

New Providence Senior Citizens Newsletter

"Good things happen here!"

SEPTEMBER 2019



Vol. 19, No. 9



COORDINATORS CORNER

"There are only two days in the year that nothing can be done. One is called *yesterday* and the other is called *tomorrow*. Today is the right day to love, believe, do, and mostly live." Dalai Lama XIV

A few highlights to note:

A fellow member, Professor Ananthakrishnan is sharing his astronomy knowledge on Wednesday, September 4th. Come and learn about "**The Sun and our Solar System – the Mysteries and Excitement.**"

Bring a Friend Day is Wednesday, September 11th. If you bring a friend who is new to the club, you and the friend will each be entered to win a \$25 gift card to Prestige Diner. *We think the center is GREAT place and want to share it with people who may not know about it.*

I know we have many members who have talents and knowledge to share. If you would like to consider presenting at the Wednesday meeting, please see Michelle or Therese.

Biology and Life Science is back! Professor Bill Dunscombe gave us an engaging preview of his class in August. Class officially begins on Monday, September 16th at 10:30am. Register the first day. The course is free to New Providence residents and \$20 for non-residents per semester.

You are never too old to learn a new trick:

We now offer **Bridge Lessons for Beginners!** Starting September 12th there will be lessons on Thursdays from 10am-12noon. Each session costs \$10. It's a great opportunity to learn something new and to socialize.

Bert Abbazia is teaching interested seniors how to play the card game, **Wizard** on Fridays at 11am. It's another fun way to learn something new and perhaps meet new people!

THANK YOU...

- JoAnn Jackovino for the inspiring Creative Writing Program
- Vivian Dalton for the generous offer of Technology Help.
- Professor Bill Dunscombe for the fascinating preview of his "Select Topics in Biology and Life Sciences" class.
- New Providence Community Pool for the great Senior Citizens Lunch.
- Keenan Lee for sharing excerpts from the "People and Stories of NPSCC".
- Christine Napolitano for running the wonderful Airport Café Trip.
- Spring Grove for treating us to a fantastic BBQ.
- Hilary Stannard & Phyllis Winters for running the delightful Luau trip.
- Steven Knapp for donating a copy of his historical novel, "The Bones of Saint Pierre", to the NPSCC library.
- Christine Niedzielski & Debbie Clark of Coldwell Banker in Summit for providing August's birthday cake!
- The New Providence Memorial Library for donating Large Print books.

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 the Center 8:30 - 9:00am).
- Club Meetings - Wednesday mornings (call the Center by 10:00am).
- Livingston Mall or Blue Star Mall - Friday mornings (call the Center 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.

The Center will be closed on Monday, September 2nd for the Labor Day holiday.

