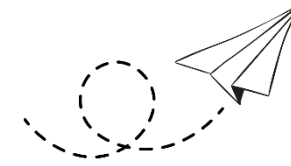


# Fall Foods

# The McGuire Flyer



September 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

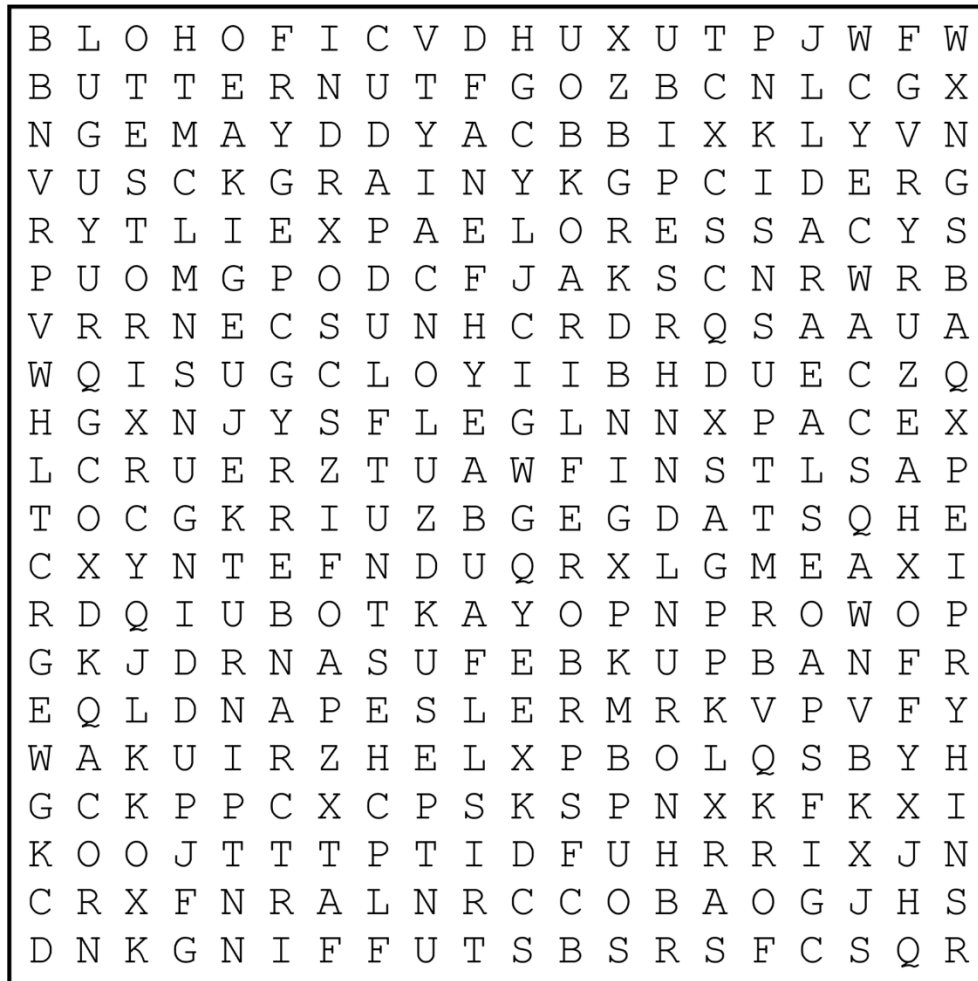
Director: Michelle Newberg

Email: [mnewberg@northvalenj.org](mailto:mnewberg@northvalenj.org)

**B I N G O** **Fridays @ 12 PM**

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

**HAPPY**   
**LABOR DAY**



Word list:

ACORN	CIDER	GRAVY	ROAST
ALLSPICE	CINNAMON	NUTMEG	SOUP
APPLE	CORNBREAD	PEARS	SQUASH
BUTTERNUT	CORNUCOPIA	PECAN	STEW
CASSEROLE	CRANBERRY	PIE	STUFFING
CHESTNUT	FIG	PUDDING	TURNIP
CHILI	GINGER	PUMPKIN	YAM



# The Golden Age Page

From the Golden Age Desk of Vivian Abitabilo:

I do hope the dog days of summer are gone, we certainly had a very hot summer and I will be happy to see the cooler weather come in!

