

SECTION B

Club News

Volume 18, Number 7

Wine Club
Singles at Heart Club
Book Club
Social Committee

Ice Cream Club
Men's Club
Bosom Buddies
Women's Club

Bocce Club
Photography Club
Bowling Club
Bridge Club
Tennis Club
Pickleball Club

Billiards Club
History Book Club
Italian American Club
Shalom Club
Trips & Tours

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Four Seasons at Manalapan
Men's Club trip to

NJ State Museum & Planetarium Show
Tuesday, July 15th
\$5 for Men's Club Members



NEW JERSEY
STATE MUSEUM

KILLARNEY'S
PUBLIC HOUSE
KITCHEN + SPIRITS

Lunch on your own at
Killarney's Public House at
1644 Whitehorse Mercerville
Road, Hamilton, NJ

Join us to tour the museum's
general collections, and the brand-
new exhibit, *New Jersey Ecosystems
at Risk*. We will have a special
planetarium film and live talk at
11:30 am

Meet at the clubhouse for Carpooling
at 9:30AM

On street metered parking for the
museum is available on State Street and
the nearby Statehouse Parking Garage
205 West State Street, Trenton, NJ

Folder out June 5th
Please make checks to :
FSM Activity Fund
Deadline July 5th
No refunds after Deadline

Questions?
Marty Gold
martypgold@gmail.com

Four Seasons at Manalapan Men's Club
Presents
Annual Benefit Show
To Benefit Fulfill Food Bank
OPEN TO ALL FSM RESIDENTS



Emily Yates
Saturday,
July 26th
8 PM
DOORS OPEN AT 7:30
\$30 PP
MINIMUM TAX-DEDUCTIBLE
DONATION

If you are unable to attend, any
donations are appreciated

 MAKE CHECKS PAYABLE TO:
"Fulfill Food Bank"

100% of your donation will go directly
to *Fulfill Food Bank*
to give back to those in need
The Men's Club will pay for all
expenses of the evening including
entertainment, beverages & dessert.

QUESTIONS??
Joel Margolis ★ jmshoe42@gmail.com
Charlie Mutnick ★ cmutnick@optonline.net

Emily Yates' breathtaking voice and matchless talent have left audiences around the globe on their feet. Emily will be performing the greatest hits of female artists. She will be accompanied by 2 male Broadway singers, doing jersey boys and more. Emily performed here as one of the 3 Diva's. She performs on Broadway and cruise ship main theatres.

[Emily Yates Video Link](#)



Happy 4th of July!

“Mark Your Calendar”
for These Can’t Miss
WOMEN’S CLUB EVENTS

JULY

July 14.....10:00AM.....Breakfast at Gus’s
July 16.....4:15PM G’s Giving Gowns in the Craft Room
July 17.....4:00PM to 7:00PM.. Women’s Health and Wellness Fair

AUGUST

August 4.....10:00 AM.....Breakfast at Gus’s
August 13.....4:15 PM G’s Giving Gowns in the Craft Room
August 20.....10:00 AM..... Share and Care meeting in the Craft Room
August 27.....TBDGirls Just Wanna Have Fun with
the “Queenz that Rock”

SEPTEMBER

September 910:00 AM.....Breakfast at Gus’s
September 14 ...TBD Paid Up Membership Event
September 17 ...10:00 AM..... Share and Care meeting in the Craft Room

We hope to see you soon!!

Women’s Club

Submitted by Marsha Koster

Throughout history, women have consistently made immeasurable contributions to society. From earning the right to vote to becoming CEOs who run Fortune 500 companies to becoming Vice President of the United States, women have broken down barriers at every turn.

Our Women’s Club is mostly made up of strong, independent women who speak their minds. But we also need to rely on each other to accomplish our goals. We need YOU to step up and become an active member to help us survive, thrive, and grow. Margaret Thatcher said, “If you want something said, ask a man. If you want something done, ask a woman.”

We are asking you to come forward to make the Women’s Club the best it can be. There are many opportunities for you to become an active member and show your strength. To quote Reese Witherspoon, “I encourage women to step up. Don’t wait for someone to ask you.”

So, step up! You are only a phone call away.

Your co-vice presidents of membership,

*Marsha Koster Carol Lifland
732-642-7526 732-492-7822*

Shalom Club News

Submitted by Phyllis Brill, President

Please join us for our next events!

