



M A P L E T O N

# *News & Views*

MAY 2025



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## Board of Trustees

**Board members** – George Spanos, President; Lena Spinneweber, Vice-President; Marty Brown, Treasurer; Maureen Mealey, Trustee-At-Large; Joe Rupp, Secretary

## COMMITTEES

Committee	Chairperson(s)	Meeting Day/Time
Architectural Control	Frank Spinneweber	Second Monday, 9:30 a.m.
Finance	Joe Reardon	Last Wednesday, 9:30 a.m.
Grounds	Fred Cain	Fourth Monday, 9:30 a.m.
Judiciary	Tom Diveley	As necessary
Newsletter	Lil Johnson / Leslie Roche	Varies
Recreation	Ron Kutz / Patti West	Third Tuesday, 6:45 p.m.
Social	Debee Gash / Debbie Rupp	Third Monday, 9:30 a.m.

**Newsletter Committee** – Alan Abramowitz; Linda DeLoretto; Anne Egan; Gary Johnson; Lil Johnson, Co-Editor; Doris Kuegler; Gail O'Brien; Leslie Roche, Co-Editor; Carol Schierbaum; Bill Walters.

Send items to [mapletonnewsletter@gmail.com](mailto:mapletonnewsletter@gmail.com). Alternatively, items may be left with the Property Administrator. Photographs may be submitted as prints or emailed.

- The Newsletter Committee may reject any material deemed inappropriate or unsuitable. The committee will edit submissions for clarity and focus, but will make every effort to maintain the writer's concept and meaning. It is our longstanding policy to include only original material written by residents and never to include printed matter from any print or non-print media source.
- The opinions expressed are not necessarily those of the committee or the Board of Trustees, nor is article content necessarily endorsed by the Board of Trustees or in compliance with the official *Resident Handbook*, *CER's (Declaration of Covenants, Easements and Restrictions)* or *Bylaws*.
- The committee disclaims all responsibility for goods and services advertised.

**Community Website and Email Information** – The address for the *community email group* is [fourseasonsmapletonhoa@googlegroups.com](mailto:fourseasonsmapletonhoa@googlegroups.com). Resident directories, *Resident Handbook*, and other files of interest to residents are located at [www.fourseasonsatmapleton.com](http://www.fourseasonsatmapleton.com).

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# Four Seasons at Mapleton HOA, Inc.



## Board of Trustees Meeting

March 4, 2025

A meeting of the Four Seasons Board of Trustees was held on March 4, 2025. In attendance were: George Spanos, Lena Spinneweber, Marty Brown, Maureen Mealey and Joe Rupp. Also in attendance was Dani Kurczeski, Property Manager. The meeting was called to order at 1:40 p.m. by George Spanos, President.

A motion to approve the minutes of February 18, 2025 was made by Lena and seconded by George. Yes-5. No-0.

**Treasurer's Report** – January's financial figures were reviewed and approved by the Finance Committee on February 25. For the month of January, the HOA had Excess Revenues over Expenses of \$6,979 versus a budget profit of \$39,424, a negative variance of \$32,445. This variance was due to two snowstorms that cost \$63,531 versus a budget of \$30,000.

The Investment schedule as of February 28, 2025, was prepared by the Treasurer and submitted to the Board of Trustees and the Finance Committee. As of February 28, the HOA has \$1,749,000 in CDs, \$196,000 in Government Instruments and \$114,894 in cash at Merrill Lynch.

**Houses For Sale** – There are currently 3 houses for sale: 1 Ivy and 2 Mulberry.

**Reservation Forms** – A motion was made by Lena and seconded by Maureen to accept several reservation forms. Yes-5. No-0.

**Fire Suppression System** – A motion was made by Marty and seconded by Lena to accept a proposal by Associated Fire Protection to perform monthly maintenance at a cost of \$2,625.00. Monies to come from Operating Fund. Yes-5. No-0.

**Street Tree** – A motion was made by Lena and seconded by George to deny a resident's request to permanently remove a street tree. Yes-5. No-0.

**Senior Toilet's in Clubhouse** – The Board will request proposals to replace toilets in the clubhouse with senior friendly toilets (higher heights).

**Cars And Coffee** – A request to hold a "Cars

and Coffee" event in the parking lot was approved by consensus.

**Social Committee Policy Revision** – A motion was made by Joe and seconded by Maureen to approve changes to the Social Committee policy as submitted on January 21, 2025. Yes-5. No-0.

Committee reports were acknowledged.

The meeting was adjourned at 2:09 p.m.

*Joseph Rupp, Board Secretary*

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## Four Seasons at Mapleton Homeowner's Association Annual Meeting

May 6, 2025 @ 7:00 p.m.  
Clubhouse only

### AGENDA

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- A. Call to Order
- B. Election
  - 1<sup>st</sup> Mailing; March; Meeting Announcement/Candidate Solicitation including Sample Ballot
  - Resumes were received by the Due Date
  - 2<sup>nd</sup> Mailing; April; Resumes, Ballots, Return Envelopes
  - Judges appointed by the Board
  - Official closing of voting @ 2pm
  - Confirmation of quorum; 25% (107)
  - Live Public Tallying via zoom concluded and results announced at Annual Meeting
  - Nominations
  - Election of Trustees Concluded
- C. Treasurers Report
- D. Board Comments
- E. Homeowner Comments
- F. Adjournment



Please be reminded that monthly maintenance fees are due on the 1st of each month. Late fees are automatically assessed on the 15th of each month. Payments should be addressed to the community lockbox:

Four Seasons at Mapleton HOA  
c/o Premier Management Associates  
PO Box 52934  
Phoenix, AZ 85072-2934

# Four Seasons at Mapleton Homeowners Association

## Statement of Revenues and Expenses

### February 2025 Results UNAUDITED

	ACTUAL	BUDGET	YTD ACTUAL	YTD BUDGET
<b><u>REVENUES</u></b>				
<b>HOA Fees</b>	128,400	128,400	256,800	256,800
<b>Other</b>	7,722	12,233	23,440	24,467
<b>Totals</b>	136,122	140,633	280,240	281,267
<b><u>EXPENSES</u></b>				
<b>General &amp; Admin</b>	5,842	7,079	9,695	12,743
<b>Personnel</b>	158	158	317	316
<b>Maintenance</b>	886	3,208	5,259	6,420
<b>Clubhouse/Pool/Rec</b>	1,877	2,080	2,428	4,160
<b>Utilities</b>	9,177	6,663	18,146	13,327
<b>Contracts</b>	51,300	54,296	139,136	109,593
<b>Contrb/Transfer</b>	23,821	28,135	55,220	56,269
<b>Totals</b>	93,061	101,619	230,201	202,828
<b><u>(Deficiency) Excess of Revenues Over Expenses</u></b>	\$43,061	\$39,014	\$50,039	\$78,439

Revenue is primarily from HOA monthly fees and does not vary significantly from month to month. It is difficult to forecast when certain expenses will occur, therefore actual and budget amounts may differ as we move through the year. For the month and YTD, we show an Excess of Revenues over Expenses. The YTD HOA results are less than budget due to higher snow removal expense due to two snow events during January and one in February.

This statement is unaudited, and income and expenses may be reclassified after the annual audit. The Finance Committee reviews the Income and Expense Statement, the Balance Sheet, the Operating

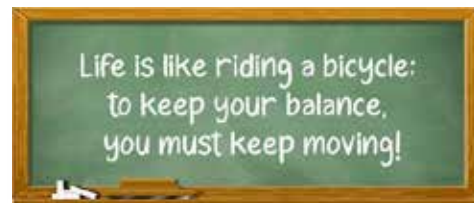
Expense Journal Entries, and other financial data. The Finance Committee reports to the HOA Board of Trustees and assists them in preparing the annual budget. The data presented above is in summary form for information for the homeowners.

*Submitted by Joe Reardon,  
Finance Committee Chair*

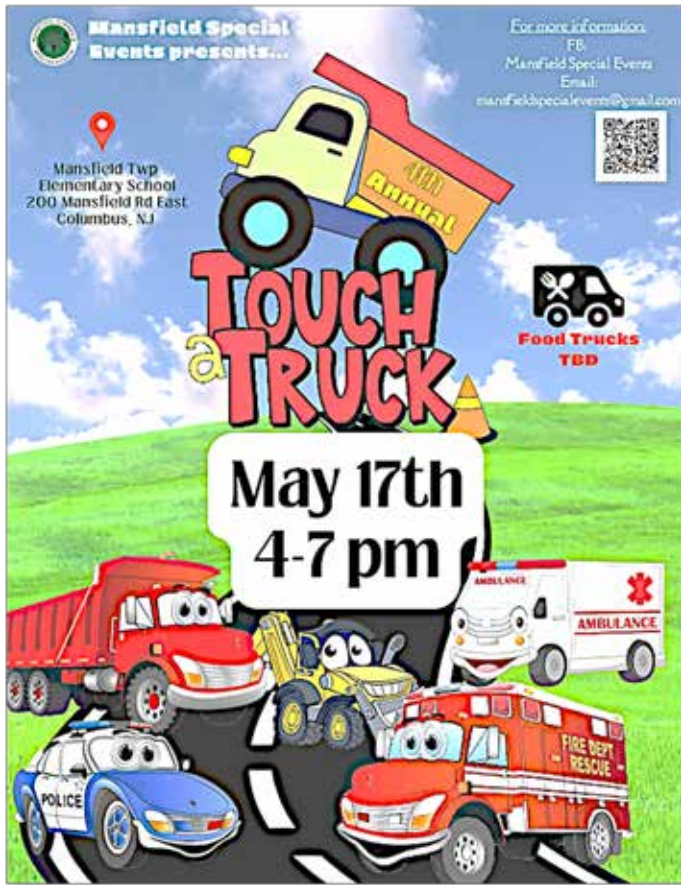


#### About the Cover

As “AI” is the current buzzword, and we were struggling to find a suitable cover for this month’s *News & Views*, we decided to explore what ChatGPT could create if we requested a “pastoral May scene in the Northeast with a few trees and flowers, and a path with two senior bicyclists on it.”







