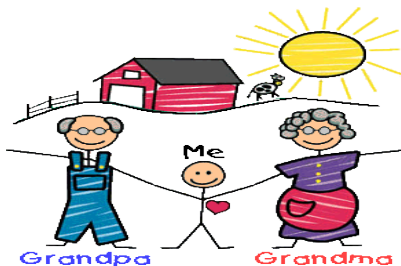


# ***FLORHAM PARK SENIOR CITIZENS CLUB NEWSLETTER***

SEPTEMBER - OCTOBER 2019

LABOR DAY  
SEPTEMBER 2



GRANDPARENTS DAY  
SEPTEMBER 8

FIRST DAY OF AUTUMN  
SEPTEMBER 23



DAYLIGHT SAVING TIME ENDS  
SET CLOCKS BACK ONE HOUR  
SUNDAY, NOVEMBER 3

## **FLORHAM PARK SENIOR CITIZENS CLUB INFO**

**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	Treasurer:	Russell White	973-377-0107
V. President:	Angela Landon	973-765-0022	Secretary:	Marianne Nucci	973-377-8081

## PRESIDENT'S MESSAGE

Welcome back! I hope everyone had an enjoyable summer and that you were able to attend some of the many events that Florham Park had to offer. These activities included the 4<sup>th</sup> of July parade, the fireworks, the gazebo concert series, the free week at the Community Pool, and Safe Night Out. Thanks go out to the Florham Park PBA for sponsoring a BBQ in August for Seniors.

This Fall, the Club will be offering many activities. You can join in on the three trips that are planned, come to our picnic to be held on September 25<sup>th</sup>, or sign up for exercise classes or other events which are noted in this newsletter. The Senior Center always has something going on, so please take advantage of the facility and the opportunity to meet new/old friends.

In July, we said a fond farewell to Joanne Duemling, our Senior Center Administrator. We thank her for her efforts and wish her luck in her new endeavors. John Timmons, Director of Parks and Recreation, has started the process of hiring her replacement with the position being advertised. In the interim any questions concerning the Senior Center should be directed to John (973-410-5390).

## STANDING COMMITTEES

We are currently in **need of volunteers** and would appreciate your help in any area of your interest. If you wish to assist on one of our Committees, please contact the following chairperson:

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

## MEMBERSHIP

Please welcome the following new members:

Last Name	First		Birthday	Address
Andretta	Jeaneen		??	16 Keyes Street
Dawson	Diane		5/12	58 Brooklake Rd., U223
Fersie	Sandra		1/03	38 Park Street, #10A
Lack	Nancy		1/28	15 Lincoln Avenue
McMahon	Thomas		1/13	3 Insley Road
McMahon	Pat		6/08	3 Insley Road
Von Brook	Candy		9/12	4 Insley Road
Von Brook	Dan		8/28	4 Insley Road

## IN MEMORIAM

Let us take a few moments for reflection and prayer for the following members who generously gave their time and efforts to our club and who have departed:

Art Thomas	May 2019
Jim Dirlam	July 2019

## TRIPS

**Thursday, September 12, 2019** – Mystery Tour #27 – Join us for a trip to who knows where. The only clues are that we won't be going far, and it **will not** include a mansion. Cost to Florham Park senior residents is \$64.00. (s/w)

**Thursday, October 10, 2019** – Food (family style meal with two complimentary drinks), fun, music, and dancing at the Brownstone for their Oktoberfest show. Cost to Florham Park senior residents is \$67.00. (n/w)

**Thursday, November 14, 2019** – Doolan's Spring Lake, NJ – Three Irish Tenors – The Byrne Brothers - Jimmy, Bobby, and Mike will be entertaining us with a variety of musical tastes here in America. The show also includes a comedian, show band, and a one-hour open bar. Cost to Florham Park senior residents is \$70.00; all others \$95.00. (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 Seniors. 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 dates are: 9/3, 9/17, 10/1 and 10/15. These dates are also listed on the **calendar in the lobby of the Senior Center.**

## COLORING

Adult coloring will continue at the Senior Center usually on Wednesdays between 10:30 a.m. and 12 noon. The next adult coloring events are on the following Wednesdays: 9/18, 10/16, 11/20 and 12/18.

## SENIOR EXERCISE CLASS

The next 10-weeks of exercise classes will begin on **Thursday, September 12 - December 5, 2019** for a fee of \$10. Classes are held two times a week on Monday from 1:00 p.m. to 1:30 p.m. and Thursday from 10:00 a.m. to 10:30 a.m. More details and sign-up sheets are in this Newsletter. You can either mail the sign-up sheet to Ruth Moolin or bring a completed form with a check to the first class. Ruth Moolin, 4 Cory Road, Florham Park, NJ 07932.

## QI GONG EXERCISE CLASS

Qi Gong classes will begin on **Friday, September 13, 2019 and run through Friday, December 6, 2019.** More details and a sign-up sheet are in this Newsletter.

