

New Providence Senior Citizens Newsletter

JULY 2017



Volume 17, Issue 7



COORDINATORS' CORNER

Happy Summer! As many of you know, I will be resigning on June 28th. I will be starting a new chapter in my career and heading back to the insurance world. I have truly enjoyed getting to know all of you. This is a very special place and we are very lucky to have such a great senior center in our town. I know I will see many of you around town and will look forward to catching up with you. I thank you for the opportunity to get to know you and to work with you. I wish you good health and happiness.

SCHEDULE CHANGES/ADDITIONS:

Technology Help will be available on Thursdays, July 13th and July 20th at 11:00am.

There will be **NO Pizza Bingo** on July 7th or July 21st.

Monday's **In Control** and **Chair Yoga** classes are canceled in July and August.

Thursday's **Fit and Healthy** classes are canceled in July and August.

The Center will be closed on July 3rd, 4th, and 5th to celebrate America's Independence Day holiday.

UPCOMING EVENTS:

"Chess with Vivian", Thursday July 13th, 11:00am - Are you a chess player who is interested in playing with a middle school student? If so, please see Therese. We have a middle school student who would like to play chess and is looking for a senior who would be willing to play. It would be a great way to spend a warm summer day and to give back to our community.

PROJECTS:

Picture Project: There is still time to turn in your picture. Bring a picture of your "younger days" and we will scan it. I have loved looking at all the pictures.

Thank You...

- Katie Kinum for "Technology Help".
- Salt Brook School choir for helping us celebrate June birthdays.
- Creature Comforts for their presentation on "Pet Therapy".
- Christine Napolitano for running the trip to the Somerset Patriots baseball game.
- ShopRite dietician, Jessica Guarnieri, for introducing us to "New Trendy Foods".
- Ernie Gonczlik for his presentation on the song, "God Bless America".
- Kevin Montrone for installing shelves in the attic as his Eagle Scout project.
- Patty Kath for calling Bingo this spring and Rich Demler for calling Bingo during the summer.

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
Vice Chair: Pat Connolly
Kathy Hendrickson, Ed Insinger,
Peggy Macneal, Joe Masino, Tina
Morielli, Grace Parlapiano, Bette
Schmitt, Wilma Silwones, Bill
Wehrle

Club Officers

President: Christine Napolitano
Vice Pres.: Harry Kudrat
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 Coordinators

Stacey Kinum
Therese Dalton

Hours

Monday-Friday: 9:30am - 2:30pm

Newsletter Staff

Peggy Brodeur
Joan Clark
Therese Dalton
Clara DelMonte
Stacey Kinum
Barbara Koslap
Wilma Silwones

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!**

The Center will be closed July 3rd, 4th, and 5th for the Independence Day Holiday.

- **Wed., Jul 12, 11:00am: Meeting – “Then and Now” Guess Who Game** – Join the fun as our intern, Katie Kinum, shares members’ childhood photos and we try to match the photos to our current members.
- **Thurs., Jul 13, 10:45am: Movie Club - “Secretariat”**. Penny Chinery Tweedy and colleagues guide her long-shot stallion to set the unbeaten record, in 1973, for winning the Triple Crown. Diane Lane, John Malkovich.
- **Thurs., Jul 13, 11:00am: Technology Help** – Grace Dalton will answer your questions concerning computers, etc.
- **Thurs., Jul 13, 7:00pm: NP Summer Concert** at Centennial Park featuring the Bruce Springsteen tribute band, **Asbury Fever**.
- **Tues., Jul 18, 1:00pm: Setup for Luau.**
- **Wed., Jul 19, 12:00noon: Luau Lunch** - Have fun with a Hawaiian flair. We'll have a delicious catered lunch and DJ Jeanmarie will entertain us with music, games, and raffles. Cost: \$19. Purchase tickets in advance.
- **Thurs., Jul 20, 11:00am: Technology Help** – Grace Dalton will answer your questions concerning computers, etc.
- **Thurs., Jul 20, 12:00noon: Remember When** – Jennie Andrews will lead a discussion on “**Weird New Jersey and Other Fun Things**”. Share stories and memorabilia about oddities and interesting places to visit in NJ.
- **Thurs., Jul 20, 7:00pm: NP Summer Concert** at Centennial Park featuring **Cindy Gelormini**.
- **Tues., Jul 25, 9:45am-5:15pm: Casino Trip** – Try your luck at the **Sands Casino** in Bethlehem, Pennsylvania. Receive \$20 in “play money” and \$5 toward food. Cost: \$25. Purchase tickets in advance. See Phyllis Winters.
- **Wed., Jul 26, 11:00am: Meeting** – Dr. Kavita Kewalramani (Dr. K) of Primary Care & Medical Nutrition Center will give a presentation on “**Supporting Memory with Diet & Exercise**”.
- **Thurs., Jul 27, 7:00pm: NP Summer Concert** at Centennial Park featuring **The Kootz**, a group of Jersey guys who just can't retire their guitars. Enjoy classic rock, pop, and blues tunes from the late 1950's through the 70's.

