



Glen Rock Perennial

Glen Rock's Senior Connection Newsletter #9 June 2022

GLEN ROCK HIGH SCHOOL GRADUATION BALL

**Each year the parents of graduating
GRHS seniors form together to build
an amazing gift -
The Glen Rock Grad Ball**

**You are welcome to come and take
a sneak peek and a walk through on
Thursday June 23, 2022
2-5 PM**



GLEN ROCK POOL BADGES

Glen Rock Pool badges are on-sale and as prices below are listed as of this newsletter post:

Resident Senior Badges	\$25.00
Resident Senior Lap Badges	\$25.00

Daily Guest Gate Fees (Guest must be accompanied by a member):

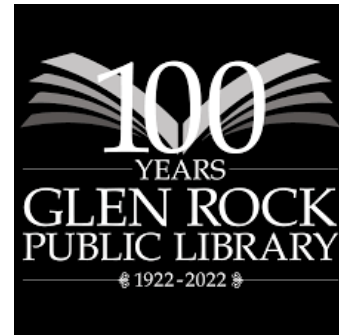
Senior Citizen (62 yrs. up)	M-F \$5
	Wknd \$10



GLEN ROCK ANNUAL JULY 4TH PARADE !

The IDA is pleased to announce the theme for the GR July 4th parade will be

THE 100TH ANNIVERSARY OF THE GLEN ROCK LIBRARY !



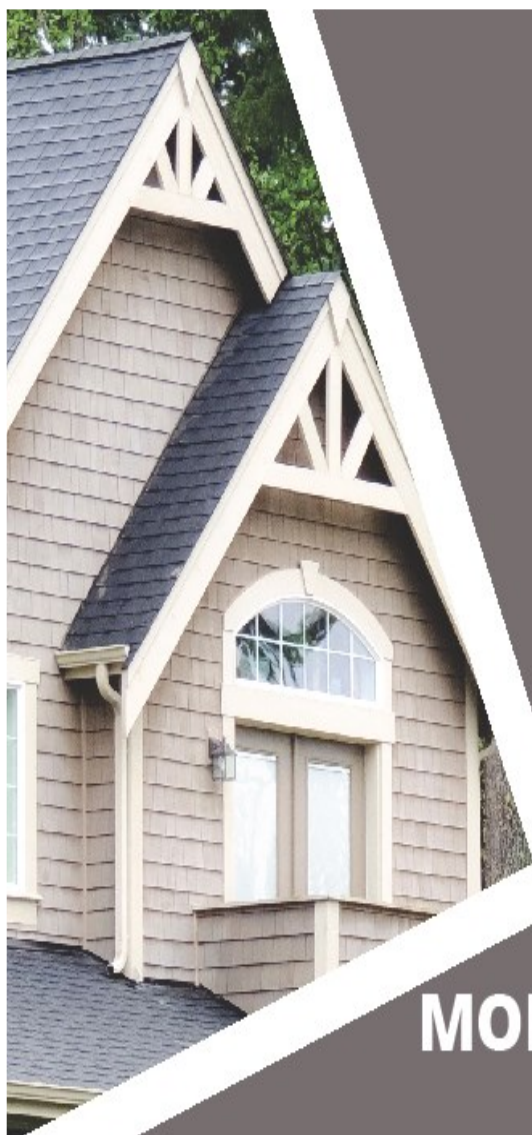
So pick out your spot, get your lawn chair and enjoy our awesome annual parade! The parade starts at the GRHS at 9:00 am, travels down Hamilton Avenue onto Rock Rd., and down Doremus Avenue ending at the GR Municipal Pool.


GLEN ROCK FAIR IS BACK !!

Come have some fun at the Glen Rock Fair

Wilde Park (Maple Ave., across from the Ambulance corp. building)

The fair is Wednesday, June 15 to Saturday June 18. The hours are Wed, Thurs, and Friday from 5:30 to 10pm and Saturday from 5 to 10pm. There will be rides for young children and young adults. There will be Games of Chance, food, and local music. The proceeds benefit the class of 2023.





