

New Providence Senior Citizens Newsletter

SEPTEMBER 2013

Volume 13, Issue 9



COORDINATOR'S CORNER

- Welcome back! We hope you had a relaxing and great summer. We are getting right back into the swing of things with very active September and October calendars. Our regular exercise and enrichment classes get underway immediately. Why not try something new? The full schedule of ongoing activities is on page 5. Additionally, here are some highlights of special events and trips scheduled for the next two months:
 - * Drop by our table next to the NP Historical Society and stroll among the many vendors at the September 8 Street Fair.
 - * Learn about osteoarthritis from a Peak Medical representative who will present at a Lunch & Learn on September 10.
 - * Share your summertime memories with Jennie and the gang on September 13.
 - * Our meeting on September 18 features a member of Earchwatch who will speak about the Diamondback Terrapins of Barnegat Bay and the organization's efforts to study them.
 - * Visit the great Yogi Berra's museum in Montclair on September 19.
 - * Honor WWII serviceman John Basilone at his September 22 parade.
 - * Get a jump on holiday shopping on September 24 at the Tinton Falls Outlets. As an added incentive, it's Senior Discount Day!
 - * The October 5 Flea Market will feature a "nearly new" table to which you may donate items for the benefit of the Club. Drop them off at the center library by October 2. If you prefer to sell your items, see Christine to rent a table for \$10. All items must be taken home at the end of the day. And how about signing up to help with the event?
 - * On October 9 enjoy lunch from Elmer's and learn how to "yodel, strut and grunt" from Andrew Roblin at the center's Ocktoberfest.
- Selective Topics in Biology is a huge hit with our members and seniors in the surrounding communities. Professor Bill Dunscombe will again lead this interesting and engaging class for the fall semester on Mondays at 10:30AM beginning September 9. Union County College requests attendees complete a simple registration form onsite and requests a small donation if participants are able to give one. It's that easy! Come learn about current issues that affect our lives and health, and have the chance to ask questions of Professor Dunscombe.



- Joan Clark and Rosemarie Sommo were excellent planners and hosts of the annual luau, and "Marilyn Monroe" was a hit!
- The River Lady cruise and trip to the Point Pleasant boardwalk was a fantastic excursion organized by Billy Cucco.
- Phyllis gave us a special treat by arranging the Atlantic City trip.

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.*

Trustees
Chair: Maxine Hirsch
Marty Ammenwerth,
Pat Connolly, Jim Coyne,
Kay DeMarco, Enid Doyle,
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!*

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.*



Wed. Sep. 4 / 11AM: Meeting—Celebrate the September birthdays. Let's share our summer experiences by filling each other in on "How I spent my summer vacation..."



Sun. Sep. 8 / 10AM-2PM: Street Fair—Stroll and take-in the wide assortment of vendors on South Street. Come visit our spot and say, "Hi" as we encourage folks to join and enjoy our center.



Tue. Sep. 10 / Noon: Osteoarthritis Lunch & Learn—Peak Medical's Jerry Cooke presents information about osteoarthritis. Lunch provided. Must register in advance at the center.



Wed. Sep. 11 / 11AM: Meeting—Remember Patriot Day with Nolan Ashe as he provides insight into founding father Benjamin Franklin.



Thu. Sep. 12 / 9-10:30AM: Glucose/HB A1C Screening—The Overlook Healthy Avenues Van will be at the Municipal Building (Academy St. at Elkwood Ave.) for screenings. Call for an appointment: 1-800-247-9580. Fee: \$10.



Fri. Sep. 13 / 11:30AM: Remember When...Summertime Memories—Join Jennie and bring your friends for an entertaining discussion about summers and visits to the beach. Bring lunch or purchase pizza for \$1.75/slice. Sign-up in advance.



Wed. Sep. 18 / 11AM: Meeting—Joan Theubel will tell us about what Earthwatch, an organization which engages people worldwide in scientific field research and education, is doing to study the Diamondback Terrapins of Barnegat Bay.



Thu. Sep. 19 / 11:15AM: Trip to the Yogi Berra Museum in Montclair—Museum and bus is \$10. Lunch on own at Olive Garden.



Sat. Sep. 21 / 1-6PM: American Legion Clam Bake—Get an old fashioned clam bake at the American Legion Post and support their efforts to raise money for a new ramp. Cost: \$23.



