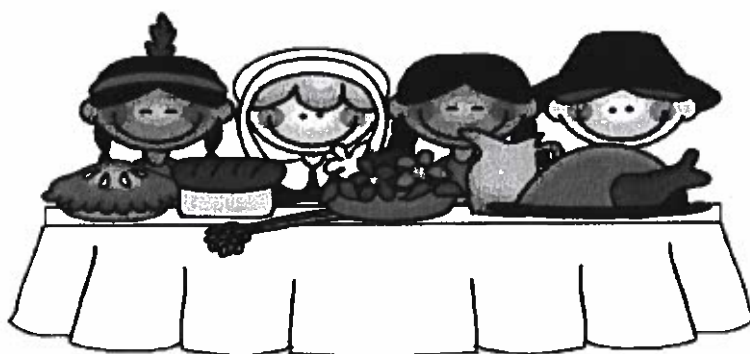


# **FLORHAM PARK SENIOR CITIZENS CLUB NEWSLETTER**

NOVEMBER - DECEMBER 2018

*Happy  
Thanksgiving*



## **Senior Citizens Center**

111 Ridgedale Ave.  
Florham Park, NJ 07932

## **Phone Numbers**

Senior Center Main No.: 973-520-8984  
Senior Center Office: 973-520-8983

## **Elective Officers**

President: Paul Chase 973-822-0031  
Vice President: Open

Treasurer: Russell White 973-377-0107  
Secretary: Marianne Nucci 973-377-8081

## PRESIDENT'S MESSAGE

The fall and winter seasons bring many opportunities to reconnect with family and friends and, as a result, this time of year seems to move along quicker than any other. Many of you will be making dinner plans for the upcoming Thanksgiving and December holidays, but you will also attempt to squeeze in other activities, such as shopping, decorating, attending craft shows, and places of worship. With so much to do, scheduling becomes a challenge. Especially if, like our family, there are four birthdays and a soon-to-be born grandchild added to the mix. With the flurry of activities at this time of year, I hope you'll take some time to sit back, relax, and enjoy the company of your family and friends.

One affair you will want to attend is the Florham Park Senior Citizens 2018 Holiday Luncheon at The Hanover Manor on December 5<sup>th</sup>. This is our best-attended event of the year. It's great to see old friends and I'd like to see our new members there as well. The reservation form can be found at the end of the newsletter. Thanks to **Lynne** for agreeing to be the event chairperson again this year.

Membership dues can be paid now for the 2019 year. Remember our next membership year begins January 1, 2019 and dues paid after April 1, 2019 will be considered late and incur a late fee. Please look for the form in this newsletter and fill it out and send in.

The Senior Fall Picnic, according to a lot of positive feedback, was a huge success! I would like to thank **Olga** for our entertainment, **Russ** and **Pat** for tracking the reservations, and all the Club members and Borough staff who helped **Pat** set-up, decorate, serve food, and clean-up. We couldn't have done it without them.

Lastly, I'd like to thank **Richard Irwin** for his service on the Club's Board. Richard has stepped down as the Club's President, effective September 30, 2018. According to the Club's by-laws on succession, the Vice President moves up to the President position. A nominating committee has already been established to identify a new Vice President.

Be safe and well!

## STANDING COMMITTEES

We are currently in need of volunteers and would appreciate some help in your area of interest. If you wish to assist on one of our Committees, please indicate it on your membership form or contact the following chairperson:

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

## TELEPHONE TREE

In the case of the death of a Club member or someone in the member's immediate family, please call Eileen Cerrato at 973-822-2296 or Paul Chase at 973-822-0031. The deceased member's family must give permission for the information to be released to the membership. If you would like to be contacted, please make sure we have your current phone number.

We need **volunteers** for the telephone tree. Please advise Eileen if you would like to help.

