

FLORHAM PARK SENIOR CITIZENS CLUB NEWSLETTER

MARCH & APRIL – 2018



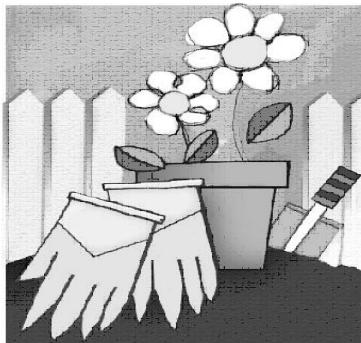
Wednesday, February 28 -
Thursday, March 1



Daylight Saving Time
Begins Sunday, March 11



Saint Patrick's Day
Saturday, March 17



First Day of Spring
Tuesday, March 20



Friday, March 30 -
Saturday, April 7



Easter
Sunday, April 1

FLORHAM PARK SENIOR CITIZENS CLUB INFO

Senior Citizens Center 111 Ridgedale Ave. Florham Park, NJ 07932	<u>Phone Numbers</u> Senior Center Main No.: 973-520-8984 Senior Center Office: 973-520-8983
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<u>Elective Officers</u>			
President:	Richard Irwin	973-966-6729	Treasurer: Russell White
			973-377-0107
Vice President:	Paul Chase	973-822-0031	Secretary: Marianne Nucci
			973-520-8983

PRESIDENT'S MESSAGE

On Saturday, January 27, 2018, the family memorial for Joseph P. Boorujy was given at the Ogden Memorial Presbyterian Church, following his passing on December 24, 2017. Joseph was baptized at the church in 1927. He served in the Navy, returned home, married Zehra in 1953, and began a family. Their two sons spoke briefly of their father's passion in serving others and of his numerous skills and knowledge. Joseph's pastor mentioned his service as an usher at the church. His service as president and vice-president of the Senior Citizens Club of Florham Park was noted as well. Representing Florham Park was Mayor Mark Taylor, former Club presidents Virginia Arnold and Charlene Sozansky, and your current president. This caring, thoughtful and loving memorial for Joseph P. Boorujy was held to recognize a husband, father and friend on Joseph's anniversary of his 91st birthday.

With the recent passing of another past club president, Will Rummell, I am reminded of the positive impact that Joseph and Will had on our Club. I recommend that we begin to gather information on the numerous other persons who have served the Club memorably as President or Trustee or Member (and by inference the community of Florham Park) during the past 55 years. It would be a fitting tribute to have the knowledge of all, preserved in time. If you are interested in helping us record the history of our Club, please let me know. With thanks.

STANDING COMMITTEES

Activities	Nancy Sigler	Membership	Pat Chase
Programs	Olga Petrilak	Publicity	Winifred Schurek
Hospitality	Charles Germershausen	Newsletter	Art Thomas
Attendance	Pat Chase	MCCoOPO	Barbara Nevius
Good & Welfare	Rosalie Coll		

MEMBERSHIP

Welcome New Members

<u>Name</u>	<u>Birthday</u>	<u>Address</u>
Robert McCoy	6/24	29 Orchard Road
Valerie McCoy	3/1	29 Orchard Road

MEMBERSHIP DUES

The 2018 dues are payable Jan. 1st, 2018. The dues are \$10.00. Please make checks payable to Florham Park Seniors and send before April 1 to: **Pat Chase, 48 Orchard Road, Florham Park, NJ 07932**

IMPORTANT: Note that according to our Club By-laws any member who fails to pay their dues by April 1st, is classified as "delinquent" and will automatically be removed from the Membership List and lose all privileges. A delinquent member will not receive the Newsletter, or notices of trips, parties or other club sponsored activities. The By-laws provide for reinstatement and states as follows: After April 1st an additional late fee of \$15.00 will be added to the \$10.00 for that year's membership.

Also, please note; We request that members with cell phones and e-mail addresses provide that information with their renewals. Doing this will maximize our ability to reach you, and the town's Office of Emergency Management to serve you, in case of civil emergencies like Hurricane Sandy. Please include this information with your dues check.

TELEPHONE TREE

The Telephone Tree is used primarily for notification of the death of a club member or the member's immediate family. This is done so that we can individually extend our condolences and attend local services. We also call in the event of the cancellation of a meeting, or some type of emergency heat or cold situation.

Our Telephone Tree starts out with three people: Eileen Cerrato, Rosalie Coll and Charlene Sozansky. The trio each call eight people who in turn call approximately five others so that we cover our entire membership. Since we are all volunteers doing a service for our members, we would appreciate it if one of our new members would volunteer to be a caller.