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# Four Seasons at Mapleton HOA, Inc.

## Board of Trustees Meeting

March 18, 2025

A meeting of the Four Seasons Board of Trustees was held on March 18, 2025. In attendance were: Lena Spinneweber, Marty Brown, Maureen Mealey, and Joe Rupp. Also in attendance was Dani Kurczeski, Property Manager. Absent: George Spanos. The meeting was called to order at 2:20 p.m. by Lena Spinneweber, Vice-President.

A motion to approve the minutes of March 4, 2025 was made by Lena and seconded by Maureen. Yes-4, No-0.

**Treasurer's Report** – February's financial figures were received from Premier Management and will be reviewed by the Finance Committee on March 26. The preliminary results are slightly better than the budget.

**Social Committee Keys** – A motion was made by Marty and seconded by Lena that Social Committee will have use of the two keys currently in their possession unless it is necessary to borrow a key from the office. Yes-4. No-0.

**Resident Request** – A motion was made by Maureen and seconded by Lena to decline a resident request to change the protocol for application of lawn product in the community. Yes-4. No-0.

**Reservation Forms** – A motion to decline one reservation form, to be returned to requesting party for adjustment was made by Lena and seconded by Maureen. Yes-4. No-0.

**Re-Sale Forms** – A motion to approve one re-sale form was made by Lena and seconded by Marty. Yes-4. No-0. *Note:* Multiple bid requests are always sent out. On some occasions only one or two are received.

**Pergola Repainting** – A motion was made by Joe and seconded by Maureen to approve Rainbow Painting to re-paint the pergola at a cost of \$5,000.00. Yes-4. No-0. Monies to come from the deferred maintenance fund.

**Power Washing** – The following bids were received for power washing the fence along Mansfield Road: Clearview - \$3,499, Fish Window Cleaning - \$6,951. A motion was made by Joe and seconded by Lena to approve Clearview washing to power wash the fence along Mansfield Road at a cost of

\$3,499.00. Yes-4. No-0. Monies to come from the operating fund.

**Gatehouse Door Replacement** – The following bids were received to replace worn gate-house doors: National Contractors - \$3,240 for fiberglass doors, Eastern Door Service - \$8,104 for metal doors. A motion was made by Marty and seconded by Lena to accept a contract by National Contractors, Inc. for fiberglass doors at a cost of \$3,240.00 to replace worn gatehouse doors. Yes- 4. No-0. Monies to come from the reserve fund.

**Boundary Markers** – A motion was made by Lena and seconded by Maureen to approve LMS to install boundary markers composed of 8-foot-tall steel marker posts along the boundary at the bocce courts and the tennis courts. This will be at a cost of \$925.00 plus tax. Yes-4. No-0. Monies to come from the operating fund.

**Mulch Replacement** – A motion was made by Lena and seconded by Maureen to approve LMS to replace all of the mulch at a distance of 18 inches around the clubhouse with goose egg rock at a cost of \$5,800. This is to comply with new state law regarding mulch around public buildings. Yes-4. No-0. Monies to come from the reserve fund.

**Handicapped Toilets** – The following bids were received to install handicapped toilets near the multi-purpose room in the clubhouse: Blue Boxer Plumbing - \$825 each, Asteroid Companies - \$850 each with a minimum of 12, Horizon - \$12,740.62 for 12 units. A motion was made by Joe and seconded by Lena to approve Blue Boxer Plumbing to install two 17-inch handicapped, power-flushing toilets near the multi-purpose room at a cost of \$825 each. Yes-4. No-0. Monies to come from the reserve fund.

**Election Judges** – A motion was made by Lena and seconded Maureen to appoint Joe Reardon and Tom Diveley as election judges for the upcoming Board election. Yes-4. No-0.

**Quoits** – A motion was made by Joe and seconded by Lena that due to lack of interest the quoit courts will be removed. Yes-4. No-0.

**Dumpster** – A motion was made by Joe and seconded by Marty to allow a resident to keep a dumpster on his driveway until April 10, 2025. Yes-4. No-0.



**Committee Reports** – Committee reports were reviewed.

The meeting was adjourned at 2:42 p.m.

*Joseph Rupp, Board Secretary*



## Spring Landscaping FAQ's

Please do not communicate directly with or give opinions or directions to any HOA contractor as this poses liability and constitutes a violation. All HOA vendors are instructed to take direction solely from Management. For any concerns or inquiries, please submit a written work request to the Management Office via email, including your *name* and *address*.

### **What kind of maintenance is provided by the HOA?**

The HOA will mow (approximately once a week depending on weather and rate of grass growth), edge bi-monthly, and fertilize. This is a basic lawn maintenance service. We will not mow in areas where cases of dog feces or excessive moisture exist as ruts will inevitably appear and the turf will get damaged (see below for drainage). Please note that mowers used on front lawns differ from rear lawn/common area mulching mowers.

The HOA mows your lawn, but does not repair, replace, or improve your lawn. If you want to add seed, sod, topsoil, etc., this is the homeowner's responsibility. No special attention is given to individual lawns and the HOA is not permitted to accommodate any special requests.

The HOA does budget for aeration and over seeding of all of the lawns/common areas annually each fall. This is something that is done to help improve turf quality. Please note that this, like annual spring maintenance and fertilizer and weed control, are an addition to what the by-laws require the HOA to provide.

### **How often does the HOA apply fertilizer/weed control?**

There are five applications for weed control and fertilization throughout the year. Early Spring – Fertilizer, Pre-Emergent and Weed Control; Late Spring – Fertilizer, Pre-Emergent, Weed Control and Soil Testing; Early Summer – Fertilizer, Weed Control and Insect Control; Late Summer – Fertilizer, Weed Control, and *Adams Earth*; Fall – Winter Fertilizer and, *Adams Earth*. If you plan to put seed or put any chemicals down yourself, you should check with the office first so as not to contradict what is being done by the HOA Landscaper.

*Continued on page 15*



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## Where Are You Dining?

**Redstone  
American Grill**



On a nice, chilly afternoon we took a 30-minute ride to the Redstone American Grill on Route 73 in Marlton.

I am going to say, upfront, that we love this place where everything –hostesses, staff, food, and atmosphere are great. It's one of our favorite restaurants for lunch or dinner. The restaurant offers a wood burning grill that has a rotisserie oven, visible in the open kitchen area.

Always greeted with a smile as you enter the restaurant, there is a large fireplace in the waiting area and a view of the always busy bar. A rugged atmosphere that is a good setting for a celebration or a leisurely lunch or dinner.

What the restaurant offers is chicken, seafood, steaks, salads, and desserts. The chickens are cooked on the giant rotisserie emits the most amazing scent.

We always get an appetizer and a drink to start. The appetizer menu has great choices that include a shrimp and calamari dish or our favorite spinach and artichoke dip. The menu is called Shared Plates and they certainly are big enough to share. I had the rotisserie chicken sandwich that has Monterey Jack cheese, smoked tomato aioli, pickles, spinach, and lemon garlic oil on a toasted, soft hoagie roll with a side of fries or coleslaw and chicken au jus for dipping. Hubby had a great burger with raw onions and an order of fries served with ketchup and coleslaw. No dessert this time but if you do, have the key lime pie!

A full bar menu that includes specialty drinks and a very good wine menu is available.

The grill is also great for kids with a nice menu for them. Our grandkids always order mac & cheese and fries!

The dinner menu is very extensive with specials every day. I do recommend the Cedar Plank Salmon served with asparagus and roasted potatoes.

The restaurant is located in The Promenade at Sagemore on Route 73 in Marlton, NJ. Call for reservations at 856-396-0332 or use Open Table on your device.

