

# New Providence Senior Citizens Newsletter

## "Good things happen here!"

APRIL 2019



Vol. 19. No. 4



### COORDINATORS CORNER

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

-- Betty Friedan

I am watching the rain fall and grateful that it's not snow! We should have a LOT of beautiful flowers this spring. The early days of sunshine, flowers, etc., give me hope that springtime is alive!

Take a look because we have lots going on...

- Cherry Blossom/Spanish Tavern Lunch Trip is on Thursday, April 11<sup>th</sup>. Please note that tickets will ONLY be sold on Wednesday mornings. *See page 3 for more information.*
- Ageless Grace exercise class continues in April. There is NO class on April 4<sup>th</sup>.
- There is NO Book Club meeting in April.
- Tax Appointments end on Monday, April 15<sup>th</sup>.
- The club's 60<sup>th</sup> Anniversary Luncheon is on Wednesday, May 1<sup>st</sup>. *See page 3 for details*
- The Health Fair is on Wednesday, May 15<sup>th</sup> and we will need volunteers! The sign-up sheet for volunteers is in the lobby. Please consider giving some time for this event.
- Registration for Health Fair screenings begins on April 22<sup>nd</sup>. *Please see page 3 for details.*

**Help Needed: We need someone willing to coordinate the baked goods on Memorial Day. The seniors welcome all New Providence residents to come and enjoy hot dogs and baked goods. Please let Therese or Michelle know if you are willing to help.**

The center is **CLOSED** on Friday, April 19<sup>th</sup> in observance of Good Friday.

### THANK YOU...

- Leo Piovano for his delightful presentation on Leonardo Da Vinci.
- Cast members from the NPHS Spring musical, "Chicago", for presenting highlights from the show at our March 6<sup>th</sup> meeting.
- The Communications Crew for sending out birthday greetings.
- John Prescott, History Program Coordinator for Union County, for his informative talk on "Women's History of Union County".
- Romesh Arora for running a wonderful trip to the Sands Casino.
- Peggy Macneal for organizing a delicious St. Patrick's Day Lunch.
- Overlook Community Health for free BMI and Glucose screenings.
- The Larks for entertaining us at our meeting on March 27<sup>th</sup>.
- Joan Bollman and Beverly Segal for their excellent and patient instruction to the many new Mah Jongg players.
- Joyce Turpin for calling Friday Bingo.

**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.

- **Mon, Apr 1, 11:00am:** Chair Yoga 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.
- **Tues., Apr 2, 11:00am:** Communications Crew – Help send birthday greetings and other communications to members.
- **Wed., Apr 3, 11:00am:** Meeting – A strings group from one of the New Providence schools will play beautiful music for us. Spring Grove will bring cake to celebrate the club's anniversary.
- **Wed., Apr 10, 11:00am:** Meeting – Dr. Mark Schlobohm of New Providence Chiropractic will give a presentation on **"How to Stay Young"** and the role of chiropractic care in relieving pain.
- **Thurs., Apr 11, 18, 11:00am:** Ageless Grace brain health fitness classes.
- **Thurs., Apr 11, Time 10:00am:** **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: \$44
- **Wed., Apr 17, 11:00am:** Meeting – Join us for a fun time as some of our members recreate the radio comedy sketch series, **"The Bickersons"**, in which married protagonists engage in verbal war.

**The center will be closed on Friday, April 19<sup>th</sup> for Good Friday.**

- **Mon., Apr 22, 11:00am-1:00pm:** In-person pre-registration starts for Health Fair screenings. See p.3.
- **Tues., Apr 23, 10:45am:** Current Events – Michelle Zack will facilitate a discussion in which members may exchange ideas and share different perspectives on issues in national and international affairs.
- **Wed., Apr 24, 11:00am:** Meeting – Megan Ewing, RN of **Overlook New Vitality** will give a presentation on the **"Power to End Stroke"** and how to prevent, treat and beat stroke.
- **Wed., May 1, 12:00noon:** Anniversary Lunch - Celebrate the 60<sup>th</sup> anniversary of the club with lunch at Primavera restaurant. Entertainment provided by Bob Marino. Purchase tickets in advance. Cost: \$45. Sign up for bus transportation. Bus leaves at 11:00am. Center will be closed all day. See article on page 3.
- **Wed., May 8, 11:00am:** Meeting – Members of the **NPHS Band** will entertain us.
- **Tues., May 14, 12:00noon:** Setup for Health Fair – 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, 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., 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, 12:00noon:** Setup for Memorial Day Remembrance – Help decorate the center and start planning your baking. 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."**

**CHERRY BLOSSOM/SPANISH TAVERN TRIP**

On Thursday, April 11<sup>th</sup>, we're taking a trip to Branch Brook Park to see the beautiful Cherry Blossoms. Afterwards, we'll go to the Spanish Tavern in Mountainside for a delicious lunch. This trip will take place rain or shine. The bus will leave the senior center at 10:00am. Cost is \$44.

