

# New Providence Senior Citizens Newsletter

## "Good things happen here!"



JUNE 2019



Vol. 19, No. 6

### COORDINATORS CORNER

*"Aging is not 'lost youth' but a new stage of opportunity and strength."*

-- Betty Friedan

### Upcoming Events

What a month May was—Anniversary party, Health Fair and Memorial Day Remembrance! We couldn't have done it without all the volunteers. Michelle and I both appreciate you more than you can imagine. Not only your hard work and dedication, but we love your stories—keep sharing!

### Highlights

- We will be collecting food for the food pantry at OLP in June.
- Nutritionist Sue Fieseler returns with Wellness Talks. See page 3.
- Myriam Gabriel will offer a 4-session class on Exercise with Arthritis. See page 3.

### Reminders/Schedule Changes

- Chair Yoga is cancelled on Monday, June 3<sup>rd</sup>
- Primary Election Day is Tuesday, June 4<sup>th</sup>. Balance & Conditioning, Tai Chi and knitting will be cancelled
- Balance & Conditioning is cancelled on Tuesday, June 25<sup>th</sup>
- Zumba is cancelled on Friday, June 28<sup>th</sup>
- There is **NO pizza bingo** on Friday, June 7<sup>th</sup> and June 21<sup>st</sup>

New Providence Borough offices will close at 1pm on Fridays beginning on May 31<sup>st</sup> through August 30<sup>th</sup>.

### Stay Tuned

- July is "car safety month"
- We are planning some "fun in the sun for August"

### THANK YOU...

- Christine Napolitano and Peggy Macneal for organizing the Anniversary Lunch. Also, a big thank you to Bette and Don Kern, Mayor Morgan and Council members for donating prizes.
- Members of the NPHS Jazz Band for the great entertainment at our meeting on May 8.
- NPSCC members who volunteered to help with the Health Fair.
- Joe Eberle for updating us on the real estate market in NP.
- NPSCC members who baked for and helped at the Memorial Day Remembrance.
- Carol Brush from Horizon Blue Cross/Blue Shield for her informative presentation on "Managing Your Meds at Home."
- Atlantic Health's New Vitality and Tory Stroker of Chatham ShopRite for the presentation on "Healthy Eating for Arthritis" and the delicious cooking demonstration.

### NP Senior Citizens Club

*An organization dedicated to providing social & enriching activities & events for New Providence residents 55 years and beyond.*

#### Trustees

Chair: Bert Abbazia  
Vice-Chair: Grace Parlapiano  
Secretary: Bette Schmitt  
Carolyn Foran, Kathy Hendrickson, Sal Ligammari, Peggy Macneal, Joe Masino, Tina Morielli, Christine Napolitano, Bill Wehrle

#### Club Officers

President: Peggy Brodeur  
Vice President: Bill Wehrle  
Treasurer: Sal Ligammari  
1<sup>st</sup> Treasurer: Delores Felezzola  
2<sup>nd</sup> Treasurer: Lidia Astapova  
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](http://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-ordinators

Therese Dalton  
Michelle Zack

### Public Health Nurse

Jenn Aranda

#### Hours

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

### Newsletter Staff

Peggy Brodeur  
Barbara Koslap  
Bobbi McAneny

## 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 calendar for ongoing activities & schedule changes.

- **Tues., Jun 4, 6:00am-8:00pm: Primary Election Day** – No exercise classes or Knitting Group.
- **Wed., Jun 5, 11:00am: Meeting** – Club member Piero Piccardi, an Italian journalist, invites you to discover some amazing and lesser known protagonists of his hometown in ***“A Visit to Florence Italy”***.
- **Thurs., Jun 6, 11:00am: “Wellness” Series** – Nutritionist Sue Fieseler will discuss ***“The Importance of Hydration”***. Please sign up in advance. See article on page 3.
- **Thurs., Jun 6, 7:00pm: “After Hours” Music Trivia** – Enjoy ice cream sundaes and compete in a music trivia contest led by Richard Lorenzo. Register by May 31 using Community Pass or at the Center. Cost: \$5
- **Wed., Jun 12, 11:00am: Meeting** – The ***Salt Brook School Choir Ensemble*** will entertain us and we will celebrate June birthdays.
- **Thurs., Jun 13, 11:00am: “Wellness” Series:** Nutritionist Sue Fieseler will discuss ***“The Benefits of Dark Chocolate”***. Please sign up in advance. See article on page 3.
- **Tues., Jun 18, 9:45am-5:30pm: Casino Trip** – Try your luck at the **Sands Casino** in Bethlehem, PA. Pay \$25 and receive \$25 in “play money”. Purchase tickets in advance before the club meetings on Wednesdays.
- **Wed., Jun 19, 11:00am: Meeting** – Leo Piovano, our Italian class instructor, will offer an illustrated lecture on ***“The Great Italian Artist, Raphael”***.
- **Thurs., Jun 20, 11:00am: “Wellness” Series:** Nutritionist Sue Fieseler will discuss ***“Vitamins, Minerals and Supplements”***. Please sign up in advance. See article on page 3.
- **Wed., Jun 26, 11:00am: Meeting** – Bring jewelry, purses, scarves, and ties you no longer use to the ***Swap It*** before the meeting. Kathy Larkin and Janet Esposito from **SAGE** will discuss SAGE programs.
- **Thurs., Jun 27, 11:00am: “Wellness” Series:** Nutritionist Sue Fieseler will discuss ***“Healthy Cooking for 1 or 2”***. Please sign up in advance. See article on page 3.
- **Thurs., Jun 27, 11:00am: Exercise with Arthritis** See article on page 3.