**AGING
IN
PLACE**
INFO
SESSION

**MONDAY, JUNE 6
10:30 AM
GLEN ROCK LIBRARY**

Brianna Greenberg
Bergen County Senior Services

Overview of services to assist older
adults to remain in their homes safely.

**Walk-ins Welcome
Register Here For a Reminder**



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Glen Rock Senior Citizen Advisory Committee

The Mission of the Senior Citizen Advisory Committee (SCAC) is to advise and assist the Mayor and the Borough Council of Glen Rock on matters pertaining to the general physical and social welfare of the senior citizens, including but not limited to housing, activities, transportation, and such other duties which may be appropriately assigned. The Committee shall, from time to time, report to the Borough Council. Members of the Committee shall serve for terms of 3 years and until their successors are approved and qualified.

Membership - Ten members are appointed by the Mayor and approved by the Borough Council to serve a term of three years.

Meeting dates: 2nd Tuesday of the month at 1:30 pm except August. Meetings are open to the public. Meetings are held at Borough Hall. Next two meetings are June 14th and July 12th.

Contact Information
1 Harding Plaza
Glen Rock NJ

Contact person: Donna Feigenbaum, Chair
scac2022@glenrocknj.net

2022 SCAC Committee Members
Donna Feigenbaum, Chair
Skip Huisking, Vice-Chair
Bob Brooke
Anne Ciliberti
Charles Flynn
Minna Greenberg
Ruth Kerr
Kathy McCann
Karen Mitchell
Barbara Schineller
Mary Barchetto, Council Liaison

Check out GLEN ROCK SENIOR ADVISORY COMMITTEE on Facebook—(go to the search and enter above). Posts are constantly added with helpful information, current events, updates on things around Glen Rock, and much more!



Glen Rock
**PRIDE IN THE
PARK**

*Saturday, June 4th
Memorial Park*

**Flag Raising Ceremony with
Keynote
Congressman Barney Frank
12pm**

**Pride in the Park Festivities
1pm - 3pm**

Live music by "OK BOOMER"

**Rock Art, Temporary Tattoos,
Face Painting, Games & More**

**Francesca's Wraps, Salads
& Focaccia and free
desserts**

**Questions please contact
HollySGoshin@gmail.com**

Sponsored by Borough of Glen Rock

GLEN ROCK PRIDE IN THE PARK

presented by Francesca Pizza & Pasta

MENU

Focaccia Style Pizza \$3.50-\$4.50

crushed plum tomato, mozzarella, pecorino, evoo.

Grilled Chicken Wrap \$8.95

roasted peppers, fresh mozzarella, romaine, basil pesto.

Mozzarella & Tomato Wrap \$8.95

fresh mozzarella, tomato, basil, mixed greens, balsamic.

Caesar Salad \$8.95

housemade caesar dressing, croutons, pecorino, romaine.

Mixed Greens Salad \$6.95

tomato, cucumber, croutons, balsamic vinaigrette.

Soft drinks, water & chips will also be available.

www.franpizzanjanj.com

BERGEN NEW JERSEY

County

Bergen County Executive
James J. Tedesco III
and the
Board of County Commissioners
Cordially invite you to






GET FIT

Bergen

SPRING 2022



TAI CHI in the park!

Free event for Bergen County residents ages 18 and up sponsored by the Bergen County Department of Health Services, Department of Parks, Community Health Improvement Partnership of Bergen County, and the Valley Health System



THURSDAYS FROM MAY 12 - JUNE 23, 2022
(May 12, 19, 26, June 2, 9, 16, 23)
Classes Start at 5:30pm to 6:30pm
Glen Rock Duck Pond • Saddle River County Park
Alan Rd. Glen Rock, NJ 07452
Bergen County residents register: www.healthybergen.org





