



January 2025 Senior Newsletter



Wishing you a Happy & Healthy New Year! May all your wishes come true this holiday season! We welcome 2025. So far it has brought some cold weather, let's hope we can have a repeat of last winter. We had a great year in 2024 and look forward to a fun filled and busy 2025. There are a few new lunch time favorites on the calendar this month including Maggie's Tavern, Applebee's, Chit Chat Diner and Tiramisu call 201-865-4422 to make your reservation. Shopping malls this month are Paramus Park, Jersey Gardens, American Dream, Woodbridge, Willowbrook Malls and new this month Riverside Square mall in Hackensack. Our casino trips are Parx in Bensalem, PA on Wednesday, Jan 8th and Wind Creek Casino in Bethlehem, Pa on Wednesday, Jan 22nd. Come out and try your luck! Senior Yoga is every Monday and Friday at 10am. Water aerobics every Wednesday at 11am. Golden Age Meeting will be held at ICC 1:00 pm on Thursday, January 9th. Sign up for Walmart at and Shoprite every Saturday morning. Come have some fun and dance with Renee at the Senior center watch the calendar each month for the date.

Did you know: The name January came from a Roman God Janus, who was always shown as having two heads. He looks back to the last year and forward to the new one.

On average, January is the coldest month of the year in the Northern Hemisphere and

second month of the winter. January is the only month when the North Pole is colder than the South Pole. Birthstone: Garnet Two Zodiac signs associated with January are Capricorn and Aquarius.

The center will be closed Monday, January 20th in observance of Martin Luther King Day. There will be no bus service.

Age is an issue of
mind over matter.
If you don't mind,
it doesn't matter.
Mark Twain

"Life is like a mirror. Smile at it and it smiles back at you."

-Peace Pilgrim

Birthdays in January are: Ceil Aloutto, Flora Bauzon, Maria Bellido, Carol Ann Cariero, Donna Cipriano, Sudha Doshi, Kirtikant Doshi, Marta Ercolano, Helen Evans, Maureen George, Julianna Gurner, Naina Hira, Catherine Kaspar, Janice Kozak, Anna Macam, James Marionucci, Gerard Marra, John Juan Medina, Angela Peko, Andrea Salzano, Barbara Smith, Joe Sniadach, Carol Stuart, Florence Tarantino, Elinor Taylor, Fred Thompson, Donald Whitrock



Senior Center: 201-330-2034
Senior Citizen Bus: 201-865-4422
Mayor's Office: 201-330-2005
Golden Age: 201-865-1345

Social Services: 201-330-2014
Housing Authority: 201-867-2957
Library: 201-330-2083
Medicare: 800-633-4227

Meals on Wheels: 201-330-2094
Recreation Center: 201-330-3299
Police/Fire Dept: 201-867-8000
Social Security: 800-772-1213

Medical Escort: 201-330-2082
Hospital: 201-392-3100
Town Hall: 201-330-2000
PAAD/Lifeline 800-792-9745