

New Providence Senior Citizens Newsletter

"Good things happen here!"

SEPTEMBER 2017



Volume 17, Issue 9



COORDINATORS' CORNER

Karma: Think good thoughts, say nice things, do good for others. Everything comes back around.

September is always the start of a new year for me because the kids go back to school. So, in that spirit of a New Year resolution, I would like to encourage you to get involved with the Club! We tend to count on the same people to take care of all the details for every event and activity. Now it's your turn to step up and volunteer. There are plenty of opportunities here at the Club: assisting at bingo, running a trip, helping in the library, the newsletter and the list goes on. In the words of Uncle Sam, "We need you!" **Please see me or Christine Napolitano to volunteer.** The club is only as good and active as the people who get involved.

Special thanks to Mike Ferlise for sharing his stories about trains and buses. He has quite a collection of both! We hope to hear from Mike again around the holidays. *This is another great way to get involved. Talk to the group about a hobby.*

We are fortunate that Union County College is continuing to teach the LIFE class here with "Selected Topics in Biology". This is a course that the town pays for to provide seniors the opportunity to continue to grow and learn. We are happy to welcome back Bill Dunscombe for another semester of interesting topics beginning on September 25th at 10:30am.

SEPTEMBER HIGHLIGHTS (read newsletter for details):

- Exercise classes resume (see page 3 for details on classes)
- **Welcome Back Country Picnic**, September 13th
- **Remember When, "Did I Say That?"**, September 14th.
- **AARP Drivers Safety Class**, September 18th and 19th (2 day course)
- **John Basilone Parade Trip**, September 24th.

SCHEDULE CHANGES:

- No dominoes on September 12th
- Center closed Friday, September 1st and Monday, September 4th.
- No blood pressure readings on September 6th and 20th.

Thank You...

- New Providence Community Pool for a delightful day at the pool.
- Ed Insinger for running the wonderful *River Lady Trip*.
- Mike Ferlise for giving a great talk about model trains.
- Sue Fieseler for an informative presentation on *Emergency Preparedness*.
- Christine Napolitano for running the fascinating *Planetarium Trip*.
- John Cronin for the *Memorable Moments in Baseball* presentation.
- Knitting Club for the scarves that were sent to Operation Gratitude.
- New Providence Amateur Radio Club for the gift of a new flower planter for the front walkway of the center.

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 Coordinator

Therese Dalton

Hours

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

Newsletter Staff

Peggy Brodeur
Joan Clark
Therese Dalton
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!**

Center closed Friday, September 1st and Monday, September 4th for the Labor Day Holiday

