

March 2022 Senior Citizen Newsletter

Spring Ahead! Daylight Savings time begins Sunday, March 13th. Don't forget to turn your clocks forward. After a cold winter, we are all looking forward to an extra hour of daylight. Let's get out and enjoy some time with friends. Yoga classes are held every Monday and Friday at 123 Humboldt Street at 10am. Come join the fun and relax. The monthly Kerasotes movie program is back starting on Wednesday, March 23rd 11am. Some afternoon lunch trips this month are starting on the 1st with Royal Warsaw, Star Tavern, Dublin Yard, Rumba Cabana and Joyce Chen Chinese River Edge. Call to reserve your seat. Some of the usual places Uncle Giuseppe's, Dollar Tree, Trader Joe's are still our favorites. The Saturday shopping trips are Walmart at 8am and Shoprite at 11:30am. The casino trips this month start on Wednesday, March 1st to Mt. Airy Casino Mt. Pocono, Pa and on March 16th to Parx Casino in Bensalem, Pa. Call 201-865-4422 early to reserve your seat. Masks are required to be worn on all bus transportation.

WE WELCOME SPRING ON MARCH 20th.

Did you know? The word March comes from Latin Martius. This was the first month of the Roman calendar and was named after Mars, the god of war. March was the beginning of our calendar year. We changed to the "New Style" or Gregorian calendar in 1752, and it is only since then when we the year began on 1st January. Birthstone: Aquamarine is considered a symbol of Faithfulness, Courage, and Friendship.

HAPPY ST. PATRICK'S DAY!



Birthdays In March:

Joyce Berthel, Marie Bopp, Cathy Bourbon, Joe Capozio, Margaret Claudio, Elsa Cruz, Bob Denicola, Rosalie Domanski, Joan Gasser, Zoila Herrera, Linda Kenny, Karl Kovarik, Santoosh Khanna, Poh Lapiana, Joey Mitchell, Han Nguyen, Fran Petrizzo, Suzanne Phillips, Anibel Quezada, Pat Rueter, Paul Rock, Marie Roesing, Anthony Rutigliano, Rosalina Schiavo, Edith Urcinole, Josefina Valenzano, and Josephine Zloty

**Senior Center: 201-330-2034
Senior Citizen Bus: 201-865-4422
Mayor's Office: 201-330-2005
Golden Age: 201-864-9502**

**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**