



# THE McGUIRE INQUIRER

## November 2016

The James F. McGuire Memorial Senior Center

116 Paris Avenue • Northvale, NJ 07647 • 201-767-6299

Director: Pam Carpanini - pcarpanini@boroughofnorthvale.com



Like us on Facebook - Northvale Senior Center

### Hours of Operation:

Monday through Friday: 9:00 am to 4:00 pm

Saturday: Closed - Sunday 1:30 pm (Bingo)

Center is funded in part by the Bergen County Department of Human Services.

New Jersey Senior Citizens Information & Referral Service: **1-800-792-8820**



*From the desk of...*  
**Pam Carpanini**

Turkey, stuffing, apple pie, 'oh my'...There's nothing like the aroma of Thanksgiving dinner cooking in the oven and family and friends gathered around the table with anticipation. Unfortunately, there are some people who may not be as blessed. Therefore, I am reaching out to you to ask for your donation of non-perishable food items which will then be distributed to our local food pantry. Perhaps, we can provide a meal for those in need. Some suggested items are: Stove Top stuffing mix, cans of cranberries, canned vegetables, boxed mashed potatoes, turkey gravy, pasta, pasta sauce. Kindly bring these items to the Center by November 16th. I sincerely appreciate your generosity. Remember...it's not what we said we would do, but rather, what we did!

Wishing you all a very Blessed & Happy Thanksgiving!

# WELCOME new members

2 “NEW” members have joined us. A warm welcome to you: Athan & Mary Zahos. Keep on coming...the more, the merrier!

**MEMBERSHIP DUES:** Northvale Residents - \$10.00 | Out-of-Town \$12.00  
Membership entitles you to our various activities we offer as well as our daily lunch program. January 2017 - membership fees are due. For those members who joined in May 2016-on, your membership fee will be due in May 2017. Kindly submit your payment ASAP. I appreciate your continued support!



## Northvale Senior Center



**BLOOD PRESSURE SCREENING EVERY 3RD THURSDAY OF THE MONTH 10:00 AM**  
November 17 - NO APPOINTMENT NECESSARY.



**PODIATRIST THE LAST MONDAY OF THE MONTH 12:30 PM**  
**BY APPOINTMENT ONLY!**  
November 28

### \*\*\*RECEIVING YOUR MONTHLY McGUIRE INQUIRER NEWSLETTER\*\*\*

**Did you know?** There are a few ways you can receive this monthly newsletter? If you have a computer, you can obtain the newsletter via Facebook, or visit [www.boroughofnorthvale.com](http://www.boroughofnorthvale.com) click on Community Services then click on Senior Center and the newsletter will be there. Also, if you provide us with an email we can send the newsletter to you. These options will help reduce the cost of postage and printing. If you have an email address, please call the Center and let us know.

## MCGUIRE SENIOR CENTER LUNCHES - \$4.50

# November 2016

Mon	Tue	Wed	Thu	Fri
	1 Meatloaf w/ Gravy, Mashed Potatoes, String Beans	2 Turkey Pot Pie, Roll	3 Eggplant Rollatini, Penne Pasta w/ Vodka Sauce, Salad	4 Breaded Flounder, Bow Tie Pasta, Broccoli
7 Vegetable Lasagna, Garden Salad	8 <b>CENTER CLOSED ELECTION DAY</b>	9 Hot Roast Beef on Wheat Bread, Mashed Potatoes, Gravy & Broccoli	10 Roasted Chicken Leg Quarter, Mashed Sweet Potatoes, Spinach	11 <b>CENTER CLOSED VETERANS DAY</b>
14 Breaded Chicken Cutlet, Rice, Cauliflower, Salad	15 Rigatoni Bolognese, Salad	16 Hot Open Turkey on Wheat Bread, Roasted Potatoes, Broccoli	17 Chicken Salad, Cucumber, Tomato & Red Onion Salad, Potato Salad	18 Baked Ziti, Salad
21 Grilled Chicken Over Salad Greens Roll	22 Italian Combo, Pasta Fagioli Soup	23 Sausage & Peppers, Vegetable Pasta Salad, Roll	24 <b>CENTER CLOSED THANKSGIVING DAY</b>	25 <b>CENTER CLOSED DAY AFTER THANKSGIVING</b>
28 Chicken Marsala, Sweet Potatoes, Cauliflower	29 Cheese Ravioli, Chick Pea Salad, Mesclun Greens	30 Cheese Pizza, Salad		

### \*\*\*IMPORTANT NOTE\*\*\*

Kindly call 24-hours in advance to place your lunch order.  
**WE NO LONGER CAN ACCEPT CALL-INS OR WALK-INS ON THE DAY  
 OF LUNCH - YOUR COOPERATION IS GREATLY APPRECIATED!**  
**(201) 767-6299**

All lunch items catered by: LaCasa Formoso - Northvale



## The Golden Age Club

*From the desk of...*

**Augie Agostini**

This month we are collecting for the Christmas Party on December 8th. Remember that any member who has attended at least 6 meetings as of the November meeting is entitled to a discount which will be applied to the cost of \$35.00. The Florentine Gardens always has great food and John Micallizzi consistently has provided us with the kind of music we all like. As in previous years we really have a good time so join in the fun. At the November meeting our nominating committee will be presenting nominees for the 2017 terms of office for the club's officers. Please be sure to attend.

## FIT & FABULOUS!

Join us at the Center for some exercise. Every Monday and Thursday at 11:00 AM is Chair Exercise. Moving with Music every Monday at 2:00 PM. Strength Training every Wednesday at 3:30 PM and on Friday at 9:30 AM. Exercise helps to improve muscle mass, flexibility, bone density and functionality of arthritic legs, arms and shoulders.



## ARMCHAIR TRAVELER

Every Friday at 10:30 AM. Come sit, relax and escape to various places around the world. No luggage or passport required! November 4th - Vienna, November 18th - Czech Republic. (Note...November 11th & 25th The Center is closed).

B	I	N	G	O
7	25	44	57	62
15	22	40	50	70
11	30	FREE BUT SPACE	46	74
2	28	37	55	68
10	27	39	59	75

## BINGO

Bingo is played at the Center every Friday at 1:00 PM and on Sunday at 1:30 PM. Bring a friend and share in the fun!

**COME JOIN THE MCGUIRE BOOK CLUB**  
**November 15, 2016 at 10:30 AM**



Sarah's Key by Tatiana de Rosnay is the November 15th book selection at the McGuire Senior Center. A story that takes place in Paris in 1942 and ends up in 2002 with many twists and turns. Hearts are broken, family secrets, emotional and compelling! Join us...we always welcome new members

**NEW LUNCH ORDER POLICY**

We are committed each day to provide our caterer, LaCasa Formoso, with 15 lunch orders regardless of fulfillment. Since we are no longer subsidized by the State for our lunch program, this becomes very costly.

**WE ARE NO LONGER ABLE TO ACCEPT CALL-INS OR WALK-INS ON THE DAY OF LUNCH - YOU MUST CALL AT LEAST 24-HOURS IN ADVANCE.** In order to receive your desired lunch, please review the menu included in this Newsletter which now offers 'new' food choices and make your selection. Lunches will be provided on a first-come/first-served basis upon receipt of request. Please call the Center - (201) 767-6299 to place your order as soon as possible! Payment is due upon receipt of your order.

I thank you in advance for your cooperation and continued support.