## PROPERTY TAX RELIEF

Seniors may be eligible for property tax relief through the NJ State program, Property Tax Reimbursement, also known as "Senior Freeze." The program reimburses eligible senior and disabled residents for property tax increases. There are several requirements to be met including residency, age, and household income (not to exceed \$89,013 in 2018). Your application for the reimbursement must be filed before October 31, 2019. To obtain an application or find out more information call the NJ Department of Treasury at **1-800-882-6597**, visit their website at [www.njtaxation.org](http://www.njtaxation.org), or stop by the Florham Park Borough Tax Department.

## SENIOR CITIZENS CLUB CALENDAR\*

Date	Event	Time/Place
Mon., Sept. 2	Labor Day - Senior Center is CLOSED	
Tues., Sept. 3	Bingo	1:00 p.m. Senior Center
Wed., Sept. 4	Board Meeting	10:00 a.m. Senior Center
Fri., Sept. 6	Movie	12:30 p.m. Senior Center
Wed., Sept. 11	General Meeting – Andrew Walsh - Therapist and Lecturer – Addressing issues and transitions facing older adults in a rapidly changing world.	11:00 a.m. Community Center
Thurs., Sept. 12	Mystery Tour # 27 Trip	See sign-up forms
Fri., Sept. 13	Movie	12:30 p.m. Senior Center
Fri., Sept. 13	Qi Gong begins (see Friday schedule on sign-up form)	10:00 a.m. Senior Center
Mon., Sept. 16	Exercise classes begins (see Monday schedule on sign-up form)	1:00 p.m. Senior Center
Tues., Sept. 17	Bingo	1:00 p.m. Senior Center
Wed., Sept. 18	Coloring	10:30 a.m. Senior Center
Thurs., Sept. 19	Exercise classes begin (see Thursday schedule on sign-up form)	10:00 a.m. Senior Center
Fri., Sept. 20	Movie	12:30 p.m. Senior Center
Wed., Sept. 25	Annual Fall Picnic – Entertainment by Peter Limone. Enjoy the food and music in the company of friends. Please complete reservation form.	11:30 a.m. Community Center
Fri., Sept. 27	Movie	12:30 p.m. Senior Center
Tues., Oct. 1	Bingo	1:00 p.m. Senior Center
Wed., Oct. 2	Board Meeting	10:00 a.m. Senior Center
Fri., Oct. 4	Movie	12:30 p.m. Senior Center
Wed., Oct. 9	General Meeting – Flu Clinic & Flu Awareness Presentation - Bring Medicare &/or Ins. Card if you want to get the flu vaccine shot - Program is compliments of Wegmans and included is a free meal voucher from their prepared food section.	11:00 a.m. Community Center
Thurs., Oct. 10	Brownstone Oktoberfest Trip	See sign-up forms
Fri., Oct. 11	Movie	12:30 p.m. Senior Center
Mon., Oct. 14	Columbus Day – Senior Center is CLOSED	
Tues., Oct. 15	Bingo	1:00 p.m. Senior Center
Wed., Oct. 16	Coloring	10:30 a.m. Senior Center
Fri., Oct. 18	Movie	12:30 p.m. Senior Center
Wed., Oct. 23	General Meeting – Cello Recital by Randy Calistri-Yeh, local resident	11:00 a.m. Community Center
Fri., Oct. 25	Movie	12:30 p.m. Senior Center

\*Please check with the Seniors Club office for any changes or updates to the Calendar.

## 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**. The Newsletter is also posted there.

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

The **MCCoOPO Luncheon and Dance** will be held on Friday, October 11, 2019 from 11:15 a.m. until 3:00 p.m. at the Zeris Inn, 372 Route 46, Mountain Lakes. Music by local D.J. Jim Winfield. The cost is \$30.00, which includes door prizes and choice of three entrees: beef, salmon, or chicken marsala.

Please send your check for \$30 and choice of entrée along with your name(s) to Barbara Nevius, 89 West End Avenue, Florham Park, NJ or call Barbara at 973-377-7522, if you have any questions.

NewBridge Services offers a free program to county residents 60 and older and their caregivers, families, and service providers called Tame the Pain – Opioid-Free Pain Management for Older Adults. For information, contact Michelle Borden at [mborden@newbridge.org](mailto:mborden@newbridge.org) or 973-686-2225.

The National Disability Institute (NDI) offers affordable loans to help people with disabilities purchase products such as computer equipment, hearing aids, modified vehicles, scooters and wheelchairs, smart home technology, and more. Please visit their website at <http://nationaldisabilityinstitute.org> for more information.

## GOOD & WELFARE

If you know of a Club member or their 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.

## 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 will be contacted and needs to give permission for any non-public information to be released to the general membership. If you would like to be contacted, please make sure Eileen has your current phone number.

We are also contacting members through emails. If you have a new email address, please notify Paul Chase at [pchase1010@gmail.com](mailto:pchase1010@gmail.com) or Peggy Patrick at [pegpatspastime@gmail.com](mailto:pegpatspastime@gmail.com).

