

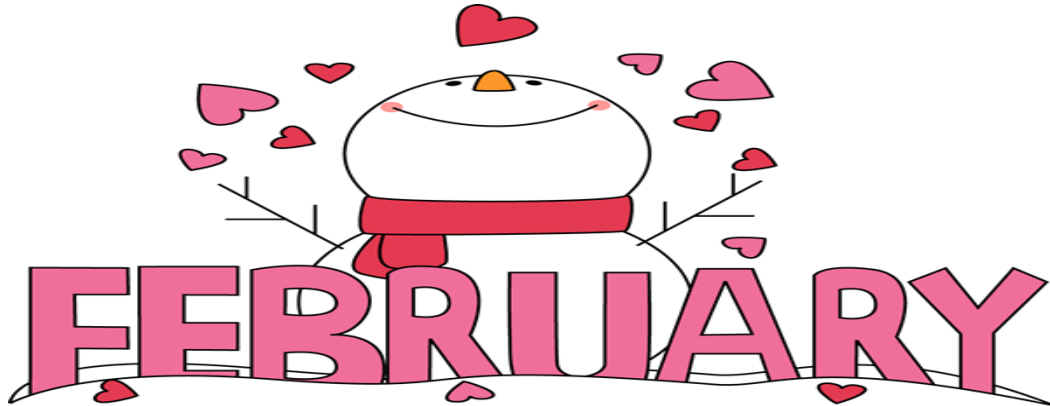
# **FLORHAM PARK SENIOR CITIZENS CLUB NEWSLETTER**

**JANUARY – FEBRUARY 2019**

**Bring in the New Year!**



**Love is in the air!**



**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

**Elected 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

Welcome to the new year! The beginning of 2019 is a time for reflection and inspiration to make some improvements in our lives. Typically, we make resolutions which include goals like: get more exercise and have a better diet, spend more time with family or friends, or take that dream vacation. However, it's important to set achievable goal(s), plan how to accomplish them, and stay focused throughout the year. With this approach, you will be more likely to succeed and enjoy a greater sense of accomplishment.

Over the past year, we've had many favorable comments on the Club's activities, trips, and programs. The fall picnic, the Twilight Done Right program, and the holiday luncheon all had high attendance and were well-received. Moreover, our day trips continue to book up quickly and the exercise and the Bingo programs enjoy good participation.

If you're looking for something to do during the winter months, check out the Club's calendar of events in this newsletter. Consider signing up for or joining in the many classes or activities being offered. Also, plan on attending the general membership meetings at the Community Center. Besides the food and entertainment, you can catch up with other members and gain valuable information about our Club and town. And, you can always stop by the friendly Senior Center for a cup of coffee and good fellowship.

The new year is also the time to renew your Club membership. A renewal form can be found in the newsletter and thanks in advance for mailing in your check.

I'm looking forward to another great year for our Club. I'm sure you are too!

## 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 note that 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

## IN MEMORIAM

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

Joseph Scarlata                      October 18, 2018

## FAREWELL

Best wishes to Trudy and Bill Ward on their move to Denville.

## MEMBERSHIP

Please welcome our newest members:

Adelaide "Carroll" Adkins	3 Woodcrest Road
Jeanette and Kenneth Allen	89 Edgewood Road
Rose DeSiena	38 Park Street, 20B
Andrea Kauter	2 Woodbine Road
Juanita Mayo	10 Brandywyne Drive
Mary and Tony Sciaino	250 Ridgedale Ave., C4

## **TELEPHONE TREE**

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

*Volunteers for the telephone tree are urgently needed! Please call Eileen if you would like to help.*

Also, if you know of a Club member or immediate family member who is not well, please contact Rosalie Coll at 973-822-0610. Rosalie mails out get well and sympathy cards on behalf of the Club.

## **TRIPS – NO TRIPS SCHEDULED FOR JANUARY OR FEBRUARY**

**Thursday, March 28, 2019 – “TAKE ME AWAY”** – An all new, featured spring musical at the Hunterdon Hills Playhouse. Upon arrival we will be greeted by a host of lively street performers and travel to London for an immersive dinner theater experience. Sherlock Holmes and Dr. Watson will join us on a musical quest to solve one of their most baffling adventures. Audience members may find they hold the clues to solving the mystery right on their dining room table. Flyers with additional information are available at the Senior Citizens Center. \*(n/w).

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

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 1/8, 1/22, 2/5, 2/19, 3/5, and 3/19.

