

# New Providence Senior Citizens Newsletter

MAY 2014

Volume 14, Issue 5



## COORDINATOR'S CORNER

- Thursday, May 8 is our **55th Anniversary Luncheon** at Berkeley Plaza. This year we will recognize Kay DeMarco and Mike Ferlise as our two "Special People", and honor Jack Spencer and Jim Coyne "In Memoriam". The event will feature a four-course luncheon and musical entertainment by Leigh Lombardo-Cole. Tickets, which are \$28, must be purchased before May 1. Those who wish to be picked-up at their homes by the bus at 11AM, brought to Berkeley Plaza and back home after the luncheon should sign-up at the center. Please note that the center will be closed on May 8 so that we may all enjoy our anniversary celebration together.
- This month we are treated to two more **Passport Tour of Historical NJ Destinations trips**. On Tuesday, May 13 we travel to Clinton's Red Mill Museum to learn about NJ's industrial heritage, and then we're off to Hillside on Monday, May 19 to visit Woodruff House and Eaton Store. Hop on board, and get your passport stamped!
- Want to try something new? How about lunch around NP with the **Lunch Bunch**? Wednesday, May 14 at 1PM is the Lunch Bunch's first outing at Dahams Bagel & Deli on Springfield Ave. Each participant will pay for his/her own meal. Please sign-up so that we can tell the restaurant how many of us to expect.
- We will honor those who have served our country at our **Memorial Day Remembrance Reception** that immediately follows the Monday, May 26 parade. Please contribute by volunteering and/or providing finger foods for the New Providence community. Sign-up to help at the center.
- Right on the heels of the Memorial Day Remembrance is our annual **Senior Citizen's Health Fair**. Many local health care professionals and vendors will be at the center on Wednesday, May 28. It's a great opportunity to learn and to ask questions. The fair's many vendors and exhibitors, including lots of new ones, are listed on this newsletter's back page. Those who wish to have a full-fasting blood screening must visit the center from 1-4PM beginning Monday, May 5 but prior to the Health Fair to make an appointment and complete the necessary paperwork. Note to the wise: early appointments fill-up early!
- The Health Fair is one of our busiest events of the year and requires a lot of planning and volunteers. Please consider signing-up to help Janice with all the preparation and execution.
- Last year our **gardens** were vibrant and thriving. Let's do it again! We could use some green thumbs to help with all different aspects of the gardens—planning, planting, pruning, weeding and watering. Whether you are a Master Gardener or just someone who enjoys the beauties of nature, please check with Nancy or Mary to see how you can pitch in!



## 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.*

**Trustees**  
Chair: Maxine Hirsch  
Pat Connolly,  
Kay DeMarco, Enid Doyle,  
Carolyn Foran, Rosalie Hamaty,  
Jean Holmes, Ed Len,  
Grace Parlapiano, Rosemarie  
Sommo & Doris Velez

**Club Officers**  
President: Christine Napolitano  
Vice Pres.: Harry Kundrat  
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!

 **Thu. May 1 / 7PM: After Hours**—Celebrate an early Cinco de Mayo with other 50+ NP adults at the center. Break the piñata and enjoy!

 **Sat. May 3 / 10AM-2PM: NP Historical Society Craft Fair & Show**—Annual Salt Box Museum affair, but with crafts and entertainment for all ages this year. Contact Linda Kale for more information.

 **Mon. May 5 / 1-4PM: Health Fair Blood Screening Appointments Begin**—Sign-ups start and paperwork will be available for free fasting blood screenings to be done at the May 28 Health Fair.

**7:30-9PM: Diversity Committee Cinco de Mayo Party**—Celebrate at the center (eat dinner prior).

 **Wed. May 7 / 11AM: Meeting**—We celebrate the May birthdays, and The Larks entertain us with their joyful singing. Register in advance for the Bingo luncheon provided by Juniper Village afterwards.

 **Thu. May 8 / Noon: Anniversary Luncheon (CENTER CLOSED)**—Celebrate the club's 55th anniversary with a luncheon, music and dancing at Berkeley Plaza. Payment due by May 1. Cost: \$28.

