



glen rock newcomers and neighbors



Join Us for **December** Ladies' Night Out!

JOIN US WHILE WE CELEBRATE
3 TIMELESS HOLIDAY TRADITIONS...



COME MINGLE WITH A
GREAT GROUP OF WOMEN & GET INTO
THE HOLIDAY SHOPPING SPIRIT!

- EXCLUSIVE DISCOUNTS:
*DrugStore.com, Zazzle,
Mable's Labels and more!*
- FREE MOVIE TICKETS
- SAVVY SHOPPER TIPS
- AND MUCH MORE!



RSVP to Maria Dolan by November 28th
via email at: mariafrumento@hotmail.com

volume 44, issue 3
December 2011/January 2012

2011-2012 Executive Board

PRESIDENT

Maria Dolan
(201) 389-3232
mariafrumento@hotmail.com

VICE PRESIDENTS

Christine Farrell
(201) 444-1806
christinefarrell@yahoo.com

Heather Malko
(201) 444-6223
hmalko@hotmail.com

TREASURER

Amy Karson
(201) 857-5159
askarson@gmail.com

SECRETARY

Lauren Munshower
(201) 612-8069
lauren_munshower@yahoo.com

MEMBERSHIP

Gena Incantalupo
(201) 445-2821
genafoley@aol.com

COMMITTEE CHAIR ADVISOR

Stephanie Gannon
(201) 444-2357
stephgannon1@mac.com

NEWSLETTER

Erin Barron
(201) 445-2919
erin.barron@stevens.edu

Alicia Miller
(201) 224-0340
kalandalicia@yahoo.com

general info



notes, dates, & deadlines

The next Member/Board meeting will be our December "Holiday" Board Meeting on **Thursday, December 8th at 7:45 p.m. at the Greek Taverna**. Any members or board members planning on attending, should RSVP in advance to mariafrumento@hotmail.com Board members are encouraged to attend to discuss budgets and directory sales. But it won't be all business. After a quick discussion, we can sit back and enjoy some camaraderie and holiday cheer!

The deadline for the February newsletter is **January 15th**. Please e-mail Alicia Miller at kalandalicia@yahoo.com

event photos wanted!

Please submit event photos to Sharon Mulhern at mulherndesign@mac.com if you would like them to be published in [*The Glen Rock Gazette*](#) or [*The Glen Rock Patch*](#). A brief description of the event and the names of the individuals in the photos would be most appreciated. For the privacy and security of children, only their first names will be included.



playgroups



Attention GR moms: If anyone is interested in joining a playgroup, please e-mail Marina Krasnopolsky at marinakras7@gmail.com She will help put you in touch with other moms/kids in the area! Also, if you currently have a successful playgroup that has room for some new people, please let her know as well! In the e-mail, include your children's names, ages, and whether you are free on weekdays or weekends only.



camera corner



Say Cheese . . .



Glen Rock Newcomers and Neighbors and their children enjoy a brunch at Noreen Heffernan's home.



camera corner



Glen Rock Newcomers and Neighbors members enjoy a hayride and fall fun at Abma's Farm in Wyckoff.



Members and their children get active at the Kids in Motion event at The Little Gym in Glen Rock.



upcoming events



kids in motion

Friday, December 9th

4:15-5:30 p.m.

[Kid's Clubhouse](#)

85 Godwin Avenue, Midland Park

(located on left most side of Midland Park Shopping Center)

\$8 per child; pay at the door



As the colder weather settles in please **join us for**

Open Playtime at the Kid's Clubhouse in Midland Park! Kids Clubhouse has a lovely recreation room with slides, a ball pool, tunnels, etc. where kids can run around and moms can mingle in a safe, indoor environment. If you are planning to attend, **please RSVP to Marina at marinakras7@gmail.com by 12/5.** Bring \$\$ to the event.

Music and Kids is back for 2012, featuring "[Music with Lou](#)"!

Join us for an exciting music program with Lou Gallo, our favorite local kids' musician.

Location: Community Hall at St. Catherine's Church,

905 South Maple Avenue in Glen Rock (enter under the bell tower)

Dates: January 5th, February 2nd, March 1st, April 26th, and May 10th
(all Thursdays)

Time: 4:30 p.m. - 5:15 p.m.

