

New Providence Senior Citizens Newsletter

MAY 2016



Volume 16, Issue 5



COORDINATOR'S CORNER

It is hard to believe that May marks my 1 year anniversary as the Center Coordinator. I have really enjoyed working with and getting to know the members of the New Providence Senior Center. Thank you all for helping me this past year.

Wow, May will be a busy month so please note the following:

SCHEDULE CHANGES

Fit and Healthy with Myriam – No class Thursdays, May 5 and 12.

In Control with Myriam – No Class Monday May 9.

Tai Chi – No Class Tuesday, May 24.

SPECIAL EVENTS

Movie Club - *Something's Gotta Give* starring Diane Keaton and Jack Nicholson. Harry Sanborn (Jack Nicholson) is a perennial playboy who dates younger women. During a romantic weekend, Harry develops chest pains and ends up being nursed by his girlfriend's reluctant mother, Erica Barry (Diane Keaton). It is very funny and will make for a fun Tuesday afternoon. Please join us. **Tuesday, May 10 at 11am.**

Spring Meadows in Summit invites members to lunch and take a tour of their facility. Transportation will be provided from the Center. Please sign up. Lunch is free. **Monday, May 16 at Noon.**

Shop New Providence Day - The senior bus will make stops at ACME, Farmer's Market and other local stores, if requested. The bus will not go to ShopRite on May 17th.

ACME will provide us with circulars so you will know what is on sale. **Tuesday, May 17.**

Anniversary Luncheon at Berkeley Plaza. Celebrate our 57th anniversary. Sign up in advance. Cost is \$30. **Wednesday, May 18.**

Annual Health Fair - Please join us for the health fair. You will see some new exhibitors as well as many familiar faces. Make sure you check out the library. The Summit YMCA will host several interactive sessions such as nutrition information, exercise/yoga demonstrations, meditation and dark chocolate sampling.

Refreshments and giveaways will be available. **Wednesday, May 25, 8-11am.**

Coloring Club - Please join us in the library to socialize and color some beautiful pictures. We will provide copies and colored pencils. **Thursday, May 26 at 10am.**

IF YOU ARE INTERESTED...

Bearing Grief A grief support group offering comfort and encouragement after the loss of a spouse, child, family member or friend will be held at the Presbyterian Church in New Providence. There is no fee. Please contact Janet Essig for more information at 908-665-0050. **Tuesdays, May 17-June 21, 7-9pm.**

NPSCC Committees - Please continue to think about becoming a member of a committee at the NPSCC. Joining a committee is a great way to share your talents, meet new members and give back to the club. The following committees are available for you to join: Safety, Membership, Union County Council, Newsletter, Program, Library, Refreshments, Hospitality, Sunshine and Activities.

THANK YOU...

- Phyllis Winters for organizing the trip to Sands Casino.
- Christine Napolitano for the trip to the Patriots Opening Day Baseball Game.
- Bill Wehrle for running the Card Party & Games Fundraiser.
- Jean Holmes for the "Birding in the Spring" trip.

NP Senior Citizens Club

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

Trustees

Chair: Carolyn Foran
Fran Blessing, Pat Connolly,
Rosalie Hamaty, Kathy
Hendrickson, Jean Holmes,
Peggy Macneal, Joe Masino,
Grace Parlapiano, Bette Schmitt,
Bill Wehrle

Club Officers

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

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

Peggy Brodeur
Clara DelMonte
Kay DeMarco
Stacey Kinum
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!