***Sunday morning, August 17, 2025 at 10 A.M.**
Bagel Brunch—Eat, Listen, Learn, and Laugh a bit!
A Presentation by Sal St. George:
Those Boisterous Boys from the Borscht Belt

***Saturday evening, September 6, 2025 at 6 P.M.**
Rosh Hashanah hot dinner and entertainment by **Julian and Dominique**,
one of America’s favorite singing duos!

***Saturday evening, December 6, 2025 at 6 P.M.**
Chanukah dinner and fabulous Klezmer music from *The Hester Street Troupe*

Would you like to assist in planning or suggesting any events? Please let me know!

If you have any questions or suggestions, please email me at phyllisb18@yahoo.com.

New and returning members of our Shalom Club are always welcome! Please make your check payable to FSM Activity Fund in the amount of \$18 per household.



Four Seasons at Manalapan Shalom Club
Presents

**Those Boisterous
Boys from the
Borscht Belt**



With Sal St. George as the Moderator

Famous entertainers who began their careers in the Catskills are legendary: Mel Brooks, Danny Kaye, Jerry Lewis, Buddy Hackett, Jackie Mason, Myron Cohan, Alan King and countless others. Join us on a nostalgic and side splitting excursion to a long gone vacation destination that had a lasting influence on the world of comedy!

Sunday, August 17th at 10AM

Ballroom Doors open at 9:45 AM

**Light breakfast will be served– bagels and
schmears, egg and tuna salads**



Shalom Club members Only \$18 PP

Sign up July 17th 9:30AM

Tables of 8 & 10

**Checks must accompany
sign up**

**MAKE CHECKS PAYABLE TO:
FSM ACTIVITY FUND
No Refunds after August 1st**

QUESTIONS??

Hope Nechamkin • (732) 890-6477
Faye Kasner • (732) 740-1149
Phyllis Brill • (732) 415-8758



The Photography Club Wants You

Submitted by Jerry Deutsch



Do you own a cell phone? Do you use it to take pictures? Then you’re a “photographer!” Regardless of what you use to take photographs and what you take photos of, participation in the Four Seasons Manalapan Photography Club (FSMPC) can greatly improve your images.

At every meeting, we have a speaker or a video about various aspects of photography, with an emphasis on improving everyone’s skills. We also critique images submitted by members, which heightens everyone’s awareness of how they can improve the composition of their images.

You don’t have to own an expensive camera to take great photos. A cell phone is all you need. Join us as a guest and learn what the club is about.

We meet once a month on the second Monday of every month at 7:30 P.M. The meetings take place, in person, in the upstairs conference room and are also transmitted via Zoom.

You can see last month’s winning photographs from our monthly competition in this edition.

For more information about FSMPC, please contact Jerry Deutsch (732) 213-6363 or jerrydeutsch@yahoo.com, Alan Bogard at (732) 446-0967 or anbche@optonline.net, or Wai Seto setowai@hotmail.com.

Men’s Club Activity Schedule

Look what your \$25 membership gives you

June 1

Sunday BBQ

June 10

Battleship New Jersey

June 17

Boys Night Out– El Meson

June 24

New Egypt Speedway– Short track super series

July 6

Sunday Breakfast

July 15

NJ State Museum & Planetarium Show

July 24

Boys Night Out– Pickled Herring

July 24

Pedal & Golf– The Club Monroe

July 26

Benefit Concert - Emily Yates & Company

Aug 3

Sunday Breakfast

Aug 6

Baseball Somerset Patriots TD Ballpark

Aug 19

Boys Night Out

Aug 23

Family Day

Sept 7

Sunday Breakfast

Sept 10

Mets/Phillies Game at Citizen Bank Ballpark

Sept 13

Show– DJ Neil Sedaka tribute show
(plus 2 musicians from Carol Kings group)

Sept 16

Boys Night Out

Oct 12

Paid up Membership BBQ

Oct 18

Uptown a celebration of Motown & Soul

Oct 26

Sunday Breakfast

Plus more including additional trips , boys nights out, and poker night

Singles at Heart Club

Submitted by Debbie Rubinstein

Calling all singles at Four Seasons at Manalapan! It’s never too late to join our vibrant singles club and be part of a community that values fun, friendship, and new experiences.

If you’re interested in joining, you can find the folder in the concierge office. Our club has a variety of activities planned for each month, including dinners, concerts, and even a day at Monmouth Raceway.

