

New Providence Senior Citizens Newsletter

MARCH 2017

Volume 17, Issue 3



COORDINATORS CORNER

Happy St. Patrick's Day. May the luck of the Irish be with you. We have a ton of great stuff planned for March.

Chair Yoga and In Control classes resume on Monday, March 6. Chair Yoga increases flexibility and muscle strength while reducing stress and increasing relaxation. In Control uses weights and floor exercises to develop and enhance arm, chest, inner core, and leg muscles while stretching the body and improving balance.

CLUB EVENTS:

Bert Abazzia will talk about the **History of New Providence** on Wednesday, March 1 at 11am. We will have a slide show of New Providence with some interesting historical photographs. We will also play a trivia game. For those of you who have lived in New Providence for a long time, please come to the meeting to help us answer some of Bert's tougher questions.

Sue will continue her **Senior Series** on Tuesdays, March 14, 21, and 28 at 11am. She will discuss "Vitamins, Minerals and Supplements" on March 14, "Hobbies" on March 21, and "Spices" on March 28. Sue's lectures are always fun and informative so please join us. See page 3 for details.

The Larks will perform for us on Thursday, March 23 at 12:00noon. We will have an ice cream social after the performance. The Larks are very entertaining and uplifting. Join us for a special afternoon of music and ice cream.

SPECIAL NOTICES:

I was contacted by an **NPHS student** who is looking to interview women whose husbands served in WWII or Vietnam. Please let me know if you are interested and I will put her in touch with you. Interviews can be conducted at NPSCC or at your home.

KEEP IN MIND

NPSCC Open House on Wednesday, April 26. We will host an open house with free entertainment and refreshments. Please reach out to friends who are not members and invite them to come. We want to show fellow seniors all that NPSCC has to offer. Please spread the word.

Thank You...

- NPHS Jazz Choir for the delightful music at our February 1st meeting.
- Professor Bill Dunscombe for his "Selected Topics in Biology" class.
- Christine Napolitano for organizing our Valentine's Celebration.
- Jennie Andrews for her "Broadway Shows Through the Years" talk.
- Charlie DelMonte and Josephine Campano for procuring and picking up the donuts for our Wednesday meetings.

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, Ed Insinger, Peggy Macneal, Joe Masino, Tina Morielli, Grace Parlapiano, Bette Schmitt, Wilma Silwones, 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 Coordinators

