

Lyndhurst Parks & Recreation Department
Commissioner David Mateen

SENIOR CITIZENS NEWSLETTER *SEPTEMBER / OCTOBER*

You can pick up a newsletter at any township office, the library, The Carucci Apartments, or select local businesses. Starting Monday, 8/31/26 and every other first Monday of the month thereafter.

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 summer comes to a close and we welcome fall, there is a familiar feeling that comes with this time of year. School is back, football season has returned, the days are getting a little shorter, and soon the leaves will begin to change. No matter how many years go by, there are certain traditions that always make fall feel special.

We have some wonderful trips, activities, and programs planned for September and October. I encourage you to join us, try something new, and enjoy time with friends and neighbors. As always, we want to hear from you. Your ideas, suggestions, and feedback help us continue to make our programs better.

Wishing you and your families a happy, healthy, and beautiful fall season!

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.

To become eligible for the lunches, you need to fill out a registration form which can be found at the Parks Department or the Carucci apartments. Monthly menus are also available at each location.

SENIOR DINNERS

Come join us on **Wednesday, September 30th and October 28th** for some good food, good conversations, good fun and maybe even win a prize! Our dinners are held at the Senior Citizens Center on Cleveland Avenue.

PLEASE call at least one week before to reserve a meal! Last call for reservations will be the Monday before each dinner or we may not be able to accommodate you.

THANK YOU!

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 on Monday, September 7th and Monday, October 12th!

Monday reservations need to be made by the previous Friday.

** SHOPPING **



On **Tuesday, September 22nd**, we will be taking a trip to **Arthur Avenue**.

The bus will leave the **Senior Center** at 250 Cleveland Avenue by **9:00 AM** and will leave Arthur Avenue at **2:00 PM**.

On **Monday, October 19th**, we will go shopping at the **Jersey Shore Premium Outlets** in Tinton Falls.

Anyone outside of the Carucci Apartments must call the Parks Department to reserve a seat. 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. We will leave the shopping areas at **2:00 PM**.

Space is limited. Please call to reserve your seat.

**THE PARKS DEPARTMENT
WILL BE CLOSED ON
MONDAY, SEPTEMBER 7TH
AND
MONDAY, OCTOBER 12TH!**

FUN

CRAFTING CLASS

An instructor will guide you to creating your masterpiece that you can take home and cherish!

Classes will be held on **Thursday, September 10th** and **Thursday, October 8th**. They will be held at the Senior Citizen's Center on Cleveland Avenue from 10:00 AM until 12:00 Noon.

Call the Parks Department to reserve your spot!



IT'S FOOTBALL SEASON!!



The **Lyndhurst Golden Bears** will be playing Governor Livingston on **Friday, September 25th at 6:30 PM.** If you would like to cheer on the High School Football team, join us in the *VIP section* to see the game! Please call the Parks Department to reserve your seat. If you need a ride, let us know and we will pick you up for the game at **6:00 PM.**

BINGO



Bingo will start again on **Wednesday, September 2nd.**

It 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: 9/2; 9/16; 10/7; 10/21

Please bring your own Dauber.



!!! ENTERTAINMENT !!!

LUNCH & A PLAY



The Parks and Recreation Department has acquired tickets to see the play **“Send Me No Flowers”** at the **Hunterdon Hills Playhouse** on **Thursday, October 15th**.

About the Play:

When George Kimball, a Westchester commuter with a flair for hypochondria, overhears his doctor discussing a heart patient, he’s convinced his time has come. Determined to face his fate with dignity, George sets about “putting his affairs in order” — writing a tear-jerking letter to his wife, planning his funeral, and even picking out a cemetery plot for three: himself, his wife, and a future “Mister Kimball.” But as George prepares for the worst, little does he know, the situation might not be as dire as he believes!

Price is \$87.00 per ticket and includes the bus ride to and from the event, hot lunch, dessert, and beverages. The bus will leave the Parks Department at 9:45 AM

Tickets will go on sale from **Tuesday, September 8th through Friday September 18th**. They are on a first-come, first-served basis and are limited to 4 per person. Payment is due when reserved. Makes checks payable to: Township of Lyndhurst. No cash or credit.



