

New Providence Senior Citizens Newsletter

"Good things happen here!"



MAY 2019

Vol. 19. No. 5



COORDINATORS CORNER

"To succeed in life you need 3 things: A wishbone, a backbone and a funny bone!" Thanks to Diane Melinis for sharing this one! I find a funny bone is critical. May is a busy month at the center, so take a look and join us for one or many events. Bring a friend, or just spread the news!

Anniversary Luncheon, Wed., May 1st at 12noon at the Primavera Regency in Stirling. Bus transportation is available for those who need it. It's the Club's 60th anniversary—wow!

Annual Health Fair, Wed., May 15th from 8am – 11am. Free blood screening and stroke risk assessments are available to New Providence residents age 55 and older who pre-register in person. This year the fair will again focus on a variety of screenings.

Memorial Day Remembrance, Mon., May 27th, 11am. We will celebrate Memorial Day by serving hot dogs and dessert to our community members. We need volunteers to help set up, to serve and to bake. Please participate in this wonderful event that is open to the entire town.

Rubber Ducky raffle is NPSCC's biggest fundraiser. We need people to buy and **SELL** tickets—to your neighbors, family, etc. Proceeds enable the club to subsidize events. And, most importantly, **the grand prizes this year are two tickets to the Broadway smash hit, "Hamilton" and 4 box seats behind home plate at a Yankees home game.** (See article on page 3.)

"Nutrition and Healthy Eating for Arthritis", Thurs., May 30, 11am. Atlantic Health's New Vitality program will offer a presentation and a cooking demonstration on May 30 by Tory Stroker, a registered dietician from Chatham ShopRite.

Reminders/Schedule Changes:

- The Center will be closed on May 1 for the Anniversary Luncheon.
- There is no club meeting or bingo on Wednesday, May 15th
- All afternoon activities are cancelled on Tuesday, May 14th
- The center will be closed all day Friday, May 24th to prepare for the Memorial Day reception. Please come to the center at 10:00am and help us set up.

THANK YOU...

- NPHS Strings Group for their delightful music on April 3rd.
- Dr. Mark Schlobohm for his great tips on "How to Stay Young".
- Harry Kundrat for organizing the beautiful Cherry Blossom Trip.
- NPSCC members who recreated an episode of "The Bickersons".
- Megan Ewing, RN for her talk on "The Power to End Stroke".
- Spring Grove for donating a cake in honor of the club's birthday.
- Al Morgan for speaking to us about Affordable Housing.

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
1st Treasurer: Delores Felezzola
2nd Treasurer: Lidia Astapova
Sergeants-at-Arms: Don Kern, Mike Ferlige

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-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., May 1, 12:00noon: Anniversary Lunch** - Celebrate the 60th anniversary of the club with lunch at Primavera restaurant. Entertainment provided by Bob Marino. Purchase ticket in advance. Cost: \$40. Sign up for bus transportation. Bus leaves at 11:00am. Center will be closed.
- **Tues., May 7, 11:00am: Communications Crew** – Join us as we send birthday greetings and other communications to club members.
- **Wed., May 8, 11:00am: Meeting** – *Members of the NPHS Band will entertain us as we celebrate May birthdays.*
- **Tues., May 14, 12:00noon: Setup for Health Fair** – All afternoon activities are cancelled.
- **Wed., May 15, 8:00-11:00am: Annual Health Fair** - Free health screenings and medical information for New Providence residents age 55 and older. Sign up for bus transportation. See article on page 3.
- **Tues., May 21, 10:45am: Book Club** - Therese Dalton will lead an insightful discussion about a thought-provoking book, "An Available Man", by Hilma Wolitzer.
- **Wed., May 22, 11:00am: Meeting** – *Learn about real estate opportunities as Joe Eberle updates us on the New Providence "Housing Market and Trends".*
- **Fri., May 24, 10:00am: Setup for Memorial Day Remembrance** – Time to decorate the center for Monday's celebration. Bakers, please prepare your desserts for the event. All activities are cancelled.
- **Mon., May 27, 11:00am: Memorial Day Remembrance** - Join us at our annual reception after the parade as we share hot dogs and baked goods with the public. Sign up at the center to volunteer your help.
- **Wed., May 29, 11:00am: Meeting** – *Carol Brush from Horizon Blue Cross/Blue Shield will give a presentation on "Managing Your Medications at Home."*
- **Thurs., May 30, 11:00am: Atlantic Health's New Vitality** will offer a presentation on "**Nutrition and Healthy Eating for Arthritis**" that will include a cooking demonstration by Tory Stroker, a registered dietician from Chatham ShopRite. Sign up in advance.
- **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** – Sue Fieseler will discuss "**The Importance of Hydration**". Advance sign up is required.
- **Thurs., Jun 6, 7:00pm: "After Hours" Music Trivia** – Music trivia program with Richard Lorenzo. Register using Community Pass or at the center. Program is open to all NP adults age 50+. Cost: TBD
- **Wed., Jun 12, 11:00am: Meeting** – *Salt Brook School Choir Ensemble will entertain us.*
- **Thurs., Jun 13, 11:00am: "Wellness" Series**: Sue Fieseler will discuss "**The Benefits of Dark Chocolate**". Advance sign up is required.
- **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".*

ANNUAL HEALTH FAIR

The New Providence Health Department and the New Providence Seniors Citizens Club will host the annual Senior Citizen Health Fair on Wednesday, May 15, 2019, from 8AM to 11 AM. All New Providence residents, 55 years or older, are invited to attend. The Health Fair offers a comprehensive list of free health screenings and medical information. Pre-register in person by May 3rd for the Stroke Health Risk Assessment screening and for the Fasting Blood Chemistry screening.

