

# New Providence Senior Citizens Newsletter

JULY 2016



Volume 16. Issue 7



## COORDINATOR'S CORNER

Happy 4<sup>th</sup> of July! I hope everyone is enjoying the Summer.

I want to thank all the seniors who participated in the Intergenerational Day with Mrs. Rothenberg's 4<sup>th</sup> grade class from Salt Brook School. The students really enjoyed coming to the Senior Center and meeting all of you. After interviewing several seniors, the students wrote short biographies about them. The biographies are posted on the white board outside the main room. The students did a wonderful job on them. During the last week of school, I went to Salt Brook School for a year end party. Three parents came up to me to tell me how much their children enjoyed coming here and asked if there would be any additional opportunities to visit the senior center. Thank you to Bert Abbazia for hosting "Are You Smarter Than a 4<sup>th</sup> Grader".

The Growing Younger Series was very well attended and I want to thank Sue Fieseler from the Summit Area YMCA for her time and endless energy. As most of you know these were free seminars full of very useful information. We are looking to put together another series in the Fall so stay tuned.

## Upcoming Events:

Leslie Corey, a New Providence resident, will be at the Center on Monday, July 11<sup>th</sup> at 10:00am to do a greeting card making seminar. Each participant will create and make 4-5 cards. Leslie is very creative and it should be a very fun morning. July 11<sup>th</sup> is also National Cheer Up the Lonely Day. I will supply the stamps if anyone wants to cheer up one of their friends by mailing them a handmade card. This is a free program and space is limited to 12 members so signups are on a first come basis.

The movie club will watch *My Fair Lady* starring Audrey Hepburn and Rex Harrison. This is a gloriously witty adaptation of the Broadway musical about Professor Henry Higgins who takes a bet from Colonel Pickering that he can transform unrefined, dirty Cockney flower girl Eliza Doolittle into a lady and fool everyone into thinking she really is one, too! Tuesday, July 19<sup>th</sup> at 10:45am. Please join us.

## Help Wanted: Bingo Callers

Please let me know if you are interested in being a backup Bingo caller this summer. With various summer schedules, Mike, Jim Cucco, and I may not always be available to call Bingo. We need backup callers for Wednesdays and Fridays.

During July and August, we will continue to have Bingo every Wednesday. However, we will only be able to have Pizza Bingo on alternate Fridays. Friday Pizza Bingo will be held on July 8, July 22, and August 26. If you would like to volunteer to call Bingo on July 15 or July 29, please let me know.

The Center is closed the first two weeks of August so we will not have any Bingo during those two weeks.

## Schedule Changes:

Long Independence Day Weekend. We will close at 12:00noon on Friday, July 1st so we will not have Pizza Bingo. We will also be closed on Monday, July 4<sup>th</sup> and Tuesday, July 5<sup>th</sup>.

## NP Senior Citizens Club

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

### Trustees

Chair: Carolyn Foran  
Fran Blessing, Pat Connolly,  
Rosalie Hamaty, Kathy  
Hendrickson, Jean Holmes,  
Peggy Macneal, Joe Masino,  
Grace Parlapiano, Bette Schmitt,  
Bill Wehrle

### Club Officers

President: Christine Napolitano  
Vice Pres.: Harry Kundrat  
Treasurer: Sal Ligammar  
1<sup>st</sup> Treasurer: Clara DelMonte  
2<sup>nd</sup> Treasurer: Delores Felezzola  
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/seniorcenter](http://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-Friday: 9:30 – 2:30

