

New Providence Senior Citizens Newsletter

JUNE 2017

Volume 17, Issue 6



COORDINATORS CORNER

June is here and the summer season begins. May certainly kept us busy with Breakfast Bingo, Health Fair, Anniversary Lunch and Memorial Day Parade. It is wonderful to see the center so busy and active.

WHO'S WHO PICTURE PROJECT

Our intern, Katie, is putting together a picture project of the NPSCC seniors. She is asking members to submit a picture from their "younger days". We will also take a current picture and both pictures will be added to a slide show. During an upcoming meeting we will guess who's who. If you are interested or have questions please see Katie.

Katie will also be offering Technology Help on Wednesdays June 7th and 14th. If you need help adding contacts to your phone or questions about your computer or email, please ask her.

Two of Therese's projects are taking off. The walking club has grown over the last couple weeks. Join her if you are interested. Several members will also participate in the first book club this month and discuss *Major Pettigrew's Last Stand*.

Schedule Changes:

Friday June 2- Pizza Bingo Canceled

Friday Jun 23 – Zumba Canceled

Wednesday June 28- Walking Club Canceled

Upcoming Events

Wednesday June 14 Creature Comforts will present Pet Therapy. They will have two dogs with them so it should be a lot of fun.

Wednesday June 21 Shoprite Dietician will be here to discuss new foods.

Wednesday June 28 Ernie and I will give a presentation on the history of the song God Bless America. There are many interesting tidbits that I think you will enjoy.

Reminder Borough of New Providence will begin summer hour on Friday June 2nd and all offices will close at 1pm. We will begin offering Bingo 2nd and 4th Friday of the month in July.

Thank You...

- NPHS Band for helping us to celebrate May birthdays.
- Attorney Meri Beth Robertson for her presentation on "Trusts and Estates".
- "Spread Love and Honor for Court" group for the great Bingo Breakfast.
- Club members who helped at the Health Fair.
- Peggy Macneal for running the Anniversary Luncheon.
- Club members who helped at the Memorial Day Remembrance.
- Summit Physical Therapy for "Strategies & Exercise for Arthritis".

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
Vice Chair: Pat Connolly
Kathy Hendrickson, Ed Insinger,
Peggy Macneal, Joe Masino, Tina
Morielli, Grace Parlapiano, Bette
Schmitt, Wilma Silwones, Bill
Wehrle

Club Officers

President: Christine Napolitano
Vice Pres.: Harry Kundrat
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 Coordinators

Stacey Kinum
Therese Dalton

Hours

Monday-Friday: 9:30am - 2:30pm

Newsletter Staff

Peggy Brodeur
Joan Clark
Therese Dalton
Clara DelMonte
Stacey Kinum
Barbara Koslap
Wilma Silwones

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., Jun 7, 10:00am: Technology Help With Katie** – NPSCC intern, Katie Kinum, will be available to help with technology. Bring your questions concerning computers, cell phones, IPads, social networking sites, etc.
- **Wed., Jun 7, 11:00am: Meeting** – The **Salt Brook Elementary School Choir** will serenade us as we celebrate June birthdays.
- **Thurs., Jun 8, 10:45am: Book Club** – Join us for the first meeting of the NPSCC book club. Center Coordinator, Therese Dalton, will lead the discussion on *Major Pettigrew's Last Stand*
- **Wed., Jun 14, 10:00am: Technology Help With Katie** – NPSCC intern, Katie Kinum, will be available to help with technology. Bring your questions concerning computers, cell phones, IPads, social networking sites, etc.
- **Wed., Jun 14, 11:00am: Meeting** – A representative from Creature Comforts and two canine companions will give a presentation on “**Pet Therapy**”. Chatham Hills will call Bingo.
- **Wed., Jun 14, 7:00pm: American Legion Flag Retirement Ceremony** – Held at the American Legion hall.
- **Thurs., Jun 15, 10:45am: Movie Club - “*The Best Exotic Marigold Hotel*”.** A group of British retirees arrive to find the newly restored hotel a shell of its former self. Transformed by their shared experiences, they discover that life and love can begin again when you let go of the past. Judi Dench, Maggie Smith, Bill Nighy, Dev Patel.
- **Thurs., Jun 15, 7:00pm-9:00pm: “After Hours” Super Barbecue** – Play lawn games and socialize with friends 50+. Hamburgers, hot dogs, desserts, ice cream, and watermelon will be provided. Please sign up to bring an appetizer or salad for 6-8 people. If you plan to attend, please sign up in advance. Doors open at 7:00pm.
- **Fri., Jun 16, 7:00pm: Somerset Patriots Baseball Game** – Get a professional-like baseball experience without the professional sports price! Includes transportation to/from the game, your ticket and a fireworks show. Cost: \$10. **Bus leaves at 6:00pm.** Buy tickets in advance.
- **Wed., Jun 21, 11:00am: Meeting** – ShopRite dietitian, Jessica Guarnieri, will give a presentation on “**New Trendy Foods**”. Small samples will be provided. If you have a heartier appetite, you may want to bring a lunch.
- **Wed., Jun 28, 11:00am: Meeting** – Center Coordinator, Stacey Kinum, and Ernie Gonczlik will give a presentation on the history of the Irving Berlin song, “**God Bless America**”.

