

Activities Unlimited

Volume XXXVI Issue IX

September, 2022

Activities Unlimited General Meeting Tuesday, September 13, 2022, 12:00 Noon Christian Reformed Church, Fellowship Hall 183 Godwin Ave in Midland Park

Guest Speaker— Curtis Springstead
Topic: Six Pillars of Brain Health

Curtis will return as our guest speaker. He is a member of the AARP NJ Speakers Bureau presenting on several topics of interest to seniors. During his 40 career he held many of the roles in Information Technology in a variety of industries. Curt was also a trainer and professor part time for 30 years. Volunteering has been a part of his life since college and today in addition to his work with AARP he is a Certified Mentor for SCORE providing free support to small business owners and startups.

The Six Pillars of Brain Health workshop 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.

Obituary

It is sad to report that Pat Alber wife of long time AU member **Jack Alber** passed away on August 21, 2022

NOTE FROM THE PRESIDENT

Fall is fast approaching and as noted last month, we have an active social calendar. In addition, we will be electing new officers for the Executive Board and the nominating committee has been speaking to some of you about your interest in serving as a board member. If no one has approached you and you have an interest, please let Bob Dauer know and he will pass your name on to the committee.

Our new meeting site is the **Christian Reformed Church at 183 Godwin Ave., Midland Park**. This is a much larger facility and will hopefully address the issues found at the Franklin Lakes Ambulance Corp building. Parking is directly behind the church buildings and is accessed from Van Blarcom Ave. which is parallel to Godwin. You can turn up Princeton Ave. from Godwin to get behind the church, or you can connect directly from Goffle Rd. The meeting is in the Fellowship Hall, accessed via the glass door on the back of the building.

In addition, we are still looking for a person to work with **Don Kirkpatrick** on the website, with the objective of their becoming the new Webmaster in 2023. Likewise, **Lou Guarneri** needs to step down from his position as the Newsletter Editor. Please contact Lou or Don if you have an interest in these activities. It is a great opportunity to serve the club and to learn something new.

I am pleased to announce that **Marty Valerio** accepted the position of Communications Director for the club. This position came out of our Club Chair meeting in June. He will be circulating a periodic document outlining upcoming club meetings with their times, topics, location, etc. in place of the individual announcements, you may be receiving now.

Please read the whole newsletter and in particular look at the upcoming Trips and Tours section which outlines the Fall Social, the Member Breakfast, the YMCA wellness day, the New Jersey Tenors, and the December Dinner-Dance. Get your money in to the respective event chairs so you do not lose your place. I look forward to seeing you all at the **General Meeting on September 13, 1 PM.**

Membership dues for 2023 must be received no later than December 31, 2022. Send your check for \$50.00, payable to "Activities Unlimited", with "2023 dues" in the memo line, to:

Marty Valerio, Assistant Treasury - Activities Unlimited, 344 Valley Road, River Edge, NJ 07661