Visit www.healthybergen.org for weather cancellations
and to find more "Get Fit Bergen" classes around Bergen County
Questions? Email Marla Klein at mklein@co.bergen.nj.us or call 201-634-2693

Board of County Commissioners
Tracy S. Zur, Chairwoman • Thomas J. Sullivan, Vice Chairman • Dr. Joan M. Voss, Chair Pro Tempore
Mary J. Amoroso • Ramon M. Hache, Sr. • Germaine M. Ortiz • Steven A. Tanelli



JUNE 20TH
6-8PM



THE BOROUGH OF
GLEN ROCK
PRESENTS:

SENIOR RESIDENT POOL PARTY



MUSIC
DINNER PROVIDED
no pool badge required
Rain Date June 22



“Glen Rockin’ Seniors”



Summertime at The Annex

The **Glen Rockin’ Seniors** are back in full swing again! We’ve been adding new members to our “little family” and our numbers are steadily growing. I have to say that this group is comprised of some pretty awesome members. We’ve got folks from all walks of life and that certainly makes for an interesting group of people. The Glen Rockin’ Seniors is definitely the friendliest and fun loving group going! So, without further adieu...

ALL EVENTS ARE FREE!

JUNE IS EXCITING!

SPECIAL CLASSES! On June 7th and 14th, we are super excited to have **REIKI MASTER Genevieve Lowry MS.Ed, CEIM, CCTSF, CCLS**. She will be with us Tuesday and Thursday starting at 11:30 – 12:30 teaching us to become Level One Reiki Practitioners. Members will leave being able to practice Reiki on themselves and loved ones. Reiki is an energy healing technique that promotes relaxation, stress and anxiety reduction through gentle touch. Reiki practitioners use their hands to deliver energy to the body, improving the flow and balance of energy to support healing. These classes are free

June 9th “FEELING GOOD” Cabaret Show

This is being presented to us by three singers, 2 males and 1 female vocalists from Glen Rock High School. They’ll be performing Duets, Broadway Show Tunes, Pop Music, and Standards. Come on down and support these young entertainers who have generously offered their talents to our group.

Eldercare Money Management with Lori Fylstra CPA of Fylstra and Fylstra.

On June 16th, Lori visits with us to speak about wise money management tips and hints, specifically designed for Eldercare options. Join us for acquiring some great information and a question and answer period with Lori.

The **MYSTERY BOOK CLUB** will also resume, meeting one day per month. If sleuthing's your game, come join this lively group! Date and time to be announced on upcoming calendar. Don't forget the **LITTLE LIBRARY** at the Annex. Leave a book, take a book.

We started **BINGO** last year, and it was a hit with our members! We've resumed BINGO again, and have had some very lucky first time players! Check upcoming calendar for specific dates and time.

KICK OFF THE SUMMER" Gala Celebration! WOW! Thursday July 7th starting at 11:30 am

Let's start off the summer with delicious food and yummy desserts. Then let's dance to the music from the 60's through the 80's. (Remember The Twist, Electric Slide, Macarena?) If dancing's not your thing, don't worry! We'll have trivia contests, raffle drawings, bean bag games and more. What a blast! Party starts at 11:30 am. "Be there, or be square!"

Must rsvp for this one at least one week in advance. You can call Daria Boyd at 201-617-6692 or email to dboyd@firstlighthousecare.com

Beginning of July: Consult calendar for specific dates and screenings

Glen Rockin' Seniors has been working with the Bergen County Dept. of Health Services to coordinate **A Wellness Program** for the Glen Rockin' Seniors that will include the following:

Memory screening
Auditory screenings
Visual screenings
Blood Pressure Monitorings
Podiatry services

These services will be offered on a continuous monthly basis for each type of screening. Please take advantage of these free services with your health in mind.



(Glen Rockin' Seniors continued...)

**Some new topics and presenters for the summer will include:
(Dates to be decided)**

VERTIGO, DIZZINESS, BALANCE ISSUES

Get Your Life Back Again

DON'T LET ALLERGIES HOLD YOU BACK

A natural and holistic approach

SUMMERTIME ...and the eatin' is easy

It's always a pleasure to have Nutritionist Kailey visit us again.

