

New Providence Senior Citizens Newsletter

"Good things happen here!"

NOVEMBER 2017



Volume 17, Issue 11



COORDINATORS CORNER

Try to be a rainbow in someone's cloud.

This is the month that starts the holiday season. We are reminded to give thanks for all that we have and for all that is around us. I am grateful for each of you and for this active center. We have many activities during these next 2 months, so be sure to read the newsletter and come out to celebrate!

In case you have not seen them, we have new chairs in the main room. I am very *grateful* for the new chairs!

HIGHLIGHTS

- We have received approximately 50 completed surveys. If you have not completed one yet, please make your voice is heard and take a moment to provide us with feedback.
- Please remember to bring in a picture or two of places you have been. It will only be fun if people participate!
- A big thanks to Peggy Brodeur for coordinating our Veterans Day Celebration on Saturday, November 11th. See page 3 for details.
- On November 19th, you are welcome to attend a toy drive at the DeCorso Center in the evening from 6:00pm-9:00pm. The Lions Club, Don Jones Foundation and the Jules Podell Foundation are in their 10th year of collecting unwrapped toys and gift cards for needy families in the New Providence/Berkeley Heights/Summit area. Please bring an unwrapped toy or gift card and enjoy some wine and cheese.

SCHEDULE CHANGES

- Exercise classes are cancelled on Election Day, Tuesday, November 7th – Remember to vote!
- "Oh, the Places You've Been" has been changed to Wed., Nov. 15th.
- The center is closed Wednesday, November 22nd through Sunday, November 26th for the Thanksgiving holiday.

THANK YOU...

- Ernie Gonczlik for volunteering to call Bingo.
- Sue Fieseler for her series on "Maintaining and Improving Senior Health"
- Overlook Community Health for the free hearing screenings.
- Harry Kundrat for organizing the trip to "Oktoberfest at Forest Lodge".
- Phyllis Winters for running the trip to "The Sands" casino.
- Maureen Connors and Irene Mitreuter for serving as our Sunshine Lady.
- Katherine Davis for volunteering to help out with medical alerts.

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 Kundrat
Treasurer: Sal Ligammarri
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 Co-Coordinators

Therese Dalton
Michelle Zack

Hours

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

Newsletter Staff

Peggy Brodeur
Joan Clark
Clara DelMonte
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!**

- **Wed., Nov 1, 11:00am: Meeting – Elyse Drucker from SAGE will talk about SHIP & Medicare Open Enrollment.**
- Tues., Nov 7, 6:00AM-8:00pm: Election Day – The DeCorso Center is the voting place for Districts 1, 3, 4, & 5. Exercise classes are cancelled. There will be a bus to ShopRite and the Italian classes will meet.
- **Wed., Nov 8, 11:00am: Meeting – Detective Mike Hand from the New Providence Police Department will talk about Emergency Preparation and Response.**
- Sat., Nov 11, 10:30am: Veterans Day Luncheon @ the DeCorso Center - Enjoy delicious food provided by local restaurants and entertainment provided by "The Cover Girls". Please sign up in advance and bring a dessert.
- Tues., Nov 14, 11:00am-1:30pm: Patrice Paoletta and Chef Todd Daigneault from Overlook Hospital will give a presentation on "Nutrition for Pre-Diabetes, Diabetes and Overall Health". Please sign up in advance.
- **Wed., Nov 15, 11:00am: Meeting – "Oh, the Places You've Been" – Join in the fun as we try to match members with their favorite vacation photographs.**
- Thurs., Nov 16, 10:00am: Senior Citizens Day at NPHS – Concerts, lunch, and the NPHS fall play "Mother Hicks", the story of three outsiders who find themselves during the great Depression. Due to limited parking and lunch seating, those attending MUST pre-register and take the bus from the center. Space is limited to 45.
- Sat., Nov 18, 6:45pm: Union Methodist Church Choir Trip – Enjoy a rocking concert of religious music. Sign up for bus transportation. Concert starts at 7:30pm. Cost: \$2.00 plus a voluntary donation. All proceeds go to charity.

THE CENTER WILL BE CLOSED WEDNESDAY, NOV 22ND THROUGH SUNDAY, NOV 26TH FOR THANKSGIVING.

