

New Providence Senior Citizens Newsletter

"Good things happen here!"

OCTOBER 2019



Vol. 19. No. 10



COORDINATORS CORNER

"A smile is the best thing you can put on your face." Christie Brinkley

Fall is officially upon us – cooler nights, shorter days and changing leaves. I hope you enjoy this season that seems filled with activity. There is plenty going on at the center to keep us all busy, so we look forward to seeing you!

Highlights

- Bird Month - A special thanks to Christine Napolitano for organizing "bird month". See page 3 for additional information.
- Artist Talk - Another member to thank is Leo Piovano who on Wednesday, October 9th will educate us on the Italian painter, Caravaggio.
- Columbus Day Celebration – On Saturday, October 12th, celebrate the anniversary of Italian explorer Christopher Columbus's arrival in the Americas.
- Casino Trip – Try your luck at the Wind Creek Casino on Tuesday, October 15.

In the recent past, we have had other members come forward and share their talents and interests at our Wednesday meetings. It is priceless when one of our own shares. I encourage anyone to talk to Michelle or myself if you want to share anything with the group.

There are other ways to contribute and share – call bingo one afternoon, join the Communications Crew one month to send out birthday greetings, assist in organizing a trip, or serve refreshments at a meeting. There are so many more opportunities. We can only offer activities if we have members help and volunteer. **This "Club" is your club, so the more participation, the better!**

THANK YOU...

- Professor S. Ananthakrishnan for his presentation about "The Sun and Our Solar System – the Mysteries and Excitement".
- Carol Brush from Horizon Blue Cross/Blue Shield for her presentation on "Healthy Fall Eating".
- Christine Napolitano who organized and the NPSCC members who set up and volunteered to help at the Country Western Picnic.
- Christine Niedzielski & Debbie Clark of Coldwell Banker in Summit for providing September's birthday cake!
- NPSCC members who brought friends to "Bring a Friend" Day.
- Rachel Zack for her valuable help and assistance over the summer.
- Do Kang for donating the new clock in the main room.

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

Contact these members with any questions regarding your club.

Newsletter Editor: Barbara Koslap

DeCorso Community Center

15 East Fourth St.
New Providence, NJ 07974
908-665-0046
www.newprov.org/seniors

Hours

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

Center Co-Coordinators

Therese Dalton
Michelle Zack

Public Health Nurse

Jenn Aranda, 908-743-1049

Bus Service

- ShopRite - Tuesday mornings (call between 8:30-9:00am).
- Club Meetings - Wednesday mornings (call by 10:00am).
- Livingston Mall or Blue Star Mall - Friday mornings except 1st Friday (call between 8:30-9:00am).

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., Oct 2, 11:00am: Meeting** – NPSCC member, Christine Napolitano, will introduce us to “Bird Month”. See article on page 3.
- **Wed., Oct 9, 11:00am: Meeting** – Italian language instructor, Leo Piovano, will give a talk accompanied by a slide presentation on “Caravaggio, the Greatest Realist Painter Between the Renaissance and the Baroque”. We will also celebrate October birthdays. Chatham Hills will call bingo!
- **Sat., Oct 12, 5:00-8:00pm: Columbus Day Celebration** – Celebrate the holiday at a Pot-Luck Dinner with music, entertainment and stories. See article on page 3.
- **Tues, Oct 15, 10:45am** – Therese Dalton will moderate a discussion of “*The Storied Life of A.J. Fikry*”.
- **Tues., Oct 15, 9:45am-5:30pm: Casino Trip** – Try your luck at the Wind Creek Casino, formerly the Sands Casino, in Bethlehem, PA. Pay \$25 and get \$25 in “play money”. Purchase tickets in advance before the club meetings on Wednesdays or from Therese or Michelle.
- **Wed., Oct 16, 11:00am: Meeting** – Amulya Uppala from Overlook’s New Vitality Program, a clinical pharmacist at Overlook Medical Center, will give an “Ask the Pharmacist” presentation. Learn how certain foods can interact with medications, common side effects, and how to safely dispose of old or unused meds. There will be time for individual questions after the meeting.
- **Wed., Oct 23, 11:00am: Meeting** – A representative from SHIP (State Health Insurance Assistance Program) will give a presentation on “Medicare Changes”, introduce their services, and give one-on-one consultations. Erika Carbone and Mia Kebea of Seniors in Place LLC will also talk about “Home Safety”.
- **Wed., Oct 30, 11:00am: Meeting** – A representative from Friends of Great Swamp, a non-profit organization committed to protecting and supporting Great Swamp National Wildlife Refuge, will speak about the Great Swamp and bird migration.
- **Tues., Nov 5, 6:00am-8:00pm: Election Day** – The DeCorso Center is the voting place for Districts 1, 3, 4, & 5. All classes and activities will be cancelled. There will be a bus to ShopRite.
- **Wed., Nov 6, 11:00am: Meeting** – Dennis Kelleher of TransOptions, an organization that offers programs in bicycle, pedestrian and driver safety, will give a presentation on “What’s Changed Since I Started Driving.”
- **Mon., Nov 11, 10:30am: Veterans Day Luncheon** – Honor veterans on this special day. Thanks to our local NP eateries, a light lunch will be available for our veterans and their guests. The Cover Girls will sing. Sign up at the center in advance. Please bring a dessert. Held at the American Legion Post.
- **Wed., Nov 13, 11:00am: Meeting** – Join us for a special celebration of members age 90 and above at “Cheers for 90+ Years”. We will share refreshments, fun, and memories as we toast our most senior members. November birthdays will also be celebrated. Chatham Hills will call bingo!
- **Thurs., Nov 14, 10:00am: Senior Citizens Day at NPHS** – Details to follow.
- **Wed., Nov 20, 11:00am: Meeting** – A representative from Overlook’s New Vitality Program, a health and wellness program tailored to meet the needs of today’s adults 65 and older, will explain the health benefits of humor in a presentation entitled “Laughter is the Best Medicine”.

