

New Providence

Senior Citizens Newsletter

January 2015

Volume 15, Issue 1



COORDINATOR'S CORNER

- Please remember that the **Center is closed when snow and ice cause the schools to be closed**. We do not want anyone to get hurt coming into the Center. Please call if you have any questions, 908-665-0046.
- Our new **Trustees and Club Officers** will be sworn in on Wednesday, January 7th. Thank you to our retiring Trustees: Doris Velez, and Enid Doyle. You have been good workers for the Club and we will continue to look to you for ideas. Congratulations to our new Trustees: Peggy MacNeal, Kathy Hendrickson, and Carolyn Foran who will surely continue to work for a strong NPSCC Club.
- Come join in the fun as we **de-decorate the center** on Sunday, January 11th. Help us take down our holiday decorations as we get ready for a new year.
- The **Activities Luncheon Meeting** will be held on Tuesday, January 13th. If you have any ideas for events, please bring them to the attention of the Committee.
- Enjoy the sounds of **Elementary Strings** and celebrate January Birthdays on Wednesday, January 14th at 11:00am.
- **Georgia Alexis from Morgan Stanley** will speak to us on Wednesday, January 21st at 11:00am about how to generate income. Wraps & salad for 50 will be provided by the Prestige Diner after the meeting. Be sure to sign up early.
- **"After Hours"** returns for its monthly get-together of empty-nesters and age 50+ friends on Thursday, January 22nd at 7:00PM. Enjoy some chili and good company on a cold winter night.
- **Union County College** class resumes on Monday, January 26th at 10:30am.
- Leo Piovano will give a presentation on **"The Life and Work of Leonardo Da Vinci"** on Wednesday, January 28th at 11:00am. Learn about this multi-talented Italian artist and inventor who has been described as the archetype of the Renaissance Man.

Thank you...

- David Aaron for leading us in a rousing game of "Name That Tune".
- NPSCC members who helped to craft favors for the Christmas Holiday Party and Joe Eberle, Anita Torsiello and Peggy MacNeal who added their own 'gifts' for our evening. Thanks, also, to the NPSCC members who addressed holiday cards on the following day for our inactive members!
- Christine Napolitano for planning the Christmas Holiday Dinner and a BIG THANK YOU to Santa for making an appearance. We must have been good!
- Brandywine Assisted Living for their Holiday Surprise presentation.
- Bill & Rita Wehrle for organizing a wonderful New Year's Eve Party.
- To the OLP Confirmation candidates and the volunteers who helped us decorate the center for the holidays. Special thanks to volunteer Georgia Alexis who with the Prestige Diner provided us with the yummy carrot cake and blueberry cheesecake.

NP Senior Citizens Club

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

Trustees

Chair: Maxine Hirsch
Pat Connolly, Kay DeMarco, Enid Doyle, Carolyn Foran, Rosalie Hamaty, Kathy Hendrickson, Jean Holmes, Ed Len, Peggy MacNeal, Grace Parlapiano, Doris Velez

Club Officers

President: Christine Napolitano
Vice Pres.: Harry Kundrat
Treasurer: Sal Ligammar
1st Treasurer: Clara DelMonte
2nd Treasurer: Delores Felezzola
Sergeant-at-Arms: Don Kern
Sergeant-at-Arms: Byron Wurst

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/seniorcenter

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

Center Coordinator
Peggy Brodeur

Hours
Mondays 10:00 – 4:00
Tuesdays-Fridays: 9:45 – 4:00

Newsletter Staff
Peggy Brodeur
Clara DelMonte
Kay deMarco
Barbara Koslap
Doris Velez

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 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!**

