



FLORHAM PARK SENIOR CITIZENS CLUB NEWSLETTER



PRESIDENT'S MESSAGE

Happy New Year and Welcome to 2025!

I hope everyone had a healthy, happy, and memorable holiday season with family and friends. As always, the Club's Holiday Luncheon was a great way to start the season with over 90 members and guests enjoying the event. The Hanover Park High School Chamber Singers, under the direction of Taylor Hine, gave an outstanding performance of holiday songs. Thanks go out to Bob McCoy for chairing the event and Olga Petrilak for the place cards.

Thank you to the Florham Park seniors who generously contributed to our Holiday Food Drive, which was coordinated by Diane Guido and Mary Anna Kleban. The event was very successful, and we were able to support two local food banks.

The next set of Senior Exercise, Chair Yoga, and Qi Gong programs will start in February. Registration forms are included in this Newsletter. Bingo will restart on January 7th. We will continue to send out email notices with any new events or information.

The 2025 Senior Citizens Club membership renews in January. The dues are used to cover operational expenses and a portion of the Spring and Holiday Luncheons. Please return the included dues renewal form with payment. If you have turned 90, dues are waived; however, please send in the renewal form each year.

Hope to see you at one of our upcoming events.

Paul

2024 HOLIDAY LUNCHEON



Keep In Touch

If you can't make our general meetings or visit the Senior Center, please stay in touch by calling Eileen Cerrato at 973-822-2296. She is a good listener and a great resource.

She also sends out get-well and sympathy cards.

Please keep Eileen updated on the welfare and well-being of our members.



Music By Steve & Rich

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

- January 13th & January 27th
- February 10th & February 24th

Project Healthy Bones

Project Healthy Bones is an on-going exercise and education program for seniors at risk for, or who have osteoporosis.

The program includes exercises that target the body's larger muscle groups to facilitate improved strength, balance and flexibility. The curriculum emphasizes the importance of exercise, nutrition, safety, drug therapy and lifestyle factors.

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

For more information call peer leader, Maria Inserra, at 973-377-6366 or stop by the Senior Center.

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

Lorraine Boyd - Membership
Eileen Cerrato - Telephone Tree & Good & Welfare
Pat Chase - Newsletter
Angela DeLorenzo - Publicity
Joelyn Hoferer - Seniors Helping Seniors
Mary Anna Kleban - At-large
Annemarie Landishman - Hospitality
Bob McCoy - At-large
Carol Padden - At-large

Senior Center

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

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 8th** - Learn how to talk to your doctor to get the best health benefit. Pizza provided by Oasis Senior Advisors.
- **January 22nd** - Gifted and versatile professional singer, Amy Tominac-Delucca, will perform. Refreshments will be provided.
- **February 12th** - “A Musical Walk Down Memory Lane” by singer Matt Mathesis. Program and refreshments provided by Homewatch Caregivers and Delaney at The Green.
- **February 26th** - “Medicare Update” by the Alfary Group. They will provide valuable information on Medicare changes, a fun game of Bingo with prizes, and refreshments.

Bingo - Resumes January 7th, every Tuesday at 1:00 p.m. at the Senior Center.

Senior Exercise, Qi Gong, and Chair Yoga Exercise - These fitness and healthy life-style programs are open to all FP seniors. Sign up forms are in this Newsletter or available at the Senior Center.

Movies - Every Friday at **1:30 p.m.** at the Senior Center.

Blood Pressure Testing - **January 8th and February 12th.**

The Senior Center will be closed on Monday, January 20th and Monday, February 17th.

Coming 3.14.25 π - Pie Day Social with your favorite selections.

Florham Park Senior Exercise Class Form

Classes are taught by Stephanie Akers. Florham Park senior citizens, 62 years old or older are invited to join the lively chair exercises, set to music, and designed to improve the mind and body. Questions, contact **Marie White - 973-377-0107**

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: Monday, February 3, 2025 through Thursday, June 12, 2025

FEE: \$20 **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: **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:** _____

Florham Park Seniors Qi Gong Exercise Class Form

This class is open to senior citizens of Florham Park who are 62 years old or older. Our instructor, Anita Pacheo, will guide us in gentle & mindful “moving meditation” exercises. 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 7, 2025 through Friday, June 13, 2025

FEE: \$20 Please make check payable to “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 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:** _____

Florham Park Seniors Chair Yoga Class Form

This class is open to senior citizens of Florham Park who are 62 years old or older. Instructor, Anita Pacheo, will guide us in gentle Chair Yoga exercises. Contact **Cheryl Brower - 201-919-1607** with any questions.

WHEN: Tuesdays from 3:15 p.m. – 4:15 p.m. **WHERE:** Florham Park Senior Center **BRING:** A bottle of water.

START & END DATES: Tuesday, February 4, 2025 through Tuesday, June 10, 2025

FEE: \$20 Please make check payable to “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 No**

Emergency Contact Name: _____ **Phone #** _____

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Participant Signature: _____ **Date:** _____



Happy Birthday



JANUARY

Sandra Ferrise 1/3
 Diane Himics 1/4
 Glen Johnstone 1/6
 Mary Anne Wallendjack 1/7
 John Adams 1/9
 Judy Rodgers 1/10
 Dick Bettle 1/12
 Barbara Brennan 1/12
 Bill Zuckerman 1/12
 Thomas McMahan 1/13
 John Mitro 1/13
 Neil Ullman 1/15
 Carmela D'Alessandro 1/16
 Alice Abramson 1/20
 Philip Andretta 1/24

Evelyn Callahan 1/24
 Olga Petrilak 1/24
 Rosemary Renahan 1/24
 Alice Ponticello 1/25
 Mary Quinn 1/26
 Angela Zatz 1/30
 Kathleen Duffy 1/31

FEBRUARY

Doug Tarencz 2/1
 Mike Pacifico 2/2
 Barbara Tartaglia 2/5
 Kathleen Smith 2/7
 Lorraine Boyd 2/8
 Cheryl Brower 2/8
 Bruce Danishek 2/9
 Lorraine Tighe 2/9

Benito Falco 2/11
 Joseph Castellana 2/12
 Maria Perrone 2/13
 Janette Fuentes 2/15
 Maheshwari Desai 2/16
 Gary Sabatos 2/17
 Bud Wecht 2/19
 Bob McConnell 2/20
 Linda Iazzetta 2/21
 Frank LaRocca 2/22
 Margaret Guthrie 2/24
 Joelyn Hoferer 2/26
 Ruth Moolin 2/27

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

2025 MEMBERSHIP RENEWAL FORM

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

***Members age 90 or older in 2025 will pay no 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 **"2025" Membership** in the memo section of check.

Mail to: Lorraine Boyd, Membership, 70 Hillside Avenue, 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: **Membership** **Programs**

General Meeting Helper **Trips & Tours** **Picnic Helper** **MCCoOPO**

Phone Tree **Luncheon Helper** **Other** _____