

# New Providence Senior Citizens Newsletter

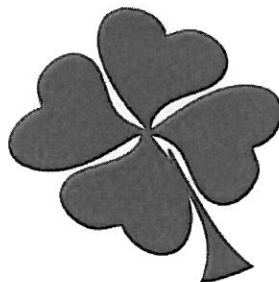
MARCH 2013

Volume 13, Issue 3



## COORDINATOR'S CORNER

- With spring around the corner, or so we hope, we will focus on our feathered friends this month with **activities that involve birds**. Harry and Christine will share information and trivia about birds, we'll learn about birds of NJ and the plants that attract them, we'll make bird houses, feeders and bird nest cookies, and we'll visit the Raptor Trust in Millington. The Trust is always a favorite destination, so sign-up for a great day out at this premier avian rehabilitation facility. The cost is \$15.
- Cast members from the high school's upcoming ***Beauty and the Beast*** will perform at our March 13 meeting, but why not go see the whole show at NPHS? The Friday, March 15 and Saturday, March 16 shows are at 7:30PM, and the Sunday, March 17 show is at 3PM. Senior and student tickets are \$8, adult general admission is \$10, and reserved seating is \$12.
- Everyone's Irish at the annual **St. Patrick's Dinner!** This year's celebration is at 5PM on Tuesday, March 12 at the center and includes a meal of traditional Irish food or chicken from Elmer's and entertainment. Buy your ticket for \$19 in advance.
- The first **Health Fair planning meeting** will be hosted at the center on Wednesday, March 13 at 1PM. Many volunteers are needed to make the May 8 event a success, so come by and help us plan it!
- Branch Brook Park's cherry blossom trees burst with color in the spring. On Thursday, March 28 we'll **take the bus to Newark** to see them, to visit Sacred Heart Cathedral and have lunch at the Spanish Tavern. This trip was popular and fun last year, and we expect the same this year. Sign-up at the center. The cost is \$30.
- The UCC **Selective Topics in Biology** class will meet the following days this month: March 4, 11, 18 & 22. The class will meet on Fridays in April.
- Luckily we are constantly welcoming new members to the center. A **list of the individuals who joined since our directory was printed** in June is available at the center. Get one to add to the back of your directory. Don't have a directory? What are you waiting for? Directories are only \$2 and are available at the center.



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

**Club Officers**  
President: Bernice Liquori  
Vice Pres.: Christine Napolitano  
Treasurer: Lucia Leao  
1st Treasurer: Clara DelMonte  
2nd Treasurer: Delores Felezzola

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

Mark your calendar! The center will be  
closed on March 29 for Good Friday.



Our very own cupids, Christine Napolitano and Harry Kundrat, helped us celebrate Valentine's Day with interesting information and activities.

## TRIPS, ACTIVITIES & MEETINGS

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

*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. March 6 / 11AM: Meeting**—Christine shares her knowledge about birds, and we celebrate the March birthdays. Stay to paint bird houses at 1PM. Sign-up at the center. Cost: \$3.



**Mon. March 11 / 1PM: Set-up for St. Patrick's Dinner**—Help prepare the center for the March 12 celebration.



**Tue. Mar 12 / 5PM: St. Patrick's Dinner**—Celebrate the Irish in all of us at the center with a traditional Irish meal or chicken from Elmer's and entertainment. Cost: \$19.



**Wed. March 13 / 11AM: Meeting**—Susan Kirkland's talented students sing selections from *Beauty and the Beast*. (NPHS performances: March 15, 16 & 17.) **12:30PM:** Juniper Village hosts Bingo and lunch (sign-up in advance), **1PM:** Health Fair planning meeting.



**Tue. March 19 / 10:30AM: Trip to Mt. Airy Casino**—Enjoy a day out at this popular casino destination. Cost: \$21.



**Wed. March 20 / 11AM: Meeting**—Harry joins Christine in sharing bird trivia with us.



**Wed. March 20 / 1PM: Trip to the Raptor Trust (Great Swamp, Millington)**—Hear about the process of caring for injured birds so that they can be returned to the wild. Cost: \$15.



**Wed. March 27 / 11AM: Meeting**—Learn about birds of NJ and which plants attract them. Stay to make feeders and bird nest cookies for \$3 at 1PM. Bring a tea cup and saucer for the project.



**Thu. March 28 / 9:30AM: Trip to Newark Destinations**—Excursion to see Branch Brook Park's beautiful cherry blossoms, Sacred Heart Cathedral and to the Spanish Manor for lunch. Cost: \$30.