## Newsletter Staff

Peggy Brodeur  
Joan Clark  
Clara DelMonte  
Stacey Kinum  
Barbara Koslap

## 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!

- **CENTER WILL CLOSE AT NOON ON FRIDAY, JULY 1<sup>ST</sup>. THERE WILL BE NO PIZZA BINGO.**
- **Sun., Jul 3, 7:00pm: Independence Day Celebration** – New Providence will hold their Independence Day Celebration. Activities include a DJ, a juggler, “Chalk on South” and fireworks at 9:30pm. Rain date Tues., 7/5.
- **CENTER WILL BE CLOSED FOR THE INDEPENDENCE DAY HOLIDAY, MONDAY, JULY 4<sup>TH</sup> AND TUESDAY, JULY 5<sup>TH</sup>.**
- **Wed., Jul 6, 11:00am: Meeting** – Zarina Vitebzsky from **ProTouch Physical Therapy** will give a presentation on “**Stretching Exercises for Low Back Pain, Hip Pain, and Slight Incontinence**”.
- **Mon., Jul 11, 10:00am: Greeting Card Making Seminar** – Just in time for National Cheer Up the Lonely Day, Leslie Corey from **Ipersonalize** will help each participant make 4-5 greeting cards. Cost is free. Sign up by Friday, July 8. Limited to 12 participants.
- **Tues., Jul 12, 10:00am-5:30pm: Casino Trip** - Try your luck at the **Sands Casino** in Bethlehem, Pennsylvania. Purchase tickets in advance. Receive \$20 in “play money” and \$5 toward food. Cost: \$20. See Phyllis Winters.
- **Wed., Jul 13, 11:00am: Meeting** – Sharon Wright from **Spring Meadows** will give tips on “**How to Build a Social Life as a Senior Citizen**”. We will also celebrate **July Birthdays!**
- **Thurs., Jul 14, 7:00pm: NP Summer Concert** at Centennial Park featuring the **1910 Fruitgum Company** performing their hits and the best cover tunes from the 1960’s.
- **Tues., Jul 19, 10:45am: Movie Club – *My Fair Lady*** starring Rex Harrison and Audrey Hepburn.
- **Wed., Jul 20, 12:00pm: Western Picnic** – Club picnic with Western style music and food. Cost: \$17.
- **Thurs., Jul 21, 10:00am: Coloring Club** – Sandy Burton will lead this creative and tactical activity.
- **Thurs., Jul 21, 7:00pm: NP Summer Concert** at Centennial Park featuring **Cindy Gelormini**.
- **Wed., Jul 27, 11:00am: Meeting** – A dietician from Manor Care will give a presentation on **Dehydration** and how to avoid it. Water bottles and fruit will be provided.
- **Thurs., Jul 28, 7:00pm: NP Summer Concert** at Centennial Park featuring the Bruce Springsteen tribute band, **Asbury Fever**.
- **CENTER WILL BE CLOSED FOR SUMMER BREAK, MONDAY, AUGUST 1<sup>ST</sup> THROUGH SUNDAY, AUGUST 14<sup>TH</sup>.**
- **Tues., Aug 2, 7:00pm: NP Summer Concert** at Centennial Park featuring the **Elefante Family Band** and observing **National Night Out**, a community-building campaign that promotes police-community partnerships and neighborhood camaraderie.
- **Sun., Aug 14, TBA: Historical Society Ice Cream Social.**
- **Wed., Aug 17, 11:00am: Club Day** (Meeting may be cancelled if bathroom renovations are not completed).
- **Weds., Aug 24, 11:00am: Annual Luau** – Have fun with a Hawaiian flair. Enjoy a catered lunch and tropical-flavored entertainment. Cost: TBD
- **Thurs., Aug 25, 12:00noon: Remember When** – Jennie Andrews will lead a discussion on **Collections**, i.e., coins, stamps, china, etc. Bring something special from one of your collections. Pizza will be available at \$1.75 a slice.
- **Wed., Aug 31, 11:00am: Meeting** – Topic: TBD

## AROUND TOWN...

### NEW PROVIDENCE MEMORIAL LIBRARY

- **Baseball Discussion Group** – John Cronin leads a discussion of memorable moments in baseball. Mon., July 11, 7:00pm
- **Philosophy Behind Yoga** – Learn about the sutras and ideas behind how yoga developed. Thurs., Jul 14, 7:30pm.
- **Cooking with Summer Produce & Herbs** – Shop Rite nutritionist, Jennifer Luster. Free samples. Please call ahead, 908-665-0311. Tues., July 19, 7:30pm
- **Healing Aspects of Yoga** –Take a look into yoga's healing powers. Tues., July 26, 7:30pm.
- **Summer Reading Program** – Exercise Your Mind. Finish activities to earn prizes and to be entered into the grand prize drawing.

### INDEPENDENCE DAY CELEBRATION

Festivities include DJ John Souren, juggler Will Shaw, and "Chalk on South". Fireworks begin at approximately 9:30pm. Sunday, July 3<sup>rd</sup>, 7:00pm. Rain date is Tuesday, July 5th.

### 2016 SUMMER CONCERT SERIES

Music and entertainment at Centennial Park. Free hot dogs and Italian ice. Concerts start at 7:00pm.

