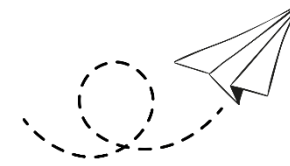


# Valentine's Day

# The McGuire Flyer



February 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)

**BINGO Fridays @ 12 PM**

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



P	W	F	O	T	B	C	S	S	E	D	A	L	E	R
B	O	Z	H	C	A	K	M	L	P	A	V	O	C	X
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adore  
affectionate  
beau  
bouquet  
cherub

Cupid  
darling  
doves  
flowers  
fondness

heart  
infatuation  
lovesick  
poem  
smitten

suitor  
tulips  
wild about  
woo  
yearning

# The Golden Age Page

# Upcoming Events

From the Golden Age Desk of Vivian Abitabilo:

Happy New Year again! So far it's been a very cold start to the year, we have to wait to see what the groundhog tells us about the continuation of winter.

We started collecting for membership dues in January and we will finish collecting at the February meeting. We will continue all current memberships whether from Northvale or other towns. New memberships will be limited to Northvale residents only for this year! If there has been any changes in your address or if you removed your home phone, please let us know.

Our trip schedule is complete and there may be some slight changes. Be sure to check the current schedule for timing on the trips.

At the January meeting we opened the trip for the month of May to ShenYun at the NJ Performing Arts Center. The tickets were limited and we completely sold out. Our March trip this year will be to LiGreci's, we may have a few seats left. We will also open the trip to WindCreek on April 8.

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. 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, **February 5, 2025.**

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



Date	Time	Description
February 6	11:30 AM	Valentine Luncheon
February 12	11 AM	AARP Presents: The Six Pillars of Brain Health
February 13	12 PM	ShopRite Presents: Salad in a Jar
<b>February 17</b>	<b>All Day</b>	<b>Center Closed: President's Day</b>
February 18	10 AM	February Breakfast
February 19	9:30 AM	Blood Pressure Check
February 26	10 AM	Senior Helpers Presents: Keeping Yourself Safe at Home
February 27	11 AM	AAA Presents: The Older & Wiser Driver

**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!

**Calligraphy Valentine's Day Card**

**Tuesday, February 4, 2025**  
**6:15 PM**

The Spotted Canvas will be here to show us how to make Valentine's Day cards and write in Calligraphy.

**NORTHVALE PUBLIC LIBRARY**  
Growing Together

**2025 DUES**

Final reminder: 2025 dues are now past due! Please drop off or mail in your dues in order to receive a March newsletter. Thank you!

**\$10 for Northvale residents**

**\$12 for non-residents**

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

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

**2024 FIVE STAR**  
REAL ESTATE AGENT  
Lynn Smothergill

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



## February Movies: Black History Month – Life Before the Civil Rights Movement

### February 4: **Loving** (Starring Joel Edgerton & Ruth Negga)

Interracial couple Richard and Mildred Loving fell in love and were married in 1958. They grew up in Central Point, a small town in Virginia that was more integrated than surrounding areas in the American South. Yet it was the state of Virginia, where they were making their home and starting a family, that first jailed and then banished them. Richard and Mildred relocated with their children to the inner city of Washington, D.C., but the family ultimately tries to find a way back to Virginia.

**(2016) Rated: PG-13 – Romance/Drama – 2 hr 3 min**

### February 11: **Fences** (Starring Denzel Washington & Viola Davis)

Troy Maxson makes his living as a sanitation worker in 1950s Pittsburgh. Maxson once dreamed of becoming a professional baseball player, but was deemed too old when the major leagues began admitting black athletes. Bitter over his missed opportunity, Troy creates further tension in his family when he squashes his son's chance to meet a college football recruiter.

**(2016) Rated: PG-13 – Drama/Historical – 2 hr 19 min**

### February 18: **Green Book** (Starring Mahershala Ali & Viggo Mortensen)

Dr. Don Shirley is a world-class African-American pianist, who is about to embark on a concert tour in the Deep South in 1962. In need of a driver and protection, Shirley recruits Tony Lip, a tough-talking bouncer from an Italian-American neighborhood in the Bronx. Despite their differences, the two men soon develop an unexpected bond while confronting racism and danger in an era of segregation.

**(2018) Rated: PG-13 – Comedy/Drama – 2 hr 10 min**

### February 25: **Till** (Starring Danielle Deadwyler & Jalyn Hall)

Based on the true story of the aftermath following the 1955 lynching of 14-year-old Emmett Till. After his murder, his mother Mamie vows to expose the racism behind the attack and seek justice for her son.

**(2022) Rated: PG-13 – Drama/History – 2 hr 11 min**





# Learn how to make a Salad in a Jar



Come watch a dietician demonstrate how to prepare a salad in a jar, and learn a bit about healthy eating and diabetes prevention!

Thursday, February 13  
12 Noon  
McGuire Senior Center



## Does this scene look familiar?



Household dangers aren't just something out of a cartoon. In fact, they're no laughing matter at all. Join us for a presentation on **Keeping Yourself Safe at Home** and start getting serious about your safety!

Wednesday, February 26  
10:00 AM  
McGuire Senior Center





AARP New Jersey Presents

## THE SIX PILLARS OF BRAIN HEALTH



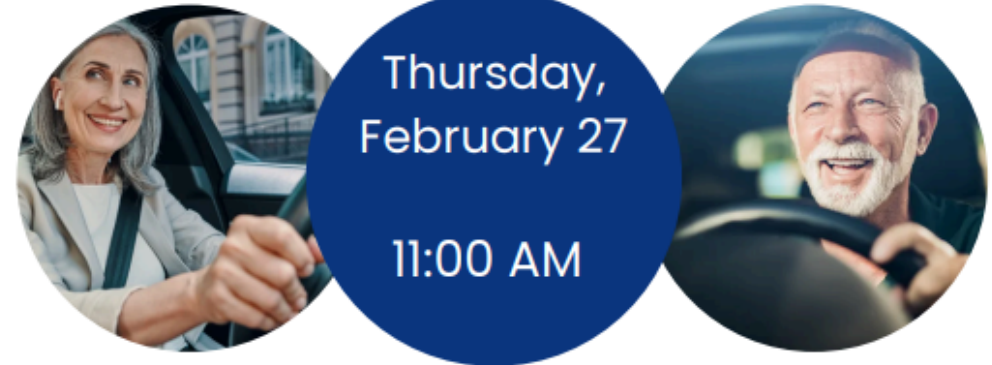
Do you think you're too old to grow additional brain cells? Think again! This presentation will teach you how to take charge of your brain health and improve your quality of life at any age.

Wednesday, February 12  
11:00 AM  
McGuire Senior Center

**AARP**<sup>®</sup>  
New Jersey

AAA Northeast Presents:

## The Older & Wiser Driver



You'll learn about:

- How driving changes with age
- How a better person-vehicle fit enhances safety
- How medications can impact safe driving
- How to safely extend your safe driving years
- Tips for planning your driving retirement - but staying mobile!

McGuire Senior Center

