

New Providence Senior Citizens Newsletter

MAY 2017



Volume 17, Issue 5



COORDINATORS CORNER

I hope all those April showers bring plenty of beautiful May flowers. One thing is for sure, there will be plenty of activities at the NPSCC this month.

Upcoming Events:

Walking Club, Wednesday, May 3rd, 10:00am - Join Therese before the Wednesday meeting for a short walk around the neighborhood. In April, we had several speakers talk about the importance of walking for physical and mental health. Let's put what we learned into use. Walking is always more fun when you do it in a group.

"Spread Love in Honor of Court" Bingo Breakfast, Saturday, May 13th from 10:30am to 12:30pm - New Providence will be the recipient of a day of service in honor of a young woman who did volunteer work locally and abroad. At designated sites around town you will see her friends and family planting shrubs and flowers. They will also be hosting a Bingo Breakfast for seniors. You will still purchase your cards and play for cash but there will also be free raffles for scratch cards and local gift certificates. A light breakfast of delicious baked goods, fruit, juice, coffee and tea will be served. Please sign up in advance.

Health Fair, Wednesday, May 17th, 8:00am-11:00am – Join us for the 20th Annual NPSCC Health Fair. Free blood screenings will be available for residents of New Providence age 55 and older who pre-register in person. See Therese or me to pre-register. Volunteer sign-up sheets are on the table. Please sign up if you can help us.

Anniversary Lunch, Wednesday, May 25th, 12:00noon – This year we will try a new venue, The Primavera Regency in Stirling. The cost is \$35 and bus transportation is available for those who need it.

Memorial Day Remembrance, Monday, May 29th, 11:00am – We will celebrate Memorial Day by serving hot dogs and dessert to our community members. We will be asking for volunteers to help serve and bake. The Grand Marshal of the parade will be our very own Peggy Brodeur.

Finally, please consider purchasing and selling **Rubber Ducky Raffle** tickets. The proceeds help offset the cost of the Medical Alert system that many of you use in your homes. Additionally, **this is the biggest fundraiser for the NPSCC**. We get back 49% on every ticket we sell. Last year we received a check for \$1,250. Increasing sales would directly benefit the club.

Schedule Changes:

There will be no exercise classes or Italian classes on Tuesday, May 16th and no Pizza Bingo on Friday, May 26th.

Thank You...

- Christine Napolitano for running the Cherry Blossom Trip and the trip to Paper Mill Playhouse to see the "Million Dollar Quartet".
- Dr. Patrick Smith for "Simple Ways to Stay Healthier and More Active".
- Pam Robertson for "Gratitude and How It Can Change Your Life".
- Phyllis Winters for organizing a fantastic trip to the Sands Casino.
- All our members who helped make the Open House a success.

