

# New Providence Senior Citizens Newsletter

NOVEMBER 2016



Volume 16, Issue 11



## COORDINATORS CORNER

Happy Thanksgiving to all of you. I hope you have a wonderful start to the holiday season. We have many wonderful activities planned for November.

## UPCOMING EVENTS

### Maintaining Senior Health One Step at a Time

Sue will continue her series on:

- Tuesday, November 1 @ 11am – Meditation and Health
- Tuesday, November 15 @ 11am – Hydration

If you attended 3 out of the 5 sessions, please join us for a light lunch after the November 15 discussion.

### Union County Division on Aging

Please join us on Wednesday, November 9 @ 11am to hear about the many services that Union County provides to seniors.

### Veteran's Day Lunch

Please join us at the American Legion Hall located at 357 Elkwood Avenue in New Providence to celebrate all those who serve and have served our country. The Cover Girls will perform. Food will be provided by local restaurants. Seniors are invited to please bring a dessert. Please sign up if you plan on attending. The New Providence Senior Center, as well as the Borough Offices, will be closed on Veteran's Day.

### Senior Day at New Providence High School

Join us on Thursday, November 17 @ 10:30 am for this wonderful event of music, lunch and the fall play dress rehearsal (Alfred Hitchcock's "The 39 Steps"). You must take the senior bus so please be here by 10am. Space is limited to 45 and signups are required.

### Olympic Park Remembrance Day

Please join us on Wednesday, November 30 @ 11am as we remember Olympic Park. Bring in memorabilia, pictures and anything else you have about Olympic Park.

## SCHEDULE CHANGES

UCC Biology Class is cancelled Tuesday, November 8 due to Election Day.

Center is closed Friday, November 11 for the Veterans Day Holiday.

Center is closed Wednesday, November 23 – Friday, November 25 for the Thanksgiving Holiday.

## Thank You...

- Harry Kundrat for organizing the trip to Forest Lodge to celebrate Oktoberfest. We enjoyed great German food, beer, and dancing the polka.
- Christine Napolitano for running the trip to Paper Mill Playhouse to see "The Producers." It was fantastic!
- Congratulations to Janice Gironda on becoming a grandmother! Thank you for organizing the Flu Clinic.

## 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 Kundrat  
Treasurer: Sal Ligammar  
1<sup>st</sup> Treasurer: Clara DelMonte  
2<sup>nd</sup> 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](http://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: 9:30am - 2:30pm

## Newsletter Staff

Peggy Brodeur  
Joan Clark  
Clara DelMonte  
Stacey Kinum  
Barbara Koslap

## 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., Nov 1, 11:00am:** Sue Fieseler will discuss **Meditation and Health**. Sign up in advance.
- **Wed., Nov 2, 11:00am:** **Caring and Sharing Network** – Lois Shanker from Right-at-Home, Kathy Bassiacos from SAGE, and Hedy Knapp from Knapp Paperwork Partners will discuss essential Senior Services.
- **Thurs., Nov 3, 7:00pm:** **“After Hours” Music Trivia Challenge** - Music of the late 50's, 60's & 70's featuring guest Rich Lorenzo who will run a trivia contest about the music & pop culture of that era.
- **Sat., Nov 5, 6:00pm:** **Union Methodist Church Choir Trip** – Enjoy a rocking concert of religious music. Sign up for bus transportation. Cost is \$2.00 for the bus plus a voluntary donation. All proceeds go to charity.
- **Tues., Nov 8, 6:00am-8:00pm:** **Election Day** - The DeCorso Center is the voting place for NP Districts 1, 3, 4 & 5.
- **Wed., Nov 9, 11:00am:** **Meeting** - Michelle Robinson from the **Union County Division of Aging** will discuss the various Senior Services offered by the county. Find out what is available and how you can benefit.
- **Fri., Nov 11, 10:00am:** **Veterans Day Service Luncheon** – Observe the day at the American Legion Hall. The Cover Girls will sing. Food will be provided by local restaurants. Please sign up in advance and bring a dessert.
- **Tues., Nov 15, 11:00am:** Sue Fieseler will discuss **Hydration**. Please sign up in advance.
- **Wed., Nov 16, 11:00am:** **Simply Saint-Saens (Saint-Saens: Finale, Symphony No. 3)** - Join Maestro Maull of the Discovery Orchestra for an in depth look at this all time gem of the classical orchestral repertoire.
- **Thurs., Nov 17, 10:00am:** **NPHS Senior Citizens Day** – Concerts, lunch, and the fall play, Alfred Hitchcock's “The 39 Steps”. Due to limited parking and lunch seating, those attending MUST pre-register and take the bus from the center. Space is limited to 45 and sign ups are on a first come basis.