## IN MEMORIAM

Let us take a few moments of reflection for the following member who has departed:

Joan Watts     August 26, 2018

## TRIPS

**Too late!** The November 8<sup>th</sup> trip to hear “Three Irish Tenors” at Doolan's in Spring Lake is filled.

**Monday, December 10, 2018** – Hunterdon Hills Playhouse – Brand new Christmas production including new original songs, classic and traditional favorites, comedy sketches, and dance numbers. Lunch, plus the "DESSERT ROOM" will be served before the show. Cost to Florham Park Seniors is \$74. (n/w)

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

Flyers with additional information are available at the Senior Citizens Center.

Please note: The cost of each trip includes ALL gratuities. Most trips also include a meal – see individual flyer. For all trips, make payment by check payable to Florham Park Senior Citizens Club. Refund policy is listed on 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.

## BINGO

Join us for Bingo at the Senior Center which is held twice a month on Tuesdays at 1:00 p.m. The upcoming dates are 11/6, 11/20, 12/4, 12/11, 1/8 and 1/22. These dates are listed in the calendar in the lobby of the Senior Center and the Senior Calendar located in this newsletter. Any questions, please call Nancy Sigler at 973-377-4931.

## REGULAR SENIOR EXERCISE CLASS

The current exercise classes will end on Thursday, 12/6. There will be no exercise class on 11/1. The next set of classes will go from January 14, 2019 through March 28, 2019. Registration forms will be available in the next newsletter and at the Senior Center. Thank you for your continued interest in this program.

Any questions, please call Ruth Moolin at 973-822-2272.

## QI GONG EXERCISE CLASS

Qi Gong classes will continue through Friday, 12/7. The next schedule of classes will be from January 18, 2019 through March 29, 2019. Registration forms will be available in the next newsletter and at the Senior Center. Thank you for your support of this program.

Any questions, please call Ruth Moolin at 973-822-2272.

## MORRIS COUNTY COUNCIL OF OLDER PERSONS ORGANIZATIONS (MCCoOPO)

Before you dig (for tree, fence, walkway, driveway, pool, garden bed, etc.) call 811. It is a New Jersey state law and the homeowner will be held responsible for any damages caused if 811 has not been called.

If you smell natural gas, leave area immediately, do not use devices which may cause a spark, extinguish smoking materials, call 911 from a safe place, call 800-GAS-LEAK from a safe place, and do not re-enter area until safe.

## **ADULT COLORING**

The next date for adult coloring will be Tuesday, 11/13, between 10:30 a.m. and 12 noon at the Senior Center. This is a change from the usual Wednesday schedule. Adult coloring is not scheduled for December, but will resume on Wednesday, 1/16, between 10:30 a.m. and 12 noon.

## **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. Check with the Library for future selections.

The Second Sundays Series at the Library includes:

November 11 - Nina Et cetera - American Music

December 9 - Holiday Classics Concert with Synergismus

## **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.

## **SENIORS HELPING SENIORS**

A significant source of funds for our Seniors Helping Seniors program comes through the Boiling Springs Savings Bank's Community Alliance Program. The program gives our Club the opportunity to earn money based on the number of members who bank with Boiling Springs. You can help by opening an account or having an existing account designated as a Community Alliance participant.

Forms for the Community Alliance Program are available at the Senior Center. Please sign up!

## **ELECTION DAY – NOVEMBER 6<sup>th</sup>**

November 6th - General Election Day. Polls open from 6:00 a.m. to 8:00 p.m.

## **PICKLEBALL**

Pickleball is the fastest growing sport in America, and we would like to bring the game (and courts) to Florham Park. If interested, please contact John Timmons, Director of Parks and Recreation, at 973-410-5390 or email [jtimmons@fpboro.net](mailto:jtimmons@fpboro.net).

## **LOW-DOSE ASPIRIN STUDY\***

Should older people in good health start taking aspirin to prevent heart attacks, strokes, dementia, and cancer? No, according to a study of more than 19,000 people, including whites 70 and older, and blacks and Hispanics 65 and older. They took low-dose aspirin — 100 milligrams — or a placebo every day for a median of 4.7 years. Aspirin did not help them — and may have done harm.

Taking it did not lower their risks of cardiovascular disease, dementia, or disability. And it increased the risk of significant bleeding in the digestive tract, brain or other sites that required transfusions or admission to the hospital.

