Happy Hour
Photos of Distinction July

Advanced
“Meditation 2”
by Marty Sicular

Beginner
“Self Portrait”
by Jerry Simon
SAVE THE DATE

10TH

Anniversary

10th Annual Breast Cancer Awareness Walk
Saturday, October 19th

For more information contact:
Diane Goldstein
(732) 446-2443 or beeg4@aol.com
Four Seasons at Manalapan Women’s Club

Join Us For a Ladies’ Night Out

Thursday, August 8th

Catch a Rising Star Comedy Club At the Princeton Hyatt

Included:
- Bus Transportation (Bus departs approximately 6:15 pm)
- Light Dinner (Pub Grub)
- Soft Drinks
- CASH BAR

COST: TBA
DID YOU KNOW?

Four Seasons at Manalapan
Social Committee
Hosts a
FREE
MOVIE EVERY MONTH!!
THE MOVIES ARE USUALLY SHOWN THE 3rd FRIDAY OF EACH MONTH.
EBLASTS ARE SENT ANNOUNCING THE DATE AND THE MOVIE THAT WILL BE SHOWN.
WE HOPE TO SEE YOU THERE!

Did you know?
Four Seasons at Manalapan
Social Committee
Hosts a
FREE
MOVIE EVERY MONTH!!
The movies are usually shown the 3rd Friday of each month.
Eblasts are sent announcing the date and the movie that will be shown.
We hope to see you there!

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- Estate Planning
- Medicaid Planning
- Medicaid Applications
- Probate, Estate and Trust Administration
Social Committee Happenings
Submitted by Al Lassott

The May Friday Night Movie was, “Green Book.” A less than normal group of residents assembled in the ballroom, to watch this Academy Award winning movie, as this was the second showing of this film in our community.

Remember the Friday Night Movie is usually shown on the 3rd Friday of each month, and is FREE to all residents of FSM.

The Social Committee's Happy Hour was held on May 23. Many of the residents partook of Wine and Cheese as well as various dips and chips, which was shared by all. Meet new friends as well as old, at the HH gatherings.

The Annual Memorial Day BBQ was held on Monday 5/27. A FULL assortment of foods was provided by Tuscany Caterers. There was something for everyone, whether meat eater or vegan. A huge selection of pastries and cookies completed the meal.

After stomachs were full, the fun began. Jonathan the DJ, provided a great list of Karaoke favorites. Mostly women, BUT some brave men also participated in the sing alongs.

Upcoming events will be the HAPPY HOUR Poolside Parties scheduled for June, July and August.

Announcements for all dates and times will be sent via Email, by Lifestyle, Director, Diane Sheehan, and posted on the Social Comm. bulletin board outside of her office.

The Social Committee is seeking additional members to join their committee to help in both planning and carrying out future as well as current events. REMEMBER, residents of FSM can participate in any and all events, as this is YOUR club!

The Social Committee holds their meetings every 2nd Thursday of the month @ 6P.M., in the 2nd floor meeting room.

SHALOM CLUB
SAVE THE DATES

- July 21st TBD – either A.M. speaker or P.M. movie
- July 28th – 2 P.M. show at Jackson Memorial High School featuring Freddie Roman and Broadway Tonight. TICKETS still available at $30 per person
- August 18th – TBD -either A.M. speaker or P.M. movie
- September 21st Saturday night – Jewish New Year dinner and entertainer Richie Balin
- October 20th – Sunday morning – trip to Jewish Museum in Battery Park for Auschwitz exhibit
- November 17th – Sunday morning – speaker Haleh Rabizadeh Resnick
- December 21st (switch from December 7th) – Hanukkah party with entertainment by Steven Zucker.

Watch For Our Flyers.

Billiards Club Membership
2019 - 2020

Billiard Club Membership runs from July 1st to June 30th each year. There shall be no prorating of dues except that players who join in the last three (3) months of the year, (April-June), will pay a full year’s dues & will be fully paid through the following year. For example: If a resident joins on April 10, 2019, their membership will expire on June 30, 2020.

The Billiard Club’s cost of membership will be $10.00. Make checks payable to: “FSM Activity Fund”

Membership Entitlements:

1. MEMBERS will be permitted to vote at future elections and other items calling for a vote.

2. MEMBERS will be permitted to sign-up to play in our Fall or Spring tournaments (additional fee, normally $15.00 for 1-3 tournaments) and/or participate in special programs (Example: Monthly Team 9-ball tournaments (free-no cost to members) and special inter-community competitions.

