

Highlights from the Mountain



Blood Pressure Clinic is Back!

On June 7, between 10:00 a.m. –12:00 p.m. in the Gazebo

Come by and Participate in our health screening and wellness check

We will also be resuming our monthly screening every second Tuesday of the month starting in July 2021

Soft Opening

Starting June 7th, we will be opening our doors for members to come in and participate in indoor activities again! Below is the schedule for the weekly programs. Please refer to the calendar on our website for details of dates and time. (All classes are subject to change, if needed.)

Monday	Tuesday	Wednesday	Thursday	Friday
9:30 A.M. Bridge	12:15 P.M. Canasta	10:30 A.M. Watercolor with Peggy	June 24 10:00A.M. Current Events	12:00 P.M. Knitting
12:30 P.M. Mahjong		12:30 P.M. Bridge		1:30 P.M. Pool
1:30 P.M. Pool		1:30 P.M. Pool		

We Are Excited to Be Back!

Dear Members and Friends of Mahwah Senior Activity Center

Hello! Hope this message finds you well and safe. What can I say...it's been a heck of a year...really a year and a half of not being able to breathe without a mask and a year and a half of not being back inside the senior center. Wait no more. Things are looking up. The NJ mask restrictions have been lifted for most and we are about to move forward and open our doors again! Wooo Hoo!

We recently held our Spring Fling on the patio to not only celebrate the Memorial Day holiday but also to celebrate the “rebirth” of us at the center. It was so nice to see many of you again and meet many for the first. It was also wonderful to see your faces for the first time! You also got to meet Kendall Poland, our new Senior Center Coordinator. We are excited she has joined us. Lots of good stuff happening!

Our June 2021 calendars have been published and they include outdoor, indoor, and zoom programs. Please take the time to review and consider joining us again. As time goes on, we will continue to add programs and rest assured, we will do it very safely and comfortable for all. Although many of the restrictions have been lifted, some of you might have reservations about returning to the center, and we understand that. We are here for you if you need us. Please visit our website, mahwahtwp.org for updated information on the center, as well as news, and upcoming special events.

I once again want to thank everyone for your patience and kindness throughout this whole ordeal. The best is yet to come for us. We have learned a lot this past year. We have picked up new hobbies, we have bonded with family and some of us have even saved money! Most importantly, we have learned that we are strong, resilient, and never too old to learn new things.

So, from me to you...enjoy your summer and have a wonderful time reconnecting with your friends and family. Hope to see you soon!

Ali

Inside this issue:

- Wellness Clinic is Back! **1**
- Soft Opening Info and Schedule **1**
- Flourless Peanut Butter Cookies **2**
- Flag Maze **2**
- Peach, Cucumber Salsa Recipe **3**
- President Word Search **3**
- Answers to Word Search **4**
- Bragging Rights **4**

Meet Kendall Poland Senior Center Coordinator



Raised in Mahwah, I went to Mahwah middle school and high school. During that time, I was a cheerleader for many years and a member of the track team, running long distance races. When I attended college, I was able to spend one semester travelling to Rome, Italy and also travelled all over Europe exploring and learning with a company called Bus2Alps. A great experience. I also worked part time at an assisted living facility as a hostess, a concierge, and for the activities department in the dementia unit. I graduated from Ramapo College with a degree in psychology and a minor in creative writing and soon thereafter, began working in the activities department of a non-profit assisted living facility in Teaneck, where I eventually became the activities and outreach director for more than two years.

For hobbies, I enjoy learning about new topics, reading books, and watch documentaries. I also love to hangout with my family and cook.



Flourless Peanut Butter Cookies

Ingredients

1 cup natural peanut butter
1 cup sugar
1 teaspoon pure vanilla extract
1 large egg, lightly beaten
Coarse sea salt, for sprinkling

