

# New Providence Senior Citizens Newsletter

APRIL 2016



Volume 16. Issue 4



## COORDINATOR'S CORNER

April showers bring May flowers. Let's hope for some beautiful flowers that we can all enjoy. Once again we are gearing up for another busy month.

## SCHEDULE CHANGES

- **UCC Biology Class** will meet on Fridays in April. The dates are Friday April 1, 8 and 15 at 10:30am.

## SPECIAL EVENTS

- Please join the Community Services Association (CSA) for a **Pasta and Meatball Dinner Fundraiser** on Sunday April 3 from 2-6pm. Cost is \$12. You can buy your ticket from me or pay at the door.
- Our movie club will only meet once this month. We will meet on Tuesday April 5 at 11am and watch **The Graduate** starring Dustin Hoffman. Please join us.
- The **Union Methodist Choir** will perform at NPSCC on Saturday April 16<sup>th</sup> at 1pm. The concert is free and light refreshments will be served. We would love to have a great turnout for this performance so please join us and bring your friends.
- The New Providence Athletic Booster Club will hold a **Clothing Drive** on Saturday April 23. Clean out your closets, get organized! If you have clothing, shoes, boots or small household goods that you would like to donate, the booster club will send a student athlete to your house to pick up the items. Please see me if you have any questions and if you would like to schedule a pick up.
- **Card and Game Party Fundraiser** on Monday April 25 beginning at noon. Bridge, bingo, pool, ping pong and other games will be available to play.

## ARE YOU INTERESTED

- The YMCA of Berkeley Heights and the Summit Area YMCA are looking for ways to better serve the senior community. They have two meetings in April and would like to invite a few NPSCC members to attend and participate in the meetings. It would be a great way for a few of you to share ideas on what services are needed for seniors. Please let me know if you are interested.
- One of our volunteer Bingo callers would be interested in running a book club at the Senior Center. Please let me know if you would be interested in joining.

As many of you know, our Anniversary Lunch takes place on May 18<sup>th</sup>. We will honor volunteers who have helped out at the Senior Center. Please take a few minutes to nominate someone who is deserving of this acknowledgment.

## THANK YOU...

- Christine Napolitano for organizing a delightful St. Patrick's Luncheon.
- Jim Jennings for playing the bagpipes at our St. Patrick's Luncheon.
- Cast members from the NPHS Spring Musical for their wonderful performance of highlights from the show .
- Jennie Andrews for facilitating a fantastic discussion about Flowers & Plants.

## 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 MacNeil, Joe Masino,  
Grace Parlapiano, Bette Schmitt,  
Bill Wehrle

### Club Officers

President: Christine Napolitano  
Vice Pres.: Harry Kudrat  
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: 9:30 – 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!

