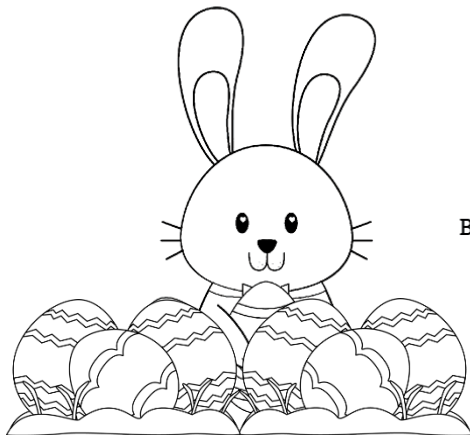


Easter word search

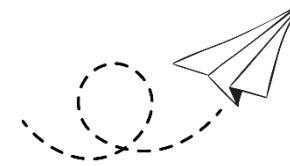


Words to find



- | | | |
|----------|------------|--------------|
| APRIL | CHOCOLATE | MARSHMALLOWS |
| BASKET | EASTER | PASTEL |
| BLOOMING | EGGS | SPRING |
| BONNET | FLOWERS | SUNDAY |
| BUNNY | HOLIDAY | SUNSHINE |
| CANDY | JELLYBEANS | TULIPS |
| CHICK | MARCH | |

The McGuire Flyer



April 2024

The James F. McGuire Memorial Senior Center

116 Paris Avenue

Northvale, NJ 07647

Phone: 201-767-3330 option 5 | Fax: 201-767-6038

Open Monday through Friday

9 AM – 4 PM

Director: Michelle Newberg

Email: mnewberg@northvalenj.org

BINGO Fridays @ 12 PM

(Please arrive by 11:40 AM)



The Golden Age Page

Upcoming Events

Date	Time	Description
April 4	12 PM	Get Connected Part 1
April 10	12 PM	Healthy Bones Osteoporosis Presentation
April 11	12 PM	Get Connected Part 2
April 16	10 AM	April Breakfast
April 17	9:30 AM	Blood Pressure Check
April 18	12 PM	Get Connected Part 3
April 19	9 AM	Podiatrist Visit
April 25	12 PM	Lunch & Learn with Social Security

From the Golden Age Desk of Vivian Abitabilo:

Welcome to Spring, hope all had a wonderful Easter.

We are still collecting for the April trip to Windcreek: Wednesday, April 10, and the May 2nd trip to the Westchester Performing Arts center, with lunch, to see the play Beautiful. Tickets to the theater are limited so be prepared to sign up! We will be opening up the trip for the June 3, Nosh Tour!

We are overwhelmed with membership this year with more than 160 members, so be ready for purchasing trips when they open if you are interested. Our meetings have topped 100 people and pizza bingo is busy too!

Thank you, again, to everyone who volunteered this year. Please see me for instructions on setting up and cleaning up for dessert. More volunteers are welcomed and needed, see me if you want to volunteer or participate in the activities for the Club.



BLOOD PRESSURE CHECK – Every third Wednesday of each month from 9:30 – 11 AM (no appointment necessary, but please arrive no later than 10:30 to be seen)

PODIATRIST – Appointments starting at 8:30 AM. **Please note date change!** Next visit **April 19**. By appointment only (we must have a minimum of 6 people on the list in order to be seen)

Please call the center to schedule an appointment!


Have a recipe you'd like to share? Email it to be featured in an upcoming edition of the McGuire Flyer!



CALL OR TEXT:
201-741-2692
Lynn Smothergill
Sales Associate
E: realtorlynn77@gmail.com

KW TOWN LIFE
KELLERWILLIAMS REALTY
25 Washington St, Tenafly, NJ 07670
© 201-894-8004

Northvale Public Library
Presents:
Beginner Mah Jongg with
Stacy Budkofsky




Thursdays, April 4th-May 2nd
11:00AM-1:00PM

A 2024 Mah Jongg card is required to play. Either bring your own or purchase one from the instructor for \$15

Must attend all classes in series.

Call 201-768-4784 to register



HEALTHY BONES:

Hear Kathy's Story



Her doctor wanted to put her on medication for her osteoporosis. She asked for one year to heal her bones on her own. A year later, she built back her bone density significantly. Learn about how one woman utilized the powers of supplements and exercise to reverse bone loss and live a healthier, happier life.



Wednesday, April 10
12 Noon
McGuire Senior Center



 **THE CENTER**
FOR ALCOHOL AND DRUG RESOURCES
A Program of Children's Aid and Family Services

presents

GET CONNECTED



Attend all three sessions of this program to:

1. Learn how life transitions associated with aging can lead to problems with alcohol and medications
2. Learn the warning signs of a alcohol or medication problem and how these signs are hard to detect among older adults.
3. Learn how prevention and screening can help identify a need for help.

3 SESSIONS: Thursdays 4/4, 4/11, 4/18 12:00 - 1:00

Refreshments will be provided, but space is limited. Register to attend today!

