

# New Providence Senior Citizens Newsletter

"Good things happen here!"



FEBRUARY 2019



Vol. 19, No. 2

## COORDINATORS CORNER

"Adversity has the effect of eliciting talents which under prosperous conditions might have remained dormant" by Ara Parseghian (thanks Frank Allocco!)  
We are part way through winter, and I hope you have stayed warm and healthy!  
As a friendly reminder, handwashing is the best way to kill those germs.

**HELP WANTED** – We need someone (or two) to take over watering the plants in the solarium once a week. It doesn't take long to do. The plants are healthy and gorgeous, and we would love for them to continue to brighten up the space.  
Please see Therese or Michelle if you can help us!

## Upcoming Events

- Ageless Grace returns on March 7<sup>th</sup> at 11am. Please sign up in advance.
- Interested in learning Mah Jong? Come to a Thursday game and learn beside the experts. Begins in mid-February. Please sign up.
- Tickets are on sale for the Liberty Science Center Trip, the St. Patrick's Day Luncheon and the Casino Trip. Tickets are sold Wednesdays before the meeting. See newsletter for details.
- Tax appointments are available. Please see Therese or Michelle to schedule an appointment with AARP tax consultants.

## Reminders/Changes

- The center will be closed Monday, February 18<sup>th</sup> for the Presidents Day Holiday.
- Mike Czech will substitute teach for Myriam's exercise class on Thursday, February 7<sup>th</sup>.

Weather Policy: When schools are closed for rain, snow, or ice, the center is also closed. If schools have a delayed opening, the center also has a delayed opening. When in doubt, call the center to check on activities and the time the center will open. Most importantly, if there is snow or ice, please be cautious. It's okay to miss an activity!

## THANK YOU...

- Pete Axelrod from Wild Birds for his presentation on backyard birding.
- Frank Allocco for speaking and the Allen W. Roberts Elementary School Band for performing at our meeting on January 9<sup>th</sup>.
- Joanne Gemenden from the Union County Bureau of Recycling and Planning for her presentation on recycling.
- Chelsea Hoeffler from Yoga Essence Studio for her presentation/meditation.
- Harry Kundrat for challenging us to a game of Celebrity Trivia.

## NP Senior Citizens Club

*An organization dedicated to providing social & enriching activities & events for New Providence residents 55 years and beyond.*

### Trustees

Chair: Bert Abbazia  
Vice-Chair: Grace Parlapiano  
Secretary: Bette Schmitt  
Carolyn Foran, Kathy Hendrickson,  
Sal Ligammari, Peggy Macneal,  
Joe Masino, Tina Morielli,  
Christine Napolitano, Bill Wehrle

### Club Officers

President: Peggy Brodeur  
Vice President: Bill Wehrle  
Treasurer: Sal Ligammari  
1<sup>st</sup> Treasurer: Delores Felezzola  
2<sup>nd</sup> Treasurer: Lidia Astapova  
Sergeants-at-Arms: Don Kern,  
Mike Ferlise

*Contact these members with any questions regarding your club!*

## DeCorso Community Center

15 East Fourth St.  
New Providence, NJ 07974  
908-665-0046

[www.newprov.org/seniors](http://www.newprov.org/seniors)

*A welcoming place for New Providence residents to gather and to enjoy its events and programs as well as our neighbors and friends.*

## Center Co-Coordinator

Therese Dalton  
Michelle Zack

### Hours

Monday-Friday: 9:30am - 2:30pm

## Newsletter Staff

Peggy Brodeur  
Joan Clark  
Therese Dalton  
Barbara Koslap  
Bobbi McAneny  
Michelle Zack

## Trips, Activities & Meetings

*Tickets for events may be purchased at the center on Wednesdays from 9:45 to 10:45AM.*

*Please visit or call the center at 908-665-0046 if you need to cancel a reservation.*

