

New Providence Senior Citizens Newsletter

FEBRUARY 2017



Volume 17, Issue 2



COORDINATORS CORNER

Happy February! I would like to welcome Therese Dalton to the Senior Center. Therese will be working with me beginning Monday, February 6. Many of you may recognize her as our volunteer Bingo caller on Wednesdays. I am very excited for Therese to start and look forward to her help. Please take a minute to introduce yourself to her.

Most of you picked up your membership cards on January 18. If you have not received one please stop by my office to get it. You will be asked to show your membership cards when you sign up for special events. This will help the person running the event spell names correctly as well see who is not a member of the club. Non-members will have to pay an additional charge of \$5 for events.

I would like to remind everyone to sign up for events in advance. It is very difficult for the event chair to get last minute requests to come to a luncheon or go on a trip. We sell tickets on several Wednesdays prior to the event so there is ample time to buy them. I also have a supply of tickets in my office and you can purchase them from me if you can't make it to the Center on a Wednesday.

UPCOMING EVENTS:

UCC Life Center Class - Begins Monday, February 6th at 10:30 am. We will not have class on Presidents' Day, Monday February 20th.

Senior Series with Sue - We are fortunate to have Sue Fieseler from the Summit Area YMCA join us again for a 5 part lecture series. Topics will include "Water Water, Everywhere But Are We Drinking Enough?", "Nutrition Facts and Fads", "Spice It Up", "Vitamins, Minerals and Supplements", and "Hobbies". Classes will meet on Tuesday mornings at 11:00am starting February 21st. See page 3 for details.

Movie Club, Thursday, February 16 at 10:45am - Please join us to watch "Return to Me". A widower and a waitress meet and fall in love. This feel good movie will make you glad you came to watch it.

Remember When with Jennie Andrews, Thursday, February 23 at 12:00noon - Broadway Shows Throughout the Years. Please come and share your memories and any memorabilia that you have.

SCHEDULE CHANGES:

The center will be closed on Monday, February 20, for Presidents' Day.

Please remember that when schools are closed for rain, snow or ice, the center is closed. If schools have a delayed opening, please call the center at 908-665-0046.

Thank You...

- Elementary Strings for the beautiful music at our January 11th meeting.
- Jean Holmes, Irene Mitreuter, and Carol Dimler for organizing the wonderful Chinese New Year Luncheon at Dim Sum Villa.
- Tina Morielli for taking on the responsibility of recognizing club members who are celebrating important milestones

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
Pat Connolly, Kathy Hendrickson, Jean Holmes, Ed Insinger, Peggy Macneal, Joe Masino, Tina Morielli, Grace Parlapiano, Bette Schmitt, Bill Wehrle

Club Officers

President: Christine Napolitano
Vice Pres.: Harry Kundrat
Treasurer: Sal Ligammar
1st Treasurer: Clara DelMonte
2nd 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

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: 9:30am - 2:30pm

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!**

- **Weds., Feb 1, 11:00am: Meeting** – NPHS Vocal Soloists will entertain us with beautiful renditions of favorite musical selections. Chatham Hills will call Bingo.
- **Sun., Feb 5, 2:00-6:00pm: “Diversity Committee” Chinese New Year Celebration.** Celebrate the year of the rooster. Advance sign up is required.
- **Mon., Feb 6, 10:30am-12:00noon: UC College Class** resumes. Professor Bill Dunscombe continues a new semester of his UCC LIFE (Learning Is For Ever) Center Class, “**Selected Topics in Biology**”.
- **Weds., Feb 8, 11:00am: Meeting** – Celebrate Valentine’s Day a little early with a movie, “**Brooklyn**”, and some sweet treats. Please bring a baked good or candies to share. There will be no Bingo.
- **Thurs., Feb 9, 7:00pm: “After Hours” Chili Contest** – Taste some delicious chili recipes and vote for the best. To compete, call 908-464-4430. Advance sign up is required. Doors open at 7:00pm.
- **Weds., Feb 15, 11:00am: Meeting** – Nicole from Brandywine will give a presentation on “**Heart Healthy Tips and Tricks**”. We will also celebrate February birthdays.
- **Thurs., Feb 16, 10:45am: Movie Club** – David Duchovny and Minnie Driver ignite sparks in “**Return to Me**”, a warm hearted winner that delivers laughs, tears, and joys that will make your spirits soar.

