

New Providence Senior Citizens Newsletter

"Good things happen here!"



JULY 2019



Vol. 19. No. 7

COORDINATORS CORNER

"Don't regret growing older. It is a privilege denied to many." ~Anonymous

Well the grass is certainly green this Spring with the amount of rain we have received. At least the colors have been vibrant! If you haven't been able to get outside much, please come to the center – we have many activities to choose from and all are welcome.

Highlights

- July is "Car Safety Month". We have AARP Smart Driver's Course and Car Fit. See page 3.
- Exercises for Arthritis continues Thursdays at 11am for 3 sessions in July.
- Communications Crew meets Tuesday, July 2nd at 11am. **We need your help** sending birthday cards to members. Come help mail cards and enjoy some company.

Reminders

- There is NO meeting or bingo on Wednesday, July 3rd (enjoy the holiday!).
- The center is CLOSED on Thursday, July 4th and Friday, July 5th.
- There is NO Pizza/Bingo on Friday, July 19th.

New Providence Borough offices close at 1pm on Fridays through the summer.

Stay Tuned

- Ageless Grace returns on Thursday, August 1st at 11am.
- Senior Citizens Luncheon at the NP Pool is scheduled for Thursday, August 8th.
- Airport Café Trip is scheduled for Thursday, August 15th.
- Spring Grove is hosting a BBQ for us on Wednesday, August 21st.
- Jefferson House Luau Trip is scheduled for Wednesday, August 28th.

THANK YOU...

- Piero Piccardi for a delightful "Visit to Florence Italy".
- Richard Lorenzo for a fun music trivia contest at "After Hours".
- Romesh Arora for running a wonderful trip to the Sands Casino.
- Leo Piovano for a fantastic talk, "The Great Italian Artist, Raphael".
- Nutritionist, Sue Fieseler, for a fun & educational "Wellness Series"
- Peggy Brodeur for selling Rubber Ducky Race tickets at the Memorial Day Remembrance, Club members who bought and/or sold tickets, John and Joanne Malinauskas for coordinating our participation, and Nancy Audet who sold 400 tickets.

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
1st Treasurer: Delores Felezzola
2nd 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

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-ordinators

Therese Dalton
Michelle Zack

Public Health Nurse

Jenn Aranda

Hours

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

Newsletter Staff

Peggy Brodeur
Barbara Koslap
Bobbi McAneny

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 calendar for ongoing activities & schedule changes.

No meeting or bingo on Wed., July 3rd. Center will be closed Thurs., July 4th & Fri., July 5th.

