



Rossmoor News



VOLUME 62 / No. 2

Monroe Township, New Jersey

FEBRUARY 2026

A Birdhouse on Every Street

By Mary Jane Brubaker

There's something extra-special about Mutual 4B. Not only do they have tons of fun at their many gatherings - as evidenced by their frequent submissions to this publication - but come spring, hanging from each Mutual 4B street sign will be its very own hand-crafted birdhouse. Each birdhouse boasts a

street name (Sanford, Stratford, Sunset, Sharon, Sudbury, Stowe, or Sturbridge), with original artwork burned into all four sides. The pièce de resistance is the "4 Bees" insignia that includes a trademark bee burned into the bottom of each.

Crafted of natural materials scavenged from the Mutual

(Continued on page 5)



Mutual 4B Directors Mike Doran and Lori Moses display the seven bespoke birdhouses they made in the Woodshop. Come spring, these birdhouses will be hanging from each street sign in Mutual 4B.

The Great Escape

By Mary Jane Brubaker

It all started on Friday, Jan. 2, when Ashley, a white Samoyed in Concordia, went on the lam. In close pursuit were the owner's son, John Scholz, and Animal Control.

Suddenly there were sightings of a white Samoyed on the streets of Rossmoor. The Rossmoor Resident's Facebook Page went into action and soon, it seems, almost everyone in Rossmoor was on the case. As soon as someone saw Ashley, they posted where they saw her.



It takes a village to find a dog on the lam. From left, Ashley, the great escapee, and Maggie, one of a multitude of rescuers.

Residents put out food and water. They drove through the streets calling her name. They went on foot, even at night, with flashlights. But

(Continued on page 6)



Souper Bowl Sunday!

Join in the Rossmoor Community Church's soup drive to benefit local food banks. The event is being conducted the week of Feb. 5 – 8. A collection box will be located outside of E&R. You can also bring your donations of cans of soup to the church service on the day of the Big Game (Sunday, Feb. 8) at 11 a.m. in the Meeting House. From left are church Be-nevolence volunteers Stephen Biehl, Jan Biehl, Anne Rudolph, and Geoff Appleby.

Where Everyone Knows Your Name

By Susan Peters

In 1993, my 70-year-old retired father went back to work. An executive for Otis Elevator Company for over 40 years, he had just been hired as a special needs school bus driver. He was ecstatic! He confessed that he actually had a fantasy about being a bus driver his whole life. With no GPS available to him, he meticulously mapped out his route and proudly showed it to anyone who would look and listen. To my dismay, later that year, my mom, the same age as my father, announced she had been hired as an aide on his bus!

They were ridiculously adorable during the almost 15 years they worked for Freehold Township. With early breakfasts and bedtimes, cute stories about the kids and their parents, my parents seemed so happy during those years. My family, including me, just could not understand.

Fast forward almost 25 years and as I approached retirement age, I gave a lot of thought to how I would spend my time. Although physically and mentally finished with the management career in which I had thrived for so many years, I wasn't ready to give up on having a daily

routine, yet I had no idea where this next phase would lead me. I struggled with this quest for months. I loved interacting with people and hoped an exciting venture would surface.

Then one day the opportunity presented itself in my mind. I could work in a local store as a cashier, apply my well-honed customer service skills, and enjoy the low

(Continued on page 4)



Hello Neighbor!

Bob Fellegara and his wife, Kerry, moved to Rossmoor from the Bronx five years ago. Prior to retirement, he served as a maintenance worker in Manhattan. Bob, a pickleball player, enjoys Rossmoor and is glad he moved here. But it's clear what he enjoys most are his dogs, Katie and Maggie!

Inside this issue

BOG Report.....	2	Recycling and Trash	21
Calendar of Events.....	23	Religious News.....	17
Clubs	19	Snow Procedures	22
Culinary Corner	18	The Human Element	16
Health Care Center	19	Trivia Fun.....	16
In Memoriam	17	Transportation	
RCAI Meeting Notice	2	Tidbits	21

Reminder: Snow Policy and Procedure

When the weather forecast projects a snowfall in excess of two inches, residents should move their vehicles to assigned carports or garages. Second vehicles or guests' vehicles may be parked in the lower level of the Clubhouse parking lot. Snow cannot be removed and road salt or ice melt applied in the area where a vehicle is left on the street, carport lane, parking space on a carport lane, or in a driveway. The contractor cannot return and remove the snow or apply road salt or ice melt where a vehicle had been parked during the snow removal process. Please refer to the detailed Snow Policy and Procedure printed on page 22.



at the governors' meeting



Jan. 15, 2026

The January meeting of the RCAI Board of Governors was held at 9 a.m. in the Clubhouse Hawthorn Room. Secretary Lori Moses called the roll. A motion was made to accept Thursday, Nov. 20, 2025, BOG meeting minutes. The motion was seconded and passed unanimously.

President's Report

President Jolly thanked everyone for attending and wished everyone a Happy New Year.

Employee Service Awards

Mr. Curry recognized four employees for their multiple years of service to the community:

- Five years: Bridgette Gliese and Eric Gliese both work at the golf course providing excellent grounds maintenance.
- Ten Years: Christina Smith is the Administration Office's Resident Services Manager; she handles many resident issues along with condominium questionnaires for new mortgages and cooperative home new owner stock certificates.
- Fifteen Years: David Salter is the Maintenance Department Manager. Dave oversees all maintenance operations managing a crew of 16 employees that keep our community in top shape.

Treasurer's Report

Treasurer John Craven stated that the financial report has not changed much since November. He mentioned the annual audit has begun which means we will have more data for FY2025 later this spring.

Management Report

Mr. Curry mentioned the Administration Office had a meeting with Wilken and Guttenplan to discuss the 2025 audit. The Administration Office also met this month with the Executive Committee and Allen and Stults insurance brokers to discuss and decide

upon the excess liability policy. To meet the Mutual Associations' insurance bylaw requirements, we have purchased a four-million-dollar excess liability insurance policy on top of the standard one-million-dollar liability policy.

Mr. Curry reported the 2025 paving project completed the Mutual Association roads and parking lots for 2025 but did not complete RCAI projects (Rossmoor Drive and the Clubhouse parking lot). The project's contract was therefore terminated. He explained 2026's paving project includes seven associations. Each of the seven associations will need to speak with the comptroller to verify they can afford to pave the proposed projects for 2026. The bid specifications will go out once the project scope has been established.

Mr. Curry reported on the Administration and Maintenance Departments. The Maintenance Department report provided year-end totals which included over 7,330 work orders completed. Mr. Curry also discussed the three recent December snow events which utilized 43 tons of salt, 592 bags of ice melt and 1,300 gallons of ice-B-gone.

Mr. Curry then discussed the flood mitigation grant, explaining that FWH engineering, Rossmoor Maintenance and RCAI Administration are working on updating the reserve study to provide funding for the culvert project. He then discussed the Clubhouse Renovation Project progress, describing the next phase which is expected to begin soon at the north end of the building from the lounge to the Woodshop with rooms and offices in between all receiving improvements to flooring, paint, window treatments, and other ancillary items.

Mr. Curry mentioned that E&R has many events on the

winter schedule. He recommended reviewing the events online or stopping by the E&R Office.

Golf Course winter maintenance has been very busy with over 60 cubic yards of pine needle and cone debris removed from the grounds. Golf Pro Ray Bridy reported the Golf 2026 outing schedule is 86% booked and membership in 2025 was at a ten-year high of 325 members.

Committee Reports

Community Affairs Chair Joann Casper reported on the Health Center's request for residents to complete their annual service survey. Ms. Casper recommended the board revert to the old pool rules regarding guests.

Director's comments

- M7 Director Barbara Jensen asked about bathroom renovations in the Clubhouse. Mr. Curry explained there are plans to improve two bathrooms.
- M10 Director Judith Sforza requested an accounting of the Clubhouse project to date. She would like to see display boards for the next phase.
- M7 Director Barbara Jensen expressed concern about the Clubhouse Ballroom coat closet size reduction.
- Mr. Curry discussed the upcoming pool guest survey and thanked the Community Affairs Committee for helping with editing a question.
- M10 Director Judith Sforza commented the rules would never have changed if not for COVID. She feels people need to know what the rules once were. Mr. Curry explained that, since COVID, over 600 new owners have moved into Rossmoor and their opinion regarding guests is one of the reasons we are sending out the survey.

(Continued on page 6)

Bits & Pieces

By Sue Ortiz

When did I officially become a member of "The Bag Lady Club?" I always swore that, once I reached a certain age, I'd ditch my oversized purse for something chic and compact - perhaps a neat crossbody - and finally live life footloose, fancy free, and free of shoulder pain. Yet here I am years later schlepping not one, not two, but sometimes four tote bags to and from work. Even a simple shopping day sees me loaded down like a pack mule. Apparently, my vows were no match for real life or the irresistible appeal of a good tote.

And clearly, I'm not alone. Women everywhere seem to have become expert jugglers, hoisting bags packed with everything but the kitchen sink. Is this just practicality, or are we secretly prepping for a minor apocalypse? Maybe we're afraid of losing control, or just losing our stuff, so we keep our lives zipped up and slung over our shoulders. Honestly, there's a certain comfort in having your world in tow.

Curious, I investigated among my fellow "club members." The results were hilarious and oddly affirming. We all carry the purse basics: a gloriously overstuffed wallet brimming with credit cards, spare change, and a notable lack of actual cash. Someday, those wallet moths will be liberated for a deeply satisfying shopping spree. My key ring rivals a medieval jailer's with so many keys, I could probably open Fort Knox. Of course, there's a backup ring for when, not if, I lock myself out. It's happened. More than once.

My checkbook - a true relic - rides shotgun, supporting one side of my purse, just in case I'm transported to 1987 and need to write a check. There's also my daily planner because I still haven't trusted my whole schedule to fate or my phone, tissues and cough drops for impromptu sneezing fits, and an all-important eyeglass wipe that's never where I need it. And let's not forget the extras: daily meds, vitamins, and sometimes even a lint roller because lint is forever plotting its comeback.

My purse serves as a mobile archive for bills - paid, unpaid, or simply orphaned - plus enough failed lottery tickets to wallpaper a small room. Free pens? Dozens.

Why am I like this? Maybe it's all muscle memory. My bag habit started in childhood, when backpacks were for adventurers, not students. We had "bookbags" in wild paisley plastic, 12-inches-wide and two-feet-tall, bulging with heavy textbooks. My pediatrician said one shoulder sagged lower from carrying the load - a badge of honor, apparently!

And then there were trips to Grandma's where I packed my own entertainment suitcase with coloring books, crayons, puzzle books, and dolls. While the grown-ups chatted, I was content in my little corner, blissfully occupied for hours. My relationship with bags

(Continued on page 3)

Open RCAI Meetings in February

Thursday, Feb 12

Standing Committee Meetings.

Maintenance Committee – 9:30 a.m.

Community Affairs Committee – 10:30 a.m.

Board of Governors Meeting

Thursday, Feb. 19 - 9 a.m.

It will be an in-person meeting and will be held via Zoom.

Please watch Channel 26 on your TV or on www.rcainj.com

Makeup? Enough to win Best Makeup Artist at the Emmys, with room in my "Mary Poppins" bag for the trophy itself.

And, of course, the crown jewel: my cell phone. When it rings, I must excavate through layers of life to answer, usually just as it stops. And heaven help the woman who forgets her charger!

But the purse is just the gateway bag. Here's where things escalate. To save money and avoid the vending machine's siren call, I haul a lunch bag of homemade soup, sandwiches, snacks, string cheese, and water bottle. By the time it's packed, you'd think I was prepping for a cross-country road trip rather than a day at the office. The struggle of juggling all those handles? Olympic level.

Need to exercise during lunch? Enter the shoe bag, always by the door, ready to grab. Tackling bills, writing a column, or working on a craft project during my break? There's a bag for that, too. And of course, a special tote for whatever book I'm reading. "Time spent reading is not wasted!" which has practically become a life motto.

Writers' meetings demand yet another bag: notepad, newsletters, flyers, pens, and maybe a thermos of coffee for good measure. And, always, always, the trusty handbag. Stuffing everything into fewer bags only makes the chaos worse. Think: four bags of groceries, including a gallon of milk and a sack of flour, wedged into two bags, hoisted in one hand, while juggling a purse in the other. Physics and dignity be damned!

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(Continued on page 3)



Rossmoor News



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The Rossmoor News, a monthly periodical, is mailed to every home within the Rossmoor community. News items are welcome. Appropriate news items from outside organizations will be considered as space permits.

Unscheduled volunteer writers should contact

Rossmoor News Chair about any submission. **We reserve the right to edit, limit, or reject any materials/submissions according to the directives of the Editorial Board and Publisher.**

Letters to the Editor must be emailed to PES at pescmd1@gmail.com and clearly marked Rossmoor News.

Editorial Office:
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Monroe Twp., NJ 08831
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The Information Highway: Nominating Mutual Directors

By Christina Smith, CMCA, AMS, Resident Services Manager

The annual election for mutual directors begins in April. Residents will start to receive the first mailing, with the nominating forms, beginning in February. Residents can nominate any homeowner, stockholder, or themselves for any open position in their mutual. The forms should

be returned to the Administration Office.

The Administration Office will call the nominees to inform them that they have been nominated by another resident. The nominated resident will be asked to confirm if they accept the nomination or deny it.

If you nominate yourself, you will not receive a call to confirm your nomination,

your name will automatically be placed on the election ballot along with any confirmed nominations.

The nomination forms are the first step in the annual election process. Future articles will explain the next steps to the elections of mutual directors.

Please call the Administration Office, 609-655-1000, if you have any questions.

Around the Clubhouse

By Melissa Barnard, Clubhouse Manager

We've got an eclectic mix of activities coming up soon, including the Super Bowl Watch Party, the March Madness Jewelry Event, a Painting Party, dance parties, and a weekend of classical music concerts. There's something for everyone.

It all starts with a Painting Party on Tuesday, Feb. 3 at 1:30 p.m. in the Ballroom. Instruction will be provided. Tickets are \$30 per person and available through E&R. Light refreshments will be served.

Next up is the Big Game on Sunday, Feb. 8. The Super Bowl Watch Party starts at 5:30 p.m. in the Ballroom with hero sandwiches, assorted wings, sausage and peppers with onions, macaroni and cheese, salads, dessert, and beverages. Tickets are \$25 per person and, if still available, can be purchased at E&R.

Come and join the "Party Hearty" Dance Party with DJ Ella Christina on Friday, Feb. 20 at 7 p.m. Tickets will be available via call-in (609-655-3232) on Monday, Feb. 9 at 12:15 p.m. Please note that, due to increased costs, tickets to dance parties are now \$15 per person. We'll be hosting another dance party on March 27. Stay tuned for further details.

Our March Madness Jewelry Event on Wednesday, March 11, gets the gears moving and prepares residents for the excitement of our Charity Exchange in November. With two opportunities to shop during the sale day from 10 a.m. - 2 p.m. and from 5 - 7 p.m., shop-

pers will line up outside the Craft Room anxious to see what deals await them inside. This event is cash only and small bills are encouraged.

For classical music enthusiasts, we have a weekend of classical music coming up at the Meeting House. On Friday, March 20, at 7:30 p.m. Cellist Tsung-Yu Tsai and Pianist Yidi Jiao will be taking us on a musical journey across eastern Europe. On Sunday, March 22 at 3 p.m., Pianist Jorge Tabarés will perform the music of Mendelssohn, Albéniz, Tabarés, and Rachmaninoff. Tickets are \$10 per person for each concert and are available via E&R.

We'll be having an Activities Expo on Thursday, April 30, from 5 - 7 p.m. Due to Clubhouse renovations, we weren't able to hold this event last year. The Activities Expo is where all of our community's groups, activities, and clubs have an opportunity to showcase their offerings to all our residents. It's a great opportunity to explore all that Rossmoor has to offer. Further details to be announced soon.

We're working on some big events for later in the year from a community-wide breast cancer walk on Saturday, Oct. 3, to a trip to the Yankees vs. Orioles game on Thursday, Aug. 20, to a much sought-after trip to the National Centre for Padre Pio tree lighting ceremony in Barto, Pa., on Saturday, Dec. 5. Before then, we'll be announcing dates for upcoming trips to see Broadway shows and some special trips to commemorate the 250th

birth of our nation. Details to be announced.

Clubhouse Renovations

This is just a reminder that the E&R wing's estimated three-month renovation should be underway by now. The E&R wing will remain open; just watch for directional signage. See the January issue of the Rossmoor News for additional details about the planned E&R wing renovation in the article "Around the Clubhouse" on page four.

