



FLORHAM PARK SENIOR CITIZENS CLUB NEWSLETTER

**SEPTEMBER
- OCTOBER
2025**

WELCOME MESSAGE

Welcome to another fabulous year of great programs and events!

Our annual Fall picnic will be on Wednesday, September 10th. 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 the newsletter.

Our Senior Chair Exercise, Qi Gong, and Senior Chair Yoga programs will start in September. To participate, check our newsletter for the dates and registration forms for these programs.

The Healthy Bones exercise program will continue to be held on Wednesday afternoons, unless cancelled in advance. New forms must be filled out each year and can be obtained from Maria Inserra or at the Senior Center.

The Recreation Department will be sponsoring a trip for residents this Fall. Flyers can be picked up at the Senior Center or Community Center. Please drop off the registration form with payment at the Community Center.

Don't forget that the forms for the Senior Freeze NJ property tax program, which will enable seniors to get tax reimbursements, must be submitted by October 31, 2025.

A big "Thank You" goes out to Police Chief Orlando, his officers and staff for arranging a great barbecue for Seniors this summer at the Senior Center.

Currently, our Club is operating with two open positions. Vacancies cause others to commit more time to their existing roles on the Board or Committees. Please consider offering your service by stepping forward to help our Club. For more information call Paul Chase at 973-822-0031. Thank you.

Recreation Department Trip

Trip flyers are available at the Senior & Community Centers. Please call David (973-410-5390) with any questions.



Wind Creek Casino

Thursday, October 30th, \$29 per resident and \$49 per Guest.

- You will receive \$25 in slot play. Meet at the Florham Park pool lot before 8:30 a.m. and return at approximately 5:00 p.m.
- Make checks payable to Florham Park Recreation.

MEMBERSHIP

After a member turns 90, membership dues are no longer required. However, the yearly membership form still needs to be sent in. Additionally, please inform our Membership Chair, Lorraine Boyd (973-484-3294), of your special birthday.

Please help us by paying your dues ASAP for 2026. It is time consuming to follow up on unpaid dues. It would be immensely helpful to receive them at the beginning of the new year.



ICE CREAM SOCIAL

What a fun and cool way to spend a summer afternoon!

Thank you to Annemarie Landishman, Lorraine Boyd, Pat Giuliani, Diane Guido, and Marie White who served over 40 seniors with a delightful choice of ice cream and toppings.



Executive Committee Officers

President - Open Position
Vice President - Open Position
Rosemary Schumacher - Treasurer
973-822-0559
Christine Davidson - Secretary
973-377-3713

Committee Members

Michele Bogart – Senior Sunshine
Rich Bogart - At-Large
Lorraine Boyd - Membership
Eileen Cerrato - Telephone Tree & Good & Welfare
Pat Chase - Newsletter
Paul Chase - Past President
Angela DeLorenzo - Publicity
Mary Ann Kleban - At-Large
Annemarie Landishman - Hospitality
Bob McCoy - At-large
Marie White - At-Large

Senior Center

Diane Guido - Site Supervisor
Phone: 973-520-8984

Tax Relief Program Deadline

Seniors, aged 65 and older, will have until October 31st to apply for tax relief through the New Jersey Department of the Treasury PAS-1 form. This form combines the senior tax freeze, the ANCHOR, and Stay NJ relief programs into one application. Stay NJ is a new program that is designed to cut property taxes by 50% (up to \$6,500) for senior citizens who earn less than \$500,000 per year.

The State plans to start distributing benefits in July 2025 on a rolling basis.

The application form, PAS-1, can be picked up at the Florham Park Senior Center or online at property-taxreliefapp.nj.gov.

UPCOMING EVENTS

General Meetings & Socials - General meetings are held once monthly on Wednesdays, at 11 a.m., in the Florham Park Community Center. Members-only socials will be held in the Senior Center as noted in the schedule below.

- **September 10th - Senior Fall Picnic.** Open to all Florham Park senior residents. A catered picnic meal will be served. A registration form is included in this newsletter. Please volunteer to help serve food and drinks or clean-up afterwards.
- **September 25th - Tea and Cookies Social.** A members-only event at the **Senior Center**. From 11:45 a.m. to 12:45 p.m.
- **October 8th - Dan Furnald**, guitarist, will entertain us with Octoberfest songs at the **Community Center** at 11:00 a.m. Food will be provided by Livia Health Center. Thank you and best wishes in retirement go out to our former health nurse, Jeanne Vrablik. Our new health nurse, Michael Camara, will be monitoring blood pressure before the meeting.
- **October 22nd - An Autumn Social.** A members-only event will be held at the **Senior Center** from 11 a.m. to 12:00 p.m. Coffee, hot chocolate and donuts will be provided by Pine Acres Rehab.