- **Wed., Jul 10, 11:00am: Meeting** – Ron Esposito, Traffic Safety Specialist at AAA, will give a presentation on **“Car Fit and Senior Driver Safety”**. Car Fit Assessments will be offered on July 18 by appointment only.
- **Thurs., Jul 11, 11:00am: Exercise with Arthritis** – Exercises suitable for those living with arthritis.
- **Wed., Jul 17, 11:00am: Meeting** – Nicole Gates from Brandywine will give a presentation on **“The Health Benefits of Smoothies”** and demonstrate how to prepare them. Free samples will be provided.
- **Thurs., Jul 18, 10:30am-12:30pm: Car Fit Assessments.** Please schedule an appointment in advance.
- **Thurs., Jul 18, 11:00am: Exercise with Arthritis** – Exercises suitable for those living with arthritis.
- **Thurs., Jul 18, 10:00am: Somerset Patriots Baseball Trip** – Get a professional-like baseball experience without the professional sports price! Cost: \$10. See Christine Napolitano.
- **Mon., Jul 22, 9:00am-2:00pm: AARP Smart Driver Course** –Refresh your driving skills, review the rules of the road, and learn research-based driving strategies. Participants may receive a car insurance discount. Cost \$15.00 for AARP members, \$20.00 for non-members. Call the center at 908-665-0046 to sign up.
- **Wed., Jul 24, 11:00am: Meeting** – Harry Kundrat will challenge us with **Celebrity Trivia**.
- **Thurs., Jul 25, 11:00am: Exercise with Arthritis** – Exercises suitable for those living with arthritis.
- **Mon., Jul 29, 1:00pm: Creative Writing Program** – JoAnn Jackovino will conduct a creative writing program that could include memoir writing, poems, letters to grandchildren, etc. Sign up in advance.
- **Wed., Jul 31, 11:00am: Meeting** – Steven Knapp, author of **“The Bones of Saint Pierre”** will talk about the process of writing his book, the research, and the story.
- **Thurs., Aug 1, 11:00am: Ageless Grace** – Brain health fitness class. Sign up in advance.
- **Mon., Aug 5, 1:00pm: Creative Writing Program** – JoAnn Jackovino will conduct a creative writing program that could include memoir writing, poems, letters to grandchildren, etc. Sign up in advance.
- **Wed., Aug 7, 11:00am: Meeting** – Professor Bill Dunscombe will give a presentation on **“Current Developments in Biology”** and a preview of his upcoming class.
- **Thurs., Aug 8, 11:00am: Ageless Grace** – Brain health fitness class. Sign up in advance.
- **Thurs., Aug 8, 12:30-2:30pm: Seniors Citizens Lunch at the Pool** - Enjoy lunch and entertainment at the New Providence Community Pool. Advance sign up is required. Sign up in advance for bus transportation.
- **Mon., Aug 12, 1:00pm: Creative Writing Program** – JoAnn Jackovino will conduct a creative writing program that could include memoir writing, poems, letters to grandchildren, etc. Sign up in advance.
- **Wed., Aug 14, 11:00am: Meeting** – Keenan Lee will introduce us to **“Record of a Life: An Audio Biography Service”** and share excerpts of the New Providence Senior Citizens Club history project recordings.
- **Thurs., Aug 15, 11:00am: Ageless Grace** – Brain health fitness class. Sign up in advance.
- **Thurs., Aug 15, 11:30am: Airport Café Trip** – See article on page 3. Cost: \$2 plus cost of lunch.
- **Wed., Aug 21, 12:00noon: Spring Grove BBQ** –Free food & entertainment. Sign up for bus. No meeting.
- **Thurs., Aug 22, 11:00am: Ageless Grace** – Brain health fitness class. Sign up in advance.

JULY IS CAR SAFETY MONTH AT NPSCC

Car Fit & Senior Safety helps drivers make sure their cars are properly fitted for safety. Assessments are free and take about 15-20 minutes during which a trained technician completes a 12-point check of how well a driver and his or her car work together. The technician makes recommendations to adjust vehicle components for a better fit to make the driving experience as safe as possible. Please schedule an assessment in advance.

AARP Smart Driver Course

Refresh your driving skills, review the rules of the road, and learn research-based driving strategies. Participants may receive a multi-year discount on their car insurance. Cost: \$15 for AARP members, \$20 for nonmembers. Call the center at 908-665-0046 to sign up.

SUMMER TRIPS

The NPSCC is offering several exciting excursions for you to enjoy this summer. On Thursday, July 18th, we will be taking a trip to see a Somerset Patriots baseball game. Cost is \$10. See Christine Napolitano.

On Thursday, August 15th, we'll be returning to the Airport Café to enjoy delicious food and delightful friends while watching planes take off and land. Cost is \$2 plus the cost of lunch.

On Wednesday, August 28th, we're off to the Jefferson House at Lake Hopatcong for a Luau that includes food, entertainment, and a narrated boat tour. Cost is \$40.

Tickets for the August trips go on sale July 10th.

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

NPML Summer Reading Program – A Universe of Stories. Adults can track their reading activities to earn raffle tickets for a prize basket. June 19 – July 31.

Knitting/Crocheting Group - Drop by the Coddington room with a knitting, crocheting or other fiber art project to work on. Mon., July 1 & 15, 7:00pm

Baseball Discussion Group - Baseball fans are invited to come talk about their favorite teams and players, or just listen. Mon., July 8, 7:00pm.

Quilt Events

Documentary Film: Common Threads, July 11, 3 & 7PM

Quilting Basics: Putting the Pieces Together, July 16, 7 PM

Documentary Film: A Century of Quilts, July 25, 3 & 7 PM

NEW PROVIDENCE BOROUGH

Independence Day Celebration – Entertainment, “Chalk on South”, and fun for the whole family. Fireworks begin at approximately 9:30pm. Wednesday, July 3, 7:00pm. Rain date is Friday, July 5.

Free Summer Concert Series – Music and entertainment at Centennial Park. Free hot dogs and ice cream.