Playhouse 22
OUR 2025-2026 SEASON

ALTHEA & ANGELA

WRITTEN BY TODD OLSON
DIRECTED BY ERIN LEDER

The story of the first meeting of Althea Gibson and Angela Buxton at an exhibition game in New Delhi, pairing up, and winning the French Open and Wimbledon – the first Grand Slam events that any African American – male or female – had ever accomplished.

February 13-22, 2026

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- You can protect your loved one with substance abuse issues.
- You can avoid the common missteps by families raising children with challenges, disabilities, or special needs.

Now is the right time for you to get your affairs in order with an up-to-date Estate Plan!

Monroe

Courtyard Marriott
Cranbury South Brunswick
420 Forsgate Drive

Tuesday, March 10th
10:00am | 2:00pm | 7:00pm

Freehold

Radisson
50 Gibson Place

Wednesday, March 11th
10:00am | 2:00pm | 7:00pm

Morganville

Levine, Furman & Rubin, LLC
1116 Campus Drive
Thursday, March 12th
2:00pm | 7:00pm

You may register by calling our office at (732) 238-6000 or online at www.levinefurman.com/seminars.

Most attendees choose to make an appointment at the end of the presentation, so please bring your calendar with you.

Bits

(Continued from page 2)

has always been, well, baggage.

Friends and family have caught on. "You can never have too many totes," they say, handing me another for my collection. I've accepted my fate. Maybe we carry so much not just out of habit, but because each bag is a talisman, a tiny insurance policy against uncertainty. Our bags hold not only our routines, but our sense of readiness, our memories, and sometimes our peace of mind.

So, I wear my "bag lady" status with pride. Along with all those bags, I make sure to keep a bottle of Motrin handy since shoulders and

backs need all the love they can get. Because, in the end, it's not just about what I carry, but about what all these bags have carried me through.

B&P

"I feel like when I carry a bigger bag, it looks like it's a huge bag because I'm really tiny. But I do think it's important to have the space that you need, because we throw everything in our bags at all times. I think every woman does." – Mary-Kate Olsen (American actor, b. 1986)

"I'm a disorganized mess. My purse is gross: I once found a shoulder pad, string cheese, and a Christmas ornament in it!" – Hoda Kotb (American journalist, b. 1964)

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Another Amazing Coat Drive



Helping to deliver the many donated coats are, from left, Alan Louis, Lori Moses, Stephen Serafin.

By Lori Moses

Many thanks go out to everyone who donated much-needed warm coats and jackets for those in need throughout New Jersey. For many years, Alyce E Owens has made this fundraiser happen through the Rossmoor Community Church.

We thank her for the commitment she has made to continue this wonderful tradition.

Boxes were set up from Nov. 21 through Dec. 5, with one outside the Fitness Center and one inside the Clubhouse. Twice daily, the boxes were checked, emp-

ties, and then taken to the Craft Room for sorting and packing.

We packed up 36 large bags that were taken to three different locations: Your Grandmother's Cupboard in Tom's River, Habitat for Humanity in Freehold, and Rise in Hightstown.

A special thank you to our volunteers who helped process all the items: Steve Serafin, who checked the boxes twice daily; Alan Louis, who used his van to deliver the items; and Mike Doran, Pat Serafin, Chris Sullivan, and myself. I have been involved for several years and can say how gratifying it is to know that you're helping to keep people warm during the cold winter months.

Thank you again to all the people who donated. We look forward to a repeat performance next year!

Chorus on the Road to Spring Concert

By Joan and Jason Salt

It's only February, but the Rossmoor Chorus is already striding toward its spring concert.

Chorus Director Janet Wilson has prepared another

demanding and thrilling Broadway musical medley for the group. We're not authorized to reveal which musical, but if we say it has music by Leonard Bernstein and lyrics by Stephen Sondheim, you won't guess it, will you?

Let's just say it doesn't take place on the East Side. Let's just say you don't have to be a Jets fan to like this show, but it helps. On the

other hand, if you like Sharks, this is something you can sink your teeth into. But we'd better stop before we give it away.

If you're interested in being in a gang that is more about harmony than switchblades, feel free to drop by a Wednesday rehearsal at the Meeting House from 3:30 – 5 p.m. or call Janet Wilson at 609-655-4129.

Parker at Monroe

395 Schoolhouse Road • Monroe Twp., NJ 08831

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Everyone Knows

(Continued from page 1)
 stress work routine I desired. Less than a month later I was hired in a convenience store a mile from my home.

Assuming the position as the "face" of the store early to mid-morning became so much more to me than a "retirement job." There were the obvious advantages for someone who is getting older, such as keeping my motor skills intact, memorizing faces and names, re-

membering repeat purchases, and multitasking.

As time went on, the deeper and more fulfilling attributes of the job surfaced. I became a sounding board, a therapist, and friendly face for someone having a tough day. I celebrated upcoming weddings and birthdays. I helped count down the days to someone's vacation. Little kids from the neighborhood waved to me as they entered the store.

My otherwise simple position became meaningful. I became the champion of those who worked in the extreme heat or cold. I was the "Mom" who told those with a long commute to be careful and took the time to gain an appreciation for jobs no one wanted, but that we all depended on. I reminded myself constantly that I needed to be the friendliest person the customer encountered during their day.

This community family I adopted is precious to me. I believe that most also care about me as much as I care about them.

Ironically, this apple didn't fall far from the tree! The beauty of what some call "ungodly hours" (5 - 10 a.m.) leaves me fulfilled; and in my mind, the rest of my day is still ahead of me to enjoy my life and activities within the Rossmoor community which I love. I am truly blessed.

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MICHAEL KULBACKI, MANAGER N.J. LIC. NO. 4870

Master Gardener Class: Care of Houseplants

By Mary Jane Brubaker

Come and learn all there is to know about the care and feeding of houseplants on Tuesday, March 31, at a class led by Rutgers Master Gardener Kate Colucci. The class will begin at 2 p.m. in the Ballroom.

Participants may bring a houseplant with them to class. If you do, Kate will assess its health and offer tips

on helping it to thrive; and, if necessary - as has been the case in the past - she will undertake emergency actions for resuscitation. In such cases, overwatering is a common cause, and Kate will whip the plant out of its pot, place it on paper towels, and let it sit there to dry out for the entire session. Owners of such plants have been known to bring their near-



Participants in Kate Colucci's Master Gardener class worked together to design holiday baskets for their final class of 2025 and now they are getting ready for the next class. Join them as they learn how to care for houseplants.

dead plants to a subsequent class to show off their seemingly miraculous recoveries.

In addition to offering CPR to ailing plants, Kate will also explore several varieties of plants and share best practices regarding their care.

This class is free and open to all although registration through E&R is required.

And a heads up - if you're interested in creating a spring flower box under Kate's expert tutelage, put the date of June 2 on your

calendar. Attendance at that session will be limited to 15 participants and will have a \$20 registration fee to cover the cost of materials. Keep an eye out for further details for that upcoming class via E&R.

Keeping the Faith

By Adrienne Brotman

Let's go to the movies on Tuesday, Feb. 17, at 7 p.m. to watch, "Keeping the Faith," in the Ballroom. Childhood friends, Father Brian Finn (Edward Norton) and Rabbi Jacob Schram (Ben Stiller) are well-liked individuals living on the Upper West Side of Manhattan. When their childhood friend, Anna Reilly (Jenna Elfman) re-enters their lives, the sparks fly and a difficult and unusual love triangle emerges.

Dessert will be served. Cost to attend is \$5, payable at the door. We hope to see you there. Bring your friends and enjoy a night at the movies. Who doesn't enjoy romantic comedy? Open to everyone and sponsored by the Rossmoor Jewish Congregation.

A Birdhouse

(Continued from page 1)

4B neighborhood, the birdhouses are the brain children of Directors Lori Moses and Mike Doran. "Last year we hung flowering baskets from each street sign," says Lori. "This year, we decided to hang bespoke birdhouses." Each birdhouse has a different size hole as they want to welcome a wide variety of birds to the neighborhood.

"When we hang the birdhouses in a few months, we'll add some nesting materials nearby, like cotton, to make it as easy as possible for our feathered friends to quickly build comfortable homes," says Lori.

The birdhouses were made in Rossmoor's Woodshop by Lori and Mike, with guidance from Woodshop monitors. "The only thing we needed to purchase was the pine, which cost about \$70 in total, as everything else came from nature," says Mike. It took them about three weeks to complete this project.

Those interested in learning to be a wood worker or enhancing their existing skills will be asked to sign a waiver of liability and will be overseen by a monitor until competency in use of the tools and machinery is demonstrated. Safety is paramount.

If you're not an aspiring wood worker but have something made of wood in need of repair, you can take it to the Woodshop, and the monitors will determine whether they can repair it. Your only expense will be to provide any necessary materials in the event those materials are not readily available in the Woodshop.

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BOG Meeting

(Continued from page 2)

New Business

Resolution 2026-01 Clubhouse Design Project Phase Two – Painting Contractor

A motion was made and seconded to approve contracting with Certa Pro Painters at a cost not to exceed \$17,380 (\$15,800 + 10% contingency) for the Clubhouse Renovation Project Phase Two to be charged to reserve account 4110. Phase Two will entail painting areas on the north side of the building from the lounge to the Woodshop. The motion passed unanimously.

Resolution 2026-02 Clubhouse Design Project Phase Two – Flooring

A motion was made and seconded to approve contracting with Aldo Design at a cost not to exceed \$53,343.73 (\$48,494.30 + 10% contingency) for flooring and carpeting in the Clubhouse Renovation Project Phase Two to be charged to reserve account 4110. Phase Two flooring in-

cludes installation of pre-purchased carpeting for the hallway, new LVT flooring in the E&R Office and Craft Room and new flooring for the Billiards Room. The motion passed unanimously.

Resolution 2026-03 Clubhouse Design Project Phase Two – Electrical Contractor

A motion was made and seconded to approve contracting with Tech Electric corps. Inc at a cost of \$15,587 (\$14,170 + 10% contingency) for the Clubhouse Renovation Project Phase Two to be charged to reserve account 4110. Phase Two will upgrade and replace lighting from the lounge to the Woodshop. The motion passed unanimously.

Resolution 2026-04 Golf Course Toro Sprayer

A motion was made and seconded to approve the purchase of a toro Multi Pro 5800-G sprayer tractor from Storr Tractor at a total cost of \$81,529.65 (\$76,463.98 + tax \$5,065.67) to be charged to reserve account 4110. This

machine replaces a 19-year-old Toro sprayer. The motion passed unanimously.

Directors' Comments

- M9 Director Barbara Blumberg reported a damaged transformer on Reading Lane.
- M10 Director Judith Sforza suggested the window at E&R counter be removed.
- M4C Director John Craven mentioned the Clubhouse bathroom doors are not accessible. M16 Director Jo Schwegel stated the Clubhouse Renovation Project includes the creation of a handicap-accessible companion restroom.
- M7 Director Barbara Jensen reported trash dumpsters in her mutual have been turned around resulting in the recycling sticker on the can being hidden.

Residents' Comments

- M2 resident asked if the HOA fee increases were due to the new reserve funding law. Mr. Curry explained it was due to across-the-board cost increases. Over the

years RCAI has kept the total increase at or below inflation levels. The resident then asked if the gate attendants could be eliminated to save money. Mr. Curry explained that the gate attendants provide many services other than allowing 225,000 cars per year into the community such as.

- Emergency key services.
- After-hours call center for the on-call emergency maintenance staff member.
- Notify management when

The Rossmoor NEWS

fire vehicles enter the community.

- Patrol the community and ticket vehicles violating association regulations.
- Provide RCAI building checks throughout the day.
- Open and close the RCAI buildings every day.
- Respond to building alarms and rescue squad calls.
- Monitor cameras at the other two gates.

There being no further business, the meeting ended at 9:50 a.m.

community, stopping every so often to search on foot while calling out her name. Still no Ashley.

General Manager Tom Curry saw Ashley near Forsgate Drive. He grabbed treats to go in search of her. But she was in the wind.

On Tuesday evening, Jan. 6, the search was still on, and the community remained engaged. While playing a game of Samba at their home, Jo Schwegel and Maria Torres, along with Cathy Nicola, were keeping one eye on their cellphones monitoring sightings and the other on the game. And, wouldn't you know it, there was a sighting on the golf course. Maria and Cathy jumped up from their game, raced to the fridge to grab some food in hopes of enticing Ashley, and leapt into their golf cart. Off they went, lights ablaze, scouring the golf course for more than an hour. But no luck.

On the morning of Wednesday, Jan. 8, John Scholz put Ashley's sister, Cora, in his vehicle, and together they drove to Rossmoor, for all sightings continued to indicate that Ashley thought this was quite a special place. When there was a sighting on Old Nassau Road, Melissa grabbed Maintenance Manager Dave Salter, and they joined forces in the search, with Dave driving and Melissa holding doggie treats out the window.

Soon, John called Melissa; he had eyes on Ashley near the East Gate. John was able to use Cora to get Ashley on a leash and into his car. John called Melissa to let her know. Melissa asked John to stop by the Clubhouse before returning to Concordia so staff could meet the great escapee and her family. There were cheers, hugs, and tears all around.

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FEBRUARY 2

Family Reunions: Love It or Leave It?



The Martin Family celebrates Doug's 80th birthday in style!

By Terre Martin

It was a command performance. A full year in advance, we put our family on notice that they would be expected to attend my husband's 80th birthday. No excuses. We'd pay for all the accommodations. They just had to get there. And... we pulled it off!

For five fabulous days, three daughters, their husbands, and 10 grandchildren coexisted in harmony. We were 18 people in all, and we all got along. I had my doubts since there are extreme religious and political differences in the group; but in honor of their dad, everyone sucked it up and got along.

For me, the most meaningful part of the event was watching my daughters laugh, remember stories from their childhood, and collaborate on honoring their father. They were older, wiser, menopausal, and deep down, they were still the children I raised.

I watched them take on the role I used to have. They worried about their kids and made sure everything and everyone was organized. I especially loved watching them spend time with their dad, the man who attended their recitals, timed their races, and taught them goal-setting at the kitchen table.

My family is spread out across the country, so the cousins don't really know each other. It was wonderful to be "a fly on the wall" and watch them hug, share secrets, and enjoy each other's company. The highlight was a boat excursion to a sand bar where everyone got to kayak, paddle board, splash each other, and just float on rafts. The cousins they hardly knew turned into playmates. Imagine that. Back on board the large boat, we all danced and sang to my husband's favorite music, the Easley Brothers' "Shout" and Tina Turner's "Proud Mary." Crazy? Yes! Fun? Yes! Memorable? Absolutely!

Because we had five days of togetherness, there was time to relax and have

meaningful conversations. Our two oldest grandsons enjoyed sitting with their grandfather while he smoked his evening cigar. They asked about and heard stories of his military service, serving as the mayor of a town, and being a fire commissioner. They learned of his commitment to civic engagement, the ups and downs of his career, and, most surprisingly, that he had been bullied as a child. The man that seemed like a pillar of strength had a sentimental and soft side that made him the loving parent and Pop Pop they knew.

While the reunion was filled with happy moments, it wasn't without stress. The logistics got screwed up repeatedly, heightening tension. Family members who didn't see eye-to-eye were wise enough to avoid close contact, and cordial handshakes and head nods served as greetings.

Cousins were surprised to see how their aunts disciplined differently, and aunts were surprised to see behaviors they weren't used to. To my relief, the husbands knew to let their wives indulge their dad. Of course, he reveled in the attention.

This was our first reunion in 10 years. It was also the first time our youngest grandson met everyone. Watching his interaction with aunts, uncles, and cousins he didn't know was a treat. He didn't miss a beat, making jokes, laughing, dancing, and enjoying his newfound family.

When will we have another magical adventure like this one? Barring health issues and unforeseen events, maybe sooner than another 10 years. We must live in the moment and appreciate each day we are given.

Our family reunion was the best Christmas and birthday gift we could have given my husband.

I will always remember the words of wisdom said by a former 18-hole-golfer, "Each day is a gift. That's why it's called the present!" Touché.



Hello, Neighbor!

Cyndi Colalillo enjoying her first walk outside since coming down with a bad case of the flu in December. Cyndi is a retired teacher, a Mutual 11 director, and Council Chair for the Rossmoor Community Church. She is also an "on-call" Nana, ready to lend a helping hand whenever needed.

