

# New Providence Senior Citizens Newsletter

JUNE 2016



Volume 16, Issue 6



## COORDINATOR'S CORNER

A very big thank you to everyone who helped out with our many wonderful May events including Anniversary Lunch, Health Fair, and Memorial Day Celebration. Congratulations to John Dolph, Don Kern and Phyllis Winters who were honored at the Anniversary Luncheon for their volunteer service to the New Providence Senior Citizens Club. We appreciate all that they have done for the Club this year. I would also like to welcome Nicholas Fuentes who will be working for the next couple of months at NPSCC. He will be here for Wednesday's meeting and all day Thursday.

## UPCOMING EVENTS:

**INTERGENERATIONAL DAY WITH SALT BROOK'S 4<sup>TH</sup> GRADE CLASS** – Please come a little early to the Wednesday meeting on June 15<sup>th</sup> because these 4<sup>th</sup> graders will be spending the entire morning with us. They have been learning about biographies and would like to interview NP Seniors so that they can write your biography. Students will also be paired with Seniors to compete in a fun trivia game, "Are You Smarter than a Fourth Grader". I really hope to get a good turnout for this program because I think you will enjoy spending time with them. Some of you may see a resemblance between one fourth grader and me. Wednesday June 15 at 9:45am.

**GROWING YOUNGER SERIES** - Sue Fieseler from the Summit YMCA will sponsor a four week series called Growing Younger. Space is limited so please register in advance.

**Emergency Preparedness:** The month of June begins Hurricane Season. Disasters can happen at any moment. By planning ahead you can avoid waiting in long lines for critical supplies, such as food, water and medicine. Sue will discuss the many ways we can be prepared. Snacks that are easy to store and appropriate for an Emergency Kit will be sampled. Thursday June 2 at 10:30am

**Just For The Health Of It** - Benefits of Exercise. We've all heard about the many benefits of exercise—a healthier heart, stronger bones, improved appearance and flexibility—but exercise has many additional benefits, especially for seniors. Even MODERATE exercise can lead to increased mental capacity, disease prevention, improved healing and better quality of life. You don't have to join a gym or spend money on fancy equipment. Exercise tips and examples of exercises you can do at home will be shared. We will make yogurt parfaits as a healthy snack. Friday June 10 at 10:00am

**You Are What You Eat**- It's tempting for senior citizens living alone to pop ready-made meals in the oven or to eat cold cereal for dinner and skip the hassle of cooking. Using a bit of organization, ingenuity, and enthusiasm, cooking for one or two people can be rewarding and easy. It provides a creative outlet, a money-saving exercise, and nutritious, great tasting meals worth bragging about. Recipes will be included. A light healthy lunch will be served. Tuesday June 14 at 1:00pm

**Help For What Ails You Without A Prescription** - Join us to get some tips to on how prevent common ailments such as bloating, indigestion, etc. and to learn some tried and true homemade remedies for these ailments. We will make our own trail mix.

Monday June 20 at 10:30am

## IF YOU ARE INTERESTED:

**Movie Club** – *The Bucket List* starring Jack Nicholson and Morgan Freeman. Two terminally ill men escape from a cancer ward and head off on a road trip with a wish list of to-dos before they "kick the bucket". Tuesday June 21 at 10:45am

