

# **THE CLIFFS SENIORS GAZETTE**

## **News and views**

### **ENGLEWOOD CLIFFS NEW JERSEY**

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**Remember to tell your friends that you can join and be part of all these activities starting at 55 years of age. Both spouses can join if one qualifies.**

**Light Yoga and chair exercise program WILL NOT be held on February 6th or 13<sup>th</sup>. Liz Gioffre will resume classes on Feb. 20<sup>th</sup>. The classes are held on Mondays, between 2:00 and 3:00PM, at the clubhouse 7 W. Bayview Avenue. We keep healthy with our exercise program and visiting nurse visits.**

**The HARP nurse will be available at 6:30 PM and members will be taken in first come first served basis. She will be doing heart rate screening, blood pressure testing, pulse rate, plus individual health advice. All examinations are private. This service is provided at no cost by the Board of Health.**

**For your information: Our message phone number is 201-947-2838, allow seven rings for turn-on. Message provides an update on activities and data if an event has been cancelled or rescheduled. YOU CANNOT LEAVE MESSAGES ON THIS PHONE AS NO ONE IS THERE TO PICK UP THE MESSAGES.**

**2017 ANNUAL DUES ARE NOW DUE. Your annual dues of \$10 per member are past due for the coming year. If you haven't paid them please do so ASAP. Those members over 90 years of age are exempt. Please pay or mail to Pio DeCaminada, 9 First Street. If your dues are not paid, you will not get member benefits nor will you receive the newsletter in 2017.**

**The taxi service is available to the seniors to go to the Shop Rite in Englewood on Tuesday. Pickup is at 10:00AM with the return at 12:00PM. Three seniors per cab. No additional stops to banks or pharmacies. Please be prompt. Call Babe's Taxi on Monday to make a reservation for the taxi. 201-944-6800**

**We will be putting away the Holiday Decorations on Saturday Jan 21st, at 11:00 AM. We could use some help. Many hands make the work light. I am looking forward to seeing you there.**

<https://www.facebook.com/EnglewoodCliffsSeniorCitizens>

We want to thank our members Mr. & Mrs. Huang for entertaining us in January with a performance on the Erhu and Happy New Year raffle. Councilman William Woo provided the members with traditional Chinese New Year treats.

## COMING EVENTS

Please call Giovanna at 201-944-6954 to reserve your spot for future events. PLEASE PAY for each event by separate check payable to Englewood Cliffs Seniors. Payment MUST be made PRIOR TO THE EVENT. Checks can be mailed to 42 Mercer Ave. Englewood Cliffs or given to Giovanna at the meeting prior

## CALENDAR

January 27<sup>th</sup> Friday – A tour of CNBC has been arranged for our seniors. There will be a 45 minute tour in groups of 12 people at 15 minute intervals. The first one will be at 11:00 AM, the next at 11:20 AM. CNBC has advised that the parking is in the rear of the building. If the walk is too far, come with another member that can drop you off in front while parking the car. The CNBC event is FREE. After we will be meeting at Giovanni's Bicycle Club at 12:15 PM for lunch. The lunch will consist of Assorted Baby Greens, Second course family style, choice of four, all served with mixed vegetables, Broiled Atlantic Salmon, Pollo Marsala, Sausage & Peppers Veal Parmigiana, dessert, soda, coffee, or tea. \$20.00 for members and \$25.00 for guests. You can choose to attend the tour and lunch or either one separately. Carpool

February 14<sup>th</sup> – Tuesday - Regular Meeting – Celebrate Valentine's Day with your fellow seniors. We will be serving PIZZA. The meeting starts at 7:30 PM. There will be something sweet for the ladies. No speaker – Conversation with your fellow seniors.

February 15<sup>th</sup> – Wednesday – Out to Lunch at Madeleine's Petit Paris, 416 Tappan Road, Northvale, NJ 07647 12:00 to 3:00PM Live Music & Dancing, Mushroom Soup, Choice of Beef Bourguignon or Grilled Salmon, Dessert de Chef, Coffee/Tea \$20 Members and \$23 Non Members. Car pool

March 14<sup>th</sup> – Tuesday – Regular Meeting 7:30PM – Bressler School of Irish Dance will entertain us with their jigs and reels. Irish Soda Bread will be distributed to enjoy.

March 15<sup>th</sup> – Wednesday – St. Patrick's Day at the Empire Club, 136 Mehrhof Road, Little Ferry, 07643. 12:00 to 4:00PM Music & Dancing with "Ron Hackling", Unlimited Beer, Wine, & Soda' Irish Soda Bread, Split Pea Soup, Assorted Salad, Corned Beef & Cabbage, Beef Stew, Boiled Potatoes & Vegetables, Dessert & Coffee. \$25.00 Members & Non Members. Car Pool

**April 20<sup>th</sup> Thursday Evening Papermill Playhouse performance of “Million Dollar Quartet” with dinner prior at Charlie Brown’s Restaurant Millburn. Charter bus leaving from the Lions Club at 3:45 PM. Tickets purchased by March 14. Members \$75.00 and Non-Members \$85.00**

**May 10<sup>th</sup> Wednesday The Crystal Point Yacht Club, Point Pleasant NJ, overlooking the Manasquan River. Lunch will be served at 12:00 Noon and at 1:30 PM we will see a show of Vincent Talarico “A Broadway Encore” featuring the unmistakable unforgettable songs of Rogers & Hammerstein’s: South Pacific & Oklahoma, Les Miserable, Phantom of the Opera, Fiddler on the Roof & Westside Story, and more. A delicious 3 course lunch with soft drinks, choice of 3 delicious entrees (Rolls, Salad, Choice of Prime Rib, Chicken Françoise or Panko Encrusted Tilapia all served with vegetable, potato and for desert coffee with homemade hot apple crisp with vanilla ice cream. A cash bar is available. We will travel by motor coach, leaving from the Lions Club at 10:00AM Members \$35.00 and Non-Members \$42.00.**

**September 20<sup>th</sup>, Wednesday Luncheon and show at Westchester Theater, “Annie Get Your Gun”. Charter bus from the Lions Club. Tickets must be purchased by August 8<sup>th</sup>. Members \$50.00 and Non-Members \$60.00**

**If you have an email, please send it to Mary O’Shea at [mary@osheascollectibles.com](mailto:mary@osheascollectibles.com) and include your cell phone number.**

The **February birthstone**, amethyst, is said to strengthen relationships and give its wearer courage. At one time, only royalty could wear the gem. Ancient Greeks thought that the amethyst guarded against intoxication. In fact, amethyst comes from amethystos, a Greek word meaning “sober.”

**Happy Birthday to our February Babies. Birthstone: Amethyst**

**Welcome our new members,  
Mr. & Mrs. Chuy**

**Again, please submit your email address and cell phone number to the board for emergencies. This will not be for distribution but for club issues. We have had mix-ups with car pools at times and sometimes it would be helpful to send an e-mail to members about club business. The information would be kept by the board only.**

**We would like to have the cell phone number for each person. This is very important in emergency situations or trips.**