



UP TO THE HILT

The Official Newsletter of Highlights in Leisure Time

UPCOMING EVENTS

TRIP

NO TRIP IN JANUARY

GENERAL MEETING

Thursday, February 5, 10am
Kristiana Rufo, RDN
Shop Rite of Fairlawn
Presents, "The Benefits
Of Chocolate".

TRIP

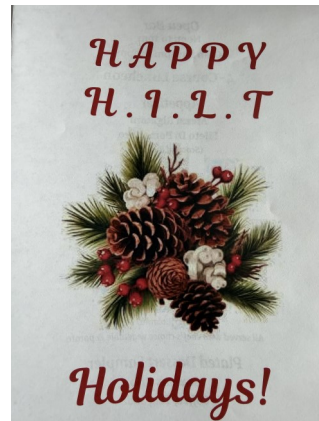
Thursday, February 19
'Mardi Gras'
With Mike Byrnes All Star
Productions
Lunch/Show at the Shore Club
Spring Lake, NJ

GENERAL MEETING

Thursday, March 12, 10am
Ridgewood Irish Step Dancers
Entertain us for St. Patrick's
Day in their beautiful,
colorful outfits!

TRIP

Tuesday, March 17
St. Patrick's Day Celebration
with Jersey Dreamers;
Lunch & Show
The Brownstone
Paterson, NJ



H.I.L.T. Holiday Party
Thursday, December 4, 2025
12:00 pm to 3:00 pm
Seasons
644 Pascack Road, Township of Washington, NJ



MEMBER BIRTHDAYS

Linda Brown, Cho Kyungson, Jennifer De Bernardino, Linda Englehardt, Diane Haderthauer, Enid Hochman, Maureen Mullane, Margaret Mullen, Arline Potash, Raymond Schrempp, Jeff Welikson



LUNCH AND LEARN

In December, Shop Rite sponsored our 'Lunch and Learn' giving us a lovely luncheon along with a little talk on 'Nutritional Tips for the Holidays'. Kristiana Rufo RDN and Melissa Dawson MS, RDN, gave us some tips. Make Friends and Family your priority.

Use your individual health goals to make the best food related decisions. Make time for physical activity, with family and friends. Focus on the My Plate Method, using smaller plates, avoid being hungry, don't skip meals, choose

vegetables, eat lots of colors and choose water when thirsty. During the last 45 minutes Deanna led us in a few rousing rounds of Bingo with prizes donated by local businesses.



ON THE LIGHTER SIDE



New Years Resolution Jokes!

- * My New Year's resolution was to read more, so I turned on the subtitles on my TV.
- * I was going to quit all my bad habits for the new year, but then I remembered that nobody likes a quitter
- * New Year's resolutions are just a to-do list for the first week of January.
- * This New Year's, I've resolved to lead a better life. Now all I have to do is find someone who will trade lives with me.

NEW YEARS RESOLUTION IDEAS!

Start a Gratitude Journal!

Make time for friends and family!

Try new foods, or a new restaurant!

Prioritize Sleep!

Become a plant owner!

Call a friend, or write a note!

Take advantage of your library, read a book, listen to an audio tape, watch a movie!

Practice Mindfulness!

Talk less, Listen more!

Attend social gatherings and events!



F.R.I.E.N.D.S

MYSTERY MEMBER

This member was born in Passaic Memorial Hospital and grew up in Passaic with a couple of older brothers. Graduated from Passaic High School in 1959 and attended St. Mary's Nursing School. After receiving a Nursing Degree, went on to work in Beth Israel Hospital.

Married in 1967 and had three daughters. One daughter lives in Ridgewood, one lives in California and one lives in Virginia, and has four grandchildren.

Likes to read and especially enjoys mysteries. Jazz and country music are favorite genres to listen to. Likes dancing and watching sports.

Likes to walk as long as we have nice weather. Before COVID, liked taking tour trips. Now just enjoys H.I.L.T. trips.



LAST MONTH'S MYSTERY MEMBER



This current member was born in Barnet Hospital in Paterson. Grew up in Hawthorne with a brother and a sister. Graduated from DePaul High School in Wayne and then Graduated nursing school and worked in the field of oncology.

Became a store nurse in B. Altman's in Manhattan and Paramus. At the age of 55, completed a personal goal and received a degree in psychology and sociology.

Was married in 1969 and has lived in Ridgewood for 52 years. Has two

sons; one lives in Maryland and the other lives in Arkansas, and has 5 grandchildren. Enjoys reading, especially British mysteries. Likes to listen to 50's and 60's music and enjoys watching golf and dancing. Especially enjoys spending time with family and partaking in HILT activities and trips.