- **Wed., May 4, 11:00am:** The Larks will provide entertainment as we celebrate **May Birthdays**.
- **Mon., May 9, 9:00am-1:00pm & Thurs., May 12, 12:00noon-1:00pm:** AARP Driver Safety Course – Ted Grinthal will teach a 2 day Smart Driver course. Brush up on your driving skills and possibly reduce your insurance costs. Cost: AARP members \$15; AARP nonmembers \$20. Sign up in advance.
- **Tues., May 10, 11:00am:** **Movie Club – Something's Gotta Give** with Jack Nicholson and Diane Keaton.
- **Wed., May 11, 11:00am:** **Club Day – Zodiac signs and horoscopes**.
- **Thurs, May 12, 9:30am:** **Hoboken Museum Trip** – Take a trip to the Frank Sinatra exhibit. Cost includes bus and exhibit. Lunch on your own dime at Blue Eyes Restaurant on Sinatra Drive in Hoboken. Cost: \$10. See Christine Napolitano.
- **Mon., May 16, 12:00noon:** **Lunch at Spring Meadows** – Enjoy a delicious lunch at Spring Meadows Assisted Living in Summit, NJ. Bus leaves at 11:45. Sign up is required.
- **Tues., May 17, 9:00am:** **Shop New Providence** – Instead of going to ShopRite, we will explore the new ACME and the Central Avenue Farmers Market. Bus leaves at 9:00am. Please call the center to arrange pickup.
- **Wed., May 18, 12:00-3:00pm:** **Anniversary Luncheon** – Celebrate the 57th anniversary of our club at Berkeley Plaza with a luncheon and music by Bob Marino. We will honor volunteers for their contributions to the Club. Advance sign up, payment, and choice of entrée is required. Cost: \$30.
- **Wed., May 25, 8:00-11:00am:** **Annual Health Fair** – The Health Fair will host a comprehensive list of exhibitors, health screenings and medical information at NO COST to participants. Sign up for bus transport.
 - Free Blood Chemistry Screenings will be available for all NP residents who have reached the age of 62 years and who have registered in advance. **Pre-register at the center April 25 - May 23, 10:00am-1:00pm**.
 - Please sign up to help with **Setup** on Tuesday, May 24th and/or with **Hospitality and Clean Up** at the Fair.
- **Thurs., May 26, 10:00am:** **Coloring Club** – Sandy Burton will lead this creative and tactical activity that engages both sides of the brain.
- **Fri., May 27, 2:00pm:** **Set-up for Memorial Day Remembrance** – Help prepare the center and begin your baking for the holiday celebration.
- **Mon., May 30:** **Memorial Day Parade** – Assist at our annual reception after the parade as we share hot dogs and baked goods with the public. Sign-up at the center to volunteer your help.
- **Wed., Jun 1, 11:00am:** **NPHS Jazz Band** - Tap your feet and clap your hands to the swinging sounds of the New Providence High School jazz band.
- **Thurs., Jun 2, 10:30am:** Sue Fieseler will give the first presentation in a series of talks about **Growing Younger**.
- **Wed., Jun 8, 11:00am:** **Salt Brook Choir** – Enjoy the voices of the **Salt Brook choir** as we celebrate **June Birthdays**
- **Thurs., Jun 9, TBD:** **Trip to Sandcastle Winery and Frenchtown** – Delight in the wonders of Sand Castle Winery in Erwinna, PA and explore the art galleries and specialty shops in Frenchtown, NJ. Cost: \$17. Lunch is on your own dime. See Christine Napolitano.
- **Fri., Jun 10, 10:00am:** Sue Fieseler will give the second presentation in a series of talks about **Growing Younger**.
- **Tues., Jun 14, 1:00pm:** Sue Fieseler will give the third presentation in a series of talks about **Growing Younger**.

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- **Wed., Jun 15, 11:00am:** Club Day - The Salt Brook 4th grade class will visit us. Chatham Hills will call bingo.
- **Thurs., Jun 16, 12:00noon:** "Remember When" – Antiques. Pizza will be available at \$1.75 per slice.
- **Thurs., Jun 16, 7:00pm:** "After Hours" Barbecue – Hot dogs, burgers. Please sign up to bring salads or desserts.
- **Fri., Jun 17, TBD:** Patriots Baseball Game & Fireworks. Cost: \$10. See Christine Napolitano.
- **Mon., Jun 20, 10:30am:** Sue Fieseler will give the fourth presentation in a series of talks about **Growing Younger**.
- **Wed., Jun 22, 11:00am:** Family First, a Healthcare Aide Agency, will give a presentation. Topic TBD.
- **Wed., Jun 29, 11:00am:** TBD

AROUND TOWN...

NEW PROVIDENCE LIBRARY

- **Baseball Discussion Group** – John Cronin will lead a discussion of memorable moments in baseball. May 9th, and June 13th.
- **Spring Tech Class**
 - **Apps for Productivity** – Learn how to create documents, presentations, worksheets, and databases on your mobile device. Bring your own device. Tuesday, May 3rd, 7:00-9:00pm.
- **History of the Tomato** – Food historian Judith Krall-Russo talks about one of our favorite foods. Sunday, June 5th, 2:00pm.

