



# Thanksgiving

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

NOVEMBER  
 HAM  
 POTATOES  
 THANKFUL  
 DINNER  
 FEAST

TURKEY  
 PUMPKINPIE  
 PECANPIE  
 MAYFLOWER  
 FAMILY  
 PARADE

STUFFING  
 CRANBERRIES  
 PILGRIMS  
 CORN  
 FOOTBALL



## THE McGUIRE INQUIRER November 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

Email: pcarpanini@northvalenj.org

### 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*)

***Enter as Strangers...Leave as Friends***

*From the desk of...  
Pam Carpanini*

This is probably the hardest McGuire Inquirer I will write. As most of you know, based on what I have shared and what you have seen with your own eyes, I have been suffering with severe back and hip pain. Based on medical diagnosis, I am completely riddled with arthritis and degenerative disc disease and bulging discs. To say the chronic pain is excruciating would be an understatement. I have given my all to try and continue to work and do my best. However, my body is telling me differently. I have thought this through and I have made a decision that I feel is best for me at this time in my life. I am retiring from my position and my last day as your Director is November 4<sup>th</sup>.

I want to thank you all for 6 wonderful years - memories that I will cherish.

I wish all of you the best!

*My love always,  
Pam*



4 "New" members have joined us! A warm welcome to: Frances Verdigi, Bertold & Ruth Hahn, Maria Pippi-Layne  
Keep on coming...the more, the merrier!

**BLOOD PRESSURE CHECK** - Every 3<sup>rd</sup> Wednesday of the month  
9:30 am – 11:00 am - NO APPOINTMENT NECESSARY – November 16<sup>th</sup>

**PODIATRIST (WE MUST HAVE 6-8 people min. to continue)**  
Friday – December 2<sup>nd</sup> @ 9:00 am – 12:00 - BY APPOINTMENT ONLY!

**Please call the Center to schedule your appointment.**



**2022**  
**FIVE STAR**  
REAL ESTATE AGENT

**Lynn Smothergill**  
2011 • 2012 • 2013 • 2014 • 2015  
2016 • 2017 • 2019 • 2020 • 2021 • 2022

20 YEAR EXPERT  
Lynn Smothergill  
Realtor Sales Associate  
Call or Text: (201) 741-2692  
[lynnsmothergill@hotmail.com](mailto:lynnsmothergill@hotmail.com)

KW Town Life  
25 Washington Street  
Tenafly, NJ 07670  
(201) 894-8004

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



**SOME OLDIES...BUT GOODIES!**

**November 1 – Old Dogs – Starring: John Travolta, Robin Williams**

Charlie and Dan have been best friends and business partners for thirty years and their Manhattan public relations firm is on the verge of a huge business deal with a Japanese company. With two weeks to sew up the contract, Dan gets a surprise; a woman he married on a drunken impulse nearly nine years before (annulled the next day) shows up to tell him he's the father of her twins, now seven, and she'll be in jail for 14 days for a political protest. Dan volunteers to keep the tykes, although he's uptight and clueless. With Charlie's help is there any way they can be dad and uncle, meet the kids' expectations, and still land the account? Rated: PG - Comedy / 1 hr./28 min.

**November 8 – NO MOVIE – CLOSED – ELECTION DAY**

**November 15 – The Wedding Planner – Starring: Jennifer Lopez, Matthew McConaughey**

Mary Fiore is the wedding planner. She's ambitious, hard-working, extremely organized, and she knows exactly what to do and say to make any wedding a spectacular event. But when Mary falls (literally) for a handsome doctor her busy yet uncomplicated life is turned upside down - he's the groom in the biggest wedding of her career! Will she help him walk down the aisle with his internet tycoon girlfriend, or will Mary finally get to be the bride herself? When it comes to love, you can never plan what's going to happen. Rated: PG-13 – Comedy/Romance / 1 hr./43 min.