3. MEMBERS, who do not participate in our Fall or Spring tournaments will be permitted to attend the Awards and Recognition Dinner for a charge of $10.00. The Awards and Recognition Dinner is FREE ONLY to participants of the prior Fall or Spring Tournaments.

Congratulations!
TO THE SENIOR OLYMPICS
BILLIARDS 9-BALL TEAM
FOR WINNING
THE GOLD MEDAL!!

CAPTAIN: Larry Gens
Guy Impallomeni
Vinny Lipari
Don Mesmer
Larry Gens
MEN’S CLUB

If you’re not a Men’s Club member you are missing out on:

• Free Buffet monthly Sunday Breakfasts with guest speakers
• Admission to several entertainment shows
• Free May BBQ and car show
• Admission to subsidized Family Fun Day with your family
• Breakfasts at Gus’ on the 2nd and 4th Wednesdays
• Free Lecture Series
• Many Tours and Trips exclusively for members
• Boy’s Nights Out at various restaurants
• Golf outings
• Poker Night championships
• Baseball and Football events
• Stress Factory comedy shows and dinners
• Free annual Paid up Membership breakfasts with comedian
• Meeting new people, making new friends and learning more about our community

We also donate annually to a chosen charity, provide excess food to the Freehold’s soup kitchen, and provide free CPR training.

So join us by signing up in the Men’s Club folder for membership. You get all the above for $25 a year. Such a bargain!

Dave Davidowitz
Allan Doyno
Co-Presidents

WOMEN’S CLUB

ELECTIONS ARE COMING

Elections are upon us once more. In order to make our membership more aware of what the election process encompasses, we wish to give you some important information.

The Women’s Club elections are held every 2 years. Our very able and dedicated Co-Presidents, Liz Thornton and Karen Norman, will be ending their 2nd terms of office as of the end of this calendar year. Since the Women’s Club Bylaws state that elected officers cannot hold office for more than two consecutive terms, we will see Liz and Karen’s terms come to an end.

At the September Board Meeting, the Board will appoint a Nominating Committee which will consist of 3 members, one of whom will not be a Board member plus the 2 of us, Carol Lifland and Judy Epstein [Past Co-Presidents]. As per our Women’s Club Bylaws, Liz and Karen will be inviting membership to consider becoming Board members and informing all of the duties of each elected office. A time-line of dates will be sent to via e-blast.

The Nominating Committee will meet before the September General Meeting to discuss election specifics. All those interested in seeking office will be given a deadline to inform the Nominating Committee of intent to run for an office. This intent must be written by letter or email.

Once nominations are closed, the Committee will meet and prepare a slate, present it to the Board and then to the membership in October. If any open positions exist, additional nominations will be sought from our membership. If positions still remain open, the Committee may seek candidates from the existing Board even if anyone has already served 2 terms. Absentee ballots are allowed. They must be returned 1 week prior to the November General Meeting when elections will take place. Details regarding absentee ballots will be made available to the membership.

A majority of all votes cast shall be necessary to elect. Only uncontested positions shall be by voice vote. All other positions shall be by written ballot.

Elections shall be held at the November General Meeting.

Current terms of office end 12/31/2019 New terms begin 1/1/2020.

Women’s Club members will be getting more information regarding our elections once the Nominating Committee is formed and meets.

The Women’s Club has been a vital and integral part of our community for the past 12 years. We have grown into a truly shining star, one of which we are so very proud. We now need you to consider investing your time to keep the Women’s Club thriving. Please carefully consider if you wish to join our “team”. The rewards are endless. The new friends priceless. This is your Women’s Club. We need you.

Carol Lifland and Judy Epstein
Co-Chairwomen Women’s Club Nominating Committee.

Men’s Club Save the Dates

The Men’s Club has many events planned for 2019. Here are a few highlights you may want to mark on your calendars:

Sat. July 20 Annual Benefit Concert

Sat. Aug. 10 Family Day
Four Seasons at Manalapan Women’s Club

Sunday, August 25th, 2019

All PAID UP Members Welcome

$25

Your checks will be returned to you at the Brunch
If you are unable to attend that day, your check WILL NOT be returned!

Make checks payable to: *FSM ACTIVITY FUND*
One check per person please

Tables can accommodate 10, 12 or 13. We reserve the right to combine smaller tables.
If you are new to the Women’s Club, we will be delighted to help you with seating.

DEADLINE: July 8th, 2019

NO REFUNDS AFTER DEADLINE

Featuring ...