THE CENTER WILL BE CLOSED ON MONDAY, FEBRUARY 20TH FOR PRESIDENTS’ DAY.

- **Tues., Feb 21, 11:00am: Senior Series with Sue** – “Water, Water, Everywhere...” (see page 3)
- **Weds., Feb 22, 11:00am: Meeting** – A physical therapist from Fellowship Village will give a presentation on “**Staying Fit and Healthy – All About Flexibility.**”
- **Thurs., Feb 23, 12:00noon: “Remember When” Broadway Shows Through the Years** - Jennie Andrews will lead the discussion as we share memorabilia and stories. Pizza will be available at \$1.75 per slice.
- **Sun., Feb 26, 3:00-7:00pm: CSA 4th Annual Pasta Dinner & Meatball Dinner** - All proceeds will assist NP neighbors. Admission: \$12 per person. To purchase your tickets in advance, see Stacey or call 908-665-8254.
- **Tues., Feb 28, 11:00am: Senior Series with Sue** – “Nutrition Facts and Fads” (see page 3)
- **Weds., Mar 1, 11:00am: Meeting** – TBD
- **Tues., Mar 7, 11:00am: Senior Series with Sue** – “Spice It Up” (see page 3)
- **Weds., Mar 8, 11:00am: Meeting** – Cast members from the NPHS Spring Musical, “**The Sound of Music**”, will present highlights from the show.
- **Thurs., Mar 9, 3:45pm: NPHS Spring Musical Dress Rehearsal**, “The Sound of Music”.
- **Tues., Mar 14, 11:00am: Senior Series with Sue** – “Vitamins, Minerals, and Supplements” (see page 3)
- **Weds., Mar 15, 11:00am: St. Patrick’s Day Luncheon** – Come celebrate the day with delicious food and delightful friends. John Busciano will sing and play piano. There will be no Bingo.
- **Tues., Mar 21, 11:00am: Senior Series with Sue** – “Hobbies” (see page 3)
- **Weds., Mar 22, 11:00am: Meeting** – Chiropractor, Dr. Patrick Smith, will give a presentation.
- **Weds., Mar 29, 11:00am: Meeting** – “**History of New Providence**” emceed by Bert Abazzia.

AROUND TOWN...**NEW PROVIDENCE MEMORIAL LIBRARY**

- **"When We Were Kings" Documentary** – Thurs., Feb 9, 7:00pm.
- **"Elefante Music Presents"** – Local staff and students will present a concert of varied instruments and music. Sun., Feb 12, 3:00pm.
- **"History Talks"** – Ed Eckert will give a presentation on the "History of Nokia Bell Labs". Fri., Feb 17, 6:30-8:45pm.
- **"Rise and Fall of Negro League Baseball"** – Sun., Feb 26, 2:00pm.
- **NPML Non-Fiction Book Club Discussion** – "Between the World and Me", Tues., Feb 28, 7:00pm.

BOROUGH OF NEW PROVIDENCE

- **"After Hours" Chili Contest** – Taste a variety of chili recipes and then vote for the best. Advance sign up is required. Thurs., Feb 9, 7:00pm.

DECORSO CENTER

- **"Diversity Committee" Chinese New Year Celebration** – Celebrate the year of the Rooster. Advance sign up is required. Sun., Feb 5, 2:00-6:00pm.
- **CSA 4th Annual Pasta Dinner & Meatball Dinner** - All proceeds will assist NP neighbors with financial need. Sun., Feb 26, 3:00-7:00pm. Admission: \$12 per person. To buy your tickets ahead of time by call 908-665-8254, email csanewprovidence@gmail.com, or speak to Stacey.

SENIOR SERIES WITH SUE

Nutritionist, Sue Fieseler, is offering another great series on Senior Health and Nutrition. Topics include:

- **"Water, Water, Everywhere But Are We Drinking Enough?"** - Learn about the importance of staying hydrated during the winter months. Tues., Feb 21, 11:00am.
- **"Nutrition Facts and Fads"** – Have you heard the terms Gluten Free, Vegan, and High Protein Diets? Find out what is a fact and what is a fad. Tues., Feb 28, 11:00am
- **"Spice It Up"** - Discover common herbs and spices that may protect against certain chronic conditions such as cancer, diabetes, and heart disease. Tues., Mar 7, 11:00am.
- **"Vitamins, Minerals and Supplements"** – Do you know the difference between the three and how they can help you? Come find out. Tues., Mar 14, 11:00am.
- **"Hobbies"** - A hobby can give you a lifetime of enjoyment. Learn about different hobbies and how to find the one that is right for you. Tues., Mar 21, 11:00am.

