

# New Providence Senior Citizens Newsletter

JULY 2014

Volume 14, Issue 7



## COORDINATOR'S CORNER

- Summer is in full swing! Take advantage of these great July NP events!
  - On Thursday July 3 at 7PM, NP celebrates Independence Day with activities and entertainment on South Street, including music and street chalk drawing for children. The fireworks, sponsored by Investors Bank, will be shot off from the OLP athletic fields at 9:30PM and will be viewable from many areas in and around downtown.
  - Concerts in Centennial Park will be held on the three remaining Thursdays in July at 7:30PM and will include face painting and a magician, free hot dogs from Prestige Diner and ice cream from Zita's. Bring a lawn chair and enjoy the musical entertainment: July 10/1910 Fruitgum Company, July 17/The David Cedeno Band and July 24/Cindy Gelormini.
  - The Farmer's Market is held on Wednesdays from noon–6PM in the Presbyterian Church parking lot. Support local farmers and vendors who have a wide variety of fruits, vegetables and delicacies to offer!
- Get an professional-like baseball experience without the professional sports price! See the Somerset Patriots play the Sugar Land Skeeters on Friday, July 11. The \$10 per person cost covers transportation to/from the game, your ticket and a fireworks show following the game.
- The Trustees recently selected NPHS senior Zain Stedman as this year's Edward Lieder Scholarship winner. He has been invited to join us at our picnic on Wednesday, July 16 to express his thanks. We hope many of you are able to congratulate him!
- Remember, our exercise instructors take a break for all of August, and the center is closed for the last two weeks in August. Why don't you tell us what you would like to do in the fall? Maybe we can make it happen!

### SUMMER CENTER CLOSINGS

- The center will close at 2:30PM on Fridays in July & August.
- It will be closed on **Thursday, July 3 & Friday July 4** for Independence Day, and from **Monday, August 18—Monday, September 2** for summer break.

**THANK  
YOU**

- NP students performed at several meetings this school year. Thanks to them, their teachers and the Board of Education for treating us to their musical talents.
- Thanks to Maureen Parker who, with our volunteers, has edited our newsletter for the last five years. She helped "publish" it and has been a good partner. We wish her well in her career new career. Good luck!
- Thanks to Christine and Phyllis for starting a DVD series for our listening and watching pleasure. If you want this to continue, let them know!

## NP SENIOR CITIZENS CENTER

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

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

*A welcoming place for  
New Providence residents,  
ages 55 and up, to gather  
and to enjoy events,  
programs and each other.*

**Center Coordinator**  
Peggy Brodeur

**Hours**  
Mondays: 10 AM-4 PM  
Tuesdays-Fridays:  
9:45 AM-4 PM

## NP SENIOR CITIZENS CLUB

*An organization dedicated  
to providing social &  
enriching activities & events for  
New Providence seniors.*

**Trustees**  
Chair: Maxine Hirsch  
Pat Connolly,  
Kay DeMarco, Enid Doyle,  
Carolyn Foran, Rosalie Hamaty,  
Jean Holmes, Ed Len,  
Grace Parlapiano, Rosemarie  
Sommo & Doris Velez

**Club Officers**  
President: Christine Napolitano  
Vice Pres.: Harry Kundrat  
Treasurer: Sal Ligammary  
1st Treasurer: Clara DelMonte  
2nd Treasurer: Delores Felezzola

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

## TRIPS, ACTIVITIES & MEETINGS

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

*Please visit or call the center at 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!



**Wed. July 2 / 9AM: Mind Balance Maintenance Class**—Yasmin Ofek teaches this body awareness and balance class. Be less fearful of falling and more knowledgeable about how your body moves.  
**11AM: Meeting**—Maestro Maull of The Discovery Orchestra presents “Bach to the Future”, an interactive lecture featuring Brandenburg Concerto No. 4, movement 3.



**Thu. July 3 & Fri. July 4: CENTER CLOSED for Independence Day**—July 3 downtown events start at 7PM, including activities for kids and entertainment, capped off with fireworks at 9:30PM.



**Wed. July 9 / 11AM: Meeting**—A representative from King James in Chatham will speak about their long and short term rehab services.



**Fri. July 11 / 6PM: Somerset Patriots Baseball Game**—Watch the Patriots take on the Sugar Land Skeeters at TD Bank Park. Post-game fireworks, too! Must register in advance. Cost: \$10.



**Wed. July 16 / Noon: Annual Picnic (No Meeting)**—Party Western style with music, Contra dance and finger lickin’ good food from Elmer’s. Wear your hat and boots! Cost: \$14.



