



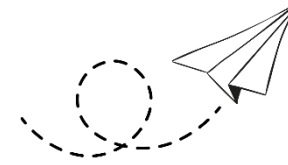
# Happy Mother's Day!



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

ENDURING  
STRONG  
HARDWORKING  
MOM  
BEAUTIFUL  
AMAZING  
LOVING  
SUPPORTIVE  
SWEET  
MOTHER  
FUN  
CARING  
ADORING  
HELPFUL

# The McGuire Flyer



May 2025

## 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](mailto:mnewberg@northvalenj.org)

**BINGO Fridays @ 12 PM**

**(Please arrive by 11:40 AM)**



# The Golden Age Page

From the Golden Age Desk of Vivian Abitabilo:

Hope your holidays were filled with joy and family get togethers. The weather has been nice and I think we can safely say, Spring is Here!

We will be opening up the July trip, a favorite: **The River Queen with lunch at the Shrimp Box**. We may have a few openings for our June trip: **The Riverview Inn, 70’s Senior Night Fever**. Be prepared for the possibility of a wait list for both venues.

This needs to be repeated: due to our overwhelming membership, it’s important to be prepared to sign for the trips when the signing in opens up. We open our trips 2 months before, the first month for members; guests can sign up the next month. Please check your calendars when you sign up to prevent cancellations; there will be penalties for cancellations! Also, when you sign up, please bring a check for yourself only; do not include a friend on your check.

Please note: We have a new calendar for trips, be sure to pick it up so you have exact times for departure.

Thank you to all who signed up for the dessert at the meetings!

Looking forward to seeing you at our next meeting this year, **May 7, 2025**.

Please feel free to call me with any questions: 201-725-6646.



# Upcoming Events

Date	Time	Description
May 1	10 AM	Wellness Workshop with Betsy
May 5	1 PM	Bergen County Board of Elections Voting Demonstration
May 8	11 AM	NJ State Bar Association Presents: Estate Planning
May 14	11:30 AM	Feature Film: Conclave
May 15	10 AM – 2 PM	Bergen County Clerk Satellite Office Visit
May 16	By Appointment	Podiatrist Visit
May 26	All Day	Center Closed: Memorial Day
May 27	9:30 – 11:30 AM	Bergen County Farmers Market Senior Program

**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. Next visit **May 16**. 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!

**Feature Film: Conclave**



**Wednesday, May 14<sup>th</sup> at 11:30 AM**  
**McCuire Senior Center**

**Northvale Public Library**

**FLOWER POT PAINTING & CALLIGRAPHY NIGHT**  
with The Spotted Canvas

**Tues. May 6 at 6:15 PM**

Join us for a relaxing and creative evening as we paint beautiful flower pots and add elegant calligraphy—just in time for a heartfelt Mother’s Day gift!

If you enjoyed our past calligraphy workshops, you’ll love this project!

Adult program – Registration required



Happy Mother’s Day

**NORTHVALE PUBLIC LIBRARY**  
Growing Together



**Lynn Smothergill**  
Realtor Sales Associate  
C: 201-741-2692  
E:realtorlynn77@gmail.com

**kw VALLEY REALTY**  
KELLERWILLIS REALTY  
123 Tice Blvd, Woodcliff Lake, NJ  
O: 201-291-2500



**2024 FIVE STAR**  
REAL ESTATE AGENT  
Lynn Smothergill

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



**May Movies: Films about Single Mothers in Honor of Mother's Day**

**May 6: Mildred Pierce** (Starring Joan Crawford & Ann Blyth)

When Mildred Pierce's wealthy husband leaves her for another woman, Mildred decides to raise her two daughters on her own. Despite Mildred's financial successes in the restaurant business, her oldest daughter, Veda, resents her mother for degrading their social status. In the midst of a police investigation after the death of her second husband, Mildred must evaluate her own freedom and her complicated relationship with her daughter.

**(1945) Rated: Not Rated – Noir/Crime – 1 hr 51 min**

**May 13: Alice Doesn't Live Here Anymore** (Starring Ellen Burstyn & Kris Kristofferson)

After her husband dies, Alice and her son, Tommy, leave their small New Mexico town for California, where Alice hopes to make it as a singer. Money problems force them to settle in Arizona instead, where Alice takes a job as waitress in a small diner. She intends to stay in Arizona just long enough to make the money needed to head back out on the road, but her plans change when she begins to fall for a rancher named David.