The Center will be closed the first two weeks of August (July 31st – August 11th).

- **Tues., Aug 1, 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. Additional activities start at 6:00pm.
- **Tues., Aug 9, 1:00pm: Seniors Day at the Pool** – The New Providence Community Pool invites seniors to be their guests for lunch and entertainment. Please sign up in advance. Bus leaves at 12:45pm. Call for pickup.
- **Mon., Aug 14, 8:40am: River Lady Trip** – Enjoy the ambiance of a 19th century Mississippi paddleboat as we cruise the Toms River and Barnegat Bay. Includes meal. Cash bar. Cost: Members \$43; Non-members \$48.
- **Wed., Aug 16, 11:00am: Meeting - TBD**
- **Wed., Aug 23, 11:00am: Meeting** – Sue Fieseler from the Summit YMCA will give a presentation on “**CPR.**”
- **Thurs., Aug 24, 10:00am: Planetarium Trip** – Travel to Raritan Valley Community College to see “**S.E.T.I. – The Search for Extra Terrestrial Intelligence**” and explore the possibility that we may not be alone in the universe. Cost: \$10.00. Lunch at McBride's Irish Pub is on your own dime. Bus leaves at 10:00am.
- **Wed., Aug 30, 11:00am: Meeting** – John Cronin will give a presentation on “**Memorable Moments in Baseball**”.

"THEN AND NOW" PHOTO PROJECT

NPSCC intern, Katie Kinum, is putting together a picture project of the NPSCC seniors. She is asking members to submit a picture from their "younger days". She will also take a current picture and both pictures will be included in a slide show. During our meeting on July 12th, we will guess who's who. Please submit your childhood photo as soon as possible. All photos will be returned. See Katie if you have any questions.

NPSCC BOOK CLUB

The NPSCC Book Club held its first meeting on June 8th. There was a lively discussion about *Major Pettigrew's Last Stand* as 10 members shared their views and enjoyed delicious scones and tea.

The club will hold its next meeting on September 14th to discuss the book *Man Called Ove* by Fredrik Backman, a thoughtful exploration of the angry old man next door and the profound impact one's life has on countless others. Therese will let us know when copies of the book are available.

STONE SOUP LUNCH

There will be a Stone Soup Lunch on Sunday, July 16th, at the DeCorso Center. Just like in the old folk story, everyone is asked to contribute something to make a meal that we can all enjoy. Please bring a salad, a dessert, or just a smile. Come join in the fun as we share good food and fellowship.

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

Baseball Discussion Group – Mon., Jul 10th, 7:00pm.

"Establishing a Healthy Relationship with Food" – Julie Davelman, PhD. Tues., Jul 11th, 7:00pm.

"Avocados" – Dietician, Jennifer Luster, will share recipes and preparation tips. Wed., Jul 26th. 10:30am.

DECORSO CENTER

Stone Soup Lunch – Good food and fellowship. Please bring something to share. Sun., Jul 16th, 1:00-3:00pm.

BOROUGH OF NEW PROVIDENCE

Independence Day Celebration – DJ John Souren, juggler Will Shaw, "Chalk on South" and lots of fun for the whole family. Fireworks begin at 9:30pm, Mon., Jul 3rd. Rain date is Wed., Jul 5th.

Summer Concert Series – Music and entertainment at Centennial Park. Free hot dogs and ice cream. Concerts start at 7:00pm.