- **Wed., Sept 4, 11:00am: Meeting** – Professor S. Ananthakrishnan, a Club member and astronomy professor, will give a presentation about “The Sun and Our Solar System – the Mysteries and Excitement”.
- ⌚ **Thurs., Sept 5, 9:30am: “Fit & Healthy”** resumes. See Exercise article on page 3.
- ⌚ **Thurs., Sept 5, 11:00am: “Exercise with Arthritis”** resumes. See Exercise article on page 3.
- ⌚ **Mon., Sept 9, 8:30am: “In Control”** resumes. See Exercise article on page 3.
- **Wed., Sept 11, 11:00am: Meeting** – “Bring a Friend Day”. Bring a friend who is new to the Club and you and your friend will each be entered to win a \$25 gift card to the Prestige Diner! We will also celebrate September birthdays. Chatham Hills will call bingo!
- ✿ **Thurs., Sep 12, 10:00am: Bridge Lessons for Beginners** start. See Coordinator’s Corner for details.
- ⌚ **Thurs., Sep 12, 7:00pm: “After Hours” BBQ** – See article on page 4.
- ✿ **Mon., Sep 16, 10:30am: Biology Class** resumes. See article on page 3.
- ✉ **Tues., Sep 17, 10:45am: Book Club** – Join us as we discuss “News of the World” by Paulette Jiles.
- **Wed., Sept 18, 11:00am: Meeting** – Carol Brush from Horizon Blue Cross/Blue Shield will give a presentation on “Healthy Fall Eating” and provide free samples of nutritious foods.
- 🚌 **Sun., Sep 22, 9:45am: John Basilone Parade Trip** – Parade honoring Raritan native and WWII hero John Basilone. Parade starts at 1:00pm. Bus leaves at 10:00am. Sign up in advance at the Center. Cost: \$2
- * **Tues., Sep 24, 1:00pm: Setup** for the Welcome Back Country Western Picnic.
- ✿ **Wed., Sept 25, 12:00noon: Welcome Back Country Western Picnic** – Celebrate the beginning of another great year at the NPSCC! Delicious picnic food from Elmer’s and great entertainment provided by John Baragone. Cost: \$18. Purchase ticket in advance. Sign up for bus transportation to the Center.
- **Wed., Oct 2, 11:00am: Meeting** – Christine Napolitano will introduce us to “Bird Month”.
- **Wed., Oct 9, 11:00am: Meeting** – Italian 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!
- 🚌 **Tues., Oct 15, 9:45am-5:30pm: Casino Trip** – Try your luck at the Wind Creek Casino in Bethlehem, PA. Pay \$25 and get \$25 in “play money”. Buy tickets in advance before the club meetings on Wednesdays.
- **Wed., Oct 16, 11:00am: Meeting** – Overlook’s New Vitality Program 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.
- **Wed., Oct 30, 11:00am: Meeting** – A representative from Friends of the Great Swamp will speak about the Great Swamp and bird migration.

BIOLOGY CLASS

The "Selected Topics in Biology and Life Sciences" class, taught by Professor Bill Dunscombe of Union County College, will begin a new semester in September. These engaging classes will be held on Mondays, September 16 – December 2, from 10:30am – 12:00pm. FREE to New Providence seniors, \$20 per semester for out-of-town residents.

NPSCC EXERCISE CLASSES

NPSCC offers several FREE exercise classes. Ask *your doctor which classes would be appropriate for you. All participants must complete a registration form with 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.

Chair Yoga – Improves flexibility and muscle strength while reducing stress and increasing relaxation.

Balance and Conditioning – Light weight training, balance and coordination drills. Helps range of motion, confidence, and energy levels.

Tai Chi – Slow, fluid movements. Relaxes body and mind. Increases balance control, flexibility and cardiovascular fitness.

Fit & Healthy – Aerobic warm up followed by balance and strength workout. No floorwork.

Zumba – Latin dance inspired fitness program. Improves strength, posture, and flexibility.

Exercise with Arthritis – Exercises suitable for those living with arthritis. Six-week class.

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

Home Selling Prep & Staging – Sue Adler of Keller Williams will present a free workshop for homeowners thinking of selling their homes. Sat., Sep 7 @ 11am.

Baseball Discussion Group – Come discuss your favorite team and players, or just listen. Mon., Sep 9, 7-9pm

"The Beatles: The Beginning" – Paul Groom, a native of Liverpool, will describe the Beatles' rise to fame and will play Beatles recordings. Sun., Sep 15 @ 3pm.

Knitting/Crocheting Group - Drop by the Coddington room with a knitting, crocheting or other fiber art project. Mon., Sep 16 & 30 @ 7pm

Intermediate Excel – Thurs., Sep 19 @ 6:30pm

Surviving a Toxic Workplace – Thurs., Sep 26 @ 7:00pm*

Florian Schantz Jazz Combo – An Oktoberfest concert. Sun., Sep 29 @ 3pm.

*E-mail npmlref@yahoo.com or sign up online at <https://register.communitypass.net/new/providence>.

AMERICAN LEGION POST

Clambake Fundraiser – Clams, chili, burgers, hot dogs, sausage, salads, beverages and dessert. \$30 in advance, \$35 at the door. Sat., Sep 21, 1-5pm. Rain or shine.