- **Sun., Apr 3, 2:00-6:00pm: CSA Pasta & Meatball Dinner** – Enjoy a delicious dinner, a Basket Raffle, and a 50/50. Proceeds assist NP neighbors. Admission: \$12. Buy your ticket ahead of time from Stacey Kinum or at the door.
- **Tues., Apr 5, 11:00am: Movie Club** – “*The Graduate*” with Dustin Hoffman and Anne Bancroft.
- **Wed., Apr 6, 11:00am:** Enjoy the beautiful sounds of the **New Providence High School Strings** as we celebrate **April Birthdays**. Chatham Hills will call Bingo for us.
- **Wed., Apr 13, 11:00am:** Pradeep Nair of Homewell Senior Care will introduce us to **Laughter Yoga**, a combination of deep breathing exercises from yoga and laughter exercises. Sponsored by Manor Care.
- **Sat., Apr 16, 1:00pm:** The Union Methodist Church Choir will present an **Easter Concert** at the center. Admission is free. Please sign up in advance. See Bill Wehrle for details.
- **Tues., Apr 19, 10:00am-5:30pm: Casino Trip** - Try your luck at the **Sands Casino** in Bethlehem, Pennsylvania. Purchase tickets in advance. Receive \$20 in “play money” and \$5 for food. Cost: \$20. See Phyllis Winters.
- **Wed., Apr 20, 11:00am:** Bert Abbazia will give a presentation on the **History of the New Providence Pool**.
- **Thurs., Apr 21, 5:00pm: Patriots Baseball** - Celebrate Opening Day. Cost: \$10. See Christine Napolitano.
- **Thurs., Apr 21, 7:00-9:30pm: “After Hours” Annual Give Back Evening** – Learn line dancing for fun and make sandwiches to benefit the needy. Please bring 1 lb. each of meat and cheese and 1 loaf of bread.
- **Mon., Apr 25, 12:00noon-4:00pm: Card Party and Games Fundraiser** – Enjoy games and refreshments as we raise money to benefit the club. Please bring a finger food to share. Cost: \$7.00. See Bill Wehrle.
- **Wed., Apr 27, 11:00am:** Sabrina Houck, RN from Manor Care will give a presentation on **Managing Medications**.
- **Thurs., Apr 28, 9:30am: Birding in the Spring** – Take a trip to Pyramid Mountain and to the Raptor Trust and enjoy informative talks about our feathered friends. Bring a bag lunch. Cost: \$20. See Jean Holmes for details.
- **Wed., May 4, 11:00am:** Enjoy the lovely singing voices of **The Larks** as they provide entertainment at our club meeting and we celebrate **May Birthdays**.
- **Mon., May 9, 9:00am-1:00pm & Thurs., May 12, 12:00noon-1:00pm: AARP Driver Safety.** Details to follow.
- **Wed., May 11, 11:00am: TBD**
- **Thurs., May 12, 9:30am: Hoboken Museum Trip** – Frank Sinatra exhibit. Cost: \$10. See Christine Napolitano.
- **Wed., May 18, 12:00-3:00pm: Anniversary Luncheon** – Celebrate the 57<sup>th</sup> anniversary of our club with a luncheon and music at Berkeley Plaza. We will honor selected members 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.
  - Full 12 hour fasting blood screenings will be available for **New Providence Seniors** who make appointments in advance. **Pre-register at the center the week of April 25<sup>th</sup> between the hours of 10:00am and 1:00pm.**
  - Please sign up to help with **Setup** on Tuesday, May 24<sup>th</sup> and/or with **Hospitality and Clean Up** at the Fair.
- **Fri., May 27, 2:00pm: Set-up for Memorial Day Remembrance** – Help prepare the center for the holiday.
- **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.

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

- **Baseball Discussion Group** – John Cronin will lead a discussion of memorable moments in baseball. April 11<sup>th</sup>, May 9<sup>th</sup>, and June 13<sup>th</sup>.
- **Poetry Reading** – Women Who Write will read selections from *Goldfinch*, their annual literary journal, on Sunday, April 24<sup>th</sup>, 2:00pm.
- **Spring Tech Classes**
  - **Re-entering the Workplace** - Saturday, April 16<sup>th</sup>, 10:00am-12:00noon.
  - **Apps for Productivity** – Tuesday, May 3<sup>rd</sup>, 7:00-9:00pm.

**NEW PROVIDENCE HIGH SCHOOL**

- **NP Athletic Booster Club Clothing Drive** - Clean out your closets and donate clothing, linens, and household items. Contact Stacey Kinum to have your contributions picked up. Saturday, April 23<sup>rd</sup>, 8:00am-12:00noon

**DECORSO COMMUNITY CENTER**

- **CSA Pasta & Meatball Dinner** – Enjoy a delicious dinner, a Basket Raffle, and a 50/50. Proceeds assist NP neighbors. Admission: \$12. Buy tickets from Stacey Kinum or pay at the door. Sunday, April 3<sup>rd</sup>, 2:00-6:00pm.
- **Faith in Action on Climate** – The League of Women Voters presents Rev. Fletcher Harper. Thursday, April 7<sup>th</sup>, 7:30pm
- **"After Hours" Annual Give Back Evening** - Line dance for fun and make sandwiches to benefit the needy. Thursday, April 21<sup>st</sup>, 7:00-9:30pm.

**Senior Prom at the Summit YMCA**

On Sunday, April 3<sup>rd</sup> from 1:00-4:00pm, the Summit YMCA will be holding a Senior Prom. Come in your party clothes for a wonderful afternoon of dining, dancing, and entertainment. Free to all. Contact Sue Fieseler @ 908-273-3330 ext 1167.

**NPSCC Committees**

If you prefer to work behind the scenes, we would love to have you contribute your talents to one of the following committees.

**Refreshments:** Organize the kitchen. Prepare and serve refreshments at regular meetings. Assist at other affairs. Contact: Phyllis Winters

**Program:** In conjunction with the Center Coordinator, suggest and arrange for General Meeting programs, speakers, and entertainers. Contact: Stacey Kinum

**Newsletter:** Create a monthly newsletter to inform members of upcoming events, activities, and club news. Mail newsletters to homebound members. Contact: Barbara Koslap

**Safety:** Organize the quick and orderly evacuation of members in the event of an emergency. Conduct drills to familiarize members with evacuation procedures. Identify unsafe conditions. Arrange first aid programs. Contact: TBD

**Union County Council:** Represent the club at periodic meetings of the Union County Senior Citizens Council. Committee is comprised of a delegate and an alternate delegate. Contact: TBD

You may be as active as you wish. There are no obligations...just opportunities.

**Bereavement Support Group**

Starting Wednesday, April 6<sup>th</sup> from 2:00-3:30pm, Kathy Larkin, LCSW, Manager of InfoCare, SAGE Eldercare, will be facilitating an 8-week bereavement support group at the SAGE facility in Summit for people age 60 and older. The purpose of this group is to offer the opportunity to understand the grieving process, gain emotional support, and share coping strategies. To register, call 908-598-5548 or email [education@sageeldercare.org](mailto:education@sageeldercare.org).

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

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

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

- April 5 – *Steve Jobs*
- April 12, 9:30am – *Inside Out*
- April 12, 2:00pm – *The Peanuts Movie*
- April 19 – *Bridge of Spies*
- April 26 – *Truth*

**Foreign Films**

Thurs., April 7 at 2:00pm – *The Vertical Ray of the Sun* (In Vietnamese with English subtitles)

Mon., April 25 at 6:30pm – *Outside the Law* (In French and Arabic 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 credit card fraud.

### Tips for Credit Card Fraud:

- Don't give out your credit card number online unless the site is secure and reputable. A tiny icon of a padlock is not a guarantee of a secure site, but provides some assurance.
- Don't trust a site just because it claims to be secure.
- Before using the site, check out the security/encryption software it uses.
- Make sure you are purchasing merchandise from a reputable source.
- Do your homework on the individual or company to ensure that they are legitimate.
- Obtain a physical address rather than simply a post office box and a telephone number, and call the seller to see if the telephone number is correct and working.
- Send an e-mail to the seller to make sure the e-mail address is active, and be wary of those that utilize free e-mail services where a credit card wasn't required to open the account.
- Consider not purchasing from sellers who won't provide you with this type of information
- Check with the Better Business Bureau from the seller's area.
- Check out other websites regarding this person/company.
- Don't judge a person or company by their website. Flashy websites can be set up quickly.
- Be cautious when responding to special investment offers.
- Be cautious when dealing with foreign individuals/companies.
- Purchase items online using your credit card because you can often dispute the charges.
- Make sure the transaction is secure when you electronically send your credit card number.
- Keep a list of all your credit cards and account information along with the card issuer's contact information. If anything looks suspicious or you lose your credit card(s), contact the card issuer immediately.

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

## Help Wanted

Do you like to solve puzzles and figure out mysteries? Play detective on the Membership Committee and help by tracking down "missing persons" so we can update our Membership Directory. Prospective private investigators should contact Stacey Kinum to apply for these positions.

### Always Marry an April Girl

Praise the spells and bless the charms,  
I found April in my arms.  
April golden, April cloudy,  
Gracious, cruel, tender, rowdy;  
April soft in flowered languor,  
April cold with sudden anger,  
Ever changing, ever true –  
I love April, I love you.  
- Ogden Nash

"The first of April is the day we remember what we are the other 364 days of the year."

- Mark Twain

### Murphy's Laws and Others

#### Murphy's Law of Lockers

If there are only 2 people in a locker room they will have adjacent lockers.

#### Law of Physical Surfaces

The chances of an open-faced jelly sandwich landing face down on a floor are directly correlated to the newness and cost of the carpet or rug.

#### Law of Commercial Marketing Strategy

As soon as you find a product that you really like they will stop making it or the store will stop selling it!

### On a personal note from Clara DelMonte...

"Thank you for all the prayers, well wishes and cards. I'm doing better and hope to be back soon."

