

PRESIDENT-John Rotante
201-391-4194-home
201-819-0553-cell

MONTVALE CALENDAR
Welcome Fall

ATTENDANCE:
DIANNE CARFORA 201-314-0141

GYM OPEN: MON-WED-FRI
8:30AM-12:00NOON -BOB DALEY
201-307-0393

Town Day at the Farm
10/18 Craig Rd (12pm-3pm)

KITCHEN:
Vince Alfano -551-427-8143
Eric Lehmann, Vic Sutera

October 2025

October 2025							November 2025						
Su	Mo	Tu	We	Th	Fr	Sa	Su	Mo	Tu	We	Th	Fr	Sa
			1	2	3	4							1
5	6	7	8	9	10	11	2	3	4	5	6	7	8
12	13	14	15	16	17	18	9	10	11	12	13	14	15
19	20	21	22	23	24	25	16	17	18	19	20	21	22
26	27	28	29	30	31		23	24	25	26	27	28	29
							30						

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Sep 29	30	Oct 1	2	3
		10:00am 12PMBOCCE 11:00am 11:45AM CHAIR YOGA 1:00pm 3:30pmMex Train/cards	Yom Kippur (no business mtg-holiday observance) Bus Mtg 10/9	10:00am 12pmBocce 11:00am 12:00pm ChairExer 1:30pm 3:30pmLadies Cards
6	7	8	9	10
10:00am 11:15amHealty bones 11:00am 12NOON CHAIR EXER 1:30pm 3:30PM MAHJONGG	10:00am 12pmBocce 1:30pm 3:30pm Canasta 1:30pm 2:15PMTai Chi	10:00am 12PMBOCCE 11:00am 11:45AM CHAIR YOGA 1:00pm 3:30pmMex Train/cards	12:00pm 2:00pmBus Mtg 2:00pm 3:00pm Book Club(The Briar Club/K Quinn)	11:00am 12:00pm ChairExer 1:30pm 3:30pmLadies Cards 5:00pm 7:45pmBingo
13	14	15	16	17
10:00am 11:15amHealty bones 11:00am 12NOON CHAIR EXER 1:30pm 3:30PM MAHJONGG	10:00am 12pmBocce 1:30pm 3:30pm Canasta 1:30pm 2:15PMTai Chi	10:00am 12PMBOCCE 11:00am 11:45AM CHAIR YOGA 1:00pm 3:30pmMex Train/cards	12:00pm 2:00pmSocial Octoberfest Lunch	10:00am 12pmLadies Bocce 11:00am 12:00pm ChairExer 1:30pm 3:30pmLadies Cards
20	21	22	23	24
10:00am 11:15amHealty bones 11:00am 12NOON CHAIR EXER 1:30pm 3:30PM MAHJONGG	10:00am 12pmBocce 1:30pm 3:30pm Canasta 1:30pm 2:15PMTai Chi	10:00am 12PMBOCCE 11:00am 11:45AM CHAIR YOGA 1:00pm 3:30pmMex Train/cards	11:30am 1:30pmSavory Seniors	10:00am 12pmLadies Bocce 11:00am 12:00pm ChairExer 1:30pm 3:30pmLadies Cards
27	28	29	30	31
10:00am 11:15amHealty bones 11:00am 12NOON CHAIR EXER 1:30pm 3:30PM MAHJONGG	10:00am 12pmBocce 1:30pm 3:30pm Canasta 1:30pm 2:15PMTai Chi	11:00am 11:45AM CHAIR YOGA 1:00pm 3:30pmMex Train/cards	Lancaster Trip	10:00am 12pmLadies Bocce 11:00am 12:00pm ChairExer

MAHJONG: KITTY STERN 201-802-0997
CANASTA: Anne Coyman 201-390-7248
BOCCE/Game Day: JOHN ROTANTE 201-391-4194
Pizza & Bingo: Jodi Miller 551-427-4581 & Micki Keller 201-669-9935
Chair Exercise:-Rani Moorjani 201-930-8950

TRANSPORTATION
MONTVALE VAN 201-391-5700 X225

BOOK CLUB: REE HOPPER
MEX TRAIN/CARDS-PatCasciano 201-307-9685
Louise Boothby201-476-1319
Ladies B:occe/Cards Dianne 201-314-0141
DAY TRIPS: Dianne Carfora/
Overnight Trips Rosemarie Kelly 201-391-8718

October 2025 Montvale Senior Club Activities

Monday

Healthy Bones – 10:00am-11:15am HARP 551-996-2038 (A)

Chair Exercises – 11:00am-12:00pm (video tape) Micki Keller -201-669-9935 Rani Mooriani 201-930-8950 (TV)

Mahjong – 1:30pm-3:30pm Kitty Stern – 201-802-0997 (A)

Tuesday

Bocce- 10:00am-12:00pm (co-ed). Vinnie Alfano. 551-427-8213 Pat Casciano 201-307-9685

Canasta – 1:30pm-3:00pm Anne Coyman 201-391-0454 (A)

Tai Chi – 1:30pm-2:15pm Lisa Dent -201-391-5700-ext.251 (TV)

Wednesday

Bocce – 10:00am-12:00pm. (co-ed). Vinnie Alfano 551-427-8143 Pat Casciano 201-307-9685

Yoga Exercises – 11:00am-12:00pm Micki Keller 201-669-9935 Rani Mooriani 201-930-8950 (TV)

Mexican Train/Cards 1:00pm – 3:30pm Pat Casciano 201-307-9685 Lucille Borthwick 845-649-2964 (A)

Thursday

Savory Seniors – Thursday, October 23 11:30am-1:00pm (A). Louise Boothby 201-476-1319 (A) Badoo Irani 201-264-8080

Friday

Bocce – 10:00am-12:00pm. (women) Pat Casciano. 201-307-9685

Chair Exercises 11:00am-12:00pm Rani Mooriani 201-930-8950 (TV)

Cards/Games/Rummikub 1:30pm-3:00pm Dianne Carfora 201-314-0141 (A)

Monthly Activities

Senior Club Business Meeting – October 9. 12:00pm – 2:00pm (A). NOTE THE DATE CHANGE

Book Club – Thursday, October 9 2:00. (after the business meeting) The book this month is: - ‘The Briar Club, by Kate Quinn Ree Hopper-201-391-7386 Jane Green. 201-248-4240 (A)

Bingo / Pizza – Friday, October 10 5:00pm – 7:00pm (\$8.00) Micki Keller 201-669-9935 Jodi Miller 551-427-4581 (A)

Senior Club Social - October 16 Octoberfest and entertainment by Anthony Duke Claus 12:00pm – 2:00pm

Gym Open – Monday -Wednesday-Friday 8:00am-12:00pm Bob Daley 201-307-0393 Werner Hahnemann 201-391-8399

Our nurse will be visiting us on the first Monday and the first Thursday for blood pressure reading

Upcoming Trips/Event

October 18 – Town Day in The Farm (farm on Craig Rd) 12:00-3:00pm. BBQ food, line dancing , free pumpkins, hay rides and petting zoo

Overnight trip 10/29-10/31 to Lancaster, Pa. for the Sight and Sound Theater

November 5 Resorts World Catskill Casino Trip – Trip includes \$30.00 slot, lunch and show. The price is \$59.00 pp. Seats still available. Bring check made out to Montvale Senior Club to Dianne Carfora at the business meeting