



## Activities Unlimited

**No General Meeting in August  
September's General Meeting is Tuesday the 9th  
Heneveld Hall, Wyckoff Reformed Church  
580 Wyckoff Avenue, Wyckoff NJ 07481**

### NOTE FROM THE PRESIDENT

Activities Unlimited is taking a summer break during the month of August. There will be no General Meeting in August and many of the clubs are also taking a break. Please be sure to check the website for the latest schedule of our club meetings.

The speakers for the July meeting Dr. Lori Nuzzi and Dr Daniel Yoo presented information on chiropractic acupuncture and therapeutic massage and the benefits. Their power Point Program is currently available on our bulletin website. Please be sure to check it and download the link to see their presentation.

In September, we should have a very interesting program. It will be very similar to an antique roadshow. More details will follow.

The Golf Club had a very successful outing on July 9 at the Farmstead golf course. The next golf outing will be September 12. More details to follow. Do not forget the Wine Tasting at Total Wines on August 14 in River Edge. Please be sure to check August's Newsletter for Trips & Tours planned events for the remainder of Summer and into the Fall.

Recently, we had several new members join the club. If you meet them at any club activity or special event, please introduce yourself and welcome them. We need to work hard to make sure they feel part of the Club and enjoy being a member.

Please be respectful and welcoming to all members so we create an atmosphere of enjoyment, harmony, and camaraderie. During my term as your President, I want to be sure noone is felt left out in anyway.

Regards,  
Tom Donch, President

## **Proposed Amendments to AU By Laws dated September 10, 2024**

At the May 13, 2025, Executive Board meeting, the Board approved amendments to the By Laws dated September 10, 2024. In accordance with By Laws Article XI Amendments, the amendments were published in two prior Newsletters, June and July 2025 editions, and announced at the June General Meeting,

These actions comply with the requirements to amend the By Laws.

Voting will take place at the October Breakfast Meeting on October 14, 2025. The amendments can be found in the AU website and in the News tab which archives past editions of the Newsletter.

Marty Valerio  
Board Secretary



# ACTIVITIES UNLIMITED



## 2025 OFFICERS



**Tom Donch**  
President  
201-376-8824



**Gaspar Lesznik**  
1st Vice President  
201-774-8608



**Adolph Galluccio**  
2nd Vice President  
973-392-4802



**Marty Valerio**  
Secretary  
201-394-2938



**Doug Cooper**  
Treasurer  
908-907-1112



**Gabe Carifi**  
Assistant Treasurer  
201-738-8323

July meeting speakers Dr. Lori Nuzzi and Dr Daniel Yoo presented information on chiropractic acupuncture and therapeutic massage and the benefits. They are pictured here with AU President Tom Donch and 1st Vice President Gaspar Lesznik.



Welcome New Members		
Robert Dent	Luncheon, Photography Safe Shooting Club	C. (551) 486-0060 r.dent@ieee.org
William Carhart	Short Hikers, Golf, Photog- raphy, Pickle Ball, Bocce, Shooting	C. (973) 997-1116 H. (973) 420-0089 wcarhart@gmail.com
Eric Hoth	Bridge, Short Hikers, Garden- ing, Investment, Stock Club	C.(201) 281-9040 H. (201) 421-8660 hothrc@gmail.com



## Trips & Tours



The next T&T meeting will be on September 9,  
after the General Meeting  
Chair: Tom Van Lenten: 201-248-7207

### *Upcoming Events –Summer- Fall 2025*

**Thursday, August 14 Wine Tasting**, 5:00pm to 8:00pm Total Wines, River Edge, NJ. It will be a fun AU social gathering. Tasting of wines from the Southern Hemisphere. Serving mini-Jersey Mike's subs, soda & water, Italian cookies. Cost is \$20pp. Make checks payable to Activities Unlimited, mail check to Tom Van Lenten, 102 Walnut Street, Mahwah.

**September 16, Second Golf Outing**, Apple Green Golf Club, organized by the AU Golf Club.

**Thursday, September 18, Annual Social**, 6pm to 9pm at the Upper Ridgewood Tennis Club, 915 Glenview Road, Ridgewood, NJ. This event has become a very popular Fall activity. We are looking forward to our new members joining us as it is a great way for them and their wives /significant others to meet everyone in a casual social environment. See flyer on page 8 for details.