DECORSO COMMUNITY CENTER

- **League of Women Voters – Democracy in Action: A Deep Dive in Elections** – Montclair State Political Science professor, Brigid Callahan Harrison, Ph.D., will discuss the ongoing presidential campaigns, Tuesday, May 3rd, 7:30pm.
- **Diversity Committee Cinco De Mayo Pot Luck Dinner** – Friday, May 6th, 6:00-9:00pm. Sign up is required.
- **"After Hours" Barbecue** - Hot dogs and burgers provided. Please sign up to bring a salad or a dessert. Thursday, June 16th, 7:00pm.

Rubber Ducky Race

The Berkeley Heights Rotary Club will hold their annual Rubber Ducky Race on Saturday June 12th from 12:00noon-4:00pm. Proceeds from the race are used to provide reduced cost Medical Alert systems. The NP Senior Citizens Club has been designated as a "Soliciting Sponsor" which means that we will receive 49% back on the price of each ticket we sell. Tickets will be sold at our Wednesday meetings from May 4th through May 25th and by Stacey in the office.

Summit Playhouse

The Summit Playhouse (summitplayhouse.org) has invited us to a dress rehearsal for the musical, **Godspell** on Thursday, May 5th at 8:00pm. Parking is available on street or at the hotel next door. As parking can be difficult, they recommend carpooling or busing.

SAGE Eldercare

A Caregivers Support Group meets the third Wednesday of every month from 7:00-9:00pm at 290 Broad Street in Summit. The group provides opportunities to: meet others with similar concerns, share common problems and solutions, find available community resources, learn effective problem-solving and coping skills, receive emotional support from other caregivers, and attend educational programs throughout the year. Their next meeting will be held on May 18th.

MOVIE MARQUEE

MAY MOVIES AT THE NP MEMORIAL LIBRARY

The 2 PM showing will have subtitles for the hearing impaired.

Tuesdays at 9:30am & 2:00pm

May 3 - *Brooklyn*
 May 10 – *The Big Short*
 May 17 – No movie today
 May 24 – *Enchanted April*
 May 31- *Black Mass*

Foreign Films

Thurs., May 5 at 2:00pm – *My Life in Pink* (in French with English subtitles)
 Mon., May 23 at 7:00pm – *The Counterfeiters* (in German with English subtitles)

Top 10 Scams Targeting Seniors

As web use among senior citizens increases, so do their chances to fall victim to internet fraud. Internet Fraud includes internet auction fraud, non-delivery of merchandise, and credit and debit card scams. This month, we will explore how to avoid investment fraud.

Tips for Avoiding Investment Fraud:

- Don't judge a person or company by their website. Flashy websites can be set up quickly.
- Don't invest in anything you are not absolutely sure about. Do your homework on the investment and the company to ensure that they are legitimate.
- Check out other websites regarding this person/company.
- Be cautious when responding to special investment offers, especially through unsolicited e-mail.
- Be cautious when dealing with individuals/companies from outside your own country.
- Inquire about all the terms and conditions.

www.fbi.gov

NPSCC Committee News

Thanks to the efforts of the Activities Committee, we recently enjoyed an Easter Concert, a Card Party and Games fundraiser, a trip to the Sands casino, a trip to a Patriots baseball game, and a Birding in the Spring trip. Any contribution of time and effort that a member is willing to make is appreciated. Please consider volunteering to help with at least one event a year. It is very rewarding and you may find that you enjoy it so much that you want to get involved more often. We need help this month at our Annual Health Fair on May 25th and/or at the Memorial Day Remembrance on May 30th.

Help Wanted

Are you retired from the police or fire department? A former teacher, nurse or armed services veteran? Or, perhaps just someone who agrees with the mindset of "be prepared"? If so, you would be perfect for the Safety Committee. To volunteer to serve in this important position, please contact Ed Insinger.

Memorial Day Tribute

They answered their country's call to arms,
Into battle they did go
Where their final destination was
No one will ever know.
May their final resting place
Under some unknown sod
Be forever hallowed
For it is known only unto God.
~TMP~

(from the Paralyzed Veterans of America)

*To our homebound members,
If you are unable to attend the club meetings
and have some personal news that you would
like to share with fellow club members, please
let us know. We would love to hear from you!*

Thought for the Day

Yesterday is history.

