

New Providence Senior Citizens Newsletter

"Good things happen here!"



FEBRUARY 2018



Volume 18, Issue 2

COORDINATORS CORNER

"You deserve a life full of happiness and positivity!"

Here we are in the middle of winter. I hope you are staying healthy and warm. Our Public Health Nurse, Janice Gironda, reminded me to encourage hand washing and wiping down of tables—always good practices to follow here and at home. We have a full calendar of activities at the center, so check them out...

Upcoming Events:

- The **Current Events Discussion** group will meet on Thursday, February 8th at 11:00am. We had a lively discussion (and cookies!) at our first meeting!
- The **Movie Club** will meet on Thursday, February 15th at 10:45am to watch *"The Bodyguard"* starring Whitney Houston and Kevin Costner.
- **Overlook Community Health** will offer blood pressure and glucose screenings and information on heart health on Tuesday, February 20th, 10:30-11:30am.
- The **Chinese New Year Luncheon** will take place at Szechuan Delight on Wednesday, February 21st at 1:00pm. Come celebrate the year of the dog!
- The **Book Club** will meet Tuesday, February 27th at 10:45am to discuss *"The Scent of Rain and Lightning"* by Nancy Pickard.
- We will travel to **Bell Labs** for a tour of their museum on Thursday, March 1st at 10:00am. Cost is \$5.00. Bus leaves at 9:45am. Sign up in advance.
- A representative from **ManorCare** will provide balance screenings on Thursday, March 1st at 10:15am.
- The first session of the **Ageless Grace** brain health fitness class will meet on Thursday, March 1st at 11:00am. See article on page 3.

Reminders:

- Chair Yoga and In Control will resume on Mondays in March.
- Kathy Larkin from SAGE will be available for private consultations the first Wednesday of each month at 9:30am.
- There will be **NO** Bingo/Cards on Wednesday, February 21st.
- We will continue Friday Pizza Bingo as long as we have a volunteer to call bingo. Thanks to Rich Dimler for stepping up and volunteering.

Weather Policy: When schools are closed for rain, snow, or ice, the center is also closed. If schools have a delayed opening, the center will open at 10:00am. If a weekend event is scheduled and there is inclement weather, please call the center to determine if the event is cancelled.

THANK YOU...

- Jose Rodriguez and the Elementary School Strings Ensemble for providing beautiful music at our club meeting on January 10th.
- Mrs. Raiti's 3rd grade class at Salt Brook School for the yummy hot chocolate packets.
- Katherine Davis for facilitating the Knitting and Crocheting Group.
- Leo Piovano for his delightful talk on "Michelangelo's Art"
- Kathy Larkin for her presentation on SAGE Eldercare.

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
Bert Abbazia, Kathy Hendrickson,
Ed Insinger, Peggy Macneal,
Joe Masino, Tina Morielli,
Grace Parlapiano, Bette Schmitt,
Wilma Silwones, Bill Wehrle

Club Officers

President: Peggy Brodeur
Vice President: Bill Wehrle
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 Co-Coordinators

Therese Dalton
Michelle Zack

Hours

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

Newsletter Staff

Peggy Brodeur
Joan Clark
Therese Dalton
Clara DelMonte
Barbara Koslap
Wilma Silwones
Michelle Zack

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 908-665-0046 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., Feb 7, 9:30am: **Kathy Larkin from SAGE** will be available for private consultations.
- *Wed., Feb 7, 11:00am: Meeting – Enjoy the wonderful voices of the New Providence High School Vocal Soloists.*
- Thurs., Feb 8, 11:00am: **Current Events Discussion Group** – Michelle Zack will facilitate a discussion of issues in national and international affairs in which members may exchange ideas and share different perspectives.
- *Wed., Feb 14, 11:00am: Meeting – Certified Integrative Health Coach, Kara Hodes-Wechsler, will discuss and demonstrate the “Ageless Grace Program”, a brain fitness program that will be offered at the center. See article on page 3. We will also celebrate February birthdays and Chatham Hills will call bingo.*
- Thurs., Feb 15, 10:45am: **Movie Club** – Join us for a viewing of “*The Bodyguard*”.

ON MONDAY, FEBRUARY 19TH, THE CENTER WILL BE CLOSED EXCEPT FOR TAX APPOINTMENTS.