The results were published in three articles in *The New England Journal of Medicine*.

One disturbing result puzzled the researchers because it had not occurred in previous studies: a slightly greater death rate among those who took aspirin, mostly because of an increase in cancer deaths — not new cancer cases, but death from the disease. That finding needs more study before any conclusions can be drawn, the authors cautioned. Scientists do not know what to make of it, particularly because earlier studies had suggested that aspirin could lower the risk of colorectal cancer.

\*Article published in *The New York Times*, September 16, 2018.

## MEMBERSHIP

Please welcome our newest members:

Laura Cirrincione	14 Washington Street
Paul Gomperz	37 Woodbine Road
Mildred Lisanti	8 Forest Drive
Peter Nicolas	54 Townsend Drive
Barbara Tassielli	109 Roosevelt Boulevard

## MEMBERSHIP DUES

Your 2019 membership dues are payable by January 1, 2019. It would be greatly appreciated if you would submit the \$10 per member dues sooner rather than later. It makes it so much easier for the Membership Chair!

Please complete and mail the renewal form with your check to:

**Pat Chase, Membership Chair, 48 Orchard Road, Florham Park, NJ 07932**



### **Florham Park Senior Citizens Club Membership Renewal - \$10.00 per member**

Please complete and return this form, including email address and circle the area of volunteer interest, with payment by **check** [no cash] made out to: "Florham Park Senior Citizens Club".

**Mail to: Pat Chase, Membership Chair, 48 Orchard Road, Florham Park, NJ 07932**

Name \_\_\_\_\_ Email \_\_\_\_\_ Phone No. \_\_\_\_\_

I wish to volunteer for: **Trips & Tours; Membership; Newsletter; Programs; Phone Tree; Hospitality**

Name \_\_\_\_\_ Email \_\_\_\_\_ Phone No. \_\_\_\_\_

I wish to volunteer for: **Trips & Tours; Membership; Newsletter; Programs; Phone Tree; Hospitality**

If you do not have an email address, please indicate "none" above.



Please circle the area in which you wish to volunteer. Your commitment can be as much as you are able, and every little bit helps to fairly distribute tasks. Our Club runs better when many members participate in sharing the load. By volunteering, you can make a difference.

**Note:** 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 1<sup>st</sup>, a **late fee of \$15.00** will be added to the \$10.00 for that year's membership.

## 2019 PROGRAMS CALENDAR

Programs for the 2019 General Membership meetings are now being scheduled. Please call Olga Petrilak at 973-377-7370 with your personal recommendations of entertaining or informative programs.

### SENIOR TRANSPORTATION

#### Transportation Resources Available to Florham Park Senior Citizens

**MAPS (Morris Area Paratransit System)** - Curb to curb service is available to residents who are 60 or older or 18 or older and have a physical or mental disability that includes functional limitations or reside in the rural areas of Morris County. MAPS may also be able to provide transportation for people temporarily disabled by illness or injury. Trips to medical appointments, especially dialysis, chemotherapy, and radiation therapy, have high priority. Trips to work, school, and adult day care are also important. If scheduling permits, transportation for other reasons, like nursing home visits, may be available. Call 973-829-8103 for required pre-registration and additional information.

**Metro Transport/Daughters of Israel** - Non-emergency medical appointments. Service area is Florham Park and points east. Operates Monday through Friday 9:00 a.m. – 4:00 p.m. Call one week in advance for transportation 973-325-1359. Pre-registration required. First-come, first-served basis. Cost: \$2.50 one-way per town.

**MCOHA (Morris County Organization for Hispanic Affairs)** - Non-emergency medical appointments, and rides to social services, healthcare providers, and job interviews. Operates Monday through Friday in Morris County only. Call 3 days ahead for scheduling between 9:00 a.m. and 12:00 p.m. weekdays (973) 366-4770, ext. 18. First-come, first-served basis. Voluntary donations accepted.

**Access Link – NJ Transit** - Provides transportation for individuals with disabilities. Comparable to fixed route bus and light rail systems. Available same days and hours as regularly scheduled bus service, including weekends. Call 800-955-2321 for guidelines and application.