If you are not being called or do not want to be called, please let me know so you can be added or removed from the list.

In case of the death of a club member or someone in the member's immediate family, please call Charlene Sozansky at 973-822-3145. If she is not available, please advise Eileen Cerrato at 973-822-2296.

SENIORS HELPING SENIORS

We are currently assisting three families in our community with mostly gift cards. We will continue to put our "can" out at meetings and keep replenishing our fund for Seniors who may need a little help for food and clothing. Thanks to all for your support.

MCCoOPO NEWS

New Medicare cards will be issued starting in April. Social Security numbers currently on cards will be replaced with a new randomly generated Medicare Benefits identifier.

FRIDAY MOVIES

Movies are shown at the Senior Center on Fridays at 12:30 p.m. Titles are listed on TV (Optimum Channel 21 or Verizon Channel 35) and on the calendar in the lobby of the Senior Center.

BINGO

Join us for Bingo at the Senior Center held twice a month on the first and third Tuesdays at 1:00 p.m. The dates are 3/6, 3/20, 4/3, and 4/17. These dates are listed on the Senior Calendar page located in current Newsletter as well as the calendar in the lobby of the Senior Center.

COLORING

Adult coloring will continue at the Senior Center on Wednesdays between 10:30 a.m. and 12 noon. The dates are March 21, 2018 and April 18, 2018.

FLORHAM BOROUGH WEBSITE

For members with access to the Internet, you can go to the website <http://www.florhamparkboro.net> for upcoming Borough meetings, events and news and announcements. For info on Senior activities, the "Senior Citizens Corner" is located under "Recreation."

SENIOR SERVICES

The Senior Services Directory is available at the Senior Center.

SENIOR EXERCISE CLASS

The next 10-weeks of exercise classes will begin on **Monday, April 2, 2018 - Monday, June 11, 2018** for a fee of \$10. Classes will be held two times per week: MONDAY from 1:00 p.m. to 1:30 p.m., and THURSDAY from 10:00 a.m. to 10:30 a.m. If you would like to attend for this period, complete the sign-up sheet on the back of this newsletter and either mail it to me with your check, or bring it completed with a check to the first class. Thank you for your continued interest in this program.

Ruth Moolin, 4 Cory Road, Florham Park, NJ 07932 Phone: 973-822-2272

QI GONG EXERCISE CLASS

The new 10-week session of Qi Gong will begin on **Friday, April 6, 2018 - Friday, June 8, 2018** from **10: a.m. – 11:00 a.m.** for a fee of \$10. Qi Gong is a traditional Chinese mindful practice for cultivating and strengthening the body's vital energy. Also known as "Chinese Yoga" and "Meditation in Motion," Qi Gong is characterized by slow, graceful and flowing movements which gently stretch muscles, tendons and ligaments. This low-impact exercise system is performed with mental focus on movement and the breath, resulting in greater awareness of the mind-body-breath connection.

Practicing Qi Gong regularly may have many positive health benefits, such as relaxing body and mind, enhancing mental focus and concentration, improving balance, coordination and body alignment and increasing energy levels. This practice promotes relaxation, health, a peaceful mind and a general sense of well-being. The slow, gentle movements of Qi Gong can be practiced by all age groups and can easily be adapted for the physically challenged. A sign-up sheet is in the back of this Newsletter

COMPUTER AND TECH SUPPORT

Computer and technical support will be available at the Senior Center on Wednesdays from 11:30 a.m. to 1:30 p.m. An FDU student may also come on Thursdays, check the calendar at the Senior Center.

PROGRAMS AT THE FLORHAM PARK LIBRARY

On the last Tuesday evening of the month the Library will show a recent DVD release at 6:30 p.m.

The Second Sundays Series (**Reservations are required**) at the Library includes:

March 11 - Journey of an Irish Immigrant - performance by Kit's Interactive Theatre

April 8- Gardens with Walter C

BE ON THE LOOKOUT

Our next Newsletter will contain a sign-up form for the Spring Luncheon, to be held at the Hanover Manor, on Wednesday, **June 13, 2018. Save the date!**

We are also in the process of preparing a survey to assess our programs, events, and activities. We hope you will participate. We welcome your input to help us better serve your needs. Let us know your likes and dislikes and your innovative ideas. Look the survey soon!

