



FLORHAM PARK SENIOR CITIZENS CLUB NEWSLETTER



PRESIDENT'S MESSAGE

Our January and February speakers, Attorney Joe Bell and Dr. Arnold Saslow, provided two very informative presentations. Attorney Bell spoke about his work on the Moore's Ford Lynching case. Dr. Saslow's frank evaluation of collectibles, such as stamps, baseball cards, coins, etc., cleared up many misconceptions as to the real value of our collections. So, if anyone is interested, I'll donate my collection of U.S. and world-wide stamps and first-day issue stamps.

Thanks go out to Maria Inserra for getting the Healthy Bones exercise program started. The first class began with 11 attendees on February 16th and will continue every Wednesday. If you are interested in participating, please call Maria at 973-377-6366. Forms are available at the Senior Center.

As noted in the side column, we have contacted the Township of Morris Senior's Club about their 2022 trips and tours. These trips are open to all Florham Park seniors and include visits to places such as the Sacred Heart Cathedral - Newark, Statue of Liberty & Ellis Island, Charleston, SC and Savannah, GA and many more. A complete list of the trips can be found at the Senior Center.

Welcome, Councilman Bill Zuckerman, who is the new liaison to the Senior Citizens Club. Bill is also council liaison to the Board of Education, AARP, Pool, Environmental Commission, Open Space, and Grants.

We still have a few members who have not renewed their membership for 2022. Please take a moment and send in the enclosed renewal form along with payment to Carol Padden, Membership Chair.

Thank you for renewing your membership.

Paul

TRIPS & TOURS

Forms for upcoming trips can be obtained at the Senior Center. The form needs to be completed and sent directly to the person noted on the form.



To ensure that there is still space available, first call the trip coordinator before sending in your check. Reservations are first come, first serve. So, register early!

On the day of the trip, you are responsible to arrive and depart from the location noted on the form.

A bus refund of \$25 will be issued to any FP Senior resident who provides proof of trip participation (e-mail or letter confirmation). Send it along with a reimbursement form (available at the Center) to our Treasurer, Rosemary Schumacher and a check will be mailed to you.

WEARING MASKS

At this time, masks are required to be worn by all persons entering Borough-owned buildings.

This includes the Senior Center, and if you refuse to wear a mask while inside, you will be asked to leave.

Just recently, Governor Murphy stated that schools in NJ could decide to go without masks as of March 7, 2022. Encouraging news that we may be seeing an end to COVID restrictions.



Did you send in your 2022 Florham Park Senior Citizens dues?

If you haven't paid as yet, we have placed a reminder sticker on this newsletter.

Don't miss out on all the perks of being a member! Fill out the enclosed form today.

Dues paid after April 1, 2022 are subject to a \$15 late fee.

Thank you for being a member!



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.

- **March 9th** - Where do we go from here? Liliana Cannizzo from Christie's will present an informative and interactive discussion regarding the ever-changing New Jersey real estate market and the affect on home values. Lunch will be provided.
- **March 23rd** - A very entertaining magic show with individual lunches sponsored by Care One at Hanover Township.
- **April 13th** - Lunch with the Mayor. In a "question and answer" format, Mayor Mark Taylor will update us on current Borough developments, activities and challenges.
- **April 27th** - "Heads Up Seniors" - an informative presentation by the New Jersey Brain Alliance.

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

Senior Exercise, Qi Gong and Healthy Bones - These programs provide fitness and a healthy life style for seniors. They will continue until June, 2022. Registration forms included in newsletter.

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

Trips - Please pick up forms for trips at the Senior Center.

Senior Center - Closed on Good Friday/Passover, April 15, 2022.

Florham Park Seniors 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 **Pat Chase 973-822-0031** 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 Monday, March 28, 2022 through Thursday, June 9, 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: Pat Chase, 48 Orchard Road, Florham Park, NJ 07932

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 10:00 a.m. – 10:45 a.m. **WHERE:** Florham Park Senior Center **BRING:** A bottle of water.

START & END DATES: Friday, April 1, 2022 through Friday, June 24, 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:** _____

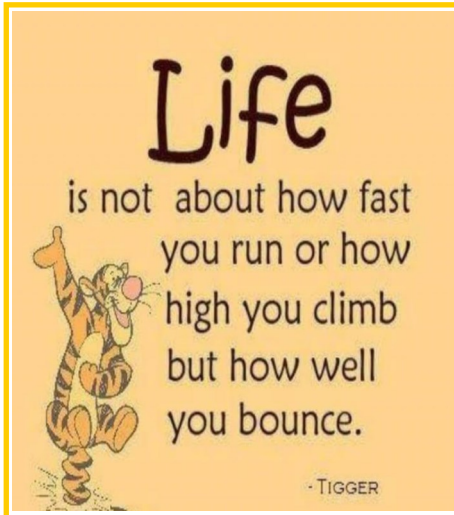
Daylight Saving Time - March 13th

Tax Day - April 18th

Spring Luncheon - June 8, 2022

Music By Steve Brozyna

Come listen to his guitar and songs on the following Mondays at 1:30 p.m.:
March 14th and 28th
April 11th and 25th



AARP TAX-AIDE VOLUNTEERS

From 2/16 to 4/13/22, seniors can get free assistance with their tax return at the Madison Senior Center, 28 Walnut Street, Madison, NJ. Call first, 973-593-3095 (M-F), to set-up a Wednesday drop-off appointment, held between 9:30 am - 2:00 pm.

KEEP IN TOUCH

If you can't make our meetings or visit the Center, but you still want to feel connected, call Eileen Cerrato at 973-822-2296. She is always empathetic, a great listener and is a knowledgeable resource for our seniors. She is also in -charge of our Phone Tree and can always use volunteers!

Rosalie Coll at 973-822-0610 is interested in your welfare, as well. She sends out get-well and sympathy cards on behalf of our Club.

The Knitting and Crochet Circle meets on Mondays at 1:30 p.m. following the music schedule above.

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

Eat Smart, Move More, Weigh Less

Join a free online 15 week weight management course open to Morris County residents, 60 and over. The weekly sessions are lead by Registered Dietitian Nutritionists. Call the Senior Center of the Chatham's, at 973-635-4565, to register. More information at: <https://esmmweighless.com/>



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
 Marie Damiano 3/15
 Marie Rackley 3/20
 Angela Margotta 3/21
 Thomas Dennison 3/24
 Connie Gleichmann 3/26



APRIL

Anne Alvarez 4/2
 Pat Bianco 4/6
 Myron Kleban 4/6
 Barbara Taylo 4/9
 Manny Rodrigues 4/10
 Barbara Tarencz 4/10
 Claire Adamo 4/12
 Nellie White 4/14
 Jonelle Patetta 4/16
 Thomas Padden 4/17



Jim Damiano 4/20
 Christine Davidson 4/22
 Gerard Salvato 4/23
 Alan Abramson 4/25
 Edith Ammirato 4/25
 Brian Tighe 4/26
 Marcia Kraus 4/27
 Michael Prokop 4/28
 Rosemarie Contella 4/30
 Richard Davidson 4/30

----- 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** _____