

FLORHAM PARK SENIOR CITIZENS CLUB NEWSLETTER

MARCH – APRIL 2019



**Daylight Saving Time
Begins Sunday, March 10**



**Saint Patrick's Day
Sunday, March 17**



**First Day of Spring
Wednesday, March 20**



**Friday, April 19 -
Saturday, April 27**



**Easter
Sunday, April 21**

FLORHAM PARK SENIOR CITIZEN INFORMATION

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: Angela Landon 973-765-0022

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

PRESIDENT'S MESSAGE

Is it just me or do you agree that February drags on too long? It's a short month, but I end up spending too much time indoors. I prefer March because it brings daylight saving time and the start of the Spring season. The welcomed transition to warmer weather and longer days also signals the dreaded April 15th deadline. It'll soon be time for me to do our taxes and the kids' taxes as well!

Have you heightened your awareness to scams? Last year over 25,000 suspected cases of elder financial abuse were reported by U.S. banks. Their attempts have more than doubled over the past five years. Scammers use phone calls or e-mail to defraud you. Typically, they allege that a family member is in dire and immediate need of money. Then, they request you to wire funds or provide gift cards to rectify the situation. ALWAYS check with another relative or call the police if you become suspicious.

Please welcome Angela Landon to the position of Vice President for the Club. She volunteered to fill the open position and was voted in by the Executive Committee at its February meeting. Angela has previously served on the Executive Committee as Secretary.

Over the next few months, five trips for Club members and guests are being offered. Nancy Sigler has arranged these trips and they are great way to visit regional attractions and spend time with friends. And, as a Club member, you'll pay a discounted price. Flyers are available at the Senior Center.

Stay fit and active – our next set of the ever-popular exercise classes begin April 1st and the Qi Gong (Chinese yoga) classes begin April 5th. Sign-up sheets can be found in this newsletter.

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

MEMBERSHIP

Please welcome our newest and/or reinstated members:

Ray Cole	1805 Sterling Drive
John and Eva Mitro	128 Brandywyne Drive
Mildred Ringer	11 Pollard Avenue
Joseph Walk	11 Pollard Avenue

Don't Forget!



Please Pay Membership Dues Now, to Avoid Incurring a Late Fee



IN MEMORIAM

Let us take a few moments of reflection for the following members or spouses who have departed:

Antoinette Sena	November 2018
Evanne Bauer	December 2018
Mary Dirlam	February 2019
Peter Sena	February 2019

TRIPS

Thursday, March 28, 2019 – “TAKE ME AWAY” – An all new, 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 own dining room table. A flyer with additional information is available at the Senior Citizens Center. *(n/w)

Monday, May 20, 2019 – Barnes Museum in Philadelphia, PA – The Barnes Foundation was established in 1922 to “promote the advancement of education and the appreciation of the fine arts and horticulture.” A docent led introduction to the art collection in the museum’s “NEW” (2012) home is included as well as a food voucher for lunch in the museum’s café. A flyer with additional information is available at the Senior Citizens Center. *(s/w)

Thursday, May 23, 2019 – Walkway over the Hudson – Take a walk on the longest elevated bridge in the world. Opened in 2009, the bridge is 212 feet above the river’s surface and 1.28 miles long. After walking the bridge, lunch is included at a local restaurant on the Hudson. NOTE – This trip is currently scheduled to leave from Hildale Park Church, 85 Ridgedale Avenue, Cedar Knolls. A flyer with additional information is available at the Senior Citizens Center. *(w)

Thursday, June 20, 2019 – Gulliver’s Gate a “GIANT” experience in a miniature world – We will visit the most technologically advanced and interactive museum of miniatures on the planet. Explore the work of over 200 craftsmen and artists from around the world. Lunch will be at Carmine’s after the museum visit. A flyer with additional information is available at the Senior Citizens Center. *(s/w)

Thursday, July 11, 2019 – Hudson River Cruise, Kingston, NY – Visit the first capital of New York, cruise the Hudson river on the Rip Van Winkle (2 hours), and lunch at a river-front restaurant. A flyer with additional information is available at the Senior Citizens Center. *(s/w)

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

Please note: The cost of each trip includes ALL gratuities and a meal. 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. Upcoming dates are: 3/5, 3/19, 4/16, 4/23, 5/14, 5/28, 6/11, 6/25, 7/9 and 7/23.

These dates are also listed in the calendar in the lobby of the Senior Center and the Senior Calendar located in this newsletter.

ADULT COLORING

Adult coloring will continue at the Senior Center USUALLY on Wednesdays between 10:30 a.m. and 12 noon. Upcoming dates are: 3/20, 4/17, 5/15, 6/19, and 7/17.