Stacey Kinum
Therese Dalton

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., Mar 1, 11:00am: Meeting – “History of New Providence”** emceed by Bert Abazzia.
- **Thurs., Mar 2, 10:00am: Top Asian Health Issues** - Dr. Su Wang, Medical Director, Center for Asian Health, will give a talk on “**Hep B and More!**”. Free Hep B screenings will be available.
- **Sun., Mar 5, 2:00-4:00pm: “Diversity Committee” Ladies Tea** –Special guest speakers include NJ State Assemblywoman Nancy Munoz. Tea and light refreshments will be served. Pre-registration is required.
- **Sun., Mar 5, 3:00pm: Opera To Die For!–*La Traviata* @ Drew University.** See Christine. Cost: \$20. No bus.
- **Mon., Mar 6, 8:30am: In Control** exercise class resumes.
- **Mon., Mar 6, 11:00am: Chair Yoga Class** exercise class resumes.
- **Weds., Mar 8, 11:00am: Meeting** – Cast members from the NPHS Spring Musical, “**The Sound of Music**”, will present highlights from the show. We will celebrate March birthdays. Chatham Hills will call Bingo.
- **Thurs., Mar 9, 5:00pm: NPHS Spring Musical Dress Rehearsal**, “The Sound of Music”. No bus transportation.
- **Sat., Mar 11, 11:0am: Memorial Service for Ed Len** – Service will be held at Somerset Hills Memorial Park in Basking Ridge. Sign up for bus transportation. Bus will leave at 10:15am.
- **Tues., Mar 14, 11:00am: Senior Series with Sue** – “Vitamins, Minerals, and Supplements” (see page 3).
- **Weds., Mar 15, 12:00-3:00pm: St. Patrick’s Day Luncheon** – Celebrate the holiday with a hot Irish meal. Entertainment will be provided by John Busciano and Kathleen Riscen. Cost: \$16. Sign up for bus transportation.
- **Thurs., Mar 16, 10:45am: Movie Club** – Taken in by a well-to-do family and offered a second chance at life, a homeless teen becomes a star athlete in the sports-themed comedy drama “**The Blind Side**”.
- **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 on “**Simple Ways to Stay Healthier and More Active**”.
- **Thurs., Mar 23, 12:00noon: The Larks** will entertain us with Broadway songs, popular music, and patriotic tunes.
- **Tues., Mar 28, 11:00am: Senior Series with Sue** – “Spice It Up” (see page 3).
- **Weds., Apr 5, 11:00am: Meeting** – New Providence High School vocalists will sing for us.
- **Weds., Apr 12, 11:00am: Meeting** – TBD
- **Weds., Apr 19, 11:00am: Meeting** – Pam Robertson will talk about “**Gratitude and How It Can Change Your Life**”
- **Thurs., Apr 20, 1:30pm: Paper Mill Playhouse Trip** – See the smash-hit musical, “**Million Dollar Quartet**”, inspired by the recording session that brought together Elvis Presley, Johnny Cash, Jerry Lee Lewis, and Carl Perkins. Tickets on sale until March 20th. Cost: \$35. Bus leaves at 12:30pm.
- **Weds., Apr 26, 11:00am: Open House** – Enjoy entertainment and refreshments while learning about the trips, activities, parties, clubs, classes, and exercise programs that NPSCC has to offer.
- **Thurs., Apr 27, 12:00noon: “Remember When” Antiques** – Jennie Andrews will lead the discussion. Please bring your favorite antique to share with the group. Pizza will be available at \$1.75 per slice. Sign up in advance.
- **Thurs., Apr 27, 7:00pm: “After Hours” Spring Fling**

SEEKING WIFE'S PERSPECTIVE...

An NPHS junior is looking to interview any woman who had a husband who served in World War II or the Vietnam War. Please let Stacey know if you would be interested in sharing your experiences.

COFFEE AND BUNS

Please remember to "feed the kitty" if you grab a cup of coffee from the kitchen while participating in any of the center activities. Coffee is 50 cents per cup.

We are raising the prices of coffee and buns at our club meetings from 25 cents each to 50 cents each. A coffee and a bun will now cost \$1.00. There are no free weeks. Only members who are celebrating their birthdays will get free refreshments at our birthday meetings. NPSCC volunteers will also be expected to pay for their beverages and treats.

SENIOR SERIES WITH SUE

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

- **"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.
- **"Spice It Up"** - Discover common herbs and spices that may protect against certain chronic conditions such as cancer, diabetes, and heart disease. Tues., Mar 28, 11:00am.

Please sign up in advance if you plan to attend.

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

- **Thursday Evening Reading Club** – "The Underground Railroad". Thurs., Mar 2, 7:30pm.
- **Thursday Morning Book Club** – "H is for Hawk". Thurs., Mar 16, 10:00am.
- **Seed Exchange** – Bring seeds, take seeds. Call ahead to tell what you are bringing. Sat., Mar 18, 10:30am-12:00noon. 908-665-0311.
- **Baseball Club** – Local enthusiasts talk about everything baseball. Mon., Mar 20, 7:00pm
- **Goldfinch Launch** – Women Who Write celebrate the publication of their annual journal with readings of poetry and short stories. Sun., Mar 26, 2:00pm.

NEW PROVIDENCE HIGH SCHOOL

- **Spring Musical** – Rodgers and Hammerstein's "The Sound of Music". Fri., Mar 10, 7:30pm and Sat., Mar 11, 2:00pm and 7:30pm.

DECORSO CENTER

- **Diversity Committee** – "Ladies Tea" with guest speakers Assemblywoman Nancy Munoz, Dr. Shaghayegh DeNoble, and Christine Masterson, MD, FACOG. Sun., Mar 5, 2:00-4:00pm. Preregistration is required.

FREE TAX RETURN HELP

Tax counselors are available on Mondays and Saturdays from 9:00am-3:00pm through Monday, April 17, 2017. Call the NPSCC at 908-665-0046 between the hours of 10:30am and 2:00pm, Mondays through Fridays, to schedule an appointment or sign up at the center.

