

New Providence Senior Citizens Newsletter

"Good things happen here!"



SEPTEMBER 2018



Vol. 18. No. 9

COORDINATORS CORNER

"Count your age by friends, not years. Count your life by smiles, not tears." ~ John Lennon

Summer is winding down, and the fall is just beginning. I can only hope that we have a colorful fall filled with beautiful weather. September means that school is back in session, the town is filled with hustle and bustle, and the center is in full swing...check out the calendar!

Activities Committee needs YOU!

This committee organizes all trips and luncheons. The head of the committee recently suffered a fall and may be out for the rest of the calendar year. If you like to go on trips or come to the luncheons, *it's time to chip in and help out!* We need fresh ideas and we need people to organize. We need **YOU** in order for trips to continue. The committee meets once a month on the second Tuesday of the month. You can see Therese or Michelle for further information.

Upcoming Events

Walking Club Prize Drawing – Join the walking club on Wednesday mornings at 10:15am for a walk around the neighborhood. You earn a raffle ticket every week that you walk. Every ticket is entered in a weekly raffle for a prize donated by ShopRite. The grand prize will be drawn on September 5th. You don't have to walk far or fast. You just have to WALK with the group. The group will continue walking as long as weather permits

Reminders/Schedule Changes

- The center is closed on Monday, September 3rd for Labor Day
- The "College Class" taught by Professor Bill Dunscombe resumes on Monday, September 24th at 10:30am. Advance registration is required. See page 3 for details.
- The kitchen renovation begins (and hopefully) ends in September. We will not have access to the kitchen for the month, so please plan accordingly. We will do our best to conduct "business as usual", but please be patient if activities change. It is out of our control. You can always call ahead if you want to check on the status of an activity.

Looking Forward...

- We hope to offer "Ageless Grace" again in October...stay tuned!

THANK YOU...

- Kevin Woyce for his presentation on the "History of the Jersey Shore".
- May Fridel for her presentation on how to "Spice Up Your Healthy Kitchen".
- The New Providence Community Pool for hosting Seniors Day at the Pool.
- Vivian Dalton for her class on "iPads and iPhones".
- Christine Napolitano for planning and Mike Ferlise for leading the Mystery Trip

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: TBD

Secretary: Bette Schmitt

Bert Abbazia, Kathy Hendrickson,

Peggy Macneal,

Joe Masino, Tina Morielli,

Christine Napolitano, Grace

Parlapiano, Bill Wehrle

Club Officers

President: Peggy Brodeur

Vice President: Bill Wehrle

Treasurer: Sal Ligammari

1st Treasurer: Delores Felezzola

2nd Treasurer: TBD

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/seniors

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-Coordinator

Therese Dalton

Michelle Zack

Hours

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

Newsletter Staff

Peggy Brodeur

Joan Clark

Therese Dalton

Lakshmi Ganesan

Barbara Koslap

Jean Squeri

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!**

The center will be closed Monday, September 3rd for the Labor Day holiday.

- **Wed., Sep 5, 11:00am: Meeting** – A financial planner from Lassus Wherley, will give a presentation on **“Medicare and Financial Planning”**. Grand prize drawing for the Walking Club!
- **Wed., Sep 12, 11:00am: Meeting** – Andrew Nitkin from the Wharton Institute will talk about their **Café Choir** program for adults ages 55 and better! We will celebrate September birthdays. Chatham Hills will call bingo!
- **Thurs., Sep 13, 11:00am: Morris Museum Trip** – Lunch at Friendly’s and then travel on to the museum to see **Musical Machines & Living Dolls: Mechanical Musical Instruments and Automata**. Cost: \$10 plus lunch. Purchase ticket in advance.
- **Tues., Sep 18, 10:45am: Book Club** - Therese Dalton will lead the discussion about a Civil War-era novel, **“My Name is Mary Sutter”**, by Robin Oliveira. Copies are available.
- **Wed., Sep 19, 11:00am: Meeting** – ShopRite dietician Michelle Sweeney will give a presentation on **“Nutrition for Your Golden Years”**.
- **Thurs., Sep 20, 11:00am: Lecture Series** - Nutritionist, Sue Fieseler, will discuss **“Food Labels”**. Sign up in advance
- **Mon., Sep 24, 10:30-12:00noon: College Class** with Professor Bill Dunscombe. Advance registration required.
- **Tues., Sep 25, 10:45am: Current Events** – Michelle Zack will facilitate a discussion in which members may exchange ideas and share different perspectives on issues in national and international affairs.
- **Tues., Sep 25, 12:00noon: Setup** for the Welcome Back Country/Western Picnic.
- **Wed., Sep 26, 11:00am: Welcome Back Country/Western Picnic** – Come to the center and enjoy delicious food prepared by Elmer’s and fabulous entertainment provided by disc jockey Jeanmarie. Cost: \$20. Purchase ticket in advance. Sign up for bus transportation to the center.
- **Thurs., Sep 27, 10:45am: Movie Club** – Join us for a viewing of **“Guarding Tess”** starring Nicolas Cage and Shirley MacLaine.
- **Mon., Oct 1, 10:30-12:00noon: College Class** with Professor Bill Dunscombe. Advance registration required.
- **Wed., Oct 3, 11:00am: Meeting** – **Trivia** with Lantern Hill and Brightstar Care.
- **Thurs., Oct 4, 11:00am: Lecture Series-** Nutritionist, Sue Fieseler, will discuss **“Supplements and Foods That Slow Aging”**. Sign up in advance.
- **Wed., Oct 10, 11:00am: Meeting – Club Day.** Come socialize and enjoy refreshments. We will celebrate October birthdays. Chatham Hills will call bingo!
- **Sat., Oct 13, 11:30am: Oktoberfest at Forest Lodge** Celebrate this traditional German holiday with beer, food, and fun with friends. Entrance fee is \$8.00. Bus is \$2.00. Food and drink is on your own dime. Sign up for bus.
- **Wed., Oct 17, 11:00am: Meeting** – Robert Petraro from Beacon Senior Advisors will give a presentation on **“Senior Living Options”**.
- **Wed., Oct 24, 11:00am: Meeting** – Jackie Morgado, Lead Technologist at the Center for Sleep Disorders at Saint Barnabas Medical Center, will give a presentation on **“The Importance of Sleep on Your Health”**.
- **Thurs., Oct 25, 10:00am: Raptor Trust Trip** – See a program on **“Sharing the World with Raptors”** (birds of prey). Then, go to the Long Hill Tavern for lunch with a Cajun twist. On the way home, we’ll stop at Hillview Farm to purchase Halloween pumpkins. Cost: \$10 plus lunch and pumpkin. Purchase ticket in advance.
- **Wed., Oct 31, 11:00am: Meeting** – **The Rose City Songsters** will entertain us with songs that span 100 years.