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

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 3, 10:00am: Walking Group** – Take a short walk and enjoy the beautiful spring weather!
- **Wed., May 3, 11:00am: Meeting** – Enjoy the fabulous sounds of the **NPHS Band**. Celebrate May birthdays.
- **Wed., May 10, 10:00am: Walking Group** – Take a short walk and enjoy the beautiful spring weather!
- **Wed., May 10, 11:00am: Meeting** – Attorney Meri Beth Robertson will discuss **“Trusts and Estates.”** Chatham Hills will call bingo.
- **Sat., May 13, 10:30am-12:30pm: “Spread Love in Honor of Court” Bingo Breakfast** – There will be cash prizes and free raffles for scratch cards and local gift certificates. A light breakfast of delicious baked goods, fruit, juice, coffee and tea will be served. Please sign up in advance.
- **Tues., May 16, 1:00pm: Setup for the Annual Health Fair.** All classes are cancelled.
- **Wed., May 17, 8:00-11:00am: Annual Health Fair** –Offering an array of exhibitors, health screenings, and pertinent medical information at NO COST. Sign up for bus transportation.
 - ♥ Free Blood Chemistry Screenings will be available to NP residents age 55 or older who have completed the required in-person pre-registration. Pre-register at the center April 18-May 16, from 11:00am to 1:00pm.
 - ♥ Please sign up to help with Setup on Tuesday, May 16th and/or with Hospitality and Clean Up.
- **Thurs., May 18, 10:45am: Movie Club – “The King’s Speech”**. The story of King George VI of the United Kingdom of Great Britain and Northern Ireland, his impromptu ascension to the throne and the speech therapist who helped the unsure monarch become worthy of it. Colin Firth, Geoffrey Rush, Helena Bonham Carter.
- **Wed., May 24, 12:00noon: Anniversary Luncheon** – Celebrate the 58th anniversary of the club with lunch at Primavera Regency. Singer Candy Nelson will provide entertainment. Sign up, pay, and order your entrée in advance. Cost: \$35. Sign up for bus transportation. Bus leaves at 11:00am. Center will be closed.
- **Fri., May 26, 1:00pm: Setup for Memorial Day Remembrance** – Help prepare the center and start your baking. Pizza Bingo is cancelled.
- **Mon., May 29, 11:00am: Memorial Day Remembrance** – Join us 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., May 31, 10:00am: Walking Group** – Take a short walk and enjoy the beautiful spring weather!
- **Wed., May 31, 11:00am: Meeting** –Summit Physical Therapy.
- **Wed., Jun 7, 11:00am: Meeting** – Salt Brook Elementary School Choir. Celebrate June birthdays.
- **Thurs., Jun 8, 10:45am: Book Club** – Center Coordinator, Therese Dalton, loves reading and wants to share her passion and opinions with you! See page 3 for details.
- **Wed., Jun 14, 11:00am: Meeting** – Creature Comforts will give a presentation on **“Pet Therapy”**. Chatham Hills will call bingo.
- **Wed., Jun 14, 6:00pm: American Legion Flag Retirement Ceremony**
- **Thurs., Jun 15, 7:00pm-9:30pm: “After Hours” Super Barbecue** – Details to follow.
- **Wed., Jun 21, 11:00am: Meeting** – ShopRite dietician, Jessica Guarnieri, will give a presentation on **“New Foods”**. Samples will be provided. Please sign up in advance.
- **Wed., Jun 28, 11:00am: Meeting** – History of the song, **“God Bless America”**.

RUBBER DUCKY RACE

Tickets available at the NPSCC!

The Berkeley Heights Rotary Club will be holding their annual Rubber Ducky Race this year on Saturday, June 3rd from noon to 4:00pm. Prizes include matinee tickets for the musical *Hamilton*, a 4 month new family membership to Lifetime Fitness Center, one flower arrangement per month for a year from Hall's Garden Center, and Dine Around Baskets of coupons worth \$250 and \$100.

The Rotary Club provides New Providence residents with reduced cost Medical Alert systems. The Rubber Ducky Race is a major fundraiser to continue this program for our residents. The NPSCC has been designated as a "Soliciting Sponsor". This means that we will receive \$2.45 back of the \$5 price of each ticket we sell.

Our treasury needs funds and our residents need this reduced cost program to keep them safe at home. We ask all of our members, active and inactive, to purchase tickets and to sell tickets to their friends and neighbors, too.

Adoption tickets will be sold at the club at our Wednesday meetings during May and also by Stacey in the office.

If you have any questions, please call Joanne Malinauskas at 908-464-1209.

AROUND TOWN...

NEW PROVIDENCE MEMORIAL LIBRARY

- **Madame Bey's Home to Boxing Legends** - Gene Pantalone, a NP author, will tell stories about this world famous camp in Chatham where 12 heavy weight champs trained. Sunday, May 7th, 2:00pm.
- **Baseball Discussion Group** – All baseball fans are welcome! Monday, May 8th, 7:00pm.
- **Pinterest Class** – Bring your laptop or mobile device and learn about Pinterest from an expert as Mike Skara from computer Training Service teaches us about it. Tuesday, May 23rd, 7:30pm.

NEW PROVIDENCE HIGH SCHOOL

- **Spring Choral Concert** – Wednesday, May 24th, 7:30pm.
- **Spring Instrumental Concert** – Thursday, May 25th, 7:30pm.

