Lyndhurst Parks & Recreation Department
Commissioner David Mateen

SENIOR CITIZENS NEWSLETTER

NOVEMBER / DECEMBER

You can pick up a newsletter at any township office, the library, The Carucci Apartments, or select local businesses, every other first Monday of the month.

WE WILL START TAKING RESERVATIONS ON THE FIRST FRIDAY OF EACH MONTH. *ONE MONTH AT A TIME.*

A Message from the Commissioner

Dear Lyndhurst Seniors,

As we welcome the holiday season and share our final newsletter of 2026, I find myself reflecting on another wonderful year together. From our monthly dinners and trips to the many events and activities we've enjoyed, this year has been filled with laughter, friendship, and new memories. I am grateful to everyone who participated and helped make each gathering so special.

The holidays are a time for celebration and togetherness, but I also recognize that they can be difficult for some, especially those who may be spending them alone. I want to remind each of you that you are a valued part of our Lyndhurst community. Our events and gatherings are about more than just having a good time; they're about bringing people together, building friendships, and making sure everyone feels welcome. If you ever find yourself in need of a little companionship or assistance, please don't hesitate to reach out. While we may not always have the answers, we will certainly do our best to point you in the right direction.

As we close out 2026, I want to thank you for your friendship, participation, and the many wonderful memories we've shared. It is a privilege to serve this community, and I look forward to another year of bringing us together. From the Parks Department family to yours, I wish you a happy, healthy, and peaceful holiday season and a wonderful New Year!

Warm regards,
Commissioner David Mateen



BERGEN COUNTY LUNCHES

Bergen County, Division of Senior Services Nutrition and Wellness Unit provides a **Congregate Lunch Program** served at the Carucci Apartments, 281 Stuyvesant Avenue.

There will not be lunch served on the following days: **Tuesday, November 3rd** (Election Day); **Wednesday, November 11th** (Veteran's Day); **Thursday and Friday, November 26th & 27th** for Thanksgiving weekend **& December 24th and 25th** for Christmas.

LET'S CELEBRATE!



In lieu of the senior dinners on the last Wednesday of the month, we will be planning special occasion dining in November and December!

On **Monday, November 23rd** we will have a traditional turkey dinner to celebrate Thanksgiving. It will be held at the Senior Citizen's Center on Cleveland Avenue and doors will open at **4:30 PM**.

On **Thursday, December 17th**, we will be celebrating the Holiday season with a Christmas luncheon. It will also be held at the Senior Citizen's Center on Cleveland Avenue however doors will open at 11:30 AM.

PLEASE call at least ONE WEEK before to reserve a meal! We may not be able to accommodate anyone who makes a late reservation.

SENIOR SHUTTLE

You need to call the Lyndhurst Parks and Recreation Department at **(201) 804-2482** by **3:00 PM** the day before in order to reserve a ride for the following day; all

The Senior Shuttle will not run Wednesday, 11/11; Thursday 11/26; Friday 11/27; Thursday and Friday; 12/24 and 12/25.

Monday reservations need to be made by the previous Friday.



On **Monday, November 16th** we will be taking a trip to **The Bergen Mall.**

On **Monday, December 14th** we will be taking a trip to **Paramus Park Mall.**

Anyone outside of the Carucci Apartments must call the Parks Department to reserve a seat. Also, if you need to be picked up for the trip, please let us know. Otherwise, the bus will pick up the seniors at the Parks Department at **9:30 AM** and head to the Carucci Apartments at 281 Stuyvesant Avenue for each trip, with a **2:00 PM** return.

LET'S GET CREATIVE

The Parks and Recreation Department will have **free art classes** taught by Bella Freitas. They will be held at the Senior Center, 250 Cleveland Avenue, on **Monday November 9th** and **Monday, December 7th.** Classes run from **10 AM until 12 PM**.

You would need to call and reserve your spot so that we have enough canvases and brushes.

CRAFTING CLASS

Instructor Shaggy will guide you to creating your masterpiece that you can take home and cherish!

Classes will be held on **Thursday, November 12th** and **Thursday, December 10th.** They will be held at the Senior Citizen's Center on Cleveland Avenue from **10AM** until **12PM**.

Call the Parks Department to reserve your spot as soon as possible!

****

THE PARKS DEPARTMENT

WILL BE CLOSED

Wednesday, November 11th

Thursday and Friday,
November 26th and November 27th

Thursday and Friday,
December 24th and December 25th

****

LET'S PLAY…



BINGO is held on the first and third Wednesday of the month.

Come to the Senior Citizen's Center on Cleveland Avenue. Coffee, Tea and snacks will be served starting at **9:45 AM** and Bingo starts at **10:00 AM.**

DATES: 11/4; 11/18; 12/2; 12/16

Please bring your own Dauber.



DON'T MISS OUT!!



There are still a few tickets available to see the play **"Mary Poppins"** at the **Papermill Playhouse** on **Thursday, November 19th**.

Mary Poppins is a joyful theatrical experience that reminds us anything can happen if you let it.

Price is $85.00 per ticket and includes the bus ride to and from the venue. The bus will leave the Parks Department at 6:00 PM.

Makes checks payable to: Township of Lyndhurst. No cash or credit.