**(1974) Rated: PG – Drama/Romance – 1 hr 52 min**

**May 20: Enough Said** (Starring Julia Louis-Dreyfus & James Gandolfini)

Eva, a divorced single parent, seems generally happy but dreads her daughter's departure for college. Unexpectedly, Eva begins a romance with Albert, a nice man with whom she has much in common. Meanwhile, Eva finds a new friend in Marianne, a poet who is just about perfect except for one thing: She constantly denigrates her ex-husband -- Albert. The more Eva hears, the more she doubts her relationship with him.

**(2013) Rated: PG-13 – Romance/Thriller – 1 hr 33 min**

**May 27: 20<sup>th</sup> Century Women** (Starring Annette Bening & Greta Gerwig)

In 1979 Santa Barbara, Calif., Dorothea Fields is a determined single mother in her mid-50s who is raising her adolescent son, Jamie, at a moment brimming with cultural change and rebellion. Dorothea enlists the help of two younger women -- Abbie, a free-spirited punk artist living as a boarder in the Fields' home and Julie, a savvy and provocative teenage neighbor -- to help with Jamie's upbringing.

**(2016) Rated: R – Drama/Comedy – 1 hr 59 min**



**Bergen County Clerk**

**John S. Hogan**

**Presents:**



## Around the County

**Satellite Office and Passport Outreach Services**



**Northvale**



**No Appointments Necessary**

- **Accepting Passport Applications (Photos On-Site)**  
Please visit [www.Travel.State.Gov](http://www.Travel.State.Gov) for information about the documents needed to apply for a passport
- **Swearing in Notary Oaths**
- **Bring checks for payments**
- **Free Photo Cards for Seniors, Veterans, and Exempt Firefighters**
- **For any further information please call 201-336-7057 or email [gdesantis@bergencountynj.gov](mailto:gdesantis@bergencountynj.gov)**

### What

### Where

James F. McGuire Memorial Senior Center  
116 Paris Ave.  
Northvale, NJ 07647

### When

Thursday, May 15, 2025  
From 10:00 AM – 2:00 PM



The New Jersey  
State Bar Association  
Speakers Bureau  
Presents



# ESTATE PLANNING

## *Meet speaker Linda S. Strauss, Esq.*

Linda has followed her dream to become a lawyer. She received her Bachelor of Arts from Yeshiva University and Juris Doctorate from New York Law School. After representing many large, corporate clients, including Fortune 500 companies, Linda decided to form her own firm in order to work with individuals on a more personal level. Linda will be visiting Northvale to speak about one of her specialties, Estate Planning & Administration.



**Thursday, May 8 | 11 AM | McGuire Senior Center**

Keeping Fit with Betsy

## WELLNESS WORKSHOP

Betsy, an exercise instructor and kinesiologist with over 30 years of experience, will lead this whole-body workout. She will share her knowledge throughout the class and host a Q&A session at the end.

<b>Warm-Up</b>  Easy movements to warm up the joints for more intense exercise	<b>Cardio</b>  Movements to elevate the heart rate and train the heart and lungs to work more efficiently
<b>Barre</b>  Movements standing with a chair for stretching and strengthening weight-bearing muscles	<b>Functional</b>  Movements in a chair to strengthen the core muscles and build balance for everyday life

THURSDAY, MAY 1 FROM 11 AM – 12:30 PM  
MCGUIRE SENIOR CENTER

# Voting Demonstration



Members of the Bergen County Board of Elections will be coming in to provide a demonstration of how to use new voting machines in the primary election on June 10<sup>th</sup>. Please join us for this brief and informative visit.

**Monday, May 5<sup>th</sup>**  
**1:00 PM**  
**McGuire Senior Center**



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 Seniors to the



## SENIOR FARMERS' MARKET NUTRITION PROGRAM

The Senior Farmers' Market Nutrition Program (SFMNP) is available to low-income residents of Bergen County who are 60 years of age or older.

Applicants must provide proof of age, residency in Bergen County, and income at the time of application. The benefits can be used to purchase fresh, New Jersey-grown produce, including fruits, vegetables, herbs, and honey, at USDA-approved farmers' markets.

The benefit amount is \$40.00 per person.

**Apply in person on scheduled dates at selected sites across Bergen County.**

*A list of participating farmers and farmers' markets that accept E-Benefits will be provided.*

**2025 Qualifying monthly household income must be at or below:**

\$2,413 for household of one (1)

\$3,261 for household of two (2)

**Appointments are required for groups of 5 or more.**

**To schedule an appointment, call 201-336-7462.**

Offer is limited and available on a first-come, first-served basis.

One offer per person, per year.

**For additional information, please call (201) 336-7400**

**Tuesday, May 27<sup>th</sup>**  
**9:30 - 11:30 AM**  
**McGuire Senior Center**