It’s the perfect opportunity to connect with other singles in our community and enjoy some quality time together. Don’t miss out on the chance to be part of our exciting events and meet new people!

Social Committee

Submitted by Al Lassoﬀ

Friday Night Movie

The Friday Night Movie for May was "Wolfs." Hired to cover up a high-profile crime, a fixer soon finds his night spiraling out of control when he is forced to work with an unexpected counterpart. The film ends with the fixers facing a final confrontation, leaving the audience to wonder about their survival and the true nature of the conspiracy, setting up a possible sequel.

The Friday Night Movie for June was "Bob Trevino Likes It." It's a comedy-drama centered around a young woman who searches for her estranged father online and forms a bond with a different man of the same name.

The Friday Night Movie for July has not been selected yet. The title and date will be announced by Lifestyle Director Susan Schovanec. Please watch for her emails!

Please Remember!

The Friday Night Movie is usually held on the 3rd Friday of the month and is **FREE, NO CHARGE!**

Happy Hours

A Happy Hour was not held in June; however, a Happy Hour Pool Party is scheduled for July 22, 2025. See the notice below under **Other Events**.

Happy Hours are an opportunity for ALL Four Seasons at Manalapan residents to socialize with old friends and meet new ones. There is **NO CHARGE** to attend! All future Happy Hour dates and times will be announced by Lifestyle Director Susan Schovanec.

Other Events:

The **Memorial Day BBQ** was held on Monday, May 26, 2025. All the traditional BBQ foods were provided by **Tuscany** with their own griller, "Mike." Music was provided by **Ambient DJ**. Share & Care MASH unit donations were collected before and during the event. The food was delicious and plentiful. The music had the guests up and dancing. Pictures from this event appear in this month's issue of the Pegasus Press.

Polynesian Night was held on Friday, June 13, 2025. Luau entertainment, including a band, native island hula dancers, Tahitian drummers, and exciting knife throwers, were there. Asian (Hawaiian-style food) was served. Guests were greeted with an "Aloha!" and a lei. Pictures from this event will appear in the August issue of the Pegasus Press.

Music on the Patio, featuring "Let's Be Frank" is scheduled to be held **Thursday, July 10, 2025**. This outdoor event has the residents bringing their own chairs and lounges to line the patio and pool area to listen and dance to the music of this unique band. Ice cream refreshments will be served.

A **Happy Hour Pool Party** with DJ “Frankie” is scheduled to be held on **Tuesday, July 22, 2025**. Lifeguards will be on duty for those so inclined to jump into the pool. Residents are encouraged to bring their own food, treats, and beverages.

The coming months will bring a host of events sponsored by your Social Committee:

Music in the Ballroom: Saturday, August 9, 2025, with "The Eddie Testa Band"

Labor Day Hoe Down: Monday, September 1, 2025, w/DJ "Mike"

Comedy Night: Saturday, October 4, 2025, featuring Jeff Norris and "Open Mic" for residents.

The Jersey Beach Boys: Saturday, November 1, 2025

New Year’s Eve Gala: Wednesday, December 31, 2025

Friday Night Movies and Happy Hours will be held during the coming months.

Please watch for email announcements from Susan!

New members of the Social Committee are always welcome at our meetings. Bring new suggestions for future events, and stay to help implement them!

Please Patronize Our Advertisers

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Four Seasons at Manalapan Billiards Club Membership 2025-2026

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, 2025, their membership will expire on June 30, 2026.

The Billiard Club's cost of membership will be \$10.00 per year
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 up to 2 tournaments) and/ or participate in special programs (Example of special programs: Monthly Team 9-ball tournaments (free-no cost to members) and special inter-community competitions (free-no cost to members).
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.

We accept no responsibility for any advertisements. If there are any complaints concerning an advertiser, please contact them directly. If you receive no satisfaction, you can contact your Better Business Bureau or the Monmouth County Department of Consumer Affairs.



Manalapan Township Recycling Program

You can now place all recyclables in one bin for curbside collection!

