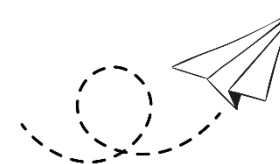




FALL



The McGuire Flyer



September 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
LABOR DAY



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

BOUNTIFUL	HALLOWEEN	SEPTEMBER	NOVEMBER	CRUNCHY
FLANNEL	OCTOBER	ORCHARD	PUMPKIN	AUTUMN
BREEZY	CHILLY	COLORS	GOLDEN	LEAVES
ORANGE	SQUASH	YELLOW	APPLE	BRISK
CIDER	CRISP	GEESE	PEARS	TREES
COZY	FALL	RAKE		

The Golden Age Page

From the Golden Age Desk of Vivian Abitabilo:

Hope you had a great summer! We are about to begin the fall season and our group has a lot going on!

The September 24th trip to the **Casino in Newburgh: Resorts** still has openings. For \$30. you get \$20. slot play and a wonderful box lunch. All who came earlier this year, loved it! Our next trip to **CIA**, on October 15th, includes a luncheon and a tour of the **FDR Library and Museum**. We will be heading North and maybe the fall leaves will be available. We have few openings and they are going fast. The cost is \$115 pp if you are a member, \$120 for non-members. We will also be opening the trip to **Hunterdon Hills**, Tuesday, November 10th at this meeting. 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.

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. The Mayor and Council presented us with a beautiful citation, acknowledging our efforts. 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, **September 2nd, 2026!**

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



Upcoming Events

Date	Time	Description
September 7	All Day	Center Closed – Labor Day
September 9	10 AM	40 Dreams Catering Presentation
September 10	11 AM – 1 PM	Senior Wellness Event
September 15	10 AM	September Breakfast
September 16	9:30 – 10:30 AM	Blood Pressure Check
September 17	1:30 PM	Spanish Language Crash Course
September 23	12 PM	Top 10 Rightsizing Tips with Louanna Branca
September 30	1 PM – 2 PM	Widows & Widowers Support Group

Patriotic Frozen Yogurt Bark

Ingredients

- 1 32-oz container full fat plain yogurt
- 2 tsp vanilla extract
- 2 tbsp honey
- 1 package of Wholesome Pantry Red White and Blue Granola

Instructions

1. Cover a baking sheet that fits in your freezer with either wax paper or a silicone mat.
2. Whisk together yogurt, vanilla and honey until smooth. Spread out in a thin, even layer on the prepared baking sheet. If needed, use two smaller baking sheets so that they can easily fit in your freezer!
3. Top with granola and push into yogurt gently to ensure it adheres.
4. Place in the freezer for at least 3 hours or until frozen.
5. Remove from the freezer, cut into pieces and serve!



ANNUAL SENIOR FESTIVAL

Thursday, September 24, 2026

Rain Date: Tuesday, September 29, 2026

10:00 AM – 2:00 PM
Van Saun County Park, Paramus

If you are 60 years or older, join us for a fun-filled day which will include:

Lunch • Music & Entertainment
Craft Fair • Resource Tables • Much More!



BK Italian Kitchen is partnering with the WholeSum Pantry in honor of Hunger Action Month!

BK Italian Kitchen will be donating 20% of the proceeds from all meals served on **Wednesday, September 19th 2026** when you mention The WholeSum pantry!



BK Italian Kitchen
203 Rt 303
Orangeburg, NY 10962



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

KW VALLEY REALTY
123 Tice Blvd. Woodcliff Lake, NJ
O: 201-391-2509



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



September Movies: Back to School – 1980s High School Classics

September 1: Sixteen Candles (Starring Molly Ringwald & Anthony Michael Hall)

With the occasion all but overshadowed by her sister's upcoming wedding, angst-ridden Samantha faces her 16th birthday with typical adolescent dread. Samantha pines for studly older boy Jake, but worries that her chastity will be a turn-off for the popular senior. Meanwhile, Samantha must constantly rebuff the affections of nerdy Ted, the only boy in the school, unfortunately, who seems to take an interest in her.

(1984) Rated: PG – Romance/Comedy – 1 hr 33 min

September 8: Back to the Future (Starring Michael J. Fox & Christopher Lloyd)

Small-town California teen Marty McFly is thrown back into the '50s when an experiment by his eccentric scientist friend Doc Brown goes awry. Traveling through time in a modified DeLorean car, Marty encounters young versions of his parents, and must make sure that they fall in love, or he'll cease to exist. Even more dauntingly, Marty must return to his own time and save the life of Doc Brown.

(1985) Rated: PG – Sci-fi/Comedy – 1 hr 56 min

September 15: Ferris Bueller's Day Off (Starring Matthew Broderick & Jennifer Grey)

Ferris Bueller has an uncanny skill at cutting classes and getting away with it. Intending to make one last duck-out before graduation, Ferris calls in sick, "borrows" a Ferrari, and embarks on a one-day journey through the streets of Chicago. On Ferris' trail is high school principal Rooney, determined to catch him in the act.

(1986) Rated: PG-13 – Comedy/Teen – 1 hr 43 min

September 22: Some Kind of Wonderful (Starring Eric Stoltz & Mary Stuart Masterson)

Keith Nelson, an artsy high school outcast, tries to land a date with popular girl Amanda Jones with some help from his tomboy best friend, Watts (Mary Stuart Masterson). However, his advances draw the ire of Amanda's snobby ex-boyfriend, Hardy Jenns, who makes plans to get even. Matters are further complicated when Watts realizes she likes Keith as more than just a friend and tries to convince him to stop pursuing Amanda.

(1987) Rated: PG-13 – Romance/Comedy – 1 hr 35 min

September 29: Dead Poets Society (Starring Robin Williams & Ethan Hawke)

A new English teacher, John Keating, is introduced to an all-boys preparatory school that is known for its ancient traditions and high standards. He uses unorthodox methods to reach out to his students, who face enormous pressures from their parents and the school. With Keating's help, students Neil Perry, Todd Anderson and others learn to break out of their shells, pursue their dreams and seize the day.



40 Dreams CATERING

Healthy meals covered by MLTSS under Medicaid

We work with Aetna, Horizon, and UnitedHealthcare

**Please join us in the McGuire Senior Center Wednesday,
September 9th at 10am! We will be available to help you
sign up.**

Don't miss the giveaways!

**Self-pay service available for those not eligible for MLTSS/Medicaid
973-988-5554
info@40dreams.com**



Introducing a new, monthly

Widows and Widowers Support Group

Grieving is never easy, but you don't have to go through it alone. Support is essential during a life-changing event like the loss of a spouse. This group will serve as a safe space to share your feelings with others who understand. All are welcome, whether you're newly widowed or experienced your loss long ago.

*Meets on the last Wednesday of the month,
beginning on September 30th*

1:00 - 2:00 PM

**Back Room (Dining Area)
McGuire Senior Center**



Spanish Language CRASH COURSE

Have you always wanted to learn another language? Would you like to be able to greet someone new and have a friendly conversation in Spanish? If so, please join us for this single-session Spanish lesson! No prior knowledge of the language is required. Spanish-inspired snacks will be provided!

**Thursday, September 17th
1:30 PM
McGuire Senior Center**



Free Event for Seniors

TOP 10 RIGHTSIZING TIPS



Wednesday, September 23rd @ 12 PM

at Northvale Senior Center

116 Paris Avenue, Northvale

FREE AND OPEN TO ALL!

ADVANCED MEDICAL
& DIAGNOSTIC CENTER

Caring for
Our Seniors,
Building
Healthier
Lives.

SENIOR *Wellness Event*

Your Health. Our Priority.
A Day Dedicated to You!



PLEASE JOIN US FOR A
Complimentary
BREAKFAST & MESSAGES!

HEALTH SERVICES PROVIDED:



PAIN MANAGEMENT

Consultations for chronic pain, back pain, joint pain, and more.



VEIN & VASCULAR SCREENINGS

Varicose veins, spider veins, circulation screenings & DVT risk assessment.



PODIATRY SERVICES

Foot evaluations, nail care, diabetic foot assessments & education.



CARDIOVASCULAR SCREENINGS

Blood pressure, pulse, and overall heart health checks.



AUDITORY EXAMS

Hearing assessments to help you stay connected.



COMPREHENSIVE HEALTH ASSESSMENTS

General wellness evaluations and preventive health screenings.



PLEASE BRING YOUR
ID & INSURANCE CARD
FOR BENEFITS VERIFICATION



DATE:
THURSDAY
SEPTEMBER 10TH



TIME:
11:00AM – 1:00PM



LOCATION:
JAMES F. MCGUIRE
SENIOR CENTER
116 Paris Ave,
Northvale, NJ 07647



Together, Let's Build a Healthier, Happier Community!

WE LOOK FORWARD TO SEEING YOU THERE!