NPSCC BOOK CLUB

Therese Dalton loves reading and wants to share her passion and opinions with you! She is starting a book club on **Thursday, June 8th at 10:45am**. The first book will be *Man Called Ove* by Fredrik Backman. It is a thoughtful exploration of the angry old man next door and the profound impact one's life has on countless others.

Therese has 8 copies of the book and invites you to stop by and borrow one!

MOVIE MARQUEE

MAY MOVIES AT THE NP MEMORIAL LIBRARY

The 2:00 PM showing will have subtitles for the hearing impaired.

Tuesdays at 9:30am & 2:00pm

May 2 – *Mother's Day*
 May 9 – *Hacksaw Ridge*
 May 16 – No movie
 May 23 - *Fences*
 May 30 – *Collateral Beauty*

Foreign Films

Weds., May 3 at 2:00pm – *The Kid With a Bike* (in French with English subtitles)
 Mon., May 22 at 6:30pm – *House of Flying Daggers* (in Mandarin with English subtitles)

UNION COUNTY SENIOR SERVICES

Union County Special Needs Registry

The Union County Special Needs Registry is designed to help emergency responders locate and safely evacuate people who find it difficult to help themselves in the event of a major disaster. Anyone with a physical or mental health disability severe enough to require care and assistance to meet their basic needs should apply for this program. Call the Union County Office of Health Management at 908-518-5620 for more information on this program or to request an application. Applications can also be obtained by calling the Division on Aging at 908-527-4870. Applications are also available online at www.registerready.nj.gov.

Grocery Shopping Programs

Catholic Charities and SAGE Eldercare offer food shopping service for homebound older adult residents of Union County who are unable to shop for themselves and have no primary caregiver who can shop for them on a consistent basis. There is a small fee for this service. For more information, call Catholic Charities at 908-497-3950. SAGE Eldercare covers Berkeley Heights, New Providence, Springfield, and Summit; call 908-273-5554 for more information.

Supplemental Nutrition Assistance Program

The Supplemental Nutrition Assistance Program (SNAP), formerly known as Food Stamps, is a nutrition assistance program to help low-income individuals and families buy the groceries they need for good health. Eligibility depends on several factors like income, resources, and household size.

Number in Household	Monthly Income
1	\$1,815.00
2	\$2,456.00
3	\$3,098.00
4	\$3,739.00

The increase in the amount of money and resources has made more seniors eligible for the SNAP Program. For more information, call the Union County Department of Human Services, Division of Social Services, at 908-965-2700 in Elizabeth and 908-791-7000 in Plainfield. You can also go online to www.oneapp.dhs.state.nj.us to screen for services, apply online for services, complete an unfinished application, or check the status of your application.

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



Rating: *****

BOOK REVIEW by Therese Dalton

Small Great Things

by Jodi Picoult

Small Great Things is a book that makes you think. It's about privilege, power and race. We all have biases, but do we discriminate?

Ruth Jefferson is a labor and delivery nurse with more than twenty years' experience. During her shift, Ruth begins a routine checkup on a newborn only to be told that she's been reassigned to another patient. The parents are white supremacists and don't want Ruth, who is African American, to touch their child. The hospital complies with their request, but the next day the baby goes into cardiac distress while Ruth is alone in the nursery. Does she obey orders or does she intervene?

The baby does not make it, and Ruth is charged with a serious crime. Kennedy McQuarrie, a white public defender, takes her case but gives unexpected advice: Kennedy insists that mentioning race in the courtroom is not a winning strategy. Conflicted by Kennedy's counsel, Ruth tries to keep life as normal as possible for her family – especially her teenage son – as the case becomes a media sensation. As the trial moves forward, Ruth and Kennedy must gain each other's trust, and come to see that what they've been taught their whole lives about others – and themselves – might be wrong.

This book was donated by the Lions Club and is available in our library!

Mother's Dictionary of Meanings

Dumbwaiter: One who asks if the kids would care to order dessert.