*Carol Schierbaum*



## Social Committee Events



- May 3 Kentucky Derby Night, 5:00 p.m., \$30/pp
- May 5 Event Sign-ups, 7 p.m.
- May 7 *Swing!* at Hunterdon Hills Playhouse, 9:45 a.m., \$135/pp
- May 16 Bingo, 7:15 p.m., \$5/pp, May sign-up
- May 30 Casual/Music Friday, 6 p.m., \$2/pp
- Jun 17 Game Day w/lunch, 10 a.m., \$18/pp, May sign-up
- Jun 20 Bingo, 7:15 p.m., \$5/pp, Jun sign-up
- Jun 26 AC bus trip to Tropicana including *Bronx Wanderers* show, lunch voucher, and slot play, \$91/pp
- Jul 1 *9-5: The Musical* at SurfFlight Theatre, \$127/pp
- July 4 July 4th BBQ
- Jul 10 *Spirit of Philadelphia* Bingo Cruise, \$148/pp, May sign-up
- Jul 25 Casual/Music Friday, 6 p.m., \$2/pp
- Aug 29 AC bus trip to Tropicana including *Doo Wop Project* show, lunch voucher, and slot play, \$91/pp, Jun sign-up

*See page 30 for Reservation Forms*

## Social Committee Sign-up Rules

If you plan to sign up for an event, it is important to remember a few rules.

1. Please note that no checks or reservation forms will be considered prior to the scheduled sign-up date.
2. A separate check payable to Mapleton Activities and a reservation form are required for each event.
3. After the sign-up date, you may bring your check and reservation form to the office. If the event is filled, you will be placed on a wait list.
4. At sign-up night, one household may bring a check and reservation form to sign-up for one additional household.
5. Each person will be given a number when arriving. Those who arrive earliest will be given the first numbers, and numbers will be handed out accordingly. Sign-up will commence at 7:00 p.m.

Please be aware of the refund policy located at the bottom of the reservation form.



Our May bingo games will be held on Friday, May 16.

- Sign-up is Monday, May 5, at 7 p.m.
- Doors will open at 6:30 p.m. and games will begin at 7:15 p.m.
- Cost of \$5.00 will include admission and lap boards for the evening. Additional boards and specials will be sold that evening.
- If you sign up in advance, either at sign-up or with Allison, you will receive a free card for one of the "special" bingo games.
- Because our prizes are determined by the number of players, if we don't have a sufficient number signed up in advance, the games will be cancelled.
- Dabbers, snacks, and water will be available for purchase.
- NO ALCOHOL is permitted.

*This a Social Committee Event  
Contributed by Barbara Ocello*

## Scarlet Ladies

### 2025 Proposed Events



- May 1 – Annual Tea, New Leaf Tea Room, Riverton, NJ, 12 p.m.
- 19-21 – Red Hats at the beach, Wildwood
- Jun 9 – Top Golf, Mt. Laurel, 12-2 p.m.
- Jul tbd – *Meet me in St. Louis*, Kelsey Theatre
- Aug – Crazy Bowling
- Sep 12 – *River Lady* Cruise, Toms River
- Oct 8 – Point Pleasant, Shrimp Box Lunch, Aquarium
- Nov – TBD
- Dec – Holiday Party

Contact Lucille Brizzi, Queen Bee, at [luandlou60@verizon.net](mailto:luandlou60@verizon.net) and/or watch Breakfast Announcements.

*Doris Kuegler*



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## **GUEST RULES**

Residents are welcome to invite and accompany guests to use many of the amenities enjoyed at Four Seasons, provided the policies outlined in the *Residents Handbook* are followed.

You must accompany your guest(s) at all times, and you are responsible for the behavior of your accompanied guest(s). Make sure before using an amenity that you and your guest(s) are familiar with and adhere to all of the policies and rules applicable to that amenity. For example:

- Clubhouse hours are 5:00 a.m. to 11:00 p.m.
- Up to two accompanied guests per household are permitted in the multipurpose room.
- Up to four accompanied guests per household are permitted at any pool, sauna, or spa; the bocce courts; the pickleball courts or the quoit pit. Accompanied children between 4 and 16 years of age may use the indoor pool after 12:00 p.m., and the outdoor pool, when in season, between 10:00 a.m. and 2:00 p.m.
- Only one accompanied guest per household is permitted in the fitness room, the billiards room, card rooms, theater or library.
- There are various age restrictions for using different amenities – research and know them before you go.
- You and your accompanied guest(s) must follow all rules applicable to each amenity. For example, in the clubhouse, coats should be hung in the coatroom and lights should be turned off in a room if you are the last person using that room. Again, look up the rules before you go.

The rules and policies about using the various amenities, as well as those about guests, can be found in the *Residents Handbook*.

*Four Seasons at Mapleton HOA Inc.*



# Indoor Pool, Outdoor Pool, Sauna, and Spa

Access cards are required for entry into both Pools, Sauna and Spa. They are for the exclusive use of the resident to whom they were issued and may not be loaned to anyone.

**POOL HOURS** are posted by the Pools and on the Community Website. They are:

- Indoor Pool: 6:00 a.m. – 10:00 p.m. daily
- Outdoor Pool: Memorial Day Weekend (Saturday) – 1 week past Labor Day 6:00 a.m. – 8:00 p.m. daily

Residents and accompanied guests must adhere to the following rules:

## A) CHILDREN

- Children under the age of 16 years are permitted to swim in the Outdoor Pool from 10:00 a.m. – 2:00 p.m. only. Exceptions may be made and announced by the Board;
- Children under the age of 16 years are permitted in the Indoor Pool any time after 12:00 p.m.;
- Children between 4 and 16 years of age must be supervised by a resident, the age of 19 years or over, at all times;
- Children under the age of 4 are not permitted in the Pools or Spa at any time; and
- No one under 16 years of age is permitted to use the Sauna or Spa.

## B) ACCOMPANIED GUESTS

- No more than four (4) accompanied guests, including children, are permitted at any pool, sauna or spa by any one household;
- Residents are responsible for the behavior of their accompanied guests; and
- Residents must accompany their guests at all times. NO exceptions will be made.

## C) HEALTH AND SAFETY

- Overhead lights must be on during use in the dark.
- Residents who open doors are responsible for closing the doors.
- No one wearing a diaper or rubber pants will be permitted in the Pools or Spa at any time;
- Diving, jumping, running, horseplay, sitting on Pool steps or ladders, or use of rafts, balls, or skin-diving equipment is prohibited in any Pool or Spa;
- Food with the exception of hard candy/mints, is prohibited within the Indoor or Outdoor Pool enclosures;
- Glass containers are prohibited within the Indoor or Outdoor Pool enclosures;
- The Spa may be particularly dangerous to certain persons, including young children and pregnant women. Those suffering from heart disease, diabetes, high or low blood pressure, or

those using prescription medications must not enter the hot tub or Sauna without prior medical consultation and permission from their doctor;

- All persons must shower before entering the water;
- The Board of Health and state sanitary code rules are posted on-site and are maintained by the Management staff and the Pool management company;
- All persons must immediately vacate both Pools and Spa from the time the first sign of thunder or lightning is detected until ½ hour after the last thunder is heard;
- Alcohol consumption is prohibited while at both pools. Anyone under the influence of alcohol, anticoagulants, antihistamines, vasoconstrictors, stimulants, hypnotics, narcotics, or tranquilizers is prohibited from using the Pools, Spa or Saunas;
- Long exposures in the Spa or Saunas may result in nausea, dizziness or fainting. Excessive or prolonged exposure to the sun may also cause mental or physical disorientation. All necessary precautions must be taken to prevent such conditions from occurring; and
- All residents and guests swim at their own risk. No one should swim alone.

## D) GENERAL

- Proper bathing attire must be worn in the Pools or Spa. Cutoffs are not permitted;
- With the exception of the hallway leading from the locker rooms to the Indoor Pool, wet bathing suits and bare feet are not permitted in the clubhouse. Cover-ups must be worn in these areas at all times. Emergency bathroom needs are the only exception to this policy;
- Aquatic dumbbells, arm floats “noodles” and safety vests are permitted. Use of kickboards is permitted in the Indoor Pool only;
- Dressing or undressing is prohibited in Pool areas. The dressing/locker rooms must be used for this purpose;
- Pool furniture may not be reserved and must be returned to its original place if moved. After use, umbrellas must be closed;
- Loud volume from radios, tapes or CD players is not permitted in Pool areas;
- Residents and accompanied guests are required to clean up after themselves before leaving the Pool areas;
- Any resident or accompanied guest whose action requires the Pools or Spa to be drained will incur the costs involved, as well as any other disciplinary action imposed by the Board.

2025



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## Weekly Events

**\*Live Music Monday**

**\$5 Martinis & Manhattans**

**\*Buck a Shuck Tuesday**

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**\*Trivia Thursday**

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To keep the pool and spa open on weekends and holidays, we need volunteers for pool readings. Are you a pool or spa user? Don't forget to sign up!

### Volunteer Details:

- Test chlorine and pH levels:
  - Holidays (when no staff onsite): Once
  - Saturday/Sunday: Once
- Takes only 10 minutes per reading.
- Easy-to-follow instructions provided.

This is a state requirement to keep the facilities open on weekends. Details can be found: [nj.gov/health/ceohs/documents/phss/recbathing.pdf](http://nj.gov/health/ceohs/documents/phss/recbathing.pdf).

The sign-up sheet is in the library. Don't forget to sign up and mark your calendar! With your help, you can help save the community significant costs and keep the pool and spa open on weekends and holidays!