These dates are also 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.

## **ADULT COLORING**

The next date for adult coloring will be Wednesday, 1/16, between 10:30 a.m. and noon at the Senior Center, followed by sessions on 2/20 and 3/20.

## **2019 PROGRAMS CALENDAR**

Programs for the 2019 General Membership meetings are now being scheduled by our Programs Chairperson, Olga Petrilak. If you have attended an outstanding program that you have enjoyed, please share your recommendation with Olga at 973-377-7370.

She also welcomes your ideas on entertaining or informative programs or your areas of interest that she'll research for up-coming programs.

## **RECOMMENDED SERVICES**

Need help? A list of recommended, local service providers can be found at the Senior Center.

## **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.

## **SOCIAL SECURITY AND MEDICARE INCREASES**

As mentioned in the last newsletter, Social Security benefits will increase by 2.8% in 2019 because of a rise in the cost of living. Also, the 2019 standard monthly deduction for the Medicare Part B premium will increase to \$135.50 from \$134.00.

## **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 as well as event photos are posted there.**

## **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:

January 13 Christine DeLeon - Roaring 20's Music/Lore

February 10 Gordon James & Carol - Duets

## **QI GONG EXERCISE CLASS**

Qi Gong class will be from January 18 through March 29, 2019. The fee is \$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 the movements 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

## **SENIOR EXERCISE CLASS**

The next 10-weeks of exercise classes will be from Monday, January 14 - March 28, 2018. The fee is \$10. Classes will be held two times per week: Mondays from 1:00 to 1:30 p.m., and Thursdays from 10:00 to 10:30 a.m. If you would like to attend, complete the sign-up sheet in this newsletter and either bring it with a check to the first class or mail it to Ruth Moolin with your check at:

Ruth Moolin, 4 Cory Road, Florham Park, NJ 07932

Phone: 973-822-2272

Thank you for your continued interest in this program.

## SENIORS HELPING SENIORS

Our Club provides support for local, needy senior residents through the Seniors Helping Seniors program. If you know a senior in need of financial assistance, please provide Paul Chase or Joelyn Hoferer with the appropriate information. Currently, our Club is giving monthly food gift cards to three families.

At each meeting we put out a can to collect money for this cause and we also donate half of the 50/50 raffle. However, the most significant source of funds for our Seniors Helping Seniors program comes from the Boiling Springs Savings Bank. Through their Community Alliance Program, Boiling Springs gives our Club the opportunity to earn money based on the number of members who bank with them.

Please help us gain greater funds by opening an account or having an existing account designated as a Community Alliance participant. The forms for the **Community Alliance Program** are available at the Senior Center.



### 2019 MEMBERSHIP DUES REMINDER



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

Please complete and return this form, including email address (if you don't have one, mark **none**) 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 \_\_\_\_\_

Address \_\_\_\_\_

Phone No. \_\_\_\_\_ Birthday \_\_\_\_\_

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

**Phone Tree;** **Hospitality;** **Other** \_\_\_\_\_



**Please circle the area in which you wish to volunteer.** Any help, as much or as little as you are able, is appreciated! Your participation will enable us to fairly distribute the tasks needed to run our Club and lessen the burden on the people who already do so much!