- Asbury Fever Band, Thurs., Jul 13th
- Cindy Gelormini, Thurs., Jul 20th
- The Kootz, Thurs., Jul 27th
- Elefante Family Band/National Night Out, Tues., Aug 1st (activities start at 6:00pm)

"MEXICAN TRAIN" DOMINOES

Learn a new twist on dominoes. Maureen Connors is starting a group on Tuesday afternoons at 1:00pm and would love to have you join in the fun. No experience is necessary. Maureen will answer any questions.

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

The 2:00 PM showing will have subtitles for the hearing impaired.

Tuesdays at 9:30am & 2:00pm

July 4 – No movie. Library closed
 July 11 – *A United Kingdom*
 July 18 – *Passengers*
 July 25 – *Silence*

Foreign Films

Weds., July 5 at 2:00pm – *El Jeremias* (in Spanish with English subtitles)

Mon., July 24 at 7:00pm – *Things to Come* (in French, English and German with English subtitles)

UNION COUNTY SENIOR SERVICES

Visiting Podiatrists

Innovative Foot & Ankle asks "Are Your Feet Happy?" Many seniors can be affected by foot ailments and many chronic conditions make it necessary to prudently care for feet. Podiatry is a focused specialty with a broad spectrum of care. For more information please call 908-276-6624. Ask for Christina. Accepts Medicare/Medicaid.

Home Foot Care Services specializes in providing medical treatments of foot and ankle care to elderly, disabled, impaired, and homebound patients in the comfort of their own home. In addition to English, staff speaks Russian, Arabic, Spanish, Romanian, Bulgarian, and Chinese. Call 1-877-417-3668.

State of New Jersey Office of the Ombudsman for the Institutionalized Elderly

The Ombudsman's Office acts as an advocate for residents of nursing homes and helps to protect their rights. The Ombudsman and staff can answer questions, provide information, and handle complaints about residents' rights and other areas of concern by families or the residents themselves. The Ombudsman's Office can conduct public or a private hearing, subpoena documents or personal testimony, and has full, unrestricted access to elderly residents of long term care facilities and their records. For more information regarding a facility license or annual survey information, call 1-800-792-9770.

<http://ucnj.org/wp-content/uploads/2014/01/Outreach-Revised-2016.pdf>

RUBBER DUCKY RACE UPDATE

We want to thank everyone who purchased adoption tickets. Through the Club, 192 tickets were sold at \$5.00 each. The increase in Club sold tickets was definitely due to the great salesmanship of the Kinum and Dalton girls after the Memorial Day parade.

A tremendous thank you again goes to Nancy Audet (daughter of Jack and Connie Spencer) who sold 288 tickets. Nancy continues to follow in her father's footsteps by supporting the Medical Alert Program through the Berkeley Heights Rotary Club.

The revenue from this year's ticket sales will net the Club about \$1,200.00 and will be used to fund Club events/programs.



Rating: ***

BOOK REVIEW by Therese Dalton

The American Heiress

by Daisy Goodwin

This book transported me to England in the 1890s. I felt that I was at the grand houses with the family. If you miss watching *Downton Abbey*, read this book!

Be careful what you wish for. Traveling abroad with her mother at the turn of the twentieth century to seek a titled husband, beautiful, vivacious Cora Cash, whose family mansion in Newport dwarfs the Vanderbilts', suddenly finds herself Duchess of Wareham, married to Ivo, the most eligible bachelor in England. Nothing is quite as it seems, however: Ivo is withdrawn and secretive, and the English social scene is full of traps and betrayals. Money, Cora soon learns, cannot buy everything, as she must decide what is truly worth the price in her life and in her marriage. Will she choose love or money?

"For daughters of the new American billionaires of the 19th century, it was the ultimate deal: marriage to a cash-strapped British Aristocrat in return for a title and social status. But money didn't always buy them happiness." ~ Daisy Goodwin in *The Daily Mail*

BERKELEY AQUATIC CLUB SENIOR DISCOUNT

Berkeley Aquatic Club offers reduced rates for their Lap Swims to Adults 65+. New Providence residents pay \$4.00. Non-residents pay \$5.00. Lap Swim hours are Monday through Friday from 11:00am to 3:00pm.

JUST FOR LAUGHS

A couple was discussing a fellow parent they knew. "Isn't it surprising that she can never see any faults in her children?" the mother asked. "Mothers never can," the father replied. "What a silly thing to say. I'm sure I could see faults in our children, if they had any."

