

New Providence

Senior Citizens Newsletter

JULY 2015

Volume 15, Issue 7



COORDINATOR'S CORNER

July will be another busy month at the NPSCC. Please take a look at the many activities and trips on page 2. A few of the activities require sign ups.

Please sign up for the following:

Thursday July 9 – 9-11am. Manor care will present Part 2 of “Health Care and Planning”. Breakfast will be served.

Friday July 10 – 10-12:30pm. Prevention Links will continue their workshop on “Chronic Care Control”. Lunch will be provided. If you attend 5 of the 6 sessions, you will receive a \$25 ShopRite gift card.

We are also looking forward to the Western Picnic on the 15th and Remember When with Jennie Andrews on the 16th at noon.

As the hot weather approaches, please see the article on Heat Related Illness on page 3.

HAPPY 4TH OF JULY

“Yesterday the greatest question was decided which ever was debated in America; and a greater perhaps never was, nor will be, decided among men. A resolution was passed without one dissenting colony, ‘that these United Colonies are, and of right ought to be, free and independent States.’”

Can you guess who said this quote? See page 3 for the answer.



SUMMER CENTER CLOSINGS AND SUMMER HOURS

The center will close at 12:45 on Fridays until Labor Day. The center will be closed **Friday, July 3rd** for the Independence Day holiday and **Monday, August 3rd** through **Friday, August 14th** for summer break.

Thank you...

- Christine Napolitano for organizing the trip to the Paper Mill Playhouse to see “Ever After” and for coordinating the trip to see the Somerset Patriots.
- Phyllis Winters for running the trip to The Sands Casino in Bethlehem, PA.
- Flora Coyne for donating a beautiful tree to the center in memory of her husband, Jim.
- Lions Club for contributing several large print books to our library. Please return books when you are done with them so that others may enjoy them.
- All the club members and “elves” who worked so hard to make the good-bye party for Peggy and Mike such a success!

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 MacNeil, and Grace Parlapiano

Club Officers

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

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

Stacey Kinum

Hours

Monday-Thursday: 9:30 – 2:30
Friday: 9:30-12:45 (until Labor Day)

Newsletter Staff

Stacey Kinum
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!

- **Wed., Jul 1, 11:00am:** Frank Frenda will present “American Monuments: Sculptures and Their Artists”.
- **Fri., Jul 3: CENTER CLOSED FOR INDEPENDENCE DAY.** NP Borough will celebrate Independence Day on Friday, July 3rd. Festivities will include musical entertainment and fireworks. Rain date is Sunday, July 5th.
- **Wed., Jul 8, 11:00am:** As we celebrate July birthdays, **Elefante Music’s Summer Camp Performers** will entertain us and **Juniper Village** will provide lunch. Please sign up so we can order the correct amount.
- **Thurs, Jul 9, 9:00am-11:00am:** Manor Care will present Part 2 of “Health Care Changes and Planning”. Breakfast will be included and sign ups are a must.
- **Fri., Jul 10, 17, 24, 31, 10:00am-12:30pm: Lunch & Learn** – Jan Ramos from Prevention Links continues the workshop on “Chronic Care Control”. Lunch will be provided. Please pre-register so that we will have enough food. Those who attend 5 or more sessions will receive a \$25 ShopRite gift card.
- **Wed., Jul 15, Noon: Western Picnic** – Club picnic with Western style music and dance. Wear your hat and boots! Cost: \$15. See Harry Kundrat.
- **Thurs., Jul 16, 12:00pm: Remember When** – Jennie Andrews will lead a discussion on “Pets in Our Lives”. Share pet stories and pictures. Pizza is available at \$1.75 per slice. Register in advance.
- **Thurs., Jul 16, 7:30pm: NP Summer Concert** at Centennial Park featuring the **Tim Gillis Band**. Free.
- **Tues., Jul 21, 10:00am-4:30pm:** Travel to Hunterdon Hills Playhouse to see a brand new musical celebration of the sensational sixties, “**Twist and Shout**”. Price includes the show, a delicious lunch, and a room full of desserts including some sugar free ones. Cost is \$59. Tickets go on sale June 3rd. See Pat Connolly.
- **Wed., Jul 22, 11:00am:** Anna Arbolino from **Summit Oaks Hospital** will speak about the drug rehab, alcohol rehab, and psychiatric treatment services they offer to the community.
- **Thurs., Jul 23, 7:30pm: NP Summer Concert** at Centennial Park featuring **Asbury Fever Band**. Free.
- **Wed., Jul 29, 11:00am:** We will celebrate **August birthdays** and Judy Bortman from TransOptions will give a presentation on “**How to Keep Driving Longer**”. Sign up in advance.
- **Thurs., Jul 30, 7:30pm: NP Summer Concert** at Centennial Park featuring **Cindy Gelormini**. FREE.
- **Mon., Aug 3 – Fri., Aug 14: CENTER CLOSED FOR SUMMER BREAK. Reopens Monday, August 17th.**
- **Tues., Aug 4, 6:00pm: National Night Out/NP Summer Concert** at Centennial Park featuring the **Elefante Family Band**. FREE.
- **Wed., Aug 6, 10:00am-2:00pm: Trip to the Stickley Museum at Craftsman Farms** - Travel to the centerpiece of Gustav Stickley’s early 20th century country estate and take a guided tour of one of the most significant landmarks of the American Arts and Crafts movement. Cost: \$12. Sign up in advance. See Jean Holmes.
- **Wed., Aug 19, Noon: Annual Luau** – Have fun with a Hawaiian flair. Enjoy a catered lunch and entertainment. Cost: TBD
- **Seniors Day at the Pool - TBA**
- **Fri., Aug 20, 12:00pm: Remember When** - Join Jennie Andrews as we discuss unusual items from our past at an “**Antique Roadshow**”. Pizza is available at \$1.75 per slice. Register in advance.
- **Wed., Aug 26, 11:00am:** Barbara Forshner from **Senior Bridge** will discuss their Care Management Process. They specialize in caring for people with chronic medical or cognitive conditions and take care of them in their home environment.