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Members at the "Mob" at the Post-Christmas Trash-or-Treasure Bingo game. Top row left: Antoinette Santangelo, Cathleen Collins, Ivette Aguayo, Deb Casper, Josephine Genovese, Rob Lewin. Bottom row left: Joan DeMarco, Hope Madden, Diana Gatto, Carmen Rivera.

A Gathering of the "Mob"

By Josephine Genovese

Every year, the "Mob" comes together for a chaotic and fun night to play Post-Christmas Trash-or-Treasure Bingo. The "Mob" is our trivia-night nickname, because we do make offers you can't refuse. This year, it took place on Jan. 4.

Here's how it works. Everyone brings one gift, either an unwanted Christmas present or something you're ready to re-gift. What's trash to one person might be treasure to another and vice versa. Wrap it up, leave off

the name, and onto the gift table it goes.

Each time someone yells "Bingo," they get to pick a wrapped gift from the table. They open it in front of the group and place it on the floor beside them while trying their best to hide it. Meanwhile, everyone else is mentally tracking who has what or at least pretending to do that.

Once all the gifts have been claimed, we move into the second stage of the game, Steal Bingo. This is where memory comes into play. Now if you get Bingo, you get to steal any gift someone else has, if you can remember who has what. If you can't remember, then no gift stealing for you.

The number of rounds depends on how many people

are playing. Ten people means 10 rounds of regular Bingo or until the gifts run out, sometimes two people get Bingo at once. That's followed by 10 rounds of Steal Bingo.

It's always a night filled with laughter, good snacks, and the perfect mix of winners, losers, and people pretending not to care that their favorite gift was snatched right out from under them. But in true "Mob" fashion, we never have sore losers, just people quietly plotting their next "hit."

P.S. For the record, there are many other members of the "Mob," but due to other contract commitments or temporary solitary confinement, were unable to attend this year's gathering.

A Weekend for Classical Music Lovers

By Mary Jane Brubaker

Come and enjoy front row seats to gorgeous classical music at the Meeting House on Friday, March 20, at 7:30 p.m., and then again on Sunday afternoon, March 22, at 3 p.m. You'll be treated to performances by exceptional musicians in a lovely venue with outstanding acoustics.

Cellist Tsung-Yu Tsai and Pianist Yidi Jiao kick off this classical weekend on March 20 with a musical tour through eastern Europe. This will be a repeat performance by Jiao as she performed a solo concert in September 2025 to great acclaim. At this upcoming concert, she'll be teaming up with Tsai on a program sure to impress.

Pianist and composer Jorge Tabarés will close out this classical music weekend, performing the music of Mendelssohn, Albéniz, and Rachmaninoff. He'll also be performing a few of his own award-winning compositions.

Tickets are \$10 per person per concert and may be purchased either in person at E&R or by calling E&R at 609-655-3232.

Bergamot Quartet at Monroe Library on Feb. 4

By Mary Jane Brubaker

Interested in seeing and hearing something you've most likely never before encountered? Then attend a free concert by the Bergamot Quartet on Wednesday, Feb. 4, at 1 p.m. at the Monroe Township Public Library. That is where you will hear Norwegian music played on four hardanger fiddles. Considered the traditional instrument of Norway and similar to a violin, the hardanger fiddle has a very distinct look and a unique sound.

The concert, coordinated by the Princeton Symphony Orchestra (PSO), is also part of a showcase for Norwegian music that includes a concert featuring Beethoven and Grieg on Saturday, Feb. 7, at 7:30 p.m. and Sunday, Feb. 8, at 4 p.m.

(Continued on page 9)

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A Friendly Gathering

Members of the Rossmoor Chorus and the Rossmoor Community Church mingle before a church service on Dec. 21. From left: Jane Schreiber, Sheila McCullough, Jan Ritter, Alyce Owens.



Friends and Singers

Friends and Chorus members (from l) Laurie Moyer, Seiran Chapman, Paula Saucier, and Youngae Lee pose for a post-holiday concert photo.



An Amazing Train Set

Ron Marvo shared his love for hand-made train sets with the community when he put one of his gorgeous train sets on display in the Red Room for the holidays.



Breaking Bread Together

A group of friends, who bonded through their workouts at the gym, gathered for a Christmas dinner in December. From left: Peter Tavares, Tony Giaguzzi, Youngae Lee, Bee Tavares, Susan LaCroce, Gregory LaCroce.



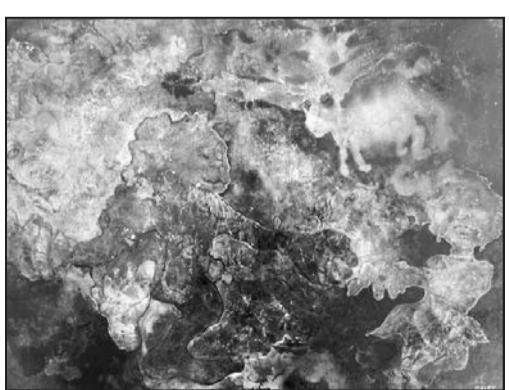
Hello, Neighbor!

Nina Crocker moved to Rossmoor about 1.5 years ago. She is a Licensed Clinical Social Worker with the Youth Justice Commission. She moved here from Newark and transferred her work location to Bordentown for an easier commute. She's making plans to retire and is looking forward to taking full advantage of the amenities offered at Rossmoor.



Snow Fence Goes Up

It's that time of year! Maintenance workers expertly put up the snow fence around the perimeter of the golf course to keep snow drifts away from the road. Front: Jesus Maldonado. Back from left: Al Patrick, Antonio Torres, and Tom Fletcher.



Not Afraid Art Show

Daisy Cohen's original artwork, "Ancestors," was juried into the upcoming West Windsor Arts and Art Against Racism exhibition. The exhibition will be on display through February 28 at the West Windsor Arts Gallery, 952 Alexander Road, Princeton Junction, NJ.

Bergamot Quartet at Monroe Library on Feb. 4

(Continued from page 8)

at the Richardson Auditorium in Princeton. Conductor Kenneth Bean will lead the PSO, with Michelle Cann performing Norwegian composer Grieg's majestic Piano Concerto in A Minor, Op. 16. Tickets may be purchased online at www.princetonsymphony.org.

The PSO, a nonprofit organization, is an independent, community-based, professional orchestra. It offers a Park and Ride Shuttle Service, which makes parking in Princeton much easier. Details regarding the shuttle service may be found on the PSO website.



Getting Ready for the Monthly Meetings

Getting their ducks in a row for the January Maintenance and Community Affairs meeting are, in front from left: Lucy Vacca, Barbara Krysick. Back: Joan DiPaolo.

The PSO's Bergamot Quartet concert at the Monroe Township Public Library is being offered to the community by the Monroe Township Cultural Arts Commission. While registration is free, seating will be available on a first-come, first-served basis.



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A Sneak Peek at the Operetta, "Die Fledermaus"

By Mary Jane Brubaker

For a sneak peek at the Johann Strauss operetta, "Die Fledermaus," head to the Monroe Township Public Library on Wednesday, Feb. 10, at 1 p.m. Hosted by The State Opera of New Jersey (formerly known as Boheme Opera), the free one-hour program will feature performances by some of today's brightest young professional vocalists. Also, Board President Jerrold Kalstein will give his trademark commentary designed to both entertain and inform the audience about the genesis of operetta as an art form and about those who made the art form famous. Did you know operetta was the precursor to the Broadway musical comedy?

The State Opera of New Jersey, a nonprofit organization committed to bringing world-class opera to the re-

gional stage, will be performing a full-length production of "Die Fledermaus" at the College of New Jersey's Kendall Main Stage in Ewing on March 20 and March 22. Tickets for that production may be purchased online at www.thestateoperanj.org.

Sponsored by the Monroe Township Cultural Arts Commission, The State Opera of New Jersey offers four one-hour programs each year at the Monroe Township Public Library as part of its community outreach initiatives. The next one-hour program will be held on April 29 and, as of press time, will showcase the influence of jazz on Broadway, with live performances of songs from "Porgy and Bess," "Treemonisha," and "Chicago."

The State Opera of New Jersey programs at the Monroe Township Public Library are free of charge with seating available on a first-come, first-served basis.

Princeton H. Holt: Agent of Change

By Mary Jane Brubaker

"I'm an agent of change," says Princeton H. Holt. "My mission is to bring diverse cultures together to share in God's love." Princeton, who moved with his wife, Constance, to Rossmoor four years ago, attended Oakwood University in Alabama, and Andrews University Theological Seminary in Michigan, where he studied Theology.

A Christian pastor, he served communities in Georgia, Florida, Tennessee, and Michigan. "When in Nashville, in my role as Youth Director, I received a grant that enabled me to purchase a mobile theater," says Princeton. He adds, "I would drive into communities for up to a week at a time. I used theater as an entry wedge to reach people in the community with messages about love, unity, and brotherhood. My team would drive into a heavily populated community and do outdoor performances from the mobile theater, attracting 300 to 600 people nightly. And I followed up with those interested, introducing them to a higher standard of living."

Princeton and Constance, both from Brooklyn, N.Y., raised three successful children. His ministry expanded to include a radio station, www.WordUpRadio.org, which he operated out of his home and broadcast throughout the world.

When it was time to downsize, Princeton and Constance



Princeton Holt

did a lot of research before selecting Rossmoor, although Princeton will tell you he came here kicking and screaming. He was concerned about limiting his daily interactions to people his own age, so he made a point of reaching out to his neighbors as soon as they moved in.

He says, "I noticed a lot of dog walkers, and so I invited about 10 of them to my home for dinner. They didn't know each other, and we all ended up having a great time. Four years later, Princeton and Constance regularly host dinners, movie nights, and Fourth of July barbecues.

Princeton continues to operate his radio station, 24/7, out of his home. He recently expanded his audience to include Pakistan and Africa, and he has plans for future growth. He says, "Our goal is not just to preach love, but to model love. Love is an action word, and love is not love until it is given away."

24 Hours in Cape May



Posing in front of Congress Hall in Cape May are, from left, John Bardsley, Peg Brubaker, Mary Jane Brubaker, Jim Brubaker

By Mary Jane Brubaker

My brother started a new tradition for our family in 2024 - a 24-hour trip to Cape May two weeks before Christmas. We numbered three last year; this year we were four.

My sister, who lives in Virginia, joined us this year. She came up to Rossmoor the day before. Together we made the just over two-hour drive to Congress Hall, the historic hotel to which four U.S. presidents vacationed in the 19th century, with one, President Harrison, making it his summer White House in 1891.

After valet parking, we convened with our brother and brother-in-law in the Brown Room, aptly named

for its predominantly dark brown decor. It was gloriously decked out for the holidays. Known to locals as "Cape May's living room," the Brown Room features a large wood-burning fireplace surrounded by a plush leather couch and chairs behind which resides a huge u-shaped bar. Café tables and chairs line the walls.

While waiting for our rooms, the four of us caught up in front of the fire. As we each received



The Brown Room (aka Cape May's living room) in Congress Hall.

texts informing us that our rooms were ready, we came to the realization that rooms were prepped by floor, with the second being first and the fourth, last. We each made a note that we will request rooms on the second floor for our December 2026 visit.

My spacious room featured the ocean in the distance and the festively decorated courtyard in the forefront. A distinguishing, and no doubt unintended, feature common to all of our rooms was the slanting floor in the bathrooms. It seems with age, the bathroom floors did a bit of uneven shifting.

After unpacking, we took a walk through the residential

streets and along the ocean. The Victorian homes, decorated for the holidays, were incredibly charming.

We had lunch reservations at the Blue Pig, the Congress Hall restaurant. The setting was beautiful, with another roaring fireplace, excellent food, and friendly service.

Afterwards, we went window shopping on Washington Street, where you could find just about anything you

might want to buy. My favorites were the Cheese Shop (delicious home-made biscotti) and Quirk (high-end home decor).

We then made our way to the Brown Room, which, by 3 p.m., was already crowded. We found seats at the bar for our first round of drinks, seats at the café tables for our second round, and I won't tell you what round we

(Continued on page 12)

Don't be Sloppy

By Sidna B. Mitchell

Merriam-Webster has added "slop" as the Word of the Year for 2025.

Now, coming from parents who grew up on farms in Mississippi (my mother) and Kentucky (my father), I heard the word slop from the time I was little. Yes, they talked about feeding slop to the pigs or slopping the pigs, so I was familiar with that word. Even as I got older, I was reminded not to be a slob or sloppy, meaning to keep my clothes neat and my room clean, aka picked up.

The Internet claims slop has Middle English and Old English roots, originally referring to loose garments or waste. My 2006 New American Webster Handy College Dictionary has slop as a noun defined as a puddle, an unappetizing mess, or waste liquid, sewage. As a verb, the definitions are spill,

splash, or be effusive.

Obviously, in this day and age – a quarter into the 21st century – Merriam-Webster has another meaning. Slop in 2025 is characterized as "digital content of low quality that is produced, usually in quantity, by means of artificial intelligence."

All the news networks, like AP, NBC, CBS, ABC, and CNN, had recent headlines claiming slop as being named, chosen, crowned, or declared the 2025 Word of the Year. I'm not into AI, but I can relate to something being of low quality like the garbage or leftovers fed to the pigs. Obviously, I'll have to do more research to truly understand the new meaning of slop. I guess I'll have to remember to pick up all the newspapers and the mail before I head to my computer to look up recent AI happenings.



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Dr. DeFazio has been practicing for over 30 years, is married, and has three daughters and three grandchildren. He enjoys spending time with his family and at his favorite pursuits which include golfing and vintage cars.

Dr. DeFazio is a graduate of Temple University and UMDNJ. He is a past Clinical Instructor at JFK Medical Center and a past Board Director for the American Red Cross.

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Jonas Salk's Polio Vaccine

By Allen Kobezak

I have an old photo of myself and another child from a local newspaper when I was five years old. It shows us lying on tables on our stomachs with our pants pulled down. Then, this mean man in a white coat stabbed us in our bottoms with needles. It was common to give vaccines to young children in the thigh because of their larger muscle mass, and we were receiving the polio vaccine that Dr. Jonas Salk had recently developed.

That photo shows that the other little guy on the table near me was crying his eyes out, but not me - in fact, the cutline below the photo said I "couldn't understand what all the fuss and fear was about." We were just two of 88 children in East Brunswick that day who received our polio vaccination. If the truth were to be told, I was probably just as scared as the other kid; I was just so frightened I couldn't move a muscle.

Polio is a highly contagious disease that targets the nervous system, mostly in young children. It can cause spinal and respiratory paralysis, and it can be fatal in some cases.

The disease caused worldwide panic due to major epidemics in the 19th and early

20th centuries, which led to school closings and the cancellation of many activities in some areas.

In 1952, the U.S. experienced more than 3,000 deaths in the worst recorded outbreak in its history. There were nearly 60,000 cases that year, leaving 21,000 people with paralysis.

Jonas Salk, a physician and medical researcher, began his work in 1947 to create a polio vaccine at the University of Pittsburgh. In 1953, Salk tested his new and unproven vaccine on himself and his family, and a year later, on 1.6 million children in the U.S., Finland, and Canada.

On April 12, 1955, his vaccine was licensed after being declared safe and effective. I'm sure many of Rossmoor's residents received their polio vaccines in those early years.

Soon, the world would start to see a decline in this terrible disease that affected so many lives. Although global efforts have reduced cases of polio by 99 percent and cases in the U.S. are rare, the challenge of completely eradicating the disease remains elusive.

The survivors of polio can also be plagued by a non-contagious condition called

post-polio syndrome, which appears 15-40 years later. This can affect the muscles, cause joint pain, and cause mental and physical fatigue. This sounds a lot like my condition; it's called getting old.

With my article, I wanted to include a copy of the photo from the other newspaper that showed how brave a little guy I was during my vaccination. However, my editor rejected my request; you see, my bare backside is showing in the photo, and it seems the Rossmoor News has a strict policy of no religion, politics, or nudity.

The Inquiring Photographer

What is your favorite comfort food during the winter?



Diane England

My favorite comfort food is carbonara. I lived in Italy for five years, and it's what we all ate all the time. It's delicious and brings with it a lot of wonderful memories.



Jean Cooke

I love making beef stew in the winter. I make it in a crock pot where it cooks all day and makes the house smell so good.



Marilyn Cohen

I really enjoy making lentil soup. Nothing beats homemade soup on a chilly winter evening.

Generational Values

By Allen Kobezak

If you're a resident of Rossmoor, you probably belong to the Baby Boom Generation. We also have many members of the Silent Generation, born between 1928 and 1945. You might also be part of the Greatest Generation if you were born from 1901 to 1927. If that's you, congratulations! It seems you might be one of the big winners in The Game of Life.

