

New Providence Senior Citizens Newsletter

“Good things happen here!”

AUGUST 2018



Vol. 18, No. 8



COORDINATORS CORNER

“The longer I live the more beautiful life becomes.” » Frank Lloyd Wright

Although I feel like summer was just beginning, it is now starting to wind down. The kitchen renovation scheduled for the end of August is now planned for September. We will need your understanding and flexibility as we go through this process together. In the meantime, let’s enjoy some August events!

Upcoming Events

Walking Club Prize Drawing – Join the walking club on Wednesday mornings at 10:15am for a walk around the neighborhood. You’ll earn a ticket every week that you walk with the group. There is a weekly drawing for a prize donated by ShopRite and there will be a grand prize drawing on September 5th.

Senior Day at the New Providence Community Pool is Thursday, August 9th from 12:30 to 2:00pm. Please sign up at the center.

IPads and iPhones Class will be held on Monday, August 13th at 10:00am. A student will show you how to stay in touch through email, how to read an electronic book and much more! Come with questions.

Reminders/Schedule Changes

During August, our Tuesday exