



**Activities Unlimited
General Meeting**
Tuesday September 10, 2024, 12:30pm
Wyckoff Reformed Church, 580 Wyckoff Ave.

NOTE FROM THE PRESIDENT

Summer is over and Fall is fast approaching. The kids are all getting ready to go back to school and college.

In September Activities Unlimited resumes its Fall schedule of meetings and special events. To celebrate the return to our schedule we are welcoming you back with a free pizza lunch starting at starting at 1:00pm. The Board wanted to welcome you all back to resume our full schedule of club, meetings.

Don't miss the September General Meeting. Tom Donch; is presenting Andy Van Orden and Eileen DeBel from Christian Health. They will be sharing valuable insights on how to plan your future. Your wives and significant other are also invited to participate in the meeting.

Please review this Newsletter to refresh yourself on dates, times, topics and locations for all of your favorite activities.

The Fall schedule includes the the AU Annual Social on Thursday, September 12 from 6 to 9pm It is held at the Ridgwood Tennis Club. See page 6 of the Newsletter for further details.

October has our annual breakfast held at the Brickhouse. Then we have the YMCA Men's Health ands day on October 16. The Oktoberfest in November November is our members only annual meeting where we are selecting new officers. December is our Annual Dinner Dance held at Seasons. Watch for details in our Newsletter (see page 16).

I look forward to seeing you all at the General Meeting on September 10, 2024 12:30pm

Thank you, Jim Atieh, President

By Law– Up- Date

At the May Executive Committee meeting the Board approved amendments to the By Laws.

In accordance with By Laws Article XI “Amendments” the by laws must be published in two prior Newsletters (in this case June and July) and announced at one General Meeting (June) before members vote at the September General Meeting.

To Members: The Executive Committee requests your support in the approval of these amendments. Mark your calendar to attend the September General Meeting. Members can attend as many times as they want to show their support.

An amended copy of the By Laws, dated September 10, 2024 will be posted in the Archive section of Web page for review before voting at September’s General Meeting.

Marty Valerio

Communications Committee

201.394.2938 cell

marty@hyregulatory.co

JOIN US !

JOIN US !

AU Annual Breakfast
and General Meeting

October 8, 2024

**The Brick House
179 Godwin Ave.
Wyckoff, NJ**

**Full Breakfast Buffet
Coffee, Tea, Juices**

Guest Speaker TBD

\$18 ea.

Doors open 8:30 AM

Mail check payable to 'ACTIVITIES UNLIMITED' to:

**Gaspar Lesznik
747 Wyckoff Ave.
Wyckoff, NJ 07481**

Questions?? gaspar.lesznik@gmail.com

General Meeting Agenda Thinking About Your Life-

Are you thinking about your future but feeling unsure about what lies ahead? Imagine a place where every need is met with comfort, care, and community – a place where transitions are smooth and your well-being is always the priority. By understanding the continuum of care, you can ensure you are supported with the right services and lifestyle options in each stage of your life. In this presentation, Andy Van Orden and Ellen DeBel from Christian Health will share valuable insights on how to plan for your future and explore our diverse options available for older adults, demonstrating how this understanding can enhance engagement and significantly improve quality of life.

Andy Van Orden, PT, DPT, MBA, LNHA, serves as the Vice President-Administrator of Windmere and Christian Health Special Projects, which includes Home Care Options. With over 13 years of experience in the aging services field, Andy specializes in Health and Wellness services across the continuum of care. He has led teams in various settings, including Outpatient and Subacute Rehabilitation, Wellness programs, Home Care, and Hospice services. His leadership and expertise have consistently driven improvements in patient outcomes and team performance.

Ellen DeBel, RN-BC, C-AL, CDP, serves as executive director of The Vista, Christian Health's premier continuing care retirement community. In her 43 years with the organization, Ellen has held various positions on nearly every level of care throughout the senior living continuum, including nursing assistant, nursing supervisor, clinical educator, director of Health Services, and wellness coordinator. As executive director of The Vista, Ellen is responsible for overseeing sales, increasing occupancy, and monitoring all operations in the community – from fitness to activities to dining to cleanliness and maintenance.



ACTIVITIES UNLIMITED



2024 OFFICERS



Jim Atieh
President
201-315-5346

Tom Donch
1st Vice President
201-376-8824

Gaspar Lesznik
2nd Vice President
201-774-8608

Rich Bernarde
Secretary
201-337-5238

Mike Kelley
Treasurer
973-879-4590

Scott Japko
Assistant Treasurer
201-788-5516

Welcome New Members

John J. Clary (Jeanne)	22 Norman Dr Ramsey, NJ 07446	Discussion, Golf, Photog- raphy	H: 201-825-7845 C: 201-783-4297 hogan40@verizon.net (Attorney)
Marty E. Gurian (Merri)	32 Sleepy Hollow Rd Upper Saddle River, NJ 07458	Discussion, Science	H: 201-264-2605 C: 201-264-2605 merri3@verizon.net (Engineer Textile)
George Rosazza (Carol)	47 Lakewood Ave Hohokus, NJ 07423	Discussion, Gardening, Investment, Luncheon	H: 201-444-3712 C: 201-961-2070 grosazza1@hotmail.com (Sales Industrial)
Phil R Lesorgen (Randi)	384 East Madison Ave Cresskill, NJ 07626	Book, Short Hikers, Hik- ing Long, History	H: 201-568-6346 C: 201-370-3650 plesorgen@gmail.com (MD)



