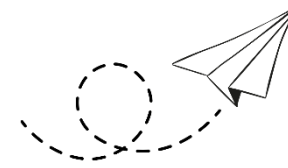


MEMORIAL DAY WORD SEARCH

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COAST GUARD	PATRIOTIC	DECORATION	AIR FORCE
MEMORIAL	MARINES	SERVICE	COOKOUT
FREEDOM	VETERAN	HOLIDAY	FAMILY
MONDAY	PARADE	FLAGS	HONOR
NAVY	ARMY	HERO	MAY

The McGuire Flyer



May 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)



The Golden Age Page

Upcoming Events

From the Golden Age Desk of Vivian Abitabilo:

This Spring has been wild with 90 degree temps and then 32 degrees. I'm sure May will be more predictable.

Our trip to LiGreci's, Wednesday, May 13th is still available with limited spots. The program is the Billion \$ Trio. LiGreci's is a real favorite, so be ready with a check!

Our June trip to the **Paper Mill Playhouse** to see the play **West Side Story** has a few spots left. Paper Mill Playhouse is one of the premier theatres in New Jersey. The actors are top notch. Also at the May meeting we will be opening our July cruise on the **River Queen with lunch at the Shrimp Box**

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, **May 6th, 2026!**

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



Date	Time	Description
May 4	12 – 2 PM	Take Control of Your Health (<i>Session 4 of 6</i>)
May 7	10:30 AM	ShopRite Presents: Eating for Gut Health
May 11	12 – 2 PM	Take Control of Your Health (<i>Session 5 of 6</i>)
May 14	11 AM	Josh Gottheimer's Constituent Services Help Desk
May 18	12 – 2 PM	Take Control of Your Health (<i>Session 6 of 6</i>)
May 19	10 AM	May Breakfast
May 20	9 –10:30 AM	Blood Pressure Check
May 21	10 AM	Bergen County Presents: Summertime Nutrition
May 25	All Day	Center Closed: Memorial Day
May 28	12:15 PM	Pop-Up Zumba Class with Lauren

No Bake Strawberry Shortcake Trifles (*serves 4*)

Ingredients

- 2 cups heavy whipping cream
- ½ cup granulated sugar
- 1 tsp vanilla extract
- 1 pint strawberries – cleaned, stems removed, and chopped
- 1 loaf pound cake



Instructions

1. Cut the pound cake into ½ inch cubes and set aside. In a large bowl beat whipping cream, sugar and vanilla until stiff and fluffy, about 1 minute.
2. Assemble trifles in desired cups by layering pound cake pieces, chopped strawberries, and whipped cream in even layers until full.
3. If desired, top each cup with a single strawberry, then serve immediately. Enjoy!

Movie Matinee

**Springsteen
Deliver Me From
Nowhere**

**Thursday
May 21st
12:30PM**

Register online or
by calling the library

Northvale Public Library
116 Paris Ave
Northvale, NJ 07647
201-768-4784

**NORTHVALE
PUBLIC LIBRARY**
Growing Together

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

KW VALLEY REALTY
Keller Williams
123 Tice Blvd. Woodcliff Lake, NJ
© 201-391-2500

**2024
FIVE STAR
REAL ESTATE AGENT**
Lynn Smothergill

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



May Movies: A New Life in New York (new movies!)

May 5: **The Friend** (Starring Naomi Watts & Bill Murray)

New York City writer Iris finds her comfortable, solitary life thrown into disarray after her closest friend and mentor bequeaths her a Great Dane named Apollo. The huge dog immediately creates practical problems for Iris, from furniture destruction to eviction notices, as well as more existential ones. Yet as Iris finds herself unexpectedly bonding with Apollo, she begins to come to terms with her past, and her own creative inner life.

(2024) Rated: R – Comedy/Drama – 2 hr 3 min

May 12: **Eleanor the Great** (Starring June Squibb & Jessica Hecht)

The witty and proudly troublesome 94-year-old Eleanor Morgenstein, who after a devastating loss, moves from Florida to New York City for a fresh start. Wandering into a support group for Holocaust survivors, tells a tale that takes on a dangerous life of its own. Scarlett Johansson's directorial debut is a comically poignant exploration of how the stories we hear become the stories we tell.

(2025) Rated: PG-13 – Drama – 1 hr 38 min

May 19: **Is This Thing On?** (Starring Will Arnett & Laura Dern)

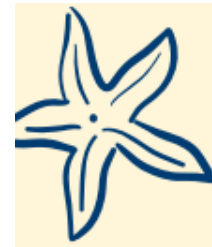
As their marriage quietly unravels, Alex faces middle age and an impending divorce, seeking new purpose in the New York comedy scene while Tess confronts the sacrifices she made for their family--forcing them to navigate co-parenting, identity, and whether love can take a new form.

(2025) Rated: R – Comedy/Drama – 2 hr 4 min

May 26: **Blue Moon** (Starring Ethan Hawke & Margaret Qualley)

In 1943, legendary Broadway lyricist Lorenz Hart bravely faces the future as his professional and private life unravel at the opening night party for his former partner, Richard Rodgers' hit show Oklahoma! By the time this night is over, Hart will have confronted both a world that no longer values his talent and the seeming impossibility of love.

(2025) Rated: R – Comedy/Musical – 1 hr 40 min



SUMMERTIME NUTRITION



Summer is almost here! What should we be eating during the hottest months of the year?



Join us for a visit from Bergen County's Department of Health Services and learn about how to best eat for the heat!



Thursday, May 21st

10:00 AM

McGuire Senior Center





Eating for GUT HEALTH



Join ShopRite Dietician Caitlin for this educational presentation and learn about how what you eat affects your digestion, immunity, mental health, and more!

Thursday, May 7th at 10:30 AM
McGuire Senior Center



Join us for a pop-up session of



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

Thursday, May 28th

12:15 PM

McGuire Senior Center Exercise Room

Are you a resident of New Jersey's 5th Congressional District?

Join us for a visit from Congressman Josh Gottheimer's Constituent Services Team! They will provide immediate assistance with issues relating to Unemployment, Medicare, Medicaid, Social Security, Passports, Veteran's Medals and more.

Thursday, May 14th

11:00 AM

McGuire Senior Center



Tech For Seniors SCAMS at Northvale Public Library

Learn about AI, what to do when you get a scam, how to safeguard, text, emails, get real examples, and more!

Wed. May 6th

Part 2 May 13th

10:30-11:30AM

116 Paris Ave, Northvale, NJ 07647

Call to register: 201-768-4784