## 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!

- **Wed., Jun 1, 11:00am: NPHS Jazz Band** - Tap your feet and clap your hands to the swinging sounds of the New Providence High School jazz band.
- **Thurs., Jun 2, 10:30am: Growing Younger Series: Emergency Preparedness** - Sue Fieseler will discuss planning ahead so you can avoid waiting in long lines for critical supplies. Snacks that are easy to store will be provided. Register in advance.
- **Wed., Jun 8, 11:00am: Salt Brook Choir** – Enjoy the voices of the **Salt Brook choir** as we celebrate **June Birthdays**
- **Fri., Jun 10, 10:00am: Growing Younger Series: Just for the Health of It** - Sue Fieseler will discuss the benefits of exercise and how it can improve our quality of life. Healthy snacks will be provided. Register in advance.
- **Tues., Jun 14, 1:00pm: Growing Younger Series: You Are What You Eat** - Sue Fieseler will give a presentation on how cooking for one or two people can be rewarding and easy. Recipes and a light healthy lunch will be included. Register in advance.
- **Tues, Jun 14, 6:00pm: Flag Day** –The American Legion may hold a **Flag Retirement Ceremony**. See page 3.
- **Wed., Jun 15, 9:45am: Intergenerational Day** – Salt Brook 4<sup>th</sup> grade students will interview seniors and compete in a fun trivia game, “Are You Smarter than a Fourth Grader”. Bus pickup at 9:45. Chatham Hills will call Bingo.
- **Thurs., Jun 16, 12:00noon: “Remember When” Antiques Road Show** – Jennie Andrews will lead the discussion as we share and try to identify objects from our past. Pizza will be available at \$1.75 per slice.
- **Thurs., Jun 16, 7:00pm-9:30pm: “After Hours” BBQ** - Socialize and enjoy the company of friends 50+. If you plan on attending, please sign up to bring a salad or a side dish.
- **Fri., Jun 17, 5:00pm: Somerset Patriots Baseball Game, Picnic & Fireworks** - Get a professional-like baseball experience and enjoy an all-you-can-eat barbecue. Price includes transportation to/from the game, food, your ticket and a fireworks show. Cost is \$30. See Christine Napolitano to purchase tickets.
- **Mon., Jun 20, 10:30am: Growing Younger Series: Help For What Ails You Without a Prescription** - Sue Fieseler will give tips on how to prevent some common ailments and will share homemade remedies for these ailments. We will also make our own trail mix. Register in advance.
- **Tues., Jun 21, 10:45am: Movie Club – *The Bucket List*** with Jack Nicholson and Morgan Freeman.
- **Wed., Jun 22, 11:00am: Michelle Latsch of Care Finders Total Care** will give a presentation on **Surviving Longevity**.
- **Thurs., Jun 23, 9:30am: Hoboken Museum Trip** – Frank Sinatra exhibit. Cost: \$10. See Christine Napolitano.
- **Wed., Jun 29, 11:00am: Joanna Picciano of Brighton Gardens and Mia Kebea of Seniors in Place** will give a presentation on **Senior Home Care & Safety**. There will be a raffle, a game, and a free lunch.
- **Thurs., Jun 30, 10:00am: Coloring Club** – Sandy Burton will lead this creative and tactical activity.
- **Center will be closed Monday, July 4<sup>th</sup> and Tuesday, July 5<sup>th</sup> for the Independence Day Holiday,**
- **Wed., Jul 6, 11:00am: ProTouch Physical Therapy** – Topic: TBD
- **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: Spring Meadows** – Sharon Wright will give a presentation. Topic: TBD
- **Wed., Jul 20, 12:00pm: Western Picnic** – Club picnic with Western style music and food. Cost: TBD.
- **Wed., Jul 27, 11:00am: Manor Care** – TBD

## AROUND TOWN...

### NEW PROVIDENCE LIBRARY

- **Baseball Discussion Group** – John Cronin leads a discussion of memorable moments in baseball. Monday, June 13, 7:00pm
- **History of the Tomato** – Food historian Judith Krall-Russo talks about one of our favorite foods. Sunday, June 5, 2:00pm

### DECORSO COMMUNITY CENTER

- **“After Hours” Barbecue** - Hot dogs and burgers provided. Please sign up to bring a salad or a side dish. Thursday, June 16, 7:00pm

### AMERICAN LEGION

- **Retire the Flag Ceremony** – The American Legion may hold a Flag Retirement Ceremony at their hall on Flag Day. Check their hall after Memorial Day for details.

### SAGE ELDERCARE

**Laughter Yoga** – Pradeep Nair, Laughter Consultant at HomeWell Senior Home Care of Morris County, will teach this unique exercise routine, Thursday, June 2, 1:00 pm - 1:45 pm. Free program.

**Alzheimer’s New Jersey Caregivers Support Group** – This group provides an opportunity for family members and their caregivers to discuss the challenges and trials of caring for someone with Alzheimer’s disease or dementia. Meets on the 4<sup>th</sup> Tuesday of the month at 10:00 am.

For additional information or to register for these programs, please call 908-598-5548.

