



FLORHAM PARK SENIOR CITIZENS CLUB



**SEPTEMBER
OCTOBER
2023**

PRESIDENT'S MESSAGE

Although summer is still far from over, we wanted to send out the Newsletter earlier this year to keep you informed of our upcoming Fall activities and events.

Vice President Angela DeLorenzo and I had a very constructive meeting with Police Chief Joe Orlando and Councilman Nick Cicarelli to discuss issues that are of concern to Florham Park Seniors as well as upcoming events. More to come on these topics as they develop.

We moved our Fall picnic up to Wednesday, September 13th in the hope of better weather. All Florham Park Seniors are welcome to attend the picnic, which will be held under the pavilion at the Community Center. In case of inclement weather, the event will be moved indoors. A registration form is included in this newsletter.

The first half of the Senior exercise and Qi Gong programs will start in September and continue into January. 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 two trips for Seniors this Fall. Flyers can be picked up 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 barbecue for Seniors this summer at the Senior Center.

Hope to see you at September Fall picnic, membership meetings and other events.

Paul

Florham Park Memorial First Aid Squad

Some seniors may not be aware that the First Aid Squad now charges a flat fee for service plus an extra charge for additional services such as oxygen or special equipment.

The 72-year old FP Memorial First Aid Squad had to make changes to their previously free service due to low volunteerism and several other factors.

After receiving FP First Aid Squad services, a patient may receive a bill and/or a statement in the mail. Bills should be filled out with the requested information and returned to the billing company for processing so the Squad can be reimbursed for their services.

Donations to the non-profit Squad are gratefully accepted and help pay for their daily operations. Call the FP Squad President, Mark Chiarolanza , 973-377-4226 with any questions.



Trips Planned Through the Recreation Department

- Culinary Institute of America - Thursday, September 14th, \$114 per senior resident. A unique dining and learning experience at the American Bounty restaurant.
- Octoberfest at the Shore Club - Thursday, October 5th, \$96 per senior resident. Enjoy a day of German food, music, dancing, entertainment and comedy. Flyers are available at the Senior Center.



Welcome To Our Newest Members

Carmela D'Alessandro	Roberta Auerbach
Barbara Chanes	Carmela D'Alessandro
Anne Greene	Madeline Gudema
Helen Jacobson	Barbara Kotel
Mary & Steve Meier	Virginia Merz
Dorothy Nutkis	Alice Ponticello
Mark & Sharon Richman	Isabella Scavetta
Bharati & Dharaidas Shah	Julie Shpall

Executive Committee Officers

Paul Chase - President

973-822-0031

Angela DeLorenzo - Vice President

973-377-4996

Rosemary Schumacher - Treasurer

973-822-0559

Christine Davidson - Secretary

973-377-3713

Committee Members

Carl Bronfman - At-large

Eileen Cerrato - Telephone Tree & Good & Welfare

Pat Chase - Newsletter

Angela DeLorenzo - Social Publicity

Joelyn Hoferer - Seniors Helping Seniors

Bob McCoy - At-large

Marianne Nucci & Lorraine Boyd - MCCoOPO

Carol Padden - Membership

Winnie Schurek - Publicity

Senior Center

Diane Guido - Site Supervisor

Phone: 973-520-8984

UPCOMING EVENTS

Seniors Barbeque - Hosted by the Police Department on Thursday **August 3, 2023** at the Senior Center at 11:00 a.m. Sign up at the Senior Center.

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

- **September 13th - Senior Fall Picnic.** Open to **all** Florham Park senior residents. A registration form is included in this newsletter. Please volunteer to help serve or clean-up afterwards.
- **September 27th** - Joan Schaible will present "Animals Go To War". Learn about the amazing and heroic animals and the things they accomplished during World War I.
- **October 11th** - Uplifting, interactive music by Candy Nelson. Pizza will be served. Sponsored by Delaney at the Green.
- **October 25th** - Patricia Wells, local teacher and historian, will speak about "Pets and Pests of the White House". Bagels will be provided.
- **November 8th** - William Crawford presents "Secrets of the Centenarians". He will discuss healthy and active aging. Sunrise Senior Living of Florham Park will provide sandwiches.

Bingo - Every Tuesday at 1:00 p.m. at the Senior Center beginning on September 12th.

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.



PROJECT HEALTHY BONES

This program provides exercise and education to encourage a more bone-healthy lifestyle. The class meets 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 4, 2023
& Monday, October 9, 2023

In Memoriam

We honor the passing of Jean McGuirk



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.

Eileen will also be taking over for Rosalie Coll, who did a great job for our Club sending out get-well and sympathy cards. Please keep Eileen updated on the welfare of our members. Thanks Rosalie for your invaluable contribution over the years!

Knitting and Crochet Circle



This group will meet on Monday, October 16th, 23rd, & 30th at 1:30 p.m.

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

Mahjong



Come and enjoy a walk-in game, which takes place every Thursday at 1:15p.m.

HAPPY BIRTHDAY

SEPTEMBER

Barbara Nevis 9/1
 Barbara Chanes 9/8
 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
 Gloria Jene Hopping 9/17
 Gerry Capanear 9/20
 Richard Metro 9/21
 Mary Jane Genoese 9/22
 Jerome Kelly 9/22
 Karen Crincoli 9/23
 Elizabeth Dennison 9/27
 Isabella Scavetta 9/28
 James Monahan 9/29
 Bob Wilson 9/30

OCTOBER

Loretta Wilson 10/1
 Teri Bianco 10/3
 Mahesh Desai 10/3
 Manju Makhija 10/3
 Barbara Rodrigues 10/4
 Adele Oremus 10/5
 Charles Aaron 10/6
 Jatin Gajarawala 10/6
 Fred DiMuccio 10/11
 Maria Inserra 10/11
 Jo Passalacqua 10/15
 Michelle Bogart 10/18
 Carol Baldino 10/20
 Andrea Kautter 10/22
 Pat Wecht 10/23
 Mary Meier 10/25
 Ed Duffy 10/26
 Eileen Haemmerle 10/26
 George LaVecchia 10/30

Senior Identification Card

The Morris County Clerk's Office has scheduled a time at the Senior Center on Tuesday, October 17th, from 10:00 a.m. - 2:00 p.m. to obtain a Senior ID Card. Sign-up sheet available at Senior Center.

Bridge



Seniors interesting in playing or subbing in bridge games on Monday afternoons from 1:30 p.m. to 3:30 p.m. at the Senior Center, please contact Joan Metro at 973-377-8655 or 973-714-5281.

Music By Steve Brozyna



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

- September 25th
- October 16th, 23rd, & 30th



HAPPY GRANDPARENT'S DAY!

Sunday, September 10, 2023

Florham Park Seniors Exercise Class Form

Classes will be taught by Stephanie Akers and are open to all Florham Park seniors aged 62 years old or older. Enjoy a lively chair exercise, set to music, while improving your 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, October 2, 2023 through Monday, January 29, 2024

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 13, 2023 – 11:30 a.m.**

Food provided by Angelina’s Trattoria - 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 with 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 8, 2023

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 bottle of water.

START & END DATES: Fridays, September 22, 2023 through Friday, January 26, 2024.

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:** _____