EVERY OTHER WEDNESDAY

QUESTIONS

732.446.8404

www.mtnj.org



**Garbage
Pick-Up
Monday**

DROP OFF 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

- Plastic bags
- styrofoam
- Waxed paper
- Microwavable trays
- Light bulbs, windows, mirrors
- Ceramics, porcelain, plates, vases
- Plastic 6-pack holders

*Not Accepted
For Curbside
Recycling*

- 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

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Bosom Buddies

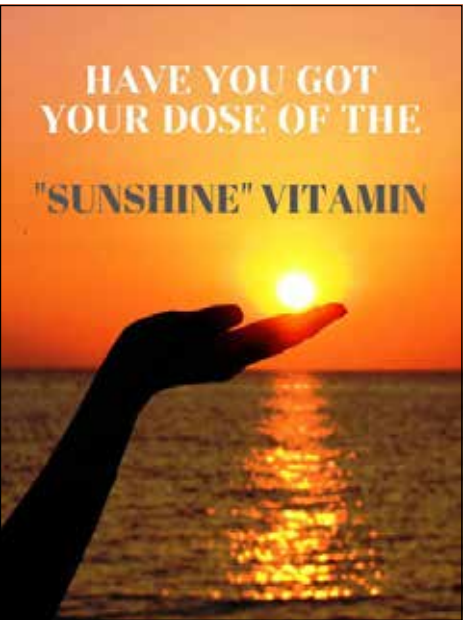
“The Sunshine Vitamin”

Reported by Goldie Golden

We all know someone who has been affected by breast cancer. According to the Breast Cancer Research Foundation, one in eight women will experience breast cancer in their lifetime.* As common as this cancer is, there is little attention paid to its link to vitamin D deficiency.

While research showing evidence of the link between low vitamin D3 and breast cancer is still ongoing, it shows a clear association between the two. It also shows that higher levels of vitamin D may give you greater protection against breast cancer risk.

Some of us limit our intake of dairy products and limit sun exposure. The most effective way to reach good vitamin D3 levels is by discussing taking a high-quality supplement with your doctor and how much you need. A simple blood test can let you know your D3 level. A serum level of 40 or higher can help cut breast cancer risk. Vitamin D3 is good for your overall immune system, and muscles and may improve your bone health. More research needs to be done in order to



In the meantime, look for foods that increase your vitamin D, such as salmon, tuna, trout, fortified milk, fortified cereals, yogurt, cheese, eggs, mushrooms, bananas, tofu, figs, sweet potatoes, and orange juice. Also, try to get short periods of direct sunlight, 15 minutes, three times a week, making sure you use sun protection.

It is important to speak to your doctor before taking any supplement. You want to make sure that the supplement will not interfere with any breast cancer treatment or other medications. Also remember that no dietary supplement has been proven to prevent, treat, or cure cancer.

Early detection is very important. Schedule your annual mammogram, do your monthly self-breast exam, discuss other screenings, and report any breast changes to your doctor. Any questions, contact Diane Goldstein at 732-446-2443 or me, Goldie Golden at 732-610-4064.

**Breast Cancer Research Foundation*



Four Seasons at Manalapan Billiards Recognition Dinner

WEDNESDAY, JULY 30th, 2025

Enjoy dinner and desserts while
socializing & playing pool afterwards.

Awards Presentation:

We will be honoring our Fall 2024 & Spring 2025
Champions & Divisional winners.

WHERE: Clubhouse Ballroom

WHO: ONLY For Participants of Fall 2024 OR Spring 2025
Tournament Players & Club Members

TIME: 4:30 - 8:30 pm

cost: \$10

(Checks refunded to participants of Fall or Spring Tournaments at check in)
**Club members and new members who have not played in Fall or Spring Tournaments
are welcome to attend, however their check will not be refunded.**

BYOB

FOLDER IS IN THE CONCIERGE AREA

PLEASE MAKE CHECKS PAYABLE TO: **"FSM Activity Fund"**

**FOR QUESTIONS OR MORE INFO,
CONTACT LEW KLOTZ: (732) 995-5591**

**DEADLINE: Sunday, JULY 20th 6PM
NO REFUNDS AFTER DEADLINE**

Memorial Day BBQ 5.26.2025



Philadelphia Trolley





Men's Club BBQ 6/1/2025



Ride Trip 6.5.2025



Best of Billy Joel Tribute Band: ‘Danny’s 52nd Street Band’ - 6.7.2025



MEN'S CLUB TRIP TO BATTLESHIP NEW JERSEY - 6.10.2025



Four Seasons at Manalapan Men's Club



The Pickled Herring
Appetizing + Delicatessen

96 US 9 N. & Rt. 520, Marlboro Plaza

Thursday, July 24th 2025

6:30 PM

***\$25 pp**

Includes tax & tip



***Supplemented by the Men's Club**

MAXIMUM OF 50 MC MEMBERS

Includes:

Jesse said "choose any regular sandwich on menu"

Mini hot dog knishes

Assorted salads

Soft drinks

Cookie Platter

BYOB

Folder Out - Thu. May 29th

*Please Make Checks made to
FSM Activities*

Men's Club Members only

DEADLINE: July 17th

No refunds after Deadline

Questions??

