

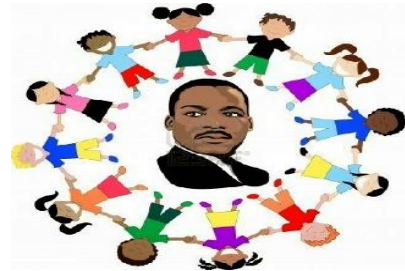
FLORHAM PARK SENIOR CITIZENS CLUB NEWSLETTER

JANUARY – FEBRUARY 2020

HAPPY NEW YEAR

2020

**NEW YEAR'S DAY
JANUARY 1**



**MARTIN LUTHER
KING, JR. DAY
JANUARY 20**



**VALENTINES DAY
FEBRUARY 14**

**PRESIDENTS' DAY
FEBRUARY 17**



FLORHAM PARK SENIOR CITIZENS CLUB

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

Happy New Year to all our members and a warm welcome to our new Senior Center Site Supervisor, Diane Guido! Please introduce yourself to her when you stop by the Center.

We received many favorable comments about the December Holiday luncheon. Over 110 Seniors enjoyed great appetizers, entrees and entertainment at The Hanover Manor. The photos taken at this event by Sergio Bordenabe can be viewed on the Borough website under the Recreation/Seniors Citizens Corner tab.

The Senior Center continues to be the focal point of activities during the winter months. Exercise and Qi Gong classes, bingo, Friday movies, coloring, knitting/crochet, and painting are just some of the scheduled activities. Or you can always stop by the Center for a cup of coffee with fellow Seniors, work on the puzzles, or join in one of the tile games being played.

The General Membership meeting programs are noted in the "Senior Citizens Club Calendar" and Nancy Sigler has scheduled the first trip of 2020 to the Philadelphia Flower Show on Tuesday, March 3rd. Registration forms can be picked up in the Senior Center lobby.

Also, Mayor Taylor has scheduled a special meeting to update residents on the Council on Affordable Housing (COAH) impact on developments in Florham Park since 1975, current projects underway, and potential future development. The meeting will be held at the Municipal Building on January 22 at 6:30 p.m.

As a reminder, membership renewal begins January 1, 2020. A renewal form is included in this newsletter and thank you in advance for mailing in your check.

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	Open	Newsletter	Pat & Paul Chase
Attendance	Pat Chase	MCCoOPO	Barbara Nevius
Good & Welfare	Rosalie Coll		



Please welcome the following new or re-instated members:

Last Name	First	Address
Danishek	Bruce	50 Broadway
Danishek	Patricia	50 Broadway
Miranda	Diane	12 Delaware Road
Passalacqua	Jo	4 Kice Road

IN MEMORIAM

Let us take a few moments of reflection and prayer for the following members or members' spouse who have recently departed: Thomas Kane (October 2019); and Michael Bendick, Frank Lazorik, and Gertrude Naue (November 2019).



Join us for Bingo at the Senior Center which is held twice a month on Tuesdays at 1:00 p.m. The dates are: **1/7, 1/21, 2/4, 2/18, 3/10, 3/24, 4/7, 4/21, 5/5, 5/19, 6/2, and 6/16.** These dates are also listed on the **calendar in the lobby of the Senior Center.**

KNITTING/CROCHET CIRCLE

Mondays, 2 p.m. – 4 p.m.



Do you enjoy knitting or crocheting? Come join Marsha in the Senior Center craft room on Monday afternoons from 2 p.m. to 4 p.m. Bring your needlework and conversation.

If you have any questions, contact **Marsha Huber 973-960-8722** or email at **mhuber123@gmail.com**

COLORING

Adult coloring will continue at the Senior Center on Wednesdays between 10:30 a.m. and 12 noon. The dates are: **1/15, 2/19, 3/18, 4/15, 5/20 and 6/17.**

TRIPS

Tuesday, March 3, 2020 – Philadelphia Flower Show (inclement weather date Thursday, March 5, 2020). The theme this year is Riviera Holiday. Join us and get inspired to perhaps create a Mediterranean garden of your own. For this trip, lunch is on your own and there are many choices in the area including the Philadelphia Market across the street. (s/w)

Thursday, April 23, 2020 – Sherlock Holmes is returning to Hunterdon Hills for another Immersive Musical show. Buckingham Palace has been robbed and we, the audience, must help solve the crime. Lunch is included. (n/w)