Note: For the months of July and August, The **Ageless Grace** exercise program will be held on Thursdays only at 10:30 am.

We will be substituting our **ZUMBA Exercise Party** on Tuesdays at 10:30 to replace it.

Workshop for Common Clutter & Organizing Conundrums

As a follow-up to her presentation to the Glen Rockin' Seniors of Tuesday, May 10, 2022, Beatrix Goudey of Let Us ORGANIZE You, LLC is offering an 'in-person' workshop to those seniors interested in de-cluttering and de-stressing their living and working spaces.

Attendance will be on a first-come, first-serve basis on a date to be set-up in the near future. Please let us know if you are interested in attending such a workshop. (Please note: There will be a nominal attendance fee for this workshop.)

Please contact Daria Boyd with any questions or to sign up for any programs that require it!

LTC & Event Management, First Light HomeCare, Serving Bergen County

201 Rock Rd, Suite 116A, Glen Rock, NJ 07452

Tel: 201-345-3398, Fax: 201-345-3449

www.glenrock.firstlighthousecare.com

"Dear Glen Rock Neighbor" is a new Borough run program, created, and led by Council President Teresa Gilbreath and sponsored by Community Affairs. The goal is to connect residents so that they can exchange letters with each other.

How it works:

- Participants will be asked to exchange monthly letters.
- Letters can be written or typed and sent via the post office (no emails).
- Teresa will pair pen pals up, based on how they registered for the program, to the best of her ability.

For more information, you can reach Teresa Gilbreath at tgilbreath@glenrocknj.net
TO SIGN UP FOR THIS FREE PROGRAM, GO TO <https://bit.ly/GRPenPal> OR CALL
201-670-3956 x1.



Dear Glen Rock Neighbor,
A pen pal program organized by Council President Teresa Gilbreath

**TO SIGN UP
FOR THIS
FREE PROGRAM,
GO TO
WWW.GLENROCKNJ.NET/PENPAL
OR CALL 201-670-3956 x1**



Glen Rock Senior Citizens Club

Bus Trips in 2022

Buses Leave From Wilde Memorial Park Parking Lot, 683 Maple Ave, Glen Rock NJ

<u>Date</u>	<u>Location & Event</u>	<u>Depart</u>	<u>Arrival</u>	<u>Return</u>
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July 20 th - Wed	La Reggia, Seacaucus NJ	11:00AM	11:30AM	3:30PM
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\$77

'Blue Hawaii'- Elvis' Come Back Special '69. This One's a Must See. All The Songs You Remember - 'Blue Hawaii',

'Can't Help Falling in Love,' 'You Gave Me a Mountain'

Extravagant 4-Course Lunch, Complimentary Cocktails, Door Prizes & 50/50 Drawings.

Aug 11 th - Thurs	Shore Club, Spring Lake, NJ	10:00AM	11:30AM	3:30PM
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\$77

MBAS 'The Heavenly Concert' - Elvis and Patsy - Let's Remember Them by Listening to & Singing Their Songs

MENU: Select From: Sirloin of Beef or Turkey w' Stuffing or Salmon Encrusted w' Herbs

Sept 13 th - Tues	Wind Creek Casino, Bethlehem PA	9:00AM	10:30AM	4:30PM
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\$30

More Points, More Rewards, More Winnings, Free Hotel Stays, Outlet Stores, Outstanding Restaurants, Thousands Of Slots

Oct 19 th - Wed	<i>The Brownstone</i>	10:45AM	11:00AM	3:30PM
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\$75

JD Oktoberfest at the Brownstone, Featuring The GB's Bringing You German Drinking Songs, 'The Liechtenstein Polka,' 'Wooden Heart' 'Happy Wanderer' and More Rousing Songs That Will Get You Singing and Dancing, An Afternoon of Fun, Music & Comedy.

