

# 4TH OF JULY

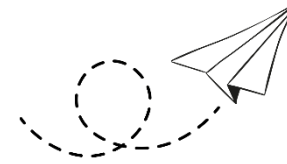
## WORD SEARCH

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- |          |              |          |         |           |
|----------|--------------|----------|---------|-----------|
| AMERICAN | CONSTITUTION | FOURTH   | HOLIDAY | SNACKS    |
| BALLOON  | DECLARATION  | GAMES    | MUSIC   | SPIRIT    |
| BUNTING  | EAGLE        | GRILL    | PATRIOT | TRADITION |
| CAKE     | FAMILY       | HERITAGE | REUNION | UNITY     |
| CARNIVAL | FESTIVAL     | HISTORY  | SALUTE  | WREATH    |

# The McGuire Flyer

July 2024



## The James F. McGuire Memorial Senior Center

116 Paris Avenue

Northvale, NJ 07647

Phone: 201-767-3330 option 5 | Fax: 201-767-6038

Open Monday through Friday

9 AM – 4 PM

Director: Michelle Newberg

Email: [mnewberg@northvalenj.org](mailto:mnewberg@northvalenj.org)

**B I N G O** Fridays @ 12 PM

**(Please arrive by 11:40 AM)**



# The Golden Age Page

# Upcoming Events

Date	Time	Description
July 4	All Day	<b>Center Closed:</b> Independence Day
July 5	All Day	<b>Center Closed:</b> Day After Independence Day
July 11	10 AM – 2 PM	County Clerk Satellite Office
July 16	10 AM	July Breakfast
July 17	9:30 AM	Blood Pressure Check
July 18	12 PM	Gambling Presentation
July 24	10 AM	Digital Literacy Crash Course
July 25	12 PM	ShopRite Dietician Presents: Nut and Seed Butter

From the Golden Age Desk of Vivian Abitabilo:

Summer is here and we have a wonderful summer lineup of trips...

We will be collecting for our August trip to LiGreci's Staten Island. This is a favorite with music from the Andrew and McGuire Sisters and the Shirelles. Unfortunately, our July trip to Point Pleasant: The Shrimp Box and River Queen Cruise, is completely full and we have a wait list. We will begin collecting for our September venue at the meeting in July. September brings us to our favorite; Hunterdon Hills Playhouse. The show is One Slight Hitch. Hunterdon Hills venue offers great food, a good play and of course, great shopping! Let's not forget the dessert table!

A reminder, we open up the trips 2 months before and the first month is for our members and during the second month, we can add guests, if there is room. Our membership has exploded this year and we have to give preference to our members first.

On another note about the trips, please check the latest list for departure times. Please be at the center at least half an hour before the bus leaves. It takes time to load the bus and we have to account for traffic to get to some places.

Thank you, again, to everyone who volunteered this year for dessert and cleanup!

**BLOOD PRESSURE CHECK** – Every third Wednesday of each month from 9:30 – 11 AM (no appointment necessary, but please **arrive no later than 10:30 to be seen**)

**PODIATRIST** – Appointments starting at 8:30 AM. Next visit **August 23**. By appointment only (we must have a minimum of 6 people on the list in order to be seen)

Please call the center to schedule an appointment!

## NEW SUMMER HOURS

Northvale Borough Hall offices will be closing at 1 PM on Fridays from June to September. During these months, **the McGuire Center will be closing at 2:45 every Friday** after Bingo. We will be open until 4:00 Monday through Thursday. Happy Summer!



**2023 FIVE STAR REAL ESTATE AGENT**

**Lynn Smothergill**  
2011-2012-2013-2014-2015-2016  
2017-2019-2020-2021-2022-2023

CALL OR TEXT:  
201-741-2692  
Lynn Smothergill  
Sales Associate  
E: realtorlynn77@gmail.com

**KW TOWN LIFE**  
KELLERWILLIAMS REALTY  
25 Washington St. Tenafly, NJ 07670  
© 201-894-8004

Join the Northvale Library's  
**Evening Book Club**

NEW YORK TIMES BESTSELLING AUTHOR OF THE EDUCATED GUYTON AND SOMETHING WILDER  
**CHRISTINA LAUREN**  
*the*  
**TRUE LOVE**  
EXPERIMENT

Tuesday, July 9 @ 6 PM  
Light refreshments will be served

**NORTHVALE PUBLIC LIBRARY**  
Growing Together

# Movies Shown Every Tuesday @ 11:30 AM (Refreshments Provided)



## July Movies: Based on True British Stories

**July 2: The King's Speech** (Starring Colin Firth & Helena Bonham Carter)

England's Prince Albert must ascend the throne as King George VI, but he has a speech impediment. Knowing that the country needs her husband to be able to communicate effectively, Elizabeth hires Lionel Logue, an Australian actor and speech therapist, to help him overcome his stammer. An extraordinary friendship develops between the two men, as Logue uses unconventional means to teach the monarch how to speak with confidence.