The Baby Boomers didn't become such a large generation without a reason. After World War II ended, the soldiers returned home, married, and had babies. A whole lot of babies.

And because I'm a Baby Boomer and this is my article, I'll continue with more about the Boomers.

The question is: do we still hold the core values we believed in when we were transitioning from childhood to adulthood - or have we adapted to the changes that come with living?

If you're a Baby Boomer, you grew up in a generation that often valued hard work, family, and optimism. You were born after World War II, and your values were shaped by the prosperity that followed.

Baby Boomers often challenged their parents 'traditional' values; but as they aged, they, too, became more conservative.



Hello, Neighbor!

Debbie Sills and Zoey (age 14.4 years, which is quite an accomplishment for a dog!) getting some exercise on a chilly January afternoon. Debbie and her husband of five years, Barry Jacobsen (not pictured as he was painting the sewing closet for Debbie at the time), met at a new resident orientation session (back when these were done in groups and not one-on-one), in 2013. They hit it off immediately. After discovering a shared love of ballroom dancing, which neither of them had done until four years ago, they can be frequently found "cutting a rug" in the Ballroom.

The Roosmoor NEWS

However, they remain more tolerant than the Silent Generation on some social issues, such as non-traditional families.

Many Boomers continue working beyond their retirement age when possible, driven by their sense of achievement and self-worth. Their longer earning years have significantly reduced poverty rates among Boomers compared to previous generations.

Even though most Baby Boomers were born too early to have access to computers in their K-12 classrooms, they have embraced the rapid pace of technological change even though it can be frustrating for some of us.

The Boomers are less resistant to change than previous generations. They value self-improvement through lifelong learning and experiencing new challenges that keep their lives exciting when they step out of their comfort zone.

Generally, the younger Boomers' values and those of Gen Xers overlap in many areas. However, the core values of the Baby Boomer generation, emphasizing strong family relationships, a good work ethic, and belief in the American Dream, remain unchanged.

But just like any large group of people, we are all individuals. Some Baby Boomers are open to new ways of thinking and ready for the changing world around us, while others are content to be who they are and let the world change without them.

Cape May

(Continued from page 11) were on when we finally got seats in front of the fire.

Our reservations for dinner were at Tisha's Fine Dining, a BYOB family-owned restaurant in the heart of the shopping district. We enjoyed our meal and then retired to our rooms at Congress Hall.

The next morning we had breakfast at the Blue Pig. We checked out of Congress Hall and did a bit of shopping on Washington Street. We then drove to the Cape May Winery and Vineyard to check it out, and we all thought spending some time there might be a nice addition to the itinerary for our next trip.

Photos of our 24 hours in Cape May made their way to Facebook, and before we each headed home, we heard from family members who indicated they wanted to join us for our third annual trip to Cape May, bringing our number of travelers in 10 months' time to eight. Getting seats in front of the fire in the Brown Room with a group that large will be difficult, but we are up for the challenge.

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REASONABLE RATES

Neighbors by Chance: Friends by Choice

By Josephine Genovese

One of the things I've learned since moving to Rossmoor is that life has a way of looping back on itself. You think certain parts of your past are tucked neatly away. The old neighborhood, the school days, the people you knew when you were young. And then suddenly, without warning, those pieces show up again, sometimes sitting right across from you.

That's exactly what happened with Marlene Atlas-Giovino. I met her through our friend, Valerie Lauer, nothing unusual, just a friendly introduction. But as we talked, little details started lining up. Her family had a luncheonette in Brooklyn. Mine had a bakery. Same street. Same corner. Same block. And then it hit us, her family's luncheonette was right next door to my family's bakery on 65th Street and 23rd Avenue.

We had played together as kids. We knew the same shopkeepers, the same neighbors. And here we were, decades later, reconnecting in Rossmoor as if no

time had passed at all. And then there's Debbie Nicoletti, another friend I met through Valerie. As Debbie and I talked, we discovered we had gone to the same elementary school. Same teachers. Same auditorium with the squeaky folding chairs.

When she was in second grade, I was the morning auditorium monitor assigned to watch her class. Every day, I stood at the front trying to look responsible while she sat giggling with her classmates, waiting to be escorted to their classroom. All these years later, here we are, laughing about it in a completely different state, in a completely different stage of life.

What makes it even sweeter is that Marlene and Debbie were already long-time friends before they moved to Rossmoor. They arrived here with their own shared history, and now, somehow, I'm part of that history too.

It amazes me how we all



From left: Debbie Nicoletti and Marlene Atlas-Giovino.

ended up in the same community, at the same time, carrying pieces of each other's past without even knowing it. And now we get to build new memories together, with a little nostalgia mixed in.

We may have all arrived here as neighbors by chance, but the friendships we're building and rebuilding, are very much by choice. And, sometimes, if you're lucky, life gives you the gift of meeting an old friend all over again.

blood pressure!

As I approached the TSA line, I tried to think of a good excuse for my forgetfulness. Then I realized they could look at my age and understand. My husband got through with no problem. When it was my turn, the guy took my license and said, "No passport? OK, step aside. You'll need to answer more questions."

My blood pressure was spiking again. The weird thing was that he smiled and was extremely pleasant as he led me aside to another booth. He asked a couple of bizarre questions about my recent whereabouts and then swabbed both of my hands. "OK, you're good to go!"

When I put my carry-on in the plastic bin to go through the X-ray machine, I was told to take off my shoes. "But I'm old. I shouldn't have to remove them."

The reply gave me the sense that I was still under suspicion, so I took off my shoes. At the end of the conveyor belt, I picked up my carry-on and waited for further instructions. Another official scowled at me and said, "Gather your things and go."

Ha! All that angst for nothing, at least that time. I also had to get through Miami, Key West, and Charleston airports. Much to my surprise, I had no problem with any of them. I was just given a warning to either get the REAL ID or bring my passport, like I didn't already know that. The last warning said that a fee would be charged as of February first.

As of this writing, I made another appointment to get my REAL ID. This time I'm going to Edison. Hopefully, they are more accommodating than they were in Delanco!

(Continued on page 14)

REAL ID...or Not

By Terre Martin

Like many who travel during the holidays, our Christmas vacation included multiple flights. The first leg was from Philadelphia to Tampa. I thought I was completely organized and ready when our driver picked us up at 4:30 a.m. It was still dark outside, and I was still half asleep. Feeling tired yet confident with lists crossed off, I relaxed and enjoyed the hour-long ride. About 10 minutes away from the airport, my husband casually turned to me and said, "You remembered your passport, right?" I'm the lady who tried to get a REAL ID and gave up after several hours in line and being told that I didn't fill out the form perfectly! Hey, I

could still use my passport, the one that was safely stored in my filing cabinet.

No sooner did I hear the question, than I realized I also forgot my diabetes medicine. I would miss two weeks' worth before I got home. Never mind diabetes, now my blood pressure was spiking! I was really worried about the process of getting through security.

The airport was quite empty when we arrived, so I went up to the first official-looking person that I saw to ask for help. What help? She said she wasn't familiar with all the scrutiny I would go through, but it might take up to 45 minutes and cost \$45! All I could think of was, "What if we miss the flight?" Again, no pressure other than

Visit the Wallace House and Old Dutch Parsonage

By Sidna B. Mitchell

If you drive about 40 minutes north and west of Rossmoor, you'll come to Somerville where George Washington spent some time in the winter of 1778-1779 in the Wallace House, 71 Somerset Street, next to the Old Dutch Parsonage. The parsonage was built in 1751 with the Rev. John Frelinghuysen as its first resident. His son, Frederick, who was born in the parsonage, was a graduate of the College of New Jersey, now Princeton University; from 1771-1774 he was the sole instructor at Queen's College that became what we know today as Rutgers University. Frederick became an officer in the Revolutionary War, serving in the Battle of Monmouth and the Battle

of Trenton. He was also a delegate to the Second Continental Congress in 1779.

When the Rev. Jacob Hardenbergh moved into the parsonage. In one of the rooms, this Dutch Reformed pastor taught seminary students; this became the forerunner of the New Brunswick Theological Seminary and Queen's College. Reverend Hardenbergh became the first president of Queen's College.

The Wallace House, an eight-room Georgian style mansion, was the largest house built in New Jersey during the American Revolution. Washington stayed here for 11 days, starting in Dec. 11, 1778, and then he

(Continued on page 14)

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Did You Know

Teachers receive the most Valentine's Day cards, on average, (more than spouses, children, or mothers), followed closely by children sending them to their friends.

Giving a box of chocolates for Valentine's Day was popularized by Ray Cadbury in the late 1800s. He designed fancy heart-shaped boxes to boost sales for his family's chocolate factory.

Verona, Italy, is known as the "capital of love," in large part due to Shakespeare's "Romeo and Juliet" and the Juliet Club (read the article, "Advice to the Lovelorn from Juliet Capulet" elsewhere in this publication to learn more).

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A Valentine's Day to Remember

By Allen Kobezak

On Feb. 14, couples show their love in many ways. Flowers, candy, and jewelry are typical gifts. Or perhaps a romantic dinner for two is your ideal way to enjoy a special evening together.

Yes, there are many ways to celebrate Valentine's Day, and I'm sure this year, you and that special someone will find your own enjoyable alternative.

I've heard about a memorable Valentine's Day from many years ago. It was a unique display of emotion on Feb. 14, 1929. It is still known today as the "St. Valentine's Day Massacre." This massacre had nothing to do with a husband forgetting to buy a gift for his quick-

tempered, but loving, wife on the most romantic day of the year.

This incident took place in Chicago and resulted in the deaths of seven members of Chicago's North Side Gang. They were at a garage in Lincoln Park for a meeting when six men entered, some of whom were dressed in police uniforms.

The seven North Side Gang members were surprised when, instead of the officers wishing them a Happy Valentine's Day, they ordered them to line up facing the wall.

Then the shooters opened up with 70 rounds from their Thompson machine guns. At least one gunman used a shotgun; however, he may

Advice for the Lovesick from Juliet Capulet

By Mary Jane Brubaker

Yes, that Juliet of Shakespeare fame. And yes, she is a mythical creation. But each year, she responds to upwards of 50,000 letters from the lovesick and lovelorn throughout the world. She is assisted in this effort by 45 trained volunteers, aka Juliet's secretaries.

This all started in the 1930s, when the guardian of Juliet's Tomb - an empty sarcophagus unofficially designated as Juliet's Tomb in the 1560s - noticed letters being left behind and took it upon himself to respond.

Jump ahead to 1972, when a group of artists and scholars, with the help of the Verona, Italy, Town's Council Department of Culture, combined forces to create the Juliet Club, which is located in Juliet's House. This 14th century tower-home, sans balcony, belonged to the Cappelletti family, thus the inspiration for Shakespeare's "Capulet" name. The balcony was added in the 1930s to promote tourism.

Letters to Juliet, addressed simply to "Juliet - Verona" will make it to her house but on the whole, and particularly if the letters are coming from Rossmoor's lovelorn, it's best to use the actual address: Juliet Club, Vico Santa Cecilia 9, 37121, Verona, Italy. You can also send an email to dearjuliet@julietclub.com. Or, better yet, if you happen to be in Verona, just drop by the house and put it in her mailbox.

Every single letter gets a response. In fact, you could be the one writing the response. But to do that, you must first book a trip to Verona and then a date and time with the Juliet House as you must be onsite to do so. That is, unless you participate in an accredited traineeship which would, one assumes, allow you to join the 45 volunteers around the world currently responding to Dear Juliet letters.

The Juliet Club also sells

merchandise such as a book entitled "Advice to the Lovesick and Lovelorn to Shakespeare's Juliet in Verona," the Juliet notebook, and the Juliet pendant. Alas, one can only purchase these items when actually visiting the Juliet House.

If you do visit, you can attend the annual awards ceremony for the best Dear Juliet letters that is scheduled this year, and every year, on Feb. 14, or perhaps take a tour of the area with an accredited Juliet Club guide. Just for kicks, you can watch the 2010 romantic comedy, "Letters from Juliet," a fictional story based on the Juliet Club.

One might think the Juliet Club is really all about promoting tourism in Verona. But February is the month for lovers, so let us not be too cynical. And, if you need romantic advice, now you know where to go.

Wallace House

(Continued from page 13) headed to Philadelphia for six weeks to attend the Continental Congress. He returned to the house, with his wife, Martha, on Feb. 5, 1779, and stayed until June of that year.

The Washingtons hosted several dinner parties that included such notables as Alexander Hamilton, Baron von Steuben, Benedict Arnold, Lord and Lady Sterling, and General Henry Knox. General Washington's military staff planned their spring campaigns during this time. When Washington left on June 3, 1779, he paid John Wallace \$1,000 for the use of the house and furniture.

This house is one of the five houses known as the "Five Generals Houses" during the Middlebrook Encampment of 1778-1779. (You'll learn more about those homes in months to come.)

Tours of the Old Dutch

have been a reluctant participant because he fired only once.

Not surprisingly, six members of the North Side Gang died immediately, and lucky number seven passed on a short time after, still honoring the gangster code of refusing to cooperate with the cops and snitch on his killers.

This incident occurred during Prohibition, when rival organized crime families were fighting to take control of Chicago's lucrative illegal bootlegging trade.

You may have guessed this, but the shooters weren't actually policemen. It is believed that the Chicago Outfit, a rival gang, did the killings on orders from their boss, Al Capone. Capone's target was the North Side Gang's leader, "Bugs" Moran. Lucky for "Bugs," he was late for the meeting and avoided being exterminated.

Although there was some evidence that Capone's gang was responsible for the killings, the gunmen were never officially identified, and no one was ever convicted for the killings. However, Al Capone was convicted for tax evasion in 1932 and sentenced to 11 years in prison.

I wanted to find an episode from Al Capone's violent life that could serve as a romantic ending for this Valentine's Day article, one that revealed a loving and caring side to this brutal individual.

Although he wasn't always faithful to his wife, Mae, they shared a deep love, which he hoped to express to her through his music. It has been reported that he penned the song Madonna Mia as a tribute to Mae while in prison. Al's love for her may have been true, but the song he honored her with wasn't his. It was a song he plagiarized, only making minor changes. Just Al being Al.

Parsonage and the Wallace House are free, but you might want to call 908-725-1015 to make sure the houses are open. The sites are normally available for tours on Wednesdays through Saturdays from 10 a.m. until noon and again from 1 - 4 p.m. On Sundays you can visit the houses between 1 - 4 p.m.

Both houses are listed on the New Jersey and the National Registers of Historic Places. For more information, go to the website at www.wallacehouseassociation.org.

On Sunday, Feb. 22, from 9 a.m. until 2:30 p.m. there will be Middlebrook Five Generals Tours starting from the Van Horne House, home of the Heritage Trail, 941 East Main Street, Bridgewater. The bus tours are at 9, 10 and 11 a.m. as well as 12:30, 1:30 and 2:30 p.m. Tickets are \$40 for adults and \$20 for students under 18. Go to www.heritagetrail.org for details and to purchase tickets.

What Is Trust?

By Steven Gray

The definition of trust can vary greatly, depending on your point of view. It can be a belief in the reliability, strength, ability, or truth of someone or something. Trust can be a financial arrangement for one or more beneficiaries. Trust can even be a large company that either has or attempts to gain monopolistic control of a market. But, since I write about computers, software, and their users, my comments are more one of who or what you should trust online or in person in dealing with computers.

You have a Windows 10 computer that you cannot update. Do you trust the salesman at the local unnamed computer store to sell you exactly what you need? You research alternatives to Windows that will work on older systems. Do you trust

all the articles about how easy it is to change to an alternative operating system like Linux?

You ask your friend/neighbor/relative what you should do to fix a computer issue. Do they know best? You get an email or phone call that you think comes from a government source and you have to give personal information, or buy gift cards, or take some action that must be done immediately.

In all those scenarios, some degree of trust is needed. Does that salesman know what you need? Of course not; he wants to make a sale. You need to have some idea of what your needs are, and how much you want to spend, before shopping. You can read all the articles you want about Linux, but changing over is not as easy as it sounds,

plus you will have to learn an operating system that does not update automatically. You would need to learn how to do that.

Asking a friend, etc., for help is fine, as long as you understand that the person may not know much more than you and can make your issue worse. No, grandchildren do not know everything about computers.

That email or phone call from a "government" source is probably the worst of all the scenarios listed. You should never trust either emails or phone calls like that. True government correspondence is always by regular mail. You would never be asked for your bank information, social security number, or Medicare number unless you called them, and you called a number you know is correct, not one listed in an email.