- **Tues., Sep 5, Exercise Classes** resume. See article on page 3 to learn more.
- **Wed., Sep 6, 11:00am: Meeting** – Michelle Cicala from Fellowship Village will give a presentation on **“Emotional Well-Being”**.
- **Wed., Sep 13, 12:00noon: Welcome Back Country Picnic** - We're having a picnic to celebrate the beginning of another great year at the NPSCC. Enjoy delicious food prepared by Elmer's and fabulous entertainment provided by John Buscaino. Tickets on sale through Wednesday, September 6th. Cost: \$17.00
- **Thurs., Sep 14, 12:00noon: Remember When** – Jennie Andrews will lead a discussion about famous quotations in **“Did I Say That?”**. Share some of your favorites. Pizza will be available at \$1.75 per slice. Sign up in advance.
- **Thurs., Sep 14, 10:45am: Book Club** – Therese Dalton will lead a discussion about **“A Man Called Ove”**.
- **Mon., Sep 18 & Tues., Sep 19, 11:00am-2:00pm: AARP Driver Safety Course** –Brush up on your driving skills and possibly reduce your insurance rates. Cost: AARP members are free. Sign up with Therese if interested.
- **Wed., Sep 20, 11:00am: Meeting** – Jennifer Kohan from Lantern Hill will give a presentation on **“Right-Sizing”**
- **Thurs., Sep 21, 10:45am: Movie Club** – **“Singing in the Rain”** starring Gene Kelly, Donald O'Connor and Debbie Reynolds. A silent film company and cast make a difficult transition to sound.
- **Sun., Sep 24, 9:45am: John Basilone Parade Trip** – Parade honoring Raritan native and WWII hero John Basilone. Parade starts at 1:00pm. Bus leaves at 10:00am. Sign up in advance. See Mike Ferlise.
- **Mon., Sep 25, 10:30am-12:00noon: “Selected Topics in Biology”** – Professor Bill Dunscombe will begin a new semester of his UCC LIFE (Learning is For Ever) Center Class.
- **Tues., Sep 26, 11:00am: “Benefits of Pumpkin”** – Find out about the amazing health benefits found in this super food. First in a series of talks by Sue Fieseler. Includes a taste test. Advance sign up is required.
- **Tues., Sep 26, 11:00am: Union County Senior Citizens Council Fashion Show** at the Hilton in Springfield.
- **Wed., Sep 27, 11:00am: Meeting** – Jennie Andrews will give a presentation on **“Remember When”**, a group that comes together to discuss different topics of interest such as Antiques, Travel, Fun Facts, and Historical Moments.
- **Thurs., Sep 28, 7:00pm: After Hours** – Socialize with fellow “empty nesters” and other NP adults age 50+. Advance sign up is required. Theme TBD.
- **Wed., Oct 4, 11:00am: Meeting** - Matt Finne will give a presentation on **“Elder Fraud”**.
- **Thurs., Oct 5, 10:00am-12:00noon: Hearing Screenings** –Overlook Community Health will conduct hearing screenings at the center. Call 1-800-247-9580 to schedule a screening.
- **Wed., Oct 11, 11:00am: Meeting** - Linda Barth from the Chelsea will give a presentation on **“Celebrate NJ”**.
- **Sat., Oct 14, 10:30am: Oktoberfest at Forest Lodge** - Celebrate this traditional German holiday with beer, food, and fun with friends. Entrance fee is \$7.00. Bus is \$2.00. Food and drink is on your own dime. Sign up for bus.
- **Wed., Oct 18, 11:00am: Meeting** –A representative from Blue Cross Blue Shield will give a talk on **“Brain Games”**.
- **Sat., Oct 21, 10:00am-4:00pm: NPML Craft Fair** – Purchase unique jewelry, knitwear, handmade toys, pottery, and more made by local artisans. Held at the New Providence Memorial Library.
- **Wed., Oct 25, 11:00am: Meeting** - Nicole Gates from Brandywine will give a presentation. Topic TBD.

HELP NEEDED IN THE NPSCC LIBRARY

Terry Allococo is looking for help in maintaining the NPSCC library. She needs someone to help shelve and alphabetize the books. She would also like to clean out the collection to make room for some new books. If you enjoy using the library, it's time to step up and offer your assistance. For more information, speak to Terry or Therese.

EXERCISE CLASSES RESUME

The NPSCC offers the following free exercise classes:

In Control – Weights and floor exercises develop arm, chest, inner core, and leg muscles. Stretches body and improves balance. Mondays @ 8:30am.

Chair Yoga – Improves flexibility and muscle strength. Reduces stress and increases relaxation. Mondays @ 11:00am.

Balance and Conditioning – Light weight training, balance and coordination drills. Helps range of motion, confidence, and energy levels. Tuesdays @ 9:45am.

Tai Chi – Slow, fluid movements. Relaxes body and mind. Increases balance control, flexibility and cardiovascular fitness. Tuesdays @ 1:00pm.

Fit and Healthy – Aerobic warm up followed by balance and strength workout. No floor work. Thursdays @ 9:30am.

Zumba – Latin dance inspired fitness program. Improves strength, posture, and flexibility. Fridays @ 9:30am.

Our instructors will work with you at whatever level you are comfortable. Ask your doctor which classes would be appropriate for you. All exercise class participants must complete a medical waiver.

AROUND TOWN...

NEW PROVIDENCE MEMORIAL LIBRARY

Baseball Discussion Group – Talk about your favorite team and players or just listen and learn. Mon., Sep 11th, 7:00pm.

Mixed Media Magic: the Magical Effects of Encaustics – Heidi Sussman and Nancy Ori talk about the artistic process of combining photography with mixed media techniques. Sat., Sep 16th, 2:00pm.

Knitting Club – Bring a project you are working on or get instruction on a knitting or crocheting project you would like to start. Mon., Sep 18th, 7:00pm.

Pirates of the Atlantic – Celebrate *National Talk Like a Pirate Day* with an informative and entertaining talk by Dr. Jonathan Mercantini. Thurs., Sep 28th, 7:30pm.

DIVERSITY COMMITTEE

Leo Piovano will give a presentation on "**Basics of Islam – A Personal Experience and Viewpoint**". Held at NPML. Sat., Sep 9th, 2:00pm-4:00pm.