BIOLOGY CLASS

The "Selected Topics in Biology" class for seniors, taught by Professor Bill Dunscombe of Union County College, will resume in September. Topics that may be explored this semester include "Myths About Recycling", "Your Kidneys and Kidney Stones", "Ulcers – Types, causes, and Cures", and more! These engaging classes will be held at the DeCorso Center on Mondays, September 24 – December 10, from 10:30am to 12:00 noon. Advance registration is required. To register, call the center at 908-665-0046 beginning September 4.

NPSCC EXERCISE CLASSES

NPSCC offers several FREE exercise classes. 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.* Check the calendar for dates.

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.**

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

September is National Library Card Sign-up Month. To celebrate, NPML is offering:

- All month - Free replacement library cards.
- 9/1 to 9/8 - Amnesty on fines under \$3.00.
- 9/9 to 9/15 – \$3.00 coupon for AfterWords Bookstore.
- 9/16 to 9/22 – 1 free movie check out per day.
- 9/23 to 9/30 – Amnesty on fines under \$3.00.

Baseball Discussion Group – Mon., Sep 17, 7:00-9:00pm.

Knitting Club – Bring a project you are working on or one that you would like to start. Mon., Sep 17, 7:00-8:30pm.

NPML Open House (Saturday & Sunday, Sep 22 and 23)

- **Rock Painting** – Fun and creative outlet. Call 908-665-0311 to register in advance. Sat., Sep 22, 1:00pm and 2:00pm.
- **Restorative Yoga & Meditation** – Intro to the benefits of yoga and meditation. Bring mat and blanket. Call 908-665-0311 to register in advance. Sat., Sep 22, 3:00pm.
- **Drop-in Bookmark Craft** – Make your own bookmark. Sun., Sep 23, 1:00-4:00pm.
- **Friends & Trustees Reception** – Enjoy light refreshments and meet NPML Friends and Trustees. Sun., Sep 23, 2:00pm.
- **Concert** – NJ Intergenerational Orchestra. Sun., Sep 23, 3:00pm.

DECORSO CENTER**Diversity Committee Columbus Day Celebration**

– Entertainment, music and stories. Bring your favorite Italian dish to share. Sign up in advance at the center. Sat., Oct 6, 5:00-8:00pm.

CSA Holiday Boutique – Shop early for unique holiday gifts. Sun., Oct 7, 10:00am – 4:00pm.

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

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

Tuesdays at 9:30am & 2:00pm

September 4 – *Book Club*
 September 11 – *Trumbo*
 September 18 – *Winchester*
 September 25 – *First Reformed*

Foreign Films

Weds., September 5 at 2:00pm – *Graduation (in Romanian with English subtitles)*
 Mon., September 24 at 7:00pm – *The Guardians (in French with English subtitles)*

SAGE ELDERCARE Home Care

SAGE is a nonprofit organization committed to being the leading provider of programs and services to meet the changing needs of older adults, their families, and caregivers. New Providence Borough has contracted with SAGE and their services are available to all New Providence residents. Kathy Larkin is available for private consultations at the center before the club meeting on the first Wednesday of every month.

One of the services that SAGE provides is Home Care. They offer a broad range of services from hourly to overnight and live-ins – both short- and long-term care, as well as a bath service. Their aides can help with everything from personal care and meal preparation to compliance with therapy, medication reminders, exercise, and more. They even offer options such as dietary consultation, RN supervision and care plan consulting.