Looks like the Shore Club for September is sold out. There is a wait list, if you are interested, but you must put your name on it! Also sold out is the Christmas show at Radio City. We have openings for October at Kutchers for Octoberfest. We are finalizing the cost factors for the Christmas Party and we will have discounts for those members who attended more than 6 meetings for the year.

At the October meeting, I invited Bruce Kern, a Medicare Specialist, to come and speak again. There are changes to Medicare and he will give you the latest information. Bruce has been to our center in the past and he was well received, so don't miss this October meeting.

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, please bring a check for yourself only; do not include a friend on your check.

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

Looking forward to seeing you at our next meeting this year, September 3, 2025.

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



# Upcoming Events

Date	Time	Description
September 1	All Day	Center Closed: Labor Day
September 4, 25	10 – 12	Vaccine Clinic with US Pharmacy <i>(two dates)</i>
September 8, 15	12 – 2 PM	WISE Program <i>(registration required)</i>
September 10	11 AM	Balance & Barre Class with Betsy
September 11	10 AM	Bruce Hammer Presents: The 9/11 Attacks
September 16	10 AM	September Breakfast
September 17	9 AM	Blood Pressure Check
September 19	By Appt	Podiatrist Visit
September 23	10 AM	NAMI Greater Bergen Presents: Self Care for Seniors
September 24	10:30 AM	Vascular Center Visit

**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 **September 19**. By appointment only, must secure a timeslot.

Please call the center to schedule an appointment!

Find the McGuire Center booth at Northvale Town Day! Saturday, September 6<sup>th</sup> from 1 - 5 PM at Hogan Park

Save the Date

Seal of the Borough of Van Saun County

## Senior Festival

Thursday, September 18, 2025  
Rain Date: Thursday, September 25, 2025  
10:00AM - 2:00PM  
Van Saun County Park, Paramus

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

2024 FIVE STAR REAL ESTATE AGENT  
Lynn Smothergill

A pink heart with arms and legs, standing and waving.

SEPTEMBER IS  
SELF CARE  
AWARENESS  
MONTH

Join us at the McGuire Center  
for special programs to take  
care of your body and mind all  
September long!

A stylized illustration of a person with a blue headband and a yellow sweater, holding a blue watering can and watering a green plant that is growing out of their head.

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

## September Movies: Silly Murder Mysteries



### September 2: **A Shot in the Dark** (Starring Peter Sellers & Elke Sommer)

A chambermaid at the Ballon residence in Paris is accused of murdering her lover. Against the wishes of Chief Inspector Dreyfuss, the infamous Clouseau is assigned to the case. Death follows the maid wherever she goes, yet Clouseau is stubbornly convinced of her innocence.

(1964) Rated: PG – Comedy/Mystery – 1 hr 42 min

### September 9: **Clue** (Starring Eileen Brennan & Tim Curry)

Six blackmail victims are invited to an isolated mansion by a man who knows a dark secret from each of their pasts. On arrival, each is given a pseudonym drawn from Cluedo before being introduced to the blackmailer. Each is handed a weapon, at which point the lights are switched off and the blackmailer is killed. Can the guests uncover the murderer before they all become victims?

(1985) Rated: PG – Comedy/Mystery – 1 hr 37 min

### September 16: **Who Framed Roger Rabbit?** (Starring Bob Hoskins & Christopher Lloyd)

Down-on-his-luck private eye Eddie Valiant gets hired by cartoon producer R.K. Maroon to investigate an adultery scandal involving Jessica Rabbit, the sultry wife of Maroon's biggest star, Roger Rabbit. But when Marvin Acme, Jessica's alleged paramour and the owner of Toontown, is found murdered, the villainous Judge Doom vows to catch and destroy Roger.

(1988) Rated: PG – Comedy/Family – 1 hr 44 min

### September 23: **Manhattan Murder Mystery** (Starring Woody Allen & Diane Keaton)

Larry Lipton and his wife, Carol, are adjusting to life with their son away at college when they meet their older neighbor, Lillian House, and her husband, Paul. Upon hearing of Lillian's sudden death, Carol grows suspicious of the circumstances surrounding her demise and comes to believe Paul may have killed her. Unwilling to let her curiosity subside, she convinces Larry to join her in getting to the bottom of the mystery.

(1993) Rated: PG – Comedy/Mystery – 1 hr 44 min

### September 30: **See How They Run** (Starring Sam Rockwell & Saoirse Ronan)

In the West End of 1950s London, plans for a movie version of a smash-hit play come to an abrupt halt after a pivotal member of the crew is murdered. When world-weary Inspector Stoppard and eager rookie Constable Stalker take on the case, the two find themselves thrown into a puzzling whodunit within the glamorously sordid theater underground, investigating the mysterious homicide at their own peril.

(2022) PG-13 – Comedy/Mystery – 1 hr 38 min

A vibrant teal poster for a vaccine clinic. At the top, it says "Join us for another Vaccine Clinic" in large, stylized letters. Below this, four dark teal rounded rectangles list the vaccines: "COVID-19", "Flu", "Pnuemonia", and "Shingles". To the right, a large dark teal virus-like shape contains the text "Two Thursdays September 4 & 25 10 AM - 12 PM". In the center, an orange virus-like shape says "Two dates!". At the bottom, a red banner with a white star and the text "US•PHARMACY•LAB" is shown. The poster is decorated with various medical illustrations: a pill bottle, a syringe, a bandage, a nurse holding a tray of pills, a doctor in a white coat, and several virus-like particles. The background is a solid teal color.

Join us for another

# Vaccine Clinic

Two Thursdays  
September 4 & 25  
10 AM - 12 PM

COVID-19

Flu

Pnuemonia

Shingles

Two dates!

US•PHARMACY•LAB

**At the McGuire Senior Center**

To register, call 201-767-3330 ext. 305



# Balance & Barre

*with Betsy*

Strengthen your core and find inner balance with this special pop-up class in honor of National Self Care Awareness Month.