Fashion Show ★ Bloody Marys ★ Mimosas ★ Gifts
★ 50/50 & Silent Auction (Cash Only) ★

FOR ANY QUESTIONS?? CONTACT YOUR VPs OF MEMBERSHIP

Margarite Corsillo • margari457@aol.com • (908) 839-7615
Joanne Pasqualicchio • J_pasqualicchio@yahoo.com • (908) 938-2728

The Women’s Club Share & Care Committee continues their work with American Recreational Military Services (A.R.M.S.), a non-profit organization that honors our Armed Services and their families. Please bring an unwrapped children’s book to the brunch.
“Gentleness, self-sacrifice, and generosity are the exclusive possession of no one race or religion.” —Mahatma Gandhi

Yet all three are the exclusive possession of one man in our community, Warren Carter. And it is to him that we lovingly and with much thanks, devote our July article.

Warren has proven to be a cornerstone of our community since its inception; as he and his wife were one of the earliest residents. Everyone knows Warren for his friendliness, generosity and the ability to help in whatever capacity is required. As we all do, Warren has faced adversity in his life, but that did not alter his desire to assist others.

When writing this article, we began to explore Warren’s various roles in Four Seasons beyond the Women’s Club. To begin, Warren is an honorary member of the Women’s Club. For Share and Care, he delivered food once a month to the Ronald McDonald House in Long Branch, where he is well-known and well liked. He played a role in our Annual Breast Cancer Walk, attending meetings, sharing ideas and contributing whatever preparation is needed Warren was Secretary of the Homeowners Maintenance Committee, a group that writes articles for the Pegasus Press on home maintenance.

Speaking of the Pegasus Press, Warren was the Distribution Editor. Rain or shine, he made sure that each and every one of us has a copy of the monthly publication in our mailboxes. From a personal perspective, he would proofread the monthly article we write every month for the Pegasus, as Co-Presidents of the Women’s Club. We can attest to the fact that he is thorough and spared us a couple of embarrassing moments. We will have to proofread this one ourselves. Thanks, Warren.

We could continue, but there is no need. Warren’s good deeds and philanthropy speak for themselves. It is with great sadness that we bid Warren adieu. But it is with an equal amount of happiness that we wish him well in the next phase of life. We know we speak for everyone in our community when we say “Thank you, Warren, from the bottom of our hearts and best of luck in the future. You will be greatly missed.”

We hope all of our members are as devoted as Warren. We have a great trip planned to Catch a Rising Star Comedy Club in Princeton, on August 8. A great deal of work goes into planning trips and we hope all of you will attend the upcoming ones to support the continuation of the Women’s Club.

Save the Date:
August 8-To Catch a Rising Star Comedy Club/Princeton
September 12- A Trip to Winterthur/Delaware
October 16-The Rocky Horror Show/Buck’s County Playhouse
October 23-Elder Law Seminar, Gary Garland, Esq.
November 12-The Tenement Museum/NYC

Karen & Liz

One out of eight women will be diagnosed with breast cancer at some point of their lives.* Besides medical needs, women with breast cancer, need education and encouragement during all stages of this disease.

For a woman who has just been diagnosed or is in treatment, there is no better substitute than meeting and speaking to others who have been through this. Peer encouragement can offer hope, motivation and even inspire them to take charge of her own life. For survivors, peer encouragement helps to cope with the chance of recurrence and to strive for a normal life.

Each of us on this journey will go to places we never wanted to visit. On every step of this road, we need to try to learn all we can do to make this journey as smooth and successful as possible. We need to listen to others who have been through this. We need to encourage our breast cancer “sisters” in every possible way. That is what we hope to do by having a Breast Cancer Group in our community. We address issues and concerns that matter to all our women. We are long term survivors. We try to give you a sense of hope.

Breast cancer is a life altering experience. It teaches us how strong we really are. It teaches us that giving up is not an option. It teaches us that beauty is not just on the outside but inside our hearts. It teaches us that we do not have to deal with this disease alone.

Our Breast Cancer Group is a safe and confidential place where you can ask questions, discuss, learn and even laugh. We welcome residents, families and friends. We want you to thrive. Please remember early detection is very important. Schedule your yearly mammograms and other screenings. Every month, do your self exam and report any breast changes to your doctor.

As we celebrate the United States this July, celebrate your personal independence and remember to always listen to yourself and your body. You are strong, motivated, determined and wonderful. Be your own advocate. This is a good time for a special salute to all the brave patients and survivors.

Our next meeting is Saturday, July 6, 2019, in the downstairs conference room at 9:30A.M.. Any questions, please contact Diane Goldstein at 732-446-2443, Flo Miller at 732-536-3375 or me Goldie Golden at 732-610-4064.