Trust is a delicate thing and should never be given lightly.

The Aircraft Carrier USS Intrepid: Part I, World War II

By Tom Walsh

I am a proud member of the Volunteer Corps on the USS Intrepid, an Essex Class aircraft carrier that fought in World War II. As a Navy Reserve veteran, I have a great respect for and interest in serving on this carrier, known as the "Fighting I."

The Aircraft Carrier USS Intrepid is berthed on a Hudson River pier opposite 46th Street in New York City. It is an Essex class carrier, the third of that class. She is designated CV 11, since 10 aircraft carriers were built before her. Her keel was laid down just six days before the Imperial Japanese Navy (IJN) attack on Pearl Harbor, and she was launched on April 23, 1943.

Following further fitting and sea trials, she was commissioned on Aug. 16, 1943, and headed for Pearl Harbor with her air group in January 1944. On Jan. 29, the Fighting I (as it was dubbed) entered combat, supporting the invasion of the Marshall Islands, in the central Pacific. Thus, although she was late to the fight, she certainly made up for it in the close to two years left in World War II.

The next month, February 1944, Intrepid joined two other carrier groups to attack Truk, in the Caroline Islands, known as the "Gibraltar of the Pacific." An object of some trepidation among Navy personnel, it had long been the main IJN base of operations, and given its position in the Central Pacific, it was quite strategic, as well. In two days of raids, Truk was neutralized, making it useless to the IJN.

In the course of the battle, Intrepid was struck by a torpedo which jammed her rudder to port. Using bed-sheets and canvas broad-cloth as sails to assist in

steering - thus being the only carrier to use sail power - she went to California for repairs, but was back in the war by September, where she assisted in attacks on Palau Atoll in the Carolina Islands.

In October she was in the Leyte Gulf assisting in the liberation of the Philippines. It was in that month and in November that a total of three kamikaze planes crashed into Intrepid in two encounters, killing and injuring many seaman.

She was back in the fight in March 1945, headed for strikes against the Japanese island of Kyushu. A twin engine "Betty" bomber had a near miss with her, but gas and other shrapnel from the plane started fires on the hangar deck. They were quickly extinguished, and Intrepid's planes helped sink and damage

Japanese ships, including the battleship Yamato.

On March 26-27, Intrepid joined other ships in the U.S. fleet to invade Okinawa, the first of the Japanese Home Islands. It was during this action that a fourth kamikaze plane crashed into the flight deck of the Intrepid, killing eight and wounding 21. The fires were extinguished in three hours, and flight operations resumed.

In May, Intrepid again went back to San Francisco for repairs. She was steaming west to assist with the invasion of Japan when word came that they had surrendered. She launched planes as a show of strength as Japanese representatives signed the documents of surrender. In the months following the war, the "Fighting I" participated in Operation Magic Carpet back home to the U.S.

Hot Tea Is Great in Winter

By Anne Rotholz

Hot tea is always a great cold weather favorite. If you come from Ireland, it is a staple of life and a "cure-all" for everything. I like to think that tea is most enjoyable when you share it with somebody while having a good chat.

Today, tea comes in many forms and flavors. Some people like traditional tea with sugar, milk, or both. Others prefer black tea with lemon. Herbal tea and green tea have become very popular in recent years.

There is a secret to making good traditional tea. The water must be boiling when it is poured on the tea bag or on the tea leaves if you are making it in a pot. However, do not boil water for your tea in the microwave. The water may get superheated and erupt when you

remove it from the microwave, causing burns to the hands or face.

Restaurants here are notorious for failing to provide boiling water. When I go out with my Irish friends, they almost always ask for boiling water when they order tea, and sometimes they have to ask a second time. I usually take the easy way out and order coffee.

I am partial to Irish tea, and I usually come back from Ireland with a good supply. Our local supermarkets carry both Bewley and Barry tea bags and loose tea.

You can check out suggested menus to go with your hot tea by going to www.teatimetmagazine.com. For example, for January, TeaTime Magazine offered recipes for Brioche de Saint-Genix, blueberry tartlets, and soups.



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What's All the Hype about High Protein Foods

By Erin Medlicott

Have you noticed recently that food products, from snacks to main dishes, are labeled "high protein?" It seems brands are adding protein to everything, from cereals, plant-based snacks, frozen entrees, trail mixes, chips, pasta, and even desserts. Protein has moved beyond sports nutrition for body builders and moved into our everyday foods.

The General Mills Consumer Care rep I spoke with recently said many of their food products marketed as a source of "protein" are due to the rise of consumers using weight-loss drugs like Ozempic and Wegovy. Those shots increase a body's protein demands to prevent muscle loss. Food companies are adding protein to meet demand. With new plant-based yeast and fermentation-based proteins, manufacturers can "protein fortify" a wider range of products.

How much protein is too much? Dr. Michael Greger of NutritionFacts.org says if you weigh 100 pounds, you should consume 40 grams of protein per day. For a 150-pound adult, it's 60 grams, and a 200-pound adult's protein should be 80 grams. If you are not on weight loss drugs, these protein levels are the recommended adult daily requirement. Read nutrition labels on the groceries you buy and take a look at how much protein you are

getting each day.

Focusing on one macro-ingredient like protein can crowd out other essential nutrients. You might accidentally overdo it and end up with an excess of protein, leading to health risks. For example, eating too much protein, especially from animal protein like eggs, red meat, and seafood, can lead to a longer-term problem like higher cholesterol or worsening of coronary-artery disease. You can counter that by eating a portion of your meals with veggies and fruit. So, instead of a high protein breakfast of ham and eggs every day, add some color and fiber – blueberries, yogurt, raisins, and nuts. And don't forget to talk to your doctor about how balanced meals can give you optimal health.

Trivia Fun

By Peter and Phyllis Braff

1. Which U.S. President was the first to receive the Nobel Peace Prize?
A-FDR B-Wilson C- Carter
2. Which food item never spoils?
A-vinegar B- mustard C- honey
3. What year did Daylight Saving Time start?
A-1918 B- 1938 C- 1942
4. What is the worst car color when you resell it?
A- red B- blue C- black

(Continued on page 18)

February is American Heart Month



Common Heart Attack Warning Signs



Learn more at Heart.org/HeartAttack.

Book Review: "Mona's Eyes," a Novel by Thomas Schlesser

By Elaine Alexander

Set in Paris, this story of a young girl's discovery of art and all that it entails - from color, form, and message to emotional impact, leads to explorations of memory, the mystery of the subconscious, and lessons in "how to see."

During Mona's visits to the Louvre, Musee d'Orsay, and Center de Pompidou under the tutelage of her grandfather, Henry, she is taught to observe a painting as a whole including obscured details and background images. The artist's sometimes hidden message, is unveiled and analyzed in one painting at a time during their weekly meetings.

After experiencing episodes of temporary blindness, this exercise is Henry's method of teaching Mona how to embed images in her memory and create an internal visual life to counteract the threat of blindness. Henry's devotion to his granddaughter is heartwarming. We vicariously witness his deep concern through his shared knowledge and their illuminating, if not adult, conversations. By stimulating her sense of sight and visual perception, Mona's appreciation of classic and modern art advances her ability to "see beyond what can be seen" according to author, Thomas Schlesser.

It is a study for the reader. In each chapter, a painting is analyzed for its aesthetic value and for the artist's vision. Comprehension between artist and viewer expands in many ways, through the painter's biographical message, the social and cultural events of the time, iconography, ethereal symbols,

and the abstract shapes and colors of modern art.

Schlesser, an art historian, educates the reader as he moves through the periods of the Renaissance, Neoclassicism, Romanticism, Impressionists, Realism, and Modern and reveals an undercurrent of feelings and influences sometimes in contrast to what is immediately observed. There is freedom in this education since art is subjective and one comes to one's own conclusions, and yet, Schlesser helps nurture our desire to see paintings in unexplored ways with unexpected rewards.

THE HUMAN ELEMENT: SURVIVING BREAST CANCER, MARIA'S STORY

By Susan Peters



"Love You the Most" - The tattoo Maria Torres put on her arm as a reminder of her breast cancer journey.

"I never thought I'd see you smile again. Never thought I'd have the chance to tell you that I will always be your friend. You are not alone." Eagles 2007

It has been said that some of the most extraordinary relationships arise from the most devastating circumstances. Meet Maria Torres, a breast cancer survivor since 2009, who fully lives life and all it has to offer; but who never forgets to credit those responsible for their extraordinary support, friendship, and care during a frightening time in her life.

Maria, then 42 years old, was a Spanish and ESL teacher in Staten Island, N.Y., at the peak of her career when she was diagnosed with Stage 3 breast cancer.

Prior to her diagnosis, she related that her school principal had undergone a mastectomy which prompted many teachers, including Maria, to seek a screening mammography. However, the remarkable part of this story is the way Maria's personal support team of loved ones and friends sprang into action before Maria was even made aware of her diagnosis.

Before her testing, Maria had given permission to her physician to convey any diagnostic information to her partner, Jo, should she be unavailable. Jo, who was first to learn of Maria's diagnosis, contacted Maria's school principal Deidre, and immediately appointments were secured for Maria with Deidre's excellent medical team at Memorial Sloan Kettering in New York City.

Maria underwent a bilateral mastectomy, followed by chemotherapy for a year, and then Tamoxifen, a hormone/endocrine preventative therapy, for the next 10

years. Maria explained, "This is something I learned to live with. I took it in stride and believe that after this experience, I can survive anything!"

She has a tattoo on her forearm which faces her as a constant reminder. It reads Survivor 5-09 with the pink ribbon symbol and the words "Love you the most." During treatment she wore a baseball cap as her badge of honor.

By 2009, breast cancer support became available through established organizations such as the American Cancer Society, offering a cancer survivor network with online forums and general support. The Cancer Support Community formed in July 2009, offering comprehensive psychosocial support. Key events for breast cancer such as the Avon Walks and other breast cancer walks nationwide raised funds for care and research.

Maria believes she is here for a reason. "Please know you are not alone. If I can do it, so can you. Whoever gets sick, I am here for you." She also believes if you are strong for yourself, you will be strong for others. Maria believes her experience is a lesson in strength and appreciation in the circle of love and life. She says it has made her more sensitive to people and taught her humility and kindness. "Life is a rollercoaster."

Rossmoor's "Paint the Town Pink" campaign kicked off in January with an inspirational rock painting activity to raise awareness and funds. Maria's story is the second in a series we will be sharing throughout this campaign to hopefully bring inspiration and hope to others in our community.

Obituary: Carolyn Meyer, 1951-2025

Carolyn Meyer, age 74, of Monroe Township, N.J., passed away on Friday, Dec. 19, surrounded by her loving family. Born in Jersey City to the late Richard and Louise Volpi, Carolyn resided in Sayreville, N.J., before settling in Rossmoor. She worked for more than 30 years as a critical care nurse, traveling between hospitals and home health care facilities throughout the state.

She is preceded in death by her parents, Richard and Louise Volpi, and her brother Richard Volpi, Jr.

She is survived by her children, James McKay and his wife Beth; Joey Meyer and his wife Kristin; her grandchildren Megan, Riley, Katie McKay, Drew, and Alex Meyer; her brothers, Robert Volpi and wife Sharon; Charlie Volpi; and her sister-in-law Janet Volpi as well as many loving extended family and friends.

A service was held on Jan. 3, 2026, in Sayreville.

Remembrance: Carolyn Meyer

By Mary Jane Brubaker

There wasn't much Carolyn Meyer, who unexpectedly passed away in December, couldn't do.

A recently retired nurse, she was always on-call to friends and family whenever health questions or issues arose. She was inevitably the first to arrive in an emergency, whether to clean and bandage a wound, assist a friend recovering at home after surgery, or to drain excess fluid from the lungs of a friend with congestive heart failure in home hospice.

A natural athlete, Carolyn excelled at golf (winning seven women's championships at Rossmoor), pickleball, croquet, and just about any sport that sparked her interest whether it be backyard cornhole, throwing axes, billiards, or something else altogether. She knew the rules for each of her sports backwards and forwards, and she played fair. Always competitive, she was a good teacher and coach. She taught, you learned; and if you didn't catch on quickly, she'd let you know.

A handy person, Carolyn could build or fix just about anything. If your lamp or vacuum wasn't working, she'd take it home, fix it, and bring it back. The price of repair might be a martini or a beer. Not too long ago she decided she wanted plantation shutters for the windows in her home. She spent a summer building them, with a little help from the Woodshop.

A loving grandparent, Carolyn could frequently be seen on the sidelines at sporting events cheering quite loudly for her young ones. And she would frequently get calls from her grandson asking when she would be home so she could join in on their online gaming competitions. At age 74, she was playing online with the "under 10" crowd, competitive as ever while coaching them all on good sportsmanship.

A world traveler, Carolyn also went to Africa on several health missions to care for those in need. She went to Iceland to see the northern lights - they didn't show - to Germany for Oktoberfest, and she made it to Italy, to Greece, and so many other countries.

Diagnosed 12 years ago with lung cancer, she didn't let four operations and the subsequent treatments she received slow her down. Last year, her lung cancer returned, this time inoperable. She was also diagnosed with breast cancer this fall. All that still didn't slow her down nor did it dim her enthusiasm for life.

In the weeks before she passed, she was busy preparing for a drive to her second home in North Carolina in January, and she was in discussions with her two sons about a safari they were planning to take together to Africa.

Carolyn Meyer led the very definition of a well-lived life. Hats off to an indomitable spirit and a good friend.

Obituary: Joan Nielsen, 1952-2025

Joan Elizabeth Nielsen (Robleto), age 73, passed away peacefully on Dec. 26.

Joan was born on March 10, 1952, to the late Richard Alexander Robleto and Margaret Bernice Robleto (Dee). One of eight children, she was raised in Levittown, Pa., and attended Pennsbury Senior High School. Upon graduating, Joan entered the workforce, beginning her career at RCA, now known as the David Sarnoff Research Center, in Princeton, N.J. It was during this time that she met Anthony Tocci, the father of her children.

Joan was predeceased by her children's father, Anthony Tocci, as well as her siblings Richard Robleto, Margaret May, and Eileen Miles. She is survived by her beloved son, Dominic Tocci, and his wife Jennifer; and her daughter Amanda Mejia and her husband Luis. She leaves behind four cherished grandchildren: Maya, Lorenzo, Alana, and Massimo, who were the light of her life. Joan is also survived by her siblings Beverly DeRiggi, Christianne Pritts, Paul Robleto, and Vince Robleto.



Joan Nielsen

Remembrance: Joan Nielsen

By Mary Jane Brubaker

Joan Nielsen, my neighbor for the past five years, passed away on Dec. 26 while visiting with her daughter's family in Virginia.

A creative, kind, and caring soul, Joan was an amazing grandmother and an avid gardener, estate sale enthusiast, artist, and baker. When her grandchildren visited, there would be all sorts of home-made goodies to eat and outdoor games to play. Her yard was a fantastical landscape for the grandchildren, populated with fanciful and seasonal items found at estate sales.

Joan spent hours tending to her lawn and garden, ensuring everything was in optimal health. She cheerfully answered my many questions as I struggled to keep first my rose bushes, then my azaleas, alive.

She made one-of-a-kind dolls for her granddaughters. They would tell her what they wanted and then she would source the materials she needed from estate sales. She created the most fabulous dolls. When I saw the Dorothy, Scarecrow, Tin Man, and Cowardly Lion dolls she had made, I told her she could make a fortune selling them. She wasn't interested. Joan did not like repeating herself. She was always focused on what unique and wonderful thing she was going to do next.

Some may remember Joan from the time she took her estate sales expertise to the next level and opened The Curiosity Shop at 2 Rossmoor Drive. She and her friend, Bill Cole, operated the store for a year, selling items she found on her countless expeditions.

I'll remember Joan as someone who was always working on a new project - always on the go, forever getting into her car and heading off on a new journey.

It's not every day that a neighbor becomes a friend. I got lucky. Rest in peace, my good friend.

Remembrance: Hadasah Aylat

By Allan Kaufman

Long-time Rossmoor resident Hadassah Aylat passed away peacefully in her sleep on Dec. 20, 2025. She was 101 years old. Hadassah and her husband, Alec, were residents of Rossmoor for more than 30 years, prior to both of them moving into the Regency Nursing Home in Somerset in 2022. Alec pre-deceased her in 2024.

Hadassah was born to Zionist parents in Terre Haute, Ind., on Aug. 17, 1924. Frequent dinner guests at her home were Chaim Weizman and Yitzhak Ben-Zvi, the first and second presidents of Israel. In the early 1940s, Hadassah applied to and was accepted into Northwestern University. She spent three years at Northwestern when she decided to head to New York to take a position as an editor at Coronet magazine. While in New York, she completed her degree at Columbia University. Certainly, a great accomplishment for a woman in those days.