*Wednesday, September 10th*

*11:00 AM*

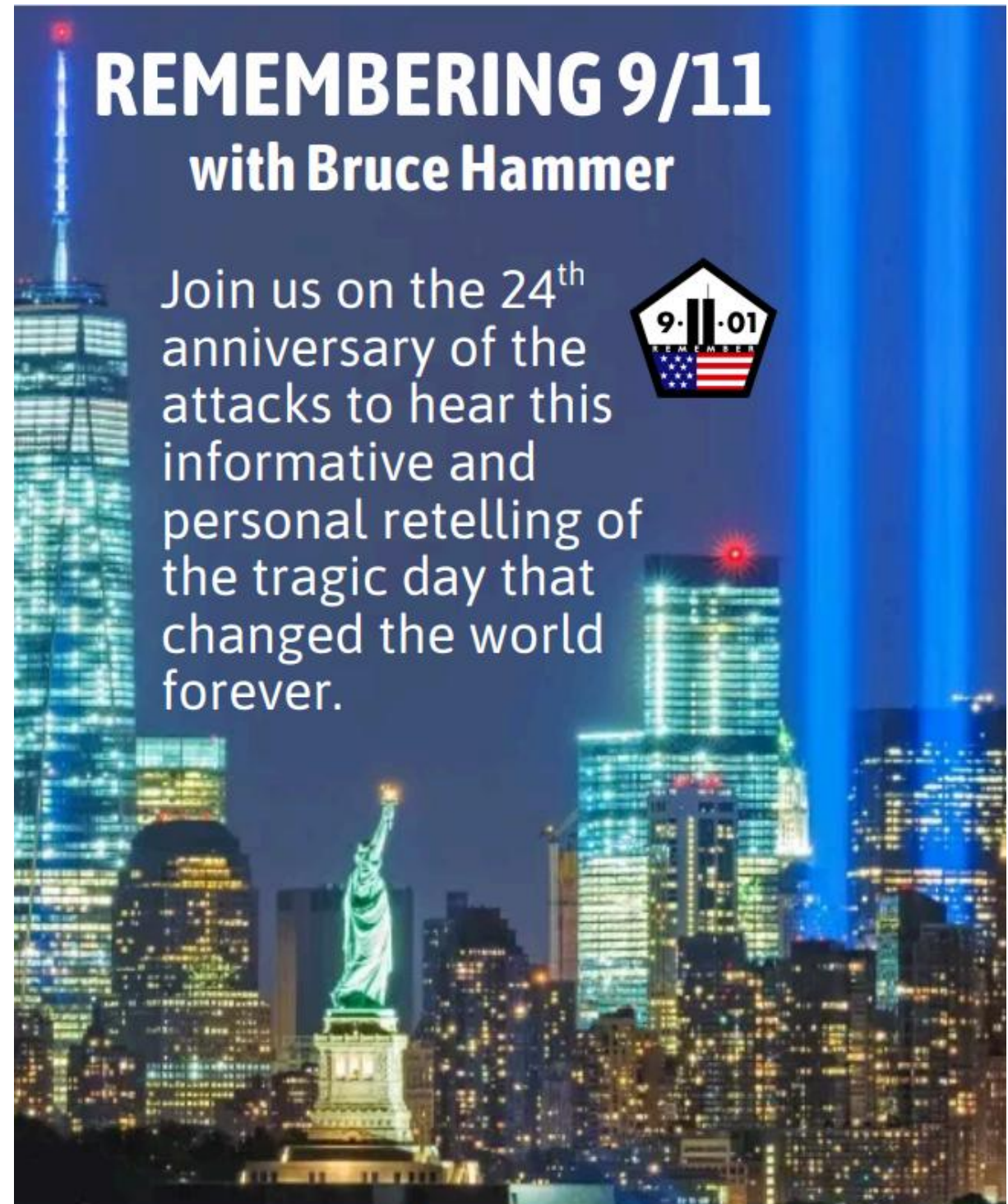
*McGuire Senior Center*



# REMEMBERING 9/11

with Bruce Hammer

Join us on the 24<sup>th</sup> anniversary of the attacks to hear this informative and personal retelling of the tragic day that changed the world forever.



Thursday, September 11<sup>th</sup> | 10:00 AM | McGuire Senior Center





VCLEW

## YOUR HEALTH IS OUR PRIORITY

**DON'T WAIT! TAKE THE FIRST STEP TOWARDS BETTER HEALTH TODAY.**

### Peripheral Artery Disease (PAD)

- 1 IMPROVED BLOOD FLOW: TARGETED TREATMENTS TO ENHANCE CIRCULATION.
- 2 ROUTINE HEALTH SCREENING: REGULAR CHECK-UPS TO MAINTAIN OPTIMAL HEALTH.
- 3 MEDICATION MANAGEMENT: PERSONALIZED PRESCRIPTIONS AND MONITORING.

#### Signs and Symptoms

- Tired or Heavy Legs
- Restless Legs
- Leg Cramps
- Charley Horses
- Leg Swelling
- Back Pain
- Hip or Knee Pain
- Leg or Calf Pain
- Foot Pain
- Sciatica
- Varicose or Spider Veins
- Numbness or Tingling
- Hair Loss
- Skin Discoloration



**James McGuire Senior Center**  
**09/24/25**  
**At 10:30 AM**  
**Refreshments will be served**

#### Risk Factors include:

- Family History
- Genetics
- Age
- Heavy Lifting
- Lack of Exercise
- Leg Injury or Trauma
- Prolonged sitting or Standing
- Obesity or Excess Weight
- Current or Previous Pregnancies
- Smoking
- Diabetes
- High Blood Pressure



1-844-VCLEWMD (825-3968)



[www.vclew.com](http://www.vclew.com)



1608 Lemoine Ave, Ste. 100 Fort Lee,  
NJ 07024

# Self Care for Seniors



Join NAMI Greater Bergen for an engaging and uplifting workshop on the importance of self-care for older adults. We'll explore practical ways to support physical and mental health, reduce stress, stay socially connected, and keep the mind active. Participants will leave with simple, everyday tips to boost well-being and enhance quality of life.

**Tuesday, September 23**  
**10:00 AM**  
**McGuire Senior Center**



**nami** | **New Jersey**

National Alliance on Mental Illness