The Parks and Recreation Department has acquired tickets 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.

Tickets will go on sale from **Monday, October 5th through Friday October 16th**. They are on a first-come, first-served basis and are limited to 4 per person. Payment is due when reserved. Makes checks payable to: Township of Lyndhurst. No cash or credit.



Our Farmer's Market is located in the center of town at Town Hall Park – located across from the dollar tree and the Landell's Court Complex on Delafield Avenue. Come down and see our vendors, meet the Farmer and spend time near the fountain.

They will be selling their fresh produce and baked goods **every Saturday until October 24th** from approximately **9:00AM until 2:00 PM** in the Town Hall Park. *(Please note, it will not be held on Saturday, October 3rd!)*

The vendors will accept Farmer's Market Vouchers. Please contact the Parks Department for information on acquiring the vouchers from Bergen County.



Join the Township's tribute of remembrance.

Services will be held by the Township Memorial on Delafield Avenue **Friday, September 11th at 11:00 AM.**

As always, if you would like to attend and need transportation, please call the Parks Department.

HALLOWEEN PARADE



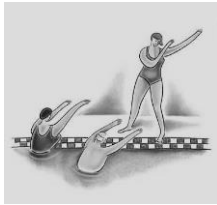
The **Annual Halloween Parade** will be held on **Saturday, October 31st** with a rain date of **Sunday, November 1st.**

The festivities will start at **11:00 AM** in Town Hall Park located on Delafield Avenue. The "Trick or Treaters" will then assemble for the parade at **1:00 PM.**

They will pass in front of the Carucci Apartments, so be outside to cheer them on!

GET HEALTHY

AQUACISE



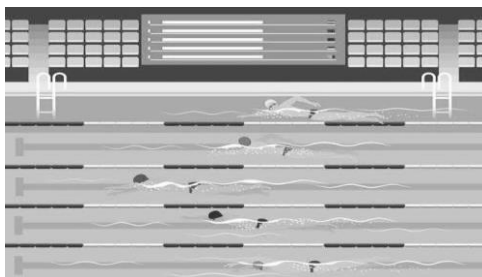
Improve the quality of your life with a water aerobics class at the **Lyndhurst Community Pool**. **Aquacise** is a great way to exercise since it helps in weight loss, muscle memory and by strengthening joints without the stress on your knees! **You need to come to the Parks Department to register for 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 STARTS ON 9/2 AND ENDS 10/30

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!



CHAIR YOGA



Chair Yoga sessions start **September 11th**, and will run **two Fridays a month** in September and October at the Senior Center from **11:00 AM to 11:45 AM**.

YOGA DATES: 9/11; 9/25; 10/9; 10/23

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: 9/1; 9/15; 9/29; 10/13; 10/27

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

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 lhussy334@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 are 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.

Bergen County Executive
James J. Tedesco, III and the
Bergen County Board of Commissioners, together with the
Bergen County Department of Human Services/ Division of Senior Services
Invite All Bergen County Senior Citizens to the



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!

REGISTRATION IS REQUIRED

For special accommodations, please contact Katie Burke
Call: (201) 336-7417 or Email: Seniors@BergenCountynj.gov
To register, scan the QR code or visit:

<https://forms.office.com/g/xbwhU7XCzX>



Community Transportation is Encouraged and Available!

To arrange a ride, please contact:

Bergen County Division of Community Transportation at
(201) 368-5955 or CommunityTransportation@BergenCountyNJ.gov



James J. Tedesco, III
Bergen County Executive

Bergen County Board of Commissioners

Steven A. Tanelli, *Chairman* • Tracy Silna Zur, *Vice Chairwoman* • Dr. Joan M. Voss, *Chair Pro Tempore*
Mary J. Amoroso • Rafael Marte • Germaine M. Ortiz • Thomas J. Sullivan

Please call the Parks Department to register 201-804-2482. If you would also like a ride to and from the event, let us know.

