

Activities Unlimited

Volume XXXV Issue IV

April, 2021

Activities Unlimited

Due to the Coronavirus, AU General Meetings will be held via Zoom

**Activities Unlimited
General Meeting
Tuesday, April 13, 2021
1:00 PM via ZOOM**

NOTE FROM THE PRESIDENT

Patty Loud is an experienced and energetic presenter, speaker, and trainer who has been described as “an enthusiastic and engaging speaker who always offers timely, insightful content.” Patty is a volunteer for the AARP Speakers Bureau and presents on numerous topics, including Fraud Watch and The Six Pillars of Brain Health.

She will present The Six Pillars of Brain Health workshop which is designed to empower participants to take charge of their brain health and learn more about the six pillars of a healthy brain lifestyle. Participants will learn about practical, brain-boosting behaviors.

Take a look at our club’s activities.

Visit: “MEET THE CLUBS” on pages 3-5.

You can also see the monthly activities of each club; go to page 2 and click on the link of the activity you are interested in viewing.

Ahh, spring is in the air. We can feel it, smell it and now enjoy it. We now have to truly begin our road back to normal. We are trying to develop some meaningful activities which start to bring us back together face to face.

I hope for those wishing to receive the vaccinations, you are successful in getting yourselves scheduled. A good number of our members are now reporting they have completed getting theirs.

We continue to communicate and running our clubs/ activities via Zoom. I continue to urge you to take advantage of participating. Club Chairmen are continually searching for items of interest. We continue to examine the concept of hybrid meetings. We expect to begin trying them in April. This will be where some will participate physically at the VFW in Midland Park and the others will still be able to join by Zoom. Contact the Club Chairman, myself or any Board Member with questions.

Remember, as the weather improves, AU has a number of outside activities available. Take a look in the Newsletter to see what is offered. Please don’t hold back, join in.

Make sure you read Doug Coopers column to the left where he tells you about our speaker for the April General Meeting on the topic of The Six Pillars of Brain Health.

Remember, we can all succeed if we all participate.

Mark Cohen, President
201-337-4198
mark.cohen6222@gmail.com

The Activities Unlimited website is just a click away.

For the Home page, click here: <http://www.activitiesunlimited.org/index.html>

Click the link below for instruction on:

How to navigate the Activities Unlimited website:

http://www.activitiesunlimited.org/Introducing_AU%E2%80%99s_Website.pdf



ACTIVITIES UNLIMITED

GENERAL MEMBERSHIP INFORMATION



2021 OFFICERS



Mark Cohen
President
201-337-4198



Doug Cooper
1nd Vice President
908-907-1112



Harry Bennett
2nd Vice President
201-891-9527



Dave Voehl
Secretary
973-227-6981



Jeff Mohn
Treasurer
201-261-1219

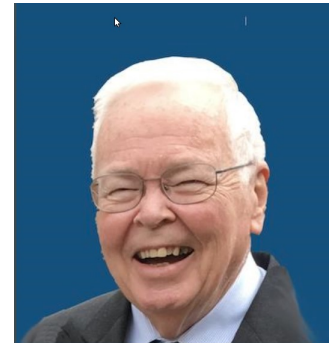


Marty Valerio
Assistant Treasurer
201-262-8966

Obituary

Joe Kelly's wonderful, infectious smile slipped away on March 1, 2021 with his family by his side.

He joined AU in 2005 and became president in 2012. He was involved with the IRS project of filing income tax returns for low-income Seniors.



For current club information and monthly activities, click on the link below.

