



# January 2024 Senior Newsletter



Wishing you a Happy & Healthy New Year! May all your wishes come true this holiday season! We welcome 2024. 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 2023 and look forward to a fun filled and busy 2024. There are a few new lunch time favorites on the calendar this month including Bzarelli's, Justin's, Heights Grill, Applebee's and breakfast at I-Hop. We added a trip to Calandra's on Wednesday, Jan 10<sup>th</sup>. At 8:30am call 201-865-4422 to make your reservation.

Shopping Malls this month are Paramus Park, Jersey Gardens, Woodbridge, and Willowbrook Malls.

Our casino trips are Resort World in Monticello, NY on Wednesday, Jan 3<sup>rd</sup> Mt. Airy in Mt. Pocono, Pa on Wednesday, Jan 17<sup>th</sup> and Wind Creek Casino in Bethlehem, Pa on Wednesday, Jan 31<sup>st</sup>. Come out and try your luck! Call and reserve your seat!! Senior Yoga will return on January 5<sup>th</sup> at 123 Humboldt Street. Water aerobics every Wednesday at 11am. Golden Age Meeting will be held at ICC 1:00 pm on 1<sup>st</sup> Thursday, of each month. Sign up for Walmart at and Shoprite every Saturday morning.

Please call to reserve your seat on bus trips. If you are not registered, you will not be picked up. We have had a few instances lately of people trying to get on.

Please call with enough advance notice to be placed on the list. The bus drivers have been instructed to not pick anyone up not on list.

**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 15<sup>th</sup> 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, Pat Degelman, Sudha Doshi, Kirtikant Doshi, Marta Ercolano, Helen Evans, Maureen George, Julianna Gurner, Naina Hira, Catherine Kaspar, Janice Kozak, Sharon Kramer, Anna Macam, James Marionucci, Gerard Marra, John Juan Medina, Angela Peko, Andrea Salzano, Joe Segro, Barbara Smith, Joe Sniadach, Carol Stuart, Florence Tarantino, Elinor Taylor, Joseph Testa, Fred Thompson, Donald Whitrock

HAPPY ★ NEW ★ YEAR

**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**