She stayed at the Coronet for a few years when she had the idea of becoming a war correspondent as Israel's War for Independence was beginning. She convinced the people at Coronet that she could do the job. In 1948 she landed in Israel and began sending information to the Coronet offices in New York.

She was sent to a kibbutz near Israel where she found the love of her life, Alec. They were married in Jerusalem in 1949 and spent 75 glorious years together. After independence, they spent many years in Israel before they moved to Philadelphia and eventually found their last home here in Rossmoor. Hadassah was an active member of the Rossmoor Jewish Congregation.

She is survived by her daughter, Roni Hecht and her son, Josh Aylat, and two grandchildren.

May her memory be a blessing.



Hadassah Aylat

As a reminder!!!

Pedestrians – Please wear light or reflective clothing when walking in the dark. Also, always walk against the traffic (on the left however you are facing)

Bikers – Always ride with the traffic (on the right).



Religious News

Walking the Camino Trail on Feb. 11 at 1:30 p.m.

By Sheila McCue

Pilgrimages have been a common feature of many world religions for centuries including Christianity, Judaism, Islam, Buddhism, Hinduism, and Shinto. According to Helena Guzik, writing for the National Trust in the UK, "pilgrimage is a devotional practice consisting of a prolonged journey – often on foot or horseback toward a specific destination of significance. Means or motives in undertaking a pilgrimage vary, but the act blends the physical and spiritual into a unified experience."

Come to the Ballroom on Wednesday, Feb. 11, at 1:30 p.m. when Rossmoor resident Tom Walsh will share his own experience of walking the Camino de Santiago during the Jubilee Year 2025. Learn how Santiago became a destination for those seeking a Sacred Encounter. Tom's presentation will include a discussion of his plans and preparation for the 75-mile hike he completed.

From training here in Rossmoor to build stamina to collecting stamps on his Camino passport, Tom will share pictures and stories of his adventure. Tom wants us to know what a prayerful experience he had walking the Camino.

Known in English as "the Way of St. James," the Camino is a network of pilgrimage trails weaving across Europe, all leading to the Cathedral that houses Walking the Camino Trail, the tomb of St. James the Great. The trail covers approximately 500 miles and usually takes about five weeks to complete. Walking the Camino is a journey through history, an opportunity to meet fellow pilgrims from all over the world.

What do you know about the Camino Trail? Perhaps you enjoyed the Martin Sheen movie "The Way," which focused on one man's experience of it.

Although the 11th to 16th century is widely considered to be the Golden Age of Pilgrimage – think Canterbury Tales – the sacred journey is still one of the most recognized and widely exercised spiritual practices of devotion in Christianity.

There are many pilgrimage sites around the world. Reasons for embarking on pilgrimage may include atonement for sins, a gesture of thanks, or as a means of intercession. Three main destinations for Christian pilgrimage are Jerusalem, Rome, and Santiago de Compostela in Spain. When July 25, the feast of St. James falls on a

(Continued on page 18)

Can We All Coexist?

By Barbara Herman Hoff

The holiday usually associated with February is Valentine's Day. It is a time to show those that we love how we feel about them. How wonderful would it be if everyone expanded those warm and fuzzy feelings to our neighbors and the world at large.

It is not necessary for everyone to observe the same deity or to disrespect each other because of our differences. If we were open to accept others regardless of differences, there would be so much less animosity. How wonderful would it be to participate in activities of other groups or clubs?

When we understand why our neighbors do what they do, it is no longer threatening. Embrace our differences and find a way to share in our celebrations or activities. The world would be a far better place if we look for similarities rather than fear the unknown.

As president of Rossmoor Jewish Congregation, I wel-

come all of Rossmoor residents to join the Jewish Congregation's activities. I look forward to seeing you there.

Jewish Congregations Happenings

2 Rossmoor Drive, Monroe Township, N.J.



By Adrienne Brotman

Sabbath Services

- Friday, February 13 and February 27
- Meeting House 7:15 p.m. All Welcome

Movie in the Clubhouse

- Tuesday, February 17
- Movie in the Clubhouse--Keeping the Faith
- 7 p.m. Cost \$5.00, payable at the door
- All Welcome

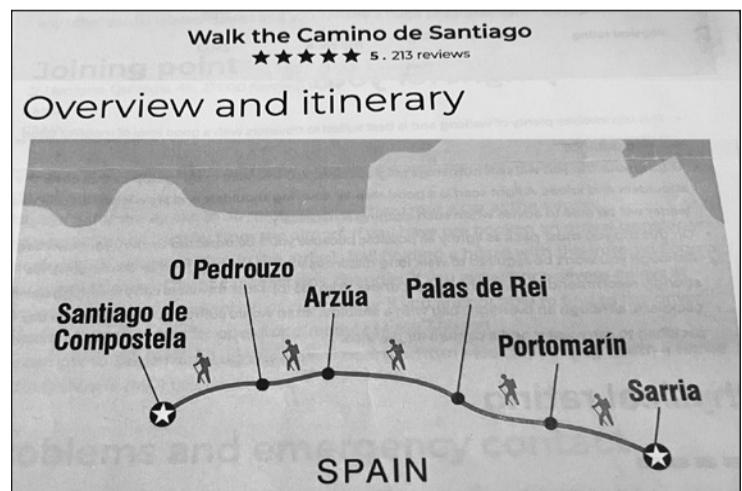


Cantor Robyn Streitman led a Chanukah sing-a-long on the 8th night of Chanukah for the Rossmoor Jewish Congregation's Chanukah party.



Rossmoor Community Church

The Reverend Sue Goodwin served as a guest pastor for the Rossmoor Community Church for two services January and will continue to do so in February. Rev. Goodwin is a graduate of Drew Theological School and was ordained by the United Church of Christ in 2004. She also holds a master's degree in politics and public policy from the Eagleton Institute at Rutgers University. She has served several churches in New Jersey.



Tom Walsh will be sharing his experiences walking the Camino Trail. This is the itinerary he and his brother followed.

Camino Trail

(Continued from page 17)

Sunday, as it will in 2027, a special Holy Year is celebrated on the Camino.

Perhaps 73-year-old Tom's story will inspire others – after

all, if Tom and his 80-year-old brother can do it, aren't you inspired already?

The Catholic Society Board will meet on Tuesday, March 10, in the Meeting House Parlor at 1:30 p.m. All are welcome.

CULINARY CORNER

By Sidna Mitchell

Sauce for That Eggplant

We have a friend who swears he won't eat eggplant, so I'm challenged to come up with a recipe to get him to sample that vegetable. I first thought roasted spicy eggplant "fingers" might work. However, I'm still looking for ways to disguise that garden produce to get him to take a bit of some eggplant dish and eat his words.

Ken and I had lots of eggplants of all sizes in one of our sites in the Monroe Township Community Garden last year. I never thought I cared for eggplant, but since I've tried numerous recipes, I rather enjoy that purple curiosity.

Is it an egg? Is it a plant? Wait a minute. Isn't eggplant a vegetable? No, according to various sources, it is not a vegetable; but like the tomato, it is a berry. Eggplant is also in the nightshade family like tomatoes, peppers, and potatoes. While most are tear-shaped, eggplants come in all sizes, shapes and colors – not just purple.

Indeed, some are actually white-skinned and are shaped like an egg; in the past these "berries" were known as garden eggs; there

is a variety that is even named Easter egg. A black-skinned pear-shaped eggplant is known as the Black Bell. There is also a long, oval, white eggplant identified as the Ghostbuster.

The Japanese eggplant is long, slender, and purple – perfect for a vegetable medley of zucchini, yellow summer squash, sweet pepper, and onion. However, most of us are accustomed to the larger purple eggplant known as the classic or dusty variety and most often used in eggplant parmesan.

Europeans often call eggplant aubergine, and in India it is known as brinjal. Vegetarians often use eggplant, particularly the larger ones, as a substitute for meat because of the rich, hearty inside.

For one dinner, I just sautéed slices of the eggplant in olive oil and then topped the half-inch slices with a sauce I made from the tomatoes and green peppers from our garden plus some chopped onion and garlic. Here's that simple recipe.

Easy Tomato Sauce

- 1-2 tablespoons olive oil
- ½ cup diced onion
- 1 garlic clove, minced or finely chopped
- ½ cup diced green pepper

Culinary Corner

- 1 cup chopped tomatoes
- Salt and black pepper to taste
- Italian seasoning to taste
- 3 squirts of tomato ketchup

In a medium skillet or saucepan, add the olive oil.

First add the onion, garlic, and green pepper and gently sauté, but don't overcook.

Add the tomatoes, salt, black pepper, and Italian seasoning to taste.

Gently cook, adding three or more squirts of tomato ketchup.

Stir frequently until the sauce is the consistency you want.

Top sautéed slices of the sliced eggplant or add sauce to toasted baguette slices for an appetizer.

I can be reached via e-mail at sbmcooks@aol.com.

Enjoy a Colonial Treat

By Sidna B. Mitchell

In February, we remember the birthday of one of our founding fathers, George Washington. Thus, I was tempted to offer a recipe for cherry pie. As kids, we all heard the tale of George chopping down the cherry tree, then admitting what he had done because he couldn't tell a lie.

There were numerous battles and altercations in New Jersey during the Revolutionary War so General Washington, and often his wife Martha, spent time in various homes throughout the state. George even stayed here in Monroe over on Hoffman Station Road where there is a historical marker noting, "This is the site of the Anderson Farm where General George Washington stayed the night before the Battle of Monmouth." (Just a few yards away is an historical marker stating, "This is the site of the Paul Miller and John Anderson Farms that approximately 8,000 soldiers of General George Washington's Army encamped prior to the Battle of Monmouth.") More about those times in articles over the upcoming celebration

of the 250th anniversary of our nation.

This month, there's an article about Washington staying at the Wallace House in Somerville. Next to it is the Dutch Parsonage, both of which are listed on the New Jersey and National Registers of Historic Places. About 40 years ago, my mother and I drove to Somerville for "A Taste of Christmas" at the Old Dutch Parsonage and the Wallace House. At the Dutch Parsonage, built for the Rev. John Frelinghuysen, we were able to sample treats from colonial times.



This was the first time I had tasted a snickerdoodle which is a great cookie for the holidays or any season. The recipe handed out back in the 80s made too many cookies in my mind; so I found another recipe, and I actually took a little bit of inspiration from each. Here's my version of a yummy cookie dating back to colonial times.

Snickerdoodles

- 2 ½ cups flour
- ½ teaspoon salt
- 1 teaspoon baking soda
- 1 teaspoon cinnamon
- 2 teaspoons cream of tartar
- 1 cup sugar
- 1 cup butter (2 sticks)
- 3 eggs, well beaten
- 1 teaspoon vanilla
- ¾ cup coarsely chopped pecans
- ½ cup white raisins
- ½ cup dried cranberries

Preheat oven to 350 degrees.

Sift the dry ingredients together and set aside.

Cream butter and sugar in a large bowl.

Add eggs and vanilla; mix well.

Gradually mix in dry ingredients, nuts, raisins and cranberries until well blended.

Drop by teaspoons onto a greased cookie sheet.

Bake for about 12-14 minutes in a 350-degree oven but be careful not to overcook.

The tops may not brown but you don't want the bottoms browned.

Cool on wire racks and then store in an airtight container.

NOTE: This recipe makes about five dozen cookies. These cookies keep well and are good dippers for your coffee or hot tea. You may use currants, all raisins, or a mixture of currants, raisins, and dried cranberries.

I can be reached via e-mail at sbmcooks@aol.com.

Trivia answers

(Continued from page 16)

1- B

2- C

3- A

4- B

Clubs and Organizations



Snack, dance, and chat with the Dance Club!

Rossmoor Dance Club News

By Debbie Sills

Our "Baby It's Cold Outside" dance with music provided by Angelo was a great start to our new dancing year.

Our full schedule of events

for the year is in the carousel outside the E&R office in the Clubhouse, and copies are available at every dance. Our dances are once a month, generally on the last Saturday. There are 11 dances

each year; we don't have a dance in December.

The entry charge is \$10 for members and \$15 for non-members. To be a member, you need to be a Rossmoor resident, have completed a 2026 membership form, and paid the \$10 annual membership fee. Membership forms can be found in the carousel outside the E&R Office in the Clubhouse.

Our February 'Cupid's Shuffle' Dance is earlier in the month than usual, and will be held on Saturday, Feb. 21, at 7 p.m. in the Ballroom. We are delighted to welcome the return of DJ John Pesce providing a range of music to suit all tastes.

Your reservation and payment must be received by Wednesday, Feb. 18. Please complete the form.

If you want to sit with friends, make sure you clearly state all the names of your group on the reservation form, we will try our best to seat you all together. However, there are no promises since our dances are very popular.

Italian American Club

By Tony Cardello

Happy Valentine's Day! Don't forget the candy and flowers for your loved ones.

Membership meeting and Bingo dates in February to be announced.

We are planning a trip to Wind Creek Casino on March 19. Details to be announced.

Rossmoor Computer Club

By Barbara Boyer

The Rossmoor Computer Club's general meeting will take place on Tuesday, Feb. 17. Please note that the February meeting will be on Tuesday due to the celebration of President's Day on Monday. Plan to attend for coffee, cake, and conversation at 9:30 a.m. in the Clubhouse Gallery with the program beginning at 10 a.m. Should a room change be necessary, the location will be posted at the time of the event.

Our featured speaker will be Neil Borenstein, supervising public information assis-

tant from the New Jersey Department of Human Services, Division of Aging. Neil will speak about various state programs available to seniors, such as NJSave to lower out-of-pocket expenses and GetSetUp, online classes for older adults. You need not be a Computer Club member to attend our general meetings as all Rossmoor residents are welcome.

HEALTH CARE CENTER NEWS

By Lisa DiGiovanni, EdD, MSN, RN, MEDSURG-BC, CHSE, and Elizabeth Caruso, MSN, RN, COHN-S, Saint Peter's Univ. Hospital

Heart Attacks Aren't the Same for Everyone: What Senior Men and Women Need to Know

February is American Heart Association Month. It's the perfect time to get the facts on heart disease and to know how men and women experience heart disease quite differently. Knowing the signs and symptoms based on gender can go a long way to keeping you and your loved ones and friends safe.

Heart disease remains the leading cause of death for both men and women, but heart attack symptoms often look different between the sexes. For senior citizens especially, knowing the warning signs can mean the difference between saving a life or not acting on time.

Why Heart Attack Symptoms Differ

Research shows that men are more likely to experience the "classic" heart attack symptoms, while women often face hormonal differences that can be more difficult to notice.

Internally, of course, heart disease is triggered and exacerbated as plaque builds in arteries. But the actual physical symptoms vary between men and women. Even the way a man or woman perceives pain during these precious moments — and can communicate their needs to others — can make a difference between life and death.

Common Heart Attack Symptoms in Men

Men's symptoms often appear suddenly and are usually more dramatic. Seniors may still experience these typical indicators, although sometimes with milder intensity.

Most Typical Signs in Men

- Crushing chest pain or pressure, often described as "an elephant on the chest"
- Pain radiating to the left arm, shoulders, or jaw
- Sudden shortness of breath
- Cold, clammy sweating
- Nausea or lightheadedness

Important Notes for Senior Men

- Symptoms may come on more gradually with age.
- Some men may mistake the signs for indigestion or muscle strain.
- Even mild or brief chest discomfort should be taken seriously.

Common Heart Attack Symptoms in Women

Women—especially seniors—are more likely to experience silent or unusual symptoms, which can delay seeking help.

Most Typical Signs in Women

- Chest discomfort (pressure or tightness rather than sharp pain)
- Fatigue that feels unusual or overwhelming, sometimes lasting days
- Shortness of breath, even without chest pain
- Pain in the jaw, neck, upper back, or stomach
- Nausea, indigestion, or vomiting
- Lightheadedness or sudden dizziness

Why Women's Symptoms Are Often Missed

The discomfort may be mild or vague, and symptoms can come out of nowhere. They can occur during rest as well as during physical activity.

The truth is that many women assume their symptoms are due to stress, age or gastrointestinal issues. This causes women to often delay seeking medical assistance so they can be diagnosed and get

(Continued on page 20)

FEEDING WILDLIFE:

It's hard to resist feeding the wildlife but please don't – for their health and your safety.