<u><i>Sports & Games</i></u>	<u><i>Personal Interests</i></u>	<u><i>Social Activities</i></u>
Bridge http://www.activitiesunlimited.org/page28.html	Book Club http://www.activitiesunlimited.org/page18.html	AU Guys Band http://www.activitiesunlimited.org/page25.html
Golf http://www.activitiesunlimited.org/page12.html	History Club http://www.activitiesunlimited.org/page64.html	Care & Concerns http://www.activitiesunlimited.org/page26.html
Hiking http://www.activitiesunlimited.org/page13.html	Gardening Club http://www.activitiesunlimited.org/page20.html	Project Outreach http://www.activitiesunlimited.org/page40.html
Skiing http://www.activitiesunlimited.org/page17.html	Computer Technology Club http://www.activitiesunlimited.org/page45.html	Dinner/Dances http://www.activitiesunlimited.org/page38.html
Tennis http://www.activitiesunlimited.org/page16.html	Investment Study Club http://www.activitiesunlimited.org/page19.html	Transportation http://www.activitiesunlimited.org/page27.html
Pickle Ball http://www.activitiesunlimited.org/page16.html	Photography Club http://www.activitiesunlimited.org/page61.html	Trips and Tours http://www.activitiesunlimited.org/page29.html
Chess http://www.activitiesunlimited.org/page59.html	Public Discussion Group http://www.activitiesunlimited.org/page23.html	
	Stock Club http://www.activitiesunlimited.org/page22.html	
	Science Club http://www.activitiesunlimited.org/page24.html	

Trips, Tours & Special Events Calendar

Checks for these events, payable to Activities Unlimited accepted at the monthly meeting. Sign up sheets are nice, but money talks. Get your check in ASAP, don't wait 'til it's too late.

Due to the Coronavirus

2021 Trips and Tours are On Hold

We hope to see all of you soon.

Meet The Clubs



Trips & Tours



During the year, trips and tours plans one-day trips to various interesting places in the tri-state area. These trips are for both members and their wives/companions.

The trips are organized by our T&T members. A few examples of some of our past trips are Liberty Park Science Center, NYC stage shows, ball games, botanical gardens, music and dance luncheons etc. We have also taken extended trips to Europe, South America and the United States, both land and cruise

We welcome all AU members to join us in planning these trips. We meet once a month in the morning on the second Tuesday.

For more information contact:

John Caikowsky, johncaikowsky@optonline.net, or **Don Wasson**, donwas@verizon.net



The Golf Club

The AU golf group was very active last year. We played the full season into November. Competition was tight and the winners were determined. We did have to forgo the awards luncheon in December because of Covid.

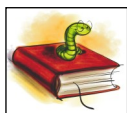
The 2020 winners will receive their prize money on opening day, April 15, 2021.

We have 20 "regular" members and over 10 "subs" this year. We play at the Paramus Golf Course The 2021 season will run until the end of October.

In addition, we have organized our annual golf outing at the Farmstead Golf Course on June 30. All members of AU are invited to attend. The cost is \$85 for breakfast, golf, a cart, lunch and trophies.

We hope to have the awards lunch this year in December 2021.

Any question contact Jim Webb jimwebb@optonline.net



The Book Club

The Book Club is an activity for both casual and/or serious readers of books. We meet every 3rd Wednesday of the month at 9:30 AM in the Memorial Room of the Wyckoff Reformed Church.

We discuss 2 books that have been suggested by members at a meeting 2 months previously, giving members reasonably sufficient time to read either one or both, although it is important to know that reading any of the selections is not a requirement to attend a meeting. Both fiction and nonfiction books can be candidates.

Each meeting starts with a summary of the first book to be discussed. We then open up to what is usually a wide general discussion of the work that might include the author's style, how he/she treats the subject matter, the subject itself, etc. That's followed by book #2.

Within a day or two of each meeting the Club Chairman writes a summary of the meeting to include salient points covered, as well as the names and authors of the books recommended for the next two meetings, and distributes the summary via email to all members.

We earnestly encourage and welcome any AU member to attend our meetings and either join part of the discussion or just enjoy the commentary. Any questions contact either:

Vince Tortorelli, carvince@aol.com 201-316-2961 or **Marty Valerio**, marty@hyregulatory.com 201-394-2938



The History Club

Our goal in the History Club is to inspire more people to interact with the past. This is a fun way to share your interest in history with other likeminded individuals. We started this History Club 6 years ago and it has become one of the most popular club in the AU. We presently have 92 members and averaged 40 to 50 attendees in the monthly meeting pre-Covid-19 down to 28-38 with Zoom teleconferencing. Our presenters/speakers emanates from the group who presented fascinating, informative and provocative subjects. The subject matters vary widely from economic, war and peace, politics, revolution, medicine and science, cultural struggle, arts, religion and the rise and fall of empires.

