

New Providence Senior Citizens Newsletter

JANUARY 2014

Volume 14, Issue 1



COORDINATOR'S CORNER

- We are excited to kick off a new year! Please make a resolution to spend lots of time at the center with friends and to try a new program or two in 2014. We have plenty of opportunities to exercise your mind and body and to help you work off the goodies you ate over the holidays. After a brief holiday break, the center will reopen on Thursday, January 2, with Pizza Bingo on Friday, January 3. Full activities start on Monday, January 6. Check the calendar (back page) for a complete listing. In early January, we will also have a survey for you to provide your opinions and input on programming and other aspects of the center. Please tell us your thoughts!
- The spring semester of Selected Topics in Biology commences on Monday, January 27 at 10:30AM. Join other seniors as Professor Dunscombe presents interesting topics and encourages discussion and questions. No tests! No quizzes! Registration is done at class, and a donation is all that's requested.
- AARP's tax preparation service (TCE) will be available at the center to help seniors and low-income qualifying individuals prepare their 2013 tax returns. Appointments may be made 1-4PM beginning January 27 for sessions which will be held 9AM-3PM Mondays and Saturdays beginning Monday, February 10. Check the February newsletter for additional details.
- Bring your energy (electric and gas) bills to the meeting on February 5 when Renee Pennisi of Veridian Energy will speak to us about energy options and saving opportunities.
- There are new Trustees and Officers being sworn in at the first meeting in 2014 (Monday, January 6). We thank our non-continuing officers for their time and efforts serving NPSCClub during their tenure.



- The Veteran's Day event at the VFW post was special for all involved. Our thanks go to all who contributed to it—the planners, volunteers who participated in and/or worked at the event, local vendors who donated luncheon items (see list on page 2), those who donated desserts and the musician who entertained us.
- Thanks to the many volunteers who made the center merry and bright with holiday decorations. It was a lot of work, but they made it fun!
- Our friends who were unable to be with us this past holiday season received warm wishes thanks to the volunteers who helped to prepare holiday greeting cards.
- Christine coordinated two great events for us in December—the trip to Papermill Playhouse to see *Oliver* and the annual Holiday Dinner.
- We appreciate the afternoon of Bingo and the squash soup-in-a-bread-bowl lunch provided for us by Chelsea at Warren Senior Living.

NP SENIOR CITIZENS CENTER

15 East Fourth St.
New Providence, NJ 07974
908-665-0046

www.newprov.org/seniorcenter

*A welcoming place for
New Providence residents,
ages 55 and up, to gather
and to enjoy events,
programs and each other.*

Center Coordinator
Peggy Brodeur

Hours
Mondays: 11 AM-4 PM
Tuesdays-Fridays:
10 AM-4 PM

NP SENIOR CITIZENS CLUB

*An organization dedicated
to providing social &
enriching activities & events for
New Providence seniors.*

2013 Trustees

Chair: Maxine Hirsch
Marty Ammenwerth,
Pat Connolly, Jim Coyne,
Kay DeMarco, Enid Doyle,
Jean Holmes, Harry Kundrat,
Grace Parlapiano,
Rosemarie Sommo & Doris Velez

2013 Club Officers

President: Bernice Liquori
Vice Pres.: Christine Napolitano
Treasurer: Sal Ligammari
1st Treasurer: Clara DelMonte
2nd Treasurer: Delores Felezzola

*Contact these members with any
questions regarding your club!*

TRIPS, ACTIVITIES & MEETINGS

*Tickets for events may be purchased at the center
on Wednesdays 9:45 to 10:45AM.*

*Please visit or call the center at 665-0046 if you need to cancel
a reservation. Do not transfer a reservation—it will not be honored.*

Check the calendar
for ongoing
activities!