Sun. Sep. 22 / 10AM: John Basilone Parade Trip—Honor a Congressional Medal of Honor recipient from WWII in Raritan. Lunch on your own, and bring a lawn chair. Cost: \$6 (\$5 returned on bus).



Tue. Sep. 24 / 8:15AM-5:30PM: Outlet Trip to Tinton Falls—Take advantage of bargains and senior discounts, and treat yourself to a late lunch at Ruby Tuesday. Cost: \$10 (\$5 returned on bus).



Wed. Sep. 25 / 11AM: Meeting—Christine will lead a "book talk" of favorite reading experiences.



Fri. Sep. 27 / Time 7-10PM: Woman's Club Card Party—Support this great group of women by having fun with friends and raising money for several local projects. Cost: \$10.



Wed. Oct. 2 / 11AM: Meeting—Maestro George Maul of The Discovery Orchestra will present another fine music lecture.

**FOR
SALE**

Sat. Oct. 5 / 10AM-2PM: Flea Market—Hosted by the center. Donate "nearly new" items by October 2 to be sold for the benefit of the Club. Tables to sell your own items are available for \$10.



Wed. Oct. 9 / Noon-3PM: Oktoberfest (No Meeting)—Party at the center with food from Elmer's, and learn to "yodel, strut and grunt" entertainer Andrew Roblin. Cost: \$15.



Thu. Oct. 10 / 9-10:30AM: Bone Density & Blood Pressure Screening—The Overlook Healthy Avenues Van will be at the center. Call 1-800-247-9580 for an appointment. Fee: \$10.

Continued on page 4.

TRIPS, ACTIVITIES & MEETINGS - Continued



Wed. Oct. 16 / 11AM: Meeting—Test your knowledge with a game of Health Jeopardy hosted by Melissa Keyes DiGioia of Planned Parenthood.



Thu. Oct. 17 / 7PM: Historical Society Meeting—Learn about Alexander Hamilton from historian Nolan Ashe at the center. Light refreshments will be served.



Sat. Oct. 19 / 10AM-4PM: Craft Fair—The Friends of the NP Memorial Library holds its annual craft fair at the library.



Tue. Oct. 22 / 10AM: Trip to Mt. Airy Casino—Enjoy fresh air and gaming in Pennsylvania. Must register in advance. Cost: \$20.



Wed. Oct. 23 / 11AM: Meeting—Elyse Drucker of SAGE provides an update on Medicare. Sign-up in advance at the center for one-on-one counseling with her after the meeting.



Thu. Oct. 24 / 7PM: Il Divo Concert on DVD—Come by the center to enjoy the video-taped concert. BYO refreshments.



Wed. Oct. 30 / 11AM: Meeting—Get ready for Halloween with a discussion of traditions and memories.



**Be careful
driving!
New Providence
schools are
back in session
beginning
September 4.**

MOVIE MARQUEE

SEPTEMBER'S FREE MOVIES AT THE NP MEMORIAL LIBRARY

Tuesdays at 9:30AM & 2PM

- September 3: *Hyde Park on Hudson*
- September 10: *Snitch*
- September 17: *The Company You Keep*
- September 24: *Now You See Me*

Foreign Films (English Subtitles)

- September 5 at 2PM & September 10 at 7PM: *La Tigre e La Neve (The Tiger & The Snow,* Italian and some English, Arabic and French)
- September 24 at 7PM: *The Warriors* (Hindi)

SENIOR CENTER SCHEDULE—FALL 2013

Mondays 10:00 am – 4:00 pm and Tuesday thru Friday 9:45 am – 4:00 pm

The center closes promptly at 4:00 pm. Your cooperation is greatly appreciated.

The center is occasionally open for special events at night or on the weekends.

DAILY ACTIVITIES

Enjoy CARDS & CONVERSATION any and every afternoon. Tell your friends!