**THE CENTER WILL BE CLOSED WEDNESDAY, NOV 23<sup>RD</sup> THROUGH SUNDAY, NOV 27<sup>TH</sup>.**

- **Wed., Nov 30, 11:00am:** **Olympic Park Remembrance** – Reminisce and discuss all the attractions and fun times that we had at Olympic Park. Bring memorabilia and pictures, etc. to share.
- **Thurs., Dec 1, 11:00am:** **Address Holiday Greeting Cards** – Join us as we address holiday cards for our absent members. Please sign up if you plan on helping.
- **Thurs., Dec 1, 7:00pm:** **“After Hours”** – Topic to be determined.
- **Sat., Dec 3, 1:00pm:** **Christmas Cantata** – The **Union Methodist Church Choir** is coming to the center to share beautiful holiday music with us. Come and enjoy this wonderful opportunity to celebrate the season.
- **Tues., Dec 6, 2:00pm:** Setup for Holiday Dinner.
- **Wed., Dec 7, 5:00-8:00pm:** **NPSCC Holiday Dinner** – Delicious dinner and beautiful music provided by the NPMS Girls Chorus. Cost: \$22. See Christine Napolitano. Advance sign up for dinner and bus pickup is required.
- **Thurs., Dec 8, 12:00noon:** **“Remember When” Holiday Party** – Jennie Andrews will lead a discussion about favorite holiday items. Bring one of yours to share. Sign up in advance and bring a snack or beverage.
- **Fri., Dec 9, 10:15am:** **Jingle Bells Lunch Cruise** – Two hour cruise with a beautiful view of the New York skyline. Includes a buffet lunch and DJ entertainment. Cost \$70. See Ed Insinger for information. Sign up in advance.
- **Wed., Dec 14, 11:00am:** **Meeting** – Topic to be determined.
- **Thurs., Dec 15, 10:00am:** **Jersey Gardens Mall Trip** – Beautiful seasonal decorations and great holiday shopping at New Jersey's largest outlet and value retail center. Cost: \$2. See Christine Napolitano. Sign up in advance.

**AROUND TOWN...****NEW PROVIDENCE MEMORIAL LIBRARY**

- **The History of the Cranberry** – Judith Krall-Russo returns to talk about all things cranberry. Sun., Nov 6, 2:00pm.
- **Songs and Letters of World War II** – Traveling Literary Theater and Dan Levinson's band pay homage to the men and women of WWII. Sun., Nov 13, 3:00pm.

**DECORSO CENTER**

- **League of Woman Voters** – Talk on Affordable Housing. Thurs., Nov 10, 7:00pm.

**BOROUGH OF NEW PROVIDENCE**

- **Street Fair** – Street festival with attractions for everyone. Sun., Nov 6, 10:00am-4:00pm.
- **Christmas Walk** – Start the holiday season with a festive walk. Fri., Nov 25, 4:30pm.
- **Tree Lighting Ceremony** – Seasonal music and festivities at the Centennial Park Gazebo. Fri., Dec 2, 6:30pm.

**THE WILLIAM PACA CLUB**

- **Craft Fair and Bake Sale** – Unique items and delicious desserts. Sat., Nov 5, 9:00am-4:00pm.

**AMERICAN LEGION HALL**

- **Veterans' Day Luncheon** – Honor veterans for their service and show appreciation for their sacrifices. Fri., Nov 11, 10:00am.

**NEW PROVIDENCE HIGH SCHOOL**

- **Fall Play** – Alfred Hitchcock's "The 39 Steps". Fri., Nov. 18th and Sat., Nov. 19th @7:30pm.

**SALT BROOK SCHOOL**

- **Lodge Linne Scandinavian Import Sale** – Salt Brook School. Sat., Nov 19, 10:00am-3:00pm.

**MAINTAINING AND IMPROVING SENIOR HEALTH**

Sue Fieseler will continue her series on "Maintaining and Improving Senior Health One Step at a Time". Please sign up to participate.

**Meditation and Senior Health** – Meditation is a very effective tool for mental, physical and emotional health. Meditation can help memory, make the digestive system work better, activate the happy part of the brain, sharpen and focus the mind and relieve stress. Sue will discuss these benefits we will learn some meditation techniques. Tues., Nov. 1 @ 11:00

**Hydration** - Rescheduled for Tues., Nov 15 @ 11:00. There will be a lunch at the end of this session for members who have attended 3 of the 5 sessions.

**SUMMIT PLAYHOUSE DRESS REHEARSAL**

The Summit Playhouse has invited us to attend their dress rehearsal for the hysterical farce "See How They Run" at 8:00pm on Thursday, November 3<sup>rd</sup>. Attendance is free. This is a win-win situation as we get to see a wonderful production and they get to see how an audience reacts to their show just before opening night. Parking is available on the street or at the hotel next door. Carpooling is recommended.