Center will be closed July 3rd, 4th, and 5th for the Independence Day Holiday.

- **Wed., Jul 12, 11:00am: Meeting - TBD**
- **Thurs., Jul 13, 10:45am: Movie Club - “*Secretariat*”.** Penny Chenery Tweedy and colleagues guide her long-shot but precocious stallion to set, in 1973, the unbeaten record for winning the Triple Crown. Diane Lane, John Malkovich, Margo Martindale.
- **Tues., Jul 18, 1:00pm: Setup for Luau.**
- **Wed., Jul 19, 12:00noon: Luau.** Have fun with a Hawaiian flair. Enjoy a catered lunch and entertainment. Purchase ticket in advance. Cost: TBD
- **Thurs., Jul 20, 12:00noon: Remember When** – Jennie Andrews will lead a discussion on “**Weird New Jersey and Other Fun Things**”. Bring your stories and share memorabilia about oddities and interesting places to visit in NJ. Pizza is available @ \$1.75 per slice.
- **Tues., Jul 25, 9:45am-5:00pm: Casino Trip** – Try your luck at the **Sands Casino** in Bethlehem, Pennsylvania. Receive \$20 in “play money” and \$5 toward food. Cost: \$25. Purchase tickets in advance. See Phyllis Winters.
- **Wed., Jul 26, 11:00am: Meeting - TBD**

EDWARD H. LIEDER SCHOLARSHIP

The Edward H. Lieder Student/Athlete Scholarship Award will be presented to Katie Kinum on June 1, 2017. Our Board of Trustees chose Katie out of a pool of 6 applicants who had at least a 3.7 GPA, 4 years of varsity athletic experience, and who volunteered with the senior citizens in town. Katie excelled in each of those areas. She graduated with a 4.3 GPA, received many basketball honors culminating in being voted to the 2nd team all-state basketball team, and has volunteered in several capacities with senior citizens including interning for 4 weeks at the NPSCC. Katie's next adventure begins when she enters University of Pennsylvania, Wharton School of Business in the fall as a freshman where she will play basketball. It is a scholarship well-deserved! Congratulations to Katie!!!

OPERATION GRATITUDE

If you have knitting or crocheting skills, please consider making a scarf and/or hat to contribute to the Scarves for Troops Program. These homemade items are sent to our troops, veterans, new recruits, wounded heroes and emergency first responders. Scarves should be a maximum of 4–6" wide and 48–50" long. Subtle colors (blues, browns, olive, grays, maroon and black) are acceptable. There is no specific pattern to follow so feel free to use your own. No fringe please.

AROUND TOWN...

NEW PROVIDENCE MEMORIAL LIBRARY

- **The History of English Tea** – Learn about the customs, preparation, types of tea and snacks. Register in advance, 908-665-0311. Sun, Jun 4, 2:00pm.
- **Author Talk** – A local author will discuss her latest book, a novel about a publishing career girl who loses her job and ends up becoming a “Best Friend for Hire”. Tues, Jun 27, 7:30pm

DECORSO CENTER

- **“After Hours” Super Barbecue** – Play lawn games and enjoy hamburgers, hot dogs, ice cream and watermelon. Sign up to bring a salad. If you plan to attend, sign up in advance. Thurs, June 15, 7:00pm.

AMERICAN LEGION

- **Flag Retirement Ceremony** – The ceremony for disposal of unserviceable flags is a dignified tribute to the U.S. flag and to its symbolism. Weds, Jun 14, 7:00pm.