Trips & Tours



The next T&T meeting will be on Tues Sept 10:00 at the Matthews Diner

Chair: **John Caikowsky**: 973-599-1056; johncaikosky@optonline.net

Upcoming events

Thursday, September 12, 2024 — The AU Annual Social will be held at the Upper Ridgewood Tennis Club, 915 Glenview Road, Ridgewood, NJ. The Social will be from 6:00pm to 9:00pm. Price and other details to follow. 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 other AU members in a casual social environment. No one will leave hungry as there will be plenty of food, wine, soda and water.

October 8 — Annual Breakfast / General Meeting at the Brick House.

October 24 — *October 16* **CHANGE OF DATE and CONTACT INFORMATION**

NEW DATE: Wednesday, October 16, 2024

SAME TIME: 11:00 AM TO 3:00 PM

SAME LOCATION: The Brownstone, 351 West Broadway, Paterson, NEW CONTACT PERSON: John Caikowsky

Join us for a fun afternoon of music and comedy by "The GB's" band. They'll entertain you with German drinking songs, make you laugh with hilarious jokes and get you up dancing with lively tunes, including polkas.

Lunch includes 1 free alcoholic drink, soup, salad, knockwurst and sauerkraut, chicken entrée, vegetables, potatoes, dessert, coffee, tea. Beer and soda at the table. Wives and significant others are invited.

Please make checks in the amount of \$59 per person (which includes tip) payable to Activities Unlimited.

Send your check to John Caikowsky, 26 Donna Drive, East Hanover, NJ 07936.

Current Month Club Activities

AU Guys

The AU Guys Band meets Wednesdays at 10:00am at the Midland Park VFW Hall. The AU Guys Band is very active.

Chair: John DeSantis: blueiii.earthlink.net; 201-447-0256.
Co-Chair: Frank Altomare: 201-410-4712; frank@altomare.us

Book Club

The September Book Club meeting will be on Wednesday, September 25, 10 AM, at Walt Widmer's house, 38 Hamilton St., Allendale. No books will be discussed; instead, members will suggest 2 books. along with a short summary of what the books are about that might be candidates for future meetings. All AU members are invited to attend, even if you are not currently a member because you might hear of a book that you may want to read. **Co Chair: Marty Valerio**

History Club Meeting- September 24, 2024, 1pm- VFW Building, 28 Faner Road, Midland Park

History Club

Our own Tony Mastandrea will present:

Only the Ball was White: The History of the Negro Baseball Leagues, 1920-1940s"

The presentation will be informative and entertaining. It will include the story of Jackie Robinson breaking the color barrier by making the major leagues in 1947 but will also describe the many who did not make it to the majors and the demise of the Negro leagues.

Any questions, contact Joe Pullaro, josephpullaro@ hot-mail.com or Gaspar Lesznik gaspar.lesznik@gmail.com

Stock Picking Contest

The August monthly winner is Bruno Bissetta. The month-to-month increase was \$9,728 or 7.7%. The year-to-date winner is Steven Howard with a year to date increase of \$80,902.

Chair: John Abrahamsen: au.club@optimum.net

Current Month Club Activities (cont'd)

Computer-Tech. Club

The Computer and Technology Club will meet on September 17th at 10:30 at the VFW. Hall New technologies videos selected by Fred will be presented by John Abrahamsen. The computer segment will address the topic "Copilot Work Hacks" which are AI applications on Windows and Apple computers.

Chair: **John Abrahamsen:** au.club@optimum.net

Tennis Club

The Tennis Club plays at the Wyckoff Outdoor tennis courts on Monday, Wednesday, & Friday at 10AM. Wyckoff Tennis Courts weather permitting.

Chair: **James Burleihge.**

Photography Club

There was is Photography Club meeting inSeptember

Chair **Murray Perl:** 201-446-7357; mdperl@gmail.com; 201-261-7276 Co-chair: **Sam Ohan:** samo993@verizom.net; 201-825-0437.

Investment Study Group

There was no Investment Study Group Meeting in August .

Chair: **Dennis Labarbera;** dennis.labarbera@yahoo.com

Stock Market Club

The AU Stock Market Club meets on the first and third Tuesday of each month. The Club meets at 9:00am at the VFW Hall in Midland Park. The next Stock Market Meeting will be September 3.

Chair: **Frank Nusspickel :**nusspickel@aol.com; 201-739-5773.

