



THE McGUIRE INQUIRER

August 2022

The James F. McGuire Memorial Senior Center

116 Paris Avenue – Northvale, NJ 07647

Phone: (201) 767-3330 - Option 5 Fax: (201) 767-6038

Director: Pam Carpanini

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Hours of Operation:

Monday through Friday: 9:00 am – 2:00 pm

Friday – BINGO – 12:00 Noon (must arrive no later than 11:40 am)

Name: _____

August Word Search



Y	Y	E	U	L	R	U	V	W	M	F	I	C	B	N	T	B
F	F	U	I	V	Y	V	A	C	A	T	I	O	N	O	W	E
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|----------|-----------|----------------|
| AUGUST | AUGUSTUS | FRIENDSHIP DAY |
| SUMMER | ORANGE | POPPY |
| VACATION | LEO | HOT |
| SCHOOL | VIRGO | POOL |
| PERIDOT | GLADIOLUS | SARDONYX |



Enter as Strangers...Leave as Friends

*From the desk of...
Pam Carpanini*

Here we are in August already! Where does the time go? Actually, the older I get, the more I cannot tolerate the summer months. Heat does not agree with me. Give me 65 degrees and I'm good to go. Once I flip my AC switch on at home on the first hot day, that switch doesn't get turned off until late September. My family knows..."DON'T TOUCH THAT DIAL". I do hope all of you have been enjoying the summer and staying 'cool'.

Our summer hot dog party on July 13th was a fun-filled afternoon. All in attendance enjoyed hot dogs with all the trimmings, homemade pasta salad (I whipped up), assorted fruit and beverages.

Our monthly breakfasts have been a HUGE success! Don't forget to sign-up ASAP as it fills up quickly. Our next breakfast is scheduled for August 18th @ 10:30 am. We will be having assorted bagels from Butterworth's.

Enjoy the rest of the summer!



4 “New” members have joined us! A warm welcome to: John Occhipinti, Virginia Dobbo, Louise Urti, Judith Scandiffio
Keep on coming...the more, the merrier!

BLOOD PRESSURE CHECK - Every 3rd Wednesday of the month
9:30 am – 11:00 am - NO APPOINTMENT NECESSARY – August 17th

PODIATRIST (WE MUST HAVE 6-8 people min. to continue)
Friday – September 30th @ 9:00 am – 12:00 - BY APPOINTMENT ONLY!

Please call the Center to schedule your appointment.



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“FREE” MOVIES - Every Tuesday @ 11:30 AM (Refreshments Provided)



August 2 – Father Stu – Starring: Mark Wahlberg, Mel Gibson

Based on a true story, Father Stu is an unflinchingly honest, funny and ultimately uplifting drama about a lost soul who finds his purpose in a most unexpected place. When an injury ends his amateur boxing career, Stuart Long moves to L.A. dreaming of stardom. Rated: R / True Story / 2 hrs./4 min.

August 9 –The Biggest Little Farm – Starring: John Chester, Molly Chester

The Biggest Little Farm chronicles the eight-year quest of John and Molly Chester as they trade city living for 200 acres of barren farmland and a dream to harvest in harmony with nature. Through dogged perseverance and embracing the opportunity provided by nature’s conflicts, the Chester’s unlock and uncover a biodiverse design for living that exists far beyond their farm, its seasons, and our wildest imagination. Rated: Documentary – 1 hr./32 min.

August 16 – Misery – Starring the Late James Caan, Kathy Bates

In this darkly humorous thriller, James Caan portrays a Romantic novelist Paul Sheldon, famously renowned for this trademark character, the film’s namesake “Misery” Chastaine. Shortly after finishing his latest book, he drives back to New York from the Silver Creek Lodge. After a while, his car swerves off the icy road in a blizzard; only to awake in the home of Annie Wilkes (Kathy Bates) – a maniacal fan that is bent on keeping her favorite writer as her personal prisoner for the rest of his life. Rated: R – 1 hr./48 min.

August 23 – License to Wed - Starring: Robin Williams, Mandy Moore

This light-hearted romantic comedy is about a young couple eager to walk down the aisle and the bride’s minister, who aims to lower the divorce rate by busting up incompatible twosomes before the shoes and rice. Sign up for Rev. Frank’s marriage preparation course. It’s tougher than boot camp. And a whole lot funnier! Rated: PG-13 – 1 hr./31 min.