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



2022 OFFICERS



Doug Cooper
President
908-907-1112



Harry Bennett
1st Vice President
201-891-9527



Jim Atieh
1st Vice President
201-315-5346



Rich Bernarde
Secretary
201-337-5238



Mike Kelley
Treasurer
973-839-6470



Marty Valerio
Assistant Treasurer
201-262-8966

COMMITTEES & CLUBS				COMMITTEES & CLUBS			
Click on BLUE Group name to go to it's web page				Click on BLUE Group name to go to it's web page			
GROUP	CONTACT	PHONE	MEETING	GROUP	CONTACT	PHONE	MEETING
AU Guys Band	John DeSantis	201-447-0256	1,3&4 Wed 9 am Midland Pk VFW	Luncheon	John Abrahamsen	john.abrahamsen.bnp@gmail.com 201-739-8589 Selected restaurants by invitation only	
Bocce	Walt Widmer	201-562-8666	M,W,F 1:00 pm Ramsey Courts, Oak St		Mark Cohen		
Book Club	Vince Tortorelli Marty Valerio	201-447-3718 201-394-2938	4th Wed 9:30 am Larkin House	Membership	Dave Voehl Dick Hensch	973-227-6981 201-891-1309	
Database Committee	John Abrahamsen Jim Webb	201-739-8589 201-337-7982		Newsletter	Lou Guarneri Dick Hensch	201-847-1981 201-891-1309	
Dup. Bridge Rub.	Tom Meloro	201-560-0169	Every Wed 1 pm Larkin House On Hold	Pickleball	Ken Frisco Tim Tracy	201-848-5595 201-560-8911	Tue & Thur. 9:00 Wyckoff Public Tennis Courts
Care-Concern	Marty Valerio	201-262-8966		Project Outreach	Joe Pullaro	201-337-0018	
Chaplain	Rev Andy Kadzban	201-485-8589		Photography	Murry Perl Sam Ohan	201-446-7357 201-825-0437	1st Tue 10:30 am Midland Pk VFW
Computer Technology	Don Kirkpatrick Fred Theile	201-337-5666 201-825-7541	4th Tue 10:00 am Midland Pk VFW	Public Discussion	Walt Widmer Tom Butler	201-562-8666 201-934-8161	2nd, Wednesday 9:30 at Ambulance Corp Franklin Lake
Garden	Fred Theile	201-981-1801	1st Tue 1:00 pm Midland Pk VFW	Refreshments	Jim Forbes John Gannaway	201-825-0523 201-485-7881	
Golf	Bill Bryne Jim Webb	201-447-5064 201-337-7982	Tues & Thur. 10:50 Paramus Golf Club	Science	Harry Bennett Jack Yurasek	201-891-9527 201-337-4433	3rd Tue 1:00 pm Midland Pk VFW
Long Hiking Short	Don Kirkpatrick Rick Sneyers	201-337-5666 973-248-6625	Mon 9:00 am WRC-Parking Lot	Skiing	Bud Brooks	201-327-6649	Snow
	Fred Theile	201-981-1801	Mon 9:30 am WRC -Parking Lot	Sponsor Liaison	Jim Mallen	201-485-8589	
Historian	Victor Pizzolato	201-612-0038		Stock	Frank Nusspickel John Abrahamsen	201-891-9099 201-848-8037	1st & 3rd Tues. 9000 am Midland Pk VFW
History	Pablo Catangay Tony Mastandrea	201-684-1217 201-327-8832	4th Tue 1:00 pm Midland Pk VFW	Tennis	Dave Burleigh Bob Meyers	201-762-3707 310-254-8699	M, W & F Time & Place Seasonal
Investment Study	Dennis LaBarbera	201-391-0471	3rd Wed 1:00 pm Midland Pk VFW	Transportation	Frank Nusspickel	201-891-9099	
				Trips/Tours	John Caikowsky Don Wasson	973-599-1056 201-891-1873	2nd Tue 9:00 am Midland Pk VFW
				Web-Master	Don Kirkpatrick	201-337-5666	



Trips & Tours



Trips, Tours & Special Events Calendar

Thursday September 15, 2022, AU Annual Social, Upper Ridgewood Tennis Club

(URTC), 915 Glenview Rd, Ridgewood, NJ. from 6:00 pm to 9:00 pm. This location is approx. 15 minutes from the Wyckoff Reformed Church, and directions will be provided. We're looking forward to our newer members joining us as it is a great way for them and their wives/significant others to meet everyone in a casual social environment. No one will leave hungry as there will be plenty of food, along with wine, soda and water.

Please send your check for **\$40.00 pp** payable to **Activities Unlimited** to:
George Lewis, 45 Walnut St West, Mahwah, NJ 07430

Wednesday, OCTOBER 19, 2022, MEN'S WELLNESS DAY

Activities Unlimited & the Wyckoff Family YMCA.
SAVE THE DATE. See page 6 for details.

Friday, October 21, 2022 Straight from Broadway, "The Jersey Tenors"

Hunterdon Hills Playhouse, 88 State Route 173, Hampton, NJ 08827

Enjoy the music of Frankie Valli and the Four Seasons, Sinatra, Bon Jovi, Springsteen, Queen, Journey, Elton John, Billy Joel and more..... A table-served luncheon with outstanding deserts starts at 11:30am sharp and will precede the show. Please arrive a half hour earlier in order to be checked in and seated. Space is limited all checks must be received no later than October 1, 2022. Wives/Significant Others are invited. This is a self drive event. Make checks payable to **ACTIVITIES UNLIMITED** in the amount of \$77.00pp and mail to:

John Caikowsky 26 Donna Drive, East Hanover, NJ 07936. Please include cell phone number with check.

Contact John: johncaikowsky@optonline.net or 973-599-1056

Monday, December 5, 2022, Activities Unlimited 35th

Christmas Dinner Dance.

See Page 6 for details and page 7 for registration form.

Upcoming Club Activities

BOCCE

All A/U members are invited to join the group at the Ramsey Courts, Oak St
Monday, Wednesday, and Friday at 1:00 pm.
Questions call: **Walt Widmer** 201-562-8666. It's easy and fun.

Computer Tech. Club

Our next meeting is on Tuesday, September 27, 2022, via Zoom and in Person ... The main topic to be determined. **Please forward to me suggested topics for future meetings**

Donald A. Kirkpatrick (201-759-3795) or dakirkpt@verizon.net

History Club

The History Club meeting is on September 27 at 1 PM. The speaker is **Tony Mastandrea**. The topic is "The Black Sox Scandal, 1919 (World Series), and the Truth and Tragedy of Shoeless Joe Jackson." This in "person meeting" at VFW- Midland Park.