### April Facts

Birthstone: Diamond and Crystal

Flower: Daisy and Sweet Pea

Astrological Signs: Aires (Mar 21 – Apr 19) and Taurus (Apr 20 – May 20)

Observances:

April 22 – Earth Day

April 29 – Arbor Day

<http://www.wincalendar.com>

~ April 2016 ~						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
<b>Mar 27</b>	<b>Mar 28</b> <b>Tax Appts. 9:00-3:00</b> 11:00 Newsletter 11:00 Chair Yoga 12:30 Bridge 1:00 In Control	<b>Mar 29</b> 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	<b>Mar 30</b> 9:30 Blood Pressure 10:00 Bus to Club <b>11:00 Veterans Benefits</b> 12:30 Bingo/Cards	<b>31</b> 9:30 Fit & Healthy Exercise w/Myriam <b>12:00 Remember When</b> 12:30 Bridge or Poker 1:00 Mah Jongg	<b>1 April Fool's Day</b> 9:00 Bus to Mall 9:30 Zumba w/Donna 10:00 Bridge <b>10:30 UCC Class</b> 12:30 Pizza Bingo	<b>2</b> <b>Tax Appts. 9:00-3:00</b>
<b>3</b> <b>CSA Pasta &amp; Meatball Dinner 2:00-6:00</b> 	<b>4</b> <b>Tax Appts. 9:00-3:00</b> <b>9:30 Trustee Meeting</b> 11:00 Newsletter 11:00 Chair Yoga 12:30 Bridge 1:00 In Control	<b>5</b> 9:00 Bus to ShopRite 9:45 Balance and Conditioning w/Mike <b>11:00 Movie Club</b> 11:00 Tennis w/Dick 1:00 Tai Chi w/Ayriel 2:00 Converse Italian 3:00 Beginners Italian	<b>6 Happy Birthdays!</b> 10:00 Bus to Club <b>11:00 NPHS Strings</b> 12:30 Bingo/Cards	<b>7</b> 9:30 Fit & Healthy Exercise w/Myriam 12:30 Partner Bridge 1:00 Mah Jongg	<b>8</b> 9:00 Bus to Mall 9:30 Zumba w/Donna 10:00 Bridge <b>10:30 UCC Class</b> 12:30 Pizza Bingo	<b>9</b> <b>Tax Appts. 9:00-3:00</b>
<b>10</b>	<b>11</b> <b>Tax Appts. 9:00-3:00</b> 11:00 Newsletter 11:00 Chair Yoga 12:30 Bridge 1:00 In Control	<b>12</b> 9:00 Bus to ShopRite 9:45 Balance and Conditioning w/Mike <b>10:00 Activities Meeting</b> 11:00 Tennis w/Dick 1:00 Tai Chi w/Ayriel 2:00 Converse Italian	<b>13</b> 9:30 Blood Pressure 10:00 Bus to Club <b>11:00 Laughter Yoga</b> 12:30 Bingo/Cards	<b>14</b> 9:30 Fit & Healthy Exercise w/Myriam 12:30 Duplicate Bridge 1:00 Mah Jongg  <b>7:00pm "After Hours" Give Back Evening</b>	<b>15</b> 9:00 Bus to Mall 9:30 Zumba w/Donna 10:00 Bridge <b>10:30 UCC Class</b> 12:30 Pizza Bingo	<b>16</b> <b>Easter Concert 1:00</b> 
<b>17</b>	<b>18</b> 11:00 Newsletter 11:00 Chair Yoga 12:30 Bridge 1:00 In Control	<b>19</b> 9:00 Bus to ShopRite 9:45 Balance and Conditioning w/Mike <b>10:00 Trip to Sands</b> 11:00 Tennis w/Dick 1:00 Tai Chi w/Ayriel 2:00 Converse Italian 3:00 Beginners Italian	<b>20</b> 9:30 Blood Pressure 10:00 Bus to Club 11:00 Four Cities Bridge <b>11:00 History of NP Pool</b> 12:30 Bingo/Cards	<b>21</b> 9:30 Fit & Healthy Exercise w/Myriam 12:30 Duplicate Bridge 1:00 Mah Jongg <b>5:00 Patriots Baseball</b>	<b>22</b> 9:00 Bus to Mall 9:30 Zumba w/Donna 10:00 Bridge 12:30 Pizza Bingo	<b>23</b>
<b>24</b>	<b>25</b> 11:00 Newsletter 11:00 Chair Yoga <b>12:00 Card Party &amp; Games Fundraiser</b> 12:30 Bridge 1:00 In Control	<b>26</b> 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	<b>27</b> 9:30 Blood Pressure 10:00 Bus to Club <b>11:00 Managing Meds</b> 12:30 Bingo/Cards	<b>28</b> 9:30 Fit & Healthy Exercise w/Myriam <b>9:30 Birding in the Spring Trip</b> 12:30 Partner Bridge 1:00 Mah Jongg	<b>29</b> 9:00 Bus to Mall 9:30 Zumba w/Donna 10:00 Bridge 12:30 Pizza Bingo	<b>30</b>