NEW PROVIDENCE HISTORICAL SOCIETY

Book Festival – Authors will be available to sign their books, talk with readers, and answer questions. Salt Box Museum, Sun., Sep 22, 9am-4pm. Rain date Sun., Sep 29.

SUSTAINABLE NEW PROVIDENCE

FreecycleFest – Once-a-year garage sale where everything is FREE. Donate items that are reusable and working. Leftovers will be donated to charity. No clothing, books or large furniture. Held at the American Legion Post. Sat., Sep 28, 9am-4pm.

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

The Tuesday movies have closed captioning.

Tuesdays at 1:00pm

September 3 – *Stan & Ollie*
 September 10 – *Cold Pursuit*
 September 17 – *Fighting with My Family*
 September 24 – *Where is Kyra?*

Foreign Films

Weds., September 4, 1:00pm – *Wings of Desire* (In German, English, and French with English subtitles)
 Mon., September 23, 7:00pm – *Everybody Knows* (In Spanish, English, and Catalan with English subtitles)

PAPER MILL PLAYHOUSE

Are you interested in seeing a show at the Paper Mill? The Activities Committee wants to know which show(s) you would like to see. The shows for the 2020 season are listed below. Please indicate your preference(s) on the trip interest sheet on the table in the lobby at the Center.

Unmasked: The Music of Andrew Lloyd Webber – World-premiere musical featuring stories and songs from his remarkable life and celebrated work. Jan 30 – Mar 1

Sister Act: The Musical – Tony nominated musical comedy with powerful music, spectacular dancing, and a story brimming with heart. April 1 -26

The Wanderer: World Premiere Musical – World-premiere musical about Rock and Roll Hall of Famer Dion DiMucci (*Runaround Sue, The Wanderer*). May 28 – Jun 28

HEARING AID BATTERIES

Per the manufacturer's instructions, when you replace your hearing aid battery remember to remove the tab from the battery and wait one minute before inserting it into the hearing device.

Batteries for hearing aids are typically zinc air cells. Zinc air batteries are activated by the oxygen in the air. When the sticker (or tab) is removed from the back of a cell, the battery is slowly powered up as oxygen is gathered around and absorbed into the small holes in the battery. If you do not wait that full minute, the battery may not have sufficient oxygen to power up and it can be starved for oxygen inside the hearing aid's casing. (<http://www.hearwellcenter.com/>)

Thanks to Maureen C for this reminder.

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. 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.

SEPTEMBER PROGRAMS AT SAGE

The Space Race – Learn all about the visionaries and scientists who made space travel possible and the brave American astronauts who boldly traveled “where no one has gone before.” Fee: \$5. Tues., Sep 24, 2:00 - 3:00pm

Fall Prevention – Pedestrian safety insights, walking supports, rehabilitation alternative, balance protocol, medication side effects information, and free blood pressure, bone density, and hearing screenings. Light refreshments. Thurs., Sep 26, 10:00am - 12:00pm.

Programs take place at SAGE Eldercare, 290 Broad Street, Summit. Call 908-598-5548 to register.

“AFTER HOURS” RETURNS

“After Hours”, the popular social evenings for New Providence Adults 50+, will return to the DeCorso Center for a barbecue on Thursday evening, September 12th from 7:00 – 9:00pm.

Soft drinks, burgers, and hot dogs will be provided. Attendees are asked to bring a salad or a dessert. If your last name begins with the letter A-L, please bring a salad (potato, pasta, green, or coleslaw) to serve 6-8. If your last begins with the letters M-Z, please bring a dessert.

Sign up and pay the \$5 pre-registration cost online through Community Pass on the New Providence website www.newprov.org/recreation by Friday, September 6. At the door, the cost will be \$10.