## MCGUIRE SENIOR CENTER – ACTIVITY SCHEDULE – NOVEMBER 2016

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		<b>1</b> 10:00 Current Events 12:00 Lunch 1:00 Movie - Captain Phillips	<b>2</b> 10:00 Current Events 12:00 Lunch 1:00 Golden Age Club Meeting 3:30 Strength Training	<b>3</b> 10:00 Current Events 10:30 Escape from Behind Enemy Lines Presentation 11:00 Chair Exercise 12:00 Lunch	<b>4</b> 9:30 Strength Training 10:00 Current Events 10:30 Armchair Traveler – “Vienna” 12:00 Lunch 1:00 BINGO	<b>5</b>  <b>CLOSED</b>
<b>6</b>  <b>1:30 BINGO</b>	<b>7</b> 10:00 Current Events 10:00 Crochet Club 11:00 Chair Exercise 12:00 Lunch <b>2:00 Movin’ w/ Music RETURNS</b>	<b>8</b>  <b>CENTER CLOSED ELECTION DAY</b>	<b>9</b> 10:00 Current Events 10:00 Golden Age Trip 12:00 Lunch 3:30 Strength Training	<b>10</b> 10:00 Current Events 11:00 Chair Exercise 12:00 Lunch	<b>11</b>  <b>CENTER CLOSED VETERANS DAY</b>	<b>12</b>  <b>CLOSED</b>
<b>13</b>  <b>1:30 BINGO</b>	<b>14</b> 10:00 Current Events 10:00 Crochet Club 11:00 Chair Exercise 12:00 Lunch 2:00 Movin’ w/ Music	<b>15</b> 10:00 Current Events 10:30 Book Club 12:00 Lunch 1:00 Movie - Witness 1:00 Trip to K-Mart	<b>16</b> 10:00 Current Events 12:00 Lunch 1:00 Golden Age Pizza BINGO 3:30 Strength Training	<b>17</b> 10:00 Current Events 10:00 Blood Pressure 11:00 Chair Exercise 12:00 Lunch	<b>18</b> 9:30 Strength Training 10:00 Current Events 10:30 Armchair Traveler – “Czech Republic” 12:00 Lunch 1:00 BINGO	<b>19</b>  <b>CLOSED</b>
<b>20</b>  <b>1:30 BINGO</b>	<b>21</b> 10:00 Current Events 10:00 Crochet Club 11:00 Chair Exercise 12:00 Lunch 2:00 Movin’ w/ Music	<b>22</b> 10:00 Current Events 10:30 “Why Do My Legs Swell?” Presentation 12:00 Lunch 1:00 Movie - The Intern	<b>23</b> 10:00 Current Events 12:00 Lunch 3:30 Strength Training	<b>24</b>  <b>CENTER CLOSED THANKSGIVING</b>	<b>25</b>  <b>CENTER CLOSED</b>	<b>26</b>  <b>CLOSED</b>
<b>27</b>  <b>1:30 BINGO</b>	<b>28</b> 10:00 Current Events 10:00 Crochet Club 11:00 Chair Exercise 12:00 Lunch 12:30 Podiatrist (by appointment) 2:00 Movin’ w/ Music	<b>29</b> 10:00 Current Events 10:30 Erik Nelson - “Millionaires Row” Presentation 12:00 Lunch 1:00 Movie - The Age of Adaline	<b>30</b> 10:00 Current Events 12:00 Lunch 3:30 Strength Training	<b>PLEASE CALL THE CENTER WITH ANY QUESTIONS (201) 767-6299</b>		