Pablo A. Catangay: 201-394-4832; pcata123@optimum.net

Public Discussion

The next Discussion Group meeting is Wednesday, September 14, 2022 at 9:30 am at The Franklin Lakes Ambulance Corp

Questions call: **Walt Widmer** 201-562-8666

Science Club

The September 20th meeting will start at 1:00 PM and be a **live meeting only** at the Midland Park VFW.

If you have any questions, please contact: **Jack Yurasek**: 201-314-0258 or **Harry Bennett**: 201-803-1475

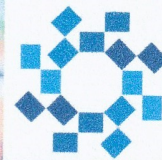
Trips & Tours

The next meeting will be September 13, 2022 at the Midland Park VFW at 9:30 AM

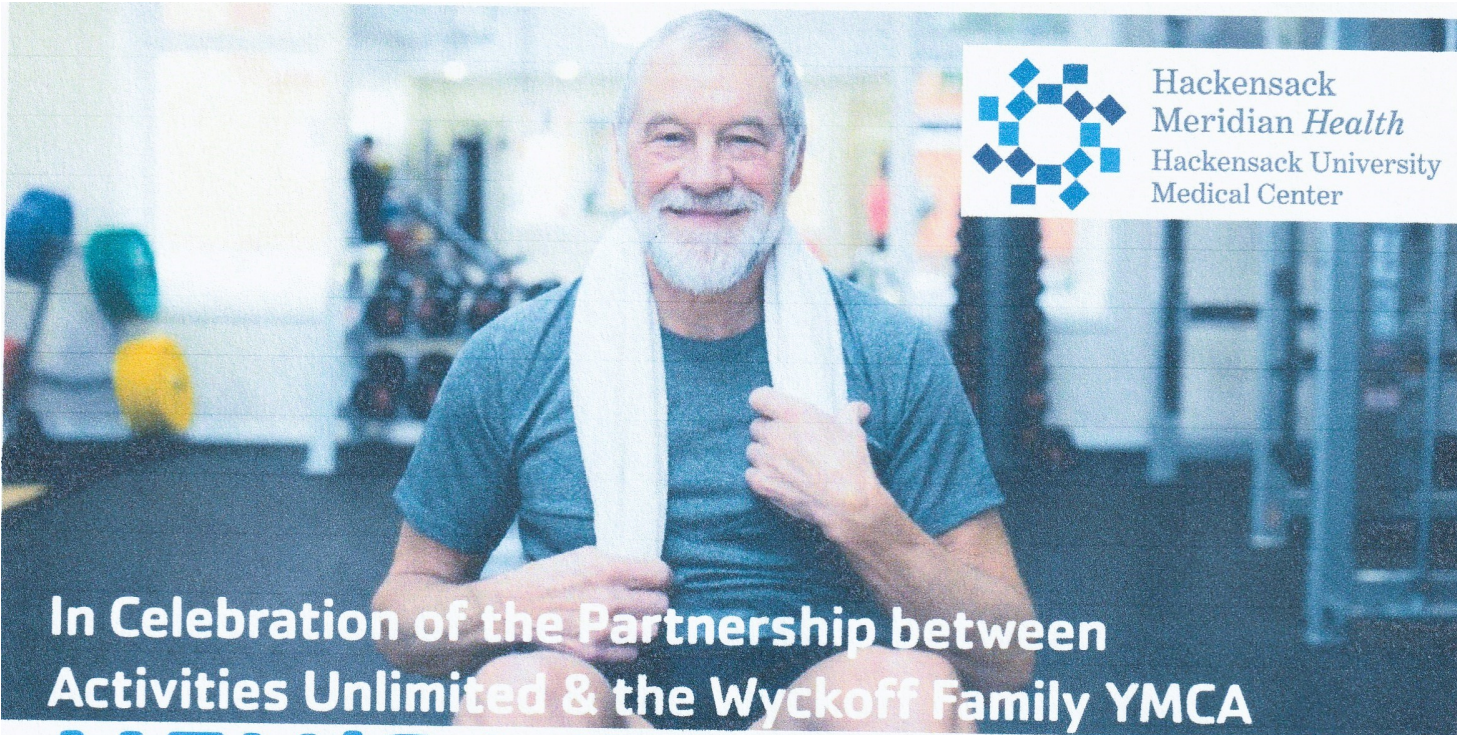
If you would like to join T&T, please contact **John Caikowsky** at:
johncaikowsky@optonline.net or 973-599-1056