**Sunday, September 21**, 3:00 pm at the Mayo Performing Arts Center, Morristown NJ. The concert features three beloved musical groups that created early R&B and Rock and Roll sound; The Platters, The Coasters, and the Classic Drifters. Tickets available at \$47 dollars and up. See flyer on page 9 for details.

**Thursday, October 2, Tour of Swaminarayan Temple**, the second largest Hindu mandir (place of worship) in the world with breathtaking architecture and gardens, built by 12,500 volunteers in 2011-2023. Located in Robbinsville, NJ. Bus transportation provided. After tour lunch at Villa Barone, Robbinsville NJ 08691. Cost \$80pp including bus & lunch. Villa Barone is BYOB. See flyer on page 10 for details.

**Tuesday, October 14, AU Member Breakfast**, Brick House, Executive Board Sponsored event. Hot buffet breakfast served. The Board approved \$20pp; with Members paying \$25pp at the door.

**Monday, December 8, Christmas Dinner Dance**, Seasons. Washington Township, NJ. Details to follow.

## Current Month Club Activities

### AU Guys

The AU Guys Big Band meets Wednesdays at 10:00 am at the Midland Park VFW Hall.

**Chair: John DeSantis:** 201-447-0256

**Co-Chair: Frank Altomare:** 201-410-4712

### Book Club

There will be no Book Club meeting in August.

**Chair: Gregg Krieger,** 201-925-3197

**Co-chair: Peter Bieszard,** 201-739-3584

### Bowling Club

The Bowling Club is taking a summer recess. Bowling will resume on September 26.

**Chair: Scott Japko,** 201-788-5516

### Gardening Club

Garden Club Meetings are currently on hold.

**Chair: Fred Theile,** 201-981-1801

### History Club

There will be no History Club meeting in August.

**Chair: Joe Pullaro,** 201-378-8378

**Co-Chair: Stephen Joern,** 201-491-7456

## Current Month Club Activities (cont.)

### Investment Study Group

Next Meeting on August 5;12:15pm

**Chair: Dennis LaBarbera, 561-222-1027**

**Co-Chair: Fred Theile, 201-981-1800**

### Pickle Ball

Pickleball Club meets Tuesdays and Thursdays at 9 am. Play will take place at Wyckoff Pickleball courts behind Wyckoff City Hall, 200 Woodland Avenue.

**Chair: Kenneth Frisco, kenfrisco@aol.com**

**Co-Chair: Timothy Tracey, tdt375@gmail.com**

### Photo-graphy Club

There will be no Photography Club meetings in August.

**Chair: Murray Perl, 201-261-7276**

**Co-Chair: Sam Ohan, 201-825-0437**

### Public Discussion Club

There will be no Public Discussion Club meeting in August.

**Chair: Walter Widmer, 551-286-4045**

**Co-Chair: Tom Butler, 201-452-6649**

### Science Club

There will be no Science Club meeting in August.

**Chair: Marc Bernhardt, 201-236-2957**

### Safe Shooting Club

Safe shooting club will have an off site shoot in August. Details TBD.

**Chair: David Hubschmitt, 973-650-0052**

**Co-Chairs: Richard Berger, 201-741-9233, Tony Dilorgi, 973-216-???**

## Current Month Club Activities (cont.)

### Stock Market Club

The AU Stock Market Club meets on the first and third Tuesday of each month at 9:00 am at the Midland Park VFW Hall. August meetings will be on August 5<sup>th</sup> and 19<sup>th</sup>..

**Chair: Frank Nusspickel, 201-739-5773**

**Co-chair: Steve Klein, 201-264-1654**

### Stock Picking Contest

The results of the Stock Picking Contest for July are:

Steven Howard is the monthly winner with an increase of 19.2% from the prior month.

**Chair: John Abrahamsen, 201-739-8589**

### Technology & Computer Club

There will no Technology and Computer Club meetings in August.

**Chair: John Abrahamsen, 201-739-8589**

**Co-chair: Fred Theile, 201-981-1801**

# ACTIVITIES



# UNLIMITED

## AU Annual Social 2025

**When:** Thursday September 18, 2025  
**Time:** 6:00 p.m. to 9:00 p.m.  
**Where:** Upper Ridgewood Tennis Club  
 915 Glenview Road, Ridgewood,  
 NJ 07450



**Attire:** Business Casual

**Event:** A social gathering where old and new friends can converse, share stories, reminisce, and plan for the future in a beautiful venue while enjoying delicious food and drinks. It's an excellent opportunity for new members to meet others and learn about AU.