*Thank you* to all the volunteers!

*Four Seasons at Mapleton HOA Inc*

*Landscaping, cont'd from page 7*

### One-time annual spring clean up

The HOA Landscaper starts spring maintenance in March – tentatively weather permitting. This includes a one-time annual weeding, edging and mulching of personal property front planting beds and street trees. If you wish to be excluded, please stop by the clubhouse to pick up flags for each front plant bed. The flags may be obtained from outside of the clubhouse main front door. RED = No Service, YELLOW = Edge Only (No mulch), WHITE = Mulch Only (No edging). Beds without flags that contain stone will be weeded and edged – if no edge is present. Any front personal plant beds/street trees with no flags *will be* edged, weeded and mulched with treated/triple shredded brown mulch. (If no other material is present). Please be advised the homeowner is responsible for any/all personal plant bed maintenance and street tree maintenance; Pruning/Replacement (with HOA approval)/ Excessive Mulch Removal. **\*\*Please inspect your plant beds/street tree to confirm there are no other flags placed within the area. If you find flags – and you or your authorized contractor didn't place them – please *remove* them. We will not be returning to areas flagged in error.**

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## Gary Johnson What Are You Doing?

Gary Johnson is a talented creator of various art forms. He paints, works with stained glass, and creates beautiful scenes using mason lath. In addition, Gary enjoys the Four Seasons Bowling League and plays pool at the clubhouse. Most importantly for the Four Seasons community, Gary adds the graphics to and coordinates the layout of the monthly *News & Views* newsletter. He is the reason the stories are laid out with visually appealing pictures highlighting each article.

Gary was always interested in different types of art. He attended the School of Fine Arts at the New York Institute of Technology. After graduation he worked for Avery Label for eleven years as a graphic artist. There he became involved with typography

Bound Brook, he had another neighbor who also did stained glass. He appreciated the handcrafted work but still did not have the time to invest in this time-consuming art form.

Gary and his wife, Lil, moved into Four Seasons at Mapleton in 2016. Three years ago, Gary took a class at a stained-glass studio in Lumberton. He has been creating beautiful works of art ever since. His first project, after the class, was to design a piece for the

transom above their back door. He made a beautiful stained-glass window using a mixture of pieces of



and dealt with various fonts, graphics, and layout that went with preparing artwork for print. Gary has designed pressure sensitive labels for many kinds of packaging. His workplace was busy with a dozen printing presses constantly running.

When the old typesetting machine was replaced with a newer model, which used rudimentary computer software, Gary became fascinated with the modern technology. He decided to quit graphic design and go into the field of computer programming. He attended Chubb Institute and graduated in 1984. After working for several smaller businesses, he ended up at IBM as a computer analyst. He retired from IBM after 15 years.

Years ago, Gary had a friend who worked with stained glass. He was interested in this fragile art form but was busy with his growing family and didn't have time to start a new hobby. When his family moved to



would not obstruct the sky and changing colors of the leaves. Gary came up with a solution. He created a corner-style piece that considered Lil's wishes and also mimics the floral pattern of the rug under it in front of the door. Gary is currently working on a stained-glass piece for a neighbor's transom.

*Continued on page 22*



## Diverse Bicycling and Pedaling Experiences

Yes, several of our Four Seasons' residents are avid bike riders! We can often see bikers pedaling about our community. Some are traveling far and wide while savoring the benefits of bike riding. Not only is it healthy exercise, but it also offers riders the opportunity to appreciate the beautiful scenery, foliage and wildlife in our surrounding areas. Below are the responses we've received from our residents.

**Alan Abramowitz:** Being an ardent biker for over 20 years, before traveling Alan makes sure that his bike has front and rear lights, plus, he carries a speedometer and tools and a tire repair kit. He offered some local suggestions for those who cycle beyond our community. Here's his input. A: For bicycling to the Delaware River, there are two ways to go to this awesome sight: (1) Take your bicycle to Crystal Lake Park (Axe Factory Road) and follow the trail signs. You will go under Route 130 using an old railroad tunnel. The entire trail is paved and easy to ride. You will also go past the automated gate for the River Line train passing an abandoned building from the Roebling Steel Works. You end up very close to the Delaware River. A beautiful sight! It's about 4.5 miles. (2) Start bicycling from our community heading towards Route 206. Cross over 206 to take Mansfield Road *West* through the warehouse entry road. Go straight for a while making a left at Old York Roads and follow to the trail signs. Well worth the ride! From our community, it's about 12 miles. B: Want to bicycle locally with great scenery? Try the

Kinkora Trail. Start at our front gate; make a left onto Mansfield Road East and a left onto Island Road. Go past Mount Pleasant Road and you will see the sign for the Kinkora Trail. The trail goes through farmland, a shaded forest and ends up at the Mans-

field Park near the Post Office. This trail is completely paved and the total trip is about 10 miles!

**John Devoti:** I often go on bike rides of 10-20 miles. I am really

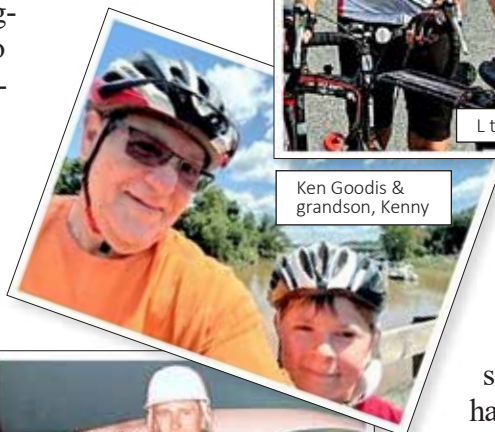
looking forward to the warmer weather so I can get out again instead of using my stationary bike for exercise. I love being out in the fresh air. I find the roads around here are much safer than those along the Delaware River, which have narrower shoulders. For anyone interested, I am hosting several rides over the spring and summer starting at the Roebling Museum. The rides range from 5 to 25 miles. They are sponsored by the museum and are included in the price of museum's admission. If you are interested, details can be found at the end of this article.

**Jeff Dickert:** My recent cycling journey began in the Spring of 2005, when a friend asked me to join him on the bike adventure, Multiple Sclerosis City to Shore Ride. As it would be 150 miles over 2 days from Cherry Hill to Ocean City and back, it involved training rides. I hadn't done much biking since my college days, and was interested in getting back to riding to help get into shape. The ride had a catch. It required raising \$300 and I hated to fundraise. Long story short, this

*Continued on page 26*



L to R: Jeff Dickert, son, Tim, and son-in-law, Tim



Ken Goodis & grandson, Kenny

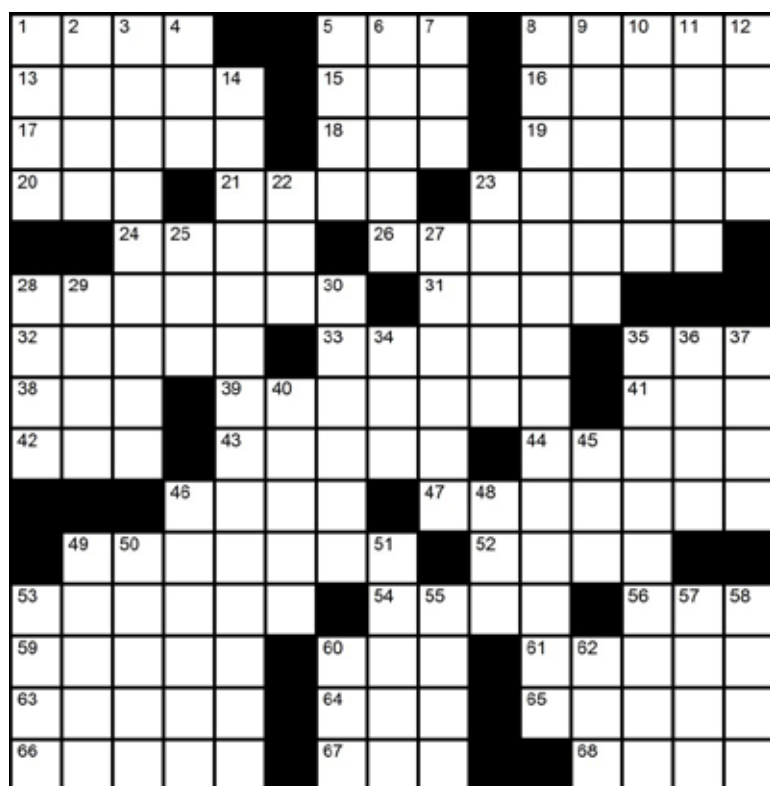


Ray Machnik, then



Ray Machnik, now

# CROSSWORD PUZZLE



## ACROSS

- 1 Schools of thought
- 5 Prosperous
- 8 Aspect
- 13 Assassinated
- 15 N.Y.C. airport
- 16 Antipasto morsel
- 17 Pop
- 18 Polish off
- 19 Adversary
- 20 Brit. record label
- 21 University by the Rio Grande
- 23 Near
- 24 Greek cheese
- 26 For looking out or in
- 28 White-faced French pantomime character
- 31 Broadway's ---- Jay Lerner
- 32 Baffled
- 33 Gum
- 35 Morgan Freeman won its 2011 Life Achievement Award: Abbr.
- 38 Gradually decreasing in tempo
- 39 Acted as a go-between
- 41 Go-ahead
- 42 "---- Beso" (1962 hit)
- 43 Unrefined
- 44 Slow speech pattern
- 46 First name in linguistics
- 47 Country-fashion
- 49 Liquor residue

