

HALLOWEEN

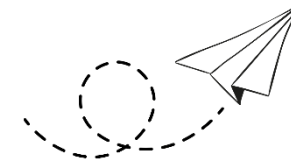
A MASSIVE WORD SEARCH PUZZLE

S H T Q Y Z X S P B V M Z B Z O M B I E D I J D O P Q E U P
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Y S R Z Y A U T U M N I V J C N E B K O C O V T K A W M D O
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I R O T G A R R N X C E E H M U D S T L U T H M N B M I A E
D B R J O H E E I E Q E M A T V H O K O C D U D B X B L C E
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C S G Z R B S E Q J V O C T O B E R A J E V R A C O N K B O
A I B Y B R O O M S T I C K X Z C M I O J U B O X R X D C Y
Q B N Z B F A F J T E R I P M A V E P C H L I R A I N V A K

afraid	cape	fangs	moonlight	spider
autumn	carve	flashlight	mummy	spooky
bats	cat	fright	night	strange
bizarre	cauldron	ghost	October	trick
black	cemetery	ghoul	orange	treat
blood	cobweb	goodies	owl	vampire
bogeyman	coffin	graves	party	wand
bones	costume	Halloween	pumpkin	werewolf
boo	creepy	haunted	scary	witch
broomstick	dark	magic	scream	wizard
cackle	earie	mask	skeleton	zombie
candy	eyeballs	midnight	spells	



The McGuire Flyer



October 2026

The James F. McGuire Memorial Senior Center

116 Paris Avenue

Northvale, NJ 07647

Phone: 201-767-3330 option 4

Open Monday through Friday

9 AM – 4 PM

Director: Michelle Newberg | Email: mnewberg@northvalenj.org

Access the Flyer online at northvalenj.org/senior-center

BINGO Fridays @ 12 PM

(Please arrive by 11:40 AM)



HAPPY HALLOWEEN

The Golden Age Page

From the Golden Age Desk of Vivian Abitabilo:

The fall is here and hopefully, the dreadful heat is gone with the summer!!

Our next trip to **CIA**, on October 15th, includes a luncheon and a tour of the **FDR Library and Museum**. This trip is exciting and we have a wait list, if you are interested. We opened the trip to **Hunterdon Hills**, Tuesday, November 10th and this too is going fast. We are accepting for a wait list. The show is a **Christmas** show with very positive reviews. The food is good, don't forget the dessert buffet, and the shopping is outstanding. It's your chance to do early Christmas shopping. At this October meeting, we will start taking reservations for our **Christmas Party at Seasons Catering**. We will have lists available indicating your attendance record so you know what to pay. This year, we are very excited to have our party at Seasons, so be sure to come with your checkbook to sign up!

We open a trip 2 months before the date to our members only, if there is room available non-members can go on the trip when we present it the following month.

This needs to be repeated: due to our overwhelming membership: Please check your calendars when you sign up to prevent cancellations; **there will be no refunds!** Also, when you sign up, to avoid confusion, please bring a check for yourself only; do not include a friend on your check.

Looking forward to seeing you at our next meeting this year, **October 7th, 2026!**

Please feel free to call me with any questions: 201-725-6646.



Upcoming Events

Date	Time	Description
October 1	10 AM – 12 PM	COVID-19 & Flu Vaccine Clinic
October 8	12 PM	Bergen County Presents: Better Sleep, Better You!
October 13	All Day	Center Closed – Columbus Day
October 14	10 AM	Bergen County Presents: Fall Prevention
October 20	10 AM, 9 AM – 3 PM	October Breakfast, NJ MVC Mobile Unit <i>(By Appt)</i>
October 21	9:30 – 10:30 AM	Blood Pressure Check
October 22	12 PM	Visit from Brain Health Center
October 28	1 – 2 PM	Widows & Widowers Support Group
October 29	12 PM	Demystifying AI: Presented by High School Students

Location: McGuire Senior Center
116 Paris Ave
Northvale, NJ 07647

Date: Tuesday, October 20th, 2026

Time: 9 AM – 3 PM

For appointments, visit telegov.njportal.com/njmvc

Introducing a new, weekly Zumba Gold class! Join Lauren every Monday at 1 PM for a fun and easy dance workout!

Beginner Spanish class will now be held every other Thursday, starting on October 1st at 1:30 PM!