# WHAT'S HAPPENING AT THE CENTER

ACTIVITY	DAY	TIME	DESCRIPTION
<b>LUNCH</b>	DAILY	12:00 PM	We offer a well---balanced and nutritious meal every day dine in or take-out. <b>LUNCH RESERVATIONS MUST BE MADE 24 HOURS IN ADVANCE.</b> You can order daily meals, weekly meals or order for the entire month. Catered from LaCasa Formoso of Northvale. See the detailed menu enclosed. \$4.50 per meal.
<b>CURRENT EVENTS</b>	DAILY	9:00 AM	We gather around the table to discuss the latest events in town and worldwide. Coffee and light refreshments are served.
<b>CROCHET CLUB</b>	MONDAY	10:00 AM	The participants gather to crochet or knit beautiful afghans and shawls which are distributed to the Veterans Home in Paramus, NJ, ICF Home in Rockleigh, NJ and various Nursing Homes and Assisted Living facilities. <i><b>Donations of yarn are always appreciated.</b></i>
<b>CHAIR EXERCISE</b>	MONDAY & THURSDAY	11:00 AM	An instructor (via High Definition DVD) will lead the group through various stretching exercises to gain greater flexibility and mobility. Some exercises are performed while sitting in a chair or standing.
<b>MOVIN' WITH MUSIC</b>	MONDAY	2:00 PM	Nancy Whitaker, our Instructor, uses music and light weights, balls and other equipment to assist with balance, eye--to---eye and hand--to---eye coordination all while moving to upbeat music. \$4.00 per class.
<b>STRENGTH TRAINING</b>	WED. & FRIDAY	3:30 PM 9:30 AM	Stephen Sinisi, is a Certified Personal Trainer who will lead the class to improve muscle mass, flexibility, bone density and functionality of arthritic legs, arms and shoulders. \$5.00 per class.
<b>ARMCHAIR TRAVELER</b>	FRIDAY	10:30 AM	Sit back and watch a High Definition DVD and escape to various places around the world. No passport or luggage required.
<b>BINGO</b>	FRIDAY & SUNDAY	1:00 PM 1:30 PM	Calling all BINGO players! This is always a fun-filled day. \$1.00 admission PLUS cost of boards and specials.

# McGUIRE SENIOR CENTER

116 Paris Avenue • Northvale, NJ 07647

201-767-6299

## Tuesday Movies

@ 1:00 PM



### NOVEMBER 1 - CAPTAIN PHILLIPS

Starring Tom Hanks, tells the story of Richard Phillips, a U.S. cargo-ship captain who surrendered himself to Somali pirates so that his crew would be freed. Refusing the \$30,000 kept in the ships' safe, unable to find the rest of the crew, the pirates attempt to return to Somali and hold Phillips for ransom. A true story that will keep you on the edge of your seat! Rated: PG-13 – 2 hrs. 14 min.

### NOVEMBER 15 - WITNESS

Starring Harrison Ford and Kelly McGillis. After witnessing a brutal murder, a young Amish boy Samuel and his mother seek protection from a police officer who convinces them to return to the Amish countryside. This film has been described as a thriller, an electrifying and poignant love story, exciting and thoughtful. Rated: R – 1 hr. 52 min.

### NOVEMBER 22 - THE INTERN

Starring Robert DeNiro as Ben Whittaker, a 70-year old widower, who seizes the opportunity to become a senior intern at an online fashion site. As the story unfolds, he becomes popular with his younger co-workers, the boss and founder of the company. The story emphasizes his sense of humor, charm and wisdom and that we are never too old to try something new. Rated: PG-13 – 2 hrs. 1 min.

### NOVEMBER 29 - THE AGE OF ADALINE

Starring Harrison Ford and Ellen Burstyn. A romance fantasy film about a woman who stops aging after an accident at the age of 29. As the story develops, we see how she has to change her identification and address to avoid the FBI, seeing how her daughter grows older than her mother and the confusion when meeting a lost love.

Rated: PG-13 – 1 hr. 52 min.

*These programs are free, join us this Fall!*  
**Snacks Provided**

## UPCOMING PRESENTATIONS – ALL ARE WELCOME!

### Thursday – November 3<sup>rd</sup> 10:30 AM - Escape from Enemy Lines

This is the story of Lt. Louis Feingold as told by his son Rick using letters, maps and photos. Lt. Feingold flew 21 bombing missions in WWII with the U.S. Air Corps and was shot down over occupied France. This is his story.