**NP PUBLIC ART**

NP Public Art was formed last year with the mission of enriching the quality of life in our town by making public art a feature of our community. These artistic pieces are not acquired, but are leased, typically for one or two years, from the artists. See bulletin board for more information.

**MOVIE MARQUEE****NOVEMBER MOVIES AT THE NP MEMORIAL LIBRARY**

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

**Tuesdays at 9:30am & 2:00pm**

Nov 1 – *Maggie's Plan*  
 Nov 8 – *London Has Fallen*  
 Nov 15 – *The Meddler*  
 Nov 22 – *Fathers and Daughters*  
 Nov 29 – *The Shallows*

**Foreign Films**

Thurs., Nov 3 at 2:00pm – *Laila's Birthday* (in Arabic with English subtitles)  
 Mon., Nov 28 at 6:00pm – *La Dolce Vida* (in Italian, English, French, and German with English subtitles)

## TOP 10 SCAMS TARGETING SENIORS

This month, we will explore how to avoid Pyramid Schemes. As in Ponzi schemes, the money collected from newer victims of pyramid schemes is paid to earlier victims to provide a veneer of legitimacy. In pyramid schemes, however, the victims themselves are induced to recruit further victims through the payment of recruitment commissions.

More specifically, pyramid schemes—also referred to as “franchise fraud” or “chain referral schemes”—are marketing and investment frauds in which an individual is offered a distributorship or franchise to market a particular product. The real profit is earned, not by the sale of the product, but by the sale of new distributorships. Emphasis on selling franchises rather than the product eventually leads to a point where the supply of potential investors is exhausted and the pyramid collapses. At the heart of each pyramid scheme is typically a representation that new participants can recoup their original investments by inducing two or more prospects to make the same investment. Promoters fail to tell prospective participants that this is mathematically impossible for everyone to do, since some participants drop out, while others recoup their original investments and then drop out.

### Tips for Avoiding Pyramid Schemes:

- Be wary of “opportunities” to invest your money in franchises or investments that require you to bring in subsequent investors to increase your profit or recoup your initial investment.
- Independently verify the legitimacy of any franchise or investment before you invest.

[www.fbi.gov](http://www.fbi.gov)

## OLYMPIC PARK REMEMBRANCE

Do you remember Olympic Park? Do you want to reminisce, talk, and think about all of the attractions and fun times? Then come to a presentation at the New Providence Senior Center on Wednesday, November 30<sup>th</sup> @ 11:00am.

Children of all ages are invited to come and enjoy. There is no admission fee. Books and memorabilia will be available for purchase.

## HONOR OUR MILITARY

Let's honor our military,  
The men and women who serve,  
Whose dedication to our country  
Does not falter, halt or swerve.

Let's respect them for their courage;  
They're ready to do what's right  
To keep America safe,  
So we can sleep better at night.

Let's support and defend our soldiers,  
Whose hardships are brutal and cruel,  
Whose discipline we can't imagine,  
Who follow each order and rule.

Here's to those who choose to be warriors  
And their helpers good and true;  
They're fighting for American values;  
They're fighting for me and you.

*By Joanna Fuchs*

## 5 WITTY QUOTES ABOUT ELECTIONS

1. The problem with political jokes is they get elected.  
—*Henry Cate, VII*
2. I offer my opponents a bargain: if they will stop telling lies about us, I will stop telling the truth about them. —*Adlai Stevenson*
3. Why pay money to have your family tree traced; go into politics and your opponents will do it for you. —*Author Unknown*
4. George Washington is the only president who didn't blame the previous administration for his troubles. —*Author Unknown*
5. A politician thinks of the next election; a statesman thinks of the next generation. —*James Freeman Clarke*

## NOVEMBER FACTS

Birthstone: Topaz and Citrine

Flower: Chrysanthemum

Astrological Signs: Scorpio (Oct 23 – Nov 21) and Sagittarius (Nov 22 – Dec 21)

Observances:

- November 6 – Daylight Savings Time
- November 8 – Election Day
- November 11 – Veterans’ Day
- November 24 – Thanksgiving Day