Bingo - Every Tuesday at 1:00 p.m. at the Senior Center beginning September 9th, with our fabulous caller, Bob McCoy.

Movies - Every Friday at 1:30 p.m. The movie pick is displayed on the welcome desk for the upcoming showing.

Senior Chair Exercise, Qi Gong, Senior Chair Yoga, & Healthy Bones - These fitness and healthy life-style programs are open to all senior residents. Please download or pick up the forms to register.



The Senior Center

will be closed on:

**September 1st
&
October 13th**



Keep In Touch

If you can't make our meetings or visit the Senior Center, please stay in touch by calling Eileen Cerrato at 973-822-2296. She is a great resource and a font of information and will lend an empathetic ear. Please call her when a member is ill or not feeling well so she can send them a card.



The Barbara Tinari Prayer Shawl Ministry

Both beginner and experienced knitters/crocheters are welcome to meet in the FP Senior Center Craft & Card Room on Tuesdays, from 9:30 to 11:30 a.m.. Join them in making shawls and lap Afghans for those in need of comfort or solace. For more information call Kathy Memoli (973-377-7611) or Pat Schwartz (973-377-0156).



FLORHAM PARK SENIOR CITIZENS PICNIC

Florham Park Community Center – Rain or Shine

Wednesday, **September 10, 2025 – 11:00 a.m.**

Food: Angelina's Trattoria & Blue Basil

Cost: **\$5.00 per person. Please pay by check only.**



ALL Florham Park Senior Citizens are invited to attend. Please complete this form and include a check made payable to "**Florham Park Senior Citizens Club**".

Once completed, send both by mail to:

Rosemary Schumacher, 51 Roosevelt Blvd., Florham Park, NJ 07932

Please respond by Friday, September 5, 2025

FLORHAM PARK SENIOR CITIZENS PICNIC

Name: _____ Phone No. _____ Check No. _____

Name: _____ Phone No. _____ Check No. _____

*** Please check here if you are available to help out at the event _____ ***

Florham Park Seniors Qi Gong Class

This class is taught by Anita Pachero and is open to all 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 a sense of balance.

It's sometimes called "Chinese Yoga". Contact **Cheryl Brower (201-919-1607)** with any questions.

WHEN: Fridays from 10:00 a.m. – 11:00 a.m.

WHERE: Florham Park Senior Center **BRING:** A bottle of water.

START & END DATES: Friday, September 19, 2025 through Friday, January 30, 2026.

FEE: \$20 Please make check payable to "**The Florham Park Senior Citizens Club**".

HOW: Please 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 No

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: _____



SEPTEMBER

Barbara Nevis	9/1
Barbara Chanes	9/8
Nancy Fiore	9/10
Candy Von Brook	9/12
Arlene Mittelstadt	9/13
Peter Pelosi	9/14
Rosemary Schumacher	9/14
Rick Vrablik	9/15
Gerry Capanear	9/20
Karen Crincoli	9/23
Elizabeth Dennison	9/27
Isabella Scavetta	9/28
James Monahan	9/29
Bob Wilson	9/30

In Memoriam

We honor the passing of:

Marie Anzalone

Helen Filler

Bob McConnell



Welcome New Members

Dottie Johnson
Dorothy Liberato
Mary Lombardi
Bonnie Giordano
Marie Giordano
Hedi Molnar
Patricia Ramonas
Carole Rella
Rae Wade

Historical Society of Florham Park

A program, "New Jersey and the Presidential Medal of Honor" will be presented by Peter Zablocki at the Florham Park Library, on Tuesday, October 14th at 7:00 p.m.

OCTOBER

Jay Blumenthal	10/1
Loretta Wilson	10/1
Teri Bianco	10/3
Mahesh Desai	10/3
Barbara Rodriques	10/4
Adele Oremus	10/5
Carole Rella	10/5
Jatin Gajarawala	10/6
Maryann Core	10/11
Maria Inserra	10/11
Jo Passalacqua	10/15
Pat Giuliano	10/16
Michelle Bogart	10/18
Carol Baldino	10/20
Hedi Molnar	10/21
Andrea Kauter	10/22
Pat Wecht	10/23
Lorraine Benacchio	10/25
Mary Meier	10/25
Maria Weir	10/26
Patricia Moore	10/28
George LaVecchia	10/30

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.