(2010) Rated: R – Drama – 1 hr 58 min

**July 9: Dream Horse** (Starring Toni Collette & Damian Lewis)

The true story of Dream Alliance, an unlikely racehorse bred by small-town bartender Jan Vokes. With very little money and no experience, Jan convinces her neighbors to chip in their meager earnings to help raise Dream and compete with the racing elites. Their investment pays off as Dream rises through the ranks and becomes a beacon of hope for their struggling community.

(2020) Rated: PG-13 – Sport/Comedy – 1 hr 42 min

**July 16: The Duke** (Starring Helen Mirren & Jim Broadbent)

11:45 Start Time

In 1961, a 60-year-old taxi driver steals Goya's portrait of the Duke of Wellington from the National Gallery in London. He sends ransom notes saying that he will return the painting if the government invests more in care for the elderly.

(2020) Rated: R – Comedy/Drama – 1 hr 39 min

**July 23: The Phantom of the Open** (Starring Mark Rylance & Sally Hawkins)

Amateur golfer Maurice Flitcroft achieves his late-in-life goal of participating in the British Open Golf Championship, much to the ire of the staid golfing community.

(2021) Rated: PG-13 – Comedy/Sport – 1 hr 46 min

**July 30: One Life** (Starring Anthony Hopkins & Helena Bonham Carter)

London broker Nicholas "Nicky" Winton helps rescue hundreds of predominantly Jewish children from Czechoslovakia in a race against time before the Nazi occupation closes the borders. Fifty years later, he's still haunted by the fate of those he wasn't able to bring to safety.

(2023) Rated: PG – War/Drama – 1 hr 50 min



Bergen County Clerk

John S. Hogan

Presents:



# Around the County

Satellite Office and Passport Outreach Services



Northvale



No Appointments Necessary

- Accepting Passport Applications (Photos On-Site)  
Please visit [www.Travel.State.Gov](http://www.Travel.State.Gov) for information about the documents needed to apply for a passport
- Swearing in Notary Oaths
- Bring checks for payments
- Free Photo Cards for Seniors, Veterans, and Exempt Firefighters
- For any further information please call 201-336-7055 or email [dandrade@co.bergen.nj.us](mailto:dandrade@co.bergen.nj.us)

### What

### Where

James F. McGuire Memorial Senior Center  
116 Paris Ave.  
Northvale, NJ 07647

### When

Thursday, July 11, 2024  
From 10:00 AM – 2:00 PM



Please join us for a talk with a prevention specialist from

## The Council on Compulsive Gambling of New Jersey

Hear about the state of gambling in NJ in 2024, the effects it has on seniors, warning signs of problem gambling, and a personal story of recovery.

JULY

18

12 PM

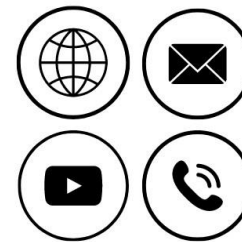
MCGUIRE SENIOR CENTER

800-GAMBLER

## DIGITAL LITERACY CRASH COURSE

Join us for this informative one-day program where we will discuss the growing use of technology and its impact on healthcare.

Learn about the many ways in which technology can help manage and improve your health. A variety of topics will be covered, such as:



- Understanding technical skills
- Downloading apps
- Navigating websites
- Accessing Telehealth
- Identifying different scams

McGuire Senior Center  
Wednesday, July 24  
10:00 AM





# Discover Nut & Seed Butter

with ShopRite Dietician Caitlin Rulli

Hear about the benefits of nut and seed butters and what they can do for your health. Sample different kinds of butters and perhaps find a new favorite.



Then, see a demonstration of a recipe utilizing nut and seed butter (hint: it's not peanut butter & jelly!)

Thursday, July 25  
12 Noon  
McGuire Senior Center



## Rumbledethumps

PREP TIME: 15 MIN

COOKING TIME: 45 MIN

SERVES: 6

*While away in Scotland, I learned of Rumbledethumps. This peculiarly named dish comes from the southern area of Scotland that borders England. The name comes from the rumble and thumps of the veggies as you lay them all on the counter. A vegetable-based side with just a handful of ingredients, it seemed like the perfect dish to share with you all. Give it a try and transport yourself to Scotland. Enjoy!* -Michelle

### Ingredients

- 1lb 5oz large potatoes, peeled and chopped into large chunks
- 14 oz turnips, peeled and chopped into large chunks
- 3 oz butter
- 9 oz cabbage or kale, finely sliced
- salt and freshly ground black pepper
- 1 oz cheddar, grated

### Directions

1. Preheat the oven to 350°F.
2. Cook the potatoes and turnips in a saucepan with salted boiling water until tender. Drain well and return to the pan.
3. Heat 2 oz butter in a pan and gently cook the cabbage for a few minutes, until the cabbage is tender but retains its color.
4. Add the cabbage to the pan with the potatoes and turnips. Add the remaining 1 oz butter and mash together using a potato masher. Season to taste with salt and freshly ground black pepper.
5. Place the mashed vegetables into an ovenproof lidded dish and top with the cheese. Cover with a lid and bake in the oven for about 30 minutes, then remove the lid and continue to cook for a further 15 minutes, or until piping hot and golden-brown on top.



Recipe courtesy of BBC Food