



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 Kinchley's, take your pick at Harmon Plaza restaurants, Fiona's and Biggie'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 Huber St. School at 9am call 201-865-4422. On February 2nd take a trip with us to Cracker Barrel and American Candle. We will also be traveling to Parx Casino and Wind Creek this month. Call 201 865-4422 to reserve your seat. Walmart at 8:30am and Shoprite at 11:30 will continue to be our Saturday trips. Ground hog day is February 2nd. We'll see what Punxsutawney Phil, the weather predicting Ground Hog has to say about the remainder of winter. Grab some friends, come hang out at the senior center and reserve a table for a game of cards on Social Friday at 11am.

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 12th for Lincoln's birthday and Monday, February 19th 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: Cesare Circonciso, Carol Clancy, Raymond DelConte, Jerry Fitzsimmons, Kathy Galietti, Sophia Gerber, Angelina Giovio, Barbara Hennig, Lawrence Highdower, Ramish Hira, June Lillis, Walter Lyden, Victor Macam, Rosalie Manzo, Kathy Makarski, Fran Mastroprieto, Marion Merletto, Zinnia Miller, Pat Murphy, Maria Nazimento, Florence Pandolfi, Ron Ronan, Cindy, 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