McGuire Senior Center
116 Paris Ave, Northvale NJ 07647

Lunch & Learn

With a Social Security Specialist



Eat some pizza and receive answers to the following questions:

- **When are you eligible to receive retirement benefits?**
- **How does early retirement affect your benefits?**
- **Do you qualify for disability, survivors, and spouse benefits?**
- **How do you get the most from your benefit?**
- **What is the future of Social Security?**
- **When should you file for Medicare?**

Learn how to use my Social Security online account and other online services. Visit www.socialsecurity.gov/myaccount to create a Social Security Statement before attending the workshop.

*Free event, but registration is required by 4/19/24

Thursday, April 25

12 Noon

McGuire Senior Center

2024 DUES

We still have a number of people who have not yet paid dues for 2024. Please keep in mind that your yearly dues go towards the following:

- Snacks & beverages
- Guest speakers
- Exercise classes
- Art programs
- Newsletter printing/postage
- Cleaning & hygiene products
- And more

Your dues help keep the senior center running. Please stay up to date to keep these amenities free for our members.

If you are unsure whether you've paid dues for the year, simply ask us and we will let you know. You can pay by cash or check, through the mail or in-person.

\$10 for Northvale residents
\$12 for out-of-towners

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

April Movies: Paris of the Past



April 2: **Ninotchka** (Starring Greta Garbo & Melvyn Douglas)

A no-nonsense diplomat of the Soviet Union, Nina Ivanovna "Ninotchka" Yakushova arrives in Paris to ensure the sale of jewels seized during the Russian Revolution. Meanwhile, carefree bachelor Count Leon d'Algout attempts to intercept the valuables on behalf of their former owner, the Grand Duchess Swana. Despite their conflicting allegiances, the icy Ninotchka soon warms to Leon's charms, reluctantly going against her better judgment.

(1939) Rated: Not Rated – Comedy/Romance – 1 hr 50 min

April 9: **An American in Paris** (Starring Gene Kelly & Leslie Caron)

Jerry Mulligan is an American ex-GI who stays in post-war Paris to become a painter and falls for the gamine charms of Lise Bouvier. However, his paintings come to the attention of Milo Roberts, a rich American heiress, who is interested in more than just art.

(1951) Rated: Not Rated – Musical/Romance – 1 hr 55 min

April 16: **Funny Face** (Starring Fred Astaire & Audrey Hepburn)

11:45 Start Time

Dispatched on an assignment, New York City-based fashion photographer Dick Avery struck by the beauty of Jo Stockton, a shy bookstore employee he's photographed by accident, who he believes has the potential to become a successful model. He gets Jo to go with him to France, where he snaps more pictures of her against iconic Parisian backdrops. In the process, they fall for one another, only to find hurdles in their way.

(1957) Rated: Not Rated – Comedy/Musical – 1 hr 43 min

April 23: **Gigi** (Starring Louis Jourdan & Leslie Caron)

Gaston is a restless Parisian playboy who moves from one mistress to another, while also spending time with Gigi, a precocious younger friend learning the ways of high society. The platonic relationship between Gaston and Gigi changes, however, when she matures, but the possibility of something lasting seems unlikely since he won't commit to one woman. Gigi refuses to be anyone's mistress, however, and Gaston must choose between her and his carefree lifestyle.

(1958) Rated: G – Musical/Comedy – 1 hr 55 min

April 30: **How to Steal a Million** (Starring Audrey Hepburn & Peter O'Toole)

Charles Bonnet (Hugh Griffith) expresses his passion for art by forging masterpieces -- and selling them at a hefty profit. The trouble starts when his reproduction of a prized sculpture winds up in a famous Paris museum. If experts determine that it is inauthentic, Bonnet's reputation will be tarnished. That's why his fetching daughter, Nicole (Audrey Hepburn), hires cat burglar Simon Dermott (Peter O'Toole) to steal the sculpture back before it's too late.

(1966) Rated: Not Rated – Comedy/Crime – 2 hr 3 min

Did you miss our visit from ShopRite last month?



MINI CAPRESE SKEWERS

Ingredients

- 2 mini bamboo skewers
- 4 mini mozzarella balls or pearls
- 2 slices of chicken breast
- 4 cherry tomatoes
- 4 fresh basil leaves
- 4 pitted olives of your choice
- high quality extra virgin olive oil
- aged, thick, high quality balsamic vinegar
- sea salt flakes and freshly ground black pepper, to taste



Directions

- Take one bamboo skewer and thread your ingredients (alternating), as shown in the photos, c however YOU like.
- Repeat until all your ingredients are used
- Lightly drizzle with olive oil and balsamic vinegar, then sprinkle with sea salt flakes and pepper your taste.

Contact ShopRite Dietitian Caitlin Rulli for more recipe inspiration!
caitlin.rulli@wakefern.com | (201) 739-4212



Here is what we made with dietician Catilin.
Give the recipe a try if you'd like. Enjoy!