- Tues., Nov 28, 10:45am: Book Club – Therese Dalton will lead a discussion about "The Turner House".
- **Wed., Nov 29, 11:00am: "Clear Captions" Lunch & Learn – Terry Hurley will discuss how you can receive a FREE caption phone if you struggle with any form of hearing loss. Lunch will be provided.**
- Tues., Dec 5, 1:00pm: Set up for Holiday Dinner. **THERE IS NO MEETING ON WEDNESDAY, DECEMBER 6TH.**
- Wed., Dec 6, 5:00-8:00pm: Holiday Dinner – Enjoy a delicious dinner with beautiful music provided by the NPMS Girls Chorus. Cost: \$25. Purchase tickets by 11/29. Advance sign up for dinner and for bus pickup is required.
- Thurs., Dec 7, 10:00am-3:00pm: Jersey Gardens Mall Trip – Beautiful seasonal decorations and great holiday shopping at New Jersey's largest outlet and value retail center. Cost \$2.00. Sign up in advance.
- Thurs., Dec 7, 7:00pm: "After Hours" – Winter holiday traditions and foods.
- Sat., Dec 9, 1:00pm: Christmas Cantata - The Union Methodist Church Choir will perform beautiful holiday music. Wonderful opportunity to celebrate the season. Light refreshments will be served. Please sign up in advance.
- Tues., Dec 12, 11:00am: Address Holiday Greeting Cards – Join us as we address holiday cards for our absent members. Please sign up if you plan on helping.
- **Wed., Dec 13, 11:00am: Meeting – Mike Ferlise will give a presentation on "Christmas Trains" and bring in some model trains from his extensive collection. We will also elect Officers and Trustees.**
- Thurs., Dec 14, 12:00noon: "Remember When" Holiday Party – Join in the fun as we share favorite holiday memories. Please sign up in advance and bring a snack or a beverage.
- **Wed., Dec 20, 11:00am: Meeting – Jessica Guarneri from ShopRite will talk about "Holiday Foods".**

THE CENTER WILL BE CLOSED FRIDAY, DEC 22ND THROUGH MONDAY, JAN 1ST.

NUTRITION FOR PRE-DIABETES, DIABETES, AND OVERALL HEALTH

Over 115 million Americans have either pre-diabetes or diabetes. Are you one of them? On Tuesday, November 14, 2017 from 11:00am to 1:30pm, there will be a presentation at the center that will address what you can do to help prevent, postpone and/or control diabetes with good nutrition, exercise and behavioral modifications. It will also review background information of the risk factors, physiology and diagnosis of both pre-diabetes and diabetes. Overlook Medical Center's Food and Nutrition Department will be offering a "Farm to Plate" cooking demonstration. Samples will be provided! Please sign up in advance at the center.

VETERANS DAY LUNCHEON

The Veterans Day Luncheon will be held at the DeCorso Center beginning at 10:30am on Saturday, November 11th. There will be an "11th hour of the 11th day of the 11th month" service and words of remembrance will be spoken and shared.

Lunch will be provided by local restaurants and desserts will be donated by members of the New Providence Senior Citizen Club. "The Cover Girls", Kathy Martin and Mary Damato, will treat us all to music from the war years through the 1970's.

All wartime and peacetime veterans and families are welcome to join us on this day to remember, honor and thank these heroes. If you can attend, please call 908-665-0046 and leave your name and the number in your party with one of the DeCorso Center Coordinators.

AROUND TOWN...

NEW PROVIDENCE MEMORIAL LIBRARY (NPML)

DYAD – Innovative musicians perform delightful jazz versions of opera arias. Sun., Nov 12, 3:00pm.

Baseball Club – Come and talk about your favorite team, players, or just listen. Mon., Nov 13, 7:00pm.

Vegetable Side Dishes – Nutritionist Jennifer Luster will share some healthy and delicious recipes. Call ahead. 908-665-0311. Tues., Nov 14, 7:00pm.

Why Don't My Kids Listen to Me? – Practical and useful information on communication and discipline. Tues., Nov 28, 7:30pm-8:30pm.

NEW PROVIDENCE HIGH SCHOOL

Fall Play "Mother Hicks" – The story of three outsiders who find themselves during the Great Depression. Fri., Nov 17 & Sat., Nov 18, 7:30pm.

