

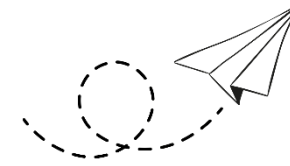
MARCH MADNESS

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

championship
 university
 tournament
 attendance
 basketball
 gymnasium
 practice
 national
 stadium
 referee
 defense
 offense
 victory
 dribble
 college
 bracket
 athlete
 spirit
 coach
 foul



The McGuire Flyer



March 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

BINGO Fridays @ 12 PM

(Please arrive by 11:40 AM)

Happy St. Patrick's Day

Celebrating
WOMEN'S
 HISTORY MONTH 2025

The Golden Age Page

Upcoming Events

From the Golden Age Desk of Vivian Abitabilo:

Membership renewal is closed for the Golden Age Club!

It looks like the groundhog was right about the winter being extended. It's been really cold and it's been hard to stay warm, however, spring is coming and we will begin our trip schedule in March! Our trip schedule is complete. Be sure to check the current schedule for timing on the trips. Schedules are available at the center.

Our March trip this year will be to LiGreci's, which is completely sold out. We have openings for the trip to WindCreek on April 8, nonmembers are welcome!

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 consider signing up for the monthly dessert, we have a few months that need filling. If we do not get anyone to sign up, we will not have dessert that month; participation in our club is essential and dessert for 1 month out of the year is a simple way to be involved.

Looking forward to seeing you at our next meeting this year, March 5, 2025.

Please feel free to call me with any questions: 201-725- on your check.



Date	Time	Description
March 12	12 PM	Arbor Terrace & Diane Lang Present: Body – Mind – Soul
March 13	12 PM	St. Patrick's Party
March 14	9 AM	Northvale Birthday Celebration & Podiatrist Visit <i>(by appt)</i>
March 19	9:30 AM	Blood Pressure Check
March 20	11 AM	Bruce Hammer Presents: The First Yankees Dynasty
March 26	12 PM	Braven Health Presents: Oral Health
March 28	9 AM	Teatime Talk with Northvale Middle Schoolers

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 **March 14**. 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!

Happy Birthday, Northvale!
March 15, 1916

St. Patrick's Party

Join us for corned beef, cabbage, soda bread, and more!

Thursday, March 13 12 PM \$20 Admission
McGuire Senior Center

**Northvale Public Library
Evening Book Club**

SAY NOTHING
A TRUE STORY OF MURDER AND MEMORY IN NORTHERN IRELAND
PATRICK RADDEN KEEFE

Tues. March 18, 2025 @ 6PM

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

kw VALLEY REALTY
123 Tice Blvd. Woodcliff Lake, NJ
O: 201-391-2500

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



March Movies:

Women's History Month & Employee Appreciation Day – Women in the Workforce

March 4: **His Girl Friday** (Starring Cary Grant & Rosalind Russell)

When hard-charging New York newspaper editor Walter Burns discovers that his ex-wife, investigative reporter Hildy Johnson, has gotten engaged to milquetoast insurance agent Bruce Baldwin, he unsuccessfully tries to lure her away from tame domestic life with a story about the impending execution of convicted murderer Earl Williams. But when Hildy discovers Williams may be innocent, her reporter instincts take over.

(1940) Rated: **Not Rated** – Comedy/Romance – 1 hr 32 min

March 11: **Norma Rae** (Starring Sally Field & Beau Bridges)

Like a lot of her family before her, Norma Rae works at the local textile mill, where the pay is hardly commensurate with the long hours and lousy working conditions. But after hearing a rousing speech by labor activist Reuben, Norma is inspired to rally her fellow workers behind the cause of unionism. Her decision rankles her family, especially her fiancé, Sonny, and provokes no shortage of contempt from her employers.

(1979) Rated: **PG** – Drama/Family – 2 hr 3 min

March 18: **Holler** (Starring Jessica Barden & Pamela Adlon)

Hoping to pay for college, a determined young woman lands a dangerous job working in a scrap metal yard during a brutal winter. With her goal in sight, she soon finds herself torn between a promising future and the family she would leave behind.

(2020) Rated: **R** – Drama/Coming-of-Age – 1 hr 30 min

March 25: **She Said** (Starring Carey Mulligan & Zoe Kazan)

The New York Times journalists Megan Twohey and Jodi Kantor publish a report that exposes sexual abuse allegations against powerful Hollywood producer Harvey Weinstein. The shocking story also serves as a launching pad for the #MeToo movement, shattering decades of silence around the subject of sexual assault and harassment.