Anniversary Luncheon Honoree

The Board of Trustees chose to honor Barbara Koslap this year. Barbara creates and publishes the monthly newsletter for the Club. NPSCC has one of the best and most comprehensive newsletters around and we owe a big thank you to Barbara for all her hard work. THANK YOU BARBARA!

WET DOWN

On Saturday, June 3 from 6pm-Midnight join the New Providence Fire Department to celebrate NPSCC member at **“Mickey Allocchio” Day** which will honor his 65 years of service. DJ music, food and beverages will be provided.

MOVIE MARQUEE

JUNE MOVIES AT THE NP MEMORIAL LIBRARY

Tuesdays at 9:30am & 2:00pm

June 6 – *Patriots Day*

June 13 – *Hidden Figures*

June 20 – *The Accountant*

June 27 – *La La Land*

Foreign Films

Weds., June 7 at 2:00pm – *Bicycle Thieves* (in Italian with English subtitles)

Mon., June 26 at 7:00pm – *Sarah’s Key* (in French, English, Italian, German and Yiddish with English subtitles)

UNION COUNTY SENIOR SERVICES

Beltone Hearing & Audiology

Beltone Hearing & Audiology Centers provide hearing assessment and evaluation; hearing instrument demonstration and hearing instrument purchase, fitting, and delivery in the comfort of your own home. **Special offer** – People referred by the Union County Division on Aging will receive a 20% discount on a hearing system (not to be combined with other offers). Please mention this offer when you call for an appointment. Beltone has two locations in Union County: Roselle Park 908-245-6699 and Cranford 908-245-6161.

Visiting Dental Home Services

Dental Home Services has state of the art equipment that brings the dentist to you in your own home in any setting, including wheelchairs and hospital beds. If you would like more information on Dental Home Services, or if you would like to schedule an appointment, call 1-800-842-4663.

Visiting Physician

Visiting Physician provides comprehensive care with the expertise to handle everything from routine checkups to serious illnesses. Visiting Physician makes house calls to private residences, senior housing buildings, and assisted living facilities, and are able to perform complete physical exams; conduct lab tests including blood work and urinalysis, perform EKG's and x-rays; care for wounds; and prescribe and monitor medications. For more information call Visiting Physician at 1-888-771-3338 or 732-571-1000.

Resident Eye Care Associates

Resident Eye Care Associates are experts in bringing top-quality care directly to nursing homes, long-term care facilities, and patients' homes. There is no need for patients to move off premises or for the home bound to struggle to make an appointment. For more information on the services offered by Resident Eye Care Associates, call 201-797-2747.

<http://ucnj.org/wp-content/uploads/2014/01/Outreach-Revised-2016.pdf>

RUBBER DUCKY RACE

The Berkeley Heights Rotary Club will hold their annual Rubber Ducky Race on Saturday, June 3rd from noon to 4:00pm at the Passaic River Park, 151 Springfield Avenue, Berkeley Heights.



Rating: ***

BOOK REVIEW by Therese Dalton

Order to Kill (a Mitch Rapp novel)

by Vince Flynn

This book was a fast reading spy thriller that kept me entertained and wanting to turn the page.

Mitch Rapp is used to winning, but he may have met his match.

The CIA operative finds himself chasing false leads from continent to continent in an effort to keep Pakistani nukes from falling into the hands of terrorists. Rapp struggles to prevent the loss of these lethal weapons, particularly because Russia is also interested in the nukes, though not for the same reason as Rapp.

Soon, it becomes clear that the forces in Moscow are bent on creating even more chaos and turmoil in the Middle East, and Rapp must go deep into Russian territory, posing as an American ISIS recruit. There, he uncovers a plan much more dangerous and insidious than he ever expected, one that could have far-reaching and catastrophic consequences.

If you enjoy a spy thriller, this one will not disappoint!

ONE HABIT THAT CAN MAKE YOU HAPPIER

By adopting the habit of reciting a mantra to yourself on a regular basis, you can actually alter the chemical state of your mind, leaving you happier and less stressed out than before. The journal *Brain and Behavior* published a study in 2015 that showed how brain activity changes when you repeat a mantra to yourself.

By saying something positive and meaningful to yourself over and over again, you slow down the default mode network in your brain, which is what increases harsh self judgment.