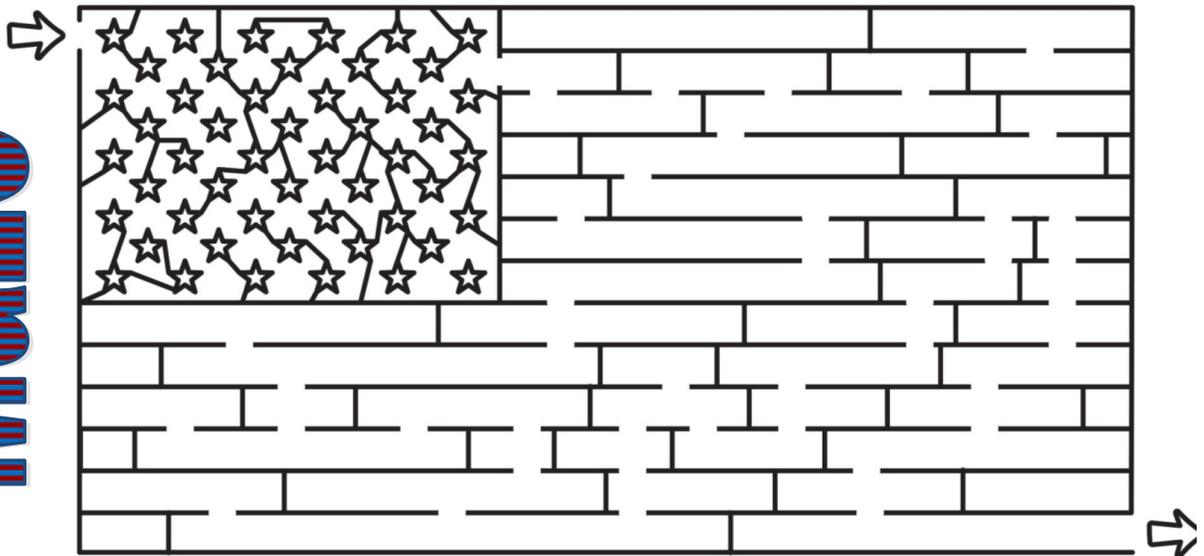
Directions

Preheat the oven to 350 degrees F and place the

racks in the upper and lower third of the oven. In a medium bowl, mix the peanut butter, sugar, vanilla and egg until well combined. Spoon 1 tablespoon of the mixture about 1 inch apart onto ungreased baking sheets. Flatten the mounds with the tines of a fork, making a crosshatch pattern on the

cookies. Sprinkle coarse salt on top of the cookies. Bake until golden around the edges, about 10 minutes, switching the position of the sheets halfway through baking. Transfer to racks to cool. Repeat with the remaining dough.

MAZE



Peach, Cucumber Salsa



Ingredients

- 1-1/2 cups chopped peeled fresh peaches (about 2 medium)
- 3/4 cup chopped cucumber
- 4 tablespoons peach preserves, divided
- 3 tablespoons finely chopped red onion
- 1 teaspoon minced fresh mint
- 1/4 teaspoon salt

Directions

For salsa, in a small bowl, combine peaches, cucumber, 2 table-
spoons preserves, on-
ion, mint and 1/4 tea-
spoon salt.

Enjoy with some chips
or chicken!

Word Search Puzzle #5H



Word List - "US Presidents"

- Abraham Lincoln
- Andrew Jackson
- Barack Obama
- Bill Clinton
- Calvin Coolidge
- Dwight D. Eisenhower
- Franklin D. Roosevelt
- George Bush
- George Washington
- Gerald R. Ford
- Harry S. Truman
- John F. Kennedy
- John Quincy Adams
- Lyndon Baines Johnson
- Richard M. Nixon
- Ronald Wilson Reagan
- Rutherford B. Hayes
- Theodore Roosevelt
- Thomas Jefferson
- Ulysses S. Grant

Meet the Team

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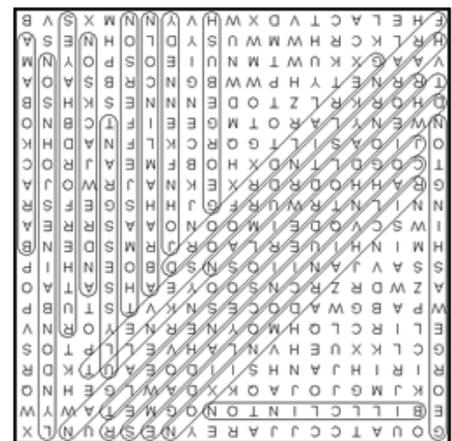
Mahwah Senior Center
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P.O. Box 733
Mahwah, NJ 07430



The philosophy of the senior movement is based on the premise that aging is a normal process and that human beings need peers with whom they can interact, who are available as a source of encouragement and support. Senior adults have the right to have a voice in determining matters in which they have a vital interest. Multipurpose Senior Centers were established to provide nutritional, health and human services to seniors in their communities. The programs, projects, and activities are designed to help meet individual, family and community needs as well as contribute to the welfare of Senior Center clients. The Mahwah Senior Activity Center is the focal point of services for seniors in this town.

[https://
www.mahwahtwp.org/2
05/Senior-Activity-
Center](https://www.mahwahtwp.org/205/Senior-Activity-Center)

Word Search Puzzle #5H - Solution



Bragging Rights

One year after a pandemic hit and all social gatherings were cancelled, postponed or celebrated on Zoom, the Gigante family had something to celebrate. On May 20, 2021 my granddaughter, Jessica Chu graduated from Providence College in Rhode Island with a B.S. degree in Marketing in a traditional ceremony on campus. After her fab four years at Providence, Jessica is seeking her first full time job in the Marketing field.. Jessica lives in Hohokus, NJ with her parents, younger sister Abby, & their rescue dog, Lukey. Abby is a Junior at Northern Highlands High School in Allendale and after a year of mostly remote learning, attended her Junior Prom on May 20, the same day as Jessica's graduation. It is nice to have special occasions on the calendar again. Good luck to the Classes of 2021 & Happy Summer to all!!! Eileen Gigante

To all of the graduates, from Kindergarten, Elementary, High School, College and Grad School...well done and congratulations!!!!

Alzheimer's Care Support Group

Call the Alzheimer's Association 24/7 Helpline (800-272-3900) anytime to receive reliable information, advice and support. Trained and knowledgeable staff are ready to listen and can help you with referrals to education, crisis control and emotional support. Care consultations are provided by master's level clinicians. Please remember you can always call us at 781-848-1963, if you have any questions.

The Mahwah Senior Center Alzheimer's support group will start up again this month via Zoom, June 15th at 2:30pm with Debby Montone from the Alzheimer's Association. We will also resume in-house support groups soon thereafter in July 2021. Details to follow shortly with Zoom link.