

# New Providence Senior Citizens Newsletter

## "Good things happen here!"

MARCH 2019



Vol. 19, No. 3



### COORDINATORS CORNER

*"Laughter is timeless. Imagination has no age. Dreams are forever." Walt Disney*

I know that last year March was a snowy month, however, I can only hope that Spring is right around the corner and the snow, ice and cold are behind us. Let's look for those early signs of Spring! In the meantime, come and join in the festivities...

### Highlights

- Come and play games on Fridays from 11am-12pm! We will learn a card game (Wizard), a dice game (Left, Right, Center) and other games. Come and socialize and have some fun!
- Ageless Grace returns on Thursdays in March at 11am. Please sign up in advance.
- Casino Trip on Tuesday, March 19<sup>th</sup>. Tickets are on sale now.
- St. Patrick's Day Luncheon celebration on Wednesday, March 20<sup>th</sup>. Tickets are on sale now.
- Overlook will offer FREE BMI and glucose screenings at the center on Thursday, March 21<sup>st</sup>. Please sign up in advance.
- There is NO Pizza Bingo on Friday, March 1<sup>st</sup>.
- LAST day of Biology Class is Monday, March 18<sup>th</sup>. Thank you Professor Dunscombe for sharing your knowledge and making biology FUN!
- Chair Yoga returns on Monday, April 1<sup>st</sup> at 11am.
- Tax preparation appointments continue in March and early April.
- Save the Date: Anniversary Luncheon, Wednesday, May 1<sup>st</sup>.
- Save the Date: May 15<sup>th</sup> is our annual Health Fair. Info to follow.

**Weather Policy:** Please remember that when schools are closed for rain, snow, or ice, the center is also closed. If schools have a delayed opening, the center also has a delayed opening. If in doubt, call the center.

### THANK YOU...

- NPHS Vocal Soloists for their delightful entertainment at our meeting on February 6<sup>th</sup>.
- Barbara K for organizing a wonderful Chinese New Year Luncheon.
- Joyce T for engaging us in a fun, musical Valentine's program, "Love Songs from Joyce".
- Friday Bridge Club for their generous donation to the NPSCC.
- Maureen Pigott for volunteering to water the plants in the solarium.
- Ed Insinger and Diane Melinis for their generous donations to mail the donated items to Operation Gratitude.
- Girl Scout Daisy Troop 45015 for their cute Valentine's Day cards.
- Spring Grove for sponsoring Pizza Bingo on February 22<sup>nd</sup>.

**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 Ligammarri, Peggy Macneal, Joe Masino, Tina Morielli, Christine Napolitano, Bill Wehrle

#### Club Officers

President: Peggy Brodeur  
Vice President: Bill Wehrle  
Treasurer: Sal Ligammarri  
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-Coordinators

Therese Dalton  
Michelle Zack

#### Hours

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

#### Newsletter Staff

Peggy Brodeur  
Therese Dalton  
Barbara Koslap  
Bobbi McAneny  
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 calendar for ongoing activities & schedule changes.