Thursday, May 21, 2020 – September 11 Memorial & Museum (please bring photo ID). Multimedia displays, archives, and a collection of authentic artifacts on display as well as the twin memorial reflecting pools. There will be moderate walking on this trip of 2-3 blocks so please wear walking shoes. Included lunch will be in Little Italy. (s/w)

Thursday, June 18, 2020 – Sight & Sound Theater, Lancaster, PA presents Queen Ester. A story from the Old Testament comes to life with magnificent sets, special effects, and live animals in this new original stage production. An Amish style all you can eat lunch is included prior to the show. (n/w)

Notes: (n/w) = no walking; (s/w) = some walking; (w) = walking

The cost of each trip includes all gratuities. For all trips, payment should be made by check payable to “Florham Park Senior Citizens Club”. Refund policy is listed on individual trip flyers. Participants must be able to participate on their own or with the help of a traveling companion.

UPCOMING LOCAL EVENTS

- Borough Reorganization Meeting – Municipal Building on January 7th at 6:00 p.m.
- Special Meeting on Affordable Housing in Florham Park – Municipal Building on January 22nd at 6:30 p.m.



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. Thank you for your participation!

MORRIS COUNTY COUNCIL OF OLDER PERSONS ORGANIZATION (MCCoOPO)

Opioids such as hydrocodone, oxycodone, codeine, and morphine are not right for everyone. Ask your health care provider these questions before taking opioids.

- Why do I need this medication – is it right for me and how long should I take it?
- Are there nonopioid alternatives that could help with pain relief?
- How can I reduce the risk of potential side effects from this medication?
- What if I or my family has a history of addiction with tobacco, alcohol or drugs?
- How should I store my medication and what should I do with unused medication?

MEET OUR NEW SENIOR CENTER SITE SUPERVISOR

Diane Guido has joined the Borough staff as the new Senior Center Site Supervisor. She has twenty-five years teaching experience with the last ten years at Holy Family School. Diane has been a resident since 1986, having grown up in Livingston. She and her husband, Joe, have two adult sons. Her hours will be Monday – Friday, 9:30 a.m. to 3:00 p.m. Please stop by the Center and welcome Diane.

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.

SERVICES DIRECTORY

If you require a professional service along with a local recommendation, a Service Directory is available at the Senior Center with recommendations from other Senior Club members.

PROGRAMS AT THE FLORHAM PARK LIBRARY

On the last Tuesday evening of the month the Library will show a recent DVD at 6:30 p.m. (January 28, 2020 and February 25, 2020). For future selections, please check with the Library.

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

January 12, 2020 – Classic Comedy of Radio and Television – Walter Choroszweski

February 9, 2020 – Amore: Classical and Contemporary Songs of Love – Synergismus Duo

Reservations are required.

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 age 62 or older.

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

The next set of classes begin on Monday, January 13, 2020 and continue through Monday, March 30, 2020. No classes on January 20th or February 17th since the Senior Center will be closed.

WHERE: Florham Park Senior Center

FEE: \$10 per person (2 classes per week for 11 weeks)

Please make check payable to "*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 # _____

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 _____

✂ - - - - -

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.

SENIOR CITIZENS CLUB CALENDAR*

*Please check with the Senior Center office for any changes or updates to the calendar.

Date	Event	Time/Place
Wed., Jan. 1	Senior Center Closed	Senior Center Closed
Thurs., Jan. 2	Executive Committee Meeting	10:00 a.m. Senior Center
Fri., Jan. 3	Movie	12:30 p.m. Senior Center
Tues., Jan. 7	Bingo	1:00 p.m. Senior Center
Wed., Jan. 8	General Meeting – “Understanding Alzheimer’s and Dementia” presented by Mary Avenoso of Visiting Nurse Association – Grapes will be served to toast the new year!	11:00 a.m. Community Center
Wed., Jan. 8	Blood Pressure Screening	11:00 a.m. Community Ctr
Fri., Jan. 10	Movie	12:30 p.m. Senior Center
Wed., Jan. 15	Coloring	10:30 a.m. Senior Center
Fri., Jan. 17	Movie	12:30 p.m. Senior Center
Mon., Jan. 20	Senior Center Closed	Senior Center Closed
Tues., Jan. 21	Bingo	1:00 p.m. Senior Center
Wed., Jan. 22	General Meeting – “Narrative Threads: NJ Quilts and Textiles” presented by Museum of Early Trades and Crafts - Bagels will be served.	11:00 a.m. Community Center
Fri., Jan. 24	Movie	12:30 p.m. Senior Center
Fri., Jan. 31	Movie	12:30 p.m. Senior Center
Tues., Feb 4	Bingo	1:00 p.m. Senior Center
Wed., Feb. 5	Executive Committee Meeting	10:00 a.m. Senior Center
Fri., Feb. 7	Movie	12:30 p.m. Senior Center
Wed., Feb. 12	General Meeting – “Health Care Options from Exercise to Acupuncture to CBD Products” presented by Total Health. Valentine cupcakes will be served.	11:00 a.m. Community Center
Wed., Feb. 12	Blood Pressure Screening	11:00 a.m. Community Ctr
Fri., Feb. 14	Movie	12:30 p.m. Senior Center
Mon., Feb. 17	Senior Center Closed	Senior Center Closed
Tues., Feb. 18	Bingo	1:00 p.m. Senior Center
Wed., Feb. 19	Coloring	10:30 a.m. Senior Center
Fri., Feb. 21	Movie	12:30 p.m. Senior Center
Wed., Feb. 26	General Meeting – “Heart Healthy Snacks” presented by Tory Stroker of Chatham Shop Rite – Samples to be enjoyed by all.	11:00 a.m. Community Center
Fri., Feb. 28	Movie	12:30 p.m. Senior Center