BOROUGH OF NEW PROVIDENCE

Holiday Festival Event featuring the Christmas Walk, International Celebrations, and fireworks. – Fri., Nov 24, 4:30 pm. Santa arrives at 6:00pm.

Small Business Saturday – Shop local. Sat., Nov 25.

DECORSO CENTER

Veteran's Day Luncheon – Honor veterans for their service and show appreciation for their sacrifices. Sat., Nov 11, 10:30am.

SALT BROOK SCHOOL

Veterans Day Breakfast – Weds., Nov 8, 8:30-9:20am. Please RSVP 973-945-4388 ASAP.

Lodge Linne Scandinavian Import Sale –Sat., Nov 18, 10:00am-3:00pm.

MOVIE MARQUEE

NOVEMBER MOVIES AT THE NP MEMORIAL LIBRARY

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

Tuesdays at 9:30am & 2:00pm

Nov 7 – *Manchester-By-The-Sea*
 Nov 14 – *Begin Again*
 Nov 21 – *St. Vincent*
 Nov 28 – *Paris Can Wait*

Foreign Films

Weds., Nov 1 at 2:00pm – *The Wedding Plan* (in Hebrew with English subtitles)
 Mon., Nov 27 at 7:00pm – *The Midwife* (in French with English subtitles)

UTILITY ASSISTANCE PROGRAMS

New Jersey American Water

New Jersey American Water assists low-income customers who qualify through its H2O Help to Others Program and Low-Income Payment Program (LIPP).

The H2O Help to Others Program provides aid to those who need it most. Customers who qualify may receive a grant of up to \$500.00 to help pay their water bill.

The Low-Income Payment Program (LIPP) takes the H2O program one step further by providing aid to New Jersey American Water's most economically challenged customers. This aid can be equivalent to as much as 20% of a customer's monthly bill, depending on eligibility.

For more information, call 1.877.652.9426.

PSE&G

PSE&G Equal Payment Plan (EPP) calculates your equal payment amount by dividing your previous year's energy usage into 12 equal monthly payments. Your account will be reviewed every six months and if your energy use changes your payment amount will be revised up or down. Call 1.888.275.7734 for more information.

Third Party Notification Program will let you know when you're older, ill or disabled family member's bill is late.

Life-Sustaining Equipment Program allows people who use life-sustaining medical equipment to receive priority power restoration if the power ever goes out.

For more information on the PSE&G Assistance Programs, call PSE&G at 1.800.436.7734.

<http://ucnj.org/wp-content/uploads/2014/01/Outreach-Revised-2015.pdf>

THOUGHTS FOR THE DAY

Inside every older person is a younger person wondering what the hell happened.

The Constitution only guarantees you the right to pursue happiness. You have to catch it yourself.

Every day may not be good but there is something good in every day.

SOME LOCAL HISTORY

In the early 1800s, a large building known as Winter Grove was first constructed in a clearing on top of a ridge on the Watchung Mountains. Later, the location became a top choice for picnics among wealthy New Yorkers who spent their summers in New Jersey in the late 1800s and early 1900s.

Winter Grove was turned into Wally's Tavern on the Hill when, in 1944, Walter and Estelle Heinzer bought and renovated the place, transforming it into a restaurant that became popular in the 1950s, 60s, and 70s. Wally's changed hands in the late 1970s, becoming in succession the Bonnie Burn Inn, then the Watchung Restaurant and Dinner Theatre, the Stony Brook Inn dinner theater and the club September on the Hill. It reopened again after another extensive remodel as the Colorado Café in late 1994 and soon this steakhouse and country western club became well-known throughout New Jersey, New York and Pennsylvania. It also became the first club to have a state-licensed mechanical bull, known as Buck Off.