Joel Margolis- jmshoe42@gmail.com



**Four Seasons at Manalapan Shalom Club
Presents**

Jewish New Year Celebration

Featuring Julian & Dominique

Saturday

September 6, 2025

6:00 PM

Ballroom Doors open at 5:45



**Enjoy a delicious hot dinner catered by
Pickled Herring. Water will be provided- BYOB**

Shalom Club members Only \$36 PP

**Julian & Dominique are known as the
show of 1000 voices and are one of
America's favorite duos**

Sign up August 7th 9:30AM

Tables of 8 & 10

**Checks must accompany
sign up**

**MAKE CHECKS PAYABLE TO:
FSM ACTIVITY FUND**

No Refunds after August 21st

QUESTIONS??

Hope Nechamkin • (732) 890-6477

Faye Kasner • (732) 740-1149

Phyllis Brill • (732) 415-8758

Four Seasons Manalapan Men's Club



MINOR LEAGUE SUBWAY SERIES

Somerset Patriots "Yankees"

Vs

BINGHAMTON RUMBLE PONIES "Mets"



AUGUST 6TH

7PM • \$16PP

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- Q.1. In which city Fourth of July was first celebrated?
- Q.2. How many people signed the Declaration of Independence?
- Q.3. Who laid the cornerstone of Capitol Building on July 4, 1848?
- Q.4. When did Fourth of July became paid federal holiday?
- Q.5. What does 13 Stripes on U.S flag indicates?
- Q.6 Which U.S President was born on 4th of July?
- Q.7. In which year the Declaration of Independence signed?
- Q.8. Which country got independence from U.S on July 4th 1946?
- Q.9. Who died on 50th anniversary of Independence Day?
- Q.10. On which day did Congress vote for American independence?
- Q.11. Who wrote the lyrics to "The Star-Spangled Banner"?
- Q.12. Which institution first opened its doors on July 4, 1802?
- Q.13. What is the printed version of declaration called?
- Q.14. Who died on 50th anniversary of Independence Day?
- Q.15. Who was England's King on 4th July, 1776?

- 6). Calvin Coolidge 5). 13 original colonies 13). Dunlap Broadside
- 8). 1776 10). 2nd July 1). Philadelphia 11). Francis Scott Key
- 9). Philippines 2). 56 4). 1938 14). John Adams & Thomas Jefferson
- 12). West Point 15). King George III 3). President James Knox Polk

DID YOU KNOW?