The Center will be closed Wednesday, November 27th through Friday, November 29th for the Thanksgiving holiday. We will reopen on Monday, December 2nd. Happy Thanksgiving!

BIRD MONTH IS COMING!

On Wednesday, October 2nd, club member Christine Napolitano will offer a fun introduction to "Bird Month" at the club. Listen to bird sounds, identify local birds, and learn about their needs and habitats during the winter. Sign up for bird crafts, including making yarn birds, origami birds, bird treats and small bird houses. Get a recipe for bird's nest cookies.

COLUMBUS DAY CELEBRATION

The NPSCC Italian class and the NP Diversity Committee invites all club members to celebrate Columbus Day at a Pot-Luck dinner at the DeCorso Center on Saturday, October 12th from 5:00 - 8:00pm. There will be music, entertainment and stories. Bring a favorite dish to share. For reservations call 908-464-4204.

HELP WANTED

A vital part of our club needs your help now! Please contribute your talents so that we may continue the wonderful activities at the NPSCC. Some of our Activity Committee members have had to cut back on their participation. If you have ever considered running a trip or helping at an event, NOW is the time to step up.

You could help with one trip or event per year or contribute a special talent (i.e., booking entertainment) to several events. If your talent is baking, you could organize the baked goods table at an event. Or, you could speak to a restaurant manager to learn about their group rates. Any help would be appreciated. Please let us know how you would like to get involved.

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

Henna – Observe volunteers demonstrate the Indian art of henna. Pre-register for a tattoo. Fri., Oct 4, 3-4:45pm

George Washington Remembers New Jersey – David Emerson plays Gen. Washington as he reminisces about New Jersey during the Revolution. Sun., Oct 6, 3pm

Voting Machine Demo – Try out the new voting machines to be used in November's elections. Mon., Oct 7, 3-7pm

Knitting/Crocheting Group - Mon., Oct 7 & 21, 7pm

Baseball Discussion Group –Mon., Oct 14, 7pm

Friends of NPML Craft Fair – Hand Crafted Goods by Local Artisans. Proceeds benefit the library. Sat., Oct 19, 10am

Buying a Home– Joe Eberle will discuss the New Providence real estate market. Thurs., Oct 24, 7pm

BOROUGH OF NEW PROVIDENCE

Scarecrow Contest - Vote for your favorite! Oct 11–Nov 1.

Street Fair – Exhibits, vendors, activities, food and entertainment. Sun., Oct 27, 10am-4pm

DECORSO CENTER

Coffee with a Cop – Wed., Oct 2, 9-11am

Historical Society Fall Talk – Nolan Asch will speak about Founding Father Benjamin Franklin. Thurs., Oct 10, 7pm

Columbus Day Celebration - Sat., Oct 12, 5-8pm

AMERICAN LEGION POST #433

Oktoberfest – Stuffed Pork Chops, Spaetzle, Sauerkraut, Salzkartoffel, Wursts, Rotkohl, Salad, Dessert, Beverages. Adults \$30 in advance, \$35 at the door. Fri., Oct 11, 5pm

WILLIAM PACA CLUB

Craft Fair & Bake Sale – Wonderful crafts and delicious baked goods. Sat., Nov 2, 10am-4pm

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

The Tuesday movies have closed captioning.