PICKLEBALL

Pickleball is a paddle sport that combines elements of badminton, tennis, and table tennis. Two or four players use solid paddles made of wood or composite materials to hit a perforated polymer ball, like a Whiffle Ball, over a net. The game is played on a badminton size court. John Timmons, Director of Parks and Recreation, will be setting up a program and courts this Spring. If interested, call John at 973-410-5390 or email: jtimmons@fpboro.net.



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.

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 the calendar in the lobby of the Senior Center. If you have a favorite movie (or two), please let Joanne know 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. Check with the Library for future selections.

The Second Sundays Series at the Library

2:00 PM – 3:00 PM - Akhoury Room - (Reservations are requested - 973-377-2694)

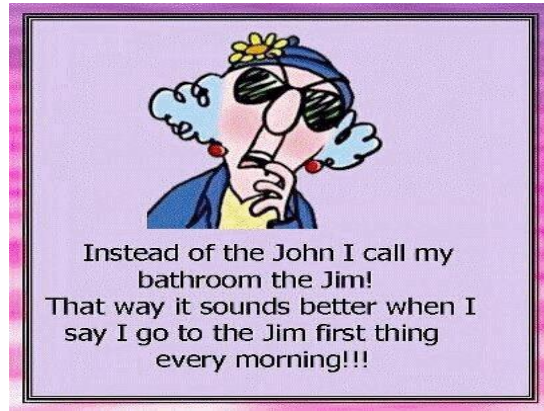
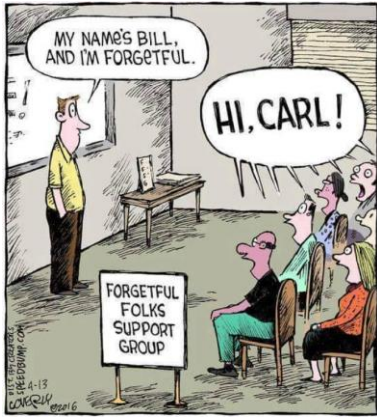
March 10	Ian Gallagher	Irish Music
April 14	Kit's Interactive Theater	Our Civil War

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.**

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 four families.



SPRING LUNCHEON



Our Spring Luncheon, at the Hanover Manor, is scheduled for June 12, 2019. **Save the date** and look for the sign-up information in next newsletter.

FLORHAM PARK SENIOR CITIZENS CLUB MEMBERSHIP - ** IMPORTANT **

Any member who **fails to pay their dues by April 1st**, is classified as “delinquent” and 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.

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

Make check out to: “**Florham Park Senior Citizens Club**”.

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



2019 Florham Park Senior Citizens Club Membership - \$10.00 per member

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!

2019 SENIOR CITIZENS CALENDAR* – MARCH – APRIL - *Check with Joanne for any changes

Date	Event	Time/Place
Fri., March 1	Movie	12:30 p.m. Senior Center
Mon., March 4	Exercise Class	1:00 p.m. Senior Center
Tues., March 5	Bingo	1:00 p.m. Senior Center
Wed., March 6	Executive Committee Meeting	10:00 a.m. Senior Center
Thur., March 7	Exercise Class	10:00 a.m. Senior Center
Fri., March 8	Qi Gong Exercise	10:00 a.m. Senior Center
Fri., March 8	Movie	12:30 p.m. Senior Center
Mon., March 11	Exercise Class	1:00 p.m. Senior Center
Wed., March 13	General Meeting – “Oldies but Goodies” songs performed by singer and entertainer, Bob Marino. Corned beef sandwiches will be served.	11:00 a.m. Community Center
Thur., March 14	Exercise Class	10:00 a.m. Senior Center
Fri., March 15	Qi Gong Exercise	10:00 a.m. Senior Center
Fri., March 15	Movie	12:30 p.m. Senior Center
Mon., March 18	Exercise Class	1:00 p.m. Senior Center
Tues., March 19	Bingo	1:00 p.m. Senior Center
Wed., March 20	Coloring	10:30 a.m. Senior Center
Thur., March 21	Exercise Class	10:00 a.m. Senior Center
Fri., March 22	Qi Gong Exercise	10:00 a.m. Senior Center
Fri., March 22	Movie	12:30 p.m. Senior Center
Mon., March 25	Exercise Class	1:00 p.m. Senior Center
Wed., March 27	General Meeting – “The Iconic Revolutionary War” by Joel Farkas, National Park Services volunteer.	11:00 a.m. Community Center
Thur., March 28	Hunterdon Hills Playhouse Trip	See flyer for details
Thur., March 28	Exercise Class	10:00 a.m. Senior Center
Fri., March 29	Qi Gong Exercise	10:00 a.m. Senior Center
Fri., March 29	Movie	12:30 p.m. Senior Center
Mon., April 1	Exercise Class	1:00 p.m. Senior Center
Wed., April 3	Executive Committee Meeting	10:00 a.m. Senior Center
Thur., April 4	Exercise Class	10:00 a.m. Senior Center
Fri., April 5	Qi Gong Exercise	10:00 a.m. Senior Center
Fri., April 5	Movie	12:30 p.m. Senior Center
Mon., April 8	Exercise Class	1:00 p.m. Senior Center
Wed., April 10	General Meeting – “Health Tips and More!” by Julie Harrington, registered dietitian and nutritionist. Hot Cross buns will be served.	11:00 a.m. Community Center
Thur., April 11	Exercise Class	10:00 a.m. Senior Center
Fri., April 12	Qi Gong Exercise	10:00 a.m. Senior Center
Fri., April 12	Movie	12:30 p.m. Senior Center
Mon., April 15	Exercise Class	1:00 p.m. Senior Center
Tues., April 16	Bingo	1:00 p.m. Senior Center
Wed., April 17	Coloring	10:30 a.m. Senior Center
Thur., April 18	Exercise Class	10:00 a.m. Senior Center
Fri., April 19	CLOSED	CLOSED
Mon., April 22	Exercise Class	1:00 p.m. Senior Center
Tues., April 23	Bingo	1:00 p.m. Senior Center
Wed., April 24	General Meeting – “Vaccines for a Lifetime” by Jean Vrablik, public health nurse. Importance of vaccines for all.	11:00 a.m. Community Center
Thur., April 25	Exercise Class	10:00 a.m. Senior Center
Fri., April 26	Qi Gong Exercise	10:00 a.m. Senior Center
Fri., April 26	Movie	12:30 p.m. Senior Center
Mon., April 29	Exercise Class	1:00 p.m. Senior Center