 **Fri. May 9 / Noon: Remember When...**—Bring in your favorite wedding photo of yourself, family, friends or celebrities to share and discuss. Bring lunch or buy pizza for \$1.75/slice. Register in advance.

 **Mon. May 12 / 2PM: Beauty Buzz**—Sign-up to be pampered and transformed by a professional make-up artist. Just for fun, and it's free!

 **Tue. May 13 / 9:30AM: Passport Tour of Historical NJ Destinations/Clinton**—Learn about our industrial heritage with a trip to the Red Mill Museum. Enjoy lunch and the town on your own. Register in advance. Cost: \$15 plus lunch.

**9:45AM: Exercise with Mike returns to Tuesdays.**

 **Wed. May 14 / 11AM: Meeting**—The Middle and/or High School Strings entertain under the direction of Kristen Ciambrone. Following the meeting, the informal **Lunch Bunch** will go to Dahams. If interested, sign-up early and meet at Dahams at 1PM. (Pay on own.)

**! Fri. May 16 / Noon: Center closes at noon.**

 **Mon. May 19 / Noon: Passport Tour of Historical NJ Destinations/Hillside**—Visit Woodruff House and Eaton Store. Lunch on own. Sign-up in advance. Cost: \$10 plus lunch.

 **Wed. May 21 / 11AM: Meeting**—Enjoy the music of the AWR Band, led by Celeste Zazzali.

 **Fri. May 23 / 2PM: Set-up for Memorial Day Remembrance**—Help prepare the center for our honorees and guests.

 **Mon. May 26 / 10:30AM-1PM: Memorial Day Remembrance**—Help at our annual hot dog and treats reception after the parade. Sign-up at the center. Please contribute finger goodies for our New Providence community guests.

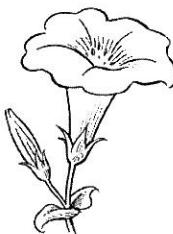
 **Tue. May 27 / 2PM: Set-up for Annual Health Fair**—Many hands make light work! Please sign-up to prepare the center.

 **Wed. May 28 / 8-11AM: Annual Health Fair (No Meeting)**—Local health-related service providers and vendors will be at the center. Full fasting blood screenings for those with appointments. Sign-up to assist with set-up, hospitality and clean-up.

*Continued on page 3.*

## NP Garden Club

The New Providence Garden Club invites all interested to their upcoming lecture on Monday, May 12 at 7PM at the center. Hollace Hoffman will present *Attracting Wildlife*. Refreshments will be served, and there's a suggested donation of \$10 (\$5 for center members).



## THANK YOU

- Christine Napolitano, Dee Tamburro and Linda Kale did a lot of work for our successful Spring Boutique, Craft Show & Bake Sale.
- Our Club President, Christine, also arranged the trip to see the excellent performance of *South Pacific* at the Papermill Playhouse.
- Many members enjoyed the two April Passport Tour of Historical NJ Destinations trips to Trenton and Liberty Hall, organized by Linda Kale.
- Harry Kundrat treated us to the popular trip to Newark to see the cherry blossoms, the Norman Rockwell exhibit and for lunch.
- We appreciate the work of Joan Clark and Bill and Rita Werhle on the Card & Games Fundraiser. We had a great afternoon raising money for the club!

## Happy Mother's Day Sunday, May 11



## MOVIE MARQUEE

### MAY MOVIES AT THE NP MEMORIAL LIBRARY

#### Tuesdays at 9:30AM & 2PM

- May 6—*Saving Mr. Banks*
- May 20—*Hours*
- May 27—*Philomena*

#### Foreign Films with English Subtitles

- Thu. May 1 at 2PM and Tue. May 13 at 7PM—*Wadjda* (Arabic)
- Tue. May 27—*The Patience Stone* (Persian)

## TRIPS, ACTIVITIES & MEETINGS (cont.)

 **Sat. May 31 / 3PM: BH Rotary Club Rubber Ducky Race:** Get your ticket, support our Medical Alert Program, and maybe win a prize!

