

# New Providence Senior Citizens Newsletter

## "Good things happen here!"

AUGUST 2019



Vol. 19, No. 8



### COORDINATORS CORNER

"Never regret a day in your life: good days give happiness, bad days give experience, worst days give lessons, and best days give memories." - Anonymous

**This year we are OPEN in August, and we have LOTS going on.**

I want to personally thank Maureen Connors for her many hours serving as the Sunshine Lady. Maureen has a gift of hospitality and caring about others that she shared with all of us. It's a blessing to have Maureen be a part of the club. And I know we will have a smooth transition and look forward to working with Diane Melinis who has diligently filled in for Maureen during the winter.

We have 2 speakers in August that I would like to highlight:

- Professor Bill Dunscombe on Wednesday, August 7<sup>th</sup> will preview his "Select Topics in Biology and Life Science" class. Professor Dunscombe is fabulous!
- Keenan Lee on Wednesday, August 14<sup>th</sup> will share members' memories about the club. Please invite your family and friends to listen and share in memories.

### Stayed Tuned for September Events:

- "Bring a Friend" meeting on Wednesday, September 11<sup>th</sup>
- After Hours BBQ on Thursday, September 12<sup>th</sup>
- Welcome Back Country Western Picnic on Wednesday, September 25<sup>th</sup>
- Biology Class begins in September.

### THANK YOU...

- Ron Esposito from AAA for the informative "Car Fit and Senior Driver Safety" presentation and Ron and his team for the assessments.
- Nicole Gates from Brandywine for the "Health Benefits of Smoothies" presentation and for the delicious samples.
- Harry Kundrat for challenging us with Celebrity Trivia.
- Steven Knapp for the wonderful presentation on his book, "The Bones of Saint Pierre".
- Howard Gottlieb for the great "AARP Smart Driver Course".
- Coldwell Banker in Summit for providing July's birthday cake!
- Maureen Connors for her past service as our Sunshine Lady and Diane Melinis for volunteering to serve in the future.

### 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)

#### Hours

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

#### Center Co-Coordinators

Therese Dalton  
Michelle Zack

#### Public Health Nurse

Jenn Aranda

#### Bus Service

- ShopRite - Tuesday mornings (call the center 8:30 - 9:00am).
- Club Meetings - Wednesday mornings (call the center by 10:00am).
- Livingston Mall or Blue Star Mall - Friday mornings (call the center 8:30 - 9:00am).

## 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.

- **Thurs., Aug 1, 11:00am: Ageless Grace** – Brain health fitness class. Please 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, 10:00am: Technology Help** – A local high school student will provide one-on-one assistance. Bring your devices.
- **Wed., Aug 7, 11:00am: Meeting** – Professor Bill Dunscombe will preview his “**Select Topics in Biology and Life Sciences**” class for seniors which will return to the Center on Mondays beginning in September.
- **Thurs., Aug 8, 11:00am: Ageless Grace** – Brain health fitness class. Please sign up in advance.
- **Thurs., Aug 8, 12:30-2:30pm: Seniors Citizens Lunch at the Pool** - Enjoy a yummy lunch and wonderful entertainment at the New Providence Community Pool. Advance sign up for the event and for bus transportation is required. The bus leaves the center at 12:15pm. Rain date is Friday, August 9.
- **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 “**People and Stories of NPSCC**” recordings. We will also celebrate birthdays.
- **Thurs., Aug 15, 11:00am: Ageless Grace** – Brain health fitness class. Please sign up in advance.
- **Thurs., Aug 15, 11:30am: Airport Café Trip** – Enjoy delicious food and delightful friends while watching planes take off and land. Cost is \$2 plus the cost of lunch. Tickets are on sale now!

**The Center is closed on Wednesday, August 21<sup>st</sup>.**

- **Wed., Aug 21, 12:00noon: BBQ @ Spring Grove** - Great food! Live music! Seniors and their families are welcome. Cost: FREE. See Therese or Michelle for tickets. **Parking for cars may not be available. Play it safe and take the bus from the Center.** The bus leaves at 11:45am.
- **Thurs., Aug 22, 11:00am: Ageless Grace** – Brain health fitness class. Please sign up in advance.
- **Wed., Aug 28, 9:45am: Jefferson House Luau Trip** – Great view, great food and great company. Includes live entertainment. Cost: \$40. See article on page 3. No meeting, bingo, or blood pressure readings.
- **Thurs., Aug 29, 11:00am: Ageless Grace** – Brain health fitness class. Please sign up in advance.