JULY FACTS

Birthstone: Ruby & Onyx

Flower: Larkspur & Water Lily

Zodiac Signs: Cancer (Jun 21 – Jul 22) and Leo (Jul 23 – Aug 22)

Holidays and Observances:

July 4 – Independence Day

July 19 – National Hot Dog Day

July 29 – National Lasagna Day

<http://www.wincalendar.com>

| NEW PROVIDENCE SENIOR CITIZENS CLUB ~ July 2017 ~ | | | | | | |
|--|--|---|---|---|--|-------|
| | Mon | Tue | Wed | Thu | Fri | Sat |
| June 25 | June 26 11:00 Chair Yoga w/Judy 11:00 Newsletter 12:30 Bridge 1:00 Knitting Club | June 27 9:00 Bus to ShopRite 9:45 NO Balance & Conditioning w/Mike 1:00 Tai Chi w/Ayriel 1:00 Dominoes 2:00 Converse Italian | June 28 9:30 Blood Pressure 10:00 Bus to Club 11:00 "God Bless America" 12:30 Bingo/Cards | June 29 9:30 Fit & Healthy Exercise w/Myriam 12:30 Bridge or Poker 12:30 Mah Jongg | June 30 9:00 Bus to Mall 9:30 Zumba w/Donna 10:00 Bridge 12:30 NO Pizza Bingo | Jul 1 |
| 2 | 3 CENTER CLOSED | 4 INDEPENDENCE DAY CENTER CLOSED | 5 CENTER CLOSED | 6 12:30 Partner Bridge 12:30 Mah Jongg | 7 9:00 Bus to Mall 9:30 Zumba w/Donna 10:00 Bridge 12:30 NO Pizza Bingo | 8 |
| 9 | 10 11:00 Newsletter 12:30 Bridge 1:00 Knitting Club | 11 9:00 Bus to ShopRite 9:45 Balance/Conditioning w/Mike 10:00 Activities Meeting 1:00 Tai Chi w/Ayriel 1:00 Dominoes 2:00 Converse Italian 3:00 Beginners Italian | 12 Happy Birthdays! 9:30 Blood Pressure 10:00 Bus to Club 10:00 Walking Group 11:00 "Then & Now" Photo Project 12:30 Bingo/Cards – Chatham Hills | 13 10:45 Movie Club - Secretariat 11:00 Tech Help 12:30 Duplicate Bridge 12:30 Mah Jongg 7:00pm Summer Concert at Centennial Park | 14 9:00 Bus to Mall 9:30 Zumba w/Donna 10:00 Bridge 12:30 Pizza Bingo | 15 |
| 16 Stone Soup Lunch 1:00-3:00 | 17 11:00 Newsletter 12:30 Bridge | 18 9:00 Bus to ShopRite 9:45 Balance/Conditioning w/Mike 1:00 Tai Chi w/Ayriel 1:00 Dominoes 1:00 Setup Luau Lunch 2:00 Converse Italian | 19  Luau Lunch 12:00noon | 20 11:00 Tech Help 12:00 Remember When - Weird NJ 12:30 Duplicate Bridge 12:30 Mah Jongg 7:00pm Summer Concert at Centennial Park | 21 9:00 Bus to Mall 9:30 Zumba w/Donna 10:00 Bridge 12:30 NO Pizza Bingo | 22 |
| 23 | 24 11:00 Newsletter 12:30 Bridge 1:00 Knitting Club | 25 9:00 Bus to ShopRite 9:45 Balance/Conditioning w/Mike 10:00 Casino Trip 1:00 Tai Chi w/Ayriel 1:00 Dominoes 2:00 Converse Italian 3:00 Beginners Italian | 26 9:30 Blood Pressure 10:00 Bus to Club 10:00 Walking Group 11:00 "Supporting Memory w/Diet & Exercise" 12:30 Bingo/Cards | 27 12:30 Partner Bridge 12:30 Mah Jongg 7:00pm Summer Concert at Centennial Park | 28 9:00 Bus to Mall 9:30 Zumba w/Donna 10:00 Bridge 12:30 Pizza Bingo | 29 |
| 30 | 31 CENTER CLOSED | Aug 1 CENTER CLOSED 7:00pm Summer Concert at Centennial Park | Aug 2 CENTER CLOSED | Aug 3 CENTER CLOSED | Aug 4 CENTER CLOSED | Aug 5 |