Tomorrow is a mystery.

Today is a gift.

That's why they call it the present.

Just for Laughs

No matter how much you push the envelope, it will still be stationery.

A professor asked a lazy student, "Why are you in college, anyway? You don't study."

"I don't know myself, the young man replied. "My mother says it's to fit me for the presidency; my uncle, to sow my wild oats; my sister, to find a chum for her to marry; and my father, to bankrupt the family.

(The American Legion Magazine)

May Facts

Birthstone: Emerald

Flower: Lily of the Valley & Hawthorn

Astrological Signs: Taurus (Apr 20 – May 20) and Gemini (May 21 – June 20)

Observances:

May 8 – Mother's Day

May 30 – Memorial Day

~ May 2016 ~						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 9:30 Trustee Meeting 11:00 Newsletter 11:00 Chair Yoga 12:30 Bridge 1:00 In Control	3 9:00 Bus to ShopRite 9:45 Balance and Conditioning w/Mike 11:00 Tennis w/Dick 1:00 Tai Chi w/Ayriel 2:00 Converse Italian 3:00 Beginners Italian	4 Happy Birthdays! 10:00 Bus to Club 11:00 The Larks 12:30 Bingo/Cards	5 12:30 Partner Bridge 1:00 Mah Jongg	6 9:00 Bus to Mall 9:30 Zumba w/Donna 10:00 Bridge 12:30 Pizza Bingo	7
8	9 9:00 AARP Driver Safety 11:00 Newsletter 11:00 Chair Yoga 12:30 Bridge	10 9:00 Bus to ShopRite 9:45 Balance and Conditioning w/Mike 10:00 Activities Meeting 11:00 Movie Club 11:00 Tennis w/Dick 1:00 Tai Chi w/Ayriel 2:00 Converse Italian	11 9:30 Blood Pressure 10:00 Bus to Club 11:00 Club Day 12:30 Bingo/Cards	12 9:30 Hoboken Museum 12:00 AARP Driver Safety 12:30 Duplicate Bridge 1:00 Mah Jongg	13 9:00 Bus to Mall 9:30 Zumba w/Donna 10:00 Bridge 12:30 Pizza Bingo	14
15	16 11:00 Newsletter 11:00 Chair Yoga 11:45 Bus to Spring Meadows Lunch 12:00 Lunch at Spring Meadows 12:30 Bridge 1:00 In Control	17 9:00 Bus to ACME and Farmers Market 9:45 Balance and Conditioning w/Mike 11:00 Tennis w/Dick 1:00 Tai Chi w/Ayriel 2:00 Converse Italian 3:00 Beginners Italian	18 11:00 Bus to Luncheon 12:00 Anniversary Lunch	19 9:30 Fit & Healthy Exercise w/Myriam 12:30 Duplicate Bridge 1:00 Mah Jongg	20 9:00 Bus to Mall 9:30 Zumba w/Donna 10:00 Bridge 12:30 Pizza Bingo	21
22	23 11:00 Newsletter 11:00 Chair Yoga 12:30 Bridge 1:00 In Control	24 9:00 Bus to ShopRite 9:45 Balance and Conditioning w/Mike 11:00 Tennis w/Dick 1:00 Health Fair Setup	25 8:00 Health Fair 9:00 Bus to Health Fair	26 9:30 Fit & Healthy Exercise w/Myriam 10:00 Coloring Club 12:30 Partner Bridge 1:00 Mah Jongg	27 9:00 Bus to Mall 9:30 Zumba w/Donna 10:00 Bridge 12:30 Pizza Bingo 2:00 Memorial Day Setup	28
29	30 10:00 Memorial Day Remembrance	31 9:00 Bus to ShopRite 9:45 Balance and Conditioning w/Mike 11:00 Tennis w/Dick 1:00 Tai Chi w/Ayriel 2:00 Converse Italian 3:00 Beginners Italian	Jun 1 10:00 Bus to Club 11:00 NPHS Jazz Band 12:30 Bingo/Cards	Jun 2 9:30 Fit & Healthy Exercise w/Myriam 10:30 Growing Younger 12:30 Partner Bridge 1:00 Mah Jongg	Jun 3 9:00 Bus to Mall 9:30 Zumba w/Donna 10:00 Bridge 12:30 Pizza Bingo	Jun 4