- ★ **Wed. Jan. 8 / 11AM: Meeting**—Kick off 2014 by celebrating the January birthdays with music by the Salt Brook Strings. Adrian Zainwel provides information on Medicare medical equipment.
- 😊 **Fri. Jan. 10 / 1PM: New Year, New You Presentation**—Angie Mazzarisi and Christine Napolitano focus on fashion after 50, including style and color choices, over afternoon tea.
- ★ **Wed. Jan. 15 / 11AM: Meeting**—Manor Care provides entertainment by Barbara Harris, formerly of the singing group The Toys.
- ★ **Wed. Jan. 22 / 11AM: Meeting**—Marlene Smith of Fellowship Village explains their Senior Living program.
- ✂ **Fri. Jan 24 / 4:30PM-7PM: Woman's Club Italian Feast**—This year's event will be here at the center. Catered by Coppola's Restaurant. See Sara Jane Vignali for tickets. Cost: Adults/\$15, Seniors & children under 12/\$12.
- ★ **Wed. Jan 29 / 11AM: Meeting**—Al Bozzo of Edward Jones speaks about retirement and legacies. Stay for Bingo until we journey to Szechuan Delight for the 2PM Chinese New Year Luncheon.
- ✂ **Wed. Jan 29 / 2PM: Chinese New Year Luncheon**—Celebrate the Year of the Horse with a delicious luncheon at Szechuan Delight. Tickets must be purchased in advance. Cost: \$14.
- ★ **Wed. Feb. 5 / 11AM: Meeting**—The High School and Middle School Strings entertain, and Renee Pennisi from Veridian Energy talks to us about energy options. Bring your electric and gas bill.
- 🏥 **Thu. Feb. 6 / 11AM: Injury Prevention Presentation**—Renata Pac of Jag Physical Therapy will be at Myriam's exercise class to inform us of ways to avoid injuries while exercising. Light refreshments will be served. All are welcome!
- ♥ **Wed. Feb. 12 / Noon: Valentine's Luncheon**—Come with your sweetheart or with friends to celebrate cupid's holiday. Catered by Bacci Italian Restaurant. Cost: \$15.
- ♥♣♠♦ **Mon. Feb. 17 / 11:30AM: President's Day Fundraiser**—Enjoy cards and games at the center while supporting the club. Bring snacks to share with the group. Purchase tickets in advance. Cost: \$7.
- ★ **Wed. Feb. 19 / 11AM: Meeting**—Michelle Carter of the Alzheimer's Association presents "Understanding Memory Loss".
- 😊 **Fri. Feb. 21 / Noon: Remember When...**—Bring your baby picture to play "Guess the Baby" with friends and Jennie at the center. Bring lunch, or purchase pizza for \$1.75/slice. Sign-up in advance.
- 🚌 **Tue. Feb. 25 / Noon: Museum Trip**—Be transported back in time with a visit to our local Salt Box Museum. BYO box lunch! More info to come.
- ★ **Wed. Feb. 26 / 11AM: Meeting**—Physical therapist Dian Leyder works with an interior designer. Together they will inform us how to live at home safely with the presentation "Aging in Place".

In addition to the seniors who donated delicious desserts, these local food establishments and service provider contributed to the successful November 11 Veteran's Day Luncheon.

We are extremely grateful for their support!



*AcLP Fresh
Beyond Delicious
Chelsea at Warren Assisted Living
Coppola Restaurant*

*Galileo's Restaurant
Old Glory Restaurant
Prestige Diner
Avenue Deli
Towne Deli*

*Tables for Two
Dahams Bagel & Deli
Marion Avenue Deli
Ponte Vecchio Restaurant*

"We spend January 1st walking through our lives, room by room, drawing up a list of work to be done, cracks to be patched. Maybe this year, to balance the list, we ought to walk through the rooms of our lives...not looking for flaws, but for potential." ~ Ellen Goodman



The Month After Christmas

T'was the month after Christmas
and all through the house

Nothing would fit me, not even a blouse.
The cookies I'd nibbled, the eggnog I'd taste.
All the holiday parties had gone to my waist.

When I got on the scale there arose such a number!
When I walked to the store (less a walk than a lumber).

I'd remember the marvelous meals I'd prepared;
The gravies and sauces and beef nicely rared.

The wine and the rum balls, the bread and the cheese
And the way I'd never said, "No thank you, please."

As I dressed myself in my husband's old shirt
And prepared once again to do battle with dirt- -

I said to myself, as I only can

"You can't spend a winter disguised as a man!"

So- -away with the last of the sour cream dip,
Get rid of the fruit cake, every cracker and chip.

Every last bit of food that I like must be banished
Till all the additional ounces have vanished.

I won't have a cookie- - not even a lick.

I'll want only to chew on a long celery stick.

I won't have hot biscuits, or corn bread, or pie,

I'll munch on a carrot and quietly cry.

I'm hungry, I'm lonesome, and life is a bore- -

But isn't that what January is for?

Happy New Year to all—and to all a good diet!

TIME

Time

Like a petal in the wind

Flows softly by

As old lives are taken

New ones begin

A continual chain

Which lasts throughout eternity

Every life but a minute in time

But each of equal importance

Cindy Cheney

Now That the Holidays Are Over

It's somewhat of a relief. The gifts were given and gotten, the family has come and gone. I know you thought it was all over. Think again!

1. Go through your decorations. Throw away anything too ratty for next year, and box up everything else.
2. Write thank you notes.
3. Download or develop your holiday photos. Don't forget to share them with friends.
4. Restock the liquor cabinet.
5. Go through the fridge. Get rid of the left-over turkey!

January 21 is Hugging Day.

Give as many away
as you can!



We will open the book. Its pages are blank. We are going to put words on them ourselves. The book is called Opportunity and its first chapter is New Years Day.

