



April 2023 Senior Citizen Newsletter

Watch Out for April Fool's Day! Let's hope we can say goodbye to winter and welcome the warm weather! Time to come out and show your creativity painting, crocheting, knitting, sewing and join us on Wednesdays at the senior center 8:30am so, whether you are a novice or a natural, we want to see your work. Senior yoga is still in full stretch on Monday and Friday mornings at 10am. Water aerobics start at 11am every Wednesday. Our mall trips are Woodbridge, Rockaway, and Paramus Park. Our favorite eateries this month are Noches, Justin's, Applebee's, Rutt's Hutt and the Candlewyck Diner. The town wide garage sale is Saturday, April 29th register your address on the town web site. The Casino trips this month will be on Wednesday, April 12th to Wind Creek Casino and Wednesday April 26th to Parx Casino. The Kerasotes movie will be on Tuesday, April 25th at 11am doors open 10:30am. Come join us for the Walk at American Dream and stretch your legs every Monday this month at 10am. Sign up for the Spring Fling on Thursday, April 27th call 201-865-4422.

Happy Easter

Easter - celebrates Jesus Christ's resurrection from the dead and is Christianity's most important holiday. It has been called a moveable feast because it doesn't fall on a set date every year, as most holidays do.

Passover - One of the Jewish religion's most sacred and widely observed holidays, Passover commemorates the story of the Israelites' departure from ancient Egypt, which appears in the Hebrew Bible's books of Exodus, Numbers and Deuteronomy, among other texts. Jews observe the weeklong festival with several important rituals, including traditional Passover meal known as a seder, the removal of leavened products from their home, the substitution of matzo for bread and the retelling of the exodus tale.

Center Closed for Good Friday April 7th.



Birthdays in April are:

Meena Bhavsar, Edie Cardaci, Phil Cardaci, Peramjit Chugh, Michele Dragona, Luz Gaetan, Pat Gallietti, Marie Goglia, Patricia Hjelm, Eleanor Jepson, Gail Kennelly, Louis Luzzo, Ann Maresca, Patricia Martinelli, Carmen McCoy, Russel O'Donnell, Eleanore Reinl, Rowan Rifkin, Stephanie Sheridan, Jeanne Spirito, Erlinda Vales, Loretta Vitulano



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