



SENIOR CITIZENS NEWSLETTER

MARCH / APRIL 2025



SENIOR DINNERS

Come join us on **Wednesday, March 26th** for some good food, good conversations, good fun and maybe even win a prize! Our dinners for Senior Citizens are held on the last Wednesday of the month (*except for April, November and December*) at the Senior Citizen's Center on Cleveland Avenue. Please call to reserve a meal!

SEE PAGE 3 FOR APRIL'S LUNCHEON

BERGEN COUNTY LUNCHESES

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.

** SHOPPING **

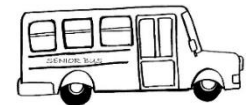
On **Monday, March 17th**, we will be taking a trip to the **Willowbrook Mall** in Wayne.

And on **Monday, April 21st**, we will go shopping at the **Bergen Town Center** in Paramus.

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.

SENIOR SHUTTLE

You need to call the Lyndhurst Parks and Recreation Department at **(201) 804-2482** by **4:00 PM** the day before in order to reserve a ride for the following day; all Monday reservations need to be made by the previous Friday.



Let us know if you need a ride to BINGO, Yoga, Art Classes dinners or shopping trips. Call: 201-804-2482

The Senior Bus will not be running on Good Friday, April 18th.

GAMES



Join us for Bingo fun! 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**.

Bingo Dates: 3/5; 3/19; 4/2; 4/16

HOW ABOUT CRAFTS?



Create pottery from start to finish! No experience needed?

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

Classes will be held on **Thursday, March 13th** and **Thursday, April 10th** at **10:00 AM**. They will be held at the Senior Citizen's Center on Cleveland Avenue.

Spots are limited.

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

ST. PATRICK'S FUNDRAISER



Sacred Heart Church will be hosting a fundraiser on **Saturday, March 8th, 6PM** at the Sacred Heart School Cafeteria. Tickets are \$30 for adults and \$10 for children 12 and under.

The price includes a Corned Beef Dinner, Irish Music and Step Dancers for entertainment. There will be a raffle and gift basket auction.

Call 201-438-1147 for tickets.



The Parks Department has limited seats at the Paper Mill Playhouse for **Thursday, April 3rd at 7:30 PM**. Tickets cost \$60 each which includes the ride to and from the show. The bus will leave at **6PM**. Once ordered, you will have one week to make a payment, or the tickets will be released. Limit of 4 tickets per person.

About the Play:

Set in the pulsating heart of New York City, Take the Lead is an electrifying tale of the true story of Pierre Dulaine, a former professional dancer who, against all odds, brought the art of ballroom dance into the New York City public schools. This world-premiere musical spotlights a dynamic fusion of ballroom and hop-hop.

CELEBRATORY LUNCHEON

Our *Welcome to Spring* celebratory luncheon will be held on **Friday, April 25th** at the **Middle School** on Page Avenue. Doors will open at **11:00 AM**.

All Lyndhurst Senior Citizens and club members are welcome to join us and enjoy a delicious lunch as well as entertainment.

Please call the Parks Department and make a reservation by **Monday, April 14th** if you are going to attend.

Let us know if you would like a ride to and from the event.



FEEL LIKE DANCING?

50'S SOCK-HOP



AARP is hosting a Tricky Tray, Sock-Hop at the Senior Center, 250 Cleveland Avenue, **Friday, April 11th**. Doors Open at **5PM**. Enjoy a Family Style Pasta Dinner and entertainment from DJ Bobby G for \$40 per person. Maybe you will even go home with something from the tricky tray and raffles!! And yes, you can BYOB

Contact Marge Cooke for more information:
201-935-5167 (home) or 201-755-8989 (cell).



Dance Party

Join us for a luncheon at the beautiful **Casa Bianca** in Oak Ridge on **Thursday, April 24th**.

For **\$59** per person, you will not only get a free ride to and from the event. It also includes 1 cocktail, tea, coffee, soda, family style pasta, beef and chicken.

Enjoy great dance music and great entertainment by the funny and talented Joey Vincent.

Seats are limited. Payment is due 1 week from making your reservation. No refunds.

Please call the Parks Department to reserve.

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.

Next session will start Wednesday, March 19th.

Chair Yoga



Chair Yoga sessions will be held at the Senior Center on Cleveland Avenue every **Friday in March. 3/7; 3/14; 3/21; 3/28**

PLEASE NOTE: Chair Yoga will be held at the Community Center, 255 Riverside Avenue on the following Fridays: **4/4; 4/11; 4/25**

For those who never attended, classes start at **11:00 AM**, and are 45 minutes.

THERE WILL NOT BE A SESSION ON GOOD FRIDAY, 4/18

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 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 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 Center on the third Tuesday of each month. Doors open at 10:00 a.m. for an 11:00 AM 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. 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.

Not Interested in Receiving The Newsletters



If you would prefer not to receive a newsletter in the mail, please call the Parks Department to remove your name from the list.

HAPPY ST PATRICK'S DAY

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

CHARM
 CLOVER
 GOLD
 GREEN
 HAT

HIDE
 IRISH
 LEPRECHAUN
 LUCKY
 MAGIC

MARCH
 PINCH
 RAINBOW
 SHAMROCK
 TRAP

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

BASKET
 BONNET
 EASTER EGG
 HOT CROSS BUNS
 CANDY
 HYACINTH

IRIS
 CHICKEN
 CHOCOLATE
 JELLYBEANS
 DAFFODILS
 LAMBS

RABBIT
 DYE
 DUCKLINGS
 SPRING
 EASTER
 SUNDAY