HAPPY BIRTHDAY



MARCH

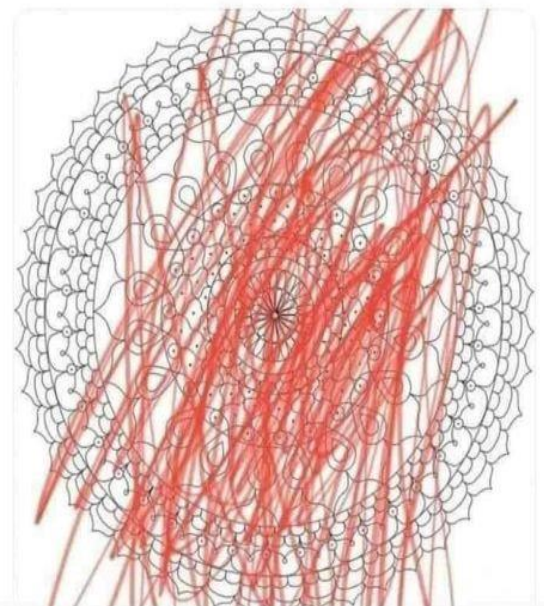
Peg	Kaleh	3/1
Valerie	McCoy	3/1
Prem	Tuli	3/1
Charlene	Ghegan	3/3
Judith	Core	3/4
Bettie	Adams	3/5
Carmela	Haitmanek	3/5
Angela	DeLorenzo	3/6
Susan	Nixon	3/12
Marsha	Huber	3/13
Angela	Margotta	3/21
Linda	Irwin	3/22
Thomas	Dennison	3/24
Connie	Gleichmann	3/26
Joseph	Walk	3/27

APRIL

Shirley	Wetter	4/3
Myron	Kleban	4/6
Jonelle	Patetta	4/6
Barbara	Taylo	4/9
Barbara	Tarencz	4/10
Claire	Adamo	4/12
Nellie	White	4/14
Richard	Irwin	4/15
Thomas	Padden	4/17
Mildred	Sabatino	4/20
Gerard	Salvato	4/23
Jo-Anna	Finegan	4/24
Edith	Ammirato	4/25
Brian	Tighe	4/26
Michael	Prokop	4/28
Rosemarie	Contella	4/30
Richard	Davidson	4/30



I have started coloring to manage my stress and anxiety.



SENIOR EXERCISE CLASS

*Classes are taught by Florham Park resident and Jazzercise instructor, Stephanie Akers.
Each class consists of light aerobic exercises and stretching to improve balance and fitness.*

The next 10-weeks of exercise classes will be from **Monday, April 1, 2019 to Monday, June 10, 2019**.
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.

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

WHERE: Florham Park Senior Center

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

WHO: Classes are for Florham Park senior citizens age 62 years of age or older. Beginners are welcomed.

Please sign-up below. Return form with payment.



2019 FLORHAM PARK SENIORS EXCERCISE CLASS

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 _____

QI GONG EXERCISE CLASS

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

The next scheduled Qi Gong classes will begin on **Friday, April 5, 2019 through Friday, June 7, 2019.**

WHERE: Florham Park Senior Center

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

Starting: April 5, 2019 and continuing through June 7, 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 of age or older.

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

Please sign-up below. Return form with payment.



2019 FLORHAM PARK SENIORS QI GONG EXERCISE CLASS

Taught by YMCA instructor, Bianca Godoy

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."

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 _____



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