 **VOTE! Tue. June 3 / 6AM-8PM: Voting at the Center**—In lieu of Salt Brook School, the center will serve as a polling location.

 **Wed. June 4 / 11AM: Meeting**—The High School Band, under the direction of Michael Niedziejko, performs.

 **Thu. June 5 / 7PM: After Hours**—Evening out for 50+ NP adults at the center. Topic/activity TBA.

 **Mon. June 9 / Noon: Passport Tour of Historical NJ Destinations/Salt Box Museum**—Rescheduled visit to our own local museum. Participants will meet locally for lunch.

 **Wed. June 11 / 11AM: Meeting**—Alex Balish of Care 1st provides CPR and choking training.

 **Mon. June 23-July 28 / 10AM-12:30: Take Control of Your Health Program**—Jan Ramos brings us another great Prevention Links program. Must register in advance and commit to the six week program. Lunch included.

 **Tue. June 17 / 10AM-6:30PM: Casino Trip**—Phyllis takes us to Mt. Airy Resort in Pennsylvania. Must purchase tickets in advance. Cost: \$20.

 **Wed. June 18 / 11AM: Meeting**—Hear the story of “Seniors in Place”. They will provide a light lunch and surprises. Listen to an *Il Divo* concert at 2:30PM, after Bingo.

 **Wed. June 25 / 2:30PM: NPSC Club Walk Down Memory Lane**—Phyllis shares her and Hal's DVDs of events held at the center in days gone by.

May 2014

Monday	Tuesday	Wednesday	Thursday	Friday	Sat/Sun
9:30am TRUSTEE Meeting 10:00am Chair YOGA 11:00am BRIDGE Instruction 11:00am NEWSLETTER 12:30pm BRIDGE 12:30pm IN Control 7:30pm Diversity: Cinco de Mayo	9:00am BUS to Shoprite 10:00am TENNIS w/ DICK 10:30am UCC: BIOLOGY 2:00pm CONVERSE Italian  BINGO	AFTER HOURS "Cinco de Mayo" 9:45am EXERCISE w/MYRIAM 12:30pm PARTNER Bridge 1:00pm Mah Jongg 7:00pm AfterHours: Cinco de Mayo	May 1 9:00am BUS to MALL 10:00am ZUMBA w/TONYA 12:30pm PIZZA BINGO	2 10:00am Historical Society CRAFT FAIR 10am-2pm 10:00am Historical Society CRAFT FAIR	3 Historical Society CraftFair 10am-2pm
5	6	7	8	9	10
9:30am Chair YOGA 11:00am BRIDGE Instruction 11:00am NEWSLETTER 12:30pm BRIDGE 12:30pm IN Control 7:30pm Diversity: Cinco de Mayo	9:00am BUS to Shoprite 10:00am TENNIS w/ DICK 10:30am UCC: BIOLOGY 2:00pm CONVERSE Italian  BINGO	HAPPY BIRTHDAY MEETING: Sing w/LARKS 10:00am BUS to CLUB 11:00am LARKS 12:30pm JuniperLunch & BINGO	1-4pm signup for BloodWork 55th AnniversaryLuncheon CENTER CLOSED 11:00am Pickup by BUS 12:00pm Berkeley PlazaLUNCH	9:00am BUS to MALL 10:00am ZUMBA w/TONYA 12:00pm RememberingWedding: W/Jennie 1:00pm TaiChi w/AYRIEL	9
12	13	14	15	16	17
10:00am Chair YOGA 11:00am BRIDGE Instruction 11:00am NEWSLETTER 12:30pm BRIDGE 12:30pm IN Control 2:00pm BEAUTY BUZZ - Makeup by Pros	CLINTON- OLD RED MILL 9:00am BUS to Shoprite 9:30am CLINTON trip -\$15 + 9:45am Exercise w/MIKE 10:00am TENNIS w/ DICK 1:00pm TaiChi w/AYRIEL	9:30am BloodPressureScreenin 10:00am BUS to CLUB 11:00am MEETING: MS/HS Strings 12:30pm BINGO & Cards 1:00pm Lunch Bunch @ Dahams	9:45am EXERCISE w/MYRIAM 12:30pm DUPLICATE Bridge 1:00pm Mah Jongg 9:00am BUS to MALL 10:00am ZUMBA w/TONYA 12:00pm CENTER CLOSES	Center Closes @ NOON 9:00am FOUR CITIES BRIDGE 9:00am BUS to MALL 10:00am ZUMBA w/TONYA 12:00pm MemorialDay SETUP	16
19	20	21	22	23	24
10:00am Chair YOGA 11:00am BRIDGE Instruction 11:00am NEWSLETTER 11:30am WOODDRUFF HOUSE TRIP \$10 + 12:30pm BRIDGE 12:30pm IN Control	9:00am BUS to Shoprite 9:45am Exercise w/MIKE 10:00am ACTIVITIES Meeting 10:00am TENNIS w/ DICK	9:30am BloodPressureScreenin 10:00am BUS to CLUB 11:00am MEETING: AWROBERTS BAND 12:30pm BINGO & Cards	9:45am EXERCISE w/MYRIAM 12:30pm PARTNER Bridge 1:00pm Mah Jongg 9:00am BUS to MALL 10:00am ZUMBA w/TONYA 12:30pm PIZZA BINGO 1:00pm TaiChi w/AYRIEL 2:00pm MemorialDay SETUP	23 24	25
27	28	29	30	31	
Remember MEMORIAL DAY (Hot) 10:00am PARADE 11:30am Hot Dogs & Treats	9:00am BUS to Shoprite 9:45am Exercise w/MIKE 10:00am TENNIS w/ DICK 12:00pm TaiChi w/AYRIEL 2:00pm HEALTH FAIR setup	HEALTH FAIR (All Morning) 8:00am Blood tests and Other Vendors	9:45am EXERCISE w/MYRIAM 12:30pm BRIDGE or POKER 1:00pm Mah Jongg	VOTING MACHINES 9:00am BUS to MALL 10:00am ZUMBA w/TONYA 12:30pm PIZZA BINGO	12:00pm Rubber Ducky Festival 3:00pm RUBBER DUCKY RACE