If you would like to attend, please sign up in advance.

Memorial Service for Ed Len

A memorial service will be held for Ed Len at the Somerset Hills Memorial Park and Mausoleum, 95 Mount Airy Road, Basking Ridge on Saturday, March 11, 2017 at 11:00am. Ed was the club photographer for many years and he contributed many hours of service in documenting the history of the club and its members. Bus transportation is available. Bus will leave from the center at 10:15am. Please sign up.

MOVIE MARQUEE**FEBRUARY MOVIES AT THE NP MEMORIAL LIBRARY**

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

Tuesdays at 9:30am & 2:00pm

Feb 7 – *Sully*
 Feb 14 – *Deepwater Horizon*
 Feb 21 – *Queen of Katwe*
 Feb 28 – *The Light Between Oceans*

Foreign Films

Weds., Feb 1 at 2:00pm – *Monsoon Wedding* (in Hindi and English with English subtitles)
 Mon., Feb 27 at 6:30pm – *Standing Tall* (in French)

TOP 10 SCAMS TARGETING SENIORS

Sweepstakes Scams

Criminals who prey upon the elderly through sweepstakes fraud and other telemarketing schemes can be extremely convincing, but you can avoid becoming a victim by keeping a few simple guidelines in mind. The Federal Trade Commission (FTC), the nation's consumer protection agency charged with preventing fraud and deceptive practices in the marketplace, offers these common-sense tips:

- Don't wire money, ever. No government official will ask you to send money in this manner. If you have to pay for a prize, it's not a prize.
- Never give callers financial or personal information. Don't give out sensitive information such as your credit card or Social Security number unless you absolutely know who you're dealing with.
- Don't trust a name or number. Fraudsters use official-sounding names, like Lloyds of London of Costa Rica, to make you trust them. No matter how convincing their story – or their stationery – they are most likely lying. To make a phone call seem legitimate, scammers use technology to disguise where they are calling from. Even though it may look like they're dialing from Washington, D.C., they could be anywhere in the world.
- Put your number on the National Do Not Call Registry. This won't stop fraudsters from calling, but it should make you skeptical of random calls. Most legitimate sales people generally hone the Do Not Call list. Scammers ignore it.
- Report the scam. If you get a call from a government imposter or someone attempting a sweepstakes fraud, file a complaint with the FTC.
- If someone is pitching something on the phone that doesn't sound right, you always have the option to just hang up. If it sounds too good to be true, it probably is.

<https://www.fbi.gov/news/stories/2014/september/senior-citizens-targeted-in-sweepstakes-fraud>

FREE TAX RETURN HELP

Tax counselors will be available on Mondays and Saturdays from 9:00am to 3:00pm, from Monday, February 6, 2017 through Monday, April 17, 2017. **Taxpayers may call the NPSCC at 908-665-0046 between the hours of 10:30am and 2:00pm, Mondays through Fridays, to schedule an appointment or they may sign up at the center.**

Thought for the Day

"Be happy for this moment. This moment is your life"
~ Omar Kayyam ~

Joke of the Month

When I see lovers' names carved in a tree, I don't think it's sweet. I just think it's surprising how many people bring a knife on a date. ~ The American Legion Magazine

Compatible Valentine

On Valentine's Day, I think about
The people who are dear,
How much they add to life's delight
Whenever they are near.

You've always been a total joy,
Such pleasant company,
I very much appreciate
Our compatibility!