## SENIORS HELPING SENIORS

We run the 50/50 raffle and put our “can” out at general meetings in order to continually replenish our Seniors Helping Seniors fund. We are making a much-appreciated difference in the lives of seniors who may need some assistance with paying for food and other necessities.

## PICKLEBALL



Guess what provides the best exercise, is easy to learn, and is the fastest growing social sport?

**IT'S PICKLEBALL!**

Do you want to join in on the fun? Stop by the tennis courts across from the Senior Center on Mondays anytime from 8:30 a.m. to 10:00 a.m. We will teach you the basics and before you know it, you will be addicted. We will continue the season until the weather prohibits our ability to play outside. Any questions call Pat Chase, 973-822-0031. We welcome players of all ages and all levels, so don't be shy and come on by!



# FALL PICNIC



## Hot Catered Picnic Luncheon at the Florham Park Community Center

Wednesday, September 25, 2019 at 11:30 a.m. - Cost: \$2.00 per person

If you have a favorite dessert that you would like to share, please bring one!



Please return this completed form and your payment by check [no cash] made out to:

**“Florham Park Senior Club” by Thursday, September 19, 2019**

Bring it to the Senior Center and place it in the Fall Picnic folder or mail to:

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

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

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

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### 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. For future selections, please check with the Library.

The Second Sundays Series at 2:00 p.m. will feature:

- September 8, 2019 – From Hell Gate to Golden Gate: Alice Ramsey and her automobile odyssey across America.
- October 13, 2019 – All Beatles Show: A program to educate and entertain.
- November 10, 2019 – The Infinite Variety of Shakespeare’s Women
- December 8, 2019 – Rock Around the Holidays

Reservations are required.

## FLORHAM PARK SENIORS QI GONG EXERCISE CLASS

*This class is 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) – Friday, September 13 through Friday, December 6, 2019.

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

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.

Participant Signature \_\_\_\_\_ Date: \_\_\_\_\_

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### DID YOU KNOW?

The Florham Park Roller Rink on Ridgedale Avenue was built in 1924 as an auto repair garage. In 1930 the building became the home of New Jersey's largest indoor 18-hole miniature golf course. After several years, it was replaced by an antiques gallery and in 1937 the building was transformed into a roller-skating rink and later enlarged. The Roller Rink has become a landmark in Florham Park and continues to be attraction for children and families in Florham Park and throughout northern New Jersey.



# Happy Birthday



## SEPTEMBER

Barbara	Nevius	9/1
Bernadette	Kane	9/5
Nancy	Fiore	9/10
Joan	Metro	9/11
Candy	Von Brook	9/12
Helen	Filler	9/13
Peter	Pelosi	9/14
Frank	Sabatino	9/14
Rosemary	Schumacher	9/14
Anne	Sommer	9/14
Richard	Himics	9/16
Dominic	Lombardi	9/16
Gloria Jene	Hopping	9/17
Richard	Metro	9/21
Mary Jane	Genoese	9/22
Jerome	Kelly	9/22
James	Matthews	9/23
Virginia	Arnold	9/25
Angela	Iorgulescu	9/27
Bob	Wilson	9/30

## OCTOBER

Loretta	Wilson	10/1
Dorothy	Strand	10/6
Vivian	Constantino	10/7
Michael	Sodano	10/8
Fred	DiMuccio	10/11
Jeanette	Besen	10/16
Katherine	Matthews	10/19
Andrea	Kautter	10/22
Eileen	Haemmerle	10/26
Marie	Gregorio	10/29





## FLORHAM PARK SENIORS EXERCISE CLASS

*This class is 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 – 1:30p.m. and Thursdays from 10:00 – 10:30 a.m.

**WHERE:** Florham Park Senior Center

**FEE:** \$10 per person (2 classes per week for 10 weeks) – Monday, September 16 through Monday, December 9, 2019.

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

**BRING:** A rubber exercise band. It should be 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

Name \_\_\_\_\_

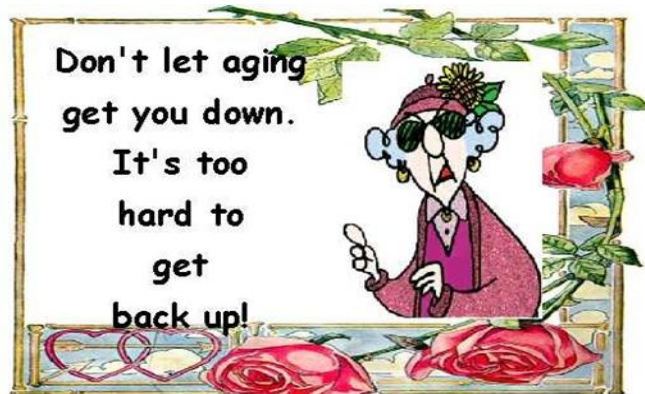
Street Address \_\_\_\_\_

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

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