

New Providence

Senior Citizens Newsletter

DECEMBER 2015

Volume 15, Issue 12



COORDINATOR'S CORNER

Many of you know that this is my first year here and so far November was my favorite month at NPSCC. We started the month with an incredibly entertaining show by Eric Kearns followed by a very moving Veteran's Day program that Peggy Brodeur organized. Many local businesses donated food and several Lions Club members donated their time. Don Elefante provided the entertainment. Please see page 3 for a list of those businesses. I also experienced New Providence High School Senior Citizens' Day for the first time and it was truly a wonderful event. The musical, acting and the culinary talents of the students were extremely impressive. I feel very fortunate to be living in this wonderful town.

With the winter weather just around the corner, remember that **when the schools are closed for rain, snow and/or ice, the center is also closed**. If the schools have a delayed opening, the center opens at noon.

We are looking forward to the following programs:

- **Jersey Gardens Mall trip**, New Jersey's largest outlet and value retail center with over 200 stores under one roof, on Tuesday, December 1st.
- **Walgreens** will give a presentation on the most effective over-the-counter cold and flu products on Wednesday, December 2nd. Pneumonia and/or shingles shots will also be available. Please sign up in MY OFFICE. If you provide your Medicare Part B coverage information, Walgreens will let you know the cost of the vaccine.
- We will address **Holiday Greeting Cards** for our absent members on Thursday, December 3rd.
- "After Hours" will hold their **Holiday Party** on Thursday, December 3rd.
- The Diversity Committee will hold a **Tree Lighting Ceremony** at the Centennial Park Gazebo on Friday, December 4th.
- We will **Decorate the Center for the Holidays** on Sunday, December 6th.
- The **NPSCC Holiday Dinner** will be held on **Wednesday, December 9th**. There will be a festive dinner and music provided by the NPMS Girls' Chorus.

THE CENTER WILL BE CLOSED WEDNESDAY, DEC 23rd - SUNDAY, JAN 3rd.

THANK YOU...

- Pat Connolly for arranging for singing impressionist Eric Kearns to sing at our meeting on November 4th.
- NPHS for providing a delicious luncheon and delightful entertainment at their fabulous Senior Citizens Day.
- Sue Fiesler for her informative presentation on CPR Hands Only/First Aid and for sharing her fantastic hints on Surviving the Holidays.

NP Senior Citizens Club

An organization dedicated to providing social & enriching activities & events for New Providence residents 55 years and beyond.

Trustees

Chair: Maxine Hirsch
Pat Connolly, Kay DeMarco,
Enid Doyle, Carolyn Foran,
Rosalie Hamaty, Kathy
Hendrickson, Jean Holmes,
Ed Len, Peggy MacNeil, and Grace
Parlapiano

Club Officers

President: Christine Napolitano
Vice Pres.: Harry Kudrat
Treasurer: Sal Ligammar
1st Treasurer: Clara DelMonte
2nd Treasurer: Delores Felezzola
Sergeant-at-Arms: Don Kern

Contact these members with any questions regarding your club!

DeCorso Community Center

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

www.newprov.org/seniorcenter

A welcoming place for New Providence residents to gather and to enjoy its events and programs as well as our neighbors and friends.

Center Coordinator

Stacey Kinum

Hours

Monday-Friday: 9:30 – 2:30

Newsletter Staff

Stacey Kinum
Clara DelMonte
Kay DeMarco
Barbara Koslap
Doris Velez

Trips, Activities & Meetings

Tickets for events may be purchased at the center on Wednesdays from 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
& schedule changes!**