Nov 15 th - Tues	Shore Club, Spring Lake NJ	10:00AM	11:30AM	3:30PM
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\$77

All participants must be fully vaccinated & boosted in order to ride on buses; masks are optional.

Reservations for all trips can be made by contacting Andy Curshen at 201-248-9436 or emailing acurshen@gmail.com

Prices shown are per person. Please indicate menu selections for trip dates Aug 11, Nov 15, and Dec 13.

Refunds can only be issued if members contact Andy Curshen or the Borough of Glen Rock at least one week prior to departure date.

Buses leave promptly at times shown. Please arrive at parking lot 15 minutes before departure time. Arrival and return times are approximate.



SENIORS WE NEED YOU!



The Borough is conducting a survey of residents 55+. Give feedback on housing, activities, and services for seniors in Glen Rock!

HOW TO TAKE THE SURVEY

Online at: bit.ly/GRseniors

OR

Pick up a print copy at:

Borough Hall Houses of Worship
The Library Glen Courts
Kilroy's



SCAN ME FOR LINK

RETURN PRINT COPIES TO BOROUGH HALL

Questions? Email mbarchetto@glenrocknj.net or
tgilbreath@glenrocknj.net
or Call - 201-670-3956 ext.1

Don't forget if you have a question or a suggestion for the Perennial, please contact Kathy McCann at grperennial@glenrocknj.net

FIND US !!!!

If you are looking to access The Glen Rock Perennial online, simply go to
glenrocknj.net

In the search bar type the word: perennial (that will take you to the link for the Senior newsletter). You can find previous publications there as well.

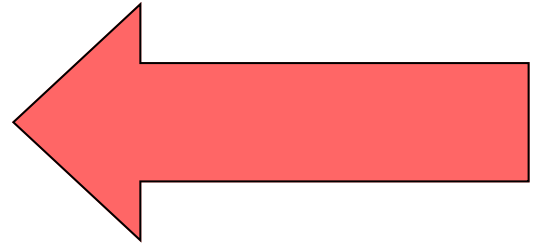
Older American's Month

During the month of May, the Glen Rock Borough Council hosted a number of events in honor of Older Americans Month. Councilmember Mary Barchetto, who serves as liaison to the Glen Rock Senior Advisory Committee, and Council President Teresa Gilbreath organized the events.

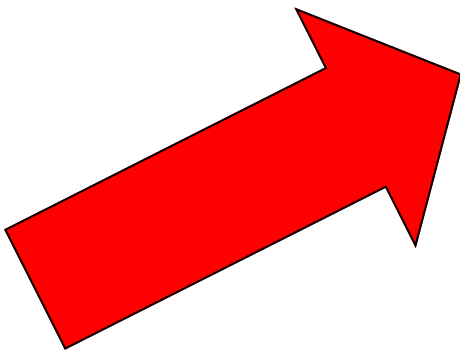
On Tuesday, May 10 at 6:15 pm Councilmember Rob Dill lead an enjoyable and informative walk through Diamond Brook Park for residents age 60 and older. It was a beautiful evening punctuated by great questions about the plant life encountered and the nature of the terrain. "Senior Fest" took place at Borough Hall on Sunday, May 22 from 1-3 pm on the Borough Hall lawn. Senior Fest featured local organizations as well as representatives from Bergen County sharing information about the services and resources that they offer. In addition to the organizations, the event featured live music, birch beer on tap, as well as games. This fun and free event was a big hit with folks from the community.

In addition to these events, many Glen Rock businesses generously offered discounts to Glen Rock residents age 65 and older during the month of May to celebrate Older Americans Month. Age diversity within a community is extremely valuable. The Borough was thrilled to have the opportunity to celebrate older members of our Glen Rock community.





SENIOR FEST !