*BREAST CANCER GROUP
"HOORAY FOR RED, WHITE, BLUE AND YOU"
by Goldie Golden

TO THE SENIOR OLYMPICS
WOMEN’S TENNIS TEAM
FOR WINNING
THE SILVER MEDAL!!

CAPTAIN: Suzan Siegel
Carol Jacobs
Joy Pollack
Amy Salzhaeuer
Adria Zawatsky

* Breast Cancer Research Foundation
SAVE THE DATE

Four Seasons at Manalapan

Men's Club

Family Day

Saturday Aug 10
(Rain date Sun. Aug 11)

A fun-filled day for Men’s Club & Women’s Club members and their kids & grand-kids

2 POOLS   FOOD   KIDS RIDES   GAMES
TREATS   DUNKING CAGE   WATER SLIDES
OBSTACLE COURSE   DJ / MUSIC
PHOTO BOOTH FOR KIDS & ADULTS
NEW RIDES THIS YEAR - FOR KIDS OF ALL AGES
Our Senior Olympics Bocce Team takes SILVER!  
Congratulations to the following players:  
Deby Mushnick - CAPTAIN  
Paul DeMaglie  
George Golden  
Karyn Handwerker  
Lori Hornacek  
Vince Lipari  
Helene Randell  
Neil Randell  
Robyn Shechter  
Alan Walowitz

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13B   Pegasus Press July 2019

Book Club
Submitted by Lydia Leinsider

Becoming  
By Michelle Obama

“One of the great gifts of Obama’s book is her loving and frank bearing witness to the lived experiences of the black working class.” (From Isabel Wilkerson’s review of the book). Michelle Obama takes us on an intimate tour of everyday African-American lives. She allows us to be privy to her modest, middle class upbringing. Her parents and her extended family were close-knit, caring, and supportive of Michelle and her brother.  
Many of the hopes and dreams of Michelle’s family were denied; Michelle wrote, “we were their investments, Craig and I, everything went to us.” After her Ivy League education and a position at a prestigious law firm, her life takes a turn when she meets Barack Obama. It is so fascinating to read about how this pair of opposites came to be a couple. She was the meticulous one, he was the free spirit, but she was taken by his visionary optimism. He encouraged her to “follow her heart”, and she dedicated her life to the public sector and positions of advocacy, rather than the pursuit of financial gain.  
Our Book Club discussion was led with passion by Helaine Cantos; she came with voluminous notes and an excitement that she wanted to share. Each of us was asked to describe Michelle “in a word.” Honest, brilliant, real, humble and authentic: authentic rang true with all of us. Reading her story, someone said was like having afternoon tea with a close friend. We admired her deep love for her children, “my most precious peas,” and her thoughtful parenting style. She made every effort to make sure the girls had as close to a normal upbringing as possible. Thanks to Helaine, this was an especially informative and inspiring discussion.  
Michelle Obama’s story is one of becoming: becoming me, becoming us, becoming more. We look forward now to see how she uses her brilliance and shows her authenticity in the public sector.

Please remember, the Book Club meets the third Wednesday of the month at 7:30 P.M. in the Crafts Room. Please join us even if you haven’t read or finished the book.

Upcoming Book Club Selections

July 17, 2019

The Extraordinary Life of Sam Hell by Robert Dugoni  
This book is a coming-of-age story focusing on Sam, born with ocular albinism – red pupils. He is beset by many obstacles due to the color of his eyes. This is an inspirational tale of his triumph.

August 21, 2019

MAID: Hard Work, Low Pay, and a Mother’s Will to Survive by Stephanie Land  
The author is determined to give voice to the working poor in America. “My writing is fueled by my own experiences. I aspire to use my stories to expose the reality of what it’s like to pursue the American Dream while being held back at the poverty line.”
Kick-Off Meeting

Wed., September 4th at 7 pm in the 2nd Floor Conference Room

Match play to begin on or about September 4th and Ends December 10th

Playoffs:
December 2019 - January 2020
Details TBA
Separate Awards event to be held (TBA)

Four Seasons at Manalapan

Three concurrent events:
- 8-Ball
- 9-Ball
- Chicago

Specific tournaments, formats and division assignments subject to number of entrants.

Sign up for 1, 2 or all 3 events. Flexibility to schedule matches at your convenience.**

Fall 2019 Billiards Tournament

$15 sign-up fee covers 1, 2 or all 3 events
You must be a current Billiards Club Member in order to participate
(separate sign up folder in the Concierge Area)
Checks payable to: “FSM ACTIVITY FUND”
Deadline for Sign-up: Wednesday, August 28th

**If you do not complete ALL of your matches you will NOT be allowed to play in the next tournament.
must be a price verified on the internet site from a distributor of that product.