SAGE offers HomeCare and other services that are geared to helping individuals and their caregivers who are learning how to manage Alzheimer's and related dementia. Many of their aides and staff also have specialized training as Certified Dementia Practitioners. They also offer a center-based adult care program with transportation.

SAGE is fully accredited by the NJ Commission on Accreditation for Home Care. Their Registered Nurses and Certified Home Health Aides are licensed through the New Jersey Board of Nursing. All their staff is fully bonded and insured.

There are many funding sources available for those who qualify including Medicaid, Respite through Union County, Long Term Care Insurance, County Title Funding through the Older Americans Act, and VA Benefits.

Call 908-273-8400 for more information.

NPSCC NEWSLETTER ONLINE

The public version of the NPSCC newsletter may be viewed online 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 "[CLICK HERE](#)" to view current and past issues.

Do It Now

by Charles R. Skinner

If you have hard work to do,
Do it now.
Today the skies are clear and blue,
Tomorrow clouds may come in view,
Yesterday is not for you;
Do it now.

If you have a song to sing,
Sing it now.
Let the notes of gladness ring
Clear as song of bird in Spring,
Let every day some music bring;
Sing it now.

If you have some kind words to say,
Say them now.
Tomorrow may not come your way,
Do some kindness while you may.
Loved ones will not always stay;
Say them now.

If you have a smile to show,
Show it now.
Make hearts happy, roses grow,
Let friends around you know
The love you feel before they go;
Show it now.

OLD FASHIONED AMERICAN HUMOR

There is no good in arguing with the inevitable. The only argument available with an east wind is to put on your overcoat. James Russell Lowell 1819-1891

Advice is like castor oil, easy enough to give but dreadful uneasy to take. Josh Billings 1818-1885

Common sense is instinct, and enough of it is genius. Josh Billings 1818-1885

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:

Labor Day – Sep 3

Patriot Day – Sep 11

Fall begins – Sep 22

<http://www.wincalendar.com>

Note: Kitchen renovations will be taking place during September. Some schedule changes may be necessary.

~ September 2018 ~						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
Aug 26 See August Calendar	Aug 27 See August Calendar	Aug 28 See August Calendar	Aug 29 See August Calendar	Aug 30 See August Calendar	Aug 31 CENTER CLOSED	1
2	3 CENTER CLOSED <i>Happy Labor Day!!</i> 	4 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	5 9:30 SAGE 10:00 Bus to Club 10:15 Walking Club 11:00 "Medicare & Financial Planning" 12:30 Bingo/Cards	6 9:30 <u>NO</u> Fit & Healthy Exercise w/Myriam 12:30 Partner Bridge 12:30 Mah Jongg	7 9:00 Bus to Mall 9:15 Zumba w/Donna 10:00 Bridge 12:30 Pizza Bingo	8
9	10 8:30 <u>NO</u> In Control w/Myriam 9:30 Trustee Meeting 11:00 <u>NO</u> Chair Yoga w/Judy 11:00 Newsletter 12:30 Bridge	11 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	12 Happy Birthdays! 9:30 Blood Pressure 10:00 Bus to Club 10:15 Walking Club 11:00 "Café Choir" 12:30 Bingo/Cards – Chatham Hills	13 9:30 Fit & Healthy Exercise w/Myriam 10:00 Morris Museum Trip** 12:30 Duplicate Bridge 12:30 Mah Jongg	14 9:00 Bus to Blue Star 9:15 Zumba w/Donna 10:00 Bridge 12:30 Pizza Bingo	15
16	17 8:30 In Control w/Myriam 11:00 Chair Yoga w/Judy 11:00 Newsletter 12:30 Bridge	18 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 3:00 Beginners Italian	19 9:30 Blood Pressure 10:00 Bus to Club 10:15 Walking Club 11:00 "Nutrition for Your Golden Years" 12:30 Bingo/Cards	20 9:30 Fit & Healthy Exercise w/Myriam 11:00 Nutrition Lecture – "Food Labels"* 12:30 Duplicate Bridge 12:30 Mah Jongg	21 9:00 Bus to Mall 9:15 Zumba w/Donna 10:00 Bridge 12:30 Pizza Bingo	22
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30	Oct 1 8:30 In Control w/Myriam 9:30 Trustee Meeting 10:30 College Class* 11:00 Chair Yoga w/Judy 11:00 Newsletter 12:30 Bridge	Oct 2 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	Oct 3 9:30 SAGE 10:00 Bus to Club 10:15 Walking Club 11:00 Trivia 12:30 Bingo/Cards	Oct 4 9:30 Fit & Healthy Exercise w/Myriam 11:00 Nutrition Lecture – "Supplements & Foods that Slow Aging"* 12:30 Partner Bridge 12:30 Mah Jongg	Oct 5 9:00 Bus to Mall 9:15 Zumba w/Donna 10:00 Bridge 12:30 Pizza Bingo	Oct 6 Columbus Day Celebration* 5:00pm

*Sign up in advance.

**Purchase ticket in advance.