- Tues., Feb 20, 10:30-11:30am: **Overlook Community Health** will offer **blood pressure and glucose screenings**. They will also provide information on heart health.
- *Wed., Feb 21, 11:00am: Meeting – Therese and Michelle will present “Olympic Trivia”. There will be NO bingo.*
- *Wed., Feb 21, 1:00pm: Chinese New Year Luncheon – Join us as we celebrate the year of the dog and partake of a luscious lunch at Szechuan Delight. Cost: \$15. Tickets go on sale January 31st. Sign up for bus transportation.*
- Thurs., Feb 22, 7:00pm: **“After Hours” Chili Cookoff** – Taste some delicious chili recipes and vote for the best. To compete, call 665-0046. Advance sign up is required. Doors open at 7:00pm.
- Tues., Feb 27, 10:45am: **Book Club** – Therese Dalton will lead a discussion about “*The Scent of Rain and Lightning*” by Nancy Pickard.
- *Wed., Feb 28, 11:00am: Meeting – Carol Brush, Health Educator from Horizon NJ Health, will discuss “Fall Prevention”.*
- Thurs., Mar 1, 10:00am: **Trip to Bell Labs Museum**. Cost: \$5.00. Bus leaves at 9:45am. Sign up in advance.
- Thurs., Mar 1, 10:15am: A representative from **ManorCare** will provide **balance screenings**.
- Thurs., Mar 1, 11:00am: First session of the **Ageless Grace** brain health fitness class. See article on page 3.
- Wed., Mar 7, 9:30am: **Kathy Larkin from SAGE** will be available for private consultations.
- *Wed., Mar 7, 11:00am: Meeting – Cast members from the NPHS Spring Musical, “*The Addams Family*” will present highlights from the show.*
- Thurs., Mar 8, 11:00am: Second session of the **Ageless Grace** brain health fitness class. See article on page 3.
- *Wed., Mar 14, 11:00am: Meeting – A member of the Morris Museum staff will take us on a “**Visit to Ireland**” using, slides, artifacts and more. Explore Ireland’s landmarks; learn about the history of Guinness beer and how Waterford crystal is manufactured and more! This program is being sponsored by Bradley Funeral Homes.*
- Thurs., Mar 15, 11:00am: Third session of the **Ageless Grace** brain health fitness class. See article on page 3.
- Sat., Mar 17, 9:45am: **St. Patrick’s Day Luncheon at Hunterdon Hills** – Tickets will go on sale January 17th for those who have previously signed up. The last day to purchase tickets is February 7th. Total cost is \$65 per person (\$5.00 deposit previously collected plus \$60 balance due). Bus will depart from center at 9:45am.
- *Wed., Mar 21, 11:00am: Meeting – Attorney Joe Tiboni will give a presentation on “*The Use of Trusts to Shelter Houses from Long Term Care Costs*”.*
- Thurs., Mar 22, 11:00am: Fourth session of the **Ageless Grace** brain health fitness class. See article on page 3.

FREE TAX RETURN HELP

Tax counselors will be available on Mondays and Saturdays from 9:00am to 3:00pm from Monday, February 5, 2018 through Monday, April 16, 2018. Taxpayers may call the NPSCC at 908-665-0046 between 10:30am and 2:00pm, Mondays through Fridays, to schedule an appointment or they may sign up at the center.

NJ VETERANS STATE TAX EXEMPTION

If you are a military veteran who was honorably discharged or released under honorable circumstances from active duty, you are eligible for a \$3,000 exemption on your state Income Tax return. You can certify for the exemption by submitting a copy of your "Certificate of Release or Discharge from Active Duty" (Form DD-214) or other official documentation showing that you were honorably discharged or released and a completed "Veteran Income Tax Exemption Submission Form" (Form 183 kb) to the NJ Division of Taxation. Additional information and copies of Form 183kb are available at the center and online at <http://www.state.nj.us/treasury/taxation/newexemptionveterans.shtml>

"AGELESS GRACE" BRAIN HEALTH FITNESS PROGRAM

Ageless Grace is a cutting-edge brain health fitness program. The exercises are designed to be practiced seated in order to stimulate the five primary functions of the brain (strategic planning, memory and recall, analytical thinking, creativity and imagination, and kinesthetic learning). Each of the brain-changing tools also focuses on a primary physical skill necessary for lifelong optimal function such as joint mobility, balance, flexibility, strength and coordination. The program is based on consciously choosing to change the brain through physical movements similar to playful childhood activities. Anyone can participate at his or her own level of ability. **Sessions will be offered at the center on Thursdays, March 1, 8, 15 and 22 at 11:00am. Please sign up in advance. Free to NPSCC members.**

AROUND TOWN...**NEW PROVIDENCE MEMORIAL LIBRARY (NPML)**

Evening Book Club – A Thread of Grace by Mary Doria Russel. Thurs., Feb 1, 7:30pm.

Baseball Discussion Group – Mon., Feb 12, 7:00pm.

Morning Book Club – Family Life by Akhil Sharma. Thurs., Feb 15, 10:00am.

"Hotter Than a Pepper Sprout" Concert – Blues, country, jazz, gospel and folk music. Sun., Feb 25, 3:00pm.