August 30 – The Family Man – Starring: Nicholas Cage, Tea Leoni

Jack Campbell (Nicholas Cage) is a big investment broker who leads a shallow personal life. One night, he tries to help out Cash (Don Cheadle) in a confrontation with a convenience store clerk. Cash is so impressed that he gives Jack a glimpse into the road not traveled. 13 years ago, he could have married Kate (Tea Leoni) and become a family man. Rated: Comedy/Drama – 2 hrs./6 min.

Some Little Tales We May Have Been Told

I'm sure we can all relate to the following "little tales" we may have been told when we were growing up – I know I can 😊

- ❖ It's illegal to drive with the overhead light on
- ❖ If you swallow your gum, it will stay in your stomach for 7 years
- ❖ Keep making that face and it'll freeze like that
- ❖ I have eyes in back of my head
- ❖ You can't swim 30 minutes after eating
- ❖ Don't sit so close to the TV – you'll go blind
- ❖ The dog went to live on a big farm
- ❖ I'm just running into the store for *one* thing
- ❖ A watermelon will grow in your stomach if you swallow the seeds
- ❖ Maybe...I'll think about it

THIS BRINGS ME BACK TO MY YOUNGER DAYS WHEN MY MOM WOULD NEED ME TO SIT STILL (*YEAH LIKE THAT HAPPENED*)...SO SHE COULD PUT MY HAIR IN PIG TAILS WITH MATCHING HAIR CLIPS AND RIBBONS.

**When your Mom would
do your hair as a kid.**



Yet another delicious recipe submitted by my sister Kathy. I guess you know by now she loves to cook and she is GREAT at it. She's also an awesome baker! I do hope you try these wonderful recipes. When you do, I would enjoy hearing your feedback.

BEAN SALAD

Quick, easy and super delicious!

(Submitted by: Kathy Argenti-Sajban)

INGREDIENTS:

- 1 15 oz. Can Black Beans (rinsed & drained)
- 1 15 oz. Can Small White Beans (rinsed & drained)
- 1 15 oz. Can Small Pink Beans (rinsed & drained)
- 2 Medium Vidalia Onions (diced)
- 2 Teaspoons Dry Granulated Garlic (can substitute powder)
- 1 Teaspoon Kosher Salt
- 1/3 Cup Extra Virgin Olive Oil
- 1/4 Cup Dark Balsamic Vinegar
- Cracked Pepper to taste
- Good Handful Chopped Fresh Parsley

DIRECTIONS:

Put everything into a mixing bowl and blend well with a spoon or spatula. Cover and refrigerate.

TIPS:

- Can serve immediately.
- Change up the bean selection to your favorites. I just happen to like the taste and the look of the colors of black, white and pink.
- Serve as a side dish or with Tostitos Scoops at your next BBQ.
- Stays well in the fridge for a week. But it probably will be eaten before that.
- Be sure to use Vidalia onion.....NOT a yellow

**As Lidia would say "Tutti a TAVOLA a Mangiare"!
(translated: "Everyone to the table to eat" _**



THE PATIO IS BEING USED!



Look at these three lovely ladies playing Mahjong on a beautiful day outside on the newly built patio. (From Left: Caren Pane, Middle: Peggy McDermott, Right: Diane Eiken).

Please remember to utilize this patio that our town was generous enough to have built for all to enjoy.



Some Helpful Tips:

Bananas - Wrap the crown of bananas with foil. This will help delay the release of ethylene which causes the bananas to ripen too quickly and go bad.

Milk – You should always keep milk on the inside shelf of your refrigerator. The shelves on the door may fluctuate the temperature and cause your milk to spoil quickly.

Avocado – Avocado is a nutritious fruit (healthy fat), however, if not using the entire Avocado at once, they do turn brown very fast. To prevent this, simply drizzle some fresh lemon over the cut piece and store in the refrigerator.



From the desk of Vivian Abitabilo...

Summer weather so far has been absolutely delightful; I hope you are enjoying the pleasant sunshine days too!

We will be collecting for our August trip to the Pines Dinner Theater and for The Shore Club for the San Gennaro Festival, September 14th. It's also time to think about Oktoberfest! We will start collecting for Oktoberfest at Krucker's in Pomona.

The club will be serving sandwiches for its members for the September meeting on Wednesday, September 3rd.

We have openings for the next overnight trip to Cape Cod for 4 days-3 nights, September 19-22, 2022 . A copy of the brochure for this trip is available at The McGuire Senior Center on our bulletin board.

Please remember to check in with Neil for every meeting for attendance and also please be aware of where you park and pull up all the way making sure no space is left open!

I want to thank, again, the volunteers who have stepped up so far for coffee duty; our calendar for this year is almost full! Still need December volunteers.