(2022) Rated: **R** – Drama/History – 2 hr 9 min

Teatime Talk

with Northvale Middle Schoolers



Come meet with local 5th through 8th grade students for some intergenerational conversation. Chat over a cozy cup of tea as you share stories, offer words of wisdom, and even learn a thing or two that they can teach you. The students will then write about the experience in English class.

Friday, March 28th

9:00 AM

McGuire Senior Center

Body-Mind-Soul

HEALING THE "WHOLE" YOU- 2 PART SERIES

Most of us are always on the run, living demanding lives. We can become disconnected to our health. When we have mental or physical health problems, the medical community will handle our symptoms, but what about the body-mind-soul gaps?

If we don't heal all areas of our lives, we won't feel balanced and healthy.

Learn tools that will promote wellness, recovery and joy

Learn to let go and accept

Learn healthy lifestyle practices

Don't fall victim to your illness become victorious in your life!

Retrain your brain for success - the power of positive thinking

Retrain the brain to positive - change your thoughts, change your actions

1st Part Series at McGuire Senior Center Wednesday, March 12 at 12 pm

2nd Part Series at Arbor Terrace Norwood Thursday, April 3 at 12pm



Meet Our Speaker

Diane Lang, MA
Certified Positive Psychology Coach, Speaker and Author

Diane Lang holds a master's degree in counseling and has been a college-level educator for over 20 years. She is the author of four books, including *Creating Balance & Finding Happiness*, *Baby Steps: The Path from Motherhood to Career*, and *Mindfully Happy: Waking Up to Life*.

As a Counselor, Educator, and Positive Living Expert, Lang has dedicated her career to helping individuals transform their lives. Her mission is to help people cultivate a sustainable positive attitude, turning them into true optimists.

Lang speaks on a wide range of mental and emotional health topics, including happiness, resiliency, stress management, parenting, positive aging, anxiety, and depression in both teens and adults. She specializes in Positive Psychology, Positive Education, and Positive Parenting, offering practical tools and insights to improve well-being.

A sought-after media expert, Diane has been featured in *The Daily Record*, *Family Circle*, *Family Magazine*, *Working Mother Magazine*, and has appeared on NJ12 TV, *Good Day CT*, *Style CT*, *CBS News*, and *Fox & Friends*.

Visit ArborNorwood.com or give us a call at 201-768-0208 for more information!



ARBOR TERRACE[®]
norwood

201-768-0208 | ArborNorwood.com | 545 Tappan Road, Norwood, NJ 07648

©The Arbor Company

OPENING DAY IS A WEEK AWAY!
GET READY WITH BRUCE HAMMER
AS HE COMMEMORATES

THE FIRST YANKEES DYNASTY 1947-1964

THURSDAY,
MARCH 20



11:00 AM

MCGUIRE SENIOR CENTER

BRAVEN HEALTH PRESENTS

Oral Health: Taking Care of Your Mouth

Healthy teeth and gums make it easier to enjoy many nutritious and tasty foods as we age. While people of all ages face dental health problems, thanks to advances in oral health research, today's older adults are keeping their natural teeth longer than previous generations. Join us for this new presentation to learn how to keep your mouth healthy, so you have something to smile about!

Wednesday, March 26

12 Noon

McGuire Senior Center



Attention Bergen County Residents!



Want to get your 2024 income taxes prepared free of charge by an IRS certified volunteer right here at the McGuire Center?

How it works: Appointments are available on select Thursdays in March. To schedule one, please call the Bergen Volunteers number below and request the McGuire Senior Center location. Then, you'll meet here with a VITA volunteer on your scheduled date and time. Your federal and state tax returns will be prepared and reviewed with you present for the entire process. After you approve your completed tax returns, you will sign IRS Form 8879 for the electronic filing of your tax returns. Finally, the VITA Coordinator will e-file your income tax returns and provide you with a hard copy to keep with your tax files.

Basic Requirements:

- Bergen County resident
- Maximum income of \$65k
- Must not possess any rental properties
- Taxpayer and spouse must be present at appointment

**Call VITA Coordinator
Melissa LaRobardier to schedule:**

201-221-4705