- **Mon., Jan 5, 9:30am: Center reopens. Opening Meeting of Trustees** – Current Trustee members and newly elected Trustee members make a smooth transitional change before Wednesday's Swearing-In.
- **Wed., Jan 7, 11:00am: Meeting** – See the newly elected Club Officers get sworn in at the Officers Inauguration.
- **Sun., Jan 11, 2:00pm: Center De-Decoration** – Join us as we take down our holiday decorations and get ready to start the new year with a clean slate.
- **Tues. Jan 13: 11:00: Activities Luncheon Meeting** - The Activities Committee will meet over lunch to discuss potential activities for 2015. If anyone has any ideas or suggestions for events, please bring them to the attention of the Committee so that our yearly plans can be made.
- **Wed., Jan 14, 11:00am: Meeting** – Enjoy the sounds of Elementary Strings and the celebration of January birthdays.
- **Wed., Jan 21, 11:00am: Meeting** – Georgia Alexis from Morgan Stanley will speak about income generating options and the 2015 markets. Prestige Diner will provide lunch for 50 after the meeting. Early sign up is a must.
- **Thurs., Jan 22, 7:00pm: "After Hours" Chili Night** - Take the chill off a cold winter's night while socializing with fellow "empty nesters" and other NP adults age 50+.
- **Mon., Jan 26, 10:30am: Union County College Class** resumes. Join us as Bill Dunscombe returns for another semester of "Selected Biology Topics".
- **Mon., Jan 26–Fri Apr 10, 10:30am to 3:30pm**: Call the center to schedule **Tax Preparation** appointments. Tax counselors will be available on Mondays & Saturdays from 9:00am to 3:00pm. 908-665-0046
- **Wed., Jan 28, 11:00am: Meeting** – Leo Piovano will present **"The Life and Work of Leonardo Da Vinci"**.
- **Wed., Feb 4, 11:00am: Meeting** – NPHS Musical Voices will serenade us and we will celebrate February birthdays.
- **Fri., Feb 6, 10:00-12:00pm: "Go Red for Women" Presentation** - Claire Boccia MD, a specialist in women's heart health, will give a presentation at Overlook Medical Center's Bouras Auditorium. Learn the different symptoms and treatment of heart disease for women vs. men. Registration is required, 1-800-247-9580.
- **Wed., Feb 11, 12:00-3:00pm: Valentine's Day Luncheon** – Come with your sweetheart or with friends to celebrate cupid's holiday. Catered by Bacci Italian Restaurant. Tickets to be purchased in advance. Cost: TBA. Check with Teresa Kropfl for details. Snow date February 12th.
- **Wed., Feb 18, 11:00: Meeting** – Topic to be announced.
- **Thurs., Feb 19, 12:15pm: "Remember When" Memorable Winter Storms** - Bring pictures and share stories about snowbound activities.
- **Wed., Feb 25, 11:00am: Chinese New Year's Luncheon** – Celebrate the year of the Sheep. Details to follow!

MOVIE MARQUEE

JANUARY MOVIES AT THE NP MEMORIAL LIBRARY

Tuesdays at 9:30am & 2:00pm

January 6 – *The Hundred Foot Journey*
 January 13 – *When the Game Stands Tall*
 January 20 – *Dolphin Tale 2*
 January 27 – *Magic in the Moonlight*

Foreign Films

- Thur., Jan. 8 at 2:00pm – *Offside* (*Persian and Farsi with English subtitles*)
- Tues., Jan. 27 at 7:00pm – *Women on the Verge of a Nervous Breakdown* (*Spanish with English subtitles*)

Union County Transport Service

The Union County Paratransit System offers a curb-to-curb transport service specializing in transportation of senior citizens (age 60 or older), persons with disabilities and/or economically disadvantaged residents of Union County. To learn more about this service and other resources for seniors, call 1-888-280-8226, 908-527-4870, or 908-527-4872 and request a copy of the "Resource Directory for Older Adults in Union County".

Pearls of Wisdom

- Look back to where you have been for a clue to where you are going.
- Worry enough to anticipate trouble but not so much as to bring it about.
- Melt the icy fingers of fear with the sunshine of hope.

January Facts

January is the first month of the year in the Julian and Gregorian calendars and one of seven months with the length of 31 days.

Holidays in January:

- National Soup Month ("Chili Night @ After Hours" on January 22nd)
- New Year's Day - January 1
- Martin Luther King, Jr. Day – Third Monday

Birthstone: Garnet

Flower: Carnation, Snowdrop

Zodiac Signs: Capricorn (Dec 22 – Jan 19) and Aquarius (Jan 20 – Feb 18)

Lessons we can learn from a snowman...

- Wearing white is always in style.
- Getting outside in winter is good for your health.
- It's fun just to hang out in your front yard.
- We're all made up of mostly water.
- Accessories don't have to be expensive.
- Don't get too much sun!
- If you're a little bottom heavy – hey, that's okay!
- You know you've made it when they write a song about you.
- If you look down and can't see your feet – you're probably not very active.



