



ACCESS RIDGEWOOD '25

Senior Workshop

“Thrive Together: A Community Gathering for Connection and Well-Being”

**presented by Elise Merhige, Founder, IntentionThink
IIN, Certified Health Coach**



**Thursday, October 16, 2025,
10:30am to 12pm**

**Anne Zusy Youth Lounge,
located in Village Hall,
131 N. Maple Avenue**

**NO FEE,
but registration is required.**

**Join us and discover ways to access and foster a greater sense of
community and connection in your life!**

Register at <https://register.capturepoint.com/ridgewood>

Refreshments provided by Age Friendly Ridgewood.

**Need transportation? Reserve a space on the
Ridgewood Senior Bus at 201-670-5500 ext. 2203.**

**For further information, contact the
Community Center at 201-670-5500, ext. 2301**



**VILLAGE OF
RIDGEWOOD**

