

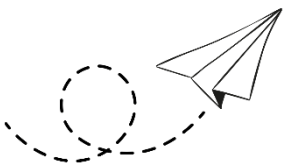
# Winter Word Search

- SNOWBOARDING
- SLEIGHBELLS
- JACK FROST
- BELOW ZERO
- SNOWMOBILE
- SNOWFLAKE
- FREEZING
- BLIZZARD
- SNOWBALL
- FLURRIES
- MITTENS
- SCRAPER
- FISHING
- SLIDING
- SKATING
- SNOWMAN
- TUBING
- BAKING
- HOCKEY
- SKIING
- ICICLE
- DRIFTS
- GLOVES
- JACKET
- PLOW
- SCARF
- BOOTS
- SALT
- COLD
- SNOW



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

# The McGuire Flyer



January 2026

**The James F. McGuire Memorial Senior Center**

116 Paris Avenue

Northvale, NJ 07647

Phone: 201-767-3330 option 4

Open Monday through Friday

9 AM – 4 PM

Director: Michelle Newberg | Email: [mnewberg@northvalenj.org](mailto:mnewberg@northvalenj.org)

*Access the Flyer online at [northvalenj.org/senior-center](http://northvalenj.org/senior-center)*

**BINGO Fridays @ 12 PM**

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



# The Golden Age Page

From the Golden Age Desk of Vivian Abitabilo:

**Happy New Year 2026.** Hoping this new year brings you good health and peace!

The trip schedule for next year has a few revisions and I will clarify it at the January meeting; we have some exciting trips!

We will be collecting dues in January and February for next year. New members can only be from Northvale; our membership is bursting at the seams. If there are any changes, like a new address or phone number, we will ask you to fill out a form. We will not accept dues after February.

We opened the February outing to Buon Gusto and we still have a few openings. The March trip to a favorite: **The Shore Club**, for a St. Patrick's Day Celebration will open this month too!

This needs to be repeated: due to our overwhelming membership: Please check your calendars when you sign up to prevent cancellations; **there will be no refunds!** Also, when you sign up, to avoid confusion, please bring a check for yourself only; do not include a friend on your check.

Looking forward to seeing you at our next meeting this year, **January 7<sup>th</sup>, 2026!**

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



# Upcoming Events

Date	Time	Description
<b>January 1</b>	<b>All Day</b>	<b>Center Closed:</b> New Year's Day
January 8	11 AM	America 250: Remembering the Revolution
<b>January 19</b>	<b>All Day</b>	<b>Center Closed:</b> Martin Luther King, Jr. Day
January 20	10 AM	January Breakfast
January 21	9:30 AM	Blood Pressure Check
January 22	10 AM	Braven Health Presents: Women's Health
January 28	10 AM	Meet the Bergen County Prosecutor
January 29	10:30 AM	Brain Games with Advanced Audiology

**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** – Our next podiatrist visit is pending. We have not been able to secure 6 patients for him to see. If we cannot do so again in the new year, Dr. Rosen will switch to house calls instead. Please call us if you'd like to see Dr. Rosen at the Center or at home.

**2026 Dues:** We are finally in January, which means it's now time to pay dues for 2026! The grace period for dues spans the first quarter of the year. If your dues are not received by the end of March, you will not receive a newsletter in April. Dues are \$10 for Northvale residents and \$12 for everyone else. Thank you for your membership with us!

## Evening Book Club

**Tues. January 27, 2026 @ 6PM**  
Light refreshments will be served

**NORTHVALE PUBLIC LIBRARY**  
Growing Together



**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)**



## **January Movies: Remembering Rob Reiner**

### **January 6: Stand By Me** (Starring Wil Wheaton & River Phoenix)

After learning that a stranger has been accidentally killed near their rural homes, four Oregon boys decide to go see the body. On the way, Gordie Lachance, Vern Tessio, Chris Chambers and Teddy Duchamp encounter a mean junk man and a marsh full of leeches, as they also learn more about one another and their very different home lives. Just a lark at first, the boys' adventure evolves into a defining event in their lives.

(1986) Rated: R – Adventure/Thriller – 1 hr 29 min

### **January 13: The Princess Bride** (Starring Robin Wright & Cary Elwes)

A fairy tale adventure about a beautiful young woman and her one true love. He must find her after a long separation and save her. They must battle the evils of the mythical kingdom of Florin to be reunited with each other. Based on the William Goldman novel "The Princess Bride" which earned its own loyal audience.

(1987) Rated: PG – Family/Comedy – 1 hr 38 min

### **January 20: When Harry Met Sally...** (Starring Meg Ryan & Billy Crystal)

In 1977, college graduates Harry Burns and Sally Albright share a contentious car ride from Chicago to New York, during which they argue about whether men and women can ever truly be strictly platonic friends. Ten years later, Harry and Sally meet again at a bookstore, and in the company of their respective best friends, Jess and Marie, attempt to stay friends without sex becoming an issue between them.

(1989) Rated: R – Romance/Comedy – 1 hr 36 min

### **January 27: The American President** (Starring Michael Douglas & Annette Bening)

With the end of his first term in sight, widowed U.S. President Andrew Shepherd knows that overwhelming public support will guarantee his re-election. But when he falls in love with lobbyist Sydney Ellen Wade, Shepherd's supporters question the relationship, and his approval ratings drop. As a rival presidential candidate goes on the attack, Shepherd must choose between his political career and his love for Sydney.

(1995) Rated: PG-13 – Romance/Comedy – 1 hr 54 min

# AMERICA 250

*Remembering the American Revolution*

1776 2026

A stylized illustration of a Revolutionary War soldier in the foreground, holding a rifle. In the background, there are lines of British and American troops with their respective flags. The scene is set against a backdrop of red, white, and blue splatters.