MENTAL HEALTH FOR SENIORS

The World Health Organization (WHO) recognizes that mental health is an essential part of overall health. It is just as important as physical health and should be given the same priority in diagnosis and treatment. The Center for Disease Control (CDC) notes that studies show that 20% of individuals aged 55 and above have some type of mental health concern. The COVID 19 epidemic has exacerbated mental health issues through isolation and the accompanying anxiety.

Depression, anxiety, and cognitive impairment are among the more common mental health conditions among the elderly. Many of these cases can be improved with treatment. The most common mental health problem of seniors is depression. Besides causing distress and suffering, depression often aggravates other chronic illnesses. It is often left untreated, though it is usually treatable. Medicare has coverage for mental health services, including a yearly depression screening. More specific answers as to the extent of coverage under part B can be found at <https://www.medicare.gov/what-medicare-covers/what-part-b-covers>. For those with Medicare advantage plans go to <https://www.medicare.gov/what-medicare-covers/what-medicare-health-plans-cover>. You can also call 1-800-MEDICARE.

There are many sources for finding a mental health practitioner. Your medical doctor should be able to refer you to one. The State of New Jersey and Bergen County offer resources for help both via phone and the internet. Free, confidential support is available to New Jersey residents seven days a week from 8AM to 8PM at New Jersey Mental Health Cares 1-866-202-HELP (4376.) In a crisis, help is available twenty four hours a day at 201-262-HELP (4376.) Treatment is also available at the Counseling Center of Fair Lawn 201-797-0001. These and other sources can be found listed at <https://www.co.bergen.nj.us/health-promotion/2019-novel-corona-virus>. Scroll down to Mental Health Resources and then to Bergen County Community Mental Health Resource List. When you click on this, you will be directed to a comprehensive list of available resources. Services for the deaf and hard of hearing are available at ACCESS, of St. Joseph's Healthcare system via videophone at 973-870-0677 Monday to Friday from 9:00 AM 5:00 PM.

There is no reason to suffer in silence. If you need help, please reach out. Many of us will experience a mental health issue sometime. And like physical illness, it is best to get diagnosed and treated.

In Case of an Emergency

By Patty Masterson-Kane, LCSW
Calmer Days Counseling and Care Management

What would you do if you had a medical emergency and could not get to the phone? Many balk at the idea of a personal emergency response device, but for those who live alone it is an option worth considering.

A personal emergency response device is designed to allow the wearer to get assistance with the touch of a button. There are several varieties available through many different companies, but the concept is the same. A person wears the pendent or wrist band, if they need assistance, they press the button and are connected to a call center where a representative will assess the situation and ensure the proper help is dispatched.

As part of the setup, information on personal emergency contacts is provided. When the device is activated, a representative will communicate via the two-way response system. If help is needed, but does not warrant a response by an ambulance, such as fall where the person is not injured but cannot get themselves up, the dispatcher will call the personal emergency contacts rather than 911. If it is a medical emergency such as a difficulty breathing or a fall with injuries, 911 will be called. The designated contact will also be called and advised of the situation. Generally, several contacts are provided, and the dispatcher will call them in the order specified by the subscriber until one is reached.

Many personal emergency systems also have fall detection capabilities. These systems detected changes that indicate a fall might have occurred. If this happens, a representative will contact the wearer to determine whether assistance is needed.

I have spoken with numerous seniors discharged from the hospital after a fall. When I suggest a personal emergency response system, I am often told why it is not necessary. They carry their phone with them, or their child calls every day to check on them are frequently cited reasons. When asked what happened with their recent fall, often the system in place did not work as well as they expected. They got up to go to the bathroom and just this once, did not take their phone. Or their son called as usual at 7pm, but they fell at 8:30pm. Recently I spoke with an 82-year-old woman who fell in her home. She described losing her balance on her way to bed and lying on the living room floor screaming for help; hoping a neighbor or someone passing by would hear her. Ultimately, when no help came, she was able to scoot herself across the floor and pull down her phone to call 911. She was on the floor for over an hour before she was able to call for help. Taken to the hospital by ambulance, she was diagnosed with a broken arm. If she had been unable to get to the phone, the situation might have been much worse. It is often the amount of time on the floor with no assistance that causes more medical complications than the fall itself.