### NPSCC EXERCISE CLASSES

Just a reminder about the wonderful exercise classes available at the club. They provide opportunities to strengthen your body, improve your balance, increase flexibility and relaxation, and get an aerobic workout. Best of all, they are FREE.

**In Control** – Uses weights and floor exercises to develop and enhance arm, chest, inner core, and leg muscles. Stretches body and improves balance.

**Chair Yoga** – Gentle practice of Yoga while sitting in a chair. Increases flexibility and muscle strength. Reduces stress and increases relaxation.

**Balance and Conditioning** – Low impact mixture of light weight training, balance and coordination drills. Helps range of motion, confidence and energy levels.

**Tai Chi** – Slow, fluid movements. Relaxes body and mind. Increases balance control, flexibility and cardiovascular fitness.

**Fit and Healthy** – Aerobic warm up followed by balance and strength workout. No floor work.

**Zumba** – Latin dance inspired fitness program. Improves strength, posture, and flexibility.

The experienced instructors will work with you at whatever level you are comfortable. Check with your doctor to determine which of these classes would be appropriate for you.

## MOVIE MARQUEE

### JUNE MOVIES AT THE NP MEMORIAL LIBRARY

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

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

June 7 – *The Lady in the Van*  
 June 14 – *Spectre*  
 June 21 – *Joy*  
 June 28 – *Jaws*

#### Foreign Films

Thurs., June 2 at 2:00pm – *Coming Home* (in Mandarin with English subtitles)  
 Mon., June 27 at 7:00pm – *The Orphanage* (in Spanish with English subtitles)

## 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 business fraud.

### Tips for Avoiding Business Fraud:

- Purchase merchandise from reputable dealers or establishments.
- Obtain a physical address rather than simply a post office box and a telephone number, and call the seller to see if the telephone number is correct and working.
- Send an e-mail to the seller to make sure the e-mail address is active, and be wary of those that utilize free e-mail services where a credit card wasn't required to open the account.
- Consider not purchasing from sellers who won't provide you with this type of information.
- Purchase merchandise directly from the individual/company that holds the trademark, copyright, or patent.

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

## NPSCC Committee News

We have the Refreshment Committee to thank for serving beverages and pastries at our weekly club meetings and buffet luncheons. They shop for milk and baked goods, plate the goodies, and pour tea and coffee. They also serve the club members who are unable to walk.

This committee could use some help in the kitchen. If you would be willing to make the coffee and/or help with the dishes, please tell Phyllis Winters.

## THANK YOU...

- Peggy Macneal for running the Anniversary Luncheon. The food was delicious and the entertainment was wonderful.
- Janice Gironda for organizing another fantastic Health Fair. The medical information, health screenings, and exhibitors were all terrific.
- New Providence Garden Club for donating four lovely photographs to decorate our center.
- NPHS Character Ed club for Spring Cleaning.



### In Honor of Flag Day...

#### America the Beautiful

I'm glorious America  
I'm beautiful and free  
I offer many lovely things  
In a land of Liberty.  
I like to watch how people  
Enjoy all that they see  
But most of all, I like to watch  
How they take care of me.  
I wave a flag of stars and stripes  
In red and white and blue  
I'm proud and I am happy  
To be flying over you.  
Many lives were shed for me  
And many more will pay  
If people start forgetting  
They want me here to stay.  
Count your blessings every night  
Be honest, good, and true  
And I'll be proud to recognize  
An American like you.

*~Dina M. Dostica~*

"They say I'm old-fashioned, and live in the past, but sometimes I think progress progresses too fast!"