- 1910 Fruitgum Company - Thurs., July 14<sup>th</sup>
- Cindy Gelormini - Thurs., July 21<sup>st</sup>
- Asbury Fever – Thurs., July 28<sup>th</sup>
- Elefante Family Band/National Night Out – Tues., August 2nd

## Top 10 Scams Targeting Seniors

As web use among senior citizens increases, so do their chances to fall victim to internet fraud. Internet Fraud includes internet auction fraud, non-delivery of merchandise, and credit and debit card scams. This month, we will explore how to avoid the Nigerian Letter or "419" fraud.

Tips for Avoiding the Nigerian Letter or "419" Fraud:

- Be skeptical of individuals representing themselves as Nigerian or foreign government officials asking for your help in placing large sums of money in overseas bank accounts.
- Do not believe the promise of large sums of money for your cooperation.
- Guard your account information carefully.

[www.fbi.gov](http://www.fbi.gov)

## THANK YOU...

- New Providence High School Jazz Band for sharing their delightful music with us at our June 1<sup>st</sup> meeting.
- Salt Brook School Choir for their fantastic performance at our June 8<sup>th</sup> meeting.
- Salt Brook School 4<sup>th</sup> Grade for visiting the center for Intergenerational Day. The biographies they wrote were wonderful and we had a great time participating in the trivia game.
- Christine Napolitano for running the trip to see the Somerset Patriots Baseball Game and for organizing the trip to the Hoboken Museum Trip to see the Frank Sinatra exhibit.
- Sue Fieseler of the Summit YMCA for her great Growing Younger series.

## MOVIE MARQUEE

### JULY MOVIES AT THE NP MEMORIAL LIBRARY

The 2 PM showing will have subtitles for the hearing impaired.

#### Tuesdays at 9:30am & 2:00pm

July 5 – *Concussion*  
 July 12 – *Hail, Caesar*  
 July 19 – *The Finest Hours*  
 July 26 – *My Big Fat Greek Wedding 2*

#### Foreign Films

Thurs., July 7 at 2:00pm – *Sugar (in Spanish with English subtitles)*  
 Mon., July 25 at 6:30pm – *Labyrinth of Lies (in German with English subtitles)*

<b>PHONE NUMBERS</b>		<b>JULY 4<sup>TH</sup></b>
SAFE Eldercare	908-273-5550	You have to love a nation that celebrates its Independence every July 4 not with a parade of guns, tanks, and soldiers who file by the White House in a show of strength and muscle but with family picnics where kids throw Frisbees, the potato salad gets iffy and the flies die from happiness. You may think you have overeaten, but it is patriotism.
• HomeCare	908-273-8400	~ Erma Bombeck
• InfoCare	908-598-5509	
• Meals-on-Wheels	908-273-5554	
• Caregiver Support Group	908-598-5509	
• Resale Shop	908-273-5564	
• SHIP	908-273-6999	
• Shopping Service	908-273-5554	
• Special Events	908-598-5514	
• Spend-A-Day	908-598-5520	
• Volunteers	908-598-5514	
• Workshop	908-598-5531	
CSA (Community Service Assoc.)	908-665-8254	
Public Health Nurse (Janice)	908-743-1049	
Medical Alert	908-665-0046	
Union County Human Services		Doug Smith is on his deathbed and knows the end is near. His nurse, his wife, his daughter and his 2 sons are with him. He asks for 2 witnesses to be present and a camcorder be in place to record his last wishes. When all is ready, he begins to speak. "My son, Bernie, I want you to take the Mayfair houses. My daughter, Sybil, you take the apartments over in the east end. My son, Jamie, I want you to take the offices over in the City Centre. Sarah, my dear wife, please take all the residential buildings on the banks of the river."
• Office of Veteran Affairs	908-659-7407	
• Paratransit System	908-241-8300	
• Division on Aging	908-527-4869	
• Division of Social Services	908-791-7000	
State of New Jersey Office of the Ombudsman for the Institutionalized Elderly	1-877-582-6995	The nurse and witnesses are blown away as they did not realize his extensive holdings. As Doug slips away, the nurse says, "Mrs. Smith, your husband must have been such a hard-working man to have accumulated all this property." Sarah replies, "Property? Are you kidding? He had a paper route!"
Summit Red Cross	908-273-2076	
NJ Division of Consumer Affairs		
• Service Center Hotline	973-504-6200	
• Toll Free	800-242-5846	
<b>SAGE ELDERCARE</b>		<b>JULY FACTS</b>
SAGE Eldercare's InfoCare helps older adults or family caregivers when they don't know where to turn for help, or when they can no longer manage the bureaucracy of existing senior services. SAGE's social worker helps identify problems and find solutions. She will follow up to make sure that referrals were useful and that needs have been met. The phone number for this service is 908-598-5509.		Birthstone: Ruby and Onyx Flower: Larkspur & Water Lily Astrological Signs: Cancer (June 21 – July 22) & Leo (July 23 – August 22) Observances:
		• National Parks Month • National Picnic Month • July 4 – Independence Day • July 29 – National Lasagna Day
		<a href="http://www.wincalendar.com">http://www.wincalendar.com</a>