**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.

## SENIOR CITIZENS CLUB CALENDAR \*

### JANUARY – FEBRUARY 2019

\*Please check with Joanne at the Senior Center for any changes

Date	Event	Time/Place
Wed., Jan. 2	Executive Committee Meeting	10:00 a.m. Senior Center
Fri., Jan. 4	Movie	12:30 p.m. Senior Center
Tues., Jan. 8	Bingo	1:00 p.m. Senior Center
Wed., Jan. 9	General Meeting – Nutrition & Understanding Blood Tests” by Monica, a medical educator. Also, “Caregiving” by Laura of Pathways Care Solutions. Yummy, healthy snacks will be served.	11:00 a.m. Community Center
Fri., Jan. 11	Movie	12:30 p.m. Senior Center
Mon., Jan. 14	Exercise Class	1:00 p.m. Senior Center
Wed., Jan. 16	Coloring	10:30 a.m. Senior Center
Thur., Jan. 17	Exercise Class	10:00 a.m. Senior Center
Fri., Jan. 18	Qi Gong Exercise	10:00 a.m. Senior Center
Fri., Jan. 18	Movie	12:30 p.m. Senior Center
Mon., Jan. 21	MLK, Jr. Day – Center Closed	
Tues., Jan. 22	Bingo	1:00 p.m. Senior Center
Wed., Jan. 23	General Meeting – “The Art and Techniques” for effective photography by Paul Mueller.	11:00 a.m. Community Center
Thur., Jan. 24	Exercise Class	10:00 a.m. Senior Center
Fri., Jan. 25	Qi Gong Exercise	10:00 a.m. Senior Center
Fri., Jan. 25	Movie	12:30 p.m. Senior Center
Mon., Jan. 28	Exercise Class	1:00 p.m. Senior Center
Thur., Jan. 31	Exercise Class	10:00 a.m. Senior Center
Fri., Feb. 1	Qi Gong Exercise	10:00 a.m. Senior Center
Fri., Feb. 1	Movie	12:30 p.m. Senior Center
Mon., Feb. 4	Exercise Class	1:00 p.m. Senior Center
Tues., Feb. 5	Bingo	1:00 p.m. Senior Center
Wed., Feb. 6	Executive Committee Meeting	10:00 a.m. Senior Center
Thur., Feb. 7	Exercise Class	10:00 a.m. Senior Center
Fri., Feb. 8	Qi Gong Exercise	10:00 a.m. Senior Center
Fri., Feb. 8	Movie	12:30 p.m. Senior Center
Mon., Feb. 11	Exercise Class	1:00 p.m. Senior Center
Wed., Feb. 13	General Meeting – “Laughter & Yoga” by Joan Castellano. Exercising with healthy benefits. Sweet treats for Valentine’s Day will be served!	11:00 a.m. Community Center
Thur., Feb. 14	Exercise Class	10:00 a.m. Senior Center
Fri., Feb. 15	Qi Gong Exercise	10:00 a.m. Senior Center
Fri., Feb. 15	Movie	12:30 p.m. Senior Center
Mon., Feb. 18	President’s Holiday – Center Closed	
Tues., Feb. 19	Bingo	1:00 p.m. Senior Center
Wed., Feb. 20	Coloring	10:30 a.m. Senior Center
Thur., Feb. 21	Exercise Class	10:00 a.m. Senior Center
Fri., Feb. 22	Qi Gong Exercise	10:00 a.m. Senior Center
Fri., Feb. 22	Movie	12:30 p.m. Senior Center
Mon., Feb. 25	Exercise Class	1:00 p.m. Senior Center
Wed., Feb. 27	General Meeting – “Life Songs – How Music can Help Trigger Memories” by Sue.	11:00 a.m. Community Center
Thur., Feb. 28	Exercise Class	10:00 a.m. Senior Center

FLORHAM PARK SENIOR CITIZENS CLUB



# Happy Birthday



JANUARY

FEBRUARY

Adams	John	1/09
Bendick	Elizabeth	1/05
Bendick	Mary	1/22
Bettle	Dick	1/12
Brennan	Barbara	1/12
Callahan	Evelyn	1/24
Cocubinsky	Marian	1/09
Conte	Frank	1/30
Himics	Diane	1/04
Leonard	Marion	1/29
Lospinoso	Jean	1/01
Petrilak	Olga	1/24
Romano	Paula C.	1/27
Savitz	Gloria	1/04
Sciaino	Tony	1/10
Wallendjack	Mary Anne	1/07
Zatz	Angela	1/30

Adkins	Carroll	2/24
Allen	Jeanette	2/24
Boorujy	Zehra	2/16
Coll	Rosalie	2/03
Falco	Ben	2/11
Hoferer	Joelyn	2/26
Hoffman	Edith	2/09
Iamartino	Marie	2/23
Iannarone	Elizabeth	2/18
Iorgulescu	Grigore	2/01
Martin	Terry	2/03
McGuirk	Jean	2/16
Moolin	Ruth	2/27
Mulcahy	Mary Anne	2/01
Nucci	Marianne	2/25
Parillo	Florence	2/06
Perrone	Lucrezia	2/13
Reynolds	Paul	2/02
Rosania	Teresa	2/17
Tartaglia	Barbara	2/05
Tighe	Lorraine	2/09

**How Fights start:**



and then the fight started ...



# FLORHAM PARK SENIORS 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 age 62 or older.*

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

**WHERE:** Florham Park Senior Center

**FEE:** \$10 per person (covers the two classes per week for 10 weeks)

Starting January 14, 2019 and continuing through March 28, 2019.

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 bottle of water.