**There will be no meeting or bingo on Wednesday, July 3<sup>rd</sup>.**

**The center will be closed Thursday, July 4<sup>th</sup> and Friday, July 5<sup>th</sup> for the Independence Day holiday.**

- **Wed., Jul 10, 11:00am: Meeting** – Ron Esposito, Traffic Safety Specialist at AAA, will give a presentation on ***“Car Fit and Senior Safety”***. CarFit assessments will be offered on July 18<sup>th</sup>
- **Thurs., Jul 11, 11:00am: Exercise with Arthritis** See article on page 3.
- **Wed., Jul 17, 11:00am: Meeting** – Nicole Gates from Brandywine. Topic to be determined.
- **Thurs., Jul 18, 10:30am-12:30pm: Car Fit assessments.** Please schedule an appointment in advance.
- **Thurs., Jul 18, 11:00am: Exercise with Arthritis** See article on page 3.
- **Fri, Jul 19, 12:00noon: Somerset Patriots Baseball Trip** – Get a professional-like baseball experience without the professional sports price! Cost: \$12. Transportation details to be determined.
- **Mon., Jul 22, 9:00am-2:00pm: AARP Smart Driver Course** –Refresh your driving skills, review the rules of the road, and learn research-based driving strategies. No tests to pass. Cost \$15.00 for AARP members, \$20.00 for nonmembers. Call the center at 908-665-0046 to sign up.

**NPSCC FOOD DRIVE**

The NPSCC is holding a food drive during June. Donated items will go to Our Lady of Peace food pantry. **Please bring nonperishable food items to the center when you attend any of our activities, exercise classes, and meetings.** Thank you for your generosity.

**WELLNESS SERIES**

Nutritionist Sue Fieseler will give a series of talks pertaining to senior health on Thursdays in June at 11:00am. Learn about the following topics:

- The Importance of Hydration, June 6
- The Benefits of Dark Chocolate, June 13
- Vitamins, Minerals & Supplements, June 20
- Healthy Cooking for 1 or 2, June 27

Please sign up in advance for each class.

**EXERCISE WITH ARTHRITIS**

Myriam Gabriel, our experienced exercise instructor, will lead participants through various exercises that are suitable for those living with arthritis. Research shows that exercise can help people who have arthritis cope with pain. Join us on Thursdays, June 27, July 11, 18 and 25 at 11:00am.

**CASINO TRIP**

Travel to the Sands Casino in Bethlehem, PA for an exciting day of food, fun and friendship on Tuesday, June 18<sup>th</sup>. Cost is \$25.00 and you will receive \$25.00 in play money to use at the casino. Tickets are on sale prior to club meetings on Wednesdays.

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

**Museum of Early Trades & Crafts** – The curators of the METC will present their textile exhibit Narrative Threads. Sun., Jun 2, 3:00pm.

**Knitting/Crocheting Group** - Drop by the Coddington room with a knitting, crocheting or other fiber art project to work on. Mon., Jun 3 & 17, 7:00pm

**Quilt Exhibit Art Reception & Demo** – The Friends of the NPML kick off a community quilt exhibit with a reception and a quilting demo. Free. Sun., Jun 9, 2:00pm.

**Getting Started with Genealogy** – Local amateur genealogists Chris Olson and McKay Hyde will present using Ancestry and Family Search. Tues., Jun 11, 7:00pm.

**Baseball Discussion Group** - Baseball fans are invited to come talk about their favorite teams and players, or just listen. Mon., Jun 10, 7:00pm.