~ July 2016 ~						
	Mon	Tue	Wed	Thu	Fri	Sat
Jun 26	Jun 27 8:30 In Control 11:00 Newsletter 11:00 Chair Yoga 12:30 Bridge	Jun 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 3:00 Beginners Italian	Jun 29 9:30 Blood Pressure 10:00 Bus to Club <b>11:00 Home Care &amp; Safety</b> 12:30 Bingo/Cards	Jun 30 9:30 Fit & Healthy Exercise w/Myriam 12:30 Bridge or Poker 1:00 Mah Jongg	1 9:00 Bus to Mall 9:30 Zumba w/Donna 10:00 Bridge  <b>CENTER CLOSES AT NOON – NO PIZZA BINGO</b>	2
3 <b>Independence Day Celebration 7:00 pm</b>	4 Independence Day  <b>CENTER CLOSED</b>	5  <b>CENTER CLOSED</b>	6 10:00 Bus to Club <b>11:00 Stretching Exercises</b> 12:30 Bingo/Cards	7 9:30 Fit & Healthy Exercise w/Myriam 12:30 Partner Bridge 1:00 Mah Jongg	8 9:00 Bus to Mall 9:30 Zumba w/Donna 10:00 Bridge 11:00 Chair Yoga 12:30 Pizza Bingo	9
10	11 8:30 In Control <b>10:00 Greeting Cards</b> 11:00 Newsletter 11:00 Chair Yoga 12:30 Bridge	12 9:00 Bus to ShopRite 9:45 Balance and Conditioning w/Mike <b>10:00 Casino Trip</b> <b>10:00 Activities Meeting</b> 11:00 Tennis w/Dick 1:00 Tai Chi w/Ayriel 2:00 Converse Italian 3:00 Beginners Italian	13 Happy Birthdays! 9:30 Blood Pressure 10:00 Bus to Club <b>11:00 How to Build a Social Life</b> 12:30 Bingo/Cards	14 9:30 Fit & Healthy Exercise w/Myriam 12:30 Duplicate Bridge 1:00 Mah Jongg  <b>7:00 Summer Concert @ Centennial Park</b>	15 9:00 Bus to Mall 9:30 Zumba w/Donna 10:00 Bridge	16
17	18 8:30 In Control 11:00 Newsletter 11:00 Chair Yoga 12:30 Bridge	19 9:00 Bus to ShopRite 9:45 Balance and Conditioning w/Mike <b>10:45 Movie Club</b> 11:00 Tennis w/Dick <b>1:00 Setup for Picnic</b> 1:00 Tai Chi w/Ayriel 2:00 Converse Italian	20 <b>Western Picnic 12:00</b>	21 9:30 Fit & Healthy Exercise w/Myriam <b>10:00 Coloring Club</b> 12:30 Duplicate Bridge 1:00 Mah Jongg  <b>7:00 Summer Concert @ Centennial Park</b>	22 9:00 Bus to Mall 9:30 Zumba w/Donna 10:00 Bridge 12:30 Pizza Bingo	23
24	25 8:30 In Control 11:00 Newsletter 11:00 Chair Yoga 12:30 Bridge	26 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 Beginners Italian	27 9:30 Blood Pressure 10:00 Bus to Club <b>11:00 Dehydration</b> 12:30 Bingo/Cards	28 9:30 Fit & Healthy Exercise w/Myriam 12:30 Partner Bridge 1:00 Mah Jongg  <b>7:00 Summer Concert @ Centennial Park</b>	29 9:00 Bus to Mall 9:30 Zumba w/Donna 10:00 Bridge  <b>CENTER CLOSES @ 2:30 FOR SUMMER BREAK – REOPENS AUGUST 15<sup>TH</sup></b>	30
31						