By Joanna Fuchs

<http://www.poemsource.com/valentine-poems.html>

Presidents' Day is an American holiday celebrated on the third Monday in February. Originally established in 1885 in recognition of President George Washington, it is still officially called "Washington's Birthday" by the federal government. Traditionally celebrated on February 22—Washington's actual day of birth—the holiday became popularly known as Presidents' Day after it was moved as part of 1971's Uniform Monday Holiday Act, an attempt to create more three-day weekends for the nation's workers. (Source: History.com)

FEBRUARY FACTS

Birthstone: Amethyst

Flower: Violet

Zodiac Signs: Aquarius (Jan 20 – Feb 18) & Pisces (Feb 19 – Mar 20)

Holidays and Observances:

Feb 2 – Groundhog Day

Feb 5 – Superbowl

Feb 12 – Lincoln's Birthday

Feb 14 – Valentine's Day

Feb 20 – President's Day

Feb 22 – Washington's Birthday

<http://www.wincalendar.com>

~ February 2017 ~						
	Mon	Tue	Wed	Thu	Fri	Sat
Jan 29	Jan 30 11:00 Newsletter 12:30 Bridge	Jan 31 9:00 Bus to ShopRite 9:45 Balance/Conditioning w/Mike 1:00 Tai Chi w/Ayriel 2:00 Converse Italian 3:00 Beginners Italian	1 10:00 Bus to Club 11:00 NPHS Vocal Soloists 12:30 Bingo/Cards – Chatham Hills	2 Groundhog Day 9:30 Fit & Healthy Exercise w/Myriam 12:30 Partner Bridge 12:30 Mah Jongg	3 9:00 Bus to Mall 9:30 Zumba w/Donna 10:00 Bridge 12:30 Pizza Bingo	4
5 Diversity Committee Chinese New Year Party 2:00-6:00pm	6 9:30 Trustee Meeting 10:30 Biology Class 11:00 Newsletter 12:30 Bridge	7 9:00 Bus to ShopRite 9:45 Balance/Conditioning w/Mike 1:00 Tai Chi w/Ayriel 2:00 Converse Italian	8 9:30 Blood Pressure 10:00 Bus to Club 11:00 Valentine's Day Celebration & Movie No Bingo.	9 9:30 Fit & Healthy Exercise w/Myriam 12:30 Duplicate Bridge 12:30 Mah Jongg 7:00pm "After Hours" Chili Contest	10 9:00 Bus to Mall 9:30 Zumba w/Donna 10:00 Bridge 12:30 Pizza Bingo	11
12	13 10:30 Biology Class 11:00 Newsletter 12:30 Bridge 1:00 Knitting Club	14 Happy Valentine's Day! 9:00 Bus to ShopRite 9:45 Balance/Conditioning w/Mike 10:00 Activities Meeting 1:00 Tai Chi w/Ayriel 2:00 Converse Italian 3:00 Beginners Italian	15 Happy Birthdays! 9:30 Blood Pressure 10:00 Bus to Club 11:00 Heart Healthy Tips and Tricks 12:30 Bingo/Cards	16 9:30 Fit & Healthy Exercise w/Myriam 10:45 Movie Club 12:30 Duplicate Bridge 12:30 Mah Jongg	17 9:00 Bus to Mall 9:30 Zumba w/Donna 10:00 Bridge 12:30 Pizza Bingo	18
19	20 Presidents' Day CENTER CLOSED	21 9:00 Bus to ShopRite 9:45 Balance/Conditioning w/Mike 11:00 Water, Water, Everywhere... 1:00 Tai Chi w/Ayriel 2:00 Converse Italian	22 9:30 Blood Pressure 10:00 Bus to Club 11:00 Staying Fit & Healthy 12:30 Bingo/Cards	23 9:30 Fit & Healthy Exercise w/Myriam 12:00 "Remember When" Broadway Shows 12:30 Partner Bridge 12:30 Mah Jongg	24 9:00 Bus to Mall 9:30 Zumba w/Donna 10:00 Bridge 12:30 Pizza Bingo	25
26 CSA Pasta Dinner 3:00-7:00pm	27 10:30 Biology Class 11:00 Newsletter 12:30 Bridge 1:00 Knitting Club	28 9:00 Bus to ShopRite 9:45 Balance/Conditioning w/Mike 11:00 Nutrition Facts and Fads 1:00 Tai Chi w/Ayriel 2:00 Converse Italian 3:00 Beginners Italian	Mar 1 9:30 Blood Pressure 10:00 Bus to Club 11:00 TBD 12:30 Bingo/Cards	Mar 2 9:30 Fit & Healthy Exercise w/Myriam 12:30 Partner Bridge 12:30 Mah Jongg	Mar 3 9:00 Bus to Mall 9:30 Zumba w/Donna 10:00 Bridge 12:30 Pizza Bingo	Mar 4