**Do YOU wonder: "WHO WILL BE THE VENDORS AT THIS YEAR'S HEALTH FAIR?"**

**Wednesday MAY 28<sup>th</sup> from 8:00am to 11:00am**

**WILL YOU BE HERE to Welcome Them? They want to MEET YOU.**

**\*\*THESE are the 'NEW VENDORS' this year, 2014 - Let's Welcome Them.**

**\*\*AIP Designs, LLC: How to Make your Home Safe with a Physical Therapist and live in it with Style done by an Interior Designer Tammy Kaplan & Dina Leyden**

**ATLANTIC HOME CARE & HOSPICE: Home services for Nursing, Therapies (Occupational, Physical and Speech), Hospice and End-Of-Life Michele Cameron**

**\*\*BRANDYWINE SENIOR LIVING: ASSISTED LIVING option located where O'Connors Steak House was and where all daily needs and wishes are attended to by an attentive staff. Nicole Gates**

**\*\*CARE FIRST TRAINING GROUP: Learn to save a life from Choking or with CPR training Alex Balish**

**\*\*CENTRAL MEDICAL SUPPLY: Specializing in Diabetic Footwear Meledy**

**CHAIR MASSAGE THERAPY: Relaxation and loosening of neck muscles Jonathan Dobias**

**CHELSEA at WARREN: Located on King George Road in Warren this ASSISTED LIVING option is and where all daily needs and wishes are attended to by an attentive staff Melanie Varnerin**

**\*\*CULVER CHIROPRACTIC: 17 years of family oriented practice in New Providence Dr. Tom Culver**

**FAMILY FOOT CARE: Established in 1993 for foot care and surgery in Berkeley Heights Dr. Gary Quartello**

**FELLOWSHIP SENIOR LIVING and VILLAGE The VILLAGE is located in Basking Ridge as a CONTINUING CARE facility where one moves into an Independent unit and can stay as long as possible. Also is a program where one can stay in their own home and get LONG TERM CARE SERVICES. Mary Meier**