**Fri. July 18 / Noon: Remember When...**—Jennie leads a discussion on jobs we held—the good, the bad and the ugly! There may be some discussion on New Jersey, too. Bring lunch, or purchase pizza for \$1.75/slice. Register in advance.



**Wed. July 23 / 11AM: Meeting**—Samantha Caruso from Pearle Vision tells us about their services, including coupons, exams and transportation to/from their store.



**Wed. July 30 / 11AM: Meeting**—Club Day! What are your hobbies and interests? Bring them in or at least tell us about them!



**Wed. Aug. 6 / 11AM: Meeting**—Maestro Maull instructs us on Vivaldi’s Four Seasons with his presentation “Summer a la Vivaldi”.



**Wed. Aug. 13 / Noon: Annual Luau (No Meeting)**—Have fun with a Hawaiian flare. Enjoy a catered lunch by Elmer’s and entertainment. Must purchase ticket in advance. Cost: \$14.



**Thu. Aug. 14 / 2-4:30PM: Seniors Day at the Pool**—The New Providence Community Pool Board welcomes seniors for a free afternoon of relaxation, swimming, snacks and entertainment.



**Mon. Aug. 18—Mon. Sep. 2: CENTER CLOSED for summer break.**



**Tue. Aug. 19 / 10AM-6PM: Trip to Mt. Airy Resort**—Take the bus to this beautiful destination for a day of gaming. Must register in advance. Cost: \$20.



**Wed. Aug. 27 / 8AM-4:30PM: River Lady Cruise Trip**—Enjoy a mid-day meal and cruise on the calm Toms River and Barnegat Bay on River Lady, an authentic reproduction of an 85 foot paddle wheel riverboat. Complete the day with a stop at the Point Pleasant Beach board walk. Must register in advance. Cost: \$42.



## MOVIE MARQUEE

### JULY MOVIES AT THE NP MEMORIAL LIBRARY

#### Tuesdays at 9:30AM & 2PM

- July 1—*3 Days to Kill*
- July 8—*Gambit*
- July 15—*Austenland*
- July 22—*Lone Survivor*
- July 29—*Winter's Tale*

#### Foreign Films with English Subtitles

- Thu. July 3 at 2PM and Tue. July 8 at 7PM—*The Lunchbox* (Hindi & English)
- Tue. July 22 at 6:30PM—*La Rafle* (French, German and Yiddish)



## TRY YOUR HAND AT SOME GAMES!

There is a lot of "gaming" going on at the center on Thursdays, and those who play are looking for some new friends to join them. All groups encourage friendly, non-competitive play. It's fun, not cut-throat!

**Scrabble** moves for the summer to Thursdays at 1PM in the solarium. Don't be intimidated! Players may use a dictionary and are even provided with a list of two-letter words.

**Mahjong** is also played on Thursdays at 1PM, but in the center's bright library. Instruction is included.

Prefer cards to tiles? Then try bridge! **Duplicate and Partner Bridge** occur on alternating Thursdays in the card room at 12:30PM. Check the calendar for the schedule.

If you need **Bridge instruction**, stop by the card room on Mondays at 11AM, and Joe Masino will teach you the basics. The **Bridge group** meets after the lessons at 12:30PM. See Bill Wehrle for more information.

Like **Bingo**? Play on Wednesdays after the meetings and on Fridays after the Livingston Mall trip. Enjoy it Fridays with a slice of pizza (\$1.75) until after 2PM. \$1.00 for 2 boards!

If **Pinochle, Rubi Cube, Dominoes, Canasta or Left, Right, Center** is more your game, sign-up and tell us which day is best, and work with us to find some folks to play. Just let us know, and we will make it work!

## Remember to Forget

Always remember to forget  
The things that made you sad.  
But never forget to remember  
The things that made you glad.

Always remember to forget  
The friends that proved untrue.  
But never forget to remember  
Those that have stuck by you.

Always remember to forget  
The troubles that passed away.  
But never forget to remember  
The blessings that come each day.

*Author Unknown*

## TICK REMOVAL INSTRUCTIONS FROM THE CDC



If you find a tick attached to your skin, there's no need to panic. There are several tick removal devices on the market, but a plain set of fine-tipped tweezers will remove a tick quite effectively.

### How to remove a tick

1. Use fine-tipped tweezers to grasp the tick as close to the skin's surface as possible.
2. Pull upward with steady, even pressure. Don't twist or jerk the tick; this can cause the mouth-parts to break off and remain in the skin. If this happens, remove the mouth-parts with tweezers. If you are unable to remove the mouth easily with clean tweezers, leave it alone and let the skin heal.