- West Morris Community Band, Thurs., Jul 18, 7:00pm
- Kinderhook, Thurs., Jul 25, 7:00pm
- Asbury Fever, Thurs., Aug 1, 7:00pm
- Elefante Family Band/NJ Jazz Academy/National Night Out, Tues., Aug 6, 6:00pm

AMERICAN LEGION

No information available as of date of publication.

NEW PROVIDENCE COMMUNITY POOL

The New Providence Community Pool offers a reduced Senior Citizen Rate of \$110 with no Capital Contribution required. Must show proof of 62+ age.

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

The Tuesday movies have closed captioning.

Tuesdays at 1:00pm

July 2 – *The Upside*

July 9– *The Mule*

July 16– *On the Basis of Sex*

July 23– *Vice*

July 30 – *Isn't It Romantic?*

Foreign Films

Weds., July 3, 1:00pm – *Capernaum (In Arabic and Amharic with English subtitles)*

Mon., July 22, 7:00pm – *Stefan Zweig: Farewell to Europe (In German, English, Portuguese, French and Spanish with English subtitles)*

RUBBER DUCKY RACE RESULTS

This year's Rubber Ducky Race was held on Saturday, June 8th. We want to thank everyone who purchased adoption tickets. A tremendous thank you again goes to Nancy Audet (daughter of Jack and Connie Spencer) who sold 400 tickets. Nancy continues to follow in her father's footsteps by supporting the Medical Alert Program of the Berkeley Heights Rotary Club. This program provides peace of mind to residents of New Providence and Berkeley Heights, who because of age or illness, need ready access to a help line at a reduced rate. As a participating organization in the Rubber Ducky Race, the NPSCC receives a rebate of half the ticket price. The revenue from this year's ticket sales will net the Club approximately \$1,600.00 which will be used to fund Club events/programs. Thank you one and all!

A Nation's Strength

By Ralph Waldo Emerson

What makes a nation's pillars high
And its foundations strong?
What makes it mighty to defy
The foes that round it throng?

It is not gold. Its kingdoms grand
Go down in battle shock;
Its shafts are laid on sinking sand,
Not on abiding rock.

Is it the sword? Ask the red dust
Of empires passed away;
The blood has turned their stones to rust,
Their glory to decay.

And is it pride? Ah, that bright crown
Has seemed to nations sweet;
But God has struck its luster down
In ashes at his feet.

Not gold but only men can make
A people great and strong;
Men who for truth and honor's sake
Stand fast and suffer long.

Brave men who work while others sleep,
Who dare while others fly...
They build a nation's pillars deep
And lift them to the sky.

BOOK REVIEW

by Therese Dalton

"A Woman Is No Man: A Novel"

by Etaf Rum

This book was fascinating to me. Some pages were difficult to read, but mostly it was a glimpse into the Palestinian culture and how women are viewed and treated. I am grateful to have grown up in the United States. Below is a summary from Goodreads:

In Brooklyn, eighteen-year old Deya is starting to meet with suitors. Though she doesn't want to get married, her grandparents give her no choice. History is repeating itself: Deya's mother, Isra, also had no choice when she left Palestine as a teenager to marry Adam. Though Deya was raised to believe her parents died in a car accident, a secret note from a mysterious, yet familiar-looking woman makes Deya question everything she was told about her past. As the narrative alternates between the lives of Deya and Isra, she begins to understand the dark, complex secrets behind her fragile community.

Set in an America that may feel removed yet is all too close at hand, *A Woman is No Man* is both a gripping page-turner and an intimate family portrait.

JULY FACTS

Birthstone: Ruby & Onyx

Flower: Larkspur & Water Lily

Zodiac Signs: Cancer (June 21 – Jul 22) & Leo (July 23 – Aug 22)

Holidays and Observances:

Independence Day – July 4

National Lasagna Day – July 29

SAGE ELDERCARE

SAGE (Summit area Association for Gerontological Endeavor) Eldercare is a nonprofit organization committed to providing programs and services to meet the changing needs of older adults, their families, and caregivers. The Borough of New Providence has contracted with SAGE and their services are available to all New Providence residents. Kathy Larkin, LCSW, the liaison for New Providence residents, may be reached at 908-598-5509.