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732-780-8900

1293 Rt.23 South
Wayne, NJ 07470
973-696-2185

“When Did I Become the Parent, Instead of the Child?”

Wednesday, July 24 • 6 p.m.

Join us for Conversation, Resources and Delicious Dinner!

This enlightening program is FREE and focuses on learning to get things in order for your parents with legal documents, financial advisement plus recognizing the physical and mental signs to making changes.

DISTINGUISHED PANELISTS INCLUDE:
Robyn Kohn, MA, CDP Director of Programs and Services Alzheimer's Association Greater NJ.
Kathy Anne Lo Bue, Managing Director, Glen Eagle Advisors, LLC
Shelli Monacchio, Director of Life Care Resources for VanDyck Law.

Question and Answer Session

RSVP by July 9 by calling 732.333.3869 or email Jill at: DBD@mattisoncrossing.com

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**Manalapan Township Recycling Program**
You can now place all recyclables in one bin for curbside collection!
**Pickup is EVERY Wednesday**
**Garbage Pick-Up Monday & Thursday**

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**Manalapan Township Recycling Program**
You can now place all recyclables in one bin for curbside collection!
**Pickup is EVERY Wednesday**

**DROPOFF ITEMS**
The following items are not collected at the curb but are recyclable. Please drop them off at:

The Recycling Center
207 Rt 522
M-F 8:00 - 3:00
Sat 8:00 - 2:00
- Leaves & Brush
- Electronics
- Metals
- Car Batteries
- Button Batteries
(e.g. watches, hearing aids & cameras)

**NO**
Not Accepted For Curbside Recycling
Plastic bags
styrofoam
Waxed paper
Microwavable trays
Light bulbs, windows, mirrors
Ceramics, porcelain, plates, vases
Plastic 6-pack holders
Batteries
Tires
Paint Cans (empty or full)
Household items
(e.g. toasters, cooking pots)

**Recycling Tips:**
- Empty and lightly rinse all containers
- You do NOT need to tie up your newspapers if they are in a container
- Use a container with a lid to ensure that papers do not blow away
- Containers should not be larger than 50 gallons

**No Need To Remove** Tape, Paper clips, staples, stamps, labels, metal fasteners, rubber bands, plastic tabs, post-it notes, spiral bindings.