While it is true that any one at any age can fall and need assistance, it is also true that as we age, the toll of being on the floor for an extended period of time is greater. If one lives alone and does not have places they are expected regularly, the time until someone realizes there may be a problem is greater. Better to have an emergency plan that is never needed than an emergency with no plan.

Join the Glen Rock Walkers

Mark your calendars! A new walking group is starting in Glen Rock Beginning June 5, the Glen Rock Walkers will meet at the County Park twice a week – Sundays at noon for an “Adults of All Ages” one-hour guided walk around the park and Wednesday mornings at 9:30am for a 45 minute “Parent/Caregiver and Me” walk.

The walks are a great way to meet people, catch up with friends and neighbors, and get some exercise and fresh air. Come alone or come with friends! The guides will provide some information about the park and help everyone get to know each other.

Members of walking groups find they improve the quality of their lives in many ways.

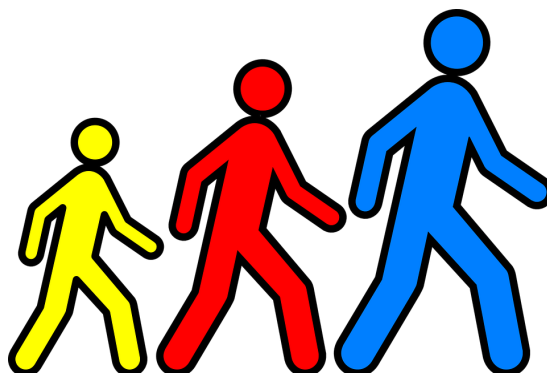
"Walking in a group gives off positive energy and helps you feel good all over," says one. "The quality of our lives is improved, and we have more energy to enjoy life," says another. "One of the main benefits of group walking is having other people around to hold you accountable, while at the same time making the experience more enjoyable."

Walking has many benefits for physical fitness, cardiovascular health, and muscle strength. It can also help boost immunity, reduce joint pain and arthritis, and lead to better sleep. A recent study found that, on average, participants who joined walking groups experienced meaningful improvements in lung power, overall physical functioning, and general fitness, in addition to changes in blood pressure, body mass index, and other important risk factor measures.

Walking with other people is also great for your mood, mental health, and cognitive functioning. Seeing friends and meeting new people decreases loneliness, reduces stress, and helps lower rates of depression. Getting outside also helps people to clear their minds, decompress, and refocus. Joining the Walkers will be a great antidote to the social isolation of the last couple of years.

Joining the Glen Rock Walkers is a great way to get some exercise, meet new people, and enjoy the outdoors, and have some fun!

All walks will meet at the County Park in Glen Rock in the parking lot off Prospect Ave. Questions? Contact Council President Teresa Gilreath at tgilbreath@glenrocknj.net or call 201.670.3956 ext1.



Row, Row, Row, Your Boat



With summer fast approaching it's time to starting planning fun, outdoor activities! Have you ever considered canoeing, kayaking or stand-up paddle boarding? There are many wonderful locations just a short distance away where new paddlers can give it a try and more experienced paddlers can enjoy new scenery. There is no need to lug heavy equipment as each the programs below provide the canoe, kayak, or stand-up paddle board along with paddles and a safety vest. If you do own your own kayak, these spots welcome the use of personal equipment as well.

Franklin Lakes Nature Preserve: A public nature reserve located mostly within Franklin Lakes, NJ with a tiny portion extending into North Haledon, NJ. The preserve occupies the site of the former Haledon Reservoir. Recreation opportunities at the preserve include canoeing, kayaking, stand up paddle boarding, hiking, fishing*, and bird watching. The preserve, which requires a fishing license, has been listed as one of the 100 best spots for fishing in New Jersey. Rates start as low as \$20 an hour. <https://ramseyoutdoor.com/franklin-lakes-paddle-days> 201.327.8141. *<https://nj.aspirafocus.com/internetsales> Seniors over 70 do not need a fishing license.