Monday:	TRUSTEE MEETING (1 st Monday)	9:30 – 10:30 am
	CHAIR YOGA (Flexibility & balance, Sep. 9-Nov. 25)	10:00 – 11:00 am
	UCC CLASS: SELECTED TOP. IN BIOLOGY (Sep. 9-Dec. 2)	10:30 – Noon
	BRIDGE INSTRUCTION (Intermediate classes begin Sep. 16)	11:00 – Noon
	NEWSLETTER	11:00 am – Noon
	BRIDGE GROUP & CARD GAMES	12:30 – 4:00 pm
	IN CONTROL EXERCISE (Core strengthening, Sep. 9-Nov. 25)	12:30 – 1:30 pm
	MUSIC WITH ERNIE	1:00 - 2:00 pm
Tuesday:	BUS TO SHOPRITE (Call center starting at 8:30 am to arrange pick-up at 9:00 am)	
	BALANCE & CONDITIONING EXERCISE	9:45 – 10:45 am
	GARDENING PROJECTS (Inside & outside)	10:30 – 11:30 am
	TENNIS (Equipment provided)	8:00 – 9:00 am
	ACTIVITES MEETING (Plan Events—2 nd Tuesday)	11:00 am – Noon
	TAI-CHI (Balance & Posture)	1:00 – 2:00 pm
	ITALIAN CLASSES (Continuing students)	2:00 – 4:00 pm
Wednesday:	BLOOD PRESSURE READINGS	9:30 – 11:00 am
	Janice Girona, our Public Health Nurse, is at the Center most Wednesdays. She is available other times at the Municipal Center. Call 908-743-1049.	
	BUS TO CLUB MEETING (Call center at 9:30 am to arrange pick-up at 10:00 am)	
	CLUB MEETING (Club news & speakers or entertainment)	11:00 – Noon
	BINGO	12:30 – 2:30 pm
Thursday:	FIT & HEALTHY EXERCISE & TIPS	9:45 – 10:45 am
	DUPLICATE OR PARTNER BRIDGE	12:30 – 4:00 pm
	MAH JONG & CARDS	1:00 – 4:00 pm
Friday:	BUS TO MALL (Call Center starting at 8:30 am to arrange pick-up at 9:00 am)	
	FOUR CITIES BRIDGE (3rd Friday)	9:00 am – 4:00 pm
	ZUMBA (Latin music exercise)	10:00 – 11:00 am
	REMENISCING/REMEMBER WHEN... (App. once/month)	11:30 am – 1:00 pm
	PIZZA BINGO (Many Fridays)	12:30 – 2:30 pm
	TAI-CHI	1:00 – 2:00 pm
	SCRABBLE & CARD GAMES	1:00 – 3:00 pm

MEMBERSHIP

Membership is open to **ALL** New Providence residents, age 55 and over. There is **NO** charge or dues to join. There are over 700 registered members. The members plan special activities including luncheons, dinner parties, trips and lots more! **Call the Center for details: 908-665-0046.**

September 2013

September 2013

October 2013

S	M	T	W	T	F	S
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8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