Hearsay: What toddlers do when anyone mutters a dirty word.

Show Off: A child who is more talented than yours.

MAY FACTS

Birthstone: Emerald

Flower: Lily of the Valley & Hawthorn

Zodiac Signs: Taurus (Apr 20 – May 20) and Gemini (May 21 – Jun 20)

Holidays and Observances:

May 14 – Mother's Day

May 20 – Armed Forces Day

May 29 – Memorial Day

<http://www.wincalendar.com>

NEW PROVIDENCE SENIOR CITIZENS CLUB ~ May 2017 ~						
	Mon	Tue	Wed	Thu	Fri	Sat
Apr 30	1 8:30 In Control w/Myriam 9:30 Trustee Meeting 11:00 Chair Yoga w/Judy 11:00 Newsletter 12:30 Bridge	2 9:00 Bus to ShopRite 9:45 Balance/Conditioning w/Mike 1:00 Tai Chi w/Ayriel 2:00 Converse Italian 3:00 Beginners Italian	3 Happy Birthdays! 10:00 Bus to Club 10:00 Walking Group 11:00 NPHS Band 12:30 Bingo/Cards	4 9:30 Fit & Healthy Exercise w/Myriam 12:30 Partner Bridge 12:30 Mah Jongg	5 9:00 Bus to Mall 9:30 Zumba w/Donna 10:00 Bridge 10:30 Biology Class 12:30 Pizza Bingo	6
7	8 8:30 In Control w/Myriam 11:00 Chair Yoga w/Judy 11:00 Newsletter 1:00 Knitting Club 12:30 Bridge	9 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	10 9:30 Blood Pressure 10:00 Bus to Club 10:00 Walking Group 11:00 Trusts & Estates 12:30 Bingo/Cards – Chatham Hills	11 9:30 Fit & Healthy Exercise w/Myriam 12:30 Duplicate Bridge 12:30 Mah Jongg	12 9:00 Bus to Mall 9:30 Zumba w/Donna 10:00 Bridge 12:30 Pizza Bingo	13 “Spread the Love” Bingo Breakfast 10:30am-12:30pm
14 Mother's Day	15 8:30 In Control w/Myriam 10:30 Biology Class Party 11:00 Chair Yoga w/Judy 11:00 Newsletter 12:30 Bridge	16 9:00 Bus to ShopRite 1:00 Setup Health Fair	17 Health Fair 8:00am-11:00am	18 9:30 Fit & Healthy Exercise w/Myriam 10:45 Movie Club 12:30 Duplicate Bridge 12:30 Mah Jongg	19 9:00 Bus to Mall 9:30 Zumba w/Donna 10:00 Bridge 12:30 Pizza Bingo	20 Armed Forces Day
21	22 8:30 In Control w/Myriam 11:00 Chair Yoga w/Judy 11:00 Newsletter 12:30 Bridge 1:00 Knitting Club	23 9:00 Bus to ShopRite 9:45 Balance/Conditioning w/Mike 1:00 Tai Chi w/Ayriel 2:00 Converse Italian	24 Anniversary Lunch 12:00noon	25 9:30 Fit & Healthy Exercise w/Myriam 12:30 Partner Bridge 12:30 Mah Jongg	26 9:00 Bus to Mall 9:30 Zumba w/Donna 10:00 Bridge 12:30 NO Pizza Bingo 1:00 Setup Memorial Day	27
28	29 Memorial Day Remembrance 11:00am 	30 9:00 Bus to ShopRite 9:45 Balance/Conditioning w/Mike 1:00 Tai Chi w/Ayriel 2:00 Converse Italian	31 9:30 Blood Pressure 10:00 Bus to Club 10:00 Walking Group 11:00 Summit Physical Therapy	Jun 1 9:30 Fit & Healthy Exercise w/Myriam 12:30 Partner Bridge 12:30 Mah Jongg	Jun 2 9:00 Bus to Mall 9:30 Zumba w/Donna 10:00 Bridge 12:30 Pizza Bingo	Jun 3