**GoGoGrandparent** - This pay-for service is available with 24-hour operator support and no smartphone is needed. Registration is required. Call 855-464-6872 to get started.

### SOCIAL SECURITY INCREASE

The Social Security Administration has announced that the cost-of-living adjustment for 2019 will be 2.8 %, which is in line with recent estimates. Each year, the Social Security Administration assesses whether there should be an adjustment to benefits, so that their purchasing power keeps up with inflation.

The increase marks the biggest boost to benefits since 2012, when beneficiaries saw a 3.6 % increase. For 2018 the cost-of-living adjustment was 2.00 %.

However, as of this writing, Medicare hasn't yet released its Part B premium changes for 2019. Any increase in this premium will, in effect, reduce the 2019 Social Security cost-of-living adjustment.

### FLORHAM PARK BOROUGH WEBSITE

For Seniors with home access to the internet or to the computers at the Florham Park Library, you can go to the website <http://www.fpboro.net> for upcoming Borough meetings, events, news, and announcements. For Senior activities, the **Senior Citizens Corner** is located under **Recreation**. Current and past Club newsletters are also posted there.

## SENIOR CITIZENS CLUB CALENDAR \*

November – December 2018

Date	Event	Time/Place
Fri., Nov. 2	Movie	12:30 p.m. Senior Center
Tues., Nov. 6	Bingo	1:00 p.m. Senior Center
Wed., Nov. 7	Executive Committee Meeting	10:00 a.m. Senior Center
Fri., Nov. 9	Movie	12:30 p.m. Senior Center
Tues., Nov. 13	Coloring	10:30 a.m. Senior Center
Wed., Nov. 14	General Meeting – “Thirsty Radish” – Food Traditions	11:00 a.m. Community Center
Fri., Nov. 16	Movie	12:30 p.m. Senior Center
Tues., Nov. 20	Bingo	1:00 p.m. Senior Center
Wed., Nov. 28	Executive Committee Meeting	10:00 a.m. Senior Center
Fri., Nov. 30	Movie	12:30 p.m. Senior Center
Tues., Dec. 4	Bingo	1:00 p.m. Senior Center
Wed., Dec. 5	Seniors Holiday Luncheon with cocktail hour and entertainment by Hanover Park Chamber Singers and Jo Jo Russell.	11:30 a.m. at The Hanover Manor
Fri., Dec. 7	Movie	12:30 p.m. Senior Center
Mon., Dec. 10	Trip – Hunterdon Hills Playhouse - Brand new Christmas production. Lunch before the show plus the “DESSERT ROOM”.	Flyers available at the Senior Center
Tues., Dec. 11	Bingo	1:00 p.m. Senior Center
Fri., Dec. 14	Movie	12:30 p.m. Senior Center
Fri., Dec. 21	Movie	12:30 p.m. Senior Center
Fri., Dec. 28	Movie	12:30 p.m. Senior Center
Tues., Jan. 8	Bingo	1:00 p.m. Senior Center
Wed., Jan 16	Coloring	10:30 a.m. Senior Center
Tues., Jan. 22	Bingo	1:00 p.m. Senior Center

**\*Please check with the Senior Center for any updates or changes.**

### WRIGHTISMS

I used to work in a fire hydrant factory. You couldn't park anywhere near the place.

If poison expires, is it more poisonous or is it no longer poisonous?

Everywhere is walking distance if you have the time.

Maybe oxygen is slowly killing us, and it just takes 75-100 years to fully work.

Every time you clean something, you just make something else dirty.

The word "swims" upside down is still "swims."

Intentionally losing a game of rock, paper, scissors is just as hard as trying to win.

100 years ago, everyone owned horse and only the rich had cars. Today, everyone has cars and only the rich have horses.

You can't have everything. Where would you put it?

