



SUMMER

— WORD SEARCH —

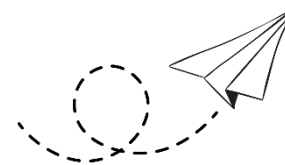


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WORD LIST

ADVENTURE	BIKINI	HEAT	LEMONADE	SEASHORE	TENNIS
BACKPACKING	BONFIRE	JOURNEY	PINEAPPLE	SIGHTSEEING	TRAVEL
BALLOON	BOOGIE BOARD	JULY FOURTH	ROAD TRIP	SUNBURN	TROPICAL
BARBECUE	FIREWORKS	KITE	SAILING	SUNGLASSES	UMBRELLA
BEACH	GOGGLES	LAKE	SANDCASTLE	SWIMMING	ZOO

The McGuire Flyer



August 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

B I N G O Fridays @ 12 PM

(Please arrive by 11:40 AM)



The Golden Age Page

From the Golden Age Desk of Vivian Abitabilo:

Boy has it been hot! I hope it cools down soon! Looks like the center is a great place to be in just for the air conditioning and of course the programs!

The August trip to **Surflight Theater to see Pretty Woman** is closed, wait list only! We opened the September trip to the **Casino in Newburgh: Resorts**. For \$30. You get \$20. slot play and a wonderful box lunch. All who came earlier this year, loved it! The next trip that we will open at the August meeting will be the trip to **CIA**, which includes a luncheon and a tour of the **FDR Library and Museum**. The cost is \$115 pp if you are a member, \$120 for non members.

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.

Thank you to all who contributed food for the food pantry. There is a box at the center for collection. Please continue to make contributions so we can reach the 250 mark. We should make contributions to the food pantry a regular habit!

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, **August 5th, 2026!**

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



Upcoming Events

Date	Time	Description
August 12	10 AM	Gleeful Wellness Dance Class with Brightview
August 13	12 PM	Bergen New Bridge Presents: Managing Anxiety
August 18	10 AM	August Breakfast
August 19	9:30 – 10:30 AM	Blood Pressure Check
August 20	12:15 PM	Zumba with Lauren
August 26	10 AM	Bergen County Presents: Radon Awareness (new date)
August 27	10 AM	ShopRite Presents: The Mind Diet

Croque Monsieur Sliders

Ingredients

- 12 slider rolls
- ¾ lb sliced ham
- 2 cups Gruyere or Swiss cheese
- 2 tbsp Dijon mustard
- 3 tbsp butter
- 1 ½ cups milk
- 3 tbsp flour
- Pinch of salt & nutmeg

Instructions

1. Make Bechamel sauce: Add butter, flour, and seasonings to a saucepan. Once combined, add milk to thicken
2. Layer bottoms of rolls with Dijon, ham, and cheese; cover with tops
3. Pour sauce all over the sliders
4. Bake at 375° for 12-15 minutes until golden. Pull apart and enjoy!

SENIOR VAN SERVICE

Borough of Norwood & Borough of Northvale

WHEN

Monday – Friday
8:30 AM to 2:30 PM

Within 5 miles of Norwood!

WHERE

Norwood & Northvale
Senior Centers
ShopRite • Target
Whole Foods
Doctor's Offices and More!

RESERVE YOUR RIDE!

Call at least ONE WEEK in advance

Borough Clerk: 201-784-2965

Please remember that in the months of July and August, Northvale Borough offices will be closing at 1 PM every Friday. The McGuire Senior Center will be closing promptly after Friday Bingo, around 2:30 PM.

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

kw VALLEY REALTY
123 Tice Blvd. Woodcliff Lake, NJ
O: 201-391-2500

2024 FIVE STAR REAL ESTATE AGENCY
Lynn Smothergill

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



August Movies: Real British Women – From Royal to Rugged

August 4: The Queen (Starring Helen Mirren & Michael Sheen)

In the wake of a national tragedy, the prime minister and royal family find themselves quietly at odds. The initial reluctance of Buckingham Palace to mourn Diana is seen by the public as a sign of cool emotional distance, but Tony Blair, perceiving a potential public-relations disaster in the making, takes it upon himself to persuade Queen Elizabeth II to pay tribute to the dead princess.

