



FLORHAM PARK SENIOR CITIZENS CLUB NEWSLETTER

JANUARY-
FEBRUARY
2023

PRESIDENT'S MESSAGE

Happy New Year and Welcome to 2023! I hope everyone had a healthy, happy, and memorable holiday season. Pat and I hosted Christmas (and two birthdays) for our family during this season.

Our Holiday Luncheon was again well-attended with over 120 members and guests enjoying the event. The Hanover Park High School Chamber Singers gave an outstanding performance. Thanks go out to our event chairperson Lynne Kelly and volunteer Olga Petrilak. Congratulations to the raffle winners, and thank you to my wife, Pat, for organizing the raffle, and to the Florham Park businesses for their donations.

Also, thank you for your donations, which enabled our Holiday Food Drive to have another successful year.

The next Senior exercise and Qi Gong programs are scheduled to start in February. Registration forms are included in the newsletter.

We welcome Bob McCoy to our Club's Executive Committee.

Councilman Bill Zuckerman, who is the liaison to the Senior Citizens Club, will be stepping off the Borough Council. Thank you, Bill, for your many years of volunteer service to our community.

The 2023 Senior Citizens Club membership renews in January. Your dues help with Club expenses and a portion of the Holiday and Spring luncheons. The dues renewal form is included in the Newsletter.

Thank you for renewing.

Paul

2022 HOLIDAY LUNCHEON



PROJECT HEALTHY BONES

The "Project Healthy Bones" program will start its second year in 2023. The program has multiple goals focusing on osteoporosis prevention, a bone-healthy lifestyle and exercise. New participants will need to complete a registration form and a medical approval form, which can be picked up at the Senior Center or by calling peer leader Maria Inserra at 973-377-6366.

Classes are held on Wednesdays at the Senior Center from 1:30 p.m. to 3:00 p.m. There is a \$10 fee to cover the cost of the new participant manual.



GREAT HOLIDAY ENTERTAINMENT

Under the direction of Helen Britez, the Hanover Park Chamber Singers enthusiastically performed at the Holiday Luncheon for our Senior Club

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
Bob McCoy - 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 11th - **Dr. Jim Kennedy**, security expert and advisor, will speak on cyber, internet and infrastructure security. Bagels will be served.
- January 25th - An advisor from **Merrill Lynch** will discuss the need and ways for “Protecting Your Wealth from Healthcare.” Dunkin’ Donuts will be served.
- February 8th - **Richard Stillman**, musical entertainer, singer and tap dancer will be back to entertain us with a wide-selection of patriotic songs. Valentine cupcakes will be served.
- February 22nd - **CareOne** will sponsor an informative and insightful discussion on “Heart Care” and a healthy snack will be served.

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

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

Trips - Upcoming senior trips information will be released through flyers at the Senior Center, Club emails and our next Newsletter. Watch for details on a new group, The Impromptu Activities Club.

Borough Council 2023 Annual Reorganization Meeting - Thursday, January 5th at 6 p.m., in Court Room

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 **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:** FP Community Center

START & END DATES: From Thursday, February 2, 2023 through Thursday, June 15, 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 form and return with payment to: **Rosemary Schumacher, 51 Roosevelt Blvd, 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 “Mindful Movement” 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 movement” exercise that releases tension, cultivates energy and a 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, February 3, 2023 through Friday, June 16, 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:** _____



Steve Brozyna

Come listen to his guitar and songs on the following Mondays at 1:30 p.m.:

- January 9th and 23rd
- February 13th and 27th

CLOSED

The Florham Park Senior Center will be **closed** on Martin Luther King, Jr. Day, Monday, January 16th & Presidents’ Day, Monday, February 20th.

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.

If you know of any senior who needs our help, please call Joelyn Hoferer at 973-377-3898.

In Memorial

We honor the passing of our club members:

A. Carroll Adkins,
Louis Alise, &
Mary Virginia Arnold

And our former club members:

Beatrice Guzzi &
William Ward



Knitting/Crochet Circle

The knitting and crochet group will meet on Mondays at 1:30 p.m. on January 9th and 23rd and February 13th and 27th.

Please contact Marsha Huber with any questions at 973-960-8722 or Liz Dennison, at 973-377-7245.

Happy Valentine's Day

**I have decided to stick with love.
Hate is too great a burden to bear.
- Martin Luther King, Jr.**



HAPPY BIRTHDAY



JANUARY

Sandra Ferrise 1/3
 Diane Himics 1/4
 Mary Anne Wallendjack 1/7
 John Adams 1/9
 Marian Cocubinsky 1/9
 Judy Rodgers 1/10
 Dick Bettle 1/12
 Barbara Brennan 1/12
 Bill Zuckerman 1/12
 Thomas McMahon 1/13
 John Mitro 1/13
 Alice Abramson 1/20
 Rosemary Renahan 1/24
 Mary Bendick 1/22
 Evelyn Callahan 1/24

Olga Petrilak 1/24
 Mary Quinn 1/26
 Nancy Lack 1/28
 Angela Zatz 1/30
 Kathleen Duffy 1/31

FEBRUARY

Grigore Iorgulescu 2/1
 Doug Tarencz 2/1
 Rosalie Coll 2/3
 Barbara Tartaglia 2/5
 Florence Parrillo 2/6
 Kathleen Smith 2/7
 Lorraine Boyd 2/8
 Cheryl Brower 2/8
 Bruce Danishek 2/9
 Lorraine Tighe 2/9

Benito Falco 2/11
 Maria Perrone 2/13
 Janette Fuentes 2/15
 Zehra Boorujy 2/16
 Jean McGuirk 2/16
 Maheshwari Desai 2/16
 Teresa Rosania 2/17
 Gary Sabatos 2/17
 Elizabeth Iannarone 2/18
 Bud Wecht 2/19
 Bob McConnell 2/20
 Frank LaRocca 2/22
 Marie Iamartino 2/23
 Marianne Nucci 2/25
 Joelyn Hoferer 2/26
 Ruth Moolin 2/27

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

2023 MEMBERSHIP RENEWAL

Florham Park Senior Citizens Club Annual Dues - \$15.00 per member*

***Members age 90 or older in 2023 will send in this form but not pay dues.**

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 "2023 Membership" in the memo section of check.

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

Name _____ **Email** _____

Address _____ **Phone No.** _____

Please Indicate Either: (1) Check No. _____ **or (2) Payment Not Required** _____



Please circle at least one volunteer interest: Phone Tree

Membership Meeting Support

Event Planning

Trips & Tours

Picnic Support

Membership Recruitment

Activities