- **Wed., Mar 6, 11:00am: Meeting** – Cast members from the NPHS Spring Musical, “**Chicago**”, will present highlights from the show. The dress rehearsal for the show will be held at the high school on March 7<sup>th</sup> at 5:00pm. Show times are Friday, March 8<sup>th</sup> at 7:30pm and Saturday, March 9<sup>th</sup> at 2:00pm and 7:30pm.
- **Tues., Mar 5, 11:00am: Communications Crew** – Join us as we send birthday greetings and other communications to members.
- **Thurs., Mar 7, 14, 21, 28, 11:00am: Ageless Grace** brain exercise class. See article on page 3.
- **Wed., Mar 13, 11:00am: Meeting** – John Prescott, History Program Coordinator for the County of Union, will give a presentation on “**Women’s History of Union County**”.
- **Mon., Mar 18, 8:30am: In Control** exercise class resumes. Use weights and floor exercise to develop and enhance arm, chest, inner core and leg muscles. Stretch the body and improve balance.
- **Tues., Mar 19, 9:45am-5:30pm: Casino Trip** – Try your luck at the **Sands Casino** in Bethlehem, Pennsylvania. Receive \$25 in “play money”. Cost: \$25. Purchase tickets in advance. Tickets are on sale prior to the club meetings on Wednesdays. See Romesh Arora for information.
- **Wed., Mar 20, 12:00noon: St. Patrick’s Day Lunch** – Celebrate the holiday with wonderful friends and a traditional hot Irish meal. Great live entertainment will be provided by John Baragone thanks to the sponsorship of Spring Grove. Cost: \$17. Sign up for bus transportation.
- **Thurs., Mar 21, 10:00am: Overlook Community Health** will offer free **BMI and Glucose Screenings**. Please sign up in advance.
- **Wed., Mar 27, 11:00am: Meeting** – Enjoy the beautiful music of the singing group **The Larks** as they entertain us with a medley of “oldies”, show tunes and patriotic numbers.
- **Mon, Apr 1, 11:00am: Chair Yoga** exercise class resumes. Gentle practice of yoga while sitting in a chair or using a chair for balance. Increase flexibility and muscle strength, reduce stress and increase relaxation.
- **Wed., Apr 3, 11:00am: Meeting** – A strings group from one of the New Providence schools will perform.
- **Wed., Apr 10, 11:00am: Meeting** – Dr. Mark Schlobohm of New Providence Chiropractic will give a presentation on “**How to Stay Young**”, a seminar emphasizing taking responsibility for your health and the role of chiropractic care in having pain-free ease of mobility.
- **Thurs., Apr 11, 18, 11:00am: Ageless Grace** brain exercise class. See article on page 3.
- **Thurs., Apr 11 or 18, Time TBD: Cherry Blossom/Spanish Tavern Trip** - Take a trip to Branch Brook Park to see the beautiful blossoms and enjoy a delicious lunch afterwards at the Spanish Tavern. Cost: TBD
- **Wed., Apr 17, 11:00am: Meeting** – Join us for a fun time as some of our members recreate the radio comedy sketch series, “**The Bikersons**”, in which married protagonists engage in verbal war.
- **Wed., Apr 24, 11:00am: Meeting** - Megan Ewing, RN of **Overlook New Vitality** will give a presentation on the “**Power to End Stroke**”. Learn how to prevent, treat and beat stroke so you can live your best life.

**Save the Dates:** Anniversary Luncheon on May 1<sup>st</sup>; Health Fair on May 15<sup>th</sup>.

**ST. PATRICK'S DAY LUNCH**

We will celebrate the St. Patrick's Day holiday with a lucky luncheon at the center on Wednesday, March 20<sup>th</sup> at 12:00noon. Enjoy a delicious hot Irish meal with corned beef and cabbage. There will be delightful live entertainment provided by John Baragone thanks to the sponsorship of Spring Grove. Come on out and join the party! Cost is \$17.00. Tickets are on sale prior to the club meetings on Wednesdays.

**CASINO TRIP**

Try your luck on the first casino trip of the year on Tuesday, March 19<sup>th</sup>. We'll travel to the Sands Casino in Bethlehem, PA. The cost of the trip is \$25.00 and you will receive \$25.00 in play money to use at the casino. Tickets are on sale prior to the club meetings on Wednesdays.

**"AGELESS GRACE" BRAIN HEALTH FITNESS**

Due to popular demand, Ageless Grace, a cutting-edge brain health fitness program designed to be practiced seated, will return to the center in March. Classes will be held on Thursdays, March 7, 14, 21, 28 and April 11, 18 at 11:00am. There is no class on Thursday, April 4. Snow date is April 25. Please sign up in advance. Free to NPSCC members and to New Providence residents.

**WHARTON INSTITUTE SALON SERIES**

Wharton Institute for the Performing Arts is offering \$5 tickets to seniors for their upcoming Salon Series Concert on Thursday, March 7<sup>th</sup> at 7:30pm. It is a nice evening of chamber music with wine and cheese served. The series will be held at the Performing Arts School at 60 Locust Avenue in Berkeley Heights. Discounted tickets are available at the door by mentioning the New Providence Seniors

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

**Memoir Writing** - A 3-part memoir writing workshop with local author Joann Jackovino. Free. Email [npmlref@yahoo.com](mailto:npmlref@yahoo.com) or call (908) 665-0311 to register. Sat., Mar 2, 9, 16, @ 10:00am.

**Celtic Music Concert** - Ian Gallagher, Irish singer and musician, will perform Irish songs. Free. Sun., Mar 3 @ 3:00pm.

**Knitting/Crocheting Group** - Drop by the Coddington room with a knitting or crocheting project to work on. Mon., Mar 4, 18 @ 7:00pm

**Sumi E Society of NJ Art Reception** - A public reception will be held to celebrate the Sumi E Society of New Jersey's art exhibit, which is on display in the library. Free. Sun., Mar 10 @ 3:00pm

**Baseball Discussion Group** - Baseball fans are invited to come talk about their favorite teams and players, or just listen. Mon., Mar 18 @ 7:00pm.