Tickets are on sale now and can only be bought on Wednesday mornings before the club meetings. A menu is available at the ticket table.

**ANNIVERSARY LUNCHEON**

Come join us on Wednesday, May 1<sup>st</sup> as we celebrate the 60<sup>th</sup> Anniversary of the New Providence Senior Citizens Club. We'll enjoy a delightful lunch at the Regency Primavera restaurant. Bob Marino will provide wonderful entertainment. The cost of the lunch is \$45.

Starting April 3<sup>rd</sup>, tickets will be sold Wednesday mornings before the meetings. Purchase your ticket in advance. Sign up for bus transportation. The bus will leave the center at 11:00am.

**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 which will host a comprehensive list of free health screenings and medical information at no cost to participants.

In-person pre-registration is required for the Stroke Health Risk Assessment screening and for the Fasting Blood Chemistry screening. Pre-registration starts Monday April 22<sup>nd</sup> between 11am and 1pm. The last day to register is Friday, May 3<sup>rd</sup>.

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

**Knitting/Crocheting Group** - Drop by the Coddington room with a knitting or crocheting project to work on. Mon., Apr 1, 15 @ 7:00pm

**Community Garden Launch & Seed Exchange –**

Annual meeting of the Community Garden followed by a seed swap. Free. Sat, Apr 6 @ 10:00am

**Declutter Like You're Moving** – Author, organizing expert and humorist Jamie Novak gives you decluttering advice in time for real estate season. Sun, Apr 7 @ 3:00pm.

**National Library Week Celebration** – April 7-13. See article on page 4.

**Baseball Discussion Group** - Baseball fans are invited to come talk about their favorite teams and players, or just listen. Mon., Apr 8 @ 7:00pm.

**Poetry Reading & Open Mic** – Poetry reading by a variety of featured poets, followed by Open Reading with sign up at event. Sun, Apr 14 @ 2:00pm.

**Pirates of Penzance** – Light Opera of NJ performs an abridged version of Gilbert and Sullivan's comic opera. Free. Sun, Apr 28 @ 3:00pm.

**Skype Basics** – Learn how to use Skype to make free video calls from your computer or mobile device. Great for keeping touch with far-off grandchildren. Mon, Apr 29 @ 2:00pm.

**AMERICAN LEGION****DECORSO CENTER**

**League of Women Voters "Climate Change in the Garden State"** – New Jersey State Climatologist, Dr. David Robinson, will discuss the diverse weather and climate of the Garden State. Free and open to the public. Thurs, Apr 11, 7:30pm.

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

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

**Tuesdays at 2:00pm**

- April 2 – *Juliet, Naked*
- April 9 – *Instant Family*
- April 16 – *The Sisters Brothers*
- April 23 – *The Front Runner*
- April 30 – *Green Book*

**Foreign Films**

- Weds., April 3 – no movie – library closed.
- Mon., April 22 at 7:00pm – *The Memory of a Killer (in Dutch, French & Flemish with English subtitles)*

**NJSave**

The New Jersey Department of Human Services (DHS), Division of Aging Services, has launched NJSave, a new online application to help older residents with low-incomes and individuals with disabilities save money on Medicare premiums, prescription costs, and other living expenses. Instructions via a step-by-step tutorial on YouTube and another available on the Division of Aging Services' website at [www.aging.nj.gov](http://www.aging.nj.gov) are very user friendly.

NJSave allows individuals to use a single online application to check their eligibility for various savings and assistance programs such as Pharmaceutical Assistance to the Aged and Disabled (PAAD), Senior Gold Prescription Program, Lifeline Utility Assistance; Medicare Savings Programs; Medicare Part D Low Income Subsidy (LIS); and the Hearing Aid Assistance to the Aged and Disabled Program (HAAD). The application is also used to screen individuals for numerous savings and assistance programs. For more information, call the Division on Aging at 908-527-4870 or toll free at 888-280-8226.

*The Service Network  
March 2019, Issue 2*

**SUMMIT COLLEGE CLUB BOOK SALE**

The Summit College Club will hold its annual Book Sale from April 9 through April 14 at the American Legion Post in New Providence. Donations should be brought to the Post from March 29 through April 5. Books must be in good condition and packed in bags or small boxes. Drop off will be from 10am to 6pm daily. They welcome donations of books, CDs and DVDs but do not accept textbooks or encyclopedias. Proceeds from the sale are used to fund college scholarships for deserving young women in local high schools.

**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. SAGE consults are available at the center the first Wednesday of the month.

**NATIONAL LIBRARY WEEK**

New Providence Memorial Library is celebrating National Library Week the week of April 7-13. Visit the library and enjoy the following programs and giveaways.