- 52 Wagner's cycle?
- 53 Historical Doctrine
- 54 Tel ----
- 56 Abilene-to-Waco dir.
- 59 Up
- 60 Caddy model
- 61 Artist's stand
- 63 Nancy Drew creator Carolyn
- 64 Copacabana city
- 65 Adhere
- 66 Boat propelled manually
- 67 Blouse, e.g.
- 68 Come together

## DOWN

- 1 Catalina, e.g.
- 2 Bridge success
- 3 Public declaration of intentions
- 4 [not my error]
- 5 Beat it
- 6 Obviously surprised
- 7 Sylvester, to Tweety
- 8 Hard racket shots
- 9 Novelist Lurie
- 10 Kind of engineer
- 11 Circumvent
- 12 Marketing leader?
- 14 Neither one thing or another, hue-wise
- 22 Concept embodying yin and yang
- 23 Contradict
- 25 "Maid of Athens, --- we part": Byron
- 27 ----- Arafat, Palestinian leader
- 28 Skin
- 29 Denotes an inflammation
- 30 Kind of center
- 34 Muslim feast day
- 35 Pain relief
- 36 Bird
- 37 Unthinkingly
- 40 About to explode
- 45 Sought office
- 46 Guernsey lily
- 48 Bender
- 49 Minor Hebrew prophet
- 50 Insert
- 51 Place for a barbecue
- 53 Powerful shark
- 55 Brandy var.
- 57 Jiffs
- 58 The "E" of B.P.O.E.
- 60 "A jealous mistress": Emerson
- 62 Source of funds

*Solution is on page 27*



## May: Lily of the Valley and Hawthorn



Lily of the Valley and Hawthorn are the special birth flowers of May. The pure and delicate nature of the bell-shaped flowers of the Lily of the Valley symbolizes sweetness and humility.

It's further connected to the return of happiness and is said to bring joy and positive energy. Hawthorn is a symbol of hope and protection, and it also represents love and unity in certain cultures. It has another connection with fertility and is sometimes included in May Day celebrations.

*Doris Kuegler*



## May 2025

What a difference a month makes,  
April showers brought flowers for May.  
Let's see what the month holds for us.

As we go day by day.

Many clubhouse activities are planned.

To put us on a roll.

Bingo, Breakfast, Casual Fridays

With Music to soothe your soul.

Hope you signed up for some rec classes.

They too will be underway

Lots of fun and meeting new people.

Getting our exercise every day.

Put on your finest hats and bring some cash

The Kentucky Derby is on the 3rd of May.

Swing is at the Hunterdon Playhouse.

On the 7th, by bus we're on our way.

*Doris Kuegler*

Let's not forget May 11, Mother's Day

May 17 Armed Forces Day

May 26 Memorial Day

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## Jimmy's Gardening Tips

### Fresh Herbs in Pots

Since we can't plant large vegetable gardens in our community, how about planting a group of culinary herbs that we can utilize in our Mediterranean, seafood, chicken or other recipes? For the veggies, we can support our local farm markets and roadside stands, of which we have an abundance. Growing fresh herbs in the garden can be challenging. Some varieties like mint or oregano can be invasive, while others like parsley and chervil can be tasty morsels for the bunnies.

Since most of us are one and two to a household, we won't use a massive amount of any one herb. Growing a selection in pots is quite practical. Also, growing them in pots keeps them in check, and using a table makes it difficult for the critters to feast. You can purchase outdoor tables feasible for this, but I decided to build my own (pictured) when we moved here over 20 years ago. It's a simple design of 2x4 pressure-treated lumber with cinder blocks for the legs. I put on a fresh coat of outdoor green paint every few years, and it's served us well. The measurement of the table is 4' long by 16" wide by two cinder blocks high. Very reasonable to build!

**Container Size and Types.** The most practical size pot for our usage would be a 6" or 7" pot with maybe the exception of the small statured thyme which is fine in a 4" or 5" container. My own preference on types is terra cotta because the plants "breathe" better. The only slight disadvantage of clay is that plants can dry a bit quicker. I prefer the "Old World" look of clay, however plastic or ceramic work just fine. The most vital element is to be sure the pots have adequate drainage!

**Care for Herbs.** As far as your soil, choose a good potting soil that drains well. Do not pot them in

straight topsoil. Choose a spot for your table that gets mostly sunlight. Some herbs like parsley will do okay in some shade, but most benefit from sunlight. Since the herbs are confined to a pot, they will dry quicker. Daily watering depending on weather is recommended. Watering time is best in early morning before it gets too hot. I keep a 2½-gallon watering can under the table. Do not overfeed your herbs! They thrive fine without much fertilizer. A small amount of Bio-Tone® when planting and a small dose of liquid feed every couple of weeks is adequate. Herbs benefit from keeping them cut back; *so, use them!* An omelet in the morning with fresh basil, chives, and parsley, some fresh rosemary and thyme on your salmon, or fresh oregano and basil in your marinara sauce – what more could we want?

**Varieties.** This truly depends on your own culinary tastes; the choices are many. The following are the ones I grow for our own cooking adventures.

**Basil.** Of course, number one. Basil is a warm weather crop and shouldn't be planted until there is no danger of frost. There are many types of basil like cinnamon or lemon. I just

use the common lettuce leaf variety. An important tip when the basil starts getting "woody" usually in July is to change it out for a new plant! I do this three times during the season. As with most herbs, the younger smaller leaves have the most flavor. Also be sure to remove the flowers so your basil doesn't go to seed.

**Parsley.** Another essential! I prefer the Italian or flat leaf for the flavor, however the curly has flavor as well and makes a superb garnish. Also, parsley needs to be changed when it gets too woody. Keep the flowers cut off. Watch for hornworms and pick them off. They can devour your parsley.



*Continued on Page 22*



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## **Gary, continued from page 16**

When Gary and Lil took a recent cruise, there were small stained-glass terrariums with air plants on tables throughout the ship. He took pictures of the terrariums and when they returned home, Gary used a graphics editor program to recreate the design and dimensions. Since then, he has replicated three lovely terrariums.

Gary also has an interest in genealogy. He has discovered strange and unusual tales, including those of murder and execution, from earlier generations on his and Lil's family trees. Many of these have been captured in a family history book he put together for his children about their ancestry.

Another fascinating art form that Gary enjoys is lath art. He has created several unique pieces using this art form. Lath are the wooden slats that were formerly used as the base layer for plastered wall construction.

About 30 years ago, Lil had seen a lath painting in a mail order catalogue; when she showed it to Gary, he said he thought he could make it. He made that one and several other pieces, raffling off one at his church and selling one at an art show at Johnson & Johnson. Gary designs his artwork, cuts the pieces using a scroll saw, paints the lath, then glues the elements in place. The pictures are truly fascinating.

Gary grew up in Chatham, New Jersey. He met his wife, Lil, in Somerset at a Franklin Greens Ski Club meeting in 1979. On a six degrees of separation moment, after moving to our community, Gary realized that his neighbor, Dot Kitchin, belonged to the same ski club at the same time! Gary and Lil married in 1981 and have two daughters. Emily lives in Massachusetts with her husband and son, Simon. Sarah lives nearby in Pennington, with her husband and two children, Hannah and Andrew.

*Linda DeLoretto*

## **Jimmy, Continued from Page 20**

**Mint.** I Love the flavor of the Mojito mint; however, spearmint or peppermint are fine. When mint gets too rootbound or woody, change it out! What's homemade lemonade or iced tea without a sprig of mint? How about a Mojito cocktail after working in the garden on a hot summer day?

**Cilantro or Coriander.** This grows very quickly so keep using it and cutting it back. It is popular in many cuisines.

**Rosemary.** What is Chicken Cacciatore without Rosemary? It is so fragrant and delicious in so many recipes. Keep it on the dry side!

**Oregano and Marjoram.** These are related and go well in so many recipes. Keep cutting and using them, and they will keep performing!

**Sage.** Sage grows large. You might want to use a 7" pot. It is great in soups, stews, and stuffing! Be sure you get culinary garden sage for cooking. Don't overwater!

**Chives.** Easy to grow; it can even keep from year to year! The flowers are edible too; they are great in salads!

**Thyme.** Can be grown in a smaller pot. English and Lemon are the most popular culinary varieties. Thyme also makes a fragrant, durable ground cover in your garden. It is excellent between stepping stones as it can be walked on. Keep thyme on the dry side.

There are many other choices like tarragon, chervil, or savory (great in soups) that are only limited by your culinary imagination! Herbs are also beneficial in your diet as using them replaces too much salt, which we all have to be careful of!