In July of 2016, the Watchung Borough Council approved ordinances that allow Weldon Materials to apply for an expansion of its existing trap rock mine located next to the 14,000-square foot club. The planned quarry expansion will add 30 acres to the existing facility – bordered by roads on all sides with the Watchung Reservation to the east – allowing it to continue for at least another 25 years, according to Planning Board meeting minutes. Plans are to have the Colorado Café property serve as a buffer to the mining operations for at least the next six years before being used as part of the active mine.

http://www.nj.com/somerset/index.ssf/2017/07/after_200_years_one_of_njs_party_places_will_disap.html

NOVEMBER FACTS

Birthstone: Topaz and Citrine

Flower: Chrysanthemum

Zodiac Signs: Scorpio (Nov 23 – Nov 21) & Sagittarius Nov 22 – Dec 21)

Holidays and Observances:

Daylight Saving Time Ends – Nov 5

Election Day – Nov 7

Veterans Day – Nov 11

Thanksgiving Day – Nov 23

<http://www.wincalendar.com>

| ~ November 2017 ~ | | | | | | |
|-------------------|--|--|---|--|--|---|
| | Mon | Tue | Wed | Thu | Fri | Sat |
| Oct 29 | Oct 30 8:30 In Control w/Myriam 10:30 Biology Class 11:00 Chair Yoga w/Judy 11:00 Newsletter 12:30 Bridge | Oct 31 9:00 Bus to ShopRite 9:45 Balance/Conditioning w/Mike 9:45 Casino Trip 1:00 Tai Chi w/Ayriel 2:00 Converse Italian | 1 9:30 NO Blood Pressure 10:00 Bus to Club 11:00 "SHIP & Medicare Options" 12:30 Bingo/Cards | 2 9:30 Fit & Healthy Exercise w/Myriam 12:30 Partner Bridge 12:30 Mah Jongg | 3 9:00 Bus to Mall 9:15 Zumba w/Donna 10:00 Bridge 12:30 Pizza Bingo | 4 Paca Club Craft Fair & Bake Sale 10:00am – 4:00pm |
| 5 | 6 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 ELECTION DAY 6:00am – 8:00pm 9:00 Bus to ShopRite 2:00 Converse Italian 3:00 Beginners Italian | 8 Happy Birthdays! 9:30 Blood Pressure 10:00 Bus to Club 11:00 "Emergency Preparation & Response" 12:30 Bingo/Cards – Chatham Hills | 9 9:30 Fit & Healthy Exercise w/Myriam 12:30 Duplicate Bridge 12:30 Mah Jongg | 10 9:00 Bus to Mall 9:15 Zumba w/Donna 10:00 Bridge 12:30 Pizza Bingo | 11 Veterans Day Luncheon 10:30am |
| 12 | 13 Jazz Duo Concert @NPML 3:00pm 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 Class | 14 9:00 Bus to ShopRite 9:45 Balance/Conditioning w/Mike 10:00 Activities Meeting 11:00 "Nutrition for Pre-Diabetes, Diabetes and Overall Health" 1:00 Tai Chi w/Ayriel 2:00 Converse Italian | 15 9:30 Blood Pressure 10:00 Bus to Club 11:00 "Oh, the Places You've Been!" 12:30 Bingo/Cards | 16 9:30 Fit & Healthy Exercise w/Myriam 10:00 Senior Citizens Day at NPHS 12:30 Duplicate Bridge 12:30 Mah Jongg | 17 9:00 Bus to Kohl's 9:15 Zumba w/Donna 10:00 Bridge 12:30 Pizza Bingo – Visiting Angels | 18 Union Methodist Church Choir Trip 6:45pm Lodge Linne Sale @ Salt Brook 10:00am-3:00pm |
| 19 | 20 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 1:00 Tai Chi w/Ayriel 2:00 Converse Italian 3:00 Beginners Italian | 22 CENTER CLOSED | 23 CENTER CLOSED HAPPY THANKSGIVING! | 24 CENTER CLOSED 4:30pm New Providence Christmas Walk | 25 |
| 26 | 27 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 Class | 28 9:00 Bus to ShopRite 9:45 Balance/Conditioning w/Mike 10:45 Book Club 1:00 Tai Chi w/Ayriel 2:00 Converse Italian | 29 9:30 Blood Pressure 10:00 Bus to Club 11:00 "Clear Captions" 12:30 Bingo/Cards | 30 9:30 Fit & Healthy Exercise w/Myriam 12:00 Center Decoration 12:30 NO Bridge 12:30 Mah Jongg | Dec 1 9:00 Bus to Mall 9:15 Zumba w/Donna 10:00 Bridge 12:30 Pizza Bingo | Dec 2 |