

# 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.

# THANK YOU

- 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](http://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 Ligammary  
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 Medcare 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!*



*A&P 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 Shanghainese)
- 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	F	S
		5	6	7	8	9	10	11	2	3	4	5	6	1
		12	13	14	15	16	17	18	10	11	12	13	14	8
		19	20	21	22	23	24	25	16	17	18	19	20	15
		26	27	28	29	30	31		23	24	25	26	27	22
Monday	Tuesday	Wednesday		Thursday		Friday		Saturday		Sunday				
		January 1, 2014		January 1, 2014		January 1, 2014		January 1, 2014		January 1, 2014				
		HAPPY NEW YEAR! (Center Close)		12:30pm Partner BRIDGE		9:00am BUS to MALL		9:00am BUS to MALL		9:00am BUS to MALL				
		1:00pm MahJongg		10:00am ZUMBA w/TONYA		10:00am ZUMBA w/TONYA		10:00am ZUMBA w/TONYA		10:00am ZUMBA w/TONYA				
		12:30pm PIZZA BINGO		12:30pm PIZZA BINGO		12:30pm PIZZA BINGO		12:30pm PIZZA BINGO		12:30pm PIZZA BINGO				
		1:00pm SCRABBLE		1:00pm SCRABBLE		1:00pm SCRABBLE		1:00pm SCRABBLE		1:00pm SCRABBLE				
		5		5		5		5		5				
6	7	9:00am BUS to Shoprite		9:30am BloodPressureScreenin		9:45am EXERCISEw/MYRIAM		9:00am BUS to MALL		9:00am BUS to MALL				
		9:45am EXERCISE w/MIKE		10:00am BUS to CLUB		12:30pm DUPLICATE Bridge		10:00am ZUMBA w/TONYA		10:00am ZUMBA w/TONYA				
		11:00am TENNIS w/ DICK		11:00am MEETING:		1:00pm Mah Jongg		1:00pm NewYear/NewYOU		1:00pm NewYear/NewYOU				
		1:00pm TaiChi w/AYRIEL		SaltBrookStrings &		1:00pm SCRABBLE		1:00pm SCRABBLE		1:00pm SCRABBLE				
		1:00pm TaiChi w/AYRIEL		MedicalEquipmentInfo		12:30pm BINGO & Cards		12:30pm BINGO & Cards		12:30pm BINGO & Cards				
13	14	9:00am Chair YOGA		9:30am BloodPressureScreenin		9:45am EXERCISEw/MYRIAM		9:00am FOUR CITIES		9:00am FOUR CITIES				
		11:00am NEWSLETTER		10:00am BUS to CLUB		12:30pm DUPLICATE Bridge		BRIDGE		BRIDGE				
		12:30pm BRIDGE		11:00am MEETING: Barbara		1:00pm Mah Jongg		9:00am BUS to MALL		9:00am BUS to MALL				
		12:30pm In CONTROL		Harris of "The TOYS"		12:30pm BINGO & Cards		10:00am ZUMBA w/TONYA		10:00am ZUMBA w/TONYA				
		12:30pm In CONTROL		12:30pm BINGO & Cards		1:00pm SCRABBLE		12:30pm PIZZA BINGO		12:30pm PIZZA BINGO				
20	21	10:00am Chair YOGA		9:30am BloodPressureScreenin		9:45am EXERCISEw/MYRIAM		1:00pm TAI CHI		1:00pm TAI CHI				
		11:00am NEWSLETTER		10:00am BUS to CLUB		12:30pm PARTNER Bridge		17		17				
		12:30pm BRIDGE		11:00am MEETING: SeniorLiving		1:00pm Mah Jongg		18		18				
		12:30pm In CONTROL		offFellowship		12:30pm BINGO & Cards		4:30pm WomensClub:ItalianFe		4:30pm WomensClub:ItalianFe				
		12:30pm In CONTROL		12:30pm BINGO & Cards		1:00pm SCRABBLE		\$12		\$12				
27	28	10:00am Chair YOGA		9:00am BUS to Shoprite		9:30am BloodPressureScreenin		30		30				
		11:00am NEWSLETTER		9:45am EXERCISE w/MIKE		9:45am EXERCISEw/MYRIAM		9:00am BUS to MALL		9:00am BUS to MALL				
		12:30pm BRIDGE		10:00am TENNIS w/ DICK		12:30pm BRIDGE or POKER		10:00am ZUMBA w/TONYA		10:00am ZUMBA w/TONYA				
		12:30pm In CONTROL		1:00pm TaiChi w/AYRIEL		11:00am MEETING:		12:30pm PIZZA BINGO		12:30pm PIZZA BINGO				
		12:30pm In CONTROL		2:00pm Italian Classes		1:00pm SCRABBLE		4:30pm Women'sFinancial?S		4:30pm Women'sFinancial?S				
		12:30pm In CONTROL		2:00pm Italian Classes		12:30pm BINGO & Cards		2:00pm ChineseNewYearLunch		2:00pm ChineseNewYearLunch				
		12:30pm In CONTROL		2:00pm Italian Classes		2:00pm ChineseNewYearLunch		31		31				