Four Seasons at Manalapan
Social Committee

Hosts a

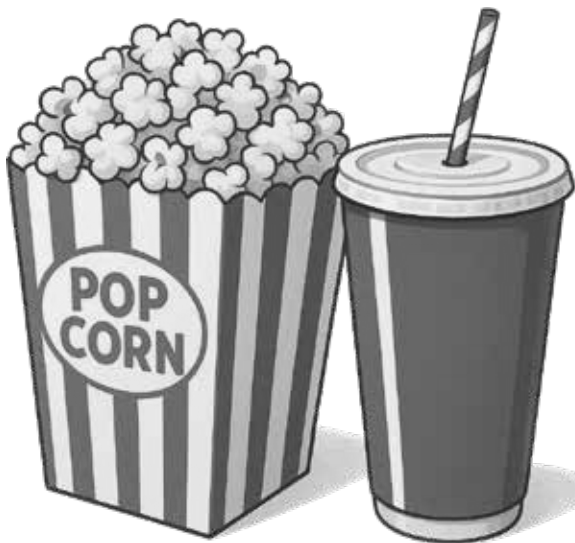
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ACTIVITIES	SCHEDULE	CONTACTS	PHONE	EMAIL
Architectural Control Committee	Wed. 10:15 A.M., based on need	David Davidowitz	(908)601-0140	ddconed1@aol.com
Aquacize	Wed. & Fri. 9:30 Indoor Pool	Barbara Dalzell	685-3753	bdal74@verizon.net
Bike Group	Tuesdays	Arnie Lifland	513-1929	arnielifland16@gmail.com
Billiards	Oct.-Jan./Feb.-May	Larry Gens	598-1289	lg0607@aol.com
Bocce	Time Seasonal	David Miller	238-5699	eblawyer@aol.com
		Mike Doctor	973-897-2316	msdoctor1@yahoo.com
Book Club 3rd Wed. 7:00 P.M. & 4th Thur. 4 pm		Marcie Case	201-280-0896	Marciec392@aol.com
Bowling	Monday 7:00 P.M.	Frank Maggio	946-7985	fjmag60@aim.com
Breast Cancer Support Group	1st Mon. 10:00 A.M.	Diane Goldstein	446-2443	beeg4@aol.com
Bridge	Thurs. 9:30 A.M. & Fri. 1:00 P.M.	Andrea Shorr	446-2577	andreashorr@yahoo.com
Clubhouse Committee	1st Wed. 6:30 P.M.	David Sobel	675-8283	dave07747@aol.com
Election Committee	January—May	Ed Fisher	908-216-1476	edfisher@yahoo.com
Finance Committee	4th Tues. 7:00 P.M.	Roger Cohen	908-930-2559	bookkeepingtaxesandmore@gmail.com
Grounds Committee	1st Tues. 3:00 P.M.	Bob Button	732-483-4141	r1h2button@gmail.com
History Book Club	Last Thurs.	Barry Karen	908 599 9357	me.barryk47@yahoo.com
Ice Cream Club	Whenever	Marcie Case	201-280-0896	marciec392@gmail.com
Italian/American Cultural Club	Whenever	Mary Ann Colarusso	446-0283	maryann4547@msn.com
Judiciary Committee	As needed	Jerry Judin	421-1001	jayjaylaw1@aol.com
Mah Jongg	A.M. & P.M. groups	See Message Board for new games forming	http://www.fourseasonsatmanalapan.com/ thread_list.asp	
Men's Club	1st Sun. 9:00 A.M.	Joel Margolis		jms shoe42@gmail.com
		Charlie Mutnick		cmutnick@optonline.net
Men's Club Breakfast	2nd & 4th Wed. 9 A.M.	Joel Margolis Charlie Mutnick		jms shoe42@gmail.com cmutnick@optonline.net
Movie Night	3rd Fri. 8:00 P.M.	Al Lassoff	780-4167	alassoff@hotmail.com
Pegasus Press Newspaper	Meetings as needed		fsmpegasuspress@gmail.com	
Photography Club	2nd Mon. 7:30 P.M.	Alan Bogard	446-0967	anbche@optonline.net
		Jerry Deutsch	213-6363	jerrydeutsch@yahoo.com
		Wai Seto		setowai@hotmail.com
Pickleball Beginner:	Open Play: Tues./Thurs. 9 a.m.-11 a.m.	Jerry Silverman	598-1127	jsilverman111@optonline.net
Intermediate:	Open Play: Mon./Wed. 9 a.m.-11 a.m.			
Ping Pong Club	Tues. 2:30 P.M.,Thurs. 7:00 P.M. & Sat 10:00 A.M.	Ray Abrahamsen	851-7488	rabrahamsen@comcast.net
Pinochle	Mon. 1:00 P.M., Wed. 7:00 P.M.			
Shalom Club	3rd Sun. 11:00 A.M.	Phyllis Brill	415-8758	phyllisb18@yahoo.com
Share and Care	3rd Wed. 10:00 A.M.	Janet Gross*	446-4895	jlg118@aol.com
		Ginny Jennings	908-230-2232	ginjenn37@optonline.net
Singles at Heart Club		Jeanne Nathan	406-2547	
		Marsha Koster	642-7526	
Social Committee	2nd Thurs. 6:00 P.M.	Al Lassoff	780-4167	alassoff@hotmail.com
Tennis Club	See Message Board	Arnie Lifland	513-1929	arnielifland16@gmail.com
Texas Hold 'Em	Tues. 7:00 P.M. & 8:15 P.M.	Jimmie Mesis	908-839-7000	jnmesis@gmail.com
Trips and Tours Committee	As Needed	Kim Silverman	536-5161	ksks@optonline.net
Wine Tasting Club	Every other month	Kim Silverman	536-5161	ksks@optonline.net
Women's Club	Varies	Carol Lifland	492-7822	clifland2000@yahoo.com
		Marsha Koster	642-7526	mkoster822@aol.com