SEPTEMBER 2026

LYNDHURST PARKS & RECREATION - SENIOR ACTIVITIES CALENDAR

CLASSES CLUBS / MEETINGS EVENTS TRIPS SALES / RESERVATIONS CLOSURES / CHANGES

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 • Tai Chi - 12 PM	2 • Bingo - 10 AM • Aquacise - 10 AM • Aquacise session begins	3	4 • Aquacise - 10:45 AM • Reservations open for September • Loops for Love - 12-2 PM	5 • Farmers Market - 9 AM-2 PM
6	7 • Parks Dept. CLOSED • Senior Shuttle NOT running	8 • AARP - doors 11:30 AM / meeting 1 PM • Send Me No Flowers ticket sales begin	9 • Aquacise - 10 AM • Woman's Club meeting	10 • Crafting Class - 10 AM-12 PM	11 • 9/11 Remembrance - 11 AM • Chair Yoga - 11-11:45 AM • Aquacise - 10:45 AM	12 • Farmers Market - 9 AM-2 PM
13 • Schoolhouse open - 2-4 PM	14	15 • Tai Chi - 12 PM • OLMC Seniors - doors 11 AM / meeting 12 PM	16 • Bingo - 10 AM • Aquacise - 10 AM	17 • Historical Society - 6:30 PM	18 • Aquacise - 10:45 AM • Loops for Love - 12-2 PM • Send Me No Flowers ticket sales end • Book Club - Lyndhurst Library	19 • Farmers Market - 9 AM-2 PM
20	21	22 • Arthur Avenue Shopping Trip - bus 9 AM	23 • Aquacise - 10 AM	24 • Annual Senior Festival - 10 AM-2 PM	25 • Chair Yoga - 11-11:45 AM • Aquacise - 10:45 AM	26 • Farmers Market - 9 AM-2 PM
27 • Schoolhouse open - 2-4 PM	28 • Garden Club meeting	29 • Tai Chi - 12 PM • Senior Festival RAIN DATE	30 • Senior Dinner • Aquacise - 10 AM			

OCTOBER 2026

LYNDHURST PARKS & RECREATION - SENIOR ACTIVITIES CALENDAR

CLASSES CLUBS / MEETINGS EVENTS TRIPS SALES / RESERVATIONS CLOSURES / CHANGES

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1	2 • Aquacise - 10:45 AM • Reservations open for October • Loops for Love - 12-2 PM	3 • NO Farmers Market
4	5 • Mary Poppins ticket sales begin	6	7 • Bingo - 10 AM • Aquacise - 10 AM	8 • Crafting Class - 10 AM-12 PM	9 • Chair Yoga - 11-11:45 AM • Aquacise - 10:45 AM	10 • Farmers Market - 9 AM-2 PM
11 • Schoolhouse open - 2-4 PM	12 • Parks Dept. CLOSED • Senior Shuttle NOT running	13 • Tai Chi - 12 PM • AARP - doors 11:30 AM / meeting 1 PM	14 • Aquacise - 10 AM • Woman's Club meeting	15 • Lunch & Play: Send Me No Flowers - bus 9:45 AM • Historical Society - 6:30 PM	16 • Aquacise - 10:45 AM • Loops for Love - 12-2 PM • Mary Poppins ticket sales end • Book Club - Lyndhurst Library	17 • Farmers Market - 9 AM-2 PM
18	19 • Jersey Shore Premium Outlets - pickup 9:30 AM	20 • OLMC Seniors - doors 11 AM / meeting 12 PM	21 • Bingo - 10 AM • Aquacise - 10 AM	22	23 • Chair Yoga - 11-11:45 AM • Aquacise - 10:45 AM	24 • Farmers Market - 9 AM-2 PM (LAST MARKET)
25 • Schoolhouse open - 2-4 PM	26 • Garden Club meeting	27 • Tai Chi - 12 PM	28 • Senior Dinner • Aquacise - 10 AM	29	30 • Aquacise - 10:45 AM • Aquacise session ends	31 • Halloween Parade - festivities 11 AM / parade 1 PM