Pickleball

Play will start at 8:30 AM every Monday, Wednesday and Friday, at the Wyckoff tennis/pickleball courts. Anyone interested in playing should contact **Ken Frisco**:
Cell # 973-919-6704, Home 201-848-5595, kenfrisco@aol.com



Hackensack
Meridian Health
Hackensack University
Medical Center



In Celebration of the Partnership between
Activities Unlimited & the Wyckoff Family YMCA

MEN'S WELLNESS DAY

Wed., OCTOBER 19

from 9:30am-1:30pm

Location: Gym 1, Wyckoff Family YMCA

We are excited to announce that the YMCA will be hosting Men's Wellness Day! You're reading about it in all the magazines...join us at the Wyckoff YMCA and hear for yourself how to stay your physical, mental, and emotional best throughout the rest of your life. More information to follow! A healthy Lunch will be served!

TOPICS TO INCLUDE:

"Below the Belt" – A discussion on prostate health and the latest research led by Dr. Nitin Yerram, Co-Director of Urologic Oncology, Director of Urologic Research at John Theurer Cancer Center at Hackensack University Medical Center.

"Give Back & Live Well" – Research shows that volunteerism fights depression, and anxiety for adults over 60. Discussion of the benefits of purpose and giving back.

"Alternative Approach to Wellness" – Topics to include Reiki, acupuncture, aromatherapy, reflexology & more!

"Is Sitting the New Smoking?" – Learn why sitting is hazardous to your health (even after you went to the gym!) Discover why the MIND (hybrid of the DASH and Mediterranean) diet can boost your brain power. Food demonstration by our very own Chef Angie.

AU Member: \$20 per person Make Checks out to Activities Unlimited.

Send Checks by OCT. 7, 2022 to Mike Kelley at 19 Serpentine Rd. Ringwood, NJ 07456

Questions? Contact: josephpullaro@hotmail.com



ACTIVITIES



UNLIMITED

You and your guest are invited to the
Activities Unlimited
35th Christmas Dinner Dance

Where: Seasons, Washington Township
When: December 5, 2022
Time: 5:30 p.m. to 9:30 p.m.
Cost: \$89.50 / person

Invite A Non-member

If you have a friend who is curious about AU, or interested in joining AU or you think may become interested in joining AU if he had the opportunity to experience one of our events first hand, the board has given the green light for you to invite a non-member to our 35th Christmas Dinner Dance. No Obligation.

96 Days Until
December 5, 2022

AU Officers 2022

- Douglas Cooper, President
- Harry Bennett, 1st Vice President
- Jim Atieh, 2nd Vice President
- Mike Kelley, Treasurer
- Marty Valerio, Assistant Treasurer
- Rich Bernarde, Secretary

Christmas Dinner Dance Chairmen

- Bill Mastellon
- John Murphy



Return the attached reservation with payment to Bill Mastellon



ACTIVITIES



UNLIMITED



**Thirty-Fifth Annual
Christmas Dinner Dance**

Location: Seasons – 644 Pascack Road Washington Township, NJ

Date – Monday, December 5, 2022 Starting at 5:30 PM and Ending at 9:30 PM

Cocktail Hour – Hors D’oeuvres & Open Bar – 5:30 PM—6:45 PM (same format as previous years)

Dinner – Choice of Entrée with Open Bar – 6:45 PM—9:30 PM. Selection of Beef, Chicken or Fish

Dance to music by Peter Lieberman

Price – \$89.50 per Person —Make Checks Payable to **Activities Unlimited**

Return Reservation Form to: Bill Mastellon Email— wjm8666@gmail.com
With Check 101 East Oak St — Unit G-6
 Oakland, NJ 07436 (201) 447-1417

Reservation – Received Cutoff Date is Saturday 11/12/2022 With Your Payments

Cancellation – Received Cutoff Date is Monday 11/21/2022 for Full Refund

For group table reservations of 5 or more please include all names and checks for the table



Reservation **\$89.50** per person
 Make Checks Payable to: Activities Unlimited

Member Phone Number (____) _____

email: _____

1 _____

Member (First) - **Please Print** - (Last Name)

2 _____

Guest (First) - **Please Print** - (Last Name)

If you have a preference to sit with friends at the same table **PLEASE CONFIRM** with them and list their names on the right. - Example: one name per line — 3 Bill Smith, 4 Mary Smith. **For group table reservations of 5 or more please include all names and checks for the table.**

Check Box for random table seating
Reservation Received cutoff date is 11/12/2022
Full payment must be included with All Reservations
Cancellation cutoff date for a Full Refund is 11/21/2022

Alt. Reservation Contact—John Murphy (201) 723-4404 email—Deltasp69@aol.com

First Name - Please Print - Last Name
3
4
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12
Table seating preference and table location is assigned in the order that payment is received.

Confirmed Members and or Guests that you would like to seat with