**JUNIPER VILLAGE: Move into an independent unit and add services as needed in this Southern Boulevard Chatham Township ASSISTED LIVING option Barbara Gee**

**KESSLER REHABILITATION CENTER: Access to Physical Therapy Services within 5 miles Denise Calloway**

**\*\*LANTERN HILL A CONTINUING CARE facility soon to open in New Providence where one can move into an independent unit and stay as long as possible and have your needs attended to by staff. Patricia Swan**

**LOW VISION SOLUTIONS: Visual assistive devices demonstrated by Bernard Schneider**

**\*\*LUPUS FOUNDATION: Learn about Chronic Diseases that have become commonplace. Jason Konig**

**MANORCARE in New Providence: Rehabilitation and Nursing Home care Shirley Cabildo & Charlene Bruining**

**MEADOWLINK – EZ RIDE: Transportation Information when driving becomes 'No Longer an Option' Ellie Ferrer**

**MED LABS DIAGNOSTICS: A FREE Blood Workup where you MUST fast for 12 hour; sign up beginning May 5 from 1:00 – 4:00 any day until the day before the Fair. Additional tests are provided for a FEE.**

**MIND BODY WELLNESS CENTER: Established in 2000, this multi-disciplined counseling center focuses on the whole person for wellness success. Beth Pincus**

**NJ SHARING NETWORK: Information for Organ or Tissue Donation Eneida Rebyak**

**NP CHIROPRACTIC:** Practice established in New Providence since 1978 **Dr. Mark Schlobohm**

**New Providence Exhibitors:**

**Emergency Medical Services** Susan DeLuise  
**Health Department:** Janice Gironda  
**Police Department:** Inv. Don Sretenovic

**ORAL SCREENING:** 2 dentists screen for Oral cancer Dr Kevin Lake, and Dr Bob Robinson

**OVERLOOK COMMUNITY HEALTH DEPARTMENT:** Some FREE screenings  
BLOOD PRESSURE & HEARING SCREENING

1000 FREE Screenings  
1000 FREE Screenings

**\*\*PEAK MEDICAL, LLC:** Multi-doctor & multi-disciplined facility for exercise, diet, physical therapy and more Jerry Cooke

**PREVENTION LINKS:** Health education series June 23-July28. Sign up to "Take Control of Your Health". Jan Ramos

**ROTARY CLUB of Berkeley Heights:** Provides Medical Alert System for NP residents for a nominal fee Mike delDuca and for \$5 purchase a "Rubber Ducky" for their fundraiser which provides the 'Medical Alert' button at such a reasonable price.

**S.A.G.E: Eldercare** Services available for seniors: Meals-On-Wheels, Spend-A-Day, Classes, lectures & programs for caregivers as well as participants Social Worker **Ellen McNally**,and Nurse **Kathy Bassiacos**

**SENIOR MEDICARE PATROL of NJ:** Information on Medicare and **FRAUD Phyllis**

**SUMMIT MEDICAL GROUP:** Nutritionist speaks of Healthy Eating Habits **Susan Canonico**

**SUMMIT YMCA:** Exercise and Healthy Eating by Nutritionist for Health and Longevity **Sue Feiseler**

**TOTAL HEARING CARE:** Video Otoscopic Evaluations will be offered **Diane Myshka**

**\*\*TRANSOPTIONS, INC:** Information about Pedestrian and Driving Safety Concerns **Judy Bortman**

**Union County OFFICE HEALTH MANAGEMENT:** The many services that Union County provides for their citizens. **Andrea Navas**

**Veterans Administration NJ HEALTH CARE SYSTEM:** Home care services available for Veterans **Frank Quadrino**

**WALGREENS PHARMACY:** Services and medication information available in Berkeley Heights **Sandip Dua**

**SPONSORS:**

<b><u>**BRANDYWINE SENIOR LIVING</u></b>	Fruit
<b><u>JUNIPER VILLAGE</u></b>	Fruit
<b><u>MANORCARE in New Providence</u></b>	Fruit
<b><u>New Providence LIONS CLUB</u></b>	Bagels