- **Tues., Dec 1, 10:00am:** Take a trip to **Jersey Gardens Mall**, New Jersey's largest outlet and value retail center with over 200 stores under one roof. Cost \$2. See Christine Napolitano. Sign up in advance.
- **Wed., Dec 2, 11:00am:** **Walgreens** will give a presentation on the most effective over-the-counter cold and flu products. They will also provide pneumonia and/or shingles shots. Sign up required.
- **Thurs., Dec 3, 12:30pm:** **Holiday Greeting Cards** – Share the spirit of the season and address holiday cards for our absent members. Sign up in advance.
- **Thurs., Dec 3, 7:00-9:30pm:** **"After Hours" Holiday Social** – Join with friends and celebrate the season. Bring a favorite hors d'oeuvre or dessert celebrating your family's heritage to share and a non-perishable food item to donate to a local food pantry.
- **Fri., Dec 4, 6:00pm:** **Diversity Committee Tree Lighting Ceremony** will be held at the Centennial Park Gazebo. The CSA will collect store gift cards to be distributed to NP families in need.
- **Sun., Dec 6, 2:00pm:** **Center Decoration** – Decorate the center for the holiday season.
- **Tues., Dec 8, 1:00pm:** Set up for Holiday Dinner.
- **Wed., Dec 9, 5:00-8:00pm:** **NPSCC Holiday Dinner** – Enjoy a delicious dinner and beautiful music provided by the NPMS Girls Chorus. Please bring a pair of mittens or gloves to donate to our "mitten and glove tree". Cost: \$20. See Christine Napolitano. Sign up for the dinner and for bus pickup is required.
- **Thurs., Dec 10, 12:00noon:** **"Remember When" Holiday Party** – Bring a special holiday antique to share as Jennie Andrews leads a discussion about favorite holiday memories. Pizza will be available at \$1.75 a slice. Sign up in advance.
- **Wed., Dec. 16, 11:00am:** **Club Day** – Join in on the fun as we celebrate the season with activities like caroling and a reading of "The Night Before Christmas". The OLP 2nd grade class may join us for caroling. There will be a "Prettiest Christmas Sweater Contest" so be sure to wear your most festive holiday gear. We will also celebrate December birthdays!
- **Wed., Dec 30, 1:00:** Set up for New Year's Eve Party
- **Thurs., Dec 31, 8:00pm-12:01am:** **New Year's Eve Party** – Ring out the old year with food, friends, and fun. Cost: \$10. See Bill & Rita Wehrle.

THE CENTER WILL BE CLOSED WEDNESDAY, DEC 23rd THROUGH SUNDAY, JAN 3rd.

- **Wed., Jan 6, 11:00am:** Cathy from **Berkeley Heights Nursing and Rehabilitation Center** will give a presentation on their new dementia lock down unit and their inpatient and outpatient rehab. Cookies will be provided.
- **Thurs., Jan 7, 12:30pm:** **Center De-decoration** - Join us as we take down our holiday decorations and get ready to start a new year.
- **Wed., Jan 13, 11:00am:** Enjoy the sounds of **NP Elementary Strings** and celebrate **January birthdays**.
- **Thurs., Jan 14, 7:00-9:30pm:** **"After Hours"**
- **Wed., Jan 20, 11:00am:** **Meeting** followed by **"Chinese New Year's Luncheon"** at Szechuan Delight.
- **Wed., Jan 27, 11:00am:** Natalie from **Chatham Hills**. Topic TBD.

IF YOU ARE INTERESTED...

MORRIS MUSEUM: Senior Admission \$7

- **Celebrating Native American Heritage Month –** Exhibition of woodcut portraits by Werner Drewes. Through Dec 31st.
- **New Jersey Collects: A Cabinet of Your Curiosities –** Unique collections of passionate people in New Jersey. Through Feb 7th.
- **Pottery by Albert Green –** Ceramic pieces that concentrate on the interplay of color and design. Ongoing.

REEVES-REED ARBORETUM

- **Holiday House Tour –** Tour of elegant Summit area homes decked out for the holidays. Thursday, Dec 3rd, 9:30am to 2:30pm.
- **Holiday Concert –** Acclaimed jazz vocalist Cyrille Aimee in concert. Saturday, Dec 5th, 7:00pm.

MEDICARE ENROLLMENT

Medicare open enrollment ends on December 7th. SAGE's SHIP representative will be here on Wednesday December 2 to provide Medicare counseling. This will be the last day of Medicare Counseling. If you can't make the meeting on December 2nd but need some advice, please see Stacey and she will arrange a time for you to meet with the representative.