IF YOU ARE INTERESTED...

- Tuesday, July 14 at 7pm - Escape the Ordinary with Origami – NP Library. Create an origami project with artist Mary Kao.
- Thursdays, July 16 and July 23 from 6:30-8:30 at SMG. Living with Alzheimer's for Caregivers: Middle Stage. Reservations required: 908-277-8889
- Wednesday, July 22 at 2:45 – Lifelong Learning: Playbill - A Journey Through Theater History. Brandywine. Please RSVP one week prior to event at 908.754.8180. FREE
- Wednesday, July 29 - New Jersey Dance Theatre Ensemble performs at Reeves-Reed Arboretum. Concert begins at 7:00 and grounds open at 6:00 for concertgoers to picnic. You are encouraged to bring your own lawn chairs and blankets. Cost is free for Reeves-Reed members and \$10 for non-members.
- Wednesday, July 29 at 2:45 – Cooking with Class – From Garden to Table. Brandywine. Please RSVP one week prior to event at 908.754.8180. FREE

How to Keep Driving Longer Senior Citizens Club Meeting Wednesday, July 29, 2015 at 11am

Is driving part of your daily routine?

Do you want to keep driving longer?

Do you avoid driving in heavy traffic or at night?

Being able to drive safely helps seniors get around and remain independent.

- Get tips to help you stay “behind the wheel”.
- Learn ways to drive less and still get around.

Join us for this free program from TransOptions that can help you keep driving longer!

Heat-Related Illness

Heat-related illness is preventable. Yet, many people suffer heat-related illness when their bodies are unable to properly cool themselves. The best defense against heat-related illness is prevention.

Prevention Tips:

- Drink more fluids (non-alcoholic). Don't wait until you are thirsty. If your doctor limits the amount of fluid you drink or has you on water pills, ask how much you should drink while the weather is hot.
- Don't drink liquids that contain caffeine, alcohol or large amounts of sugar.
- Stay indoors and, if possible, stay in an air-conditioned place. If your home does not have air-conditioning, go to a place that does – the senior center, the library or the mall. Even a few hours spent in an air-conditioned place can help your body stay cooler when you go back into the heat.
- Electric fans may provide comfort, but when the temperature is in the high 90's fans will not prevent heat-related illness. Taking a cool shower or bath or moving to an air-conditioned place is a much better way to cool off.
- Wear light-weight, light-colored and loose fitting clothing.
- Never leave anyone in a closed parked vehicle.
- Limit your outdoor activity to the morning and evening hours.
- Protect yourself from sun by wearing a wide-brimmed hat and by putting on sunscreen.