THEIR HEALTH

- The native animals who live here, including birds, squirrels, raccoons, and other wildlife, need nature's diet to be healthy.
- Human food is "junk food" for wildlife. Well-intentioned handouts may cause disease, injury, and even death for the animals.
- Providing unnatural food encourages wildlife to congregate in large numbers, leading to territorial fighting, attacks by predators, and being hit by cars.
- Animals you feed today may be killed as "pests" tomorrow. Don't harm wildlife with your kindness...help them remain healthy, safe, and free.

YOUR SAFETY

Native animals who eat human food...

- May bite, scratch or threaten other visitors.
- May come into conflict with your pets.
- May spread disease.



Veterans Group Welcomes Members

All Veterans! Come to a meeting every second Tuesday of the month at 10 a.m. in the Ballroom.

Important Reminder

Please break down and flatten cardboard boxes before putting them in the dumpster. Thank you.





Mutual 17 Rings in the New Year!

Residents of Mutual 17 and guests celebrating New Year's Eve in the afternoon in the Hawthorn Room. Excellent food, fun games, and good company were enjoyed by all.



Croquet Holiday Party

The Croquet Club gathered for a festive luncheon on Dec. 13 in the Gallery. Special thanks to Social Co-Chairs, Barbara Jensen and Sharon Gaines, for all their hard work, which was appreciated by all.

Health Care

(Continued from page 19)
treated.

Shared Warning Signs for Both Men and Women

No matter your age, these symptoms should never be ignored:

- Chest pressure or discomfort lasting more than a few minutes
- Sudden shortness of breath
- Unexplained fatigue or weakness
- Any new, unusual, or intense pain in the upper body

If you or someone you're with is experiencing these symptoms, call 911 immediately. Fast treatment saves heart muscle and lives.

Take Action: Reduce Your Heart Attack Risk

- Maintain regular checkups with your healthcare provider. To find a primary care provider near you, visit SPPANJ.com.
- Keep blood pressure, cholesterol, and blood sugar under control.
- Stay physically active within your comfort level.
- Eat heart-healthy foods (more fruits, vegetables, and whole grains).
- Avoid smoking and limit alcohol.
- Manage stress with social activities, hobbies for mindfulness.

Awareness is the first step to early intervention. When it comes to risk and treatment of heart disease, speak with your doctor right away.



Hello, Neighbors!

Rebecca Redington and Tippi Loeb enjoy a walk around Rossmoor on a crisp January afternoon. Prior to retirement, Rebecca was a software designer, and Tippi was a music teacher. Both share a love of music and can be found on Wednesday afternoons at the Meeting House rehearsing with the Rossmoor Chorus.

No Speeding In the Community



REMEMBER OUR
MEN AND WOMEN
IN THE SERVICE

Monroe Township Public Library

4 Municipal Plaza
(732) 521-5000 • www.monroetwplibrary.org

Poetry Workshop

Monday, February 9 from 11 a.m. to 12:30 p.m. Join us monthly to read, write, and discuss poetry. In person. Registration required.

Women Writers Book Discussion Group

Monday, February 9 at 7 p.m. We will discuss "Atmosphere" by Taylor Jenkins Reid. In person. Registration required.

The State Opera of NJ:

Love Viennese Style

Tuesday, February 10 at 1 p.m. The State Opera of NJ, formerly Boheme Opera NJ, returns with another outstanding lecture performance. This performance features the songs and stories from Johann Strauss II's operetta masterpiece, "Die Fledermaus". Additionally, Artistic Director Joseph Pucciatti will share the dais and discuss such topics as where operetta fits in the music world, aspects of Johann Strauss's career, and the history and development of the story. Sponsored by the Monroe Township Cultural Arts Commission. In person. Registration not required. Open seating.

Photography Club

Tuesday, February 10 at 3:30 p.m. This monthly club is open to Township residents ages 12+ and welcomes all skill levels. No experience is necessary to join. Bring a camera (smart device is acceptable) and share your love of photography. In person. Registration not required.

Mix & Mingle Social for Adults with Special Needs

Tuesday, February 10 at 5 p.m. Join us on the second Tuesday of the month for a fun, themed social hour. Designed for adults (ages 18+) with cognitive or developmental disabilities and their parent or caregiver. In person. Registration required.

Creative Writing Workshop

Wednesday, February 11 from 12:30 p.m. to 2:30 p.m. Join this small group, instructor-led workshop to improve your writing skills, give constructive criticism and get feedback on your work. Bring a typed copy of your work (1,500 words or less). Whether it is a complete short story or a piece of a larger project, be prepared to read your work to the group and receive feedback. Space is limited. Registration required. This is an in-person event for adults 18 or older.

Harriet Tubman Living History

Wednesday, February 11 at 2 p.m. Millicent Sparks brings history alive with her portrayal of Harriet Tubman. Millicent concludes her portrayal by answering questions from the audience in character as Harriet Tubman. Sponsored by the Friends of the Monroe Township Library. In person. Registration required.

Crafty Creations: Quilling

Wednesday, February 11

from 3 p.m. to 5 p.m. OR

Wednesday, February 25 from 6 p.m. to 8 p.m. Make February extra special with a gorgeous quilled photo frame. Tools and materials will be provided by the library. This program will be held in-person. For adults 18 and older. Space is limited. Registration is required. Register for just one session.

Microsoft Excel Worksheet Basics

Wednesday, February 11 from 6:30 p.m. to 8 p.m. This class is for adults who are new to Excel or want to get reacquainted with Excel. Prerequisite: know how to use a computer keyboard and mouse. Topics include: What is a worksheet? Opening and saving a new workbook, Parts of the Excel screen, Entering and formatting data, Calculating Data, Copying, Deleting, and Moving Data. In person. Registration required.

The Music Lounge

Thursday, February 12 at 3 p.m. Each month, we pick a musician, listen to a couple of their songs, and read the lyrics. Then, we'll talk about what makes the writer and their music so timeless. Like a book discussion, but for music! This month's topic is Linda Ronstadt. In person. Registration required.

Banned Book Discussion Group

Friday, February 13 at 3 p.m. This new book discussion series meets every other month and covers various titles that have been banned throughout the nation. This month, join us for a discussion about "All Boys Aren't Blue" by George M. Johnson. Bring your thoughts and let's talk! Hybrid. Registration required.

Recycle My Battery

Saturday, February 14 at 11 a.m. Recycling a single battery can actually save our soil, our water and our planet. Saving Earth truly starts one battery at a time — and that "one battery" can be yours. Presented by Sri Nihal Tammana. Sponsored by the Monroe Township Environmental Commission. Hybrid. Attend in-person or register with an email to receive the link. Walk-ins always welcome.

Coffee and a Book

Tuesday, February 17 at 11 a.m. We will discuss "The Retirement Plan" by Sue Hinnenbergs. Hybrid. Registration required.

World Cinema Wednesday

Wednesday, February 18 at 2:30 p.m. "The Rose Maker" (2020, French, 1h 35m, NR, Comedy). Eve Verne was once the largest rose grower. Now she is on the verge of being bought out by a powerful competitor and facing bankruptcy. In an attempt to cut operating costs Vera, her faithful secretary, hires three ex-cons without any gardening skills to help out in the nursery. Viewer

(Continued on page 21)

Library

(Continued from page 20)
discretion is advised. In person. Registration not required. Open seating.

Page Turners

Thursday, February 19 at 11 a.m. Looking for something to read or add to your reading list? Library staff will present and recommend a variety of titles pertaining to a different topic. The theme for this session is Books to Keep You Warm (Steamy romance). Hybrid. Registration required for virtual participation.

Medicare 101

Saturday February 21 at 11 a.m. Learn to navigate the many options available through Medicare, understand plans and supplements, and determine what plan best suits your needs. Presented by Jackie Spear, Medicare Specialist and Senior Advisor. In person. Registration required.

Non-fiction Book Discussion

Monday, February 23 at 2 p.m. Join us for a discussion about "Framed: Astonishing

True Stories of Wrongful Convictions," by John Grisham and Jim McCloskey. In person. Registration is required.

Sidewalk Astronomy

Monday, February 23 at 6:30 p.m. The East Brunswick Astronomy Club will present. Then we'll move outside for an evening of stargazing! We'll use a 10" Dobsonian telescope to observe the Moon, Jupiter, and Mars. This program is weather permitting. Registration not required. Rain date is February 25 at 6:30 p.m.

Short Story Discussion

Thursday, February 26 at 2 p.m. We will discuss "Girl" by Jamaica Kincaid in The Penguin Book of the Modern American Short Story and "Just Another Family" by Lori Ostlund. In person. Registration required.

Sew a Cork Wallet

Thursday, February 26 from 6:30 p.m. to 8:30 p.m. This wallet will hold your important cards and is small enough to fit in your pocket or cross body bag. Material will be provided. Students must take the Meet Your

Sewing Machine class or have prior machine sewing knowledge to take this class. Ages 18 and over. In person. Registration required.

All You Need is Love Book Club

Friday, February 27 at 11 a.m. This modern romance book group will discuss "The Love Elixir of Augusta Stern" by Lynda Cohen Loigman. Hybrid. Registration required for online participation.

Friday Afternoon Movie

Friday, February 27 at 2:30

p.m. We are unable to list the title of the film here due to our licensing agreement but visit our website or call the library for more information. In person. Registration not required.

Chess with a Champ

Saturday February 28 at 10:30 a.m. International Master and reigning NJ State Chess Champion Dean Ipolito is hosting a special class and live simulation, plus fun game challenges to warm you up before our first

library-wide tournament. Stick around and compete in our chess tournament afterward! In person. Registration required.

On Display

The Monroe Township Cultural Arts Commission Annual Juried Art Show will be held in the Fine Arts Gallery through February.

Holiday Hours

The Monroe Library will be closed on Monday, February 16 in observance of Martin Luther King, Jr. Day.

Classified Advertising

Home Improvement

T-K-S HOME IMPROVEMENTS – Full-service contractor. Kitchen, baths, basements, painting, tile and more. No job too big or small. License #13VH05970500. (609) 259-2574.

JOHN PEARL HOME IMPROVEMENT AND LANDSCAPING, LLC – General repairs and handyman work, painting, flooring, deck stain/repairs, powerwashing, landscape projects, and more. Licensed and insured. #13VH06515700. (908) 208-1150.

JUST CALL KEITH, LLC Handyman. Blinds, furniture assembly? Honey-do-list? (732) 690-2292. Licensed and insured. NJ#13VH13424900. www.justcallkeithllc.com

Miscellaneous/ Services

HAIRCUTS DONE IN THE COMFORT of your home. Men and women. Call Renee. (908) 705-7569. Leave message.

TECH BUDDY – Simple step-by-step help with smartphones, computers and tablets. Large print solutions for low tech problems. Beginner to Advanced. Patience and enthusiasm included. Wireless printers, Netflix, Amazon Alexa setup and training. Have Alexa remind you of your appointments, read audiobooks, more. \$5 off setup. Free quote. (732) 589-4974. techbuddybarb@aol.com

COMPUTERS CUSTOM BUILT & REPAIRED

RJF Sales Company LLC.* Time to clean your computer and get educated on protecting yourself from scams. Desktop and laptop repair in your home. Virus removal and protection. Evenings and weekends also available. Monroe resident with over 20 years of computer experience. (732) 723-9537 or (732) 967-3400. Please leave message; most calls returned same day.

ARNIE'S DRIVING SERVICE

#1 In Monroe. Friendly and dependable. Specializing in New York City, all airports, and doctor visits. I drive a very safe Tesla. Call (609) 751-1612.

Help Wanted

WORK FROM HOME. Looking for part time person to do tele-marketing and office work from your home. Must have at least 1 year experience. Telemarketer and cold calling in local areas. \$20 an hour plus bonuses! Great mentorship and support with big upside. Work with a variety of clients behind a solid brand. Call Milton Paris, Getting Ahead in Business: 732.306.0040.



CLASSIFIED AD COUPON

Ads must be received by the 14th of the month preceding publication month.

MAIL TO:

Princeton Editorial Services

P.O. Box 70

Millstone Twp., NJ 08510

RATES FOR ONE PUBLICATION

\$14 for 10 words, 50 cents each additional word

Multiple: 10 words in two publications = \$14 x 2 = \$28.

10 words in three publications = \$14 x 3 = \$42.

Check those that apply:

Clearbrook Courier

Encore Speaks

Regency Reporter

Renaissance Reflections

The Rossmoor News

Check here for all five

All ads must be mailed with payment.

No classifieds accepted by phone or email.

Note: Phone numbers count as one word. Do not count punctuation. Do not abbreviate.

State category/heading, ie., "For Rent", "For Sale", "Help Wanted." No charge for the heading.

One check or money order must accompany insert, PAYABLE TO PRINCETON EDITORIAL SERVICES



Recycling and Trash

RECYCLING - collected every Friday

The following recyclable items are to be placed loose (no plastic bags of any color) in the containers marked for Recycling. (In those Mutuals not providing curb pick-up.)

TRASH - collected twice weekly on Mondays and Thursdays.

• Household bagged garbage and trash must be placed in the appropriate Dumpsters (in Mutuals not providing curb pick-up)

BULK - Call Rossmoor Maintenance 609-655-2121 by noon on Monday to schedule a Wednesday bulk collection. **BULK ITEMS NOT ACCEPTED:** TVs, electronics, tires, and small engines.

Bundled branches removed by RESIDENTS will be picked up at the curb on Mondays by High Tech (Holidays: Tuesday pick-up). Clippings should be placed in the regular trash.

• Contractors' and private landscapers' refuse is the responsibility of the contractor or private landscaper to dispose of. Contractors and private landscapers may not use the dumpsters.

• Please Note: Medical Waste and Personal Electronics may NOT be placed in either the Trash or Recycling dumpsters. It needs to be disposed of properly.

TRANSPORTATION TIDBITS

Important phone numbers:

Rossmoor Bus.....609-655-4401

Call-in hours are: 9 a.m. – noon and 2:30 - 4 p.m.

Schedule is available at www.rcainj.com

under "Amenities."

Monroe Township Transportation609-443-0511

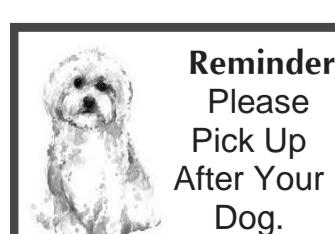
Middlesex County

Area Transportation (MCAT)1-800-221-3520

Bulk Trash Collection

To schedule Bulk Trash collection please call the Rossmoor Maintenance office at 609-655-2121 before noon on Mondays.

Bulk trash is collected on Wednesdays.



Rossmoor Community Association, Inc.

Snow Policy and Procedure

POLICY

When a snow or ice event occurs, it will be the objective of RCAI to make reasonable efforts to ensure that the 17 miles of roadways and 43 miles of sidewalks within Rossmoor are passable for motorists and pedestrians as soon as possible, in a safe and efficient manner. The safety of **Rossmoor residents** is the goal of this policy.

PROCEDURE

When a storm is predicted, all equipment and supplies will be checked and staff as well as the snow removal contractor will be informed of the response plan.

Snowfall accumulations of **up to two inches** are handled by pre-salting the streets and carport lanes prior to the storm to try and prevent snow/ice from bonding to the surface. Salting of the streets and carport lanes will continue as needed. Depending on weather conditions and the forecast, typically, no further action will take place.

Snowfall accumulations of **more than two inches**, typically, require the initiation of the full snow removal operations as follows:

1. Pre-salting streets and carport lanes to prevent snow from bonding to the surface.

2. Plowing all main and secondary streets (see list of streets under "Priorities") continuously after an accumulation of 2" or more or as required by RCAI management.

3. Once the storm ends, separate crews and separate equipment will begin plowing lanes and carports; plowing perimeter and main sidewalks; plowing driveways and finally shoveling of the main, front entrance walks and stoops leading to the main entrance doors of the manors. Secondary walks and/or stoops on the sides or backs of manors will not be shoveled or treated with ice melt.

In a typical snow storm (2 to 6 inches of accumulation), it takes approximately **12 hours once the storm ends** to complete the full snow removal operation. In the event of a major snow event (6 inches or more) and/or icing conditions, it may require more time to complete the full snow removal operation.

4. Once the full snow removal operation is complete, ice melt may be applied to perimeter and main sidewalks and the front entrances walks and stoops leading to the main entrance doors of the manors depending on accumulations, ice conditions, ground and air temperatures and the forecast for the next 24 hours. Reasonable efforts will be made to maintain the perimeter and main sidewalks and the front entrances walks and stoops leading to the main entrance doors of the manors and driveways after each storm and for the days to follow until the conditions clear, but it is impossible to be everywhere all the time. A full ice melt application takes approximately six hours and is not effective in lower temperatures and without sunlight. Secondary walks and/or on the sides or backs of manors will not be shoveled or treated with ice melt.