**The Center is closed Friday, August 30<sup>th</sup>.**

- **Wed., Sept 4, 11:00am: Meeting** – Professor S. Ananthakrishnan, a Club member and astronomy professor, will give a presentation about “**The Sun and Our Solar System – the Mysteries and Excitement**”.
- **Wed., Sept 11, 11:00am: Meeting** – **Club Day and “Bring a Friend” Day.** Stay tuned for details. Come socialize and enjoy refreshments. We will celebrate September birthdays. Chatham Hills will call bingo!
- **Wed., Sept 18, 11:00am: Meeting** – Carol Brush from Horizon Blue Cross/Blue Shield will give a presentation on “**Healthier Eating**” and provide free samples of nutritious foods.
- **Wed., Sept 25, 12:00noon: Welcome Back Country Western Picnic** – Come celebrate the beginning of another great year at the NPSCC. There’ll be plentiful food and wonderful entertainment. Cost: \$18.

**AGELESS GRACE**

Ageless Grace, a brain health fitness program, returns on August 1<sup>st</sup> for a five-week session. This program is free to NPSCC members and to New Providence seniors. There is a \$5 charge per session for non-residents. Please sign up in advance.

**SPRING GROVE BBQ**

In honor of National Senior Citizens Day, Spring Grove Rehabilitation & Healthcare Center is hosting a free barbecue at their facility on Wednesday, August 21<sup>st</sup> from 12noon–2:00pm. Enjoy great food, live music, and the company of family and friends.

Due to limited parking, those attending are asked to take the bus from the Center. The bus will leave at 11:45am. See Therese or Michelle for tickets.

**JEFFERSON HOUSE HAWAIIAN LUAU TRIP**

*Aloha!! Come try out your hula & compete for the best Hawaiian outfit. Attend a luau complete with Teriyaki Pork Loin, Hawaiian Pineapple-glazed Ham, Coconut Chicken, Polynesian Ravioli, Vegetable, Potato and Dessert. Features beer, wine and soda from noon-3pm. This trip promises to be an unforgettable afternoon that combines good company, great food, and a fun trip to the lake.*

*Date: Wednesday, August 28, 9:45am. Cost \$40. Buy your ticket before the Wednesday meetings or from Therese or Michelle.*

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

**Art Reception** – A reception for artist Anne Klingenburg whose exhibit of scenic views, “Inspirations 44”, is on view through the end of August. Sat., Aug 3 @ 2pm.

**Knitting/Crocheting Group** - Drop by the Coddington room with a knitting, crocheting or other fiber art project to work on. Mon., Aug 5 & 19 @ 7pm

**Creative Greeting Cardmaking** – A great way to beat the heat and make beautiful and creative cards for all occasions. Registration required\*. Sat., Aug 10 @ 10am.

**Hummingbirds** – Wild Birds Unlimited’s education coordinator, Pete Axelrod, will present a program on hummingbirds. This program begins with an investigation of the common attributes of the over 320 distinct species of hummingbirds and then delves more deeply into the life and habits of the Ruby-Throated Hummingbird, the only hummingbird native to New Jersey. Registration required\*. Thurs., Aug 15 @ 7pm.

\*E-mail npmlref@yahoo.com or sign up online at <https://register.communitypass.net/new/providence>.

**NEW PROVIDENCE BOROUGH**

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

- Asbury Fever, Thurs., Aug 1, 7:00pm
- Elefante Family Band/NJ Jazz Academy/National Night Out, Tues., Aug 6, 6:00pm

**AMERICAN LEGION POST**

Save the Date: Legion Games, Friday, September 20<sup>th</sup>, 7:00-9:00pm. Proceeds to benefit Post 433. Cost: \$15

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

The Tuesday movies have closed captioning.