### Tuesday – November 22<sup>nd</sup> 10:30 AM - “Why Do My Legs Swell?”

This program is being offered by Liz Romick, Physical Therapist, to discuss the causes and options for treatment and self-management of this common problem.

### Tuesday – November 29<sup>th</sup> 10:30 AM – “Millionaire’s Row” – right here in Bergen County!

Eric Nelson of the Palisades Park Commission will be at the Center to discuss Millionaire’s Row an area on the cliffs in Alpine. At one time, a dozen or so estates, manor houses, ornate gardens and grounds, once graced the area 400 feet above the Hudson. Come join this presentation and find out why they no longer exist.



## THE MITTEN TREE



Once again we are collecting mittens, scarves and hats for the many children and adults who go without. If you wish to donate any NEW items, please bring them to the Center and your name will be attached to our “Mitten Tree.” All sizes accepted, be part of our “reach out” program because no one should suffer in the cold. Please leave all items on Peggy’s desk with your name attached.



119 Paris Avenue  
Northvale, New Jersey 07647

Phone: (201) 768-7800  
Fax: (201) 768-1790

**Shirley Liu**  
Assistant Vice President/Branch Manager

MEMBER  
FDIC



240 Livingston St  
Northvale, NJ  
**201-767-9779**



***'Tis the Season...is the Reason...***

**For The McGuire Senior Center's Christmas Party!**

**Deck the Halls – Trim the Tree**

**Come & Have Lunch With Your Friends & Me (Pam)**

**WEDNESDAY – DECEMBER 14, 2016 – 12:00 NOON**

**\$23.00 per person (due upon registration)**

Menu Includes: Eggplant Rollatini, Meatballs, Baked Ziti, Cavatelli with Broccoli, Sausage & Peppers, Chicken Marsala, Chicken Parmigiana, Filet Mignon Stuffed with Spinach, Peppers & Mozzarella, Roasted Potatoes, String Beans, Salad, Dessert, All Beverages – All catered by LaCasa Formoso,

Entertainment will be provided by the talented students from the Northvale Public School Band.

**\*\*\*AND A VERY SPECIAL SURPRISE YOU WON'T WANT TO MISS!\*\*\***

**Hurry...Seating is Limited...Deadline to Register is December 9<sup>th</sup>  
Stop in the Center to register!**

**\*\*\*ATTENTION NORTHVALE RESIDENTS\*\*\***

Do you need minor repairs? If so, please call Glen Pangione (a Northvale resident) at: (201) 417-2612. **THIS SERVICE IS FREE!**



[www.NorthvaleNJ.MinutemanPress.com](http://www.NorthvaleNJ.MinutemanPress.com)

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116 Paris Avenue  
Northvale, NJ 07647  
201-767-6299



## ***USING THE VAN?***

Northvale Residents (local use) - \$1.00 round trip  
Northvale Residents going out-of-town \$3.00 round trip  
Out-of-Town - \$3.00 - round trip

*To help streamline van usage, we are asking riders to help by following these simple rules:*

- Please call at least 24 hours in advance to make your appointment. (Please do not assume you are automatically on the pick-up schedule).
- For Doctor and Dentist appointments, please call to see when the van is available and make your medical appointments accordingly. We will do our best to accommodate you and your needs. Please do not make multiple appointments in one day. Plan to be ready for pick-up at least one hour before your scheduled pick-up time. Times should be scheduled between 11:00 am and 1:00 pm - Monday, Wednesday and Friday. Please provide us with your Doctor's name, address, suite # and phone number.
- Shop-Rite trips are Monday-Thursday (may be subject to change). No more than 7 shoppers per trip - first-come/first-served.
- The van services the following towns only: Northvale, Rockleigh, Norwood, Harrington Park, Closter, Old Tappan, and Tappan.
- PLEASE CALL THE CENTER ASAP IF YOU NEED TO CANCEL: (201) 767-6299.