*Do not transfer a reservation. It will not be honored.*

**Check the calendar  
for ongoing activities  
& schedule changes!**

- **Mondays and Saturdays, Feb 9 – Apr 15, 9:30am to 1:30pm: Tax Preparation Appointments.** AARP Tax-Aide counselors will be available by appointment only. To schedule an appointment, call 908-665-0046 or stop by the center weekdays between 10:30am and 2:00pm. FINAL appointment is Monday, April 15.
- **Wed., Feb 6, 11:00am: Meeting – NPHS Vocal Soloists** will entertain us with beautiful renditions of favorite musical selections. There will be NO bingo after the meeting.
- **Wed., Feb 6, 1:00pm: Chinese New Year Luncheon** – Celebrate the Year of the Pig and enjoy a luscious lunch at Szechuan Delight. Cost: \$15.00. Sign up for bus transportation from the center.
- **Wed., Feb 13, 11:00am: Meeting – Club Day.** Joyce Turpin will engage us in a fun, musical Valentine's Day program, *"Love Songs from Joyce"*. We will also celebrate February birthdays. Come socialize and enjoy refreshments. Chatham Hills will call bingo!

**The center will be closed Monday, February 18 for the Presidents Day Holiday**

- **Wed., Feb 20, 11:00am: Meeting** – Carol Brush from Horizon Blue Cross/Blue Shield will give a presentation on *"Managing Your Medications at Home."*
- **Thurs., Feb 21, 10:45am: Movie Club** – Join us as we watch *Meet Me in St. Louis* starring Judy Garland, Margaret O'Brien, Mary Astor and Leon Ames.
- **Wed., Feb 27, 11:00am: Meeting** – Leo Piovano, our Italian class instructor, will offer an illustrated lecture on *Leonardo Da Vinci*. The 500<sup>th</sup> anniversary of the Renaissance master's death will be celebrated in 2019.
- **Thurs., Feb 28, 9:30am: Liberty Science Center Trip** – Explore LSC's newest premium exhibition, the *International Exhibition of Sherlock Holmes*, and see their newest planetarium show, *Black Holes: The Other Side of Infinity*. Cost for the trip is \$22.00 plus the cost of lunch. Tickets are on sale now!
- **Wed., Mar 6, 11:00am: Meeting** – Cast members from the NPHS Spring Musical, *"Chicago"*, will present highlights from the show. The dress rehearsal for the show will be held at the high school on March 7<sup>th</sup> at 5:00pm. Show times are Friday, March 8<sup>th</sup> at 7:30pm and Saturday, March 9<sup>th</sup> at 2:00pm and 7:30pm.
- **Thurs., Mar 7, 11:00am: Ageless Grace** brain exercise class returns. See article on page 3.
- **Wed., Mar 13, 11:00am: Meeting** – John Prescott, History Program Coordinator for the County of Union, will give a presentation on *"Women's History of Union County"*.
- **Thurs., Mar 14, 11:00am: Ageless Grace** brain exercise class. See article on page 3.
- **Tues., Mar 19, 9:45am-5:30pm: Casino Trip** – Try your luck at the **Sands Casino** in Bethlehem, Pennsylvania. Receive \$20 in "play money" and \$5 toward food. Cost: \$25. Please buy tickets in advance before the club meetings on Wednesdays. See Romesh Arora for information.
- **Wed., Mar 20, 12:00noon: St. Patrick's Day Lunch** – Celebrate the holiday with wonderful friends, a traditional hot Irish meal, and great live entertainment. Cost: TBD. Sign up for bus transportation.
- **Thurs., Mar 21, 10:00am: Overlook Community Health** will offer free **BMI and Glucose Screenings**. Please sign up in advance.
- **Thurs., Mar 21, 11:00am: Ageless Grace** brain exercise class. See article on page 3.
- **Wed., Mar 27, 11:00am: Meeting** – Enjoy the beautiful music of the singing group **The Larks** as they entertain us with a medley of "oldies", show tunes and patriotic numbers.
- **Thurs., Mar 28, 11:00am: Ageless Grace** brain exercise class. See article on page 3.

**LIBERTY SCIENCE CENTER TRIP**

On Thursday, February 28<sup>th</sup>, explore LSC's newest premium exhibition, the *International Exhibition of Sherlock Holmes*, and see their newest planetarium show, *Black Holes: The Other Side of Infinity*. Lunch options include eating at their on-site café or bringing your own lunch. Cost for the trip is \$22.00 plus the cost of lunch. Tickets are on sale now! Note: Exhibit requires walking. Planetarium show has seating.

**"AGELESS GRACE" BRAIN HEALTH FITNESS**

Ageless Grace is a cutting-edge brain health fitness program. The exercises are designed to be practiced seated in order to stimulate the five primary functions of the brain (strategic planning, memory and recall, analytical thinking, creativity and imagination, and kinesthetic learning). Each of the brain-changing tools also focuses on a primary physical skill necessary for lifelong optimal function such as joint mobility, balance, flexibility, strength and coordination.

The program is based on consciously choosing to change the brain through physical movements. Anyone can participate at his or her own level of ability. Six sessions will be offered at the center on Thursdays, March 7, 14, 21, 28 and April 11, 18 at 11:00am. There is no class on Thursday, April 4. Snow date is April 25. Please sign up in advance. Free to NPSCC members and to NP residents.

**MEET THE NEW PUBLIC HEALTH NURSE**

Introduce yourself to our new public health nurse, Jennifer Aranda. She will be available to take blood pressure readings and to answer health questions before the club meetings every Wednesday except the first Wednesday of the month.

**AROUND TOWN...****NEW PROVIDENCE MEMORIAL LIBRARY (NPML)**

**Knitting Club** – Bring a knitting or crocheting project you are working on. Mon., Feb 4, 7:00pm

**Who is That at My Bird Feeder?** – Pete Axelrod of Wild Birds Unlimited will introduce birds that commonly come to backyard feeders. Sat., Feb 9, 10:00am

**Rob Heinik Classical Guitar** – Love songs from the 60s & 70s. Sun., Feb 10, 3:00pm

**Baseball Discussion Group** – Discuss your favorite team and players. Mon., Feb 11, 7:00pm

**AMERICAN LEGION****Sweetheart Meatloaf Dinner**

Cost: Adults - \$20; Children age 10-17 - \$10; Children under 10 – Free. Fri., Feb 8, 5:00-8:00pm

**DECORSO CENTER****League of Women Voters Great Decisions –**

Program developed by the Foreign Policy Institute to discuss world affairs. Wed., Feb 6, 13, 20, 27, Mar 6, 13, 20, 27, 7:30pm, \$95 for eight weeks or \$20 per session.

- Refugees and Global Migration, Feb 6
- The Middle East Regional Disorder, Feb 13
- Nuclear Negotiations: Back to the Future, Feb 20
- The Rise of Populism in Europe, Feb 27

**Diversity Committee Spring Festival Celebration –**

Asian Culture. Talent show. Bring a favorite dish to share. Limited seating. Sun., Feb 10, 4:00-6:00pm

**CSA Pasta Dinner** – Dinner with basket raffle to benefit New Providence residents with financial needs. \$12. Sun., Feb 24, 3:00–7:00pm.

**MOVIE MARQUEE****FEBRUARY MOVIES AT THE NP MEMORIAL LIBRARY**

The 2 PM showing will have subtitles for the hearing impaired.

**Tuesdays at 2:00pm**

February 5 – *Bad Times at the el Royale*  
February 12 – *First Man*  
February 19 – *The Old Man & the Gun*  
February 26 – *A Simple Favor*

**Foreign Films**

Weds., February 6 at 2:00pm – *Downfall (Der Untergang)* (in German, Russian & Hungarian with English subtitles)  
Mon., February 25 at 7:00pm – *Kaili Blues (in Mandarin with English subtitles)*

### COMMUNITY SERVICE ASSOCIATION OF NEW PROVIDENCE

CSA was founded in 1954 by a group of concerned citizens. The primary purpose is to offer financial assistance to New Providence residents in their time of need. The CSA case worker works with prospective "clients". Each client is assigned a number by the case worker, thus assuring complete anonymity before the client's case is presented to the volunteer board.

CSA is a non-profit organization chartered in the State of New Jersey. It is funded through individual donations and fundraisers.

CSA's mission is to counsel New Providence individuals and families in need of help and guide them to the proper governmental or other social agencies when eligible. They provide interim care until other care is established. When eligibility does not exist, they, through their own efforts, aid the distressed. CSA can help with utility bills, rent, food, insurance, medical bills, transportation, and clothing. This aid is offered without regard to age, race, creed, color, religion, national origin, gender, sexual orientation, disability or marital status.

For more information, call (908) 665-8254.

**CSA is holding their annual Pasta Dinner on Sunday, February 24 from 3:00-7:00pm. Enjoy a delicious dinner for \$12 and participate in a basket raffle fundraiser that benefits New Providence residents with financial needs.**

### FREE TAX RETURN HELP

AARP Foundation Tax-Aide counselors will be available on Mondays and Saturdays from 9:30am to 1:30pm starting Saturday, February 9, 2019 through Monday, April 15, 2019 by appointment only. To schedule an appointment, call 908-665-0046 or stop by the center between the hours of 10:30am and 2:00pm, Mondays through Fridays.

### NPSCC NEWSLETTER ONLINE

The public version of the NPSCC newsletter may be viewed online at <https://www.newprov.org>. In the menu on the left-hand side of the home screen, scroll down and select "Seniors". Click on the link to view current and past issues.

### OPERATION GRATITUDE

Operation Gratitude sends Care Packages to Soldiers, Sailors, Airmen, Marines, and Coast Guardsmen deployed overseas, to their children left behind, and to First Responders, New Recruits, Veterans, Wounded Heroes, and their Care Givers. Each package contains snacks, hygiene products, entertainment, and handmade items, as well as personal letters of support.

During February, we will be collecting items to donate to Operation Gratitude. Their Wish List includes: All Purpose Wipes (Single & 30ct Packs or Less), Batteries ("AA" and/or "AAA"), Deodorant (travel size, non-aerosol), Drink Mix (individual serving packets), Gum, Hand Warmers, Jerky (individual bags), Lip Balm, Pencils (mechanical preferred), Playing Cards, Powder (travel size), Puzzle Books (7"x10" preferred), Sewing Kits (travel size), Socks (black crew length), and Sunscreen (travel size, non-aerosol).

### COMMUNITY RECYCLING CHALLENGE

Several organizations in town are participating in a community recycling challenge. If we can collect more than 500 pounds of plastic bags in a six-month span, a high-performance composite bench will be donated to our community. Professor Bill Dunscombe is collecting plastic bags at the center on Monday mornings.

### ACTIVITIES COMMITTEE CHANGES

The Activities Committee has announced some changes for the coming year. To try to keep prices down, all dinners and luncheons will be buffet style. All activities will take place during the day. And, there will no longer be assigned seating at events. **Any club member who runs an activity may attend for free.**

### FEBRUARY FACTS

Birthstone: Amethyst

Flower: Violet



Zodiac Signs: Aquarius (Jan 20 – Feb 18) & Pisces (Feb 19 – Mar 20)

Holidays and Observances:

Groundhog Day – Feb 2

Valentine's Day – Feb 14

Presidents Day – Feb 18

NEW PROVIDENCE SENIOR CITIZENS CLUB ~ February 2019 ~						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
Jan 27	Jan 28 10:30 College Class* 11:00 Newsletter 12:30 Bridge	Jan 29 9:00 Bus to ShopRite 9:45 Balance & Conditioning w/Mike 12:00 Knitting Group 1:00 Tai Chi w/Ayriel 2:00 Converse Italian	Jan 30 10:00 Bus to Club 11:00 Meeting – <b>Celebrity Trivia</b> 12:30 Bingo/Cards	Jan 31 9:30 Fit & Healthy Exercise w/Myriam 12:30 Duplicate Bridge 12:30 Mah Jongg	1 9:00 Bus to Mall*** 9:15 Zumba w/Donna 10:00 Bridge 12:30 <u>NO</u> Pizza Bingo	2
3	4 9:30 Trustee Meeting 10:30 College Class* 11:00 Newsletter Mtg 12:30 Bridge	5 9:00 Bus to ShopRite 9:45 Balance & Conditioning w/Mike 11:00 Communications Crew 12:00 Knitting Group 1:00 Tai Chi w/Ayriel 2:00 Converse Italian 3:00 Beginners Italian	6 9:30 SAGE Consults 10:00 Bus to Club 11:00 Meeting – <b>NPHS Vocal Soloists</b> 12:30 <u>NO</u> Bingo 1:00 Chinese New Year Luncheon**	7 9:30 Fit & Healthy Exercise w/Mike 12:30 Partner Bridge 12:30 Mah Jongg	8 9:00 Bus to Blue Star*** 9:15 Zumba w/Donna 10:00 Bridge 12:30 Pizza Bingo	9 Tax Appts. 9:30-1:30 (by appointment only)
10 Classical Guitar Concert @NPML 3:00pm  Diversity Committee Spring Festival Celebration 4:00-6:00pm	11 Tax Appts. 9:30-1:30 (by appointment only) 10:30 College Class* 11:00 Newsletter Mtg 12:30 Bridge	12 9:00 Bus to ShopRite 9:45 Balance & Conditioning w/Mike 10:00 Activities Meeting 12:00 Knitting Group 1:00 Tai Chi w/Ayriel 2:00 Converse Italian	13 Happy Birthdays! 9:30 Blood Pressure 10:00 Bus to Club 11:00 Meeting – <b>Valentine's Day Program</b> 12:30 Bingo/Cards – Chatham Hills	14 Happy Valentine's Day 9:30 Fit & Healthy Exercise w/Myriam 12:30 Duplicate Bridge 12:30 Mah Jongg  	15 9:00 Bus to Mall*** 9:15 Zumba w/Donna 10:00 Bridge 12:30 Pizza Bingo	16 Tax Appts. 9:30-1:30 (by appointment only)
17	18 Tax Appts. 9:30-1:30 (by appointment only)  CENTER CLOSED FOR PRESIDENTS DAY HOLIDAY	19 9:00 Bus to ShopRite 9:45 Balance & Conditioning w/Mike 10:45 Book Club 12:00 Knitting Group 1:00 Tai Chi w/Ayriel 2:00 Converse Italian 3:00 Beginners Italian	20 9:30 Blood Pressure 10:00 Bus to Club 11:00 Meeting – <b>"Managing Your Medications at Home"</b> 12:30 Bingo/Cards	21 9:30 Fit & Healthy Exercise w/Myriam 10:45 Movie Club – <b>Meet Me in St. Louis</b> 12:30 Duplicate Bridge 12:30 Mah Jongg	22 9:00 Bus to Mall*** 9:15 Zumba w/Donna 10:00 Bridge 12:30 Pizza Bingo	23 Tax Appts. 9:30-1:30 (by appointment only)
24 CSA Pasta Dinner 3:00-7:00pm  	25 Tax Appts. 9:30-1:30 (by appointment only) 10:30 College Class* 11:00 Newsletter Mtg 12:30 Bridge	26 9:00 Bus to ShopRite 9:45 Balance & Conditioning w/Mike 10:45 Current Events 12:00 Knitting Group 1:00 Tai Chi w/Ayriel 2:00 Converse Italian	27 9:30 Blood Pressure 10:00 Bus to Club 11:00 Meeting – <b>Leonardo Da Vinci</b> 12:30 Bingo/Cards	28 9:30 Fit & Healthy Exercise w/Myriam 9:30 Liberty Science Center Trip** 12:30 Partner Bridge 12:30 Mah Jongg	Mar 1 9:00 Bus to Mall*** 9:15 Zumba w/Donna 10:00 Bridge 12:30 <u>NO</u> Pizza Bingo	Mar 2 Tax Appts. 9:30-1:30 (by appointment only)

\*Sign up in advance. \*\*Purchase ticket in advance. \*\*\*Weather permitting