



America's 250th Anniversary

Word Search



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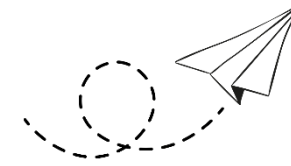
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Justice

Liberty
Patriotic
Paul Revere
Philadelphia
Rebellious
Revolution
Saratoga
Semiquincentennial

Tax
Tea Party
Union
USA
Valley Forge
Washington

The McGuire Flyer



July 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

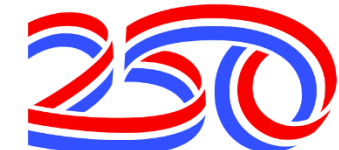
Access the Flyer online at northvalenj.org/senior-center

BINGO Fridays @ 12 PM

(Please arrive by 11:40 AM)



AMERICA



The Golden Age Page

From the Golden Age Desk of Vivian Abitabilo:

We are firmly into summer, hot days and humidity! Be careful, stay hydrated!

Happy Fourth of July; enjoy the celebrations for the 250 year anniversary of America!

The August trip to **Surflight Theater to see Pretty Woman** has openings. This trip has a wonderful lunch at the shore before seeing the play in Beach Haven. We will open the September trip at this time. We will return 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!

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. 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, **July 1, 2026!**

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



Upcoming Events

Date	Time	Description
July 2	12 PM	America's 250 th Birthday BBQ
July 3	All Day	Center Closed: Independence Day (Observed)
July 8	10 AM	Bergen County Presents: Radon Awareness
July 10	10 AM	Intergenerational "Bingo" with Camp Northvale
July 13	9 – 11 AM	Senior Farmers Market Nutrition Program Registration
July 15	9:30 – 10:30 AM	Blood Pressure Check
July 21	10 AM	July Breakfast
July 29	12 PM	Summer Salsa & Sips with Arbor Terrace Norwood

Evening Book Club

Tues. July 28, 2026 @ 6PM
Light refreshments will be served

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.



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C: 201-741-2692
E:realtorlynn77@gmail.com

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



Senior Van Update

The Boroughs of Northvale and Norwood have entered into a shared services agreement to provide van transportation to residents 55 and above. Riders must be residents of either Borough, and destinations are limited to a 5-mile radius in New Jersey. The service operates Monday through Friday from 8:30 AM to 2:30 PM, excluding municipal holidays. Rides must be requested one week in advance and coordinated through the Norwood Municipal Clerk's office at 201-784-2965. Ride scheduling is based on availability.

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



July Movies: Classic Comedies from 1993

July 7: Sister Act 2: Back in the Habit (Starring Whoopi Goldberg & Kathy Najimi)

In this sequel, Las Vegas performer Deloris Van Cartier is surprised by a visit from her nun friends, including Sister Mary Patrick and Sister Mary Lazarus. It appears Deloris is needed in her nun guise as Sister Mary Clarence to help teach music to teens at a troubled school in hopes of keeping the facility from closing at the hands of Mr. Crisp, a callous administrator. Can Deloris shape the rowdy kids into a real choir?

(1993) Rated: PG – Comedy/Family – 1 hr 47 min

July 14: Mrs. Doubtfire (Starring Robin Williams & Sally Field)

Slapstick film about a divorced actor who is willing to go to any lengths to get his children back, even posing as a matronly Scottish housekeeper. His family, taken in by the disguise, decide to employ the eccentric but apparently capable widow, and everyone is happy with the arrangement - until the mother's old boyfriend reappears and tries to become a father figure to the children.

(1993) Rated: PG-13 – Comedy/Family – 2 hr 6 min

July 21: Groundhog Day (Starring Bill Murray & Andie MacDowell)

A cynical TV weatherman finds himself reliving the same day over and over again when he goes on location to the small town of Punxsutawney to film a report about their annual Groundhog Day. His predicament drives him to distraction, until he sees a way of turning the situation to his advantage.

(1993) Rated: PG – Comedy/Romance – 1 hr 41 min

July 28: Grumpy Old Men (Starring Walter Matthau & Jack Lemmon)

John Gustafson and Max Goldman are two curmudgeonly neighbors who have been at each other's throats for years. The rivalry of the former friends intensifies when an attractive widow moves in nearby and provides a love interest for both of them. When Max finds out that John is experiencing family troubles and financial ruin, however, he steps in to help. Their bond is further cemented when John has a health scare and Max makes the ultimate sacrifice for his friend.

(1993) Rated: PG-13 – Comedy/Romance – 1 hr 43 min

Bergen County Presents

RADON AWARENESS

Reduce the percentagel
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, July 8th at 10:00 AM
at the McGuire Senior Center



Join us as we celebrate
**America's 250th
Birthday**

BBQ

Celebrate Independence Day with a
Southern barbecue buffet!
Admission is \$20 per person.
Please RSVP by Friday, June 26th

**Thursday, July 2nd
12 Noon
McGuire Senior Center**

Intergenerational "BINGO"

Join us before Friday Bingo for a "Bingo-like" icebreaker with campers from Camp Northvale! They will be coming to the Senior Center for an hour to spend time with us. In the spirit of our Friday game, we will be playing **Intergenerational Bingo**. Rather than matching numbers on your "Bingo" card, you will need to find campers who fit into each box. The campers will also have boxes they need to fill by meeting seniors!
(You do not need to participate in the 12:00 Bingo game in order to take part in this activity.)



**Friday, July 10th
10:00 AM
McGuire Senior Center**



ARBOR TERRACE®
norwood

201-768-0208 | ArborNorwood.com
545 Tappan Road, Norwood, NJ 07648



SUMMER SALSA & SIPS

*Join us for a fun and
informative class!*



Date: Wednesday, July 29
Time: 12:00 pm
Location: McGuire Center

Join us for a fun and refreshing summer gathering featuring delicious salsas, light refreshments, and conversation with our chef! Our chef will be focusing on salsa preparation, presentation, and sharing the health benefits of different fresh ingredients and flavors. Any cooking involved will be prepared ahead of time, making this an interactive and educational tasting experience for everyone to enjoy. Come sample a variety of summertime salsas, enjoy refreshing sips, and learn how fresh ingredients can support healthy living!

Sign up at the center with Michelle



Bergen County Executive
James J. Tedesco, III and the
Bergen County Board of Commissioners together with the
Bergen County Department of Human Services/Division of Senior Services
Invite Bergen County Seniors to the

SENIOR FARMERS' MARKET NUTRITION PROGRAM

The Senior Farmers' Market Nutrition Program (SFMNP) is available to low-income residents of Bergen County who are 60 years of age or older. Applicants must provide proof of age, Bergen County residency, and income at the time of application. The benefits can be used to purchase fresh, New Jersey-grown produce, including fruits, vegetables, herbs, and honey, at USDA-approved farmers' markets.

The benefit amount is \$40.00 per person.

Apply in person on scheduled dates at selected sites across Bergen County.
A list of participating farmers and farmers' markets that accept E-Benefits will be provided.

2026 Qualifying monthly household income must be at or below:

\$2,461 for household of one (1)

\$3,337 for household of two (2)

Appointments are required for groups of 5 or more.

To schedule an appointment, call 201-336-7462.

Offer is limited and available on a first-come, first-served basis.
One offer per person, per year.

Monday, July 13th

9 AM – 11 AM

McGuire Senior Center