MEMORIAL DAY REMEMBRANCE

We will host a post-parade reception at the DeCorso Center on Memorial Day. There will be hot dogs with sauerkraut and homemade desserts. **Volunteers are needed to serve and to bake. Please sign up to help!**

RUBBER DUCKY RACE TICKETS

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 race is a major fundraiser to reduce the costs to seniors in New Providence and Berkeley Heights for the Medical Alert system offered by the Berkeley Heights Rotary Club. **The NPSCC is a Soliciting Sponsor and we will receive 49% back on every ticket we sell.** Tickets costing \$5 will be available at the New Providence Senior Center from 9:30am-2:30pm on weekdays in May, at the club meetings on Wednesdays, and at the Memorial Day Reception.

We ask every NPSCC member to buy a ticket and to also sell tickets to their friends and neighbors. **Prizes this year include 2 tickets to "Hamilton" and 4 box seats to a Yankees home game.**

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

Soapmaking –Hilda Bahner will teach melt-and-pour soapmaking and discuss the origins of soap. Sat., May 4, 10:00am. Register online at: <https://register.communitypass.net/newprovidence>

Concert – The Concord Singers, a women's community chorus, will perform their annual spring concert. Sun., May 5, 3:00pm

Knitting/Crocheting Group - Drop by the Coddington room with a knitting, crocheting or other fiber art project to work on. Mon., May 6, 20, 7:00pm

Author Talk – Gene Pantalone, author of *From Boxing Ring to Battlefield*, speaks about the extraordinary life of prizefighter and World War II/ Korean War hero Lew Jenkins. Sat., May 11, 3:00pm

Baseball Discussion Group - Baseball fans are invited to come talk about their favorite teams and players, or just listen. Mon., May 13, 7:00pm.

RBdigital Magazines Demo – Lisa Kurucz will demonstrate how to read dozens of popular magazines on your tablet or PC. Tues., May 14, 7:00pm

Public Art in New Providence – Sculptor Bob Hill will speak about his sculptures. Sun., May 19 @ 3:00pm

NEW PROVIDENCE HIGH SCHOOL

Spring Instrumental Concert, Wed., May 1, 7:30pm

Spring Choral Concert, Thurs., May 2, 7:30pm

Spring Solo Voice Recitals, Wed., May 22 and Thurs., May 23, 7:00pm

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

PLEASE NOTE THE TIME CHANGE! Starting in May, the movies will be shown at 1:00pm.

Tuesdays at 1:00pm

May 7 – *First Man*
May 14 – No movie
May 21 – *At Eternity's Gate*
May 28 – *If Beale Street Could Talk*

Foreign Films

Weds., May 1, 1:00pm – *English Vinglish* (*In Hindi, English, French, Tamil and Telugu with English subtitles*)
Mon., May 27 – Library closed

CONGREGATE NUTRITION PROGRAM

Union County's 24 "Senior Cafes" offers seniors aged 60+, living in any of the county's 21 municipalities, a delicious and nutritious lunch, at a suggested voluntary donation of \$1.75. These balanced, healthy meals are developed by a registered dietitian. In addition to a tasty meal, participants can learn about the role of food, individual food choices, in maintaining healthy lifestyles and avoiding or managing conditions such as hypertension, diabetes, and high cholesterol. Nutrition and health presentations are featured regularly at the Senior Cafes by the Division on Aging's registered dietetic technician, who is available to answer dietary questions participants may have.

For a Senior Café near you call the Division on Aging at 908-527-4870.

*The Service Network
March 2019, Issue 2*

SAGE ELDERCARE

SAGE (Summit area Association for Gerontological Endeavor) 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.

May Events:

- Veterans Benefits Assistance Program, Wed., May 1, 1:00-2:00pm
- Caregiver Support Group for Adult Children, Mon., May 6, 7:00-8:30pm
- Communication Workshop for People with Hearing Loss, Tues., May 7, 4:00-5:00pm
- Medicare 101 Program, Thurs., May 9, 1:00-2:00pm
- Vision Loss Coping Techniques Program, Mon., May 13, 1:00-2:00pm
- Alzheimer's Association: Understanding Alzheimer's & Dementia, Thurs., May 16, 6:00-7:00pm. Call 800-272-3900 to register.

These events will be held at SAGE Eldercare, 290 Broad Street, Summit. To register or for more information, call 908.598.5548 or email education@sageeldercare.org.