**Thursday, January 8<sup>th</sup>  
11 AM  
McGuire Senior Center**

**AMERICA  
250**



ADVANCED AUDIOLOGY<sup>®</sup> and LearningRx<sup>®</sup> Present:  
One-on-One Brain Training Centers

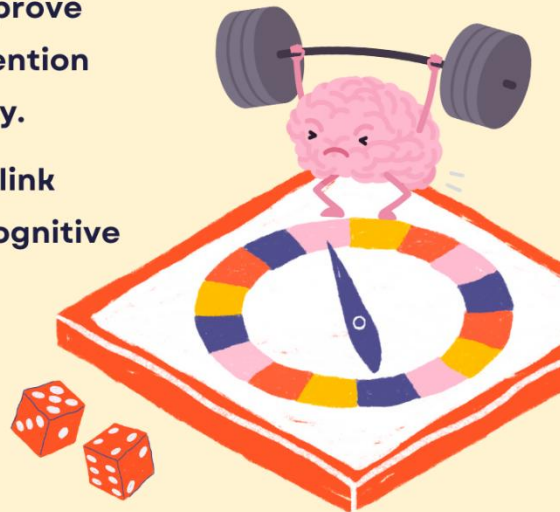
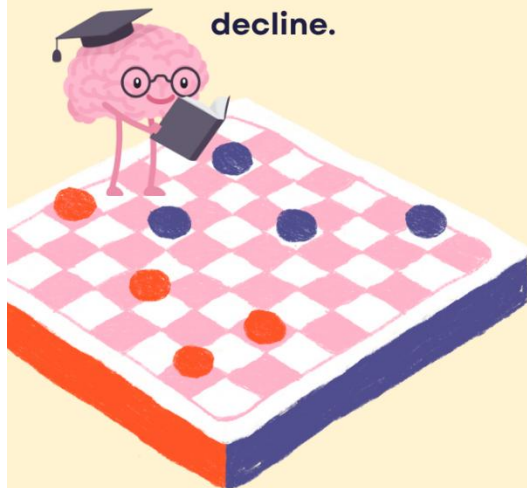
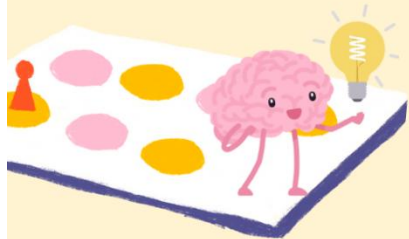
# Brain Games Event!

At the McGuire Senior Center

Thursday, January 29th  
10:30 am

## Join us for:

- Fun games that can help improve cognitive performance, attention span, and long-term memory.
- A short presentation on the link between hearing loss and cognitive decline.



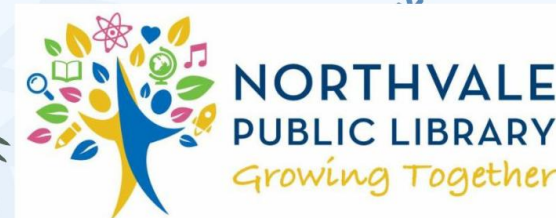
James F. McGuire Memorial Senior  
Citizen Center  
116 Paris Ave., Northvale, NJ 07647  
(201) 767-3330

## Adult Arts and Crafts CANDLE MAKING CLASS



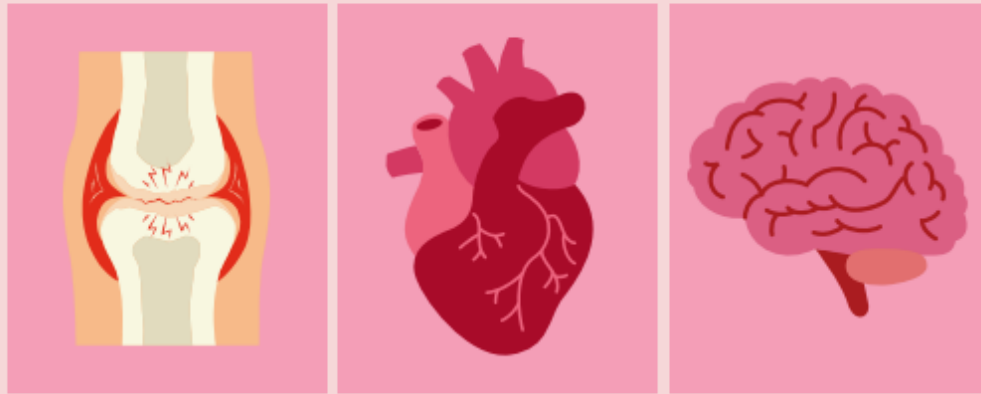
Tues. January 13, 2026  
@6PM

The Crafty Kit will be here to teach  
how to make candles! Priority to  
Adult Northvale residents. Register  
by calling 201-768-4784





# Healthy Start 2026: Women's Health



Understand chronic health conditions that commonly affect women, such as heart disease and osteoporosis. Discuss prevention and management of these conditions, as well as stress management and a healthy lifestyle.

Thursday, January 22<sup>nd</sup>  
10:00 AM  
McGuire Senior Center



# Meet the Bergen County Prosecutor

The mission of the Bergen County Prosecutor's Office is to commit its resources to promote a safe and secure environment for the residents of Bergen County.

As the chief law enforcement officer of Bergen County, Prosecutor Mark Musella is passionate about the value of community education and crime prevention. He places a priority on visiting local organizations and schools to share timely public safety information.

Join him for a frank discussion of senior safety matters, which will cover a multitude of topics, from the dangers of painkiller pills to financial scams.

Thursday, January 28<sup>th</sup>  
10:00 AM  
McGuire Senior Center