**November 22 – Mrs. Doubtfire – Starring: Robin Williams, Sally Fields**

Troubled that he has little access to his children, divorced Daniel Hillard hatches an elaborate plan. With help from his creative brother Frank, he dresses as an older British woman and convinces his ex-wife, Miranda, to hire him as a nanny. "Mrs. Doubtfire" wins over the children and helps Daniel become a better parent -- but when both Daniel and his nanny persona must meet different parties at the same restaurant, his secrets may be exposed. Rated: PG-13 – Comedy/Drama – 2 hrs./5 min.

**November 29 – Once Around – Starring: Richard Dreyfuss, Holly Hunter, Danny Aiello**

Renata Bella feels like a failure at life and career. But when Renata attends a seminar on selling real estate, she finally finds True Love. Sam Sharpe, while a top-notch, successful salesman, is much older than Renata. She is swept away by his excessively flamboyant style and irrepressible nature. The very traits she finds romantic, however, lead to repeated conflict with her family, especially her beloved father Joe, leaving Renata trapped in the middle. Rated: R Comedy/Drama/Romance – 1 hr./55 min.

There is quite a bit happening the next two months before we end another year!

| Date               | Time           | Description  |
|--------------------|----------------|--|
| November 2         | 1:00 PM        | Medicare Insurance Solutions Speaker during the Golden Age Meeting.  |
| <b>November 8</b>  | <b>ALL DAY</b> | <b>THE CENTER IS CLOSED DUE TO ELECTION DAY</b>  |
| November 9         | 11:00 AM       | Bruce Hammond returns for a presentation on Spencer Tracy & Katharine Hepburn.                                     |
| <b>November 11</b> | <b>ALL DAY</b> | <b>THE CENTER IS CLOSED DUE TO VETERAN'S DAY</b>   |
|                    | 11:00 AM       | Veteran's Day Ceremony on the front lawn of the Northvale Boro Hall – refreshments to follow at the Senior Center. |
| November 17        | 10:30 AM       | Breakfast  |
| <b>November 24</b> | <b>ALL DAY</b> | <b>THE CENTER IS CLOSED FOR THANKSGIVING DAY</b>   |
| <b>November 25</b> | <b>ALL DAY</b> | <b>THE CENTER IS CLOSED THE DAY AFTER THANKSGIVING</b>   |
| December 2         | 6:30 PM        | Tree Lighting on the front lawn of the Northvale Boro Hall refreshments to follow at the Senior Center.            |
| December 8         | 10-2:00 PM     | Passport Applications from Bergen County here at the Senior Center.  |
| December 15        | 12:00 Noon     | Annual Christmas Party (TENTATIVE)<br>MONTHLY BREAKFAST IS NOT BEING OFFERED                                       |

### SPENCER TRACY & KATHARINE HEPBURN PRESENTATION

Come join us as Bruce Hammond returns on **Wednesday – November 9<sup>th</sup> at 11:00 AM with a presentation on Spencer Tracy & Katharine Hepburn.** These presentations are typically one hour. This will be Bruce's 8<sup>th</sup> presentation at the Center and he does this as a hobby and free-of-charge. I am very appreciative of his time and talent. Those who have attended enjoy the presentations.



Due to the circumstances of my leaving, our Annual Christmas Luncheon is on hold. Please stay tuned for an update. Of course, if the luncheon is not held, your deposit will be returned.

### WE ARE IN NEED OF BINGO CALLERS!

If you are looking for something to do for no more than 2-3 hours...The Center is in need of Bingo callers. The more callers we get, the more the schedule can be rotated and you may only need to call once a month. Bingo is held at The Center every Friday and starts at 12:00 Noon. It typically ends by 2:30 pm. If you are interested and available, please call the Center to set-up an appointment for a lesson in calling and for more details.



### ***From the desk of Vivian Abitabilo...***

Looks like we are into Fall weather and it is finally cooling down a bit!