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<th>CONTACTS</th>
<th>PHONE</th>
<th>EMAIL</th>
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</thead>
<tbody>
<tr>
<td>Architectural Control Committee</td>
<td>Wed. 10:15 A.M., based on need</td>
<td>David Davidowitz</td>
<td>(908)601-0140</td>
<td><a href="mailto:dddconed1@aol.com">dddconed1@aol.com</a></td>
</tr>
<tr>
<td>Bike Group</td>
<td>Thursdays</td>
<td>Arnie Lifland</td>
<td>513-1929</td>
<td><a href="mailto:arnelifland16@gmail.com">arnelifland16@gmail.com</a></td>
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<tr>
<td>Billiards</td>
<td>Oct.-Jan./Feb.-May</td>
<td>Larry Gins</td>
<td>598-1289</td>
<td><a href="mailto:lg0607@aol.com">lg0607@aol.com</a></td>
</tr>
<tr>
<td>Bocce</td>
<td>Seasonal</td>
<td>Jeff Goldberg</td>
<td>673-1020</td>
<td><a href="mailto:jgoldb3355@aol.com">jgoldb3355@aol.com</a></td>
</tr>
<tr>
<td>Book Club</td>
<td>3rd Wed.. 7:30 P.M.</td>
<td>Marcie Case</td>
<td>792-3849</td>
<td><a href="mailto:Marciec39@aol.com">Marciec39@aol.com</a></td>
</tr>
<tr>
<td>Bowling</td>
<td>Monday 7:00 P.M.</td>
<td>Diane Sheehan</td>
<td>786-1727</td>
<td><a href="mailto:dsheehan@taylormgt.com">dsheehan@taylormgt.com</a></td>
</tr>
<tr>
<td>Breast Cancer Support Group</td>
<td>1st Sat. 9:30 A.M.</td>
<td>Diane Goldstein</td>
<td>446-2443</td>
<td><a href="mailto:beeg4@aol.com">beeg4@aol.com</a></td>
</tr>
<tr>
<td>Bridge</td>
<td>Thurs. 9:30 A.M. &amp; Fri. 1:00 P.M.</td>
<td>Andrea Shorr</td>
<td>446-2577</td>
<td><a href="mailto:andreasshorr@yahoo.com">andreasshorr@yahoo.com</a></td>
</tr>
<tr>
<td>Chorus</td>
<td>Monday 6:45- 8:15 P.M.</td>
<td>Susan Leber*</td>
<td>446-1233</td>
<td><a href="mailto:supale@aol.com">supale@aol.com</a></td>
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<tr>
<td>Civic Issues Committee</td>
<td>1st Wed. 7:00 P.M.</td>
<td>Larry Cooper</td>
<td>446-3704</td>
<td><a href="mailto:LSC47@aol.com">LSC47@aol.com</a></td>
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<tr>
<td>Clubhouse Committee</td>
<td>1st Tues. 7:00 P.M.</td>
<td>David Sobel</td>
<td>675-8283</td>
<td><a href="mailto:dave07747@aol.com">dave07747@aol.com</a></td>
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<tr>
<td>Election Committee</td>
<td>January—May</td>
<td>Steve Ellis</td>
<td>709-3552</td>
<td><a href="mailto:she17a@gmail.com">she17a@gmail.com</a></td>
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<td>Finance Committee</td>
<td>3rd Thurs. 7:00 P.M.</td>
<td>Frank Damadeo</td>
<td>908-907-3959</td>
<td><a href="mailto:damadeof@msn.com">damadeof@msn.com</a></td>
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<td>Grounds Committee</td>
<td>1st Mon. 7:00 P.M.</td>
<td>Mario Abbatiello</td>
<td>917-992-8906</td>
<td><a href="mailto:siturf@gmail.com">siturf@gmail.com</a></td>
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<tr>
<td>Homeowners Maint. Comm.</td>
<td>Last Wed. 7:30 P.M.</td>
<td>Marty Mindlin</td>
<td>446-3906</td>
<td><a href="mailto:MartyM86@aol.com">MartyM86@aol.com</a></td>
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<tr>
<td>Ice Cream Club</td>
<td>Whenever</td>
<td>David Miller</td>
<td>448-7919</td>
<td><a href="mailto:eblawyer@aol.com">eblawyer@aol.com</a></td>
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<tr>
<td>Italian/American Cultural Club</td>
<td>Whenever</td>
<td>Mary Ann Colarusso</td>
<td>446-0283</td>
<td><a href="mailto:maryann4547@msn.com">maryann4547@msn.com</a></td>
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<tr>
<td>Judiciary Committee</td>
<td>As needed</td>
<td>Robert Button</td>
<td>483-4141</td>
<td><a href="mailto:rh2button@gmail.com">rh2button@gmail.com</a></td>
</tr>
<tr>
<td>Mah Jongg</td>
