



FLORHAM PARK SENIOR CITIZENS CLUB NEWSLETTER



PRESIDENT'S MESSAGE

Happy New Year! I hope everyone had a healthy, happy, and memorable holiday season. Pat and I hosted Christmas for our three children and their spouses, including three grandchildren. A great day for all!

Our Holiday Luncheon was well-attended with over 105 members and guests enjoying the event. The Hanover Park High School Chamber Singers gave an outstanding performance. Congratulations to all the raffle winners, and a big thank you to the Florham Park businesses who donated the prizes. Also, thanks go out to our event chairperson Lynne Kelly and Olga Petrilak.

The December Food Drive was successful thanks to our Club members.

The Senior exercise program and Qi Gong are scheduled to start in January. Registration forms with dates follow in the newsletter.

Also, in January, we are introducing a new program that provides exercise and education to encourage a more bone-healthy lifestyle. Known as "Project Healthy Bones", the program has multiple goals focusing on osteoporosis prevention and exercise. A registration form and a medical approval form are included in this newsletter.

Councilwoman Carmen Cefolo-Pane, who is the liaison to the Senior Citizens Club, will be stepping off the Borough Council after ten years of service. We'll miss her informative and helpful updates. Thank you, Carmen.

The 2022 Senior Citizens Club membership renews in January. Your dues help with Club expenses and a portion of the Hanover Manor luncheons planned for 2022. A form for your dues renewal has been included in the Newsletter.

Thank you for renewing.

Paul



HOLIDAY LUNCHEON



President Paul Chase presents Councilwoman Carmen Cefolo-Pane with a gift for her service to the Florham Park Senior community.



THANKS FOR THE HOLIDAY ENTERTAINMENT

Under the direction of Helen Britez, the Hanover Park Chamber Singers enthusiastically performed at the Holiday Luncheon for our Club members and other Florham Park seniors and guests.

It was a treat to listen to their fabulous vocal program, and this was their first outing since the start of the COVID shutdowns.

Executive Committee Officers

Paul Chase - President
973-822-0031
Angela Landon - Vice President
973-765-0022
Rosemary Schumacher - Treasurer
973-822-0559
Christine Davidson - Secretary
973-377-3713

Committee Chairs

Olga Petrilak - Programs
Open Position - Hospitality
Carol Padden - Membership
Rosalie Coll - Good & Welfare
Winnie Schurek - Publicity
Marianne Nucci - MCCoOPO
Pat Chase - Newsletter
Eileen Cerrato - Telephone Tree

Senior Center

Diane Guido - Site Supervisor
Center: 973-520-8984
Cell: 973-698-7278

UPCOMING EVENTS

Membership Meetings - Meetings are held on the second and fourth Wednesdays of the month at 11 a.m. at the FP Community Center.

- January 12th - A very entertaining magic show with individual lunches sponsored by Care One at Hanover Township.
- January 26th - Borough Attorney Joe Bell will present how he worked to unseal grand jury documents from a seven decades-old case widely known as the “Moore’s Ford Lynching” .
- February 9th - Dr. Saslow, owner of Ye Olde Curiositie Shoppe, will give an informative discussion on “Treasurers in Your Attic”.
- February 23rd - An experienced medical practitioner will discuss healthy heart lifestyles sponsored by Care One at Hanover Twp.

Bingo - Every Tuesday at 1:00 p.m. at the Senior Center.

Senior Exercise, Qi Gong, and Project Health Bones - These programs provide fitness and a healthy life style for seniors. Forms and dates are included in this newsletter.

Movies - Every Friday at 12:30 p.m. at the Senior Center.

Trips - Depending on health safety, trips will resume in the Spring. Look for more information the next newsletter.

Senior Center - The Florham Park Senior Center will be **closed** on Martin Luther King, Jr. Day, 1/17/22 & Presidents’ Day, 2/21/22.

Florham Park Senior Exercise Class Form

Classes will be taught by Stephanie Akers and is open to senior citizens of Florham Park who are 62 years old or older. A lively chair exercise is set to music to improve mind and body. Contact **Marie White 973-377-0107** with questions.