5. Reasonable efforts will be made to rotate the snow plowing schedule of driveways and carport lanes each storm.

Utmost caution should be used if residents must use the walkways during a storm and during the thaw/freeze cycle that typically follows each storm until all the snow/ice has melted. Each resident should consider having a supply of ice melt or grit for their personal use.

COMMUNICATION Fire/Police/First Aid Emergencies 911

Upon notification of a pending fire, police or first aid emergency requiring emergency personnel, the snow removal staff/contractor on site will make reasonable efforts to clear the road, walkway and/or driveway in the area where emergency personnel require access prior to or simultaneous with emergency personnel arrival.

In those instances where there is no notification in advance, upon learning of the emergency and/or arrival of emergency personnel, the snow removal staff/contractor on site will make reasonable efforts to clear the road, walkway and/or driveway in the area where emergency personnel require

access.

Snow Removal Operations

Concerns

Maintenance Office

655-2121

Monday – Friday

8:30 a.m. – 12:00 noon

and 1:00 p.m. – 5:00 p.m.

North Gate 655-1868

After hours/evenings/weekends

North Gate personnel may take messages for supervisory staff on site during a winter storm and snow/ice removal operations.

Residents are responsible to leave accurate and pertinent information.

Snow Removal Operations Updates/Cancellations/Bus Service

Channel 26

Reasonable efforts will be made to keep residents informed during a snow emergency, but it may not always be possible.

RESIDENTS' RESPONSIBILITY

It is **imperative** and the responsibility of all residents to know and participate in the procedure by moving vehicles to ensure proper and complete snow removal from our streets, carport lanes, **and driveways**. Vehicles should be parked in residents' assigned carport spaces or garages. Second vehicles or guests' vehicles may be parked in the lower level of the Clubhouse parking lot.

NOTE: Snow cannot be removed and road salt or ice melt cannot be applied in the area where a vehicle is left on a street, carport lane, parking space on a carport lane or in a driveway. Due to the nature of the size of the Community, the miles of roads and carport lanes and the number of driveways, the contractor cannot return and remove the snow or apply road salt or ice melt where a vehicle had been parked during the snow removal efforts.

IT IS THE RESIDENTS' RESPONSIBILITY TO REMOVE SNOW FROM THE AREA WHERE THEIR OR THEIR GUEST'S VEHICLE WAS PARKED AND TREAT THE AREA FOR ICE.

It is incumbent upon each resident to be attentive to the surroundings and exercise

extra care for their safety when walking on exterior surfaces during periods of inclement weather. If it is absolutely necessary to drive during a snow storm, please drive slowly and give snow removal vehicles the right of way.

If residents, their guests or employees use an entrance other than the front entrance walk and/or stoop leading to the main entrance door to their manor, it is the resident's responsibility to remove the snow and treat the secondary walk and/or stoop for ice.

Snow removal is an arduous and time consuming task. Please be patient. It is best for residents to stay in the safety of their manors. Typically, bus service and most activities are cancelled during a snow/ice storm. For your safety, residents should not approach active snow removal equipment.

PRIORITIES

The safety of Rossmoor residents is our priority. Supervisory RCAI personnel are on site during snow removal operations to lead staff and the outside snow removal contractor to oversee procedures and respond to emergencies. All main and secondary streets and entrance gates will be plowed

continuously to provide emergency access. Sidewalks to the Club House and Meeting House are continuously cleared and the buildings remain open during snow/ice storms for residents use in case of power outages and/or loss of heat.

Residents with medical conditions that require outside treatments such as, but not limited to, dialysis or chemotherapy, must register with the Healthcare Center prior to a winter storm emergency to guarantee access for these appointments.

Regular medical/dental appointments, going to work, grocery shopping, filling prescriptions, leaving for vacation etc. are not considered priorities and staff will not respond to such requests.

Residents that return to the Community during a winter storm or during storm removal efforts is not considered a priority. Safe access to a resident's manor may not be possible. It is advisable to check with the North Gate prior to returning to be sure snow removal efforts have been completed.

**Revised by the RCAI Board
of Governors
September 2016**

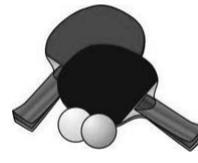
The following 26 main and secondary streets are cleared continuously after an accumulation of two or more inches or as required by RCAI management:

Stonaker Road (South Gate to Prospect Plains Road)

Gloucester Way	Sharon Way	Troy Way
Mayflower Way	Sheldon Way	Victoria Court
Mt. Vernon Road	Spencer Way	Waverly Way
New Haven Way	Springfield Way	Windsor Way
Newport Way	Sussex Way	Yale Way
Old Nassau Road	Sutton Way	Yarborough Way
Providence Way	Terry Lane	Yardley Way
Revere Way	Thurman Lane	
Rossmoor Drive	Tilton Way	

The following 51 carport lanes are cleared when the snowfall ceases:

Amherst Lane	Mystic Lane	Roxbury Lane
Bradford Lane	Nantucket Lane	Salem Lane
Concord Lane	Narragansett Lane	Sanford Lane
Dorset Lane	Nautilus Court	Somerset Lane
Emerson Lane	New Bedford Lane	Stockton Lane
Fairfield Lane	Northfield Lane	Stowe Lane
Glenwood Lane	Norwich Lane	Stratford Lane
Greenfield Lane	Onset Lane	Sturbridge Lane
Hanover Lane	Orrington Lane	Sudbury Lane
Lowell Lane	Oxford Lane	Sunset Circle
Madison Lane	Pelham Lane	Thornton Lane
Malden Lane	Plymouth Lane	Westfield Lane
Manchester Lane	Portland Lane	Westport Lane
Marblehead Lane	Prescott Lane	Winchester Lane
Meeting House Lane	Putney Lane	Wingate Court
Middlebury Lane	Redding Lane	Yorkshire Lane
Milford Lane	Rockport Lane	Yorktown Lane

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 BLACK HISTORY MONTH 11 AM Worship w/ Communion MH & P 1 PM Shuffleboard Pot Luck Social HR 7 PM Table Tennis HR	2 GROUNDHOG DAY 10 AM Forever Fitness BR 1 PM Table Tennis HR 2 PM Line Dancing BR 4:30 PM Indian-American Yoga CE	3 10 AM Chair Yoga BR 10:30 AM News of the Week Roundtable MR 11:30 AM Tai Chi Class HR 1 PM All in Stitches CE 1:30 PM "Roses" Paint Party* BR 7 PM Congregation Board Mtg CE	4 9:30 AM Yoga CE 10 AM Needle Punch Class MR 10 AM Corn Hole HR 3:30 PM Chorus MH & P 6:30 PM Scrapbooking - Beginner Class MR	5 9:30 AM Healthy Bones Class HR 10 AM Rug Hooking BR 1 PM Table Tennis HR 6 PM Line Dancing BR	6 9 AM Art Class MR 10 AM Catholic Society Rosary MH & P 1 PM Table Tennis HR 1:30 PM "People We Meet on Vacation" Movie BR 7 PM "People We Meet on Vacation" Movie BR	7 10 AM Forever Fitness BR 10:30 AM Indian-American Meditation CE 
8 PRESIDENTS' DAY 11 AM Worship MH & P 5:30 PM Super Bowl Tailgate & Watch Party* BR 6:30 PM "Priscilla" Movie HR	9 10 AM Forever Fitness BR 1 PM Table Tennis HR 1 PM Players Board Mtg WR 2 PM Line Dancing BR 4:30 PM Indian-American Yoga CE 6:30 PM Girl Power Support Group MR 7 PM Great Decisions* CE 	10 10 AM Chair Yoga HR 10 AM Veterans Group BR 10:30 AM News of the Week Roundtable MR 11:30 AM Tai Chi Class HR 1 PM All in Stitches CE 1:30 PM "An Unexpected Valentine" Movie BR 3 PM Church Finance Mtg MH & P 6:30 PM Democratic Club Mtg HR 7 PM "An Unexpected Valentine" Movie BR 	11 9:30 AM Yoga CE 10 AM Computer Club Board Mtg WR 10 AM Needle Punch Class MR 10 AM Corn Hole HR 1:30 PM Catholic Society Presentation BR 3 PM Church Worship Committee Misc. Info 3:30 PM Chorus MH & P 6:30 PM Cardmaking Classes MR 7:15 PM Line Dancing HR	12 9:30 AM Healthy Bones MH & P 9:30 AM Standing Committees HR 10 AM Rug Hooking BR 10:30 AM Italian-American Board Mtg WR 1 PM Springpoint Meet & Greet Red Room 1 PM Table Tennis HR 5 PM Mutual 4B Ladies Social MR 6 PM Republican Club HR 6:30 PM Recipe Exchange BR	13 9 AM Art Class MR 10 AM Catholic Society Rosary MH & P 10:30 AM Rossmoor News WR 1 PM Table Tennis HR 5 PM Progressive Group BR 7:15 PM Sabbath Services MH & P 	14 10 AM Forever Fitness BR 10:30 AM Indian-American Meditation CE
15 11 AM Worship/Chorus MH & P 7 PM Table Tennis HR	16 10 AM Forever Fitness BR 1 PM Table Tennis HR 2 PM Line Dancing BR 4:30 PM Indian-American Yoga CE 7 PM Great Decisions* CE 	17 10 AM Computer Club HR 10:30 AM News of the Week Roundtable MR 11:30 AM Tai Chi Class BR 1 PM All in Stitches DR 3 PM Chaplet of Divine Mercy MH & P 3:30 PM Church Council Mtg MH & P 7 PM Congregation Movie Night BR 	18 9:30 AM Yoga CE 10 AM Needle Punch Class MR 10 AM Corn Hole HR 10:30 AM Rossmoor News Board Mtg WR 12:30 PM Worship (Ash Wednesday) MH & P 3:30 PM Chorus MH & P 7 PM Italian American Club Mtg BR	19 9 AM Board of Governors HR 9:30 AM Healthy Bones MH & P 10 AM Rug Hooking BR 12 PM Players Board Mtg - CTAC WR 1 PM Table Tennis HR 3 PM Book Discussion DR 6 PM Line Dancing HR 7 PM Emerald Society Mtg BR	20 9 AM Art Class MR 9:30 AM Balance Class pres. by Parker* BR 10 AM Catholic Society Rosary MH & P 1 PM Table Tennis HR 7 PM "Party Hearty" Dance w/ Ella Cristina* BR 	21 10 AM Forever Fitness BR 10:30 AM Indian-American Meditation CE 5 PM Korean-American Group MR 7 PM Dance Club BR
22 11 AM Worship MH & P 1 PM Mutual 17 Winter Social BR 2 PM Private Event MH & P 7 PM Table Tennis HR	23 10 AM Forever Fitness BR 10 AM Mutual 17 Open Director HR 1 PM Table Tennis HR 2 PM Line Dancing BR 4:30 PM Indian-American Yoga CE 7 PM Great Decisions CE 	24 10 AM Chair Yoga BR 10 AM Mutual 4B Open Director Mtg HR 10:30 AM News of the Week Roundtable MR 11:30 AM Tai Chi Class BR 1 PM All in Stitches CE 	25 9:30 AM Yoga CE 10 AM Needle Punch Class MR 10 AM Mutual 1 Open Director Mtg HR 1:30 PM "Lone Survivor" Movie BR 3:30 PM Chorus MH & P 5 PM AHG "Black History" Event BR 7 PM "Lone Survivor" Movie BR 7 PM Mutual 4C Open Director Mtg HR	26 9:30 AM Healthy Bones Class HR 10 AM Rug Hooking BR 1 PM Table Tennis HR 1:30 PM German American Group CE 6 PM Line Dancing BR 	27 9 AM Art Class MR 10 AM Catholic Society Rosary MH & P 1 PM Table Tennis HR 6:30 PM Bingo BR 7:15 PM Sabbath Services MH & P 	28 10 AM Forever Fitness BR 10:30 AM Indian-American Meditation CE 1 PM Private Party BR



2026

*All Events
Are Subject
to Change.*

*Schedule does not
reflect changes
made after the 15th
of the month.*

***Registration
required**

ABBREVIATIONS

Ballroom	BR
Bocce Courts	BC
Cedar Room	CE
Craft Room	CR
Dogwood Room	DR
Gallery	GL
Hawthorn Room	HR
Maple Room	MR
Meeting House	MH
Shuffleboard	SC
Willow Room	WR

Simple Recipe Swaps for a *Healthier You*

If the idea of overhauling your family's menu is stopping you from making healthier choices in the kitchen, you might find relief in knowing simple swaps are all it takes. Instead of sweeping changes that require all new recipes, just changing an ingredient or two in your favorite dishes can put you on a path toward better nutrition.

You can boost the nutritional value of meals and support your heart health by making smart substitutions – like using whole grains, healthy oils and lower-sodium options – to reduce saturated fat, added sugars and sodium while adding beneficial nutrients like fiber, protein and healthy fats.

Another nutrition-conscious swap you can make easily is opting for fat-free or low-fat plain Greek yogurt in place of full-fat sour cream and other dairy products. A single serving typically provides 10 or more grams of protein and roughly 13% of the daily recommended value of calcium. In fact, according to the American Heart Association, a balanced diet that includes regular consumption of unsweetened, nonfat, plain yogurt for individuals with hypertension may help improve blood pressure outcomes.

Start doing your heart a favor with these favorites that replace full-fat ingredients with low-fat or nonfat Greek yogurt, helping you reduce calorie intake and fat content without compromising flavor.

Mango and Pineapple Tropical Parfaits capture the flavors of ripe fruit, silky yogurt and crunchy granola in every spoonful of paradise while ruby-red pomegranate and coconut top off this island treasure.

Fruity Oatmeal Yogurt Parfaits provide a protein-packed breakfast to start busy days while Frozen Yogurt Bark – a chilled delight with less than 100 calories per serving – helps you indulge without overdoing it.

A diet that involves smart swaps like these may contribute to heart health, per the American Heart Association, by providing essential nutrients and supporting healthy blood pressure levels – meaning you're just a few ingredient substitutions away from enjoying a more nutritious, yet still delicious menu.

These yogurt-inspired recipes were developed as part of the American Heart Association's Healthy for Good Eat Smart initiative, which is nationally supported by Danone.

Discover more easy, flavor-packed ways to make your favorite recipes healthier for your heart at heart.org/eatsmart.

FAMILY FEATURES

Mango and Pineapple Tropical Parfaits

Recipe courtesy of the American Heart Association

Servings: 4 (1 parfait per serving)

- 1 medium mango, peeled and chopped
- 2 cups nonfat plain Greek yogurt
- 1/2 cup low-fat, no-added-sugar granola
- 1/2 cup diced pineapple
- 1 medium banana, sliced
- 1/4 cup pomegranate seeds or arils
- 2 tablespoons unsweetened flaked coconut

In each parfait glass, layer 1/4 mango, 1/4 cup yogurt, 1 tablespoon granola, 2 tablespoons pineapple, 1/4 banana slices and 1/4 cup yogurt. Top with remaining granola. Sprinkle with pomegranate seeds and coconut.

Serve immediately for peak flavor and texture.

Nutritional information per serving: 230 calories; 6 g total fat; 82 mg sodium; 33 g carbohydrates; 5 g fiber; 24 g total sugars; 13 g protein.



Fruity Oatmeal Yogurt Parfaits

Recipe courtesy of the American Heart Association

Servings: 4 (1 parfait per serving)

- 2 cups fresh or frozen sliced, hulled strawberries, thawed and patted dry if frozen
- 2 cups fresh or frozen blueberries, halved blackberries or both, thawed and patted dry if frozen
- 1 tablespoon, plus 1 teaspoon, honey
- 2 teaspoons ground cinnamon
- 2 cups water
- 1 cup uncooked rolled oats
- 2 cups nonfat plain Greek yogurt

In medium bowl, gently stir strawberries, blueberries, honey and cinnamon.

In medium saucepan over medium-high heat, bring water and oats to boil. Boil 5 minutes, stirring occasionally.

In each parfait glass, layer 1/4 cup oatmeal, 1/4 cup fruit mixture, 1/4 cup yogurt and 1/4 cup fruit mixture. Repeat layers.

Nutritional information per serving: 238 calories; 2 g total fat; 6 mg cholesterol; 47 mg sodium; 42 mg carbohydrates; 6 g fiber; 21 g total sugars; 16 g protein.