**Air Fryer Demo** – ShopRite nutritionist will make crispy food without oil using an air fryer. Free. Registration required. Register on Community Pass.

**AMERICAN LEGION**

**Flag Retirement Ceremony** – Dignified disposal of unserviceable flags. Fri., Jun 14, 7:00pm

**NJ SHARING NETWORK**

**Diversity in New Providence Race Amity Day** - Family-friendly event with fun interactive activities. Light refreshments. Sunday, Jun 9, 2:00-4:00pm

**NEW PROVIDENCE COMMUNITY POOL**

The New Providence Community Pool offers a reduced Senior Citizen Rate of \$110 with no Capital Contribution required. Must show proof of 62+ age.

**BULK PICK UP** will take place on Mondays in June. Check the New Providence Borough Calendar for dates.

**MOVIE MARQUEE****JUNE MOVIES AT THE NP MEMORIAL LIBRARY****Tuesdays at 1:00pm**

June 4 – *Ben is Back*  
June 11– *Can You Ever Forgive Me?*  
June 18– *Belle*  
June 25– *The Rider*

**Foreign Films**

Weds., June 5, 1:00pm – *The Picture Bride*  
(In Japanese & English with English subtitles)  
Mon., June 24, 7:00pm – *Under the Bombs*  
(In Arabic, English and French with English subtitles)

**SAGE ELDERCARE**

SAGE (Summit area Association for Gerontological Endeavor) Eldercare is a nonprofit organization committed to providing programs and services to meet the changing needs of older adults, their families, and caregivers. The Borough of New Providence has contracted with SAGE and their services are available to all New Providence residents. Kathy Larkin, LCSW, the liaison for New Providence residents, may be reached at 908-598-5509.

**Kathy and her colleague Janet Esposito will give a presentation at the club meeting on Wednesday, June 26.**

**ACCESSORIES SWAP**

Find new treasures at our "Swap It" on June 26<sup>th</sup> before and after the club meeting. The swap will be an exchange of items; no money will change hands. Bring accessories (jewelry, scarves, purses, ties) that you no longer use and pick up some items for yourself.

**ED LIEDER SCHOLARSHIP**

Lydia Voss is the recipient of this year's Edward H. Lieder Student/Athlete Scholarship Award. The NPSCC Board of Trustees chose Lydia from a pool of applicants who had at least a 3.7 GPA, 4 years of varsity athletic experience and who volunteered with senior citizens in town. Lydia excelled in each of these areas. She will attend the University of Maryland at College Park. Congratulations Lydia!

**ANNIVERSARY LUNCH HONOREE**

The NPSCC membership chose Christine Napolitano to be this year's honoree at the Anniversary Luncheon. Christine has served as a past President of the club and is currently a Trustee. She has been invaluable in her commitment to the club and to its members. In addition to her responsibilities as Chairman of the Activities Committee, she has run numerous trips, organized countless events, and encouraged our participation in food drives, fund raisers, arts & crafts, and fun! Thank you, Christine, for all that you do!

**BOOK REVIEW**

**by Therese Dalton**

*"Educated: A Memoir Hardcover"*

by Tara Westover

I don't typically read much non-fiction, but this memoir is written in a style that made me want to keep reading. Thanks to Christine N. for loaning me the book and expanding the genres I read!

Born to survivalists in the mountains of Idaho, Tara Westover was seventeen the first time she set foot in a classroom. Her family was so isolated from mainstream society that there was no one to ensure the children received an education, and no one to intervene when one of Tara's older brothers became violent. When another brother got himself into college, Tara decided to try a new kind of life. Her quest for knowledge transformed her, taking her over oceans and across continents, to Harvard and to Cambridge University. Only then would she wonder if she'd traveled too far, if there was still a way home.

It is a riveting account of the push and pull of family no matter the level of dysfunction.

**RUBBER DUCKY RACE**

On Saturday, June 8, the Rotary Club of Berkeley Heights will sponsor the annual "Rubber Ducky Race" with festival family fun from 12:00noon to 4:00pm. The race will begin at approximately 3:00pm.

The Rubber Ducky Race is a major fundraiser to reduce the costs to New Providence and Berkeley Heights seniors for the Medical Alert System offered by the Berkeley Heights Rotary Club. The New Providence Senior Citizen Club is a Soliciting Sponsor and we will receive 49% back on every ticket we sell.