SAGE ELDERCARE'S NEW INFOCARE MANAGER

SAGE Eldercare has named Kathy Larkin as InfoCare Manager. She will be responsible for helping local older adults and family caregivers with social work support, information, consultations, and referrals to community resources and eldercare specialists.

A NIGHT OF A THOUSAND STARS

The NP Diversity Committee in conjunction with the NP Recreation Department will be hosting a community tree lighting event in Centennial Park on Friday night, Dec 4th at 6pm. This will be a free, fun, and festive outdoor community event.

Performances will include brass musical selections by Chatham Community Band's Brass Quintet, our elementary, middle school, and high school choral ensembles, dance and musical performances by our Chinese Community, Baha'i Drum Performance, and Italian musical selections by Al Elefante.

The Prestige Diner will provide hot chocolate for the event. The New Providence Business Professional Association and the New Providence Downtown Improvement District will provide 500 free gift bags for attendees. CSA members will collect donated store gift cards to be distributed to NP families in need.

VETERANS DAY THANK YOU

A special thank you to Peggy Brodeur who organized a truly wonderful Veteran's Day program at the Center. We also want to thank the many Lions Club members who donated their time and assistance. Several New Providence businesses generously donated food to the event: Avenue Deli, Bacci, Bagel Café NP, Beyond Delicious, Bellariva, Coppola, Jersey Mikes', Old Glory, Prestige Diner, Tables for Two, Town Deli.

The desserts donated by the New Providence Seniors were a big hit.

Finally we can never thank our Veterans enough for their service to our country.

MOVIE MARQUEE

DECEMBER MOVIES AT THE NP MEMORIAL LIBRARY

Tuesdays at 9:30am & 2:00pm

December 1 – *Danny Collins*
 December 8 – *Tomorrowland*
 December 15 – *I'll See You in My Dreams*
 December 22 – *Mr. Holmes*
 December 29 – *Ricki and the Flash*

Foreign Films

Thurs., December 3 at 2:00pm – *Jean De Florette* (in French with English subtitles)
 Tues., December 22 at 7:00pm – *Intimate Strangers* (in French with English subtitles)

Top 10 Scams Targeting Seniors

As part of our continuing series on elder fraud, this month we will discuss fraudulent anti-aging products.

In a society bombarded with images of the young and beautiful, it's not surprising that some older people feel the need to conceal their age in order to participate more fully in social circles and the workplace. After all, 60 is the new 40, right?

It is in this spirit that many older Americans seek out new treatments and medications to maintain a youthful appearance, putting them at risk of scammers. Whether it's fake Botox like the one in Arizona that netted its distributors (who were convicted and jailed in 2006) \$1.5 million in barely a year, or completely bogus homeopathic remedies that do absolutely nothing, there is money in the anti-aging business.

Botox scams are particularly unsettling, as renegade labs creating versions of the real thing may still be working with the root ingredient, botulism neurotoxin, which is one of the most toxic substances known to science. A bad batch can have health consequences far beyond wrinkles or drooping neck muscles.

Tips for Avoiding Fraudulent 'Anti-Aging' Products:

- If it sounds too good to be true, it probably is. Watch out for "Secret Formulas" or "Breakthroughs."
- Don't be afraid to ask questions about the product. Find out exactly what it should and should not do for you.
- Research a product thoroughly before buying it. Call the Better Business Bureau to find out if other people have complained about the product.
- Be wary of products that claim to cure a wide variety of illnesses—particularly serious ones—that don't appear to be related.
- Be aware that testimonials and/or celebrity endorsements are often misleading.
- Be very careful of products that are marketed as having no side effects.
- Question products that are advertised as making visits to a physician unnecessary.
- Always consult your doctor before taking any dietary or nutritional supplement.

Sources: National Council on Aging and www.fbi.gov

Christmas Laughs

Christmas is special, all right. What other time of year do you sit in front of dead tree and eat candy out of your socks?

Santa Claus goes down so many chimneys that I hear he's thinking of getting a flue shot.

Who says "Oh Oh Oh"? Santa Claus walking backwards.

Christmas is that time when everyone gets all Santamental.

What does Santa Claus say to all the toys on the night of Christmas Eve? "OK, everybody, time to hit the sack!"