Quote Answer: John Adams

MOVIE MARQUEE JULY MOVIES AT THE NP MEMORIAL LIBRARY

Tuesdays at 9:30am & 2:00pm

- July 7 – *You're Not You*
- July 14 – *Kingsman: The Secret Service*
- July 21 – *McFarland*
- July 28 – *5 Flights Up*

Foreign Films

- Thur., July 2 at 2:00pm – *The Orange Thief* (*in Italian and Sicilian with English subtitles*)
- Tues., July 28 at 6:30pm – *Leviathan* (*in Russian with English subtitles*)

~ July 2015 ~						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
June 28	June 29 11:00 Newsletter 11:00 Chair Yoga 12:30 Bridge 12:30 In Control	June 30 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	1 Amer. Monuments 10:00 Bus to Club 11:00 "American Monuments: Sculptures and Their Artists" 12:30 Bingo & Cards	2 9:45 Fit & Healthy Exercise w/Myriam 12:30 Partner Bridge 1:00 Mah Jongg	3 CENTER CLOSED New Providence Independence Day Celebration - Fireworks @ 9:30pm	4 
5	6 9:30 Trustee Meeting 11:00 Newsletter 11:00 Chair Yoga 12:30 Bridge 12:30 In Control	7 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	8 Happy Birthdays! 9:30 Blood Pressure 10:00 Bus to Club 11:00 Elefante Music & Juniper Village Lunch 12:30 Bingo & Cards	9 Health Care 9:00 "Health Care Changes & Planning" 9:45 Fit & Healthy Exercise w/Myriam 12:30 Duplicate Bridge 1:00 Mah Jongg	10 Chronic Care 9:00 Bus to Mall 10:00 "Chronic Care" Center Closes @ 12:45	11
12	13 11:00 Newsletter 11:00 Chair Yoga 12:30 Bridge 12:30 In Control	14 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 2:00 Picnic Setup	15  Western Picnic 12:00	16 Remember When 9:45 Fit & Healthy Exercise w/Myriam 12:00 Remember When - "Pets in Our Lives" 12:30 Duplicate Bridge 1:00 Mah Jongg 7:30 Summer Concert** Tim Gillis Band	17 Chronic Care 9:00 Bus to Mall 9:00 Four Cities Bridge 10:00 "Chronic Care" Center Closes @ 12:45	18
19	20 11:00 Newsletter 11:00 Chair Yoga 12:30 Bridge 12:30 In Control	21 Hunterdon Hills 9:00 Bus to Shoprite 9:45 Balance and Conditioning w/Mike 10:00 Hunterdon Hills 11:00 Tennis w/Dick 1:00 Tai Chi w/Ayriel 2:00 Converse Italian 3:00 Beginning Italian	22 Summit Oaks 9:30 Blood Pressure 10:00 Bus to Club 11:00 Summit Oaks 12:30 Bingo & Cards	23 9:45 Fit & Healthy Exercise w/Myriam 12:30 Partner Bridge 1:00 Mah Jongg 7:30 Summer Concert** Asbury Fever Band	24 Chronic Care 9:00 Bus to Mall 10:00 "Chronic Care" Center Closes @ 12:45	25
26	27 11:00 Newsletter 11:00 Chair Yoga 12:30 Bridge 12:30 In Control	28 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	29 Happy Birthdays! 9:30 Blood Pressure 10:00 Bus to Club 11:00 "How to Keep Driving Longer" 12:30 Bingo Cards	30 9:45 Fit & Healthy Exercise w/Myriam 12:30 Bridge or Poker 1:00 Mah Jongg 7:30 Summer Concert** Cindy Gelormini	31 Chronic Care 9:00 Bus to Mall 10:00 "Chronic Care" Center Closes @ 12:45	Aug 1

**Summer Concerts will take place at Centennial Park starting at 7:30 PM, rain or shine. If rain prevents an outside performance, it will be held in the municipal gym.