**CENTER CLOSED—MARCH 29 FOR GOOD FRIDAY**



**Mon. April 1 / Noon: Card & Games Party Fundraiser**—Join in on cards, dominoes, Scrabble, Mahjongg and other favorite games at this afternoon fund raiser. Cost: \$7.



**Wed. April 3 / 11AM: Meeting**—Gerry Polci's Middle School Band performs as we celebrate the April birthdays.



**Wed. April 10 / 11AM: Meeting**—Awareness presentation—living well after a stroke.



**Wed. April 17 / 11AM: Meeting**—Leo shares information about Easter-themed art.



**Thu. April 18 / 8:45AM-5PM: Lindbergh Trip**—A full day to explore the "Crime of the Century"—the Lindbergh kidnapping case. Visit the Police Museum in West Trenton, have lunch at Paulie's on the Delaware River and tour the Flemington Court House and Jail where the Lindbergh trial took place. Co-sponsored by the NP Historical Society. Cost: \$25.



**Sat. April 20 / 10AM-4PM: Craft Boutique**—Tables are available for \$15 so that you can sell your specialties, or just come by to browse and pick-up some gifts for friends or for yourself. Volunteers needed to help set-up the center at 7AM.



**Wed. April 24 / 11AM: Meeting**—Learn about Post Office fraud.



**Fri. April 26 / Noon: Remember When... Jewelry and Hats**—Join Jenny and your friends for a fun afternoon showing and discussing your jewelry and hats. Sign-up in advance.

**Pizza Bingo Fridays**

March 1, 8 & 22

Pizza is \$1.75/slice

**Monday Exercise Classes Resume**

April 8—June 24

Chair Yoga at 10AM / In Control at Noon

## Do You Have A Case of *CYBERCHONDRIA*?

Cyberchondria is a term coined by medical pundits to describe the development of unfounded fears as people research their symptoms online. Many patients today arrive at their healthcare appointments having already researched their symptoms on the Internet. Some seem sure of their diagnosis, having made the decision 'with the help of Dr. Google'. The growing quantity of online healthcare content allows laypersons to access valuable information about their health, but when it comes to diagnosing an illness, the chances are good that the patient will come away with a mistaken idea about what their symptoms mean. In the worst case, patients self-diagnose and treat the wrong condition, meanwhile delaying treatment that would offer a real cure.

Other patients develop unfounded fears and anxiety as they research their symptoms online, or cyberchondria. A patient might spend days worried that a sinus headache is a brain tumor, or that a simple head cold is a rare tropical virus. Many web searchers get caught up in symptom-matching as they try to shoehorn all their aches and pains into one disease.

Seniors are the fastest growing group to go online. The Journal of Health and Aging reports that although seniors are less likely to research their health condition online, they are the most likely to trust the information they find.

Some tips to remember:

- As you research a health topic, remember the best online information comes from websites of respected organizations and institutions.
- The search results we get from layman's terms, like 'funny rash on nose' or 'strange noise in my ear' rather than eczema or tinnitus, often come from discussion groups, blogs, reader forums and chat sites.
- Above all, remember that no matter how reputable a website is, it cannot take the place of advice from your healthcare provider, who spent years in medical school learning the subtleties of the human body.

*(Excerpt from an article in The Service Network, a publication from Union County's Department of Human Service Division on Aging & Disability Resource Connection)*

### *The Wind is No More*

The wind is no more than a stir of air —  
It's exultant laughter, a grateful prayer,  
A whisper of hope, a sigh of content,  
A hint of peace that is heaven-sent.  
It's a mystic song of the earth and sky,  
Of all things lovely it passes by.  
Yes, the wind is more than a stir of air —  
It's a breath of beauty from ev'rywhere.

*Rachel Hartnett*

## SPRING FORWARD!

Daylight savings time begins March 10. Don't forget to move your clocks forward one hour!

### March Sayings

*When March comes in like a lion it goes out like a lamb.*

*A dry March and a wet May fills barns and bays with corn and hay.*

*As it rains in March so it rains in June.*

*March winds and April showers bring forth May flowers.*

## MOVIE MARQUEE

### MARCH'S FREE MOVIES AT THE NP MEMORIAL LIBRARY

Tuesdays at 9:30AM & 2PM

Foreign Films

- March 5—*Robot & Frank*
- March 12—*Taken 2*
- March 19—*The Perks of Being a Wallflower*
- March 26—*Won't Back Down*

- *I've Loved You So Long*—March 2, 2PM & March 12, 6:30PM (French w/ English subtitles)
- *Paradise Now*—March 26, 7PM (Arabic w/ English subtitles)