The American Legion Magazine

"I heard a bird sing
In the dark of December
A magical thing
And sweet to remember.

'We are nearer to Spring
Than we were in September,'
I heard a bird sing
In the dark of December."
- Oliver Herford, *I Heard a Bird Sing*

*"May you have the gladness of Christmas
which is hope;
The spirit of Christmas which is peace;
The heart of Christmas which is love."*
- Ada V. Hendricks

December Facts

Birthstone: Turquoise, Zircon, Tanzanite

Flower: Narcissus

Zodiac Signs: Sagittarius (Nov 23 – Dec 21) and Capricorn (Dec 22 – Jan 20)

Holidays and Observances:

- December 7 – Chanukah/Hanukkah (first day)
- December 7 – Pearl Harbor Remembrance Day
- December 18 – Ugly Christmas Sweater Day
- December 22 – December Solstice
- December 25 – Christmas Day
- December 26 - Kwanzaa

~ December 2015 ~						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
Nov 29	Nov 30 9:00 Bus to ShopRite 10:30 UCCollegeClass 11:00 Newsletter 11:00 Chair Yoga 12:30 Bridge 1:00 In Control	1 9:45 Balance and Conditioning w/Mike 10:00 Jersey Gardens 11:00 Tennis w/Dick 1:00 Tai Chi 2:00 Converse Italian	2 10:00 Bus to Club 11:00 Cold/Flu Products 12:30 Bingo/Cards	3 9:30 Fit & Healthy Exercise w/Myriam 12:30 Address Holiday Greeting Cards 12:30 Partner Bridge 1:00 Mah Jongg 7:00pm "After Hours"	4 9:00 Bus to Mall 9:30 Zumba w/Donna 10:00 Bridge 12:30 Pizza Bingo 6:00pm Diversity Club Tree Lighting Ceremony @ NP Borough Gazebo	5
6 Center Decoration 2:00	7 9:30 Trustee Meeting 10:30 UCCollegeClass 11:00 Newsletter 11:00 Chair Yoga 12:30 Bridge 1:00 In Control	8 9:00 Bus to ShopRite 9:45 Balance and Conditioning w/Mike 10:00 Activities Meeting 11:00 Tennis w/Dick 1:00 Tai Chi 1:00 Set up for Dinner 2:00 Converse Italian	9 4:00pm Bus to Club 5:00pm Holiday Dinner  Happy Holidays!	10 9:30 Fit & Healthy Exercise w/Myriam 12:00 "Remember When" Holiday Party 12:30 Duplicate Bridge 1:00 Mah Jongg	11 9:00 Bus to Mall 9:30 Zumba w/Donna 10:00 Bridge 12:30 Pizza Bingo	12
13	14 10:30 UCCollegeClass 11:00 Newsletter 11:00 Chair Yoga 12:30 Bridge 1:00 In Control	15 9:00 Bus to ShopRite 9:45 Balance and Conditioning w/Mike 11:00 Tennis w/Dick 1:00 Tai Chi 2:00 Converse Italian	16 9:30 Blood Pressure 10:00 Bus to Club 11:00 Four Cities Bridge 11:00 Club Day/B'days 12:30 Bingo/Cards	17 9:30 Fit & Healthy Exercise w/Myriam 12:30 Duplicate Bridge 1:00 Mah Jongg	18 National Ugly Christmas Sweater Day 9:00 Bus to Mall 9:30 Zumba w/Donna 10:00 Bridge 12:30 Pizza Bingo	19
20	21 11:00 Newsletter 11:00 Chair Yoga 12:30 Bridge 1:00 In Control	22 9:00 Bus to ShopRite 9:45 Balance and Conditioning w/Mike 11:00 Tennis w/Dick 1:00 Tai Chi 2:00 Converse Italian	23 CENTER CLOSED	24 CENTER CLOSED	25 CENTER CLOSED Merry Christmas!	26 CENTER CLOSED
27 CENTER CLOSED	28 CENTER CLOSED	29 CENTER CLOSED	30 CENTER CLOSED 1:00 Set up for Party	31  8:00pm New Year's Eve Party	Jan 1 CENTER CLOSED	Jan 2 CENTER CLOSED