New Year's Resolutions

Think Positive

Try to adopt some positive resolutions such as writing down one positive thing a day or paying one compliment to yourself or someone else each day.

Don't Give Up

If you struggle with keeping your resolution, don't just quit. Take a step back and try again.

Be Realistic

Odds are that you're not going to be able to do everything that you wish you could in one year. So when you're creating your resolutions, keep in mind what you feel that you can realistically achieve.

Be Kind to Yourself

If you achieve your goals, celebrate. If you don't, go easy on yourself. It's a process.

Falling Snow



See the pretty snowflakes
Falling from the sky;
On the wall and housetops
Soft and thick they lie.

On the window ledges,
On the branches bare;
Now how fast they gather,
Filling all the air.

Look into the garden,
Where the grass was green;
Covered by the snowflakes,
Not a blade is seen.

Now the bare black bushes
All look soft and white,
Every twig is laden,
What a pretty sight!

Year's end is neither an end nor a beginning but a going on, with all the wisdom that experience can instill in us. ~Hal Borland

~ January 2015 ~						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
28 December CENTER CLOSED	29 December CENTER CLOSED	30 December CENTER CLOSED 9:00 Bus to Shoprite 2:00 Setup for Party	31 December 8:00 New Years Eve Party - \$10 	1 Happy New Year! CENTER CLOSED	2 CENTER CLOSED	3 CENTER CLOSED
4 CENTER CLOSED	5 CENTER REOPENS 9:30 Trustee Meeting 11:00 Newsletter 12:30 Bridge	6 9:00 Bus to Shoprite 9:45 Balance and Conditioning w/Mike 11:00 Tennis w/Dick 1:00 Tai Chi w/Ayriel 2:00 Converse Italian	7 10:00 Bus to Club 11:00 Officers Sworn In 12:30 Bingo & Cards	8 9:45 Fit & Healthy Exercise w/Myriam 12:30 Partner Bridge 1:00 Mah Jongg	9 9:00 Bus to Mall 10:30 Zumba w/Tonya 12:30 Pizza Bingo 1:00 Scrabble	10
11 2:00 De-Decorate Center Take Down the Decorations & Enjoy a Bite Together	12 11:00 Newsletter 12:30 Bridge	13 9:00 Bus to Shoprite 9:45 Balance and Conditioning w/Mike 10:00 Activities Meeting 11:00 Tennis w/Dick 1:00 Tai Chi w/Ayriel 2:00 Converse Italian 3:00 Beginning Italian	14 Happy Birthdays! 9:30 Blood Pressure 10:00 Bus to Club 11:00 Elementary Strings & Birthdays 12:30 Bingo & Cards	15 9:45 Fit & Healthy Exercise w/Myriam 12:30 Duplicate Bridge 1:00 Mah Jongg	16 9:00 Bus to Mall 9:00 Four Cities Bridge 10:30 Zumba w/Tonya 12:30 Pizza Bingo 1:00 Scrabble	17
18	19 11:00 Newsletter 12:30 Bridge	20 9:00 Bus to Shoprite 9:45 Balance and Conditioning w/Mike 11:00 Tennis w/Dick 1:00 Tai Chi w/Ayriel 2:00 Converse Italian	21 9:30 Blood Pressure 10:00 Bus to Club 11:00 Morgan Stanley Lunch 12:30 Bingo & Cards	22 9:45 Fit & Healthy Exercise w/Myriam 12:30 Duplicate Bridge 1:00 Mah Jongg 7:00 "After Hours" Chili Night	23 9:00 Bus to Mall 10:30 Zumba w/Tonya 12:30 Pizza Bingo 1:00 Scrabble	24
25	26 10:30 UC College Class 11:00 Newsletter 12:30 Bridge	27 9:00 Bus to Shoprite 9:45 Balance and Conditioning w/Mike 11:00 Tennis w/Dick 1:00 Tai Chi w/Ayriel 2:00 Converse Italian 3:00 Beginning Italian	28 10:00 Bus to Club 11:00 Life and Work of Leonardo Da Vinci 12:30 Bingo & Cards	29 9:45 Fit & Healthy Exercise w/Myriam 12:30 Partner Bridge 1:00 Mah Jongg	30 9:00 Bus to Mall 10:30 Zumba w/Tonya 12:30 Pizza Bingo 1:00 Scrabble	31