TRIPS

Thursday, March 15, 2018 - St Patrick's Day Show at Doolan's in Spring Lake. Included will be lunch, entertainment by Irish tenor Mike Byrne, Green Derby Showband, a comedian, and a bagpiper. There will also be an open bar for one hour. (n/w)

Thursday, April 12, 2018 - Mansions along the Delaware - Drive to Bucks county, PA and tour three beautiful mansions - Pennsbury Manor, Glen Ford Estate and Andalusia. We will have lunch at the historic King George Inn established in in 1681. (s/w)

Tuesday, May 8, 2018 - Mystery Tour # 25- Who Knows Where- wonderful scenery, unusual sites and a fabulous meal. (s/w)

Wednesday, June 20, 2018 - Private Eco tour of the Meadowlands - Boat tour of the Hackensack River with a naturalist explaining the process of restoring the scenic natural region, nature walk with stunning views of New York City and lunch. (s/w)

Thursday, July 26, 2018 - Cruise the Manasquan River aboard the River Belle, stroll the boardwalk, and lunch in Point Pleasant. We will stop at Delicious Orchards on the way home. (s/w)

** (n/w) = no walking (s/w) = some walking (w) = walking

Please note: The cost of each trip includes a meal as well as ALL gratuities. For all trips, payment by check is payable to Florham Park Seniors. The refund policy is listed on the individual trip flyers. Those guests needing assistance with walking, dining, or other personal needs must be accompanied by a companion who will assist them. If you have any questions, please contact Nancy Sigler at 973-377-4931.

ACTUAL NEWSPAPER HEADLINES--REALLY

MAN KILLS SELF BEFORE SHOOTING WIFE AND DAUGHTER
Now that is really something!

SOMETHING WENT WRONG IN JET CRASH.EXPERT SAYS
No crap, really?

POLICE BEGIN CAMPAIGN TO RUN DOWN JAYWALKERS
Now that's taking things a bit far!

MINERS REFUSE TO WORK AFTER DEATH
No-good-for-nothing lazy so-and-sos!

JUVENILE COURT TO TRY SHOOTING DEFENDANT
See if that works any better than a fair trial.

WAR DIMS HOPE FOR PEACE
I can see where it might have that effect!

RED TAPE HOLDS UP NEW BRIDGES
You mean there is something stronger than duct tape?

SENIOR CALENDAR

Date	Event	Time/Place
Fri., Mar. 2	Movie – Saving Mr. Banks	12:30 p.m. Senior Center
Tue., Mar.6	Bingo	1:00 p.m. Senior Center
Wed, Mar 7	Board Meeting	10:00 a.m. Senior Center
Fri., Mar 9	Movie - Whiplash	12:30 p.m. Senior Center
Wed., Mar. 14	General Meeting - "HOPE'S PROMISE" is a PATH (Professional Association of Therapeutic Horsemanship) International Center based in Chester, NJ. They have four miniature therapy horses. Maureen Coultas, Director of Hope's Promise will give a presentation about the therapy horses and introduce us to one of them. We will have opportunity to pet the equine and ask questions of Maureen.	11:00 a.m. Community Center
Thur., Mar 15	Trip- Patrick's Day Show at Doolan's in Spring Lake	Flyers at Senior Center
Fri., Mar. 16	Movie – The Meddler	12:30 p.m. Senior Center
Tue., Mar. 20	Bingo	1:00 p.m. Senior Center
Wed. Mar. 21	Coloring	10:30 a.m. Senior Center
Fri., Mar. 23	Movie – Man Of Steel	12:30 p.m. Senior Center
Wed., Mar. 28	General Meeting -the Fellowship Senior Living has put together a wellness program for seniors which includes how to prevent falls, staying fit with healthy proper stretching and balance assessment. Helpful information will be presented by Mary Kleban, a Physical Therapist and the daughter of our Club members, Myron and Mary Anna Kleban.	11:00 a.m. Community Center
Fri., Mar. 30	CLOSED	Senior Center
Tue., Apr. 3	Bingo	12:30 p.m. Senior Center
Wed., Apr. 4	Board Meeting	10:00 a.m. Senior Center
Fri., Apr. 6	Movie	12:30 p.m. Senior Center
Wed., Apr. 11	General Meeting - Have you given thought to how important your feet are to your overall health? The Wound Healing Center of MMC (part of Atlantic Health System) presents answers to this question with this program. Included is a foot screening as well as an introduction to many other services provided by this professional medical facility.	11: 00 a.m. Community Center
Thur., Apr. 12	Trip - Mansions along the Delaware	Flyers at Senior Center
Fri., Apr. 13	Movie	12:30 p.m. Senior Center
Tue., Apr. 17	Bingo	12:30 p.m. Senior Center
Wed., Apr. 18	Coloring	10:30 a.m. Senior Center
Fri., Apr. 20	Movie	12:30 p.m. Senior Center
Wed., Apr 25	General Meeting - "JESTER JIM" - come and be amazed by the breathtaking skills of this versatile and talented juggler/comedian. You won't be disappointed.	11:00 a.m. Community Center
Fri., Apr. 27	Movie	12:30 p.m. Senior Center