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

**HOW:** Complete the form below and return with payment.

**QUESTIONS:** Contact Ruth Moolin - 973-822-2272 at 4 Cory Road, Florham Park

Name \_\_\_\_\_

Street Address \_\_\_\_\_

Phone # \_\_\_\_\_

Emergency Contact Name \_\_\_\_\_ Phone # \_\_\_\_\_

I agree that the Florham Park Senior Citizens Club, its officers and volunteers, its exercise program and instructor; the Florham Park Recreation Department, its employees and volunteers; and the Borough of Florham Park, 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 this program or activity.

Participant's Signature \_\_\_\_\_ 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. to 11:00 a.m.**

**WHERE:** Florham Park Senior Center

**FEE:** \$10 per person (covers one class per week)

Starting January 18, 2019 and continuing through March 29, 2019.

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

**BRING:** You are encouraged to bring a bottle of water.

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

**HOW:** Complete the form below and return with payment.

**QUESTIONS:** Contact Ruth Moolin - 973-822-2272 at 4 Cory Road, Florham Park

Name \_\_\_\_\_

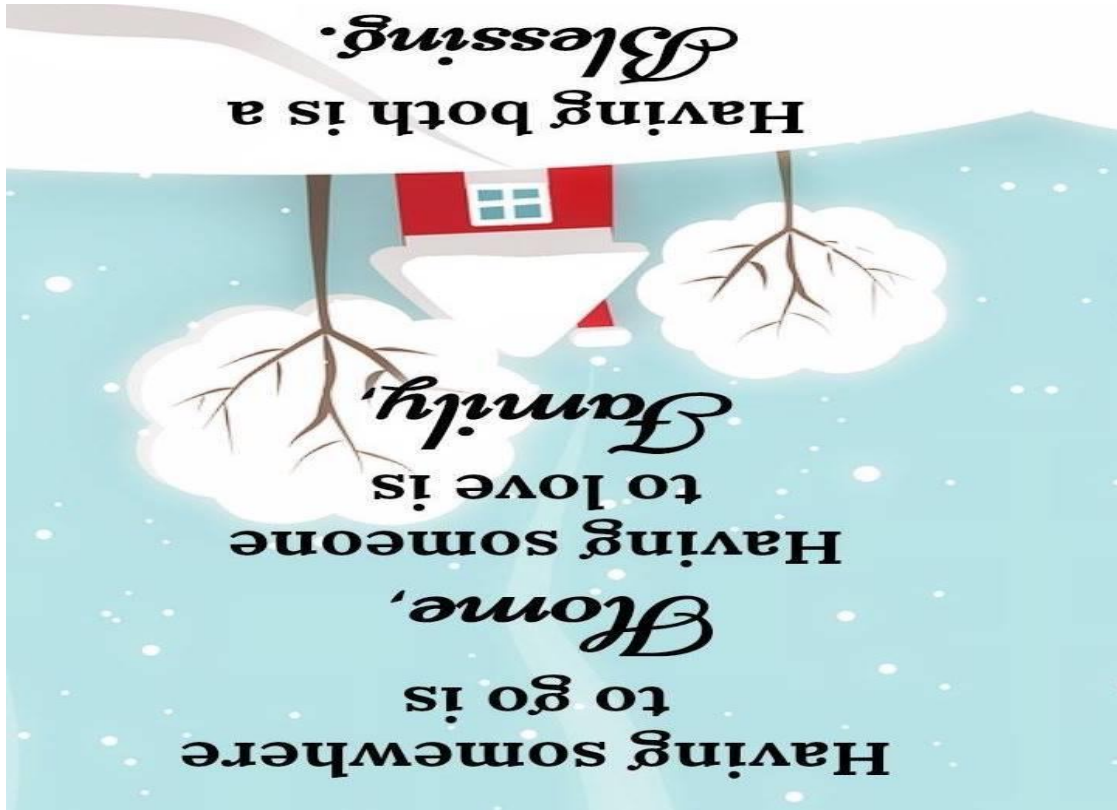
Street Address \_\_\_\_\_

Phone # \_\_\_\_\_

Emergency Contact Name \_\_\_\_\_ Phone # \_\_\_\_\_

I agree that the Florham Park Senior Citizens Club, its officers and volunteers, its exercise program and instructor; the Florham Park Recreation Department, its employees and volunteers; and the Borough of Florham Park, 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 this program or activity.

Participant's Signature \_\_\_\_\_ Date \_\_\_\_\_



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