~ Edith Lovejoy Pierce

MOVIE MARQUEE

JANUARY'S FREE MOVIES AT THE NP MEMORIAL LIBRARY

Tuesdays at 9:30AM & 2PM

- January 7—*Paranoia*
- January 14—*Elysium*
- January 21—*The Lone Ranger*
- January 28—*Prisoners*

Foreign Films with English subtitles

- Thursday, January 2 at 2PM & Tuesday, January 14 at 7PM—*11 Flowers* (Mandarin and Shang-hainese)
- Tuesday, January 28—*Kon-Tiki* (Norwegian, French, Swedish and English)

January 2014

January 2014							February 2014						
S	M	T	W	T	F	S	S	M	T	W	T	F	S
5	6	7	8	9	10	11	2	3	4	5	6	7	8
12	13	14	15	16	17	18	9	10	11	12	13	14	15
19	20	21	22	23	24	25	16	17	18	19	20	21	22
26	27	28	29	30	31		23	24	25	26	27	28	

Monday		Tuesday		Wednesday		Thursday		Friday		Sat/Sun	
				January 1, 2014							
				HAPPY NEW YEAR! (Center Closed)		12:30pm Partner BRIDGE 1:00pm MahJongg		9:00am BUS to MALL 10:00am ZUMBA w/TONYA 12:30pm PIZZA BINGO 1:00pm SCRABBLE		3	4
6	9:30am TRUSTEE Meeting 11:00am NEWSLETTER 12:30pm BRIDGE 12:30pm In CONTROL	7	9:00am BUS to Shoprite 9:45am EXERCISE w/MIKE 11:00am TENNIS w/ DICK 1:00pm TaiChi w/AYRIEL	8	9:30am BloodPressureScreenin 10:00am BUS to CLUB 11:00am MEETING: SaltBrookStrings & MedicalEquipmentInfo 12:30pm BINGO & Cards	9	9:45am EXERCISEw/MYRIAM 12:30pm DUPLICATE Bridge 1:00pm Mah Jongg	10	9:00am BUS to MALL 10:00am ZUMBA w/TONYA 1:00pm NewYear/NewYOU 1:00pm SCRABBLE	11	
13	10:00am Chair YOGA 11:00am NEWSLETTER 12:30pm BRIDGE 12:30pm In CONTROL	14	9:00am BUS to Shoprite 9:45am EXERCISE w/MIKE 11:00am ACTIVITIES Meeting 11:00am TENNIS w/ DICK 1:00pm TaiChi w/AYRIEL 2:00pm Learning ITALIAN	15	9:30am BloodPressureScreenin 10:00am BUS to CLUB 11:00am MEETING: Barbara Harris of "The TOYS" 12:30pm BINGO & Cards	16	9:45am EXERCISEw/MYRIAM 12:30pm DUPLICATE Bridge 1:00pm Mah Jongg	17	9:00am FOUR CITIES BRIDGE 9:00am BUS to MALL 10:00am ZUMBA w/TONYA 12:30pm PIZZA BINGO 1:00pm SCRABBLE 1:00pm TAI CHI	18	
20	10:00am Chair YOGA 11:00am NEWSLETTER 12:30pm BRIDGE 12:30pm In CONTROL	21	9:00am BUS to Shoprite 9:45am EXERCISE w/MIKE 11:00am TENNIS w/ DICK 1:00pm TaiChi w/AYRIEL 2:00pm Italian Classes	22	9:30am BloodPressureScreenin 10:00am BUS to CLUB 11:00am MEETING: SeniorLiving offFellowship 12:30pm BINGO & Cards	23	9:45am EXERCISEw/MYRIAM 12:30pm PARTNER Bridge 1:00pm Mah Jongg	24	9:00am BUS to MALL 10:00am ZUMBA w/TONYA 12:30pm PIZZA BINGO 1:00pm SCRABBLE 4:30pm WomensClub:ItalianFe \$12	25	
27	10:00am Chair YOGA 10:30am UCClass: Biology Topics 11:00am NEWSLETTER 12:30pm BRIDGE 12:30pm In CONTROL	28	9:00am BUS to Shoprite 9:45am EXERCISE w/MIKE 11:00am TENNIS w/ DICK 1:00pm TaiChi w/AYRIEL 2:00pm Italian Classes	29	Chinese New Year Celebration 9:30am BpressureSCREEN 10:00am BUS to CLUB 11:00am MEETING: AnswersFinancial?S 12:30pm BINGO & Cards 2:00pm ChineseNewYearLunch	30	9:45am EXERCISEw/MYRIAM 12:30pm BRIDGE or POKER 1:00pm Mah Jongg	31	9:00am BUS to MALL 10:00am ZUMBA w/TONYA 12:30pm PIZZA BINGO 1:00pm SCRABBLE		