HISTORICAL SOCIETY

First Annual Book Festival - Features new books written by New Jersey authors. At least 12 authors will be present to sign their books, talk with readers, and answer literary questions. Held at the Salt Box Museum. Sat., Sep 16, 9:00am–3:00pm. Rain date is Sep 23rd.

"Grounds for Sculpture" History Talk –Learn about this 42-acre sculpture park, museum, and arboretum founded on the site of the former New Jersey State Fairgrounds. Held at NPML. Thurs., Sep 21, 6:30-9:00pm.

The Historical Society is also looking for additional Docents. To learn more, please call 908.665.1034.

MOVIE MARQUEE SEPTEMBER MOVIES AT THE NP MEMORIAL LIBRARY

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

Tuesdays at 9:30am & 2:00pm

Sep 5 – *Lion*
Sep 12 – *The Zookeeper's Wife*
Sep 19 – *Going in Style*
Sep 26 – *Norman: The Moderate Rise and Tragic fall of a New York Fixer*

Foreign Films

Weds., Sep 6 at 2:00pm – *Lemon Tree (Etz Limon)* (Arabic, Hebrew and English with English subtitles)

Mon., Sep 25 at 6:30pm – *Days of Glory* (French and Arabic with English subtitles)

UNION COUNTY SENIOR SERVICES

Verizon Communications Lifeline Program

Through Communications Lifeline, existing Verizon residential customers may be eligible to receive discounted local telephone service. Communications Lifeline offers eligible consumers a service package that includes Flat Rate Service, Moderate Rate Service, and Low Use Message Rate Service.

A person is eligible for Verizon Communications Lifeline if they participate in one of the following programs: Medicaid, Supplemental Nutrition Assistance Program, Supplemental Security Income, Home Energy Assistance Program, Lifeline Utility Credit/Tenants Lifeline, PAAD, Section 8 Public Housing, TANF, and the National School Lunch Program. Call the Division on Aging at 908.527.4870 or toll free at 1.888.280.8226 for more information; or call NJ SHARES Client Services at 1.888.337.3339.

PLEASE NOTE THAT ASSURANCE WIRELESS AND COMMUNICATIONS LIFELINE CAN NO LONGER BE USED TOGETHER.

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

FLU VACCINES

Flu vaccines are available through the Westfield Regional Health Department's Vaccines for Adults Program. To be eligible, individuals must meet one of the following criteria: be uninsured, have Medicaid, or have Medicare (but not part D). Interested persons should contact the Westfield Regional Health Department to determine if they meet these guidelines and whether the vaccine would be appropriate for them to receive. Contact Laura Scanlon, RN, MS at 908.789-4070 ext. 4074 to schedule an appointment.

MEDIC ALERT PROGRAM

The Medic Alert Program has been sponsored and administered to Senior Citizens for at least the last fourteen years. The program was initiated to allow those living on their own to get assistance in the event of an emergency when they are not able to use a telephone. All of the equipment is provided, installed and maintained by the Rotary Club of Berkeley Heights. The cost of the Medic Alert system is \$90 for the first year and \$70 per year for succeeding years.

For additional information, contact John Malinauskas at 908-464-1209. John is also looking for a volunteer to help him out.



Rating: ***

BOOK REVIEW by Therese Dalton

Curious Incident of the Dog in the Night Time by Mark Haddon

I read this book because two people mentioned it to me in one week and suggested that I should read it. I took it as a sign that I would like the book. However, for me, the book was just okay.

The book introduces us to Christopher John Francis Boone who knows all the countries in the world and their capitals. He also knows every prime number up to 7,057. He relates well to animals but has no understanding of human emotions. He cannot stand to be touched and he detests the color yellow.

This improbable story of Christopher's quest to investigate the suspicious death of a neighborhood dog leads us to think about how life is seen through the eyes of someone who is different. It also reminds us that our actions often have lasting consequences.

The book is a fast read. It is required reading at New Providence High School!

DEPRESSION HUMOR

- A day without sunshine is like, night.
- Nothing is foolproof to a talented fool.
- Depression is merely anger without enthusiasm.
- The early bird may get the worm, but the second mouse gets the cheese.
- Eagles may soar, but weasels don't get sucked into jet engines.
- If at first you don't succeed, destroy all evidence that you tried.
- Success always occurs in private and failure in full view.