All Week Long

- Book Fine Amnesty for fines totaling less than \$1
- Free Replacement Library Cards

Tuesday, April 9 – Free Movie Day!

- View a free movie at the library.
- Borrow a movie and they'll waive the \$1 fee.

Wednesday, April 10 – Free Bookstore Bucks

- All patrons who check out books from the library will receive \$3 in Bookstore Bucks to use at AfterWords, their used-books store downstairs.

Thursday, April 11 – Make a Bookmark!

- Drop-in Craft at 2:00pm. Leave it overnight and they will laminate it for you.

**HAPPY EASTER!**

Bunnies are cuddly  
The large and the small  
But I like the chocolate ones  
The best of them all.  
-Author Unknown

I lied on my Weight Watchers list. I put down that I had 3 eggs...but they were Cadbury chocolate eggs.  
~ Caroline Rhea

**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.

**APRIL FACTS**

Birthstone: Diamond and Crystal

Flower: Daisy and Sweet Pea

Zodiac Signs: Aires (Mar 21 – Apr 19) & Taurus (Apr 20 – May 20)

Holidays and Observances:

Easter – Apr 21

Arbor Day – Apr 26

## NEW PROVIDENCE SENIOR CITIZENS CLUB

**~ April 2019 ~**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Mar 31	1 Tax Appts. 9:30-1:30 (by appointment only) 8:30 In Control <b>9:30 Trustee Meeting</b> <b>11:00 Newsletter Meeting</b> 11:00 Chair Yoga 12:30 Bridge	2 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	3 9:30 SAGE Consults 10:00 Bus to Club <b>11:00 Meeting – Strings Group</b> 12:30 Bingo/Cards	4 9:30 Fit & Healthy Exercise <b>11:00 NO Ageless Grace**</b> 12:30 Partner Bridge 12:30 Mah Jongg	5 9:00 Bus to Mall 9:15 Zumba 10:00 Bridge 12:30 <u>NO</u> Pizza Bingo	6 Tax Appts. 9:30-1:30 (by appointment only)
7	8 Tax Appts. 9:30-1:30 (by appointment only) 8:30 In Control <b>11:00 Newsletter Meeting</b> 11:00 Chair Yoga 12:30 Bridge	9 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	10 Happy Birthdays! 9:30 Blood Pressure 10:00 Bus to Club <b>11:00 Meeting – "How to Stay Young"</b> 12:30 Bingo/Cards – Chatham Hills	11 9:30 Fit & Healthy Exercise <b>10:00 Cherry Blossom/ Spanish Tavern Trip***</b> <b>11:00 Ageless Grace**</b> 12:30 Duplicate Bridge 12:30 Mah Jongg	12 9:00 Bus to Blue Star 9:15 Zumba 10:00 Bridge 12:30 Pizza Bingo	13 Tax Appts. 9:30-1:30 (by appointment only)
14	15 Tax Appts. 9:30-1:30 (by appointment only) 8:30 In Control <b>11:00 Newsletter Meeting</b> 11:00 Chair Yoga 12:30 Bridge	16 9:00 Bus to ShopRite 9:45 Balance & Conditioning 12:00 Knitting Group 1:00 <u>NO</u> Tai Chi w/Ayriel 2:00 Converse Italian 3:00 Beginners Italian	17 9:30 Blood Pressure 10:00 Bus to Club <b>11:00 Meeting – "The Bickersons"</b> 12:30 Bingo/Cards	18 9:30 Fit & Healthy Exercise <b>11:00 Ageless Grace**</b> 12:30 Duplicate Bridge 12:30 Mah Jongg	19 Good Friday Holiday  <b>CENTER CLOSED</b>	20
21	22 Health Fair Sign-ups* 8:30 In Control <b>11:00 Newsletter Meeting</b> 11:00 Chair Yoga 12:30 Bridge	23 Health Fair Sign-ups* 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	24 Health Fair Sign-ups* 9:30 Blood Pressure 10:00 Bus to Club <b>11:00 Meeting – "Power to End Stroke"</b> 12:30 Bingo/Cards	25 Health Fair Sign-ups* 9:30 Fit & Healthy Exercise 12:30 Partner Bridge 12:30 Mah Jongg	26 Health Fair Sign-ups* 9:00 Bus to Mall 9:15 Zumba 10:00 Bridge 12:30 Pizza Bingo	27
28	29 Health Fair Sign-ups* 8:30 In Control <b>11:00 Newsletter Meeting</b> 11:00 Chair Yoga 12:30 Bridge	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	May 1 <b>Anniversary Luncheon***</b> 	May 2 Health Fair Sign-ups* 9:30 Fit & Healthy Exercise 12:30 Partner Bridge 12:30 Mah Jongg	May 3 Health Fair Sign-ups* 9:00 Bus to Mall 9:15 Zumba 10:00 Bridge 12:30 <u>NO</u> Pizza Bingo	May 4

\*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