**Short Story/ Poetry Reading: Goldfinch Launch -**

Women Who Write, Inc. hosts readings of short stories and poems published in their literary journal, *The Goldfinch*. Sat., Mar 30 @ 2:00 PM

**NEW PROVIDENCE HIGH SCHOOL**

**Spring Musical, "Chicago"** – Dress Rehearsal is Thurs., Mar 7 @ 5:00pm. Show times are Fri., Mar 8 @ 7:30pm and Sat., Mar 9 @ 2:00pm & 7:30pm.

**AMERICAN LEGION**

**St. Patrick's Dinner** - Celebrate your 'Irish' at a delightful dinner with New Providence veterans. Fri., Mar 15<sup>th</sup>.

**DECORSO CENTER**

**League of Women Voters Great Decisions** –Program developed by the Foreign Policy Institute to discuss world affairs. Wed., Mar 6, 13, 20, 27 @ 7:30pm, \$20 per session.

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

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

**Tuesdays at 2:00pm**

- March 5 – *The Wife*
- March 12 – *Boy Erased*
- March 19 – *A Private War*
- March 26 – *A Star is Born*

**Foreign Films**

- Weds., March 6 at 2:00pm – *Grigris (in French and Arabic with English subtitles)*
- Mon., March 25 at 6:30pm – *The Edukators (in German with English subtitles)*

### SAFE WALKING TIPS FOR PEDESTRIANS

A public affairs specialist from AAA offers these safe walking tips for pedestrians.

- Pedestrians have the right of way to cross in crosswalks, marked and unmarked, but should always be aware of their surroundings and look both ways before crossing the street.
- Always cross in the crosswalk or at corners when there is no crosswalk. Don't walk between parked cars; motorists may not see you entering the roadway.
- Remain distraction free and be in tune to the traffic scene when entering and while in the roadway.
- If crossing in other locations, always yield the right-of-way to vehicles. Failure to obey the law carries a fine.
- A few reminders for pedestrians:
  - Walk facing traffic.
  - Wear reflective clothing and be visible to motorists.
  - Stay alert and walk sober.
  - Obey traffic signals such as WALK/DON'T WALK signs.
  - Don't wear headphones or talk on a cell phone while crossing.

Don't assume vehicles will stop. Make eye contact with drivers, don't just look at the vehicle.

*The Service Network  
January 2019, Issue 1*

### SAGE ELDERCARE

SAGE is a nonprofit organization committed to providing 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, LCSW, the liaison for New Providence residents, may be reached at 908-598-5509.

### NPSCC NEWSLETTER ONLINE

The public version of the NPSCC newsletter may be viewed online at <https://www.newprov.org>. In the menu on the left-hand side of the home screen, scroll down and select "Seniors". Click on the link to view current and past issues.



### BOOK REVIEW

**by Therese Dalton**

*My Dear Hamilton* by  
Stephanie Dray and Laura Kamoie

This book was chock full of history and was a real page turner. It made me want to see the Broadway show, *Hamilton*! To paraphrase Amazon's review:

Coming of age in revolutionary New York, Elizabeth Schuyler champions the fight for independence. When she meets Alexander Hamilton, she's captivated by his charisma and brilliance. But the union they create - their marriage and the new nation - is far from perfect. From glittering inaugural balls to bloody street riots, the Hamiltons are at the center of it all - including the political treachery of America's first sex scandal.

When a duel destroys Eliza's hard-won peace, the grieving widow fights to preserve Alexander's legacy. But long-buried secrets threaten everything Eliza believes about her marriage and her own legacy. Questioning her tireless devotion to the man and country that have broken her heart, she's left with one last battle - to understand the flawed man she married and the imperfect union he could never have created without her.

### FREE TAX RETURN HELP

AARP Foundation Tax-Aide counselors will be available on Mondays and Saturdays from 9:30am to 1:30pm through Monday, April 15, 2019 by appointment only. To schedule an appointment, call 908-665-0046 or stop by the center between the hours of 10:30am and 2:00pm, Mondays through Fridays.