Storm King Adventure Tours: Just a 45-minute drive to New York's Hudson Valley, your adventure begins at Storm King Adventure Tours in Cornwall-on-Hudson. This location has too many guided tours to list! Paddle to Bannerman Castle and take a tour through history! Sunrise and Sunset tours! Hidden Cove tours! Prices are slightly higher than independent paddling (\$50-\$70), but worth it! <https://stormkingadventuretours.com/> 845.534.7800

Hackensack Riverkeeper: Since 1999 and continuing today, Hackensack Riverkeeper remains the only operator of canoe/kayak liveries in our watershed. There are so many opportunities to enjoy and explore the river, the Meadowlands and Overpeck Lake at your own pace or on a Laurel Hill guided paddles such as Bird and Wildlife Paddles and Moonlight Tours. Tour fees help contribute to the preservation efforts of the watershed. Independent kayaking/canoeing starting at \$30. Guided tours are approximately \$70. <https://www.hackensackriverkeeper.org/> 201.968.0808.



There are so many ways to enjoy the summer! One of my favorite activities is trying new flavors of ice cream !!! There are so many non-chain ice cream shops nearby each with their own special flavors to try ! Here is a guide to your ice cream tour this summer:

Van Dyk's—145 Ackerman Ave., Ridgewood 201-444-1429

Bischoff—468 Cedar Lane, Teaneck 201-836-0333

Sprinklez—130 Broadway, Hillsdale 201-497-5515

Brainfreeze—370 River Road, New Milford 201-265-5055

Ice Cream Charlies—200 Park Ave., Rutherford 201-939-8133

Sip & Swirl—510 Main St., Little Falls 973-890-0003

Kilwin's—121 E. Ridgewood Ave., - Ridgewood 201-445-4837

Conrad's Confectionary—107 Westwood Ave., Westwood 201-664-2895



Enjoy your exploring or try your own at home:

Easy No-Churn Homemade Ice Cream

This simple way to make homemade ice cream calls for just 3 ingredients plus any mix-ins you desire and is ready to eat in just a few hours.

Ingredients

2 cups heavy whipping cream
14 ounces sweetened condensed milk
1 teaspoon vanilla extract

Instructions

In a large bowl, use a hand mixer or a stand mixer to whip the cream until stiff peaks occur, be careful not to over whip. The cream will be done when you pull the beaters out and the cream stands at attention.

In another large bowl, whisk the vanilla into the sweetened condensed milk. Gently fold in the whipped cream with a spatula, slowly incorporating the two mixtures together so it stays light and aerated.

If making individual flavors, scoop the cream mixture into smaller bowls and gently fold in your desired mix-ins, or if making just one flavor, mix the ingredients directly into the cream mixture.

Transfer the mixture to an insulated tub or paper containers and freeze for 4-6 hours

SENIORS!

Stay informed about important Borough business & fun activities in town!

Sign up for The Glen Rock Senior Citizen Contact List!

What information will be collected? The Borough will collect your name, mailing address and email address.

What will my contact information be used for? The Borough of Glen Rock will use this resource to send OCCASSIONAL mailers (and emails) containing important Borough information directly relating to seniors. For example, the Borough may send a mailer informing seniors of programming and social events specifically for seniors or enhancements to the Glen Rock shuttle schedule. This list is an effort to ensure all seniors – those online and those who prefer traditional mail – receive all senior-related Borough information.

Who will have access to this information? Only Borough staff who have direct business with seniors. This list will not be shared with any outside party **AT ANY TIME.**

How do I sign up?

Fill out and return this slip to the Administration Office at Borough Hall either in person or by mail (Administration Office, 1 Harding Plaza, Glen Rock, NJ 07452). Call Borough Hall 201-670-3956 ext1.

NAME	
ADDRESS	
EMAIL	