SEPTEMBER HUMOR

My favorite poem is the one that starts 'Thirty days hath September' because it actually tells you something. ~ Groucho Marx

SEPTEMBER FACTS

Birthstone: Sapphire

Flower: Aster & Forget-me-not

Zodiac Signs: Virgo (Aug 23 - Sep 22) & Libra (Sep 23 - Oct 22)

Holidays and Observances:

Labor Day – Sep 2

Grandparents Day – Sep 8

Patriot Day – Sep 11

Rosh Hashana (Start) – Sep 29

NEW PROVIDENCE SENIOR CITIZENS CLUB
~ September 2019 ~

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 CENTER CLOSED <i>Happy Labor Day</i>	3 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	4 9:30 Blood Pressure 10:00 Bus to Club ⁵ 11:00 Meeting – "The Sun and Our Solar System" 12:30 Bingo	5 9:30 Fit & Healthy 11:00 Exercise with Arthritis 12:30 Partner Bridge 12:30 Mah Jongg	6 9:00 <u>NO</u> Bus to Mall ⁴ 9:15 Zumba 10:00 Bridge 10:30 Wizard Card Game 12:30 <u>NO</u> Pizza Bingo	7
8	9 8:30 In Control 9:30 Trustee Meeting 11:00 Newsletter Meeting 11:00 Chair Yoga 12:30 Bridge	10 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 3:00 Beginners Italian	11 Happy Birthdays! 9:30 Blood Pressure 10:00 Bus to Club ⁵ 11:00 Meeting – "Bring a Friend" Day 12:30 Bingo – Chatham Hills	12 9:30 Fit & Healthy 10:00 Bridge Lessons - \$10 11:00 Exercise with Arthritis 12:30 Duplicate Bridge 12:30 Mah Jongg 7:00 "After Hours" Cookout¹	13 9:00 Bus to Blue Star ⁴ 9:15 Zumba 10:00 Bridge 10:30 Wizard Card Game 12:30 Pizza Bingo	14
15	16 8:30 In Control 10:30 Biology Class 11:00 Newsletter Meeting 11:00 Chair Yoga 12:30 Bridge	17 9:00 Bus to ShopRite ⁴ 9:45 Balance & Conditioning 10:45 Book Club 11:30 Knitting Group 1:00 Tai Chi w/Ayriel 2:00 Converse Italian	18 9:30 Blood Pressure 10:00 Bus to Club ⁵ 11:00 Meeting – "Healthy Fall Eating" 12:30 Bingo	19 9:30 Fit & Healthy 10:00 Bridge Lessons - \$10 11:00 Exercise with Arthritis 12:30 Duplicate Bridge 12:30 Mah Jongg	20 9:00 Bus to Mall ⁴ 9:15 Zumba 10:00 Bridge 10:30 Wizard Card Game 12:30 Pizza Bingo	21
22 John Basilone Parade Trip¹ 9:45am	23 8:30 In Control 10:30 Biology Class 11:00 Newsletter Meeting 11:00 Chair Yoga 12:30 Bridge	24 9:00 Bus to ShopRite ⁴ 9:45 Balance & Conditioning 11:30 Knitting Group 1:00 Setup for Picnic 1:00 Tai Chi w/Ayriel 2:00 Converse Italian 3:00 Beginners Italian	25 Welcome Back Country/Western Picnic² 12:00noon 	26 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	27 9:00 Bus to Mall ⁴ 9:15 Zumba 10:00 Bridge 10:30 Wizard Card Game 12:30 Pizza Bingo	28
29	30 8:30 <u>NO</u> In Control 10:30 Biology Class 11:00 Newsletter Meeting 11:00 Chair Yoga 12:30 Bridge	Oct 1 9:00 Bus to ShopRite ⁴ 9:45 Balance & Conditioning 11:30 Knitting Group 1:00 Tai Chi w/Ayriel 2:00 Converse Italian	Oct 2 9:30 Blood Pressure 10:00 Bus to Club ⁵ 11:00 Meeting – Intro to "Bird Month" 12:30 Bingo	Oct 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	Oct 4 9:00 <u>NO</u> Bus to Mall ⁴ 9:15 Zumba 10:00 Bridge 10:30 Wizard Card Game 12:30 <u>NO</u> Pizza Bingo	Oct 5

¹Sign up in advance

²Purchase ticket in advance

³Schedule appointment in advance

⁴Call between 8:30 - 9:00am

⁵Call before 10:00am