*Co-Presidents/Chairpersons/Editors

* 7 digit phone numbers start with 732 *

Directory

<div><div>BARTEN BROS.</div><div>JUNK REMOVAL, DUMPSTERS, DEMOLITION, FENCING, MOVING & PACKING</div><div>732-903-2471 or 856-263-2055</div><div>WWW.BARTENBROS.COM FULLY LICENSED & INSURED</div></div>	<div><div>DOOR QUEST GARAGE DOOR REPAIR & REPLACEMENT</div><div>Cable, Spring Roller, Opener</div><div>732-507-9988</div><div>Lic# 13VH10883700 • FREE ESTIMATES</div></div>	<div><div><div>Coastal</div><div>RESTORATIONS INC.</div></div><div>SOFT WASH PROCESSED USED ALL SIDING, ALL EXTERIOR SURFACES GUTTERS & ROOF CLEANING STUCCO & STONE CLEANING/REPAIR ENVIRONMENTALLY SAFE PRODUCTS</div><div>SENIOR DISCOUNTS</div><div>CALL FOR FREE ESTIMATE</div><div>732-836-0026</div><div>FULLY LICENSED & INSURED</div><div>www.coastalrestorationsinc.com</div><div>NJ Lic# 13WH04551400</div></div>
<div><div>STORM ELECTRIC</div><div>All Phases of Electrical Work</div><div>Mike Palladino</div><div>PH 732-591-0215 Cell 732-904-5339</div><div>Bonded & Insured Lic# 12986</div></div>	<div><div>POWERWASHING by USA POWER WASHING PLUS</div><div>A Veteran Owned and Operated Business</div><div>732-415-8762</div><div>“A” Rated on Angie’s List - Now Angi</div><div>House Wash - Patio Wash - Driveways - Etc.</div><div>Senior & Veteran Rates</div><div>Fully Insured. Lic. # 13VH10994000</div></div>	<div><div>Handyman Jim</div><div>(908) 670-2732</div><div>Any Job, Big or Small – Just Call</div><div>For All Your Home Repairs</div><div>– Fully Insured –</div><div>Lic.#13HV08821300</div><div>For All Your Home Repairs</div></div>
<div><div>TOTAL FLOOR CARE, LLC</div><div>Carpet, Upholstery, Tile/Grout, Stone & Marble Cleaning & Restoration</div><div>Local References Available</div><div>732-280-5577</div><div>Serving Monmouth, Ocean & Middlesex Counties</div></div>	<div><div>Kellie's Beautiful Blinds, Inc.</div><div>Free in-home consultation/free installation</div><div>732-370-4400</div><div>“Let’s make a BLIND date!”</div><div>www.kelliesblinds.com</div></div>	<div><div>STEAMWAY</div><div>CARPET & UPHOLSTERY CLEANING</div><div>TILE AND GROUT CLEANING</div><div>TRUCK MOUNTED STEAM CLEANING</div><div>Owner/Operator Nick</div><div>Cell: 732-609-1279 Office: 800-529-4933</div><div>Receive \$10.00 off when you mention this ad</div></div>
<div><div>SUNRISE SURGICAL SUPPLIES</div><div>Live Life To Its Fullest</div><div>HOSPITAL BEDS • MATTRESSES • WHEELCHAIRS LIFT CHAIRS • POWER CHAIRS • SCOOTERS (\$225 Off MSRP for Power Chairs, Lift Chairs and Scooters with mention of this ad)</div><div>Jazzy Carbon Travel Lite \$2550 (MSRP \$3,499)</div><div>Medicare Providers</div><div>516 New Friendship Road Howell, NJ 07731</div><div>P: 732-901-9500 F: 732-901-9522</div><div>www.SunriseSurgical.com</div></div>	<div><div>OLGA’S HOME HELPERS</div><div>Compassionate European Women</div><div>Home Health Care/Companionship</div><div>Live-in or Live-out</div><div>Insured & Bonded</div><div>Call Nataliya at 732-278-7865</div></div>	<div><div>NEED-A-RIDE?</div><div>Neil’s Need-A-Ride provides reliable service for all NY/NJ/PA</div><div>Travel, Airports, Cruise Terminals, Medical Appointments and More.</div><div>Always on time. Always nearby.</div><div>Call 609-642-9877</div></div>
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Four Seasons at Manalapan
Women's Club
and
Centra State Healthcare Systems Presents

Share & Care
will be collecting
toilet paper, tissues,
paper towels and
feminine products.
The items will be
donated to Open
Door pantry in
Freehold.
One day only!