DECORSO CENTER

LWV Great Decisions – "Russia Foreign Policy". Wed., Feb 7, 7:30pm. Cost \$20

Diversity Committee Chinese New Year – Social gathering with talent show, group games, and light refreshments. Limited seating. Email Sunil.abrol@gmail.com to reserve a seat. Sun., Feb 11, 2:00-5:00pm.

LWV Great Decisions – "China and America; the New Geographical Equation". Wed., Feb 21, 7:30pm. Cost \$20

CSA Pasta Dinner and Basket Raffle Fundraiser – Benefits New Providence residents with financial needs. Sun., Feb 25, 3:00-7:00pm. Cost \$12

LWV Great Decisions – "Media and Foreign Policy". Wed., Feb 28, 7:30pm. Cost \$20

GREAT DECISIONS 2018

The League of Women Voters invites members of the NPSCC to join Great Decisions, a nationwide program developed annually by the Foreign Policy Association based in New York City to discuss important foreign policy issues confronting the U.S. For further information, please visit the League's website lwv-bhnp.org or review the notice posted at the center. Cost is \$95 for eight sessions or \$20 for a single session.

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 6 – *The Big Sick*

Feb 13 – *London River*

Feb 20 – *Stronger*

Feb 27 – *Wonder Woman*

Foreign Films

Weds., Feb 7 at 2:00pm – *The Eagle Huntress* (in Kazakh with English subtitles)

Mon., Feb 26 at 6:30pm – *The Star Maker* (in Italian, Sicilian and Spanish with English subtitles)

<p>Union County Department of Human Services Division of Aging & Disability Resource Connection</p> <p>UTILITY ASSISTANCE PROGRAMS</p> <p>Affordable Housing Alliance PAGE Program</p> <p>The PAGE Program assists people having problems with their utility bills who are 45 days or more past due and/or who have received a disconnection notice, or have already been disconnected. Applicants must demonstrate that two (2) payments of at least \$25.00 or more have been made within the past six (6) months onto the gas and electric account. At least one (1) of those payments should have been made 30 days prior to the date of application OR a \$100.00 good faith payment has been made to each utility within the past 90 days (\$200.00 if you have gas and electric combined account). Applicants to the PAGE program cannot have received any benefits through USF and/or LIHEAP in the last six (6) months before submitting a PAGE application. Households applying for PAGE having \$10,000.00 or more in liquid assets (saving/checking accounts, stocks, bonds, etc.) will be deemed ineligible for benefits. Applications also available online at www.lacasanwk.org.</p> <p>Call La Casa de Don Pedro at 973.485.0795 or 973.485.0796.</p> <p>http://ucnj.org/wp-content/uploads/2014/01/Outreach-Revised-2015.pdf</p>	<p>FAREWELL LETTER FROM JENNIE ANDREWS</p> <p>To my dearest friends of my group, "Remember When",</p> <p>Thank you for 22 wonderful years of laughing, sharing and antiquing! I will be leaving our group and the Senior Center to move on to other adventures. Please know that the adventures I have had with each one of you has been a pleasure and a blessing!</p> <p>I will always cherish our stories, jokes, pizza and most of all, the friendships that I have made. As I always have said, "You are all my favorite Peeps." I wish health and happiness to each one of you. Thank you for touching my life. I will miss you!</p> <p>As many of you know, I love fun facts and quotes. Thus, I thought I would leave with the following quote from the Carol Burnett Show: "I'm so glad we had this time together, just to have a laugh or sing a song. Seems we just get started and before you know it, comes the time we have to say so long."</p>
<p>NPSCC NEWSLETTER ONLINE</p> <p>The public version of the NPSCC newsletter may be viewed online on the New Providence Borough website at https://www.newprov.org. Select "Seniors" from the menu on the left hand side of the home screen. In the last sentence of the third paragraph, click on "<u>CLICK HERE</u>" to view current and past issues.</p> <p>FEBRUARY FACTS</p> <p>Birthstone: Amethyst Flower: Violet Zodiac Signs: Aquarius (Jan 20 – Feb 18) & Pisces (Feb 19 – Mar 20) Holidays and Observances: Groundhog Day – Feb 2 Valentine's Day – Feb 14 Presidents Day – Feb 19 http://www.wincalendar.com</p>	<p> BOOK REVIEW Rating: ***** <i>Britt-Marie Was Here</i> by Fredrik Backman</p> <p>For those readers that enjoyed <i>A Man Called Ove</i>, here is another novel by Fredrik Backman. While making me feel slightly uncomfortable when I was reading it, this book also made me laugh and cry.</p> <p>Britt-Marie is a quirky character who is complex. But hidden inside the socially awkward, fussy busybody is a woman who has more imagination, bigger dreams, and a warmer heart than anyone around her realizes.</p> <p>When Britt-Marie walks out on her cheating husband and has to fend for herself in the backwater town of Borg - of which the kindest thing one can say is that it has a road going through it - she finds work as the caretaker of a soon-to-be demolished recreation center. The fastidious Britt-Marie soon finds herself being drawn into the daily doings of her fellow citizens, an odd assortment of miscreants, drunkards, and layabouts. Most alarming of all, she's given the impossible task of leading the supremely untalented children's soccer team to victory.</p> <p>Funny and moving, sweet and inspiring, <i>Britt-Marie Was Here</i> celebrates not only the importance of community and connection in a world that can feel isolating, but also the acceptance of others, quirks and all!</p>