Borough of Northvale

2026 Mobile Shredding Event

SATURDAY, OCTOBER 3, 2026
9:00 AM – 1:00 PM
BOROUGH HALL PARKING LOT
116 PARIS AVENUE

Important Information:

- No Binders
- No Plastic
- No Metal
- No X-Rays

BERGEN COUNTY RESIDENTS ONLY

Lynn Smothergill
Realtor Sales Associate
C: 201-741-2692
E: realtorlynn77@gmail.com

Kw VALLEY REALTY
123 Tree Blvd. Woodcliff Lake, NJ
Q: 201-391-2500

2024 FIVE STAR
REAL ESTATE
Lynn Smothergill

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



October Movies: Jane's Picks!

October 6: **Unfaithful** (Starring Richard Gere & Diane Lane)

When Edward innocently learns that his wife Connie has lied to him about an affair, suspicion propels him to uncover the devastating details of her infidelity. Tormented by the knowledge, he confronts her lover, only to discover a level of rage within himself that he could never have imagined.

(2002) Rated: R – Romance/Thriller – 2 hr 4 min

October 13: **Seabiscuit** (Starring Jeff Bridges & Tobey Maguire)

In the midst of the Great Depression, a businessman coping with the tragic death of his son, a jockey with a history of brutal injuries and a down-and-out horse trainer team up to help Seabiscuit, a temperamental, undersized racehorse. At first the horse struggles to win, but eventually Seabiscuit becomes one of the most successful thoroughbreds of all time and inspires a nation at a time when it needs it most.

(2003) Rated: PG – Sport/Documentary – 2 hr 20 min

October 20: **No Movie** (NJ MVC Mobile Unit Visiting from 9 AM – 3 PM)

October 27: **Burlesque** (Starring Christina Aguilera & Cher)

Ali, a small-town gal with a great voice, leaves a troubled life behind and follows her dreams to Los Angeles. She lands a job as a cocktail waitress at the Burlesque Lounge, a once-majestic theater that houses an inspired musical revue led by Tess, the proprietor. Ali vows to perform there and, with the help of a savvy stage manager and a gender-bending host, she makes the leap from bar to stage, helping restore the club's former glory.

(2010) Rated: PG-13 – Romance/Musical – 1 hr 59 min

COVID-19 & Flu Vaccine Clinic

Provided by



No appointments are needed. Vaccines will be administered on a first-come, first-served basis. Please be prepared to fill out intake forms and **remember to bring your ID and insurance card with you!**



Thursday, October 1st
10 AM to 12 PM
McGuire Center
(Back Room)



FALL PREVENTION

Come learn about practical home modifications and safety tips designed to help you overcome everyday fall hazards.

WEDNESDAY OCTOBER 14TH

10:00AM

**LOCATION: MCGUIRE SENIOR
CENTER**

GIVEAWAYS : RESOURCES : ACTIVITIES

 TOWN INFO: WWW.BOROUGHOFNORTHVALE.COM
|  EMAIL: MNEWBERG@NORTHVALENJ.ORG



Better SLEEP

Better YOU!

Discover how proper rest boosts your mood, memory, and long-term health.

- **DATE: THURSDAY OCTOBER 8TH**
- **TIME: 12:00PM**
- **LOCATION: MCGUIRE SENIOR CENTER**

GIVEAWAYS : RESOURCES : ACTIVITIES

 TOWN INFO: WWW.BOROUGHOFNORTHVALE.COM
|  EMAIL: MNEWBERG@NORTHVALENJ.ORG

Join us for a visit from

THE BRAIN HEALTH CENTER

The Brain Health Center is an integrated hub for comprehensive brain care, uniting specialized programs in memory, balance, and mental health under one roof. Our programs collaborate continuously to enhance cognitive function, reduce fall risk, and support mental wellness — delivering results that matter for patients and families.

Memory

Cognitive and dementia evaluations with advanced diagnostics and personalized plans

Balance

Targeted neurological and vestibular care for dizziness, vertigo, and migraine-related disorders

TMS

Delivers evidence-based psychiatric care, including non-invasive **transcranial magnetic stimulation** therapy for conditions such as depression, anxiety, cognitive impairment, smoking addiction, OCD, and PTSD

Thursday, October 22nd at 12 Noon
McGuire Senior Center



DEMYSTIFYING AI

Our world is becoming more and more digital with each passing day. Have you caught up? Join high school students Priyanka and Sydney to learn about how to stay safe from the dangers of artificial intelligence!



Thursday, October 29th | 12 Noon | McGuire Senior Center