**JUNE FACTS**

Birthstone: Alexandrite, Pearl, Moonstone

Flower: Rose

Zodiac Signs: Gemini (May 21 – June 20) & Cancer (June 21 – Jul 22)

Holidays and Observances:




Flag Day – June 14

Father's Day – June 16

Summer Solstice – June 21

# NEW PROVIDENCE SENIOR CITIZENS CLUB

~ June 2019 ~

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
May 26	May 27 <b>Memorial Day Remembrance</b> <b>11:00am</b> 	May 28 9:00 Bus to ShopRite 9:45 Balance & Conditioning 12:00 Knitting Group 1:00 Tai Chi w/Ayriel 2:00 Converse Italian 3:00 Beginners Italian	May 29 9:30 Blood Pressure 10:00 Bus to Club <b>11:00 Meeting – “Managing Your Medications at Home”</b> 12:30 Bingo/Cards	May 30 9:30 Fit & Healthy Exercise <b>11:00 Atlantic Health Nutrition Program &amp; Cooking Demonstration*</b> 12:30 Bridge 12:30 Mah Jongg	May 31 9:00 Bus to Mall 9:15 Zumba 10:00 Bridge 12:30 Pizza Bingo	1
2	3 8:30 In Control <b>9:30 Trustee Meeting</b> <b>11:00 Newsletter Meeting</b> 11:00 <u>NO</u> Chair Yoga 12:30 Bridge	4 <b>PRIMARY ELECTION DAY</b> 9:00 Bus to ShopRite 9:45 <u>NO</u> Balance & Conditioning <b>11:00 Communications Crew</b> 12:00 <u>NO</u> Knitting Group 1:00 <u>NO</u> Tai Chi w/Ayriel 2:00 Converse Italian 3:00 Beginners Italian	5 9:30 <u>NO</u> Blood Pressure 10:00 Bus to Club <b>11:00 Meeting – “A Visit to Florence Italy”</b> 12:30 Bingo/Cards	6 9:30 Fit & Healthy Exercise <b>11:00 Wellness Talk – Hydration*</b> 12:30 Partner Bridge 12:30 Mah Jongg	7 9:00 Bus to Mall 9:15 Zumba 10:00 Bridge 12:30 <u>NO</u> Pizza Bingo	8 <b>Rubber Ducky Race</b> <b>12:00noon-4:00pm</b> 
9	10 8:30 In Control <b>11:00 Newsletter Meeting</b> 11:00 Chair Yoga 12:30 Bridge	11 9:00 Bus to ShopRite 9:45 Balance & Conditioning <b>10:00 Activities Meeting</b> 12:00 Knitting Group 1:00 Tai Chi w/Ayriel 2:00 Converse Italian	12 Happy Birthdays! 9:30 Blood Pressure 10:00 Bus to Club <b>11:00 Meeting – Salt Brook School Choir Ensemble</b> 12:30 Bingo/Cards – Chatham Hills	13 9:30 Fit & Healthy Exercise <b>11:00 Wellness Talk – Dark Chocolate*</b> 12:30 Duplicate Bridge 12:30 Mah Jongg	14 9:00 Bus to Blue Star 9:15 Zumba 10:00 Bridge 12:30 Pizza Bingo	15
16 	17 8:30 In Control <b>11:00 Newsletter Meeting</b> 11:00 Chair Yoga 12:30 Bridge	18 9:00 Bus to ShopRite 9:45 Balance & Conditioning <b>9:45 Casino Trip**</b> <b>10:45 Book Club</b> 12:00 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 <b>11:00 Meeting – “The Great Italian Artist, Raphael”</b> 12:30 Bingo/Cards	20 9:30 Fit & Healthy Exercise <b>11:00 Wellness Talk – Vitamins, Minerals, etc.*</b> 12:30 Duplicate Bridge 12:30 Mah Jongg	21 9:00 Bus to Mall 9:15 Zumba 10:00 Bridge 12:30 <u>NO</u> Pizza Bingo	22
23	24 8:30 In Control <b>11:00 Newsletter Meeting</b> 11:00 Chair Yoga 12:30 Bridge	25 9:00 Bus to ShopRite 9:45 <u>NO</u> Balance & Conditioning 12:00 Knitting Group 1:00 Tai Chi w/Ayriel 2:00 Converse Italian	26 9:30 Blood Pressure 10:00 Bus to Club <b>11:00 Meeting – SAGE Accessories Swap</b> 12:30 Bingo/Cards	27 9:30 Fit & Healthy Exercise <b>11:00 Wellness Talk – Healthy Cooking*</b> <b>11:00 Exercises for Arthritis</b> 12:30 Partner Bridge 12:30 Mah Jongg	28 9:00 Bus to Mall 9:15 <u>NO</u> Zumba 10:00 Bridge 12:30 Pizza Bingo	29

\*Sign up in advance

\*\*Purchase ticket in advance