FLORHAM PARK SENIOR CITIZENS CLUB



# Happy Birthday

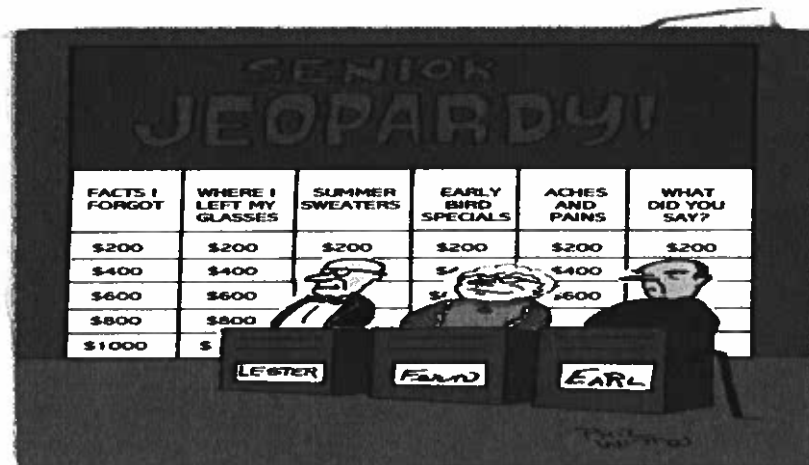


November

Bettle	Bobbie	11/24
Chase	Paul	11/06
Cirrincone	Laura	11/30
Dolan	Susan	11/22
Falco	Eileen	11/11
Frank	Linda	11/02
Haidri	Shamima	11/28
Haemmerle	William	11/01
Newman	Frank	11/16
Nixon	Kirk	11/03
O'Brien	Tom	11/12
Scarlata	Joan	11/08
Sigler	Nancy	11/03
Sodano	Bea	11/09
Tassielli	Barbara	11/26
Virosco	Shirley	11/24

December

Bauer	Ronald	12/30
Bendick	Michael	12/22
Brozyna	Stephen	12/14
Carr	Jack	12/11
Carmerlengo	Marie	12/29
Dellanno	Margaret	12/27
DeLorenzo	William	12/27
D'Amico	Marie	12/23
Giordano	Karen	12/26
Love	Robert	12/17
Newman	Doris	12/10
Padden	Carol	12/23
Patrick	Peggy	12/05
Powell	Natalie	12/26
Scarlata	Joe	12/02
Sena, Jr.	Peter	12/16
Spada	Marjorie	12/31
Thomas	Arthur	12/11
Zeien	Mary Jane	12/16





# FLORHAM PARK SENIOR CITIZENS CLUB 2018 HOLIDAY LUNCHEON

- Date: **Wednesday, December 5, 2018**
- Place: The Hanover Manor, East Hanover, NJ
- Doors open for cocktail hour with cash bar - 11:30 a.m.
- Luncheon with your entrée choice - 1:00 p.m.
- Entertainment – Hanover Park Chamber Singers and Jo Jo Russell
- Entrées: roast top sirloin of beef, salmon, or chicken francaise

**Cost: Members - \$26    Guests - \$36**

Deadline for reservations and full payment: **Friday, November 30, 2018**

If you want to be seated with friends, please include their names and food choices on this reservation form, otherwise the event committee will make your seating assignments.

*Cancellations must be made by Friday, November 30, 2018. There will be no refunds after this date. Please note: No take home allowed for non-attendees.*

## 2018 Holiday Luncheon Reservation Form

Make checks payable to: **Florham Park Senior Citizens Club**  
 Mail to: Lynne Kelly  
 41 Pinch Brook Drive  
 Florham Park, NJ 07932

Please seat the following together (10 people per table).

	Name	Entrée Choice	Check #
1.			
2.			
3.			
4.			
5.			
6.			
7.			
8.			
9.			
10.			

2

A friendly reminder: daylight saving  
time ends at 2 a.m. (local time) on  
Sunday, Nov. 4, which means it's  
almost time to turn those clocks back.  
Theoretically, we'll gain an hour of  
sleep. But we'll also be losing an hour of  
evening light through March 10, 2019 —  
when it's time to "spring" forward.



Florham Park Senior Citizens Club  
Borough of Florham Park  
111 Ridgedale Avenue  
Florham Park, NJ 07932

Recreation Director John Timmons  
111 Ridgedale Ave.  
Florham Park, NJ 07932