FLORHAM PARK SENIOR CITIZENS CLUB



Happy Birthday



MARCH

Adams	Bettie	3/5
DeLorenzo	Angela	3/6
Dennison	Thomas A.	3/24
Gleichmann	Connie	3/26
Haitmanek	Carmela	3/5
Huber	Marsha	3/13
Irwin	Linda	3/22
Kaleh	Margaret	3/1
Margotta	Angela	3/21
McCoy	Valerie	3/1
Nixon	Susan L	3/12
Tuli	Prem	3/1
Zeliff	Nancy	3/9

APRIL

Adamo	Claire	4/12
Ammirato	Edith	4/25
Contella	Rosemarie	4/30
Davidson	Richard	4/30
Gannon	Mary Elizabeth	4/15
Guzzi	Beatrice L.	4/6
Incardono	Mary Claire	4/2
Irwin	Richard	4/15
Kleban	Myron	4/26
Padden	Thomas J.	4/17
Patetta	Jonelle	4/6
Prokop	Michael	4/28
Sabatino	Mildred	4/20
Salvato	Gerard	4/23
Tarencz	Barbara	4/10
Taylo	Barbara	4/9
Tighe	Brian	4/26
Watts	Joan	4/23
Wetter	Shirley	4/3
White	Nellie	4/14

FLORHAM PARK SENIOR EXCERCISE CLASS

Taught by Florham Park Resident and Jazzercise instructor, Stephanie Akers

The class will consist of light aerobic exercises and stretching to improve balance and fitness for Florham Park residents who are aged 62 or older.

WHEN: Mondays from 1:00 p.m. – 1:30 p.m. and Thursdays from 10:00 a.m. – 10:30 a.m.

WHERE: Florham Park Senior Center

FEE: \$10 per person (covers the 2 classes per week for 10 weeks – starting, **April 2, 2018 through June 11, 2018**)

Please make checks payable to "*The Florham Park Senior Citizens Club.*"

BRING: A rubber exercise band which is long and strong enough to fit under your feet and not break while stretching. You are encouraged to bring a water bottle.

WHO: Classes are for senior citizens of Florham Park. Beginners are welcome.

HOW: Complete the form below and return with payment.

QUESTIONS: Contact Ruth Moolin - 973-822-2272,
4 Cory Road, Florham Park, NJ 07932

Name _____

Street Address _____

Phone# _____

Emergency Contact Name: _____ Phone # _____

I agree that the Florham Park Senior Citizens Club, its officers and volunteers, or its exercise program and instructor; the Florham Park Recreation Department, or its employees and volunteers, or the Borough of Florham Park, or its elected or appointed officers, employees, volunteers, or agents, will not be held responsible for any accident or injury sustained by the named participant during the course of this program or activity.

Signature of Participant _____ Date _____

FLORHAM PARK SENIORS QI GONG EXERCISE CLASS

Taught by YMCA instructor, Bianca

The class is a gentle “moving meditation” that releases tension, cultivates energy and helps connect you to your own sense of balance and harmony. It is sometimes called “Chinese Yoga.”

WHEN: Fridays from 10:00 a.m. – 11:00 a.m.

WHERE: Florham Park Senior Center

FEE: \$10 per person (one class per week - starting **April 6, 2018 - June 8, 2018**)

Please make checks payable to "*The Florham Park Senior Citizens Club.*"

BRING: You are encouraged to bring a water bottle.

WHO: Classes are for senior citizens of Florham Park 62 years and older.

HOW: Complete the form below and return with payment.

QUESTIONS: Contact Ruth Moolin - 973-822-2272

4 Cory Road, Florham Park, NJ 07932

Name _____

Street Address _____

Phone # _____

Emergency Contact Name: _____ Phone # _____

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Participant Signature _____ Date: _____



*Go for a walk, plant a garden
or hug a tree. Love our earth!*

Florham Park Senior Citizens Club

Borough of Florham Park
111 Ridgedale Avenue
Florham Park, NJ 07932