### MARCH FACTS

Birthstone: Aquamarine, Bloodstone & Jade

Flower: Daffodil

Zodiac Signs: Pisces (Feb 19 – Mar 20) & Aires (Mar 21 – 19)

Holidays and Observances:

Mardi Gras – Mar 5

Daylight Saving begins – Mar 10

St. Patrick's Day – Mar 17

Start of Spring – Mar 20

## NEW PROVIDENCE SENIOR CITIZENS CLUB

~ March 2019 ~

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Feb 24 CSA Pasta Dinner 3:00-7:00pm	Feb 25 Tax Appts. 9:30-1:30 (by appointment only) <b>10:30 College Class*</b> <b>11:00 Newsletter Mtg</b> 12:30 Bridge	Feb 26 9:00 Bus to ShopRite 9:45 Balance & Conditioning <b>10:45 Current Events</b> 12:00 Knitting Group 1:00 Tai Chi w/Ayriel 2:00 Converse Italian	Feb 27 9:30 Blood Pressure 10:00 Bus to Club <b>11:00 Meeting – Leonardo Da Vinci</b> 12:30 Bingo/Cards	Feb 28 9:30 Fit & Healthy Exercise <b>9:30 Liberty Science Center Trip**</b> 12:30 Partner Bridge 12:30 Mah Jongg	1 9:00 Bus to Mall*** 9:15 Zumba 10:00 Bridge 12:30 <u>NO</u> Pizza Bingo	2 Tax Appts. 9:30-1:30 (by appointment only)
3 Celtic Music Concert @ NPML 3:00pm	4 Tax Appts. 9:30-1:30 (by appointment only) <b>9:30 Trustee Meeting</b> <b>10:30 College Class*</b> <b>11:00 Newsletter Mtg</b> 12:30 Bridge	5 9:00 Bus to ShopRite 9:45 Balance & Conditioning <b>11:00 Communications Crew</b> 12:00 Knitting Group 1:00 Tai Chi w/Ayriel 2:00 Converse Italian 3:00 Beginners Italian	6 9:30 SAGE Consults 10:00 Bus to Club <b>11:00 Meeting – NPHS "Chicago" Highlights</b> 12:30 Bingo/Cards	7 9:30 Fit & Healthy Exercise <b>11:00 Ageless Grace*</b> 12:30 Partner Bridge 12:30 Mah Jongg	8 9:00 Bus to Blue Star*** 9:15 Zumba 10:00 Bridge 12:30 Pizza Bingo	9 Tax Appts. 9:30-1:30 (by appointment only)
10 Daylight Saving Begins	11 Tax Appts. 9:30-1:30 (by appointment only) <b>10:30 College Class*</b> <b>11:00 Newsletter Mtg</b> 12:30 Bridge	12 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	13 9:30 Blood Pressure 10:00 Bus to Club <b>11:00 Meeting - "Women's History of Union County"</b> 12:30 Bingo/Cards – Chatham Hills	14 9:30 Fit & Healthy Exercise <b>11:00 Ageless Grace*</b> 12:30 Duplicate Bridge 12:30 Mah Jongg	15 9:00 Bus to Mall*** 9:15 Zumba 10:00 Bridge 12:30 Pizza Bingo	16 Tax Appts. 9:30-1:30 (by appointment only)
17 Happy St. Patrick's Day!	18 Tax Appts. 9:30-1:30 (by appointment only) 8:30 In Control <b>10:30 College Class*</b> <b>11:00 Newsletter Mtg</b> 12:30 Bridge	19 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	20 <b>St. Patrick's Day Luncheon** 12:00noon</b> 	21 9:30 Fit & Healthy Exercise <b>10:00 BMI &amp; Glucose Screenings*</b> <b>11:00 Ageless Grace*</b> 12:30 Duplicate Bridge 12:30 Mah Jongg	22 9:00 Bus to Mall*** 9:15 Zumba 10:00 Bridge 12:30 Pizza Bingo	23 Tax Appts. 9:30-1:30 (by appointment only)
24	25 Tax Appts. 9:30-1:30 (by appointment only) 8:30 In Control <b>11:00 Newsletter Mtg</b> 12:30 Bridge	26 9:00 Bus to ShopRite 9:45 Balance & Conditioning <b>10:45 Current Events</b> 12:00 Knitting Group 1:00 Tai Chi w/Ayriel 2:00 Converse Italian	27 9:30 Blood Pressure 10:00 Bus to Club <b>11:00 Meeting - The Larks Singing Group</b> 12:30 Bingo/Cards	28 9:30 Fit & Healthy Exercise <b>11:00 Ageless Grace*</b> 12:30 Partner Bridge 12:30 Mah Jongg	29 9:00 Bus to Mall*** 9:15 Zumba 10:00 Bridge 12:30 Pizza Bingo	30 Tax Appts. 9:30-1:30 (by appointment only)

\*Sign up in advance

\*\*Purchase ticket in advance

\*\*\*Weather permitting