(2006) Rated: PG-13 – Documentary/Drama – 1 hr 39 min

August 11: The Young Victoria (Starring Emily Blunt & Rupert Friend)

As the only legitimate heir of England's King William, teenage Victoria gets caught up in the political machinations of her own family. Victoria's mother wants her to sign a regency order, while her Belgian uncle schemes to arrange a marriage between the future monarch and Prince Albert, the man who will become the love of her life.

(2009) Rated: PG – Romance/Drama – 1 hr 45 min

August 18: The Lady in the Van (Starring Maggie Smith & Alex Jennings)

Based on the earlier memoir and stage play of the same name by writer Alan Bennett. It chronicles the (mostly) true story of his interactions with an elderly woman named Miss Shepherd. An eccentric woman of uncertain origins, Shepherd 'temporarily' parks her broken-down van in Bennett's London driveway and proceeds to live there for the next 15 years.

(2015) Rated: PG-13 – Comedy/Drama – 1 hr 44 min

August 25: Suffragette (Starring Helena Bonham Carter & Meryl Streep)

In early 20th-century Britain, the growing suffragette movement forever changes the life of working wife and mother Maud Watts. Galvanized by political activist Emmeline Pankhurst, Watts joins a diverse group of women who fight for equality and the right to vote. Faced with increasing police action, Maud and her dedicated suffragettes must play a dangerous game of cat-and-mouse, risking their jobs, homes, family and lives for a just cause.

(2015) Rated: PG-13 – Drama/History – 1 hr 46 min

Bergen County Presents

RADON AWARENESS

Reduce the percentage
10% to over 30%
of New Jersey homes may have
elevated radon levels



WHAT IS RADON ?

Radon is a radioactive gas that occurs naturally in soil and rock.

Colorless Odorless Invisible



Radon exposure is the second leading cause of lung cancer in the United States

WHY TEST?

Radon can enter homes through:

- Basement Floors
- Crack in foundations
- Sump Pump
- Well Water



Testing is the only way to know if your home is safe

FREE TEST KITS AVAILABLE

Bergen County residents can request a FREE radon testing kit

Call: 201-634-2804

Pickup Location:

Bergen County Department of Health Services
220 East Ridgewood Avenue
Room 201
Paramus, NJ 07652

ID with Bergen County address required

Live presentation on Wednesday, August 26th at 10 AM
at the McGuire Senior Center *NEW DATE!*





No dance experience necessary!
Instructor Lauren will lead this low-
impact, modified dance class designed
for beginners and older adults.

Thursday, August 20th

12:15 PM

McGuire Senior Center Exercise Room



Please join us for

MANAGING ANXIETY: TOOLS YOU CAN USE



with

Erica Higdon, LCSW

Clinical Manager, Behavioral Health Services
At Bergen New Bridge Medical Center

THURSDAY, AUGUST 13, 2026

Noon

McGuire Senior Center

16 Paris Avenue, Northvale, NJ 07647

For questions, please contact Bill Wright at 201.247.7438



Gleeful Wellness



Wednesday, August 12th | 10am | McGuire Senior Center

A joyful somatic movement class blending gentle stretching, dance, breathwork, and music. Suitable for all abilities, participants can join seated or standing, with no experience needed. The class promotes nervous system regulation, strength, cognitive wellness, and overall well-being through the power of movement and music.

ShopRite Presents

The MIND Diet

The MIND Diet isn't another fad diet. This Mediterranean-inspired eating plan is designed to improve brain function, preserve brain health, and reduce the risk of cognitive decline. Join ShopRite Registered Dietician Caitlin Krawitz to learn more about it. She will then prepare a summer salad packed with seasonal ingredients your brain and tastebuds will *both* love!



Thursday, August 27th

10:00 AM

McGuire Senior Center