<td>A.M. &amp; P.M. groups</td>
<td>See Message Board</td>
<td><a href="http://www.fourseasonsatmanalapan.com/thread_list.asp">http://www.fourseasonsatmanalapan.com/thread_list.asp</a></td>
<td></td>
</tr>
<tr>
<td>Men’s Club</td>
<td>1st Sun. 9:00 A.M.</td>
<td>David Davidowitz*</td>
<td>908-601-0140</td>
<td><a href="mailto:dddconed1@aol.com">dddconed1@aol.com</a></td>
</tr>
<tr>
<td>Men’s Club Breakfast</td>
<td>2nd &amp; 4th Wed. 9 A.M.</td>
<td>David Davidowitz*</td>
<td>908-601-0140</td>
<td><a href="mailto:dddconed1@aol.com">dddconed1@aol.com</a></td>
</tr>
<tr>
<td>Mexican Train Dominos</td>
<td>2nd Thurs. Dinner 5 P.M.</td>
<td>Pat Coveny</td>
<td>446-0248</td>
<td><a href="mailto:pcoveny_71@verizon.net">pcoveny_71@verizon.net</a></td>
</tr>
<tr>
<td>Movie Night</td>
<td>3rd Fri. 8:00 P.M.</td>
<td>Al Lassoff</td>
<td>780-4167</td>
<td><a href="mailto:alassoff@hotmail.com">alassoff@hotmail.com</a></td>
</tr>
<tr>
<td>Pegasus Press Newspaper</td>
<td>2nd Tues. 7:00 P.M.</td>
<td>Richard Leinsider</td>
<td>305-6354</td>
<td><a href="mailto:busnlink@aol.com">busnlink@aol.com</a></td>
</tr>
<tr>
<td>Photography Club</td>
<td>2nd Mon. 7:30 P.M.</td>
<td>Alan Bogard</td>
<td>446-0967</td>
<td><a href="mailto:abache@optonline.net">abache@optonline.net</a></td>
</tr>
<tr>
<td>Pickleball</td>
<td>Sat. 9:00A.M./Tues.-Thurs. 4:00P.M.</td>
<td>Jerry Silverman</td>
<td>598-1127</td>
<td><a href="mailto:jsilverman111@optonline.net">jsilverman111@optonline.net</a></td>
</tr>
<tr>
<td>Ping Pong Club</td>
<td>Tues. 7:45 P.M., Thurs. 7:00 P.M.</td>
<td>Ellis Galimidi</td>
<td>908-216-8823</td>
<td><a href="mailto:ellis.galimidi@gmail.com">ellis.galimidi@gmail.com</a></td>
</tr>
<tr>
<td>Pinochle</td>
<td>Mon. 1:00 P.M., Wed. 7:00 P.M.</td>
<td>Ken Smolack</td>
<td>446-4611</td>
<td><a href="mailto:kennis171@optonline.net">kennis171@optonline.net</a></td>
</tr>
<tr>
<td>Shalom Club</td>
<td>3rd Sun. 11:00 A.M.</td>
<td>Gary Hyman</td>
<td>786-1101</td>
<td><a href="mailto:gbhymaan@aol.com">gbhymaan@aol.com</a></td>
</tr>
<tr>
<td>Share and Care</td>
<td>3rd Wed. 10:00 A.M.</td>
<td>Arlene Lomasky*</td>
<td>446-4602</td>
<td><a href="mailto:teacherarlo@aol.com">teacherarlo@aol.com</a></td>
</tr>
<tr>
<td></td>
<td></td>
<td>Janet Gross*</td>
<td>446-4895</td>
<td><a href="mailto:jlg118@aol.com">jlg118@aol.com</a></td>
</tr>
<tr>
<td>Singles Club</td>
<td>3rd Tues.</td>
<td>Phyllis Weiss</td>
<td>616-3921</td>
<td><a href="mailto:pw229@yahoo.com">pw229@yahoo.com</a></td>
</tr>
<tr>
<td>Social Committee</td>
<td>2nd Thurs. 6:30 P.M.</td>
<td>Al Lassof*</td>
<td>780-4167</td>
<td><a href="mailto:alassof@hotmail.com">alassof@hotmail.com</a></td>
</tr>
<tr>
<td>Tennis Club</td>
<td>See Message Board</td>
<td>Suzan Siegel</td>
<td>616-6157</td>
<td><a href="mailto:ssiegel013@aol.com">ssiegel013@aol.com</a></td>
</tr>
<tr>
<td>Texas Hold ‘Em</td>
<td>Tues. 7:00 P.M. &amp; 8:15 P.M.</td>
<td>Harvey Waldman</td>
<td>792-3463</td>
<td><a href="mailto:hswaldman@optonline.net">hswaldman@optonline.net</a></td>
</tr>
<tr>
<td>Trips and Tours Committee</td>
<td>Monthly</td>
<td>Kal Silverman</td>
<td>536-5161</td>
<td><a href="mailto:kalsilverman@gmail.com">kalsilverman@gmail.com</a></td>
</tr>
<tr>
<td>Wine Tasting Club</td>
<td>Every other month</td>
<td>Kal Silverman</td>
<td>536-5161</td>
<td><a href="mailto:kalsilverman@gmail.com">kalsilverman@gmail.com</a></td>
</tr>
<tr>
<td>Women’s Club</td>
<td>2nd Wed. 7:30 P.M.</td>
<td>Karen Norman*</td>
<td>851-4552</td>
<td><a href="mailto:kinstyle28@aol.com">kinstyle28@aol.com</a></td>
</tr>
<tr>
<td></td>
<td></td>
<td>Liz Thornton*</td>
<td>446-0978</td>
<td><a href="mailto:Lithorshore@gmail.com">Lithorshore@gmail.com</a></td>
</tr>
</tbody>
</table>
### July 2019

