



# FLORHAM PARK SENIOR CITIZENS CLUB NEWSLETTER

SEPTEMBER -  
OCTOBER 2022



## PRESIDENT'S MESSAGE

I hope everyone had a great summer vacationing at their favorite spot, whether it was down the shore, in the Poconos, or aboard a cruise ship. Pat and I spent time on Cape Cod with our family, as well as, at the Jersey shore.

Our Club's Executive Committee has been busy planning programs and events for the Fall. Local resident and author, Amy Pollack, will discuss her new, young adult book series on Wednesday, September 14th. Joel Farkas will present "The Pilgrims and the Mayflower" on October 12th and Eric Kerssen will entertain us with his accordion on October 26th for Oktoberfest fun.

Our annual picnic, on Wednesday, September 28th, will be held under the pavilion at the Community Center. All Florham Park Seniors are welcome to attend. Please invite a Florham Park Senior who may not be a member. In case of inclement weather, the event will be moved indoors. Please send in your check and registration form which is included in this newsletter.

The Senior exercise and Qi Gong programs will start in September and continue until the end of January, instead of December as in prior years. The sign-up forms are included in this newsletter. The Healthy Bones exercise program will continue to be held on Wednesday afternoons, unless cancelled in advance.

The Recreation Department will be sponsoring seven trips for Seniors over the next nine months. Flyers can be picked up at the Senior Center. Make your check out to the Florham Park Recreation Department and drop off at the Senior Center. Please see Diane Guido at the Senior Center with any questions.

A big "Thank You" goes out to Police Chief Orlando, his Officers and Staff for providing a great picnic lunch for Seniors on August 11th at the Senior Center.

See you at our next meeting.

*Paul*

## Keep In Touch

If you can't make our meetings or visit the Senior Center, stay in touch by calling Eileen Cerrato at 973-822-2296.

She is a great listener and a knowledgeable resource for our seniors.

## Good & Welfare

Please keep Rosalie Coll, 973-822-0610, updated on our members' welfare. She sends out get-well and sympathy cards on behalf of our Club.

## Music By

Steve Brozyna



Come listen to Steve sing and play his guitar at the Senior Center on Mondays @1:30 p.m.

- September 19th
- October 3rd, 17th & 31st

## Trips Planned Through the Recreation Department



- New York Botanical Gardens - September 20, 2022, \$75 per person. Discover the beauty offered at the gardens. See plentiful amounts of pumpkins and gourd of all sizes and shapes. Lunch not included. Pick up flyer at the Senior Center for more details.
- Oktoberfest Show at the Brownstone - Date TBD, \$110 per person. Enjoy a day of German music, dancing, food and comedy. Flyers will be available soon at the Senior Center.
- Hunterdon Hills Playhouse - Date TBD, \$120 per person. "A Playhouse Christmas" show is filled with original, hilarious and heart-warming stories. A perfect complement to the holiday season. Flyers will be available soon at the Senior Center.

**NOTE:** Beginning September 1, 2022, seniors taking trips directly through Long's Travel will no longer be reimbursed \$25.

### 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.

- **September 14th** - Author and local resident, Amy Pollack, on how she developed a young adult book series: "The Adventures of Jelly Bean."
- **September 28th** - Seniors Club Picnic at the Community Center.
- **October 12th** - Well-known lecturer, Joel Farkas, will present his most recent program: "The Pilgrims and the Mayflower."
- **October 26th** - Our favorite accordionist, Eric Kerrsen, will entertain us with a wide selection of songs.
- **November 9th** - Joan Schaible will present "Meet Lesser-Known First Ladies."

**Seniors Fall Picnic** - This event is open to all Florham Park senior residents. A registration form is included in this newsletter. Please volunteer to serve or clean-up.

**Bingo** - Every Tuesday at 1:00 p.m. at the Senior Center beginning on September 13th.

**Senior Exercise, Qi Gong and Healthy Bones** - These fitness and healthy life-style programs are open to all seniors.

**Movies** - Every Friday at 12:30 p.m. at the Senior Center.  
**No movie** on September 2nd and October 7th.

### PROJECT HEALTHY BONES

This program provides exercise and education to encourage a more bone-healthy lifestyle. The program runs every Wednesday (unless cancelled in advance) from 1:30 p.m. to 3:00 p.m. at the Senior Center. Participants will receive a 52-page participant manual for a one-time fee of \$10.