PICKLEBALL



We can all look forward to playing outside on the newly resurfaced pickleball courts in the Spring! We will have four courts. Registration with the Recreation Department will be required to play. We have balls for your use. Any questions call Pat Chase, 973-822-0031. We welcome players of all ages and all play. More information will be provided as the courts are nearing completion.

FLORHAM PARK SENIORS QI GONG EXERCISE CLASS

This class, taught by YMCA instructor, Bianca Godoy, 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 10:10 a.m.– 10:50 a.m. (note the new time!)

The next set of classes begin on Friday, January 17, 2020 and continue through March 27, 2020.

WHERE: Florham Park Senior Center

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

Please make check payable to "*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 to Ruth Moolin, 4 Cory Road, Florham Park or to Marsha Huber, 6 Riverside Drive, Florham Park.

QUESTIONS: Contact Marsha Huber at 973-960-8722 or Ruth Moolin at 973-822-2272.

Name _____

Street Address _____

Phone # _____

Emergency Contact Name _____ Phone # _____

Do you text? Yes or No

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: _____

✂ -----

WATERCOLOR PAINTING GROUP



Are you interested in being inspired by fellow artists? Linda Frank and Judith Core are inviting anyone with an interest in art to participate in a weekly session on Mondays from 10:00 a.m. to 12:00 p.m. The group will meet in the craft room for artistic endeavors. Any questions call Linda, 973-472-9591 or Judith, 973-845-9497.



Happy Birthday



JANUARY

Joan	Lospinoso	1/1
Sandra	Ferrise	1/3
Diane	Himics	1/4
Gloria	Savitz	1/4
Elizabeth	Bendick	1/5
Mary Anne	Wallendjack	1/7
John	Adams	1/9
Marian	Cocubinsky	1/9
Tony	Sciaino	1/10
Dick	Bettle	1/12
Barbara	Brennan	1/12
Thomas	McMahon	1/13
John	Mitro	1/13
Mary	Bendick	1/22
Evelyn	Callahan	1/24
Olga	Petrilak	1/24
Nancy	Lack	1/28
Marion	Leonard	1/29
Frank	Conte	1/30
Angela	Zatz	1/30

FEBRUARY

Grigore	Iorgulescu	2/1
Doug	Tarencz	2/1
Paul	Reynolds	2/2
Rosalie	Coll	2/3
Barbara	Tartaglia	2/5
Florence	Parrillo	2/6
Kathleen	Smith	2/7
Elaine	Hoffman	2/9
Lorraine	Tighe	2/9
Benito	Falco	2/11
Maria	Perrone	2/13
Zehra	Boorujy	2/16
Jean	McGuirk	2/16
Teresa	Rosania	2/17
Elizabeth	Iannarone	2/18
Marie	Iamartino	2/23
Carroll	Adkins	2/24
Jeanette	Allen	2/24
Marianne	Nucci	2/25
Joelyn	Hoferer	2/26
Ruth	Moolin	2/27

2020 MEMBERSHIP DUES RENEWAL

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 **area of volunteer interest**, with payment by check [no cash] made out to: "Florham Park Senior Citizens Club". Please put "2020 Membership" in the memo section of your check as a reminder of payment.

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

Name _____ Email _____

Address _____ Check No. _____

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





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