The annual lighting of the Christmas Tree will be held on **in December 12th** at the Town Hall Park on Delafield Ave.

For more information, call the Mayor's office at 201-804-2457 Ext. 2684





Our Lady of Mt. Carmel Seniors will be holding a fundraiser at the Senior Center on **Tuesday, December 1st**. Doors open at 6:30.

Come join the fun at Bob Scott's Game Show Night! It's table vs. table in a multi-game showdown.

There will be prizes, snacks, coffee and dessert. (BYOF)

Only $25 per person, and money is due by the November 17th meeting.

Call Dorothea Rizzo at 201-933-0540 for more information.

GET HEALTHY

AQUACISE



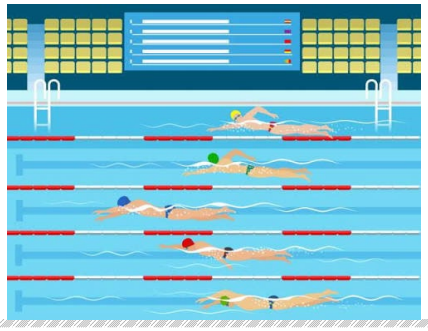
Improve the quality of your life with a water aerobics class at the **Lyndhurst Community Pool. Aquacise** is a great way to exercise since it helps in weight loss, muscle memory and by strengthen joints without the stress on your knees! You need to come to the Parks Department to register for Aquacise.

If you would like to try one class before signing up, they are held each Wednesday at 10:00 AM and Friday at 10:45 AM. Just let the people at the desk and the instructor know that you are considering Aquacise and would like to try a class.

Next session will start **Wednesday, November 4th** and run through **Wednesday, December 23rd**
**Excluding November 27th (pool will be closed for the Holiday)

RATHER SWIM LAPS!

You can purchase a membership to our Community Pool online. Sign up is available on REC DESK on our website lyndhurstnj.org or just call the Parks Department for more details!



TAI CHI



Tai Chi classes will be held at the Community Center on Riverside Avenue on **alternate Tuesdays.** The class will start at **12:00 Noon**. This low-impact method of exercise activates deep muscle fibers, rebuilding functional power and balance without the wear and tear on your knees and back.

TAI CHI DATES: 11/10; 11/24; 12/8; 12/22

Please call the Parks Department to sign up. If you need a ride to either class, let us know.

CHAIR YOGA



Chair Yoga sessions will run **two Fridays a month** in November and December at the Senior Center from **11:00 AM to 11:45 AM.**

YOGA DATES: 11/6; 11/20; 12/4; 12/18

SOCIALIZE

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 **except for July and August.** Doors open at 11:30 AM and the meeting starts at 1:00 PM. Annual dues is $10.00. 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.

Historical Society

This group is a private non-profit organization. They meet on the 3rd Thursday of the month **except for July and August** at the Parks Department at 6:30 PM. Contact Lois Hussey lhussey334@gmail.com if interested.

The schoolhouse is open to visitors on the 2nd and 4th Sunday of each month from 2:00 PM to 4:00PM.

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 Center 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 Rose Paiva 201-424-1043, 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 Center on the third Tuesday of each month **except for July**. Doors open at 11:00 a.m. for a 12:00 PM meeting. It is a social club that has occasional speakers or entertainment, while enjoying coffee and…. Dues is only $10.00 annually!! If you are interested in joining, please call Dorothea Rizzo, 201-933-0540

Woman's Club

The Woman's Club of Lyndhurst is always happy to welcome members! It is a non-political, non-sectarian and non-profit organization. Its objective is to unite the members in such activities as shall tend to promote the ethical, intellectual and social standards of the members and the community. They meet on the 2nd Wednesday of the month at the Community Center. **There are no meetings in July and August.**
For more information contact Ellen Nangle at 201-456-0712.

The Woman's Club of Lyndhurst in partnership with the **Lyndhurst Public Library** is sponsoring a book club on the **3rd Friday of each month** at the Lyndhurst Library, 355 Valley Brook Ave. For registration and seat availability please call Donna Romeo, Library Director (201) 804-2478.

MORE SHOPPING!!

The Women's Club will be holding a **Fund Raiser** at the Recreation Center, 862 Valley Brook Avenue on **Saturday, December 5th.** Crafts will be sold from **10:00 AM to 4:00 PM**.

THANKSGIVING WORD SEARCH



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

Blessings	Family	Harvest	Pumpkin Pie	Tradition
Corn	Feast	Indians	Stuffing	Turkey
Cornucopia	Gather	November	Sweet Potatoes	
Cranberry	Gratitude	Pilgrims	Thanksgiving	

©2018 Happiness is Homemade (www.happinessishomemade.com) FOR PERSONAL USE ONLY!



Holidays

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

APRIL FOOLS
CHRISTMAS
CINCO DE MAYO
DIWALI
EASTER
EPIPHANY
GROUNDHOG
HALLOWEEN
HANUKKAH
HOLI
JULY FOURTH
KWANZAA
LABOR
MARDI GRAS
MEMORIAL
MAWLID
NAVARATRI
NEW YEARS
PASSOVER
PURIM
RAMADAN
THANKSGIVING
VALENTINES
YOM KIPPUR



© 2025 wordsearchwkly.com