Co-Chair: **Steve Klein:**sikein7@aol.com; 201-264-1654.

Current Month Club Activities (cont.)

Science Club

There will be no September Science Club in September. Plans for the September Meeting are underway. We desperately need new presenters, with new topics for the Fall (thank you to those who did recently volunteer). Others, please contact Marc B, Harry B, or myself. We are available and anxious to help with presentation preparation in any manner requested.

Future Plans:

A trip to a Science Museum is being considered for the Fall.

Chair: **Jack Yurasek**: jjurasek@aol.com; 201-337-4433

Co-chair: **Marc Bernhardt**: marc.bernhart@yahoo.com;

Public Discussion Club

The next meeting of the Public Discussion Club will be August 14 at 10:00am. The meeting will take place in the Franklin Lakes Ambulance Corp. building. Topic is: How does the Harris nomination change the race.

Chair: **Walter Widmer**: WalterHWidmer@gmail.com;
551-286-4045;

Co –Chair: **Tom Butler**

Safe Shooting Club

There will be an in-person meetings this month on September 25. All AU members are invited.

Chair: **Dave Hubschmit**: ski3100@aol.com;973-650-0052; Co-Chair: **Rich Beger**:gerrgb464@gmail.com

Bocce Club

The Bocce Club will play at 1 PM starting September 4th. We are waiting for replies for Pickle Ball (Ken Frisco)

On The Lighter Side

**GOLF POEM
(From Harry Bennet)**

In my hand I hold a ball White and dimpled, rather small. Oh, how bland it does appear, This harmless looking little sphere. By his size I could not guess The awesome strength it does possess; My life has not been quite the same Since I chose to play this stupid game. It rules my mind for hours on end. A fortune it has made me spend. It has made me curse and cry I hate myself and want to die. I am promised a thing called 'par' If I can hit it straight and far. To master such a tiny ball Should not be very hard at all. But my desires the ball refuses And does exactly as it chooses. It hooks and slices, dribbles, dies and disappears before my eyes. Often it will have a whim To hit a tree or take a swim. With miles of grass on which to land It finds a tiny patch of sand. Then has me offering up my soul If it will just drop in the hole. Its made me whimper like a pup, and swear that I will give it up. And take to drink to ease my sorrow. But The Ball knows...I'll be back tomorrow. ~ ~ ~ ~ ~ ~ ~ ~ ~

SHORT HIKERS AT LONG POND SUMMER HIKE





SAVE THE DATE:

**MEN'S
WELLNESS DAY
Wed., OCTOBER 16**

from 9am-1pm

- **BREAKFAST & HEALTHY LUNCH**
- **INTERACTIVE MINI-SESSIONS**
- **GUEST SPEAKERS**
- **RAFFLES & GIVEAWAYS and so much MORE!**

Pre-Registration Required. Cost: \$20

Register at WYCKOFFYMCA.ORG/EVENTS

Questions? Contact: PattyK@wyckoffymca.org



1st Announcement Version 1 — 8/31/2023/



ACTIVITIES UNLIMITED



Thirty-Seven Annual Christmas Dinner Dance

Location: Seasons — 644 Pascack Road The township of Washington, NJ 07676

Date — Monday, December 2, 2024 Starting at 5:30 PM and Ending at 9:30 PM

Cocktail Hour (AMAZING) — Hors D'oeuvres & Open Bar — 5:30 PM—6:45 PM

Dinner (OUTSTANDING) — Choice of Entrée & Open Bar — 6:45 PM—9:30 PM. Choice of Beef, Chicken or Fish with Salad and Desert

Dance and Socialize to Smooth and Easy Listening music by Peter Lieberman

Price — \$99.50 per Person — Make Checks Payable to **Activities Unlimited (\$199.00 per Couple)**

Return Completed Reservation Form With Check or Checks

To: Bill Mastellon
101 East Oak St — Unit G-6
Oakland, NJ 07436

wjm8666@gmail.com
(201) 447-1417

Reservation & Payment - Cutoff Date is Saturday 11/11/2024

No Inflation in
AU Same
price as 2023

This is the only EVENT of the 21st Century that hasn't gone up in price

For group table reservations of 5 or more please include all names and check(s) for the table

Member Phone Number (____) _____

email: _____

1 _____

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

2 _____

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

Check the Box for random table seating

If you have a preference to sit with friends at the same table PLEASE CONFIRM with them and list their names on the right.

Full payment with All Reservations

For a Full Refund - Cancellation Date is 11/19/2024

Confirmed Members and or Guests that you would like to sit at with

First Name - Please Print - Last Name

3 _____

4 _____

5 _____

6 _____

7 _____

8 _____

9 _____

10 _____

11 _____

12 _____

Table seating preference and table location is assigned in the order that payment is received.

Alt. Reservation Contact—John Murphy (201) 723-4404

email—Deltasp69@aol.com

2nd Announcement Version 1 — 9/15/2024