

UP TO THE HILT

The Official Newsletter of Highlights in Leisure Time



UPCOMING EVENTS

GENERAL MEETING

Thursday, July 10, 10 am
Tom De Stefano, Lecturer
presents a slideshow on
"West Point - Duty , Honor,
Country"

TRIP

TUESDAY, JULY 15
Surflight Theater
Lunch at Buckalews
Musical - "42nd Street"
Beach Haven, NJ

UPCOMING TRIP:

FRIDAY, August 8
Shawnee Playhouse
"Grease"
Buffet Lunch and Show
Shawnee on Delaware, PA



MEMBER BIRTHDAYS

JUNE: Janett Balboa, Kathleen Doyle, Thomas Fennell, Joseph LeBert,
Kathleen Noe, Claudia Sesenko,



MYSTERY MEMBER

This month's member was born in Suffern, NY at Good Sam's Hospital in 1950. Has lived in Ridgewood since 1956. Has one sister and one brother.
Graduated from Ridgewood High School when brother was in Kindergarten.
Started first job the summer before senior year in high school. Sang in the church choir while in the 5th grade and continued for many years. Later joined the Ridgewood Singers for the next 5 years. Took ballet classes from the 4th through the 8th grade.
Loved reading, especially mysteries and biographies. Enjoyed painting ceramics. Eventually got her own kiln and molds. Sold at craft shows and stores. Now has taken up crocheting.
Married in 1980 and divorced in 1989. Adopted a 10 year old boy in 1985 who now resides in Florida with his wife and 5 children.
Enjoys spending time with two nieces and their children.

LAST MONTH'S MYSTERY MEMBER

Born in Hackensack Hospital and raised in Hillsdale.
Graduated from Pascack Valley High School. Has one brother and nieces and nephews.
Attended Bergen Community College. Upon graduation she worked as a medical transcriptionist. She worked in Bergen Pines, Bergen Regional and Bergen New Bridge.
Likes to read biographies and non-fiction books. Favorite music is from the 50's and 60's, although, is not into dancing. Favorite sport is golf. Enjoys taking trips. Has always been involved in church and for more than 20 years was a Sunday school teacher.



HOW DO YOU START YOUR DAY OFF RIGHT!



Cynthia Halaby, President of the Conservancy of Ridgewood Public Lands presented "Gardening for Bees and Butterflies", highlighting the development of the Butterfly Garden at the Stable!



100th Anniversary of Women Gardeners of Ridgewood

The Ridgewood Village Council read the proclamation declaring June 8, 2025, as the Women Gardeners of Ridgewood Day in recognition of its 100th anniversary in the village at the May 14 council meeting. The Women Gardeners of Ridgewood was founded in July 1925 by a group of women headed by Mrs. C.W. Stockton, who could not join the Garden Club of Ridgewood, which was founded in 1914, because membership was restricted to men only.

The proclamation explained that the organization has a long tradition of community service, including designing and maintaining the outdoor plantings at Ridgewood Public Library, planting the beds at Memorial Park at Van Neste Square along East Ridgewood Ave., and creating centerpieces for fundraising activities of local charities, among many other projects.

The Women Gardeners of Ridgewood have hosted the Green Kids Program since 2007. This award-winning junior program meets monthly with children in grades third through sixth and explores nature, science, gardening, art, and more.

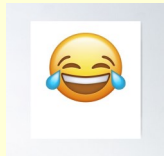
In 2017, the Women Gardeners of Ridgewood opened the Garden Gate Resource Library on the second floor of the Gate House in Habernickel Park. This resource library is open to the public and other village groups for consultation about gardening with members of the Women Gardeners of Ridgewood.

Article courtesy of TAPinto Ridgewood



ON THE LIGHTER SIDE

A married man was having an affair with his secretary. One day, their passions overcame them in the office, and they took off for her house. Exhausted from the afternoon's activities, they fell asleep and woke up around 8:00 pm. As the man threw on his clothes, he told the woman to take his shoes outside and rub them through the grass and dirt. Confused, she nonetheless complied, and he slipped into his shoes and drove home. "Where have you been?" demanded his wife when he entered the house. "Darling," replied the man, "I can't lie to you. I've been having an affair with my secretary. I fell asleep in her bed and didn't wake up until eight o'clock." The wife glanced down at his shoes and said, "You liar! You've been playing golf!"



Lunch & Learn

Tuesday May 27, 2025

This month's Lunch & Learn, 'Flip the Script on Aging' was sponsored by The Valley Hospital and The Community Center of Ridgewood Foundation. Robin Giordano, RN, MA, APN-BC, Chair of Advanced Practice Services for Valley Medical Group gave a presentation focusing on transforming how society perceives, talks about, and approaches aging. Most importantly, she offered the many

researched-based ways we can participate in a healthy life from eating choices to community and social involvement. Robin joined us in celebrating Older Americans Month. Our Mayor, Paul Vagianos spoke afterwards about the value of participating in Ridgewood's many community programs.

What we do, and how we do it is part of a cultural norm, as well as how we perceive ourselves. But it can lead to more enjoyment and longer life spans. Since our environments, including cultures and societies differ around the world, information shows us that certain cultures tend to live longer and healthier.

Robin shared what was normal for those cultures that had positive results for older people. Included were biological, mental and social factors.

Knowing there is a process to getting older is important. Adjustments to aging changes involves being aware of our changing bodies, addressing and adjusting to our needs. Basic awareness includes areas of Nutrition, Exercise, Sleep, Safety, and Early Detection, which Robin detailed. A positive outlook, good bone health, being physically active, and social involvement for older Americans caught the interest of the audience. Audience members interacted with the speaker with their questions and comments. Once again Parkwood Deli provided an excellent lunch including a variety of sandwiches, fruit, cookies, coffee and water. There were lots of conversations and mingling as we catch up with our Ridgewood friends.

Looking forward to our next Lunch & Learn in September. Hope to see you there!