**Tuesdays at 1:00pm**

August 6 – *Hotel Mumbai*  
 August 13 – *Destroyer*  
 August 20 – *Greta*  
 August 27 – *Welcome to Marwen*

**Foreign Films**

Weds., August 7, 1:00pm – *The Band’s Visit* (In Hebrew, Arabic and English with English subtitles)  
 Mon., August 26, 7:00pm – *Wedding in Galilee* (In Arabic, Hebrew and Turkish with English subtitles)

### SUMMER HEAT TIPS

High temperatures along with humidity can be expected during the summer month which can put you at risk for a heat related illness. Here are some tips to make sure you stay safe and cool during the summer heat.

- Be aware of the weather forecast so you know when the temperature will be high.
- Stay in a place where there is air conditioning. Cover your windows with curtains or shades. Take a cool bath or shower.
- If you don't have air conditioning at home, go to a place where there is air-conditioning. Some options are the De Corso Center or the NP Public Library.
- Hot cars can be very dangerous. Do not stay in the car even if the windows are rolled down.
- Stay well hydrated by drinking plenty of water or other liquids that are non-alcoholic and decaffeinated.
- Wear clothes that are lightweight, light colored and loose fitting. If you are going outside, wear a wide brimmed hat, sunglasses and sunscreen.
- Avoid being outdoors during the hottest time of the day which is from 11:00am to 3:00pm.
- Limit your oven and stove use on really hot days.
- Check on friends, neighbors, family, and pets. Have someone check on you, too!

### SAGE ELDERCARE

SAGE 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.

### BOOK REVIEW

by Therese Dalton

*"The Wright Brothers"*

by David McCullough

Some NPSCC book club members wanted to read this book and I'm glad they did. I do not read biographies often but this one read like a story. It inspired a great conversation at the book club. Here is a partial summary from Amazon (and everyone is welcome to join our book club discussions!):

"On a winter day in 1903, in the Outer Banks of North Carolina, two unknown brothers from Ohio changed history. But it would take the world some time to believe what had happened: the age of flight had begun, with the first heavier-than-air, powered machine carrying a pilot.

Far more than a couple of unschooled Dayton bicycle mechanics who happened to hit on success, they were men of exceptional courage and determination, and of far-ranging intellectual interests and ceaseless curiosity, much of which they attributed to their upbringing. The house they lived in had no electricity or indoor plumbing, but there books aplenty, supplied by their preacher father, and they never stopped reading.

When they worked together, no problem seemed to be insurmountable. Wilbur was unquestionably a genius. Orville had such mechanical ingenuity as few had ever seen.

In this thrilling book, master historian David McCullough draws on the immense riches of the Wright Papers to tell the human side of the Wright Brothers' story, including the little-known contributions of their sister, Katharine."

### AUGUST FACTS

Birthstone: Peridot

Flower: Poppy & Gladiolus

Zodiac Signs: Leo (July 23 – Aug 22) & Virgo (Aug 23 - Sep 22)

Holidays and Observances:

Purple Heart Day – August 7

World Indigenous Peoples Day – August 9

Int'l. Left-Handers Day – August 13

Senior Citizens Day – August 21

## NEW PROVIDENCE SENIOR CITIZENS CLUB

**~ August 2019 ~**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
July 28	July 29 8:30 In Control <b>11:00 Newsletter Meeting</b> 11:00 Chair Yoga 12:30 Bridge <b>1:00 Creative Writing<sup>1</sup></b>	July 30 9:00 Bus to ShopRite <sup>4</sup> 9:45 Balance & Conditioning 12:00 Knitting Group 1:00 Tai Chi w/Ayriel 2:00 Converse Italian	July 31 9:30 Blood Pressure 10:00 Bus to Club <sup>5</sup> <b>11:00 Meeting – Author Chat with Steven Knapp</b> 12:30 Bingo	1 <b>11:00 Ageless Grace<sup>1</sup></b> 12:30 Partner Bridge 12:30 Mah Jongg <b>7:00pm Summer Concert @ Centennial Park</b>	2 9:00 Bus to Mall <sup>4</sup> 9:15 <u>NO</u> Zumba 10:00 Bridge 10:30 Wizard Card Game 12:30 <u>NO</u> Pizza Bingo	3
4	5 <b>11:00 Newsletter Meeting</b> 11:00 <u>NO</u> Chair Yoga 12:30 Bridge <b>1:00 Creative Writing<sup>1</sup></b>	6 9:00 Bus to ShopRite <sup>4</sup> 9:45 Balance & Conditioning <b>11:00 Communication Crew</b> 12:00 Knitting Group 1:00 Tai Chi w/Ayriel 2:00 Converse Italian <b>6:00pm Summer Concert @ Centennial Park</b>	7 10:00 Bus to Club <sup>5</sup> <b>10:00 Technology Help</b> <b>11:00 Meeting – "Select Topics in Biology and Life Sciences"</b> 12:30 Bingo	8 <b>11:00 Ageless Grace<sup>1</sup></b> <b>12:30 Seniors Day at the Pool<sup>1</sup></b> 12:30 Duplicate Bridge 12:30 Mah Jongg	9 9:00 Bus to Blue Star <sup>4</sup> 9:15 Zumba 10:00 Bridge 10:30 Wizard Card Game 12:30 Pizza Bingo	10
11	12 <b>11:00 Newsletter Meeting</b> 11:00 Chair Yoga 12:30 Bridge <b>1:00 Creative Writing<sup>1</sup></b>	13 9:00 Bus to ShopRite <sup>4</sup> 9:45 Balance & Conditioning <b>10:00 Activities Meeting</b> 12:00 Knitting Group 1:00 Tai Chi w/Ayriel 2:00 Converse Italian	14 Happy Birthdays! 9:30 <u>NO</u> Blood Pressure 10:00 Bus to Club <sup>5</sup> <b>11:00 Meeting – "Record of a Life" &amp; "People and Stories of NPSCC"</b> 12:30 Bingo - Chatham Hills	15 <b>11:00 Ageless Grace<sup>1</sup></b> <b>11:30 Airport Café Trip<sup>2</sup></b> 12:30 Duplicate Bridge 12:30 Mah Jongg	16 9:00 Bus to Mall <sup>4</sup> 9:15 Zumba 10:00 Bridge 10:30 Wizard Card Game 12:30 <u>NO</u> Pizza Bingo	17
18	19 <b>11:00 Newsletter Meeting</b> 11:00 Chair Yoga 12:30 Bridge	20 9:00 Bus to ShopRite <sup>4</sup> 9:45 Balance & Conditioning <b>10:45 Book Club</b> 12:00 Knitting Group 1:00 Tai Chi w/Ayriel 2:00 Converse Italian	21 <b>CENTER CLOSED</b> 11:45 Bus to Spring Grove <b>12:00 Spring Grove BBQ<sup>2</sup></b>	22 <b>11:00 Ageless Grace<sup>1</sup></b> 12:30 Partner Bridge 12:30 Mah Jongg	23 9:00 Bus to Mall <sup>4</sup> 9:15 Zumba 10:00 Bridge 10:30 Wizard Card Game 12:30 Pizza Bingo	24
25	26 <b>11:00 Newsletter Meeting</b> 11:00 Chair Yoga 12:30 Bridge	27 9:00 Bus to ShopRite <sup>4</sup> 9:45 Balance & Conditioning 12:00 Knitting Group 1:00 Tai Chi w/Ayriel 2:00 Converse Italian	28 9:30 <u>NO</u> Blood Pressure 11:00 <u>NO</u> Meeting or Bingo <b>11:00 Jefferson House Luau Trip<sup>2</sup></b>	29 9:30 Fit & Healthy Exercise <b>11:00 Ageless Grace<sup>1</sup></b> 12:30 Bridge 12:30 Mah Jongg	30 <b>CENTER CLOSED</b>	31

<sup>1</sup>Sign up in advance

<sup>2</sup>Get ticket in advance

<sup>3</sup>Schedule appointment in advance

<sup>4</sup>Call between 8:30 - 9:00am

<sup>5</sup>Call before 10:00am