Women's
HEALTH
- AND -
WELLNESS
FAIR



Save the Date
July 17th
4PM-7PM



Questions?
Diane Goldstein
beeg4@aol.com

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FSM WOMEN'S CLUB



SHARE & CARE COMMITTEE

PAPER GOODS COLLECTION

ONE DAY ONLY

WE WILL BE COLLECTING THE FOLLOWING ITEMS AT THE

WOMEN'S HEALTH AND WELLNESS FAIR

THURSDAY, JULY 17, 2025

toilet tissue paper towels napkins

tissues feminine products

ALL ITEMS MUST BE INDIVIDUALLY WRAPPED

PLEASE BRING YOUR ITEMS TO THE FIREPLACE IN THE LOBBY

ALL DONATIONS WILL BE DELIVERED TO

OPEN DOOR PANTRY

IN FREEHOLD

PLEASE HELP US TO MAKE A DIFFERENCE

THANK YOU SO MUCH !!

Share & Care Committee

Janet Gross and Ginny Jennings, Co-Chairs



Any questions

please contact

Sally Kagan

sallykagan@gmail.com





Four Seasons Manalapan

Men's Club Trip



BUS TRIP

"Phillies" Vs "Mets"

Citizens Bank Ball Park—MC members only

SEATS 1ST BASE LOWER LEVEL—SECT 115

BUS LEAVE PROMPTLY AT 4:30PM

SEPTMBER 10TH

6:40PM \$119PP

HEAVILY SUBSIDIZED BY MEN'S CLUB

INCLUDES BUS & TICKET

LIMITED TO 45 MEN'S CLUB MEMBERS

FOLDER IS IN THE CONCIERGE OFFICE

CHECKS MUST ACCOMPANY SIGN UP

MAKE CHECKS PAYABLE TO FSM ACTIVITY FUND

NON-REFUNDABLE BUT CAN BE TRANSFERRED

DEADLINE: AUGUST 1ST

Questions

MARTY GOLD

martygold@gmail.com

CHARLIE MUTNICK

cmutnick@optimum.net

FOUR SEASON MANALAPAN

MEN'S CLUB OUTING

METLIFE STADIUM GUIDED TOUR

& RUTT'S HUT FOR LUNCH

Tuesday, October 21st

10:00 am


Meet at the Clubhouse at 8:15 am

to form carpools to MetLife Stadium

\$15.00 PP



MEET UP AT RUTT'S HUT,
HOME OF THE WORLD
RENOWNED "THE RIPPER",
FOR LUNCH ON YOUR OWN
FOLLOWING THE TOUR.



MetLife
Stadium

One MetLife Stadium,
East Rutherford, NJ



Enjoy a fun outing for a 90-minute guided tour of MetLife Stadium featuring access to the Legacy Room, Press Box, Commissioner's Club, Luxury Suites and the Field.

Tour leaves from MetLife Stadium, at 10:00 am. Park in Lot's F or G and enter the Central Gate to West VIP Lobby. No charge for parking for tour.

NOTE: Stadium Tour is rain or shine
No refunds after September 24th

Folder in Concierge Office
Checks payable to FSM Activity Fund

For more information, contact
Marty Gold. 908-415-3842

METLIFE STADIUM

SPACE LIMITED TO 45 MEN'S CLUB MEMBERS ONLY



Kick-Off Meeting

Saturday, September 6th at 11 am

in the 2nd Floor Conference Room

Match play to begin on or

about September 6th and ends

December 1st.

Playoffs:
Dec 2025
Details TBA

Separate Awards event
to be determined

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 or 2 max events.

Flexibility to schedule matches
at your convenience.**



For more information, contact:

Larry Gens

(732) 598-1289

Fall 2025

Billard

Tournament

Cost: \$15

Sign up fee covers 1 or 2 tournaments. You must be a current Billiards Club Member in order to participate (separate sign-up folder in Concierge Area)

Deadline for Sign-up:
Thursday, August 28th
NO EXCEPTIONS

**If you do not complete ALL of your matches, you will NOT be allowed to play in the next tournament.