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

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

Tuesdays at 9:30am & 2:00pm

Mar 7 – *The Birth of a Nation*
 Mar 14 – *The Accountant*
 Mar 21 – *Jack Reacher: Never Go Back*
 Mar 28 – *Inferno*

Foreign Films

Weds., Mar 1 at 2:00pm – *The Kid With a Bike* (in French with English subtitles)
 Mon., Mar 27 at 7:00pm – *Me You Them* (in Spanish with English subtitles)

TOP 10 SCAMS TARGETING SENIORS**The Grandparent Scam**

You're a grandparent, and you get a phone call or an e-mail from someone who identifies himself as your grandson. "I've been arrested in another country," he says, "and need money wired quickly to pay my bail. And oh by the way, don't tell my mom or dad because they'll only get upset!" This is an example of what's come to be known as "the grandparent scam"—yet another fraud that preys on the elderly, this time by taking advantage of their love and concern for their grandchildren.

Common scenarios include:

- A grandparent receives a phone call (or sometimes an e-mail) from a "grandchild." If it is a phone call, it's often late at night or early in the morning when most people aren't thinking that clearly. Usually, the person claims to be traveling in a foreign country and has gotten into a bad situation, like being arrested for drugs, getting in a car accident, or being mugged...and needs money wired ASAP. And the caller doesn't want his or her parents told.
- Sometimes, instead of the "grandchild" making the phone call, the criminal pretends to be an arresting police officer, a lawyer, a doctor at a hospital, or some other person. And we've also received complaints about the phony grandchild talking first and then handing the phone over to an accomplice...to further spin the fake tale.
- We've also seen military families victimized: after perusing a soldier's social networking site, a con artist will contact the soldier's grandparents, sometimes claiming that a problem came up during military leave that requires money to address.
- While it's commonly called the grandparent scam, criminals may also claim to be a family friend, a niece or nephew, or another family member.

To avoid being victimized:

- Resist the pressure to act quickly.
- Try to contact your grandchild or another family member to determine whether or not the call is legitimate.
- Never wire money based on a request made over the phone or in an e-mail...especially overseas. Wiring money is like giving cash—once you send it, you can't get it back.

https://www.fbi.gov/news/stories/2012/april/grandparent_040212

SUMMIT COLLEGE CLUB ANNUAL BOOK SALE

The Summit College Club is seeking books and other media donations for its book sale in April. Donations may be brought to Westy Self Storage, 15 River Road, Chatham from 8am to 5pm on weekdays; from 9am to 5pm on Saturdays; and from 11am to 3pm on Sundays. They welcome donations of books, CDs, and DVDs but do *not* accept textbooks, manuals, or encyclopedias.

YMCA SENIOR PROM - BECAUSE FUN HAS NO LIMIT

Put on your dancing shoes and party attire and get ready to have a wonderful time at the Summit YMCA Senior Prom. Join them for dining and dancing on Sunday, April 2, 2017 from 1:00pm-4:00pm. The prom is free and open to all. For more information or to register, please contact Sue Fieseler at 908-273-3330 ext. 1167 or sue.fieseler@thesay.org. Please RSVP by March 30.

Just for Laughs

What do you get when you cross poison ivy with a four-leaf clover? A rash of good luck.

Why can't you borrow money from a leprechaun? Because they're always a little short.

Why don't you iron 4-leaf clovers? Because you don't want to press your luck.

Irish Blessing

*For each petal on the shamrock
This brings a wish your way –
Good health, good luck, and happiness
For today and every day.*

~Author Unknown~

<http://www.quote-garden.com/st-patricks-day.html>

MARCH FACTS

Birthstone: Aquamarine, Bloodstone & Jade

Flower: Daffodil

Zodiac Signs: Pisces (Feb 19 – Mar 20) & Aires (Mar 21 – Apr 19)

Holidays and Observances:

Mar 8 – Int'l Women's Day

Mar 12 – Daylight Saving Begins

Mar 17 – Saint Patrick's Day

Mar 20 – Spring begins, Int'l Day of Happiness

<http://www.wincalendar.com>

~ March 2017 ~						
	Mon	Tue	Wed	Thu	Fri	Sat
Feb 26 CSA Pasta Dinner 3:00-7:00pm	Feb 27 10:30 Biology Class 11:00 Newsletter 12:30 Bridge 1:00 Knitting Club	Feb 28 9:00 Bus to ShopRite 9:45 Balance/Conditioning w/Mike 11:00 Nutrition Facts/Fads 1:00 Tai Chi w/Ayriel 2:00 Converse Italian 3:00 Beginners Italian	1 10:00 Bus to Club 11:00 History of NP 12:30 Bingo/Cards	2 9:30 Fit & Healthy Exercise w/Myriam 10:00 Top Asian Health Issues: Hep B & More! 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 Tax Appts. 9:00-3:00
5 Diversity Committee Ladies Tea 2:00-4:00pm <i>La Traviata</i> @ Drew Univ. 3:00pm	6 Tax Appts. 9:00-3:00 8:30 In Control w/Myriam 9:30 Trustee Meeting 10:30 Biology Class 11:00 Chair Yoga w/Judy 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 Happy Birthdays! 9:30 Blood Pressure 10:00 Bus to Club 11:00 NPHS "Sound of Music" Highlights 12:30 Bingo/Cards – Chatham Hills	9 9:30 Fit & Healthy Exercise w/Myriam 12:30 Duplicate Bridge 12:30 Mah Jongg 5:00 NPHS "Sound of Music" Dress Rehearsal	10 9:00 Bus to Mall 9:30 Zumba w/Donna 10:00 Bridge 12:30 Pizza Bingo	11 Tax Appts. 9:00-3:00 Ed Len Memorial Service 11:00am
12	13 Tax Appts. 9:00-3:00 8:30 In Control w/Myriam 10:30 Biology Class 11:00 Chair Yoga w/Judy 11:00 Newsletter 12:30 Bridge 1:00 Knitting Club	14 9:00 Bus to ShopRite 9:45 Balance/Conditioning w/Mike 10:00 Activities Meeting 11:00 Vitamins, Minerals & Supplements 1:00 Setup Luncheon 1:00 Tai Chi w/Ayriel 2:00 Converse Italian 3:00 Beginners Italian	15 St. Pat's Lunch 12:00noon 	16 9:30 Fit & Healthy Exercise w/Myriam 10:45 Movie Club 12:30 Duplicate Bridge 12:30 Mah Jongg	17♣ St. Patrick's Day♣ 9:00 Bus to Mall 9:30 Zumba w/Donna 10:00 Bridge 12:30 Pizza Bingo	18 Tax Appts. 9:00-3:00
19	20 Tax Appts. 9:00-3:00 8:30 In Control w/Myriam 10:30 Biology Class 11:00 Chair Yoga w/Judy 11:00 Newsletter 12:30 Bridge	21 9:00 Bus to ShopRite 9:45 Balance/Conditioning w/Mike 11:00 Hobbies 1:00 Tai Chi w/Ayriel 2:00 Converse Italian	22 9:30 Blood Pressure 10:00 Bus to Club 11:00 Simple Ways to Stay Healthier & More Active 12:30 Bingo/Cards	23 9:30 Fit & Healthy Exercise w/Myriam 12:00 The Larks 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 Tax Appts. 9:00-3:00
26	27 Tax Appts. 9:00-3:00 8:30 In Control w/Myriam 10:30 Biology Class 11:00 Chair Yoga w/Judy 11:00 Newsletter 12:30 Bridge 1:00 Knitting Club	28 9:00 Bus to ShopRite 9:45 Balance/Conditioning w/Mike 11:00 Spice It Up 1:00 Tai Chi w/Ayriel 2:00 Converse Italian 3:00 Beginners Italian	29 9:30 Blood Pressure 10:00 Bus to Club 11:00 Seniors & Depression 12:30 Bingo/Cards	30 9:30 Fit & Healthy Exercise w/Myriam 12:30 Bridge or Poker 12:30 Mah Jongg	31 9:00 Bus to Mall 9:30 Zumba w/Donna 10:00 Bridge 12:30 Pizza Bingo	Apr 1 Tax Appts. 9:00-3:00