



Lyndhurst Parks & Recreation Department
Commissioner Tom DiMaggio

SENIOR CITIZENS NEWSLETTER

1st Quarter 2020

Play that Funky Music



If we have enough interest, we will run a trip to the **Hanover Manor** for a *Celebration* on **Wednesday, April 1st**. The bus will leave from the NJ Transit lot by the Shoprite at 10:30 AM and will return by 3:30 PM.

Enjoy great music with Joe Zisa & “Friends” while feasting on focaccia bread, pasta, salad, Chicken Francais, Roast Beef, Vegetables and Mashed Potato. Two complimentary drinks, dessert, coffee, tea and soda also included. Tickets are \$49.50 and includes transportation. Tip is not included, however. Suggested tip is \$1.00 per person which you leave on your table.

Only 30 tickets will be available, so please call the Parks Department or email judyb@lyndhurstnj.org if you would be interested. I will need a head count by February 14th in order to secure tables.

** SHOPPING TRIP **

We are running a trip to *The Mills at Jersey Gardens!*



The bus will leave the New Jersey Transit lot at **9:30 AM** on **Wednesday, March 25th**. You will be picked up from the Mall at **3:00 PM** to return by **3:30 PM**.

It is the only indoor outlet shopping destination in the greater metro area with 200+ stores! Shop the outlets: Michael Kors, Coach, Tommy Hilfiger, Century 21, Abercrombie & Fitch, Kate Spade, Sephora, Saks Off 5th and more.



Call the Parks Department to reserve your seat on the bus. We will need at least 20 shoppers in order for the trip to take place, so please leave your number in case we have to cancel.

***** SAVE THE DATE *****

FREE Senior Luncheon

The senior luncheon for *Lyndhurst Seniors, aged 60 and over* will be held on **Friday, April 24th** at the Senior Citizen Building. Call the Parks Department to reserve your seat! 201-804-2482.

Discounted Lunches Daily



Bergen County supplies lunches for Bergen County Seniors at the **Carucci Apartments, 281 Stuyvesant Avenue** weekdays from **11:30 AM until 12:30 PM.**

Lunches are free, but a suggested donation of \$1.25 per meal is appreciated. You would need to call **201-896-1629** by 12:00 Noon the day before you would like to attend in order for there to be enough food.

You can pick up monthly menus at the Parks Department, Senior Building or Carucci Apartments.

FREE Movies with Lunch



Lyndhurst Seniors, aged 60 and over, don't forget to come out the **3rd Wednesday** of the month to enjoy hot dogs or tuna sandwiches, pizza and a Movie!! The movies are held at the Senior Citizen's Center on Cleveland Avenue. Lunch is served at **12 Noon** and the movie usually starts at **12:30 PM.**

Call if you have any movie requests and we will do our best to accommodate!

FREE Senior Dinners

The Monthly Dinners for Lyndhurst Senior Citizens are starting up again!! On **Wednesday, January 29th, February 26th and March 25th**, the Parks Department will be serving dinner at the Carucci Apartments which is located at 281 Stuyvesant Avenue near Tontine.

Doors open at **4:30 PM** and dinner is served at **5:30 PM.** Call **201-896-1629** to sign up.

This month's dinner will be ordered from Tasty Fusion on Ridge Road!! Enjoy.

Get Social

AARP Chapter 4866

This group is geared towards raising money for scholarships as well as helping veterans and families in distress. They get together on the second Tuesday of each Month. Annual dues is \$5.00. Come to a meeting at the Senior Citizen Building on Cleveland Avenue to join. All are welcome.

Lyndhurst Garden Club

Established in 1935, the club welcomes prospective members from Lyndhurst and nearby communities. Meetings are held at the Senior Center on the last Monday of the month except for January, July, August and December. For more information contact Marie Esposito at 201-438-9465.

Loops for Love

If you love to crochet and knit and care about babies and the elderly, you will want to join the Loops for Love Group. The group gathers at the Senior Building almost every first and third Friday of each month from 12:00 Noon until 2:00 PM. The lap blankets and baby caps and blankets are donated to various hospitals in the area. For more information, call Angene Anthony at 201-906-1247, or just pop into a meeting.

Our Lady of Mount Carmel Seniors

You do not need to be an OLMC parishioner in order to join this group! The group meets at the Senior Building on the first and third Tuesday of each month at 10:30 a.m. It is a social club that has occasional speakers or entertainment, while enjoying coffee and.... Dues is only \$10.00 annually!! Go to a meeting to join up or call Mary Ann Sidonio at (201) 933-8258.

Upcoming Events at the Senior Center

AARP

AARP is hosting an **Entertainment Night** on **Thursday, April 23rd** featuring Ralph Carey as "Elvis". There will also be raffles with a super prize. The doors will open at 6:00 PM and sandwiches and beverages will be served. Tickets are \$25. Call Josephine Oleske at 201-438-2118 for tickets.

Get Fit

Improve the quality of your life with a light water aerobics class at the Lyndhurst Community Pool. **Aquasize** is a great way to exercise since it helps in weight loss, muscle memory and by strengthen joints without the stress on your knees!

12-week sessions with daily open swim access are offered four times a year. Check the Lyndhurst website or call the Parks Department for information.

If any club would like to announce a special trip, fundraiser or event, please contact Judy Benjamin at the Parks Department or email her at JudyB@lyndhurstnj.org.

A Heartfelt letter about our Saturday Handicap Program

Thank you, Kristen and your crew, for all your outstanding efforts to Lyndhurst's Saturday Program helping our kids shine; and shine they did.

The art exhibit you held Saturday, November 2nd was a resounding success and our kids achieved the very apparent sense of pride in their efforts which must be attributed to all of your caring and hard work.

Lyndhurst's efforts to provide meaningful activities to our Special-Needs adults are to be commended. As is the case in everything that is worthwhile, the program is only as good as the people that implement it. Kristen should be commended for bringing Jill, Jeff, Roberta and Melissa to work with her.

Over the years there has been a steady decrease in funds available to such programs which is unfortunate. We need the community's support for these programs but, in addition to Lyndhurst's financial support, without County and State assistance no one small bedroom community can do it all.

Grant monies have been steadily dwindling. Therefore, it is necessary that our kids are integrated in the community and not isolated to one building and to small groups of young people willing to work with those who have special needs. Most communities in NJ have sports programs that are substantially funded and as we all know we willingly and enthusiastically support all sports programs in our schools. We know the importance of such programs. But where is the support for the special-needs community?

Lyndhurst was very fortunate many years ago to have a small group of parents and siblings with children with special-needs who banded together to initiate a program for their kids and siblings. Commissioner DiMaggio's mother was a part of that initial effort as her brother had special needs, and he was also Kristen's uncle. Without those wonderful women much of what was built upon their efforts, we would not have today.

We have had the support of many over the years such as former Mayor Stellato, former Commissioner Evelyn Pezzolla (Frank's GMC), and, of course, Commissioner Di Maggio whose mother was one of the originators.

Thanks to all, but the need grows every day and we need the help from outside sources. Lyndhurst cannot do it all.

We also thank the **Mt. Carmel seniors, AARP seniors, Lyndhurst Knights**. The ladies of AARP took the kids in the Lyndhurst Adult Workshop to Turtle Back Zoo.

We have much to be thankful for.

Let's reach out to those who control the purse strings, such as County and State executives. Write to your legislators to impress upon them the need.

Sincerely,

Marie Cush
a/k/a Christine's mother