



FLORHAM PARK SENIOR CITIZENS CLUB NEWSLETTER



PRESIDENT'S MESSAGE

Recently, a Club member approached me with a suggestion on how to attract new members to the organization. She thought adding some new activities might be the answer. We kicked around some ideas and came up with the following: a men's afternoon poker game, a weekly cornhole match, a pickleball or golf lesson, a cooking or baking demonstration, a painting class or an arts and crafts project from a starter kit.

These are some of the possible activities that seniors could do on a weekly or on a one-time basis. To get started, we'll need help from members who can take the lead on organizing the events. Gratefully, some members, e.g., Marsha Huber (knitting and Mahjong) and Maria Inserra (Healthy Bones Project) have already stepped up to organize activities that interest them and other seniors.

If you have a skill or special talent that you would like to share with other Seniors, please contact me or one of the Executive Committee members. We'll discuss your ideas with the Recreation Department for assistance and funding.

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

Due to scheduling requests, the Brooklake School Children's Choir will start at 10:45 a.m. on March 22nd, and Ann Grossi will start at 11:00 a.m. on April 26th. The business portion of the meeting will follow afterwards.

Paul

TRIPS & TOURS

Forms for the upcoming trips can be obtained at the Senior Center or downloaded from the FP Borough Website under the Recreation, Senior Citizen's Corner Tab.

Our trip transportation is provided by Long's Travel, in Cedar Knolls, NJ.



**March 14th Bus Trip -
St. Patrick's Day Show
- TRIP CANCELLED -**

**April 4th Bus Trip -
Moses at Sight & Sound
Theater.**

Departs 9:00 a.m. - returns 9:00 p.m. Leaves from the FP pool parking lot.

A Hershey Farm Smorgasbord meal is included in FP resident price of \$179.00.

KEEP IN TOUCH

If you can't make our meetings or visit the Center, but you still want to feel connected, please 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.



Did You Send in Your 2023 Florham Park Senior Citizens Club 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, 2023 are subject to a \$15 late fee.

Thank you for being a member!

**Celebrated since 1970.
Saturday, April 22, 2023**



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 Members

Olga Petrilak - Programs

Pat Chase - Newsletter

Carol Padden - Membership

Angela DeLorenzo - Social Publicity

Bob McCoy - At-large

Marianne Nucci - MCCoOPO

Winnie Schurek - Publicity

Rosalie Coll - Good & Welfare

Eileen Cerrato - Telephone Tree

Carl Bronfman - At-large

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 8th** - Creature Comfort Pet Therapy of Morristown will give a presentation on "What is Pet Therapy All About"? Creature Comfort's therapy teams visit people in need of healing comfort due to experiencing grief, recovery, disabilities or loneliness. Corned beef sandwiches will be served.
- **March 22nd** - The Brooklake School Children's Choir, under the direction of Ms. Nichole Maldonado, will entertain us with a wide range of musical songs. **Note: This program will start promptly at 10:45 a.m. due to school scheduling.**
- **April 12th** - Eric Kerssen, accordionist, will entertain us with our favorite selection of musical numbers. Pizza will be served.
- **April 26th** - Ann Grossi, Morris County Clerk, will update us on her office's services, which include property and tax records, passports, county ID's, voting and veteran services. **Note: This program will start promptly at 11:00 a.m.**

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, 2023. Registration forms can be obtained at the Senior Center,

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, April 7, 2023.

Caring for Aging Loved Ones

Thursdays, March 2nd - March 30th,

VIA ZOOM - 7:00 PM-8:30 PM

Caregiving is not a one-size-fits-all experience and often requires learning how to navigate the eldercare maze as well as how to balance your own needs with those of your loved one. Join the FREE live virtual 5-part series that addresses key areas you need to know about and get some guidance on how to best care for your loved one.

For more information or to register:

https://atlantichhealth.zoom.us/webinar/register/WN_2ZV28HJfSjWkVlPgiqpnbQ



**Atlantic
Health System**

Agency Director, Priscilla Demasi believes that there's no place like home. When hospitalization is not necessary and a nursing home isn't the right choice for you, **Atlantic Private Care** can meet your needs with a one-on-one care plan designed to meet your specific requirements in your home.

Atlantic Private Care offers private duty home health care. Their Certified Aides are available to help with bathing, dressing and grooming. Nurses can assist with IV's, medication management, wound care, and post-surgical support.

Pamphlets are available at the Florham Park Senior Center or call 973-540-9000 and a home care specialist will assist you.



CHARITABLE GIVING



The Seniors-Helping-Seniors (SHS) program received several donations in memory of the passing of Virginia Arnold. Virginia was a past Club president and long-time member who was instrumental in getting our Senior Center built.

We appreciate her request to contribute to our program after her passing. Thank you cards were sent out to all who contributed.

Please think of our SHS program as a way of giving back to Florham Park seniors who may need a your help.



WALK-IN MAHJONG

On Thursdays, from 1:15 p.m. to 3:15 p.m., Florham Park senior residents and one out-of-town guest per resident can play walk-in games in the Senior Center. No betting or use of dice to break wall during games.

Please have knowledge of the American Mahjong style of play and your own National League Mahjong card.

Tables will be set up in the back of the community room.

Tiles, racks, and mats will be provided. If you are interested in learning how to play, leave your name at the front desk.

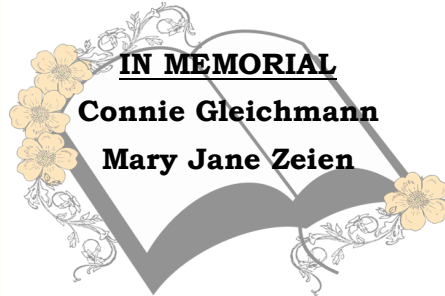
The **Knitting and Crochet Circle** meets on Mondays at 1:30 p.m. following the music schedule below. If you have questions, please contact Marsha Huber at 973-960-8722.

Music By Steve Brozyna

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

March 6th and 20th

April 3rd and 17th



BLOOD PRESURE SCREENING



Public Health Nurse, Jean Vrablik, will be taking blood pressure readings before the general meetings on March 8th and April 12th.

All Florham Park Seniors are invited to attend a reception at 2:00 p.m., outside the theater, followed by a dress rehearsal of the musical, **“Chicago”** performed at 3:00 p.m. on **Wednesday, March 1, 2023 at the Hanover Park High School.**

Bus transportation will be provided from the Florham Park pool parking lot.



Daylight Saving Time - March 12th

Tax Day - Tuesday, April 18th

FP Senior Club Spring Luncheon - June 14, 2023

AARP TAX-AIDE VOLUNTEERS

From 2/1 to 4/12, 2023, Seniors can get free assistance with their tax return at the Madison Area YMCA, 111 Kings Road, Madison, NJ.

Call first, 973-593-3095 (M-F), to set-up a Wednesday drop-off appointment, held between 9:00 a.m. - 1:30 p.m.



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
Betsy	Jackson	3/13
Marie	Damiano	3/15
Marie	Rackley	3/20
Mark	Feldman	3/21
Angela	Margotta	3/21
Thomas	Dennison	3/24



APRIL

Anne	Alvarez	4/2
Patricia	Feldman	4/3
Rosemary	La Rocca	4/4
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

WHO CARES IF WE'RE GETTING OLDER?



WE STILL ROCK!

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 -----

2023 MEMBERSHIP RENEWAL - REMINDER

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 _____ **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** _____