**MONDAY**
- **8:30-9:30 A.M.** - Chair Yoga w/Brian (F)
- **10:15-11:15 A.M.** - Body Toning w/Ellen (F)
- **6:00-7:00 P.M.** - Grounds Comm. Mtg. (C2)
- **7:00 P.M.** - Clubhouse Committee Mtg. (C2)
- **7:45 P.M.** - Ping Pong (F)

**TUESDAY**
- **2:30 P.M.** - Tennis Club Round Robin
- **7:45 P.M.** - Ping Pong (F)

**WEDNESDAY**
- **10:30-11:15 A.M.** - Aquasize (Indoor Pool)
- **1:00-4:00 P.M.** - Bridge Lessons (CR)
- **7:00 P.M.** - Ping Pong (F)

**THURSDAY**
- **9:30-10:30 A.M.** - Aquasize (Indoor Pool)
- **10:15-11:15 A.M.** - Body Toning w/Ellen (F)
- **12:45-4:00 P.M.** - Bridge Club (CR)
- **7:00 P.M.** - Ping Pong (F)

**FRIDAY**
- **10:15-11:15 A.M.** - Body Toning w/Ellen (F)
- **12:45-4:00 P.M.** - Bridge Club (CR)
- **7:00 P.M.** - Ping Pong (F)

**SATURDAY/SUNDAY**
- **8:30-9:30 A.M.** - Chair Yoga w/Brian (F)
- **10:15-11:15 A.M.** - Body Toning w/Ellen (F)
- **6:00-7:00 P.M.** - Grounds Comm. Mtg. (C2)
- **7:00 P.M.** - Clubhouse Committee Mtg. (C2)
- **7:45 P.M.** - Ping Pong (F)

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**INDEPENDENCE DAY**
- **10:15-11:15 A.M.** - Body Toning w/Ellen (F)
- **12:45-4:00 P.M.** - Bridge Club (CR)

**CR** = Craft Room  **MR** = Media Room  **B** = Ballroom  **MCR** = Men's Card Room  **C2** = Upstairs Conf. room  **BR** = Billiards Room  **L** = Library  **A** = Atrium  **F** = Fitness Room  **LB** = Lobby

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***All events subject to change. Please check the online calendar for the latest information***
A NEW SENSATION AT REHABILITATION NJ

MicroVASCULAR NEUROPATHY CARE!

DO YOU SUFFER FROM PERIPHERAL NEUROPATHY?

Peripheral Neuropathy is a nerve disorder known to affect the lives of millions of Americans with debilitating symptoms such as numbness, tingling, burning and prickling pains in the legs, feet, arms and hands. Over time, many people also develop difficulty with walking, balance and muscle weakness. It is a complication associated with several different medical conditions, including Diabetes, Cancer, Peripheral Vascular Disease and Metabolic disorders most commonly. While some cases improve when the underlying cause is managed effectively, sometimes the cause may not always be detectable. As nerve damage tends to worsen over time, it is crucial to be proactive with proper treatment, avoiding any negative impact on quality of life.

SYMPTOMS

- NUMBNESS, TINGLING OR BURNING
- SHARP-SHOOTING PAIN
- SENSITIVITY TO HOT OR COLD
- MUSCLE WEAKNESS, CRAMPING
- LOSS OF BALANCE AND COORDINATION
- DIFFICULTY WALKING

When functioning normally, the peripheral nerves relay messages from the central nervous system, brain and spinal cord to the rest of the body. However, this key function becomes disrupted by disease processes that may impair circulation to peripheral blood vessels, particularly the smaller ones (capillaries), which enter nerve tissues. Without sufficient blood flow making it through the capillaries, essential oxygen and nutrients cannot get into the nerve tissues while the waste products of metabolism cannot get out. The peripheral nervous system eventually becomes distressed and damaged due to starvation and toxicity.

WHAT IS MICROVAS?

MicroVas is a FDA-cleared, advanced treatment option that delivers electromagnetic energy to the affected limb(s), stimulating increased circulation to the surrounding tissues. This innovative technology causes blood to pump and circulate much more efficiently by elevating tissue oxygen levels, laying the groundwork for new tissue growth and repair, while accelerating the healing process. Microvas therapy may also promote lymphatic drainage, notably reducing swelling in some instances and positively influencing the body’s immune response.

In our experience, MicroVas’ therapeutic effects are often substantial and our unique approach of implementation including manual hands-on therapy and functional conditioning for strength and balance is designed to help you achieve optimal results for long-term relief.

"My neuropathy had me miserable day and night and I had just learned to live with it. After five weeks of MicroVas treatments at Rehabilitation, I’m already seeing a difference. They have given me hope and now I feel more motivated to stay active. Thanks so much." -David M.

"Since starting treatment at Rehabilitation, I’ve noticed less pain, tingling and burning sensations from the neuropathy and the MicroVas has made a big difference. Thank you for your kindness and patience." -Grace R.

“We Personally Invite You To Schedule A Comprehensive Evaluation To Determine If You Are A MicroVas Candidate And To Learn More About Our EXCLUSIVE Neuropathy Program” -The REHABILITY Team...We Can Help!

*Most Insurances Accepted, Including Medicare.

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