BOOK REVIEW

by Therese Dalton

"Where the Crawdads Sing"

by Delia Owens

Thanks to Joan Bollman for recommending this read. I couldn't put the book down! I highly recommend reading it. Here is the summary...

For years, rumors of the "Marsh Girl" have haunted Barkley Cove, a quiet town on the North Carolina coast. So, in late 1969, when handsome Chase Andrews is found dead, the locals immediately suspect Kya Clark, the so-called Marsh Girl. But Kya is not what they say. Sensitive and intelligent, she has survived for years alone in the marsh that she calls home, finding friends in the gulls and lessons in the sand. Then the time comes when she yearns to be touched and loved. When two young men from town become intrigued by her wild beauty, Kya opens herself to a new life -- until the unthinkable happens.

Where the Crawdads Sing is at once an exquisite ode to the natural world, a heartbreakingly moving coming-of-age story, and a surprising tale of possible murder.

Owens reminds us that we are forever shaped by the children we once were, and that we are all subject to the beautiful and violent secrets that nature keeps.

MOTHER'S DAY HUMOR

If evolution really works, how come mothers only have two hands? ~ Milton Berle

When my mother had to get dinner for 8, she'd just make enough for 16 and only serve half. ~ Gracie Allen

MAY FACTS

Birthstone: Emerald

Flower: Lily of the Valley & Hawthorn

Zodiac Signs: Taurus (Apr 20 – May 20) & Gemini (May 21 – June 20)

Holidays and Observances:

Mother's Day – May 12

Armed Forces Day – May 18

Memorial Day – May 27

NEW PROVIDENCE SENIOR CITIZENS CLUB

~ May 2019 ~

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Apr 28	Apr 29 Health Fair Sign-ups* 8:30 In Control 11:00 Newsletter Meeting 11:00 Chair Yoga 12:30 Bridge	Apr 30 Health Fair Sign-ups* 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	1 Center Closed Anniversary Luncheon at Primavera Restaurant*** 12:00noon 	2 Health Fair Sign-ups* 9:30 Fit & Healthy Exercise 12:30 Partner Bridge 12:30 Mah Jongg	3 Health Fair Sign-ups* 9:00 Bus to Mall 9:15 Zumba 10:00 Bridge 12:30 <u>NO</u> Pizza Bingo	4
5	6 8:30 In Control 9:30 Trustee Meeting 11:00 Newsletter Meeting 11:00 Chair Yoga 12:30 Bridge	7 9:00 Bus to ShopRite 9:45 Balance & Conditioning 11:00 Communications Crew 12:00 Knitting Group 1:00 Tai Chi w/Ayriel 2:00 Converse Italian	8 Happy Birthdays! 9:30 Blood Pressure 10:00 Bus to Club 11:00 Meeting – Members of NPHS Band 12:30 Bingo/Cards – Chatham Hills	9 9:30 Fit & Healthy Exercise 12:30 Duplicate Bridge 12:30 Mah Jongg	10 9:00 Bus to Blue Star 9:15 Zumba 10:00 Bridge 12:30 Pizza Bingo	11
12 	13 8:30 In Control 11:00 Newsletter Meeting 11:00 Chair Yoga 12:30 Bridge	14 9:00 Bus to ShopRite 9:45 Balance & Conditioning 10:00 Activities Meeting Set Up for Health Fair 12:00 noon	15 Health Fair 8:00am – 11:00am 	16 9:30 Fit & Healthy Exercise 12:30 Duplicate Bridge 12:30 Mah Jongg	17 9:00 Bus to Mall 9:15 Zumba 10:00 Bridge 12:30 Pizza Bingo	18 
19	20 8:30 In Control 11:00 Newsletter Meeting 11:00 Chair Yoga 12:30 Bridge	21 9:00 Bus to ShopRite 9:45 Balance & Conditioning 10:45 Book Club 12:00 Knitting Group 1:00 Tai Chi w/Ayriel 2:00 Converse Italian	22 9:30 Blood Pressure 10:00 Bus to Club 11:00 Meeting – "Housing Markets and Trends" 12:30 Bingo/Cards	23 9:30 Fit & Healthy Exercise 12:30 Partner Bridge 12:30 Mah Jongg	24 9:00 Bus to Mall Set Up for Memorial Day Remembrance 10:00am	25
26	27 Memorial Day Remembrance 11:00am 	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	29 9:30 Blood Pressure 10:00 Bus to Club 11:00 Meeting – "Managing Your Medications at Home" 12:30 Bingo/Cards	30 9:30 Fit & Healthy Exercise 11:00 Atlantic Health Nutrition Program & Cooking Demonstration** 12:30 Bridge 12:30 Mah Jongg	31 9:00 Bus to Mall 9:15 Zumba 10:00 Bridge 12:30 Pizza Bingo	Jun 1

*Sign up in person from 11:00am-1:00pm for health fair screenings. See article on page 3.

**Sign up in advance

***Purchase ticket in advance