

Activities Unlimited General Meeting
Tuesday, July 13, 2021 - 1:00 PM at the Midland Park VFW, 100% in person
See page 7 for direction to VFW

Our speaker for the July 13 general membership meeting at 1 PM will be **Eirene D. John, MD – Men’s Health**

Are you a man that tends to take better care of your car or a favorite electronic gadget than your own health? Ignoring your health can have dire consequences. Learn about the top health symptoms that can occur in men that deserve attention.

The topics will include cardiac screenings, cholesterol, prostate health. Our speaker this month will be Eirene D. John, MD who specializes in Family Care and Internal Medicine. Her practice is with the Valley Medical Group in Fairlawn. She is certified by the American Board of Family Medicine

Obituaries

Robert P. Mulligan, age 97 of Wyckoff, went to be with the Lord on Sunday, May 30, 2021, at his home.

We are sad to report that Fran Manobianco, wife of AU member **Dominic Manobianco**, has pass away.

NOTE FROM THE PRESIDENT

Summer is here. We just had a great Barbecue at and with the YMCA. SAU was represented by 150 attendees. The weather was magnificent, and the AU Band was fantastic. What more can we ask for? Let’s have it continue.

Trips & Tours has sold out the Portobello July 12th luncheon and more will be coming. Physical attendance at many of the activity clubs has increased. We have not forgotten what it was like before this all began 17-18 months ago. I hope you are all feeling good and are looking forward again.

We are getting used to meeting at the VFW (28 Fanar Road, Midland Park 07432). Our upcoming General Meeting (July 13th) will be a 100% **physical** meeting. I hope to see many of you show up. Parking rules are – There are about 21 parking slots at the VFW lot, after that you can park on the street, and then along the left wall of the assisted living facility just about 30-40 feet away.

I look forward to seeing you at our meeting.

Make sure you read **Doug Cooper’s** column to the left where he tells you about our speaker for the July General Meeting on the topic of “Health - Senior Men – What Not to Ignore”.

Remember, with the weather improving, AU has a number of outside activities available (golf and hiking to mention a few). Take a look in the Newsletter to see what is offered. Please don’t hold back, join in.

Make sure you read the entirety of this Newsletter. Don’t stop on page one. There are many items of interest as well valuable information about upcoming events.

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
1st 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

On June 16, 2021 Activities Unlimited had it's first major event since Covid-19 shut us down. It was the joint BBQ with AU and the YMCA's AOA. There were 150 AU members and 50 YMCA seniors in attendance. The AU Guys provided the entertainment. Everyone had a good time and enjoyed the first of many in person events; just keep an eye on Trips and Tours, page 3, for upcoming events.

For more photo see pages 4 & 5.



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



Trips, Tours & Special Events Calendar

2021

Monday, July 12, 2021 at 1:00 pm; Portobello Italian Restaurant **SOLD OUT**
Larry Restieri, any question contact Larry at 201-825-5843.

UPCOMING EVENT—September, 2021
AU Annual Social at the Upper Ridgewood Tennis Club

A MEMBER FAVORITE

Additional information will be in the August Newsletter and an e-mail blast.

2022

Canada Cruise —The cruise, aboard Royal Caribbean’s “Oasis of the Seas” will leave from Port Liberty, Bayonne, NJ on Sunday, June 5th, 2022 and return on Friday, June 10th, 2022.

Below is the itinerary:

Sunday, Cape Liberty, New Jersey, Departs At 4:00 PM

Monday, Cruising, Day At Sea

Tuesday, Halifax, Nova Scotia, From 7:00 AM - 5:00 PM

Wednesday, Saint John, New Brunswick (Bay of Fundy), From 9:20 AM - 9:25 PM

Thursday, Cruising, Day At Sea

Friday, Cape Liberty, New Jersey, Arrives At 6:00 AM

Itineraries are subject to change without notice

The cost until July 7th, 2021 based on 2 people per balcony stateroom on deck 9, midship is:

Fare	\$707.00 per person
Taxes And Fees	\$147.95 pp
Total	\$854.95 pp

A \$100 deposit is required at time of booking. The actual cost will be based on the group rate for the stateroom you choose at the time of your booking.

Lou Guarneri will regularly check with RC to see if better rates become available before final payment is do, you can apply for the lower fare if you choose.

We strongly recommend that you consider purchasing travel insurance either from Royal Caribbean or a private insurance. **AU assumes no liability for this trip.**

To make your reservation, call Royal Caribbean directly at **1-800-465-3595 Option 4**. Tell the agent that you are a member of the Activities Unlimited group and give them the group number. Our Group Number is **5503842**.

Please email me when you make your reservation, include your stateroom number.

John Caikowsky,

Any questions, contact John at, johncaikowsky@optonline.net or 973-599-1056





AU IS BACK



Public Discussion Group

The next meeting will be on Wednesday, July 14th at 1 pm at the Midland Park VFW post. All attending AU members are required to be vaccinated. The topics suggested are: Why is it difficult to find employees? How should we describe the “Spirit of America” these days? What in the world is being taught in college these days? And finally, why do so many millennials prefer “socialism” over “democracy?” We look forward to a friendly and lively discussion from which we can all learn.



Science

The Science Club

The Science Club will take its summer recess for the months of July and August. Meetings will resume in September.

Thank you to everyone who has given talks previously, and we hope that additional members will be able to do so—please contact us for information and help etc.

Jack Yurasek (201-337-4433) [Email--Jyurasek@aol.com](mailto:Jyurasek@aol.com)
Harry Bennett (201-803-1475) [Email--harben@optonline.net](mailto:harben@optonline.net)



The History Club

The History Club had its first face to face, live meeting at the VFW without Zoom teleconferencing on May 25. The topic was "Moe Berg- The Major League Catcher Who was a Spy." The speaker was **Tony Mastandrea**, for synopsis of the talk, refer to the History Club website. There were 41 attendees, a very good turnout.

The History Club had its second live, face to face meeting at VFW on June 22. The speaker was **Edward Wong**, his topic of presentation was "The Past and Current Events in Hong Kong." There were 35 participants.

There is no Meeting in August.

Pablo A. Catangay

Monthly Club Meeting Schedule		
	VFW	VFW
Week	Tuesday	Wednesday
1st	8:30 Stock Club (current) 10:30 Photo Club (TBD) 1:00 - Garden Club (TBD)	9:00 - 12:00 Au Band (current) 1:00 Dup. Bridge (current)
2nd	1:00 - Gen Meeting at VFW	9:00 - 12:00 Au Band (current) 1:00 Public Discussion Club (current)
3rd	8:30 Stock Club (current) 10:30 Science Club (current) 1:00 Investment Club (TBD)	9:00 -12:00 AU Band (current) 1:00 Dup. Bridge (current)
4th	10:00 Computer Club (TBD) 1:00 History Club (current)	9:00 - 12:00 AU Band (current) 1:00 Dup. Bridge (current)

For further information contact: **Harry Bennett**, harry.bennett@bennett.com

Directions to VFW, 28 Faner Rd, Midland Park, NJ (enter address into your navigation system and go).. Or see maps below and on next page.



Continued on next page.