NEW PROVIDENCE SENIOR CITIZENS CLUB

~ July 2019 ~

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
June 30	1 8:30 In Control 11:00 Newsletter Meeting 11:00 Chair Yoga 12:30 Bridge	2 9:00 Bus to ShopRite 9:45 <u>NO</u> Balance & Conditioning 11:00 Communications Crew 12:00 Knitting Group 1:00 Tai Chi w/Ayriel 2:00 Converse Italian 3:00 Beginners Italian	3 CENTER OPEN <u>NO</u> Meeting or Bingo 7:00pm Independence Day Celebration @ South Street	4 CENTER CLOSED  Happy 4th of July!	5 CENTER CLOSED	6
7	8 8:30 In Control 11:00 Newsletter Meeting 11:00 Chair Yoga 12:30 Bridge	9 9:00 Bus to ShopRite 9:45 Balance & Conditioning 10:00 Activities Meeting 12:00 Knitting Group 1:00 Tai Chi w/Ayriel 2:00 Converse Italian	10 Happy Birthdays! 9:30 Blood Pressure 10:00 Bus to Club 11:00 Meeting – “Car Fit and Senior Safety” 12:30 Bingo - Chatham Hills	11 9:30 Fit & Healthy Exercise 11:00 Exercises for Arthritis 12:30 Duplicate Bridge 12:30 Mah Jongg	12 9:00 Bus to Blue Star 9:15 Zumba 10:00 Bridge 10:30 Wizard Card Game 12:30 Pizza Bingo	13
14	15 8:30 In Control 11:00 Newsletter Meeting 11:00 Chair Yoga 12:30 Bridge	16 9:00 Bus to ShopRite 9:45 Balance & Conditioning 10:45 Book Club 12:00 Knitting Group 1:00 Tai Chi w/Ayriel 2:00 Converse Italian 3:00 Beginners Italian	17 9:30 Blood Pressure 10:00 Bus to Club 11:00 Meeting – “Health Benefits of Smoothies” 12:30 Bingo	18 9:30 Fit & Healthy Exercise 10:00 Somerset Patriots Baseball Game Trip** 10:30-12:30 Car Fit Assessments*** 11:00 Exercises for Arthritis 12:30 Duplicate Bridge 12:30 Mah Jongg 7:00pm Summer Concert @ Centennial Park	19 9:00 Bus to Mall 9:15 Zumba 10:00 Bridge 10:30 Wizard Card Game 12:30 <u>NO</u> Pizza Bingo	20
21	22 8:30 In Control 9:00-2:00 AARP Smart Driver Course* 11:00 Newsletter Meeting 11:00 Chair Yoga 12:30 Bridge	23 9:00 Bus to ShopRite 9:45 Balance & Conditioning 12:00 Knitting Group 1:00 Tai Chi w/Ayriel 2:00 Converse Italian	24 9:30 Blood Pressure 10:00 Bus to Club 11:00 Meeting – Celebrity Trivia 12:30 Bingo	25 9:30 Fit & Healthy Exercise 11:00 Exercises for Arthritis 12:30 Partner Bridge 12:30 Mah Jongg 7:00pm Summer Concert @ Centennial Park	26 9:00 Bus to Mall 9:15 Zumba 10:00 Bridge 10:30 Wizard Card Game 12:30 Pizza Bingo	27
28	29 8:30 In Control 11:00 Newsletter Meeting 11:00 Chair Yoga 12:30 Bridge 1:00 Creative Writing*	30 9:00 Bus to ShopRite 9:45 Balance & Conditioning 12:00 Knitting Group 1:00 Tai Chi w/Ayriel 2:00 Converse Italian 3:00 Beginners Italian	31 9:30 Blood Pressure 10:00 Bus to Club 11:00 Meeting – Author Chat with Steven Knapp 12:30 Bingo	Aug 1 9:30 Fit & Healthy Exercise 11:00 Ageless Grace* 12:30 Partner Bridge 12:30 Mah Jongg 7:00pm Summer Concert @ Centennial Park	Aug 2 9:00 Bus to Mall 9:15 <u>NO</u> Zumba 10:00 Bridge 10:30 Wizard Card Game 12:30 <u>NO</u> Pizza Bingo	Aug 3

*Sign up in advance

**Purchase ticket in advance

***Schedule appointment in advance