After removing the tick, thoroughly clean the bite area and your hands with rubbing alcohol, an iodine scrub, or soap and water.

Avoid folklore remedies such as "painting" the tick with nail polish or petroleum jelly, or using heat to make the tick detach from the skin. Your goal is to remove the tick as quickly as possible--not waiting for it to detach.

## AGING TIPS

Forget the health food.  
You need all the preservatives you can get.

God grant me the serenity to forget the  
people I never liked anyway...  
The good fortune to run into the ones I do...  
And the eyesight to tell the difference!

I am sitting here thinking how nice it is  
that wrinkles don't hurt.

If I knew I was going to get this old  
I would have taken better care of myself  
when I was young.

If you laugh a lot when you get older  
your wrinkles will be in the right places.

July 2014

31

Monday	Tuesday	Wednesday	Thursday	Friday	Sat/Sun
9:00am BUS to Shoprite 9:45am Exercise w/MIKE 11:00am TENNIS w/ DICK 1:00pm TaiChi w/AYRIEL 2:00pm CONVERSE Italian	July 1 9:00am CLASS: Mind/Balance Maintenance 10:00am BUS to CLUB 11:00am MEETING: Maestro MAULL 12:30pm BINGO & Cards	2 BACH to the Future 9:00am CLASS: Mind/Balance Maintenance 10:00am BUS to CLUB 11:00am MEETING: Maestro MAULL 12:30pm BINGO & Cards	3 Independence Holiday (Center Clos) 7:30pm FIREWORKS in NP	3 HAPPY 4th of JULY	4
9:30am TRUSTEE Meeting 11:00am BRIDGE Instruction 11:00am NEWSLETTER 12:30pm BRIDGE 12:30pm IN Control	7 9:00am BUS to Shoprite 9:45am Exercise w/MIKE 10:00am ACTIVITIES Meeting 11:00am TENNIS w/ DICK 1:00pm TaiChi w/AYRIEL 2:00pm CONVERSE Italian 3:00pm BEGIN Italian	8 9:30am BloodPressureScreenin 10:00am BUS to CLUB 11:00am MEETING:King James 12:30pm BINGO & Cards	9 9:45am EXERCISEw/MYRIAM 12:30pm DUPLICATE Bridge 12:30pm SCRABBLE 1:00pm Mah Jongg	10 9:00am BUS to MALL 10:00am ZUMBA w/TONYA 12:30pm PIZZA BINGO 6:00pm PATRIOTS Baseball - \$12	11
10:00am Take Control Health 11:00am BRIDGE Instruction 11:00am NEWSLETTER 12:30pm BRIDGE 12:30pm IN Control	14 9:00am BUS to Shoprite 9:45am Exercise w/MIKE 11:00am TENNIS w/ DICK 1:00pm TaiChi w/AYRIEL 2:00pm CONVERSE Italian 2:00pm SETUP PICNIC	15 Western PICNIC \$14 11:00am BUS to Picnic 12:00pm PICNIC w/ Contra Dance & Karaoke Fun	16 9:45am EXERCISEw/MYRIAM 12:30pm DUPLICATE Bridge 12:30pm SCRABBLE 1:00pm Mah Jongg	17 9:00am FOUR CITIES BRIDGE 9:00am BUS to MALL 10:00am ZUMBA w/TONYA 12:00pm REMEMBERING JOBS w/Jennie 2	18
10:00am Take Control Health 11:00am BRIDGE Instruction 11:00am NEWSLETTER 12:30pm BRIDGE 12:30pm IN Control	21 9:00am BUS to Shoprite 9:45am Exercise w/MIKE 11:00am TENNIS w/ DICK 1:00pm TaiChi w/AYRIEL 2:00pm CONVERSE Italian 3:00pm BEGIN Italian	22 9:30am BloodPressureScreenin 10:00am BUS to CLUB 11:00am MEETING:Pearle Vision 12:30pm BINGO & Cards	23 9:45am EXERCISEw/MYRIAM 12:30pm PARTNER Bridge 12:30pm SCRABBLE 1:00pm Mah Jongg	24 9:00am BUS to MALL 10:00am ZUMBA w/TONYA 12:30pm PIZZA BINGO 1	25
11:00am BRIDGE Instruction 11:00am NEWSLETTER 12:30pm BRIDGE	28 9:00am BUS to Shoprite 9:45am Exercise w/MIKE 11:00am TENNIS w/ DICK 1:00pm TaiChi w/AYRIEL 2:00pm CONVERSE Italian	29 Hobbies & Interests	30 9:45am EXERCISEw/MYRIAM 12:30pm SCRABBLE 1:00pm Mah Jongg	31	