**Menu:** An assortment of fine wines, served hors d'oeuvres, a buffet, along with coffee, tea, and desserts.

**Cost:** \$45 per person

**This Event Sells Out Quickly—Limit is 80 People**

Mail reservation to: Mark Cohen, 26 Winding Ridge, Oakland, NJ 07436  
 Make check payable to: Activities Unlimited

Reservation Cut Off 9/2/2025

~32 Days until Cut Off Date

Cancel Full Refund 9/8/2025

AU Member Last Name	First Name	Phone	Email
Guest Last Name	First Name	Phone	Email

**Committee**

Joseph Pullaro  
 201-337-0018  
 JosephPullaro@hotmail.com

Mark Cohen  
 201-755-5100  
 mark.cohen6222@gmail.com

John Murphy  
 201-723-4404  
 Deltsdp69@aol.com

## An Afternoon of Musical Memories

*Featuring three beloved musical groups that created early R&B/Rock and Roll sound.*



**Mayo Performing Arts Center, Morristown NJ**

**Date: September 21, 2025 @3:00 pm**

**Tickets: \$47-\$97**

**If interested please text: [tomvanlenten@hotmail.com](mailto:tomvanlenten@hotmail.com).**

# **Tour the Second Largest Hindu Temple In the world Swaminarayan Akshardham**

Robbinsville NJ (South Jersey), NJ Turnpike Exit 8

**Date: October 2, 2025**



**Optional Free One hour Guided Tour of Temple Campus  
Optional Cafeteria with Authentic Indian Food**

Bus departs from "Wyckoff Y" at 8:15am

Spouses & Significant Others Welcome

Total cost of \$80pp includes bus and lunch at Villa Barone Italian restaurant.

Bus from Temple to Villa Barone Italian Restaurant (10 Minute Drive)

Please make checks payable to: Activities Unlimited, mail to:

Tom Van Lenten, 102 Walnut Street, Mahwah, 07430

Checks must be received by September 18, 2025.

## Picture Highlights

### Golf Club

The AU Golf Club held its first outing of the summer on July 9th at the Farmstead Golf Course. Attendance was excellent.



First place winners of AU Golf Outing were Tom Egan, John Campi, Rich Berger and John Hodge.



Second place winners of AU Golf Outing were Bob Dietch, Nelson Ramirez, Dennis LaBarbera, and Neal Vanderweert (not pictured).



## Care and Concern



### Activities Unlimited Care and Concern Report for July 2025

During the month of August 2025, the Care and Concern Committee sent out these cards: 4 Get Well, 1 Thank You, and 2 Condolences.

Please let us know if we have missed any occasion of joy or concern by contacting **John Toth** at **[johntoth52@hotmail.com](mailto:johntoth52@hotmail.com)**.

A Suggestion and Request from the Care and Concern Committee  
It has seemed that a few AU members have let us know about the joys and concerns in their own lives.

However, more AU members are quick to let us know about the joys and concerns of other members.

So, please let us know when we can send a message of support to someone you know in our club. And, if you prefer, we will keep your name anonymous.

**If any AU member should have a Care and Concern between August 28<sup>th</sup> and September 5<sup>th</sup>, please email Jack Haegele at:**

**[jackhaegele@optonline.net](mailto:jackhaegele@optonline.net)**

**AU August Birthdays**

**We are not aging, we are ripening to perfection.**

Gerald Hulit

Bill Axelrod

Jay Bouton

Eban Chinwalla

Frank Bright

Harvey Feldman

Al Coldon

Jack Granowitz

Adolph Gallucio

Kenneth Norman

Dominick Manobianco

Ralph Lagamma

Walter Steffen

Greg Zimmer

Winston Lau

Joseph Verdone

Lawrence Tedesco

John Panagides



## Keep Smiling



Do women ever sit back and think "my man sure does know a lot, maybe I should just be quiet and listen to him"

**Folgers got it wrong. The best part of waking up is going back to bed after you pee.**