The following fascinating subject matters were presented in the History Club for the past year. The speakers came from the group or invited guests.

These were the topics present during the past year: (1) Hiroshima and Nagasaki-Revisited. (2) The Zulu Nation: From Shaka to Cetshwayo and the Anglo-Zulu War of 1879. (3) The History of Early Islam and its Spread. (4) The Three Most Important Days in American History. (5) The Health History of the United States Presidents. (6) The History of Medicine.

All are welcome to join and anyone can give a presentation on any subject matter that he is interested.

Chairman: **Pablo Catangay** 201-684-1217 pcata123@optimum.net



Stock Market Club

Are you interested in investments in publicly traded stocks? The AU Stock Market Club provides a forum for both novice and seasoned investors to share investment ideas and to participate in the stock market for fun and profit. We presently have 23 members, some with little or no investment experience, who meet twice monthly, currently via a Zoom meeting. Market conditions are discussed as well as individual stocks for trading. While 2020 was not a good year in many respects, it was a good year for our investments. With a stock portfolio of approximately \$190,000 we earned \$2,300 in dividends and \$58,700 in capital gains. Our Net Asset value in 2020 increased by 22.1%, besting the S&P by 5.9%

All AU members are invited to join and more information can be found on the AU Website under “Activities”.

You are welcomed to call **Frank Nusspickel**, Senior Partner, at 201-739-5773 (Cell) or 201-891-9099 (Home)

The AU Guys Band



AU Guys is the name of the Activities Unlimited Band of talented musicians, playing jazz and old-time standards, and doing the things they wanted to do when they were too busy making a living and raising a family. AU Guys play at the AU meetings each month during the brown bag luncheon, the AU luncheon/dance each year, have appeared at the Bergen County Seniors’ Picnic during the past few years, and are regular performers at the NJ Vets Home in Paramus, as well as several other Seniors’ Club functions in the area. It took a while to round up enough musically talented members to join the band, (of course new members are always welcomed), but now there is a full complement,

The band meets at the Midland Park VFW Hall Wednesdays from 9:30 am to 12:30 pm.

For more information contact:

John DeSantis at 201-447-0256 or by e-mail at

Project Outreach



This activity began in January 2012 with a mission to help a non-profit charity by supplying manpower to assist in the endeavors of said charity. After a review by the AU Executive Board the Northside Food Pantry in Paterson, NJ was chosen among six (6) candidates. The conduit for our sweat equity contribution is the Wyckoff Reformed Church (WRC) and all activity takes place at their building located in Heneveld Hall at 580 Wyckoff Avenue, Wyckoff, NJ. Each Thursday at 9:00 AM two Project Outreach members, referred to as Baggers, place on shelves the grocery bags that the women of WRC fill with donated goods. This event takes approximately 1 and ½ hours to complete.

The second aspect of our participation consists of three Project Outreach members, also at Heneveld Hall, helping to unload the food goods truck once a month. This requires some degree of stamina. This activity takes approximately 1 and ½ hours to complete, the activity takes place usually the second or third Thursday of the month at 11:00 AM. These three (3) AU individuals are called Unloaders and work with some of the male members of the WRC to complete the job of unloading and storing the food that the WRC ladies will put into bags for pick-up and distribution by the Northside Food Pantry. The work is fulfilling and is a small way of “giving back” to society and the needy.

Our current roster allows the members to work one shift as either a Bagger or Unloader once every two AU Chairmen for Project Outreach is .

New members are always welcome as we seek to expand our participation in other worthy charities in the future.

Chairman: **Joseph Pullaro** (201) 337-0018 or Cell (201) 378-8378