



February 2023 Senior Citizen Newsletter

February is viewed by many as the month of love, but it is also American Heart Month, the perfect time to learn about your risk for heart disease and the steps you need to take now to help your heart. We will be traveling this month to some new and old lunch favorites starting with Blarney Station Pub, Tiramisu Restaurant in Elmwood Park, Dynasty Buffet and Paisano's. Come join senior yoga with Caroti on Monday and Friday at 10:00am. On February 14th sign up for the Senior Valentine's Breakfast held at Clarendon School at 9am call 201-865-4422. On February 3rd take a trip with us to Cracker Barrel and American Candle. We will also be traveling to Parx Casino and Resort World in Newburgh NY. Call 201 865-4422 to reserve your seat. Walmart at 8am and Shoprite at 11:30 will continue to be our Saturday trips. Ground hog day is February 2nd. Mardi Gras is back! Feb 21 at 4 pm- lots of fun activities!



We'll see what Punxsutawney Phil, the weather predicting Ground Hog has to say about the remainder of winter. New this month will be Social Fridays come hang out with friends or meet new ones \$1 dollar lunch starts at 10am. Call one day ahead for lunch and or bus pickup.

Did you know: February is named for the Latin word februum, which means purification. It is the shortest month of the year. In the Southern Hemisphere February is a summer month equivalent of August. Birthstone: Amethyst

The Center will be closed on Monday, February 13th for Lincoln's birthday and Monday, February 20th in observance of President's Day.

The emergency food pantry is collecting pasta and sauce

*Happy Valentine's Day!
February 14th*

Birthdays in February are: Ray Cetro, Cesare Circonciso, Carol Clancy, Raymond DelConte, Nancy Doyle, Terry Esposito, Jerry Fitzsimmons, Kathy Galietti, Sophia Gerber, Angelina Giovio, Barbara Hennig, Lawrence Highdower, Ramish Hira, June Lillis, Walter Lyden, Victor Macam, Rosalie Manzo, Fran Mastroprieto, Marion Merletto, Zinnia Miller, Pat Murphy, Maria Nazimento, Florence Pandolfi, Ron Ronan, Cindy Roodenburg, Maureen Russo, Dennis Walker, and Lourdes Zulueta.



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