The registration form and a medical approval to exercise form can be picked up at the Senior Center. Please contact peer leader Maria Inserra at 973-377-6366 for more information.



### The Senior Center

Will be closed on:  
Monday, September 5, 2022,  
& Monday, October 10, 2022.

### In Memoriam

We honor the passing of Russell White.



### Knitting and Crochet Circle

The group will begin on Monday, October 3rd at 1:30 p.m. Subsequent dates are: October 17th & 31st.

Donations of 7"x 9" rectangles will be accepted, as well as hats of all sizes. Please drop them off in the Craft Room at the Senior Center.

If you need assistance or have questions, please contact Liz Dennison at 973-377-7245 or Marsha Huber at 973-960-8722.



### Welcome Our Newest Members

Carol Baldino	Diane Kostibos
Kathleen & Ed Duffy	Sundra Parker
Mark & Pat Feldman	Adeline Stone
David Fox	Mike & Rosemary Renahan
Brian Gethard	Gary & Julie Sabatos
Regina Hill	Bud & Pat Wecht



# HAPPY BIRTHDAY



## SEPTEMBER

Barbara Nevis	9/1
Nancy Fiore	9/10
Joan Metro	9/11
Candy Von Brook	9/12
Helen Filler	9/13
Arlene Mittelstadt	9/13
Peter Pelosi	9/14
Rosemary Schumacher	9/14
Richard Himics	9/16
Gloria Jene Hopping	9/17
Richard Metro	9/21
Mary Jane Genoese	9/22
Jerome Kelly	9/22
James Mathews	9/23
Virginia Arnold	9/25



Marie celebrated her 106th in July!

## OCTOBER

Loretta Wilson	10/1
Terry Bianco	10/3
Mahesh Desai	10/3
Manju Makhija	10/3
Barbara Rodriques	10/4
Jatin Gajarawala	10/6
Fred DiMuccio	10/11
Maria Inserra	10/11
Jo Passalaqua	10/15
Michele Bogart	10/18
Katherine Mathews	10/19
Carol Baldino	10/20
Andrea Kautter	10/22
Pat Wecht	10/23
Ed Duffy	10/26
Eileen Haemmerle	10/26

Louis Alise	9/27
Elizabeth Dennison	9/27
Angela Iorgulescu	9/27
James Monahan	9/29
Bob Wilson	9/30

## Florham Park Seniors Exercise Class Form

Classes will be taught by Stephanie Akers and is open to all 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 **Joan Metro 973-377-8655** 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:** Monday, September 19, 2022 through Thursday, January 30, 2023

**FEE: \$15** 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:

**Rosemary Schumacher, 51 Roosevelt Boulevard, 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 SENIOR CITIZENS PICNIC**

Florham Park Community Center – Rain or Shine  
Wednesday, **September 28, 2022 – 11:30 a.m.**

Food provided by Zizza’s Bakery Deli - Entertainment by Steve Brozyna  
Cost: **\$3.00 per person/pay by check only.**

**ALL** Florham Park Senior Citizens are invited to attend. Please return the completed form and a check made payable to “**Florham Park Senior Citizens Club**”.

Drop off at: The Florham Park Senior Center Sign-In Desk or

Mail to: **Rosemary Schumacher, 51 Roosevelt Blvd., Florham Park, NJ 07932**

**Please respond by Friday, September 23rd**

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**FLORHAM PARK SENIOR CITIZENS PICNIC**

Name: \_\_\_\_\_ Phone No. \_\_\_\_\_ Check No. \_\_\_\_\_

Name: \_\_\_\_\_ Phone No. \_\_\_\_\_ Check No. \_\_\_\_\_

**Yes, I am available to help out at the event** \_\_\_\_\_

**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 bring a bottle of water.

**START & END DATES:** Fridays, September 16, 2022 through Friday, January 27, 2023.

**FEE:** \$15 **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:** \_\_\_\_\_