Pick up the registration form and medical approval to exercise form at the Senior Center.

Please contact peer leader Maria Inserra at 973-377-6366 for more information.

Bridge

Currently, seniors play bridge games on Monday afternoons from 1:30 p.m. to 3:30 p.m. at the Senior Center. Please contact Millie Ringer (973-845-9367) if interested in playing or being a substitute player.

FP Heavy Item Pickup

Thursday, September 4th is the deadline to register for heavy item pickup in Florham Park. Register online or call 973-410-5330. Pickup starts the week of September 8th.



HAPPY GRANDPARENTS DAY

Sunday, September 7th

Florham Park Library

Second Sunday, (9/14 & 10/12) performances are held each month, from 2:00 to 3:00 p.m. in the Akhoury Room.

Upcoming Programs:

Navigating the Veterans Administration - Thursday, Sept. 11th, 10:00 a.m.- 1:00 p.m. Informational seminar for veterans.

Medicare 2026 - Fall Update - Wednesday, Nov. 5, 10:30 a.m., Learn the latest Medicare updates. Given by SHIP representative, John Adams.

Registration for all events is through the Library's website:
<https://florhamparklib.org>

FP Education Foundation Arts & Crafts Festival

**Saturday, October 18th
10 AM - 3 PM**

Held on the Florham Park Gazebo lawn. A day of arts, crafts, music, community, and vendor shopping.
<https://www.fpefnj.org/festival>

Florham Park Seniors Chair Yoga Class

Classes will be taught by Anita Pacheco and are open to all Florham Park seniors aged 62 years old or older. Enjoy gentle Yoga exercises using a chair to improve balance, body & mind. Contact **Cheryl Brower (201-919-1607)** with questions.

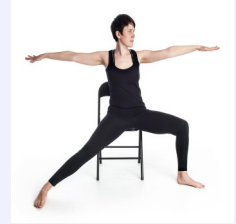
WHEN: Tuesdays: 3:15 pm - 4:15 pm **WHERE:** Florham Park Senior Center

START & END DATES: Tuesday, September 16, 2025 through Tuesday, January 27, 2026

FEE: \$20 Please make check payable to "Florham Park Senior Citizens Club"

BRING: A water bottle.

HOW: Complete the form below and return with payment to:
Cheryl Brower, 93 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 Seniors Chair Exercise Class

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 **Marie White (973-377-0107)** with questions.

WHEN: Mondays: 1:00 p.m. - 1:30 p.m. & Thursdays: 11:00 a.m. - 11:30 a.m. (new time)

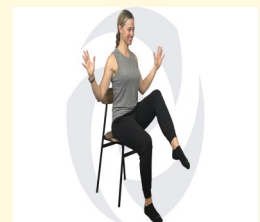
WHERE: Florham Park Community Center

START & END DATES: Monday, September 8th, 2025 through Thursday, January 29, 2025

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:
Marie White, 24 Riverside Drive, 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:** _____

Membership Drive 2026

Please give the following Membership Application form to your friends and neighbors to help with our membership recruiting. Thank you.

**SENIOR CITIZENS CLUB OF FLORHAM PARK
C/O SENIOR CENTER
111 RIDGEDALE AVENUE
FLORHAM PARK, NEW JERSEY 07932**

FOUNDED 1962

Telephone: 973-520-8983



2026 MEMBERSHIP APPLICATION

Membership is open to all Florham Park, NJ residents who are 62 years of age or older.
Or, if not yet 62 years of age, a resident who is the spouse/partner of a member.

PLEASE PRINT

NAME _____

ADDRESS _____

TELEPHONE NUMBER _____

EMAIL _____

BIRTHDATE (Month/Day) _____

The success of our Club depends on members volunteering to help when needed.
Please check the committees that are of interest to you:

_____ Trips & Tours	_____ Hospitality	_____ Servers/Clean-up
_____ Meeting Programs	_____ Membership	_____ Other

Dues of \$15.00* are payable with this application and, thereafter, beginning January 1st. Please make check payable to "Florham Park Seniors Club" and mail to:

Lorraine Boyd, Membership Chair, 70 Hillside Avenue, Florham Park, NJ 07932

*Note: For a member age-90 or older, dues are waived but the membership application must be submitted yearly.