SEPTEMBER FACTS

Birthstone: Sapphire

Flower: Aster & Forget-me-not

Zodiac Signs: Virgo (Aug 23 – Sep 22) and Libra (Sep 23 – Oct 22)

Holidays and Observances:

September 4 – Labor Day

September 11 – Patriot Day

September 22 – Fall begins

<http://www.wincalendar.com>

NEW PROVIDENCE SENIOR CITIZENS CLUB ~ September 2017 ~						
	Mon	Tue	Wed	Thu	Fri	Sat
Aug 27	Aug 28 11:00 Newsletter 12:30 Bridge 1:00 Knitting Club	Aug 29 9:00 Bus to ShopRite 2:00 Converse Italian	Aug 30 9:30 Blood Pressure 10:00 Bus to Club 11:00 "Memorable Moments in Baseball" 12:30 Bingo/Cards	Aug 31 12:30 Mah Jongg	1 CENTER CLOSED 10:00 Bridge	2
3	4 CENTER CLOSED Labor Day	5 9:00 Bus to ShopRite 9:45 Balance/Conditioning w/Mike 1:00 Tai Chi w/Ayriel 1:00 Dominoes 2:00 Converse Italian 3:00 Beginners Italian	6 Happy Birthdays 9:30 NO Blood Pressure 10:00 Bus to Club 11:00 "Emotional Well-Being" 12:30 Bingo/Cards	7 9:30 Fit & Healthy Exercise w/Myram 12:30 Partner Bridge 12:30 Mah Jongg	8 9:00 Bus to Mall 9:30 Zumba w/Donna 10:00 Bridge 12:30 Pizza Bingo	9 Diversity Committee "Basics of Islam" @ NPML 2:00-4:00
10	11 8:30 In Control w/Myriam 9:30 Trustee Meeting 11:00 Newsletter 11:00 Chair Yoga w/Judy 12:30 Bridge 1:00 Knitting Club	12 9:00 Bus to ShopRite 9:45 Balance/Conditioning w/Mike 10:00 Activities Meeting 1:00 Tai Chi w/Ayriel 1:00 NO Dominoes 1:00 Picnic Setup 2:00 Converse Italian	13 Country Picnic 12:00 noon 	14 9:30 Fit & Healthy Exercise w/Myram 10:45 Book Club 12:00 Remember When - "Did I Say That?" 12:30 Duplicate Bridge 12:30 Mah Jongg	15 9:00 Bus to Mall 9:30 Zumba w/Donna 10:00 Bridge 12:30 Pizza Bingo	16 Historical Society Book Festival @ Salt Box Museum 9:00-3:00
17	18 8:30 In Control w/Myriam 11:00 Driver Safety Class 11:00 Newsletter 11:00 Chair Yoga w/Judy 12:30 Bridge	19 9:00 Bus to ShopRite 9:45 Balance/Conditioning w/Mike 11:00 Driver Safety Class 1:00 Tai Chi w/Ayriel 1:00 Dominoes 2:00 Converse Italian 3:00 Beginners Italian	20 9:30 NO Blood Pressure 10:00 Bus to Club 11:00 "Right-Sizing" 12:30 Bingo/Cards – Chatham Hills	21 9:30 Fit & Healthy Exercise w/Myram 10:45 Movie Club 12:30 Duplicate Bridge 12:30 Mah Jongg 6:30pm "Grounds for Sculpture" Talk @ NPML	22 9:00 Bus to Mall 9:30 Zumba w/Donna 10:00 Bridge 12:30 Pizza Bingo	23
24 John Basilone Parade Trip 9:45am	25 8:30 In Control w/Myriam 10:30 Biology Class 11:00 Newsletter 11:00 Chair Yoga w/Judy 12:30 Bridge 1:00 Knitting Club	26 9:00 Bus to ShopRite 9:45 Balance/Conditioning w/Mike 11:00 "Benefits of Pumpkin" 1:00 Tai Chi w/Ayriel 1:00 Dominoes 2:00 Converse Italian	27 9:30 Blood Pressure 10:00 Bus to Club 11:00 "Remember When" 12:30 Bingo/Cards	28 9:30 Fit & Healthy Exercise w/Myram 12:30 Partner Bridge 12:30 Mah Jongg 7:00pm After Hours	29 9:00 Bus to Mall 9:30 Zumba w/Donna 10:00 Bridge 12:30 Pizza Bingo	30