WHEN: Mondays:1:00 p.m.- 1:30 p.m. & Thursdays: 10:00 a.m.- 10:30 a.m. **WHERE:** Florham Park Senior Center

START & END DATES: From Thursday, January 13, 2022 through Thursday, March 24, 2022

FEE: \$10 **Please make check payable to “Florham Park Senior Citizens Club”**

BRING: A water bottle and a long, strong rubber exercise band.

HOW: Complete the form below and return with payment to: Marie White, 24 Riverside Drive, Florham Park, NJ

Name: _____

Street Address: _____

Email Address: _____

Phone (Home) _____ **Phone (Cell)** _____ **Do you text? Yes or No**

Emergency Contact Person: _____ **Phone #** _____

I agree not to hold responsible, 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, its elected or appointed officers, employees, volunteers, or agents, for any accident or injury sustained by me during the course of this program.

Participant Signature: _____ **Date:** _____

Florham Park Seniors Qi Gong Exercise Class Form

This class is taught by Bianca Godoy and is open to senior citizens of Florham Park who are 62 years old or older. Qi Gong is a gentle mindful “moving meditation” exercise that releases tension, cultivates energy and sense of balance. It is sometimes called “Chinese Yoga”. Contact **Cheryl Brower - 201-919-1607** with any questions.

WHEN: Fridays from 10:30 a.m. – 11:15 a.m. **WHERE:** Florham Park Senior Center **BRING:** A bottle of water.

START & END DATES: Friday, January 7, 2022 through Friday, March 25, 2022

FEE: \$12 for 12 Sessions **Please make check payable to “The Florham Park Senior Citizens Club”**

HOW: Complete the form below and return with payment to: Cheryl Brower, 93 Roosevelt Blvd, Florham Park, NJ 07932

Name: _____

Street Address: _____

Email Address: _____

Phone (Home) _____ **Phone (Cell)** _____ **Do you text? Yes or N**

Emergency Contact Name: _____ **Phone #** _____

I agree not to hold responsible, 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, its elected or appointed officers, employees, volunteers, or agents, for any accident or injury sustained by me during the course of this program.

Participant Signature: _____ **Date:** _____

*Happy
Valentine's
Day*

Knitting/Crochet Circle

The knitting and crochet group will begin meeting again on Mondays at 1:30 p.m. on January 10th and 24th and February 7th and 28th.

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

Steve Brozyna

Come listen to his guitar and songs on the following Mondays at 1:30 p.m.:
January 10th and 24th
February 7th and 28th



Martin Luther King, Jr. Day

Monday, January 17th

Valentine's Day

Monday, February 14th

Presidents' Day

Monday, February 21st

Seniors Helping Seniors

Our Senior Citizen Club provides monthly food certificates to Florham Park seniors needing assistance through our Seniors Helping Seniors program. The profit from the 50/50 at the general meetings and your donations help fund this endeavor.

Thank you to the many members who contributed items or who made a financial donation during our Holiday food drive. Your donations are much appreciated and will provide more assistance to seniors in need.

We would also like to thank the **Blue Foundry Bank** for their generous monetary contribution to our initiative.

If you know of any senior in town that may qualify for food certificates, have them call Joelyn Hoferer at 973-377-3898.





HAPPY BIRTHDAY



JANUARY

Sandra Ferrise 1/3
 Diane Himics 1/4
 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
 Neil Ulman 1/16
 Mary Bendick 1/22
 Evelyn Callahan 1/24
 Olga Petrilak 1/24

Nancy Lack 1/28
 Angela Zatz 1/30



FEBRUARY

Grigore Iorgulescu 2/1
 Doug Tarencz 2/1
 Rosalie Coll 2/3
 Barbara Tartaglia 2/5
 Florance Parrillo 2/6
 Kathleen Smith 2/7

Bruce Danishek 2/9
 Lorraine Tighe 2/9
 Benito Falco 2/11
 Maria Perrone 2/13
 Zehra Boorujy 2/16
 Jean McGuirk 2/16
 Desai Maheshwari 2/16
 Teresa Rosania 2/17
 Elizabeth Iannarone 2/18
 Marie Iamartino 2/23
 A. Carroll Adkins 2/24
 Jeanette Allen 2/24
 Marianne Nucci 2/25
 Joelyn Hoferer 2/26
 Ruth Moolin 2/27