So, let's get healthy, do more cooking at home, and benefit from the many delicious herbs you grow yourself!

If you have any questions on this article or any other gardening questions, contact me at [jim@jimtheplantrep.com](mailto:jim@jimtheplantrep.com). Anyone who has other ideas for future newsletters, don't be shy and let me know!

Happy Gardening and let's plant something!!

*Contributed by Jimmy Shepard*

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sister.

*Kitty Musco*



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Brake!  
Continue on...  
Pedal, Pedal, Pedal  
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*Contributed by  
Pamela Mancini*

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## When Irish Eyes Were Smiling

This year, the Scarlet Ladies of Columbus – aka the Red Hatters of Four Seasons – began their celebration of St. Patrick's Day a few days earlier than the March 17 calendar-

assigned date. On March 13, they gathered at Kilarney's Publick House in



Hamilton for a fest of food and fun (or *craic* as the Irish say).

Although not the 40 shades of green that Ireland is known for, the pub was dressed up in enough green to confirm it surely was a holiday for St. Patrick's

Day. Tables were covered with green beads, candy coins wrapped in gold, and faux gemmed, green rings so appropriate for the festive purple and red clad ladies (with maybe just a bit of green thrown in here and there). And to keep the brain in working order, everyone was given word puzzles to complete; naturally the games were linked to Ireland. An aside: they were none too easy even for those of Irish heritage!

The menu was varied and the food delicious. Each selection was specifically geared toward the celebratory day. The Red Hatters ordered individually and were responsible for paying their own bill.

Three Colleens put their heads together organizing this event and did they do a great job! With much work and many hours, Linda DeLoretto, Donna Kabak and Susan Ragucci produced a terrific celebration and were thanked by all who attended.

It was a Grand St. Patrick's Day!

Gail O'Brien

## Healthy Living Why Am I So Tired?

Weariness, fatigue, low energy, exhaustion. There are many ways to describe those times when you feel so tired you can't do anything. To be clear, fatigue is more than simply feeling sleepy: it includes components that are physical (weariness or weakness), mental (lack of concentration and sharpness), and emotional (lack of motivation or boredom).



Some causes of fatigue may be apparent, like having a cold or flu (or even COVID-19), overworking, not eating well, stress, or having a sedentary lifestyle. Others are harder to pinpoint and may be caused by medical conditions, age, or life changes. If you feel tired all the time for no clear reason, you should consult your doctor to check for any of the following issues.

**Anemia.** This occurs when your blood has too few red blood cells, or those cells have too little hemoglobin, a protein that transports oxygen through the bloodstream. The result is a drop in energy levels.

**Heart disease.** Heart disease can cause the heart to pump blood less efficiently and lead to fluid in the lungs. This can cause shortness of breath and reduce the oxygen supply to the heart and lungs, making you tired.

**Hypothyroidism.** An underactive thyroid gland can cause fatigue and other symptoms, such as weight gain, weakness, dry skin, feeling cold, and constipation.

**Sleep disorders.** Sleep disruptions will leave you feeling tired the next day. Two of the most common are insomnia and sleep apnea. With insomnia, you may have trouble falling asleep, staying asleep, or getting good-quality sleep. Sleep apnea is characterized by pauses in your breathing, often lasting several seconds, or shallow breathing, while you sleep. Other issues can disrupt sleep, such as restless leg syndrome and conditions that force repeated nighttime bathroom trips such as an overactive bladder or enlarged prostate.

**Medication.** Some medications can make you feel tired, such as certain blood pressure drugs, antidepressants, anti-anxiety drugs, and antihistamines.

**Hormonal changes.** Fatigue is a common symptom of low hormone levels like testosterone in older men and estrogen in women during menopause.



**Low-grade depression or anxiety.** Mental health issues like depression or anxiety often cause low energy.

**Chronic fatigue syndrome.** Severe prolonged tiredness could be a sign of chronic fatigue syndrome, a mysterious disorder characterized by profound fatigue that does not improve with rest and may worsen with physical or mental activity.

### **Treating fatigue**

Fatigue caused by a medical or mental health condition needs proper attention from your primary care provider. Here are ways you can treat and manage everyday fatigue:

**Exercise.** Regular physical activity almost guarantees that you'll sleep more soundly. It also gives your cells more energy to burn and circulates oxygen through your body. And exercising can lead to higher brain dopamine levels, which helps elevate mood. Try to avoid exercising within two hours of bedtime, which can make it harder for you to fall asleep.

**Eat for energy.** A diet that contains foods with a low glycemic index—whose sugars are absorbed slowly—may help you avoid the lag in energy that typically occurs after eating simple carbohydrates or refined starches. Foods with a low glycemic index include whole grains, high-fiber vegetables, nuts, and healthy oils like olive oil. High-carbohydrate foods have the highest glycemic indexes whereas proteins and fats have a glycemic index close to zero.

**Use caffeine wisely.** Caffeine does help increase alertness, so having a cup of coffee can help sharpen your mind. But to get the energizing effects of caffeine, you have to use it judiciously. It can cause insomnia, especially when consumed in large amounts or after 2 p.m.

**Limit alcohol.** One of the best hedges against the midafternoon slump is to avoid drinking alcohol at lunch. The sedative effect of alcohol is powerful at midday. Similarly, avoid a five o'clock cocktail if you need energy in the evening. If you're going to drink, do so in moderation at a time when you don't mind having your energy wind down.

**Stay hydrated.** If your body is dehydrated, one of the first signs is fatigue. Drink water throughout the day. Besides water and beverages like coffee, tea, and juices, you can also get your fluids from liquid-heavy fruits and vegetables that are up to 90% water, such as cucumbers, zucchini, squash, strawberries, citrus fruit, and melons.

**Restrict your sleep.** If you think your fatigue is related to being sleep-deprived, try getting less sleep. This advice may sound odd, but determining how much sleep you need can reduce the time you spend in bed not sleeping. This process makes it easier to fall asleep and promotes more restful sleep in the long run. Here's how to do it:

**Avoid napping during the day.** The first night, go to bed later than usual and get just four hours of sleep. If you feel you slept well during those four hours, add another 15 to 30 minutes of sleep the next night. As long as you're sleeping soundly the entire time you're in bed, slowly keep adding sleep on successive nights.

**Lighten your load.** One of the main reasons for fatigue is overwork. This can include professional, family, and social obligations. Try to streamline your list of "must-do" activities. Set your priorities regarding the most critical tasks, and pare down those that are less important. Consider asking for extra help if necessary.

**Control stress.** Stress-induced emotions consume massive amounts of energy. Talking with a friend or relative, joining a support group, or seeing a psychotherapist can all help diffuse the stress response. Relaxation therapies like meditation, yoga, and tai chi are also effective tools for reducing stress.

*Contributed by Heather Kennedy, M.A., ACSM-CEP  
(instructor of several Recreation Committee classes)*

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## **Shalom Club Calendar**



- May 14 Sight and Sound Theater – *Noah*
- June 13 Meet and Eat
- July 20 Prospector's Brunch
- Aug 8 Meet and Eat
- Sept 11 State Planetarium
- Oct 18 Bob Kulik concert
- Oct 24 Meet and Eat
- Nov 2 Annual Business/Election Mtg
- Dec 7 Chanukah Party

## ***Diverse, cont'd from page 17***

fall will be my 20th MS Ride with many hundreds of long-distance training rides of 25-50 miles. In addition to enjoying the preparation and the event, I have developed a community of very supportive donors, raising \$40K for the National MS Society. After my friend 'retired' from cycling, I coaxed my son, son-in-law, and brother into doing this ride along with many 'training' rides in our area. We even formed a cycling team Shake 'N Bake for the annual MS City event and we welcome anyone interested in joining our team. EV (motor) bikes are even permitted! Like many riders, I've had a few falls, but nothing as serious as since my pre-helmet, college days when a fall resulted in a concussion and many stitches. These days, my ride is a road bike designed for us older riders, a TREK Domane. With safety as a priority, my gear also includes a helmet, gloves, lights, bright fitted clothing, a bike computer, bike pump, water and repair kit. Most of my rides during the warmer months are at a relatively easy pace of 12-15 miles per hour around central NJ's countryside. Cycling has become one of my passions that I particularly enjoy sharing with others. Interested in joining me?

**Ken Goodis:** Ken has been biking for about 17 years. He originally started pedaling his reliable bike Daisy on the Lawrence-Hopewell Trail when it first opened. Ken has fond memories of following the trail to and from Rosedale Lake Park. Ken also shared several pictures of other well-known trails that you'll see in the biking collage. They show lovely scenery on the Crystal Lake Trail, the Heritage Trail and also the Kinkora Trail. He's an avid biker! One picture is with his grandson, Kenny, who often bikes with Ken. It was taken on a bridge while exploring the Heritage Trail. John Moffett from 4SAM is also a sidekick who travels several bike trails with Ken.

