-222-3737
Bergen NJ EASE/Information and assistance for all older adults.
www.co.bergen.nj.us
- NJ State Division of Aging Services 1-800-792-8820
Available programs, services and benefits for older adults.
- Bergen County CHORE 201-489-7790
Minor home repairs. No emergencies. Cost of materials only; no labor cost.
- Bergen County Community Transportation 201-368-5955
By appointment, food shopping transportation, medical appointments.
- Northwest Bergen Senior Center, Midland Park 201-445-5690
- NJ Transit Reduced Fare Program 973-491-7112
- Access Link 1-800-955-2321
Curb to curb service, shared-ride system.
- Housing Authority of Bergen County 201-569-7454
Information and applications for subsidized senior housing.
- Social Security Hotline 1-800-772-1213
From 7:00AM to 7:00PM

- Ridgewood Senior Bus 1-201-670-5500 ext 203
 Tuesdays starting at 9:30am. Stops include Ridgecrest, Stop & Shop, Rite-Aid, S.H.A.R.E. houses and Village hall. Thursdays by reservation only. Stops include Paramus Park/Fashion Center, grocery store and doctors appointments.
- Discounted Village Taxi Coupons 201-670-5500 ext 200
 Sold in denominations of \$1.00 and \$5.00.
- Community Meals Inc. 201-447-8295
www.communitymealsonwheels.org
- Senior Lunch for Active Seniors through the Bergen County Nutrition Program: Midland Park – Northwest Senior Activity Center, 46-50 Center Street. Call 201-445-5690 for more details. www.co.bergen.nj.us
- HEAP (Home Energy Assistance Program) 201-968-0200 ext 7008
 Provides assistant with heating/cooling costs.