Tuesdays at 1:00pm

October 1 – *A Dog's Journey*

October 8 – *All is True*

October 15 – *Yesterday*

October 22 – *The Public*

October 29 – *American Woman*

Foreign Films

Weds., October 2, 1:00pm – *Delicacy (La Delicatesse)* (*In French with English subtitles*)

Mon., October 28, 7:00pm – *Micmacs (In French with English subtitles)*

SAGE ELDERCARE Medicare Counseling

Do you have problems or questions regarding your health insurance? If you are a Medicare beneficiary and resident of Union County with questions about Medicare, call 908.273.6999 and speak to the SHIP office at SAGE Eldercare for free, objective and confidential assistance.

SHIP (State Health Insurance Assistance Program) of Union County is a national statewide program administered by the New Jersey Department of Health and Senior Services, Division of Senior Affairs, with major funding from the U.S. Department of Health and Human Services' Center for Medicare and Medicaid Services. SAGE is the sponsoring organization for the program in Union County.

SHIP counselors do not provide legal advice, sell, recommend, or endorse any specific insurance product, agency, insurance company, or HMO. They provide information and assistance so that clients can make their own decisions.

Open enrollment occurs each year between October 15 and December 7 for the next plan year. During this period, you can make changes to Plan C, the Medicare Advantage Plan, and Plan D, the Medicare Prescription Drug Coverage. A representative from SHIP will give a presentation at our October 23rd club meeting.

SAGE ELDERCARE

SAGE Eldercare 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.

OCTOBER PROGRAMS AT SAGE:

Avoid the Pitfalls of Long-term Care – Learn how to navigate the senior health care system. Thurs., Oct 3, 6:30-8:00pm.

Living Options as We Age – Learn about various living arrangements and their levels of care. Thurs., Oct 17, 6:00-8:00pm.

Call 908-598-5548 to register.

BOOK REVIEW by Therese Dalton

"What Once Was True: An Irish WW2 Story"
by Jean Grainger

This is the first book in a series. If you are looking for a distraction and a light read, this is for you. I enjoyed the characters and rooted for them. Amazon summarizes the book as follows:

The once grand house is home to two very different families. Despite delusions of grandeur, Lord and Lady Kenefick and their adult children, live a life of decayed opulence as the money needed to keep such a large house and grounds ever dwindles.

Meanwhile, the Murphy family, Dermot, Isabella and their three almost grown up girls, live and work on the estate and do their best to keep everything running smoothly.

Social structure is vital. Everyone knows their place, but as war looms, both families find themselves drawn into the conflict and begin questioning everything that once was true.

From the leafy grounds of an Irish stately home, to the bombed-out streets of London in the Blitz, allow yourself to be swept away in this historical saga.

HALLOWEEN POEM

There's a goblin at my window,
A monster by my door.
The pumpkin at my table
Keeps on smiling more and more.
There's a ghost who haunts my bedroom.
A witch whose face is green.
They used to be my family,
Till they dressed for Halloween.

OCTOBER FACTS

Birthstone: Opal and Tourmaline

Flower: Marigolds & Cosmos

Zodiac Signs: Libra (Sep 23 - Oct 22) and Scorpio (Oct 23 – Nov 21)

Holidays and Observances:

Columbus Day – Oct 14

United Nations Day – Oct 24

Halloween – Oct 31

NEW PROVIDENCE SENIOR CITIZENS CLUB

~ October 2019 ~

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Sep 29	Sep 30 8:30 <u>NO</u> In Control 10:30 Biology Class 11:00 Newsletter Meeting 11:00 Chair Yoga 12:30 Bridge	1 9:00 Bus to ShopRite ⁴ 9:45 Balance & Conditioning 11:00 Communication Crew 11:30 Knitting Group 1:00 Tai Chi w/Ayriel 2:00 Converse Italian	2 9:00 Coffee with a Cop 10:00 Blood Pressure 10:00 Bus to Club ⁵ <i>11:00 Meeting – Intro to "Bird Month"</i> 12:30 Bingo	3 9:30 <u>NO</u> Fit & Healthy 10:00 Bridge Lessons - \$10 11:00 <u>NO</u> Exercise with Arthritis 12:30 Partner Bridge 12:30 Mah Jongg	4 9:00 <u>NO</u> Bus to Mall 9:15 Zumba 10:00 Bridge 10:30 Wizard Card Game 12:30 <u>NO</u> Pizza Bingo	5
6 George Washington Remembers @ NPML 3:00pm	7 8:30 In Control 9:30 Trustee Meeting 10:30 Biology Class 11:00 Newsletter Meeting 11:00 Chair Yoga 12:30 Bridge 3:00-7:00 Voting Machine Demo @ NPML	8 9:00 Bus to ShopRite ⁴ 9:45 Balance & Conditioning 10:00 Activities Meeting 11:30 Knitting Group 1:00 Tai Chi w/Ayriel 2:00 Converse Italian	9 Happy Birthdays! 10:00 Blood Pressure 10:00 Bus to Club ⁵ <i>11:00 Meeting – "Realist Painter, Caravaggio"</i> 12:30 Bingo – Chatham Hills	10 9:30 Fit & Healthy 10:00 Bridge Lessons - \$10 11:00 Exercise with Arthritis 12:30 Duplicate Bridge 12:30 Mah Jongg 7:00 Historical Society Talk	11 9:00 Bus to Blue Star ⁴ 9:15 Zumba 10:00 Bridge 10:30 Wizard Card Game 12:30 Pizza Bingo 5:00 Oktoberfest @ American Legion Post	12 Columbus Day Celebration @ DeCorso Center 5:00 – 8:00pm
13	14 8:30 In Control 10:30 Biology Class 11:00 Newsletter Meeting 11:00 Chair Yoga 12:30 Bridge	15 9:00 Bus to ShopRite ⁴ 9:45 Balance & Conditioning 9:45 Casino Trip 10:45 Book Club 11:30 Knitting Group 1:00 Tai Chi w/Ayriel 2:00 Converse Italian	16 10:00 Blood Pressure 10:00 Bus to Club ⁵ <i>11:00 Meeting – "Ask the Pharmacist"</i> 12:30 Bingo	17 9:30 <u>NO</u> Fit & Healthy 10:00 Bridge Lessons - \$10 11:00 <u>NO</u> Exercise with Arthritis 12:30 Duplicate Bridge 12:30 Mah Jongg	18 9:00 Bus to Mall ⁴ 9:15 Zumba 10:00 Bridge 10:30 Wizard Card Game 12:30 Pizza Bingo	19 Friends of NPML Craft Fair @ NPML 10:00am-4:00pm
20	21 8:30 In Control 10:30 Biology Class 11:00 Newsletter Meeting 11:00 Chair Yoga 12:30 Bridge	22 9:00 Bus to ShopRite ⁴ 9:45 Balance & Conditioning 11:30 Knitting Group 1:00 Tai Chi w/Ayriel 2:00 Converse Italian 3:00 Beginners Italian	23 10:00 Blood Pressure 10:00 Bus to Club ⁵ <i>11:00 Meeting – "Medicare Changes"/"Home Safety"</i> 12:30 Bingo	24 9:30 Fit & Healthy 10:00 Bridge Lessons - \$10 11:00 Exercise with Arthritis 12:30 Partner Bridge 12:30 Mah Jongg	25 9:00 Bus to Mall ⁴ 9:15 Zumba 10:00 Bridge 10:30 Wizard Card Game 12:30 Pizza Bingo	26
27 New Providence Street Fair 10:00am-4:00pm	28 8:30 In Control 10:30 Biology Class 11:00 Newsletter Meeting 11:00 Chair Yoga 12:30 Bridge	29 9:00 Bus to ShopRite ⁴ 9:45 Balance & Conditioning 11:30 Knitting Group 1:00 Tai Chi w/Ayriel 2:00 Converse Italian	30 10:00 Blood Pressure 10:00 Bus to Club ⁵ <i>11:00 Meeting – "The Great Swamp & Bird Migration"</i> 12:30 Bingo	31 Happy Halloween! 9:30 Fit & Healthy 10:00 Bridge Lessons - \$10 11:00 Exercise with Arthritis 12:30 Bridge 12:30 Mah Jongg 	Nov 1 9:00 <u>NO</u> Bus to Mall 9:15 Zumba 10:00 Bridge 10:30 Wizard Card Game 12:30 <u>NO</u> Pizza Bingo	Nov 2 Paca Club Craft Fair & Bake Sale @ Paca Club 10:00am – 4:00pm

¹Sign up in advance

^{2P}Purchase ticket in advance

³Schedule appointment in advance

⁴Call between 8:30 - 9:00am

⁵Call before 10:00am