**Ray Machnik:** Ray has biked for years, but his claim to fame is his fantastic race car he had in his early twenties. Another favorite is a gift he recently got from his son, a cool, yellow motorized tricycle! Ray shared that he went from 125 miles an hour at age 21 to 25 miles per hour at 91! Pretty good for a guy in his golden years. Check out the pictures he shared that appear in our collage. You can see Ray traveling up and down the roads in our community, helmet on and waving to all the neighbors! You'll be

sure to get an offer to hop on the back seat of his trike and take a spin with him.

**Leigh Martin:** Leigh shared another great spot for biking or hiking. Arney's Mount Park, which is part of the Burlington County Park System in Springfield Township. The paved walking and biking trail is 2.45 miles. The trails start in the woods with a steep climb, then a 2-mile loop at the top around a meadow surrounded by trees. There are a few benches along the path for rest stops. You'll enjoy seeing lots of birds, dog walkers, and cyclists. There is an equestrian trail that is mostly separate from the paved path, but you may see a horse and rider in the loop/meadow. The parking area has a porta potty plus a pavilion with picnic tables and a grill. It's best to copy the trail map from the website since there are no paper ones available to pick up at the park. Enjoy spring! If you are interested, park details are listed at the end of this article.

**Eliseo Rodriguez:** I ride an unusual bike called ElliptiGO. I stand up to ride my bike. It provides me with a low-impact, full-body work out. After 50+ years of running, I needed to find an alternative form of exercise. Once I finished conducting my research, I found the ElliptiGO bike. I am glad I own this bike because it provides me with a low-impact, full-body workout and there is less wear and tear on my whole body. It's a win-win!

**Irv Wolinetz:** Irv wanted to know if his biking experiences qualified. He goes to our 4SAM gym three or four times a week and uses the "stationary bike" for 40 minutes each session. Sure, this qualifies, especially when the bike calculates how many miles he's pedaled. He has lots of gym buddies who can confirm his presence!

There you have it, folks! You have some excellent suggestions if you have a craving to pursue various pedaling and bike riding adventures with various safety features mentioned. Maybe you'll go for it – or not?

*Anne Egan*



Arney's Mount: [co.burlington.nj.us/DocumentCenter/View/15852/Arneys-Mount-Park-trail-map](https://co.burlington.nj.us/DocumentCenter/View/15852/Arneys-Mount-Park-trail-map)



Roebbing Museum: [roebbingmuseum.org/events](https://roebbingmuseum.org/events)



# Directory

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*Solution to page 18*



## Spirit of Philadelphia Bingo Cruise

Thursday, July 10

\$148/pp

Bus transportation, two-hour cruise, complete buffet lunch aboard the *Spirit*, bingo games with prizes, music and dancing with live DJ.

*This is a Social Committee event  
Nancy Willis, chairperson*



# Important and Interesting Events in May

1. Orson Wells' film, *Citizen Kane*, premieres at the RKO Palace in New York City. (1941)
2. US Seals kill Osama Bin Laden during a secret military action in Pakistan. (2011)
3. The 15-minute telecast starring Douglas Edwards launches its *CBS Evening News* show. (1948)
4. Margaret Thatcher is England's first woman to become prime minister. (1979)
5. Mexican holiday Cinco de Mayo celebrates victory of the Mexican army over French forces at the Battle of Pachuca, thus ending efforts of the French to control Mexico. (1862)
6. **National Nurses Day.** Thirty-six people die at Lakehurst, NJ, when the dirigible *Hindenburg* explodes in flames. (1938)
7. Germany unconditionally surrenders to allies at Rheims, France, to end WWII in Europe. (1945)
8. Sean Connery stars as Agent 007 in the first James Bond film, *Dr No*. (1963)
9. Nelson Mandela is chosen as the first Black president of South Africa. (1994)
10. US Senators back more security for Supreme Court justices after threats were made against them. (2022)
11. **Mothers' Day.** Israeli agents capture Nazi war criminal Adolph Eichman in Buenos Aires, Argentina. (1969)
12. American singer Bob Dylan walks off set of *Ed Sullivan Show* when not allowed to sing "Talkin' John Birch Paranoia Blues." (1963)
13. To make it possible for oceangoing ships to reach the Great Lakes, President Eisenhower signs legislation authorizing the construction of the US-Canadian St. Lawrence Seaway. (1954)
14. The final episode of the hit TV series, *Seinfeld*, airs on NBC. (1998)
15. Alabama Governor George Wallace is shot and paralyzed in Maryland while campaigning for President. (1972)
16. The first working laser is demonstrated at Hughes Research Laboratories in Malibu, California. (1960)
17. The US Senate begins its televised hearings into the Nixon Watergate scandal. (1973)
18. Napoleon Bonaparte crowns himself Emperor of France by snatching the crown from Pope Pius VII. (1804)
19. New York City is "reopened" after 423 restrictive days caused by the Covid-19 virus. 33,000 New Yorkers had died from the horrible virus. (2021)
20. Pop star Madonna gives a concert on Copacabana Beach in Rio de Janeiro in front of 1.6 million fans. (2024)
21. The American Red Cross is founded by Clara Barton, once a school teacher in Bordentown. (1881)
22. President Richard Nixon becomes the first American president to visit Moscow. (1972)
23. 50-year-old golfer Phil Mickelson wins the PGA Championship on the Kiawah Course in SC. (2021)
24. Tragic day in Uvalde, Texas, as a crazed 18-year-old gunman kills nineteen students and two teachers at Robb Elementary School. (2022)
25. The Constitutional Convention begins in Independence Hall in Philadelphia. (1787)
26. **Memorial Day.** Telegraph inventor Samuel Morse sent the first official telegraph message from Washington to Baltimore. (1844)
27. Bubonic plague breaks out in San Francisco nearly a year after the city's horrible earthquake. (1907)
28. To promote the conservation of natural resources, John Muir establishes the Sierra Club. (1892)
29. Janet Guthrie, the first woman to compete in the Indianapolis 500 auto race, finishes twenty-ninth. (1977)
30. Joan of Arc is burned at the stake in Rouen, France at the age of 19. (1431)
31. Lady Godiva rides naked through the streets of Coventry, England. (1678)



Bill Walters



# Recipe of the Month

## One Pan Chicken Meatballs with Orzo

### Meatballs:

- 1 lb. ground chicken
- ½ cup dry breadcrumbs
- ½ cup Parmesan cheese, grated
- ¼ cup milk
- 1 egg
- ¼ cup fresh parsley, finely chopped
- 1 Tsp. Italian seasoning
- 1 Tsp. salt
- 1 Tsp. minced garlic
- ½ Tsp. onion powder
- ¼ Tsp. black pepper, fresh ground
- 2 Tbsp. oil

Combine all ingredients in a bowl and mix well, but don't overmix. Let sit for 10-20 minutes to allow the bread crumbs to absorb excess moisture. Roll mixture into 1-1¼ inch balls. Heat a large skillet over medium-high heat. Add the 2 Tbsp of oil and sear the meatballs on all sides until golden brown. Remove to a plate and cover with foil to keep warm.

### Finishing Steps:

- 2 cloves garlic, finely minced
- 2½ cups low sodium chicken broth
- 1½ cups dry orzo pasta
- ⅔ cup cream, any kind: heavy cream for a richer flavor
- ¼ cup Parmesan cheese, grated
- ½ Tsp. salt
- ¼ Tsp. black pepper, fresh ground

To the skillet, add the garlic and cook for 1 minute. Add the broth, scraping the skillet bottom and bring to a low boil. Add the pasta and remaining ingredients. Place the meatballs on top, cover, and simmer over medium-low heat for 10 minutes until the pasta is al dente. It might look liquidy at first, but it will thicken quickly! Taste and serve.



## Lemon Cake with Berry Frosting



### Cake:

- 2 cups flour
- 1 Tsp. baking powder
- ½ Tsp. baking soda
- 1 Tsp. kosher salt
- ⅔ cup milk
- ⅓ cup lemon juice
- 1½ sticks unsalted butter
- 1 Tbsp. lemon zest, grated
- 1 cup sugar
- 2 Tsp. vanilla
- 2 large eggs, room temp

Preheat oven to 350 degrees. Grease a 9-inch round or square pan. Dust the pan with flour, tapping out the excess. Whisk together the flour, baking powder, baking soda, and salt in a bowl. In another bowl, stir together the milk and lemon juice. Using an electric mixer, beat the butter with the lemon zest, sugar, and vanilla on medium speed until light and fluffy. Beat in eggs, one at a time. With the mixer speed on low, beat in the flour mixture gradually. Do not overmix. Transfer the cake batter to the pan and smooth the top. Bake about 40 minutes. Remove from the pan and cool.

### Frosting:

- 6 oz. cream cheese, room temperature
- 6 Tbsp. unsalted butter
- 1 cup plus 2 Tbsp. Confectioners' sugar
- ¼ oz. freeze-dried raspberries, strawberries, and/or blueberries, as desired
- Fresh berries for decorating the cake

Beat cream cheese and butter in a bowl until light and fluffy. Beat in confectioners' sugar and dried berries until smooth. Spread the frosting on the cake and decorate with fresh berries.