Cost: \$55 for 5-session package

Checks should be made payable to "Glen Rock Newcomers and Neighbors" and **must be received by 12/8, c/o Barbara Whelan, 6 Ferguson Place, Glen Rock.** Kids under 12 months are free! **Maximum # of kids is 20, so get your checks in today!**

Questions? E-mail Barb Whelan at chanelbarb@aol.com



upcoming events

breakfast with santa

Sunday, December 11th , 10 a.m.-12 p.m.

Fairlawn Athletic Club

14-19 Parmelee Avenue, Fair Lawn

\$14 per adult and \$12 per child



Celebrate the holiday season with a special holiday breakfast with all your Glen Rock friends. Kids will be entertained with a magic show and face painter. Children will go home with a balloon made especially for them. A visit from Santa will complete the festivities. **Please send your check made payable to “Glen Rock Newcomers and Neighbors” by 12/4 to Maria Dolan, 153 Midwood Road, Glen Rock.**

couples night out!

Thursday, January 12th , 7:30 p.m.

[RoCCA Italian Restaurant](#)

203 Rock Road, Glen Rock

Join us for a casual night out with your fellow neighbors!



We will drink and dine at this lovely local Italian restaurant! Depending on the number of people that are interested we can either order a la carte or the chef will prepare a special 5 course menu for our group (approximately \$38 p.p. including tax and gratuity). Bring \$\$ to the event, but please **RSVP to Marina by 1/5 at marinakras7@gmail.com to secure your spot.** Remember RoCCA is BYO, so bring enough for a good time!

new member social

glen rock newcomers & neighbors

Saturday, January 21st , 7 p.m.

by invitation only



upcoming events

ladies' night out

FREE Fitness Class

[willPower and grace®](#)

Thursday, January 26th, 7 p.m.

Studio at Porch Light Productions

555 Broad Street, Glen Rock



Join Fitness Instructor Jen DeSalvo for a **free willPower and grace®** class—A sweaty, dynamic fusion of the fitness industry's most popular and effective group exercise programs. This workout is the ideal cardiovascular solution for the mind-body practitioner. It is equipment-free, barefoot, and infused with a positive, strengthening philosophy. It is an easy-to-follow, linear, strong, and focused program for students of all levels. Through cardiovascular barefoot training, the class develops ankle, knee, and hip stabilization to facilitate good movement and prevent injury. Over time willPower and grace® class will help you to stand taller, walk with greater confidence, and function with agility.

Following class, stay for a chance to win raffles. If interested, we can regroup elsewhere after class to indulge in a well-earned & deserved cocktail and healthy "snack". Please **RSVP to Maria by 1/12** at mariafrumento@hotmail.com

neighbors helping neighbors



Looking for a way to get involved and help out a neighbor in need? Neighbors Helping Neighbors provides meals for families that have had a recent life event, such as a new baby, family illness, death, or other hardship. If you would like to volunteer to make a meal for another N & N family, please contact Lauren Munshower at lauren_munshower@yahoo.com



bulletin board ads

Bulletin board ads and announcements are free to Newcomers and Neighbors members.

Please e-mail your ad to Alicia Miller at kalandalicia@yahoo.com for next month's newsletter.

event cancellation policy

Please note, events will be canceled if rsvps/payments are not received 1 week in advance or as specified in the GRNN newsletter. Thank You!



Check us out on the web at
www.glenrocknewcomers.com

See our updated Facebook page at



<http://tinyurl.com/grnn1>



local babysitters available!

Caring, Responsible Teen Sitter Available

Great with kids of all ages. "Gets on the floor" and plays with them! Homework assistance available as well for elementary age.

Please call Margaret Lapkin at (201) 417-8576.

Multitasking, Teen Sitter

Local fifteen-year-old Glen Rock High School athlete and Honor student. Loves playing games with kids and does not hesitate to clean the house.

Please contact Sarah Zolper, 49 Midwood Road at
sarahzolper@verizon.net Home: (201) 251-9131
Cell: (551) 579-0159

glen rock newcomers and neighbors

c/o Alicia Miller, 47 Roxbury Place, Glen Rock, NJ 07452