----- PLEASE CUT & MAIL IN -----

2022 MEMBERSHIP RENEWAL

Florham Park Senior Citizens Club Annual Dues - \$10.00 per member

Please complete and return this form, including email address (if you don't have one, mark **none**) and circle an **area of volunteer interest**, with payment by **check** (no cash) made out to:

“Florham Park Senior Citizens Club”. Please put “2022 Membership” in the memo section of check.

Mail to: Carol Padden, Membership Chairperson, 1 Northridge Drive, Florham Park, NJ 07932

Name _____ Email _____

Address _____ Check No. _____

Phone No. _____ Birthday _____



Please circle at least one volunteer interest: **Membership**

General Meeting Helper Newsletter Mailing Helper Programs Trips & Tours

Picnic Helper Phone Tree Luncheon Helper Other _____



Project Healthy Bones

The goal of this new program is to provide exercise and education to encourage a more bone-healthy lifestyle. Peer Leaders include Maria Inserra and other instructors.

Please note that in order to participate TWO forms must be completed:

Form-1 (Registration Form) and Form-2 (Medical Approval To Exercise Form).

WHEN: Wednesdays, 1:30 p.m. – 3:00 p.m.. WHERE: FP Senior Center BRING: One pound weights

START & END DATES: Wednesdays, January 19, 2022 - March 23, 2022

FEE: \$10 for 10 weeks. You will receive a 52 page participant manual, included in the fee.

Please make check payable to “The Florham Park Senior Citizens Club” and send with forms to: Rosemary Schumacher, Treasurer, 51 Roosevelt Blvd., Florham Park, NJ 07932

Questions? - Please call Maria Inserra at 973-377-6366

PROJECT HEALTHY BONES FORM - 1

I, _____, understand and confirm that
(Print Name)
my participation in this Healthy Bones Program is voluntary. I agree that during my participation I will exercise at a comfortable level and will stop exercising if it becomes uncomfortable, in order to prevent any illness or injury. I hereby release the New Jersey Department of Human Services, Morristown Medical Center, lead coordinators, host site, peer leaders, and their officials, directors, members, agents, and/or employees from any liability or claims for personal injury or otherwise arising from my participation in Project Healthy Bones.

Signature Date

Street: _____ Town: _____ Zip: _____

Home Phone: _____ Cell Phone: _____

E-mail: _____

EMERGENCY CONTACTS:

1. Name: _____ Relationship: _____

Home Phone: _____ Cell Phone: _____

2. Name: _____ Relationship: _____

Home Phone: _____ Cell Phone: _____

MEDICAL CONDITIONS:

Do you have any medical conditions you want your peer leaders to be aware of?

Project Healthy Bones - Form 2

PLEASE BRING COMPLETED FORM TO FIRST CLASS



Medical Approval to Exercise

Patient Name: _____

Address: _____

Date of Birth: _____ Phone Number: _____

The above named patient would like to participate in Project Healthy Bones, an exercise and educational program designed to prevent and slow the development of osteoporosis. The program is led by trained Peer Leaders.

The exercises are designed to improve balance and strength with the use of ankle and hand weights. Participants begin with 1 lb. weights and progress as self-determined.

Project Healthy Bones is based on a program developed by the Massachusetts Department of Public Health and Action For Boston Community Development, Inc. in consultation with the Nutrition and Exercise Physiology Laboratory at Tufts University. The program is sponsored by the New Jersey Department of Human Services, Division of Aging Services. For more information on Project Healthy Bones, visit www.state.nj.us/humanservices/doas/services/phb/index.html.

_____ **YES**, I approve and support his/her participation in this progressive weight and balance training program.

_____ **NO**, my patient is not eligible to participate in this exercise program due to his/her current medical status.

Physician Signature

Date

PHYSICIAN INFORMATION:

Print Name: _____

Address: _____

Telephone: _____

Please return this completed form to your patient.