— Dr. Seuss

### Just for Laughs

Acupuncture: A jab well done  
*~The American Legion Magazine~*

## June Facts

Birthstone: Alexandrite, Pearl, & Moonstone

Flower: Rose

Astrological Signs: Gemini (May 21 – June 20) & Cancer (June 21 – July 22)

Observances:

- June 8 – World Oceans Day
- June 14 – Flag Day
- June 19 – Father's Day

**~ June 2016 ~**

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<b>May 29</b>	<b>May 30</b> 10:00 Memorial Day Remembrance	<b>May 31</b> 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	<b>1</b> 10:00 Bus to Club <b>11:00 NPHS Jazz Band</b> 12:30 Bingo/Cards	<b>2</b> 9:30 Fit & Healthy Exercise w/Myriam <b>10:30 Growing Younger Series: Emergency Preparedness</b> 12:30 Partner Bridge 1:00 Mah Jongg	<b>3</b> 9:00 Bus to Mall 9:30 Zumba w/Donna 10:00 Bridge 12:30 Pizza Bingo	<b>4</b>
<b>5</b>	<b>6</b> 8:30 In Control <b>9:30 Trustee Meeting</b> 11:00 Newsletter 11:00 Chair Yoga 12:30 Bridge	<b>7</b> 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	<b>8 Happy Birthdays!</b> 9:30 Blood Pressure 10:00 Bus to Club <b>11:00 Salt Brook Choir</b> 12:30 Bingo/Cards	<b>9</b> 9:30 Fit & Healthy Exercise w/Myriam 12:30 Duplicate Bridge 1:00 Mah Jongg	<b>10</b> 9:00 Bus to Mall 9:30 Zumba w/Donna <b>10:00 Growing Younger Series: Just for the Health of It</b> 10:00 Bridge 12:30 Pizza Bingo	<b>11</b>  Rubber Ducky Race Noon-4:00pm
<b>12</b>	<b>13</b> 8:30 In Control 11:00 Newsletter 11:00 Chair Yoga 12:30 Bridge	<b>14 Flag Day</b> 9:00 Bus to ShopRite 9:45 Balance and Conditioning w/Mike <b>10:00 Activities Meeting</b> 11:00 Tennis w/Dick <b>1:00 Growing Younger Series: You Are What You Eat</b> 1:00 Tai Chi w/Ayriel 2:00 Converse Italian 3:00 Beginners Italian	<b>15</b> 9:30 Blood Pressure 9:45 Bus to Club <b>9:45 Intergenerational Day: Salt Brook 4<sup>th</sup> Graders</b> 12:30 Bingo/Cards	<b>16</b> 9:30 Fit & Healthy Exercise w/Myriam <b>12:00 "Remember When" Antique Road Show</b> 12:30 Duplicate Bridge 1:00 Mah Jongg  <b>7:00 "After Hours" BBQ</b>	<b>17</b> 9:00 Bus to Mall 9:30 Zumba w/Donna 10:00 Bridge 12:30 Pizza Bingo  <b>5:00 Patriots Baseball Game</b>	<b>18</b>
<b>19</b> <b>Father's Day</b>	<b>20</b> 8:30 In Control <b>10:30 Growing Younger Series: Help for What Ails You w/o an Rx</b> 11:00 Newsletter 11:00 Chair Yoga 12:30 Bridge	<b>21</b> 9:00 Bus to ShopRite 9:45 Balance and Conditioning w/Mike <b>10:45 Movie Club</b> 11:00 Tennis w/Dick 1:00 Tai Chi w/Ayriel 2:00 Converse Italian	<b>22</b> 9:30 Blood Pressure 10:00 Bus to Club <b>11:00 Surviving Longevity</b> 12:30 Bingo/Cards	<b>23</b> <b>9:30 Hoboken Museum</b> 9:30 Fit & Healthy Exercise w/Myriam 12:30 Partner Bridge 1:00 Mah Jongg	<b>24</b> 9:00 Bus to Mall 9:30 Zumba w/Donna 10:00 Bridge 12:30 Pizza Bingo	<b>25</b>
<b>26</b>	<b>27</b> 8:30 In Control 11:00 Newsletter 11:00 Chair Yoga 12:30 Bridge	<b>28</b> 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	<b>29</b> 9:30 Blood Pressure 10:00 Bus to Club <b>11:00 Home Care &amp; Safety</b> 12:30 Bingo/Cards	<b>30</b> 9:30 Fit & Healthy Exercise w/Myriam <b>10:00 Coloring Club</b> 12:30 Bridge or Poker 1:00 Mah Jongg	<b>Jul 1</b> 9:00 Bus to Mall 9:30 Zumba w/Donna 10:00 Bridge 12:30 Pizza Bingo	<b>Jul 2</b>