<http://www.wincalendar.com>

~ November 2016 ~						
	Mon	Tue	Wed	Thu	Fri	Sat
Oct 30	<b>Oct 31 Happy Halloween!</b> 8:30 In Control w/Myriam 11:00 Newsletter 11:00 Chair Yoga 12:30 Bridge	<b>1</b> 9:00 Bus to ShopRite 9:45 Balance....w/Mike <b>11:00 Meditation &amp; Health</b> 11:00 Tennis w/Dick <b>12:30 Biology Class</b> 1:00 Tai Chi w/Ayriel 2:00 Converse Italian 3:00 Beginners Italian	<b>2</b> 9:30 Blood Pressure 10:00 Bus to Club <b>11:00 Caring &amp; Sharing Network</b> 12:30 Bingo/Cards	<b>3</b> 9:30 Fit & Healthy Exercise w/Myriam 12:30 Partner Bridge 12:30 Mah Jongg <b>7:00pm "After Hours" Music Trivia Challenge</b>	<b>4</b> 9:00 Bus to Mall 9:30 Zumba w/Donna 10:00 Bridge 12:30 Pizza Bingo	<b>5</b> <b>Paca Club Craft Fair 9:00-4:00</b>  <b>Union Methodist Church Trip 6:00pm</b>
<b>6</b>  <b>New Providence Street Fair 10:00-4:00</b>	<b>7</b> 8:30 In Control w/Myriam <b>9:30 Trustee Meeting</b> 11:00 Newsletter 11:00 Chair Yoga 12:30 Bridge	<b>8 Election Day</b> 9:00 Bus to ShopRite 9:45 Balance....w/Mike <b>10:00 Activities Meeting</b> 11:00 Tennis w/Dick 1:00 Tai Chi w/Ayriel 2:00 Converse Italian	<b>9</b> 10:00 Bus to Club <b>11:00 Union County Division of Aging – Senior Services</b> 11:00 Tennis w/Dick 12:30 Bingo/Cards – Chatham Hills	<b>10</b> 9:30 Fit & Healthy Exercise w/Myriam 12:30 Duplicate Bridge 12:30 Mah Jongg	<b>11 Veterans' Day</b> <b>CENTER CLOSED</b>  <b>Veterans Day Luncheon @ American Legion Hall 10:00am</b>	<b>12</b>
<b>13</b>  <b>Songs &amp; Letters of WWII @ NPML 3:00pm</b>	<b>14</b> 8:30 In Control w/Myriam 11:00 Newsletter 11:00 Chair Yoga 12:30 Bridge	<b>15</b> 9:00 Bus to ShopRite 9:45 Balance....w/Mike <b>11:00 Hydration</b> 11:00 Tennis w/Dick <b>12:30 Biology Class</b> 1:00 Tai Chi w/Ayriel 2:00 Converse Italian 3:00 Beginners Italian	<b>16 Happy Birthdays!</b> 10:00 Bus to Club <b>11:00 Maestro Maull of the Discovery Orchestra</b> 12:30 Bingo/Cards	<b>17</b> 9:30 Fit & Healthy Exercise w/Myriam <b>10:00 Senior Citizens Day @ NPHS</b> 12:30 Duplicate Bridge 12:30 Mah Jongg	<b>18</b> 9:00 Bus to Mall 9:30 Zumba w/Donna 10:00 Bridge 12:30 Pizza Bingo	<b>19</b> <b>Lodge Linne Scandinavian Import Sale @ Salt Brook School 10:00-3:00</b>
<b>20</b>	<b>21</b> 8:30 In Control w/Myriam 11:00 Newsletter 11:00 Chair Yoga 12:30 Bridge	<b>22</b> 9:00 Bus to ShopRite 9:45 Balance....w/Mike 11:00 Tennis w/Dick <b>12:30 Biology Class</b> 1:00 Tai Chi w/Ayriel 2:00 Converse Italian	<b>23</b> <b>CENTER CLOSED</b>	<b>24</b> <b>CENTER CLOSED</b> 	<b>25</b> <b>CENTER CLOSED</b>  <b>New Providence Christmas Walk 4:30pm</b>	<b>26</b>
<b>27</b>	<b>28</b> 8:30 In Control w/Myriam 11:00 Newsletter 11:00 Chair Yoga 12:30 Bridge	<b>29</b> 9:00 Bus to ShopRite 9:45 Balance....w/Mike 11:00 Tennis w/Dick <b>12:30 Biology Class</b> 1:00 Tai Chi w/Ayriel 2:00 Converse Italian 3:00 Beginners Italian	<b>30</b> 9:30 Blood Pressure 10:00 Bus to Club <b>11:00 Olympic Park Remembrance</b> 12:30 Bingo/Cards	<b>Dec 1</b> 9:30 Fit & Healthy Exercise w/Myriam <b>11:00 Address Holiday Greeting Cards</b> 12:30 Partner Bridge 12:30 Mah Jongg <b>7:00pm After Hours</b>	<b>Dec 2</b> 9:00 Bus to Mall 9:30 Zumba w/Donna 10:00 Bridge 12:30 Pizza Bingo  <b>Tree Lighting Ceremony @ Centennial Park 6:30pm</b>	<b>Dec 3</b> <b>Union Methodist Church Choir Christmas Cantata @ NP Senior Center 1:00pm</b>