~ February 2018 ~						
	Mon	Tue	Wed	Thu	Fri	Sat
	Jan 29 10:30 Biology Class 11:00 Newsletter 12:30 Bridge	Jan 30 9:00 Bus to ShopRite 9:45 Balance/Conditioning w/Mike 12:30 Knitting Group 1:00 Tai Chi w/Ayriel 2:00 Converse Italian	Jan 31 9:30 Blood Pressure 10:00 Bus to Club 11:00 SAGE Eldercare 12:30 Bingo/Cards	1 9:30 Fit & Healthy Exercise w/Myriam 12:30 Partner Bridge 12:30 Mah Jongg	2 9:00 Bus to Mall 9:15 Zumba w/Donna 10:00 Bridge 12:30 Pizza Bingo	3
4 	5 Tax Appts. 9:00-3:00 9:30 Trustee Meeting 10:30 Biology Class 11:00 Newsletter 12:30 Bridge	6 9:00 Bus to ShopRite 9:45 Balance/Conditioning w/Mike 12:30 Knitting Group 1:00 Tai Chi w/Ayriel 2:00 Converse Italian 3:00 Beginners Italian	7 9:30 SAGE 10:00 Bus to Club 11:00 NPHS Vocalists 12:30 Bingo/Cards	8 9:30 Fit & Healthy Exercise w/Myriam 11:00 Current Events 12:30 Duplicate Bridge 12:30 Mah Jongg	9 9:00 Bus to Mall 9:15 Zumba w/Donna 10:00 Bridge 12:30 Pizza Bingo	10 Tax Appts. 9:00-3:00
11 Diversity Committee Chinese New Year 2:00-5:00pm	12 Tax Appts. 9:00-3:00 10:30 Biology Class 11:00 Newsletter 12:30 Bridge	13 9:00 Bus to ShopRite 9:45 Balance/Conditioning w/Mike 10:00 Activities Meeting 12:30 Knitting Group 1:00 Tai Chi w/Ayriel 2:00 Converse Italian	14 Happy Birthdays! 9:30 Blood Pressure 10:00 Bus to Club 11:00 "Ageless Grace" 12:30 Bingo/Cards – Chatham Hills ♥ Valentine's Day ♥	15 9:30 Fit & Healthy Exercise w/Myriam 10:45 Movie Club 12:30 Duplicate Bridge 12:30 Mah Jongg	16 9:00 Bus to Mall 9:15 Zumba w/Donna 10:00 Bridge 12:30 Pizza Bingo	17 Tax Appts. 9:00-3:00
18	19 Tax Appts. 9:00-3:00 CENTER CLOSED 	20 9:00 Bus to ShopRite 9:45 Balance/Conditioning w/Mike 10:30 Blood Pressure & Glucose Screenings 12:30 Knitting Group 1:00 Tai Chi w/Ayriel 2:00 Converse Italian 3:00 Beginners Italian	21 9:30 Blood Pressure 10:00 Bus to Club 11:00 "Olympic Trivia" 1:00 Chinese New Year Luncheon 12:30 <u>NO</u> Bingo/Cards	22 9:30 Fit & Healthy Exercise w/Myriam 12:30 Partner Bridge 12:30 Mah Jongg 7:00pm "After Hours" Chili Contest	23 9:00 Bus to Mall 9:15 Zumba w/Donna 10:00 Bridge 12:30 Pizza Bingo	24 Tax Appts. 9:00-3:00
25	26 Tax Appts. 9:00-3:00 10:30 Biology Class 11:00 Newsletter 12:30 Bridge	27 9:00 Bus to ShopRite 9:45 Balance/Conditioning w/Mike 10:45 Book Club 12:30 Knitting Group 1:00 Tai Chi w/Ayriel 2:00 Converse Italian	28 9:30 Blood Pressure 10:00 Bus to Club 11:00 "Fall Prevention" 12:30 Bingo/Cards	Mar 1 9:30 Fit & Healthy Exercise w/Myriam 9:45 Bell Labs Tour 10:15 Balance Screenings 11:00 "Ageless Grace" 12:30 Partner Bridge 12:30 Mah Jongg	Mar 2 9:00 Bus to Mall 9:15 Zumba w/Donna 10:00 Bridge 12:30 Pizza Bingo	Mar 3 Tax Appts. 9:00-3:00