*Doris Kuegler*



## Four Seasons at Mapleton Activity Reservation Form

Name(s) \_\_\_\_\_ Address \_\_\_\_\_

Email \_\_\_\_\_ Telephone \_\_\_\_\_

Event \_\_\_\_\_ Event Date \_\_\_\_\_ Check # \_\_\_\_\_ Check Amount \$ \_\_\_\_\_

Meal Choice(s) \_\_\_\_\_ Please indicate if a wheelchair is needed for seating in the multi-function room so that the proper seating arrangements can be made. \_\_\_\_\_

If possible, please seat with \_\_\_\_\_

Please make check payable to "Mapleton Activities"

Refunds will only be made under the following conditions: (1) a resident or authorized guest from the Wait List fills the open reservation; (2) in the event of serious illness, medical emergency or death in the immediate family; (3) a person who has made a reservation on Signup night (the first Monday of the month or other sign-up date specified by the Social Committee) cancels the reservation within seven (7) days of sign-up night. Refunds WILL NOT BE MADE for any reservations made after Sign-up night unless previously stated conditions 1, 2 or 3 apply. Any requests for refunds must be made to the Social Committee event chairperson or the Management Office PRIOR to the event.

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## FOUR SEASONS ACTIVITIES

ACTIVITY	CONTACT	DAY AND TIME	
Art Group	Carol O'Shaughnessy	Wednesday	1:30 p.m.
Billiards	Open	Monday-Friday	2:00 p.m.
Bocce League	Alan Abramowitz	Monday (May – Aug)	5:00 p.m.
Book Discussion	Susan Pushman	Second Monday	9:30 a.m.
Bowling League	Barbara Ocello / Mike Bruno	Tuesday (Sep – Apr)	10:00 a.m.
Breakfast	Debbie Rupp / Nancy Willis	Alternate Wednesdays	8:30 a.m.
Civic Assoc	Ken Tomko	Second Tuesday	7:30 p.m.
Dance Club	Joe Marcello	Thursday	4:30 p.m.
Golf League	Nick Massari / Frank Spinneweber	Tuesday (May-Aug)	7:00 a.m.
Hand & Foot	Mary Kolaski	Friday	1:00 p.m.
Healthy Habits Group	Barbara Venezia	Wednesday	5:30 p.m.
Mah Jongg	Linda Rosenthal	Tuesday	1:00 p.m.
Our Gang Singles Club	Kay Kelley	Second Monday	7:00 p.m.
Pickleball	Bridget Kutz	Mon, Thu and Sat (Apr – Nov)	8:30 a.m.
Quoits	Patti West	Wednesday (Jul – Sep)	5:30 p.m.
Scarlet Ladies	Lucille Brizzi	Varies	
Sew & Sews	Valerie Neher	Friday	1:00 p.m.
Shalom Club	Angela Schwartz	Varies	
Sing-A-Long	Joe Rupp	Tuesday (Sep – May)	7:00 p.m.
Softball	Ron Kutz	Monday (Apr – Nov)	9:00 a.m.
Water Aerobics	Instructor varies	Friday	9:00 a.m.

## WEEKLY RECURRING ACTIVITIES

MONDAY	
8:30 a.m.	Pickleball*
9:00 a.m.	Softball*
2:00 p.m.	Billiards
5:00 p.m.	Bocce*
TUESDAY	
7:00 a.m.	Golf*
10:00 a.m.	Bowling*
1:00 p.m.	Mah Jongg
2:00 p.m.	Billiards
7:00 p.m.	Sing-A-Long*
WEDNESDAY	
1:30 p.m.	Art Group
2:00 p.m.	Billiards
5:30 p.m.	Healthy Habits
5:30 p.m.	Quoits*
THURSDAY	
8:30 a.m.	Pickleball*
2:00 p.m.	Billiards
4:30 p.m.	Dance Clube
FRIDAY	
9:00 a.m.	Water Aerobics
1:00 p.m.	Hand & Foot
1:00 p.m.	Sew and Sews
2:00 p.m.	Billiards
SATURDAY	
8:30 a.m.	Pickleball*

\*Seasonal Activity

## USEFUL CONTACT INFORMATION

Management Office at Four Seasons at Mapleton	609-291-5000
Dani Kurczeski, Manager, e-mail: <a href="mailto:dkurczeski@premiermanagement.net">dkurczeski@premiermanagement.net</a>	
Allison Simmons, Admin, e-mail: <a href="mailto:asimmons@premiermanagement.net">asimmons@premiermanagement.net</a>	
Mansfield Township Police Dept. (non-emergency)	609-298-4411
Mansfield Township Offices	609-298-0542
Franklin Fire Co. #1 (Columbus) (non-emergency)	609-298-4411
Recycling Questions	609-499-1001
Premier Management Associates	732-390-1100*

\* Use this number only outside normal Management Office hours and only in true emergency situation involving the **CLUBHOUSE** or **COMMON AREAS**.



MAY 2025						
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>May's Flower Moon name should be no surprise and originates from the Algonquin people of eastern Canada.</p>	<p><b>* ZOOM Note</b> Rec Classes <b>NOT</b> offered via ZOOM are noted with an asterisk.</p>			<p><b>May Day</b> Senior Gold Zumba, 10:30am Red Hats Tea, 12pm Stability &amp; Balance, 12:20pm Walk Fit Cardio Sculpt, 1:30pm</p>	<p>Weight Training*, 11:45am</p>	<p>Senior Gold Zumba, 10am Kentucky Derby Night, 5pm</p>
<p><b>4</b></p>	<p><b>5</b></p> <p><b>RECYCLING</b> Social Comm Sign-ups, 7pm</p>	<p><b>6</b></p> <p>Election Ballot Tallying, 3pm, (Zoom Only) Annual Meeting, 7pm, (Clubhouse Only)</p>	<p><b>7</b></p> <p><b>GARBAGE PICKUP</b> Breakfast, 8:30am <i>Swing!</i> at Hunterdon Hills Playhouse, 9:45am</p>	<p><b>8</b></p> <p>Mobile Library, 2:45-3:15pm</p>	<p><b>9</b></p>	<p><b>10</b></p> <p>Cars, Cycles, &amp; Coffee 8am</p>
<p><b>MOTHER'S DAY</b></p>	<p><b>12</b></p> <p>Flower Full Moon Book Club, 9:30am Senior Gold Zumba, 11am Our Gang, 7pm</p>	<p><b>13</b></p> <p>Water Aerobics*, 9am Low Impact Fitness, 1:30pm Simple Stretch Seated, 2:35pm</p>	<p><b>14</b></p> <p><b>GARBAGE PICKUP</b> Shalom Club, Sight &amp; Sound Theatre, <i>Noah</i>, 8:30am Gentle Yoga, 10:30am Gentle Yoga, 11:30am Weight Training*, 4pm</p>	<p><b>15</b></p> <p>Senior Gold Zumba, 10:30am Stability &amp; Balance, 12:20pm Walk Fit Cardio Sculpt, 1:30pm</p>	<p><b>16</b></p> <p><b>BINGO!</b> Weight Training*, 11:45am Bingo, 7:15pm</p>	<p><b>17</b></p> <p><b>Armed Forces Day</b> Senior Gold Zumba, 10am</p>
<p><b>18</b></p>	<p><b>19</b></p> <p><b>RECYCLING</b> Senior Gold Zumba, 11am Stability &amp; Balance, 1pm Stability &amp; Balance, 2:10pm Red Hats Wildwood</p>	<p><b>20</b></p> <p>Water Aerobics*, 9am Board of Trustees mtg, 1:15pm Low Impact Fitness, 1:30pm Simple Stretch Seated, 2:35pm Red Hats Wildwood</p>	<p><b>21</b></p> <p><b>GARBAGE PICKUP</b> Breakfast, 8:30am Gentle Yoga, 10:30am Gentle Yoga, 11:30am Weight Training*, 4pm Red Hats Wildwood</p>	<p><b>22</b></p> <p><b>Nat'l Solitare Day</b> Senior Gold Zumba, 10:30am Stability &amp; Balance, 12:20pm Walk Fit Cardio Sculpt, 1:30pm Mobile Library, 2:45-3:15pm</p>	<p><b>23</b></p> <p>Weight Training*, 11:45am</p>	<p><b>24</b></p> <p>Senior Gold Zumba, 10am</p>
<p><b>25</b></p>	<p><b>26</b></p> <p><b>MEMORIAL DAY</b> Offices Closed</p>	<p><b>27</b></p> <p>Water Aerobics*, 9am Low Impact Fitness, 1:30pm Simple Stretch Seated, 2:35pm</p>	<p><b>28</b></p> <p><b>GARBAGE PICKUP</b> Gentle Yoga, 10:30am Gentle Yoga, 11:30am Weight Training*, 4pm</p>	<p><b>29</b></p> <p>Senior Gold Zumba, 10:30am Stability &amp; Balance, 12:20pm Walk Fit Cardio Sculpt, 1:30pm</p>	<p><b>30</b></p> <p>Weight Training*, 11:45am Casual/Music Friday, 6pm</p>	<p><b>31</b></p> <p>Senior Gold Zumba, 10am</p>