We will be collecting for our local restaurant trip to Bellissimo on November 9<sup>th</sup> and our Christmas Party at Madeleine's on Wednesday, December 14<sup>th</sup>. The Christmas Party is packed with gifts, entertainment, and terrific food. Please do not miss out on this delight! We have determined the discount, and you will be advised of your status. We are basing the discount on your attendance and some will need to attend the November meeting to quality.

For our November meeting, we will have a speaker discuss Medicare Insurance Solutions. This is the time of year when you have the opportunity to make changes if necessary. This speaker will give you information based on your circumstances. Don't miss it!

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 for this year. We will be making a new list for the new year, think about which month you would like to volunteer for!

### **Why is Thanksgiving Celebrated with Turkey?**

Turkey has become the traditional Thanksgiving fare because at one time it was a rare treat. During the 1830s, an 8-10 pound bird cost a day's wages. Eventhough turkeys are affordable today, they will remain a celebratory symbol of bounty. In fact, astronauts Neil Armstrong and Edwin Aldrin ate roast turkey in foil packets for their first meal on the Moon.

*In honor of Veteran's Day, I would like to share the poem I have written:*

### **VETERAN'S DAY November 11, 2022**

We recognize Veteran's Day every year,  
To honor the men and women who served without fear.

Bravery, courage and selflessness, - are just to name a few,  
For this is what they demonstrated for doing what they do.

Risking their lives for both you and I,  
We must never forget but remember why.

They served wholeheartedly without hesitation,  
Giving of themselves for us and our Nation.

We are to be proud of these outstanding men and women,  
Not just today, but every day that is given.

So today on Veteran's Day,  
We salute you and thank you for serving the U.S.A.

May God Bless You All!



## COME JOIN US FOR A SPECIAL FEATURE ENTITLED: “MONUMENTAL”

Monday – November 21<sup>st</sup> @ 11:00 AM @ The Center

Monumental is the story of America’s beginnings. Presented, produced, and starring Kirk Cameron, the 90-minute true story follows this father of six across Europe and the U.S. as he seeks to discover America’s true “national treasure” – the people, places, and principles that made America the freest, most prosperous and generous nation the world has ever known. Monumental is heralded as “inspiring,” “beautifully executed,” “powerful,” and “one meant to teach.” Long regarded as “the land of opportunity,” there’s no question the tiny band of religious outcasts who founded this country hit upon a formula for success that went way beyond what they could have imagined. How else can you explain the fact that they established a nation that has become the best example of civil, economic and religious liberty the world has ever known? What formula did they discover? What motivated them to come here in the first place? More importantly, how can we apply these same foundational truths today?

### SPINACH BALLS

Recipe Submitted by: Judith Scandiffio

#### Ingredients:

- 2 Cups chopped spinach, cooked and drained
- 2 Tablespoons grated cheese
- 2 Tablespoons melted butter
- 1 ½ Cups bread crumbs
- 2 Eggs
- ¼ Cup water
- 1/3 Teaspoon pepper
- ½ Teaspoon salt
- ¼ Cup olive oil

Combine spinach, cheese, butter, bread crumbs and 1 beaten egg. Roll into balls. To the other egg, add water and seasonings and beat. Dip spinach balls into additional bread crumbs, then into egg mixture and once again in bread crumbs. Brown spinach balls on both sides in olive oil. Serves approximately 6.



## THE SENIOR CENTER VAN WILL BE UP AND RUNNING MORE DAYS!

In conjunction with our current van driver, Julie Guyt, an additional driver will be driving for our Senior Center to help accommodate our members.

Neil DiLorenzo started on October 25<sup>th</sup> and will be available three days per week from 9:00 am – 1:00 pm. A schedule of days is still being coordinated. We will be offering weekly trips to Shop-Rite, doctor appointments, transportation to and from the Center, and once a month shopping (i.e. K-Mart, etc.) will be offered.

Please call the Center to receive more details and to schedule your appointments – (201) 767-3330. We will try our best to accommodate your needs.

*I want to wish all of you a...*

