



# UP TO THE HILT



The official Newsletter of Highlights in Leisure Time

## COMING UP!

**TRIP:**  
Thursday, February 19  
Mardi Gras at  
The Shore Club  
Spring Lake, NJ

**GENERAL MEETING:**  
Thursday, March 12 - 10am  
Ridgewood Irish Step  
Dancers perform.

**TRIP:**  
Tuesday, March 17  
St. Patrick's Day  
Celebration at  
The Brownstone  
Paterson, NJ



## LUNCH AND LEARN

"THE NATURAL WORLD THROUGH OUR SENSES"



Today we had a refresher course on 'being youthful', 'being inquisitive', enjoying being outdoors and being a part of nature, a real part of nature. We learned to listen with our 'deer ears', learned to see with 'eagle eyes', and learned to walk with 'fox feet'. In other words, we learned how to use our senses to be a part of the natural world. Our presenter, Demetrios Philliou, who is the owner and operator of Adventures with Nature, works with many groups here in Ridgewood. By inviting people into his world of Adventures with Nature, Demetrios shows us what he calls 'rewilding'. We can do this in our own backyard.

It is easy when you are taught the skills.

The groups he teaches are:

1. Fishing Made Simple with a simple cane pole,
2. Nature Tracking
3. Deliberate Walking
4. Tracking for our Senses
5. Making Art Outside



We hope that one of these courses will be offered to us seniors this Spring or Summer. Where we can be youthful, inquisitive and enjoy being outdoors in nature. Where will Adventure Take You?



## MEMBER BIRTHDAYS

James Butler, Juliet Fischer,  
Alfred Gensch, Ross Giumara,  
Rosalie Gorospe, Betty Lee,  
Greta Marin, Marie Piscopo,  
Joan Roach, Joan Schlicher



## TIPS FOR GOOD HEALTH

### #1 MEMORY HEALTH

- Socialization
- Continue Learning
- Physical Exercise
- Stay hydrated
- Keep lists
- Prioritize Sleep
- Keep a Journal
- Meditation



### #2 MENTAL HEALTH

- Eat Healthy
- Exercise Daily
- Get Enough Sleep
- Practice Meditation
- Connect With Others
- Read or listen to a Book
- Limit caffeine/alcohol
- Learn coping skills and relaxation techniques.



### #2 PHYSICAL HEALTH

Working out for just 2 to 5 minutes at least twice daily could have more of a payoff than you'd expect. An analysis of 11 studies found that short bursts of exercise improved heart and lung fitness for inactive adults, although more research is needed.

Squats, stair climbing and tai-chi are exercises to consider.



## MYSTERY MEMBER

This member was born in Margaret Hague Hospital in Jersey City. Grew up in West New York and Weehawken. Graduated from Memorial High School in West New York. Attended Upsala and graduated with a bachelor's degree and then received an R.N. from Bergen Community and a BSN from Felician. Worked in Paramus at Bergen Pines Hospital which then became Bergen Regional. Has two older brothers and many nieces and nephews. Got married on June 1, 1974. Did not have children, but plenty of pets who became (like) children.

Likes to study languages and is currently working on Italian. Enjoys attending concerts at the town library and enjoys all types of music.

Before the pandemic enjoyed traveling a lot. Likes to walk, go out with friends and go to programs in the city. Also enjoys the lunch bunch.



## **COMEDY BREAK**

## ON THE LIGHTER SIDE

The groundhog emerged and saw his shadow, which means six more weeks of winter. An elderly onlooker sighed and said, "At my age, I just hope I'm still here in six weeks!"



Why are senior citizens so good at predicting whether the groundhog will see his shadow? Because after all these years, they can tell a tall tale when they hear one!

A reporter asks a 90-year-old local what he thinks of the groundhog's prediction. The man replies, "Son, I'm just happy to wake up every morning, shadow or no shadow."

## Some Benefits of Coffee

Research shows that coffee may help protect your brain, heart, metabolism and more. Drinking coffee in the morning brings increased alertness and stamina, a sharper memory with less fatigue and depression. Coffee is associated with a lower risk for type two diabetes, liver disease, heart disease, stroke, some cancers and certain neurological disorders. Coffee can reduce the risk of high blood pressure.

Enjoy a Cup of Coffee Downtown!

1. Paris Baguette, 24 Franklin Avenue
2. Blue Ridge Café, 37 E. Ridgewood Ave
3. Zen Haus Café, 9 South Broad Street
4. Village Tea Shop, 2 South Maple Ave.
5. Toastique, 2 Garber Square

6. Black Magic Bakehouse, 19, West Ridgewood Ave



## LAST MONTH'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.