<http://hellogiggles.com/science-says-habit-make-happier-today/>

JUNE FACTS

Birthstone: Alexandrite, Pearl, & Moonstone

Flower: Rose

Zodiac Signs: Gemini (May 21 – Jun 20) and Cancer (Jun 21 – Jul 22)

Holidays and Observances:

June 14 – Flag Day

June 18 – Father's Day

June 21 – Summer Solstice

<http://www.wincalendar.com>

NEW PROVIDENCE SENIOR CITIZENS CLUB ~ June 2017 ~						
	Mon	Tue	Wed	Thu	Fri	Sat
May 28	May 29 Memorial Day Remembrance 11:00am 	May 30 9:00 Bus to ShopRite 9:45 Balance/Conditioning w/Mike 1:00 Tai Chi w/Ayriel 2:00 Converse Italian	May 31 9:30 Blood Pressure 10:00 Bus to Club 10:00 Walking Group 11:00 Strategies & Exercise for Arthritis 12:30 Bingo/Cards	1 9:30 Fit & Healthy Exercise w/Myriam 12:30 Partner Bridge 12:30 Mah Jongg	2 9:00 Bus to Mall 9:30 Zumba w/Donna 10:00 Bridge 12:30 NO Pizza Bingo	3 Rubber Ducky Race 12:00noon-4:00pm 
4	5 8:30 In Control w/Myriam 9:30 Trustee Meeting 11:00 Chair Yoga w/Judy 11:00 Newsletter 12:30 Bridge	6 9:00 Bus to ShopRite 1:00 Tai Chi w/Ayriel 2:00 Converse Italian 3:00 Beginners Italian	7 Happy Birthdays! 10:00 Bus to Club 10:00 Tech Help w/Katie 10:00 Walking Group 11:00 Salt Brook Elementary School Choir 12:30 Bingo/Cards	8 9:30 Fit & Healthy Exercise w/Myriam 10:45 Book Club 12:30 Duplicate Bridge 12:30 Mah Jongg	9 9:00 Bus to Mall 9:30 Zumba w/Donna 10:00 Bridge 12:30 Pizza Bingo	10
11	12 8:30 In Control w/Myriam 11:00 Chair Yoga w/Judy 11:00 Newsletter 12:30 Bridge 1:00 Knitting Club	13 9:00 Bus to ShopRite 9:45 Balance/Conditioning w/Mike 10:00 Activities Meeting 1:00 Tai Chi w/Ayriel 2:00 Converse Italian	14 9:30 Blood Pressure 10:00 Bus to Club 10:00 Tech Help w/Katie 10:00 Walking Group 11:00 Pet Therapy 12:30 Bingo/Cards – Chatham Hills	15 9:30 Fit & Healthy Exercise w/Myriam 10:45 Movie Club – "Best Exotic Marigold Hotel" 12:30 Duplicate Bridge 12:30 Mah Jongg 7:00 "After Hours" BBQ	16 9:00 Bus to Mall 9:30 Zumba w/Donna 10:00 Bridge 12:30 Pizza Bingo 6:00 Somerset Patriots Baseball Trip	17
18	19 11:00 Chair Yoga w/Judy 11:00 Newsletter 12:30 Bridge	20 9:00 Bus to ShopRite 1:00 Tai Chi w/Ayriel 2:00 Converse Italian 3:00 Beginners Italian	21 9:30 Blood Pressure 10:00 Bus to Club 10:00 Walking Group 11:00 New Foods 12:30 Bingo/Cards	22 9:30 Fit & Healthy Exercise w/Myriam 12:30 Partner Bridge 12:30 Mah Jongg	23 9:00 Bus to Mall 9:30 NO Zumba 10:00 Bridge 12:30 Pizza Bingo	24
25	26 11:00 Chair Yoga w/Judy 11:00 Newsletter 12:30 Bridge 1:00 Knitting Club	27 9:00 Bus to ShopRite 1:00 Tai Chi w/Ayriel 2:00 Converse Italian	28 9:30 Blood Pressure 10:00 Bus to Club 11:00 "God Bless America" 12:30 Bingo/Cards	29 9:30 Fit & Healthy Exercise w/Myriam 12:30 Bridge or Poker 12:30 Mah Jongg	30 9:00 Bus to Mall 9:30 Zumba w/Donna 10:00 Bridge 12:30 NO Pizza Bingo	Jul 1