Monday	Tuesday	Wednesday	Thursday	Friday	Sat/Sun
<p>CENTER CLOSED (VACATION)</p> <p>LABOR DAY</p>	<p>CENTER REOPENS</p> <p>8:00am TENNIS w/ DICK</p> <p>9:00am BUS to Shoprite</p> <p>9:45am EXERCISE w/MIKE</p> <p>1:00pm TaiChi w/AYRIEL</p> <p>2:00pm Italian Classes</p>	<p>HAPPY BIRTHDAY</p> <p>10:00am BUS to CLUB</p> <p>11:00am MEETING: Sept Birthdays</p> <p>12:30pm BINGO & Cards</p>	<p>9:45am EXERCISEw/MYRIAM</p> <p>12:30pm PARTNER Bridge</p> <p>1:00pm Mah Jongg</p>	<p>9:00am BUS to MALL</p> <p>10:00am ZUMBA w/TONYA</p> <p>12:30pm PIZZA BINGO</p> <p>1:00pm SCRABBLE</p>	<p>CENTER CLOSED (VACATION)</p>
<p>TRUSTEES MEET @ 9:30</p> <p>10:00am ChairYOGA</p> <p>10:30am UCCClass: Biology&NEW</p> <p>11:00am BRIDGE Lesson</p> <p>11:00am NEWSLETTER</p> <p>12:30pm BRIDGE</p> <p>12:30pm InCONTROL</p> <p>1:00pm MUSIC w/ERNIE</p>	<p>Lunch & Osteoarthritis@NOON</p> <p>8:00am TENNIS w/ DICK</p> <p>9:00am BUS to Shoprite</p> <p>9:45am EXERCISE w/MIKE</p> <p>11:00am ACTIVITIES Meeting</p> <p>1:00pm TaiChi w/AYRIEL</p> <p>2:00pm Italian Classes</p>	<p>Benjamin Franklin</p> <p>9:30am BloodPressureScreenin</p> <p>10:00am BUS to CLUB</p> <p>11:00am MEETING: "Benjamin Franklin"</p> <p>12:30pm BINGO & Cards</p>	<p>GLUCOSE-OverlookVan (MuniCen</p> <p>9:00am GlucoseScreen till 10:30</p> <p>9:45am EXERCISEw/MYRIAM</p> <p>12:30pm DUPLICATE Bridge</p> <p>1:00pm Mah Jongg</p>	<p>9:00am BUS to MALL</p> <p>10:00am ZUMBA w/TONYA</p> <p>12:00pm Remember"BEACHTIM w/ Jennie</p> <p>1:00pm SCRABBLE</p>	<p>September 1</p> <p>CENTER CLOSED (VACATION)</p>
<p>10:00am ChairYOGA</p> <p>10:30am UCCClass: BiologyNew</p> <p>11:00am BRIDGE Lesson</p> <p>11:00am NEWSLETTER</p> <p>12:30pm BRIDGE</p> <p>12:30pm InCONTROL</p> <p>1:00pm MUSIC w/ERNIE</p>	<p>8:00am TENNIS w/ DICK</p> <p>9:00am BUS to Shoprite</p> <p>9:45am EXERCISE w/MIKE</p> <p>1:00pm TaiChi w/AYRIEL</p> <p>2:00pm Italian Classes</p>	<p>EARTH WATCH Adventure</p> <p>9:30am BloodPressureScreenin</p> <p>10:00am BUS to CLUB</p> <p>11:00am MEETING: Earthwatch Stories w/JoanTheubel</p> <p>12:30pm BINGO & Cards</p>	<p>Museum & Lunch -\$10 (FIELD TR</p> <p>9:45am EXERCISEw/MYRIAM</p> <p>11:15am YOGI BERRA Museum & OLIVE GARDEN</p> <p>12:30pm DUPLICATE Bridge</p> <p>1:00pm Mah Jongg</p>	<p>9:00am FOUR CITIES BRIDGE</p> <p>9:00am BUS to MALL</p> <p>10:00am ZUMBA w/TONYA</p> <p>12:30pm PIZZA BINGO</p> <p>1:00pm SCRABBLE</p>	<p>Support AMERICAN LEGION</p> <p>1:00pm CLAM BAKE- \$23</p>
<p>10:00am ChairYOGA</p> <p>10:30am UCCClass: BiologyNew</p> <p>11:00am BRIDGE Lesson</p> <p>11:00am NEWSLETTER</p> <p>12:30pm BRIDGE</p> <p>12:30pm InCONTROL</p> <p>1:00pm MUSIC w/ERNIE</p>	<p>OUTLET TRIP & DINNER -\$10</p> <p>8:00am TENNIS w/ DICK</p> <p>8:15am TINTONFALLS</p> <p>9:00am BUS to Shoprite</p> <p>9:45am EXERCISE w/MIKE</p> <p>1:00pm TaiChi w/AYRIEL</p> <p>2:00pm Italian Classes</p>	<p>FAVORITE BOOKS</p> <p>9:30am BloodPressureScreenin</p> <p>10:00am BUS to CLUB</p> <p>11:00am CLUB MEETING: "BOOK TALK"</p> <p>12:30pm BINGO & Cards</p>	<p>9:45am EXERCISEw/MYRIAM</p> <p>12:30pm PARTNER Bridge</p> <p>1:00pm Mah Jongg</p>	<p>Support NP WOMEN'S CLUB</p> <p>9:00am BUS to MALL</p> <p>10:00am ZUMBA w/TONYA</p> <p>12:30pm PIZZA BINGO</p> <p>1:00pm SCRABBLE</p> <p>7:00pm WOMEN'S CLUB CardParty</p>	<p>John Basilone Parade</p> <p>10:00am BUS to PARADE \$10</p>
<p>10:00am ChairYOGA</p> <p>10:30am UCCClass: BiologyNew</p> <p>11:00am BRIDGE Lesson</p> <p>11:00am NEWSLETTER</p> <p>12:30pm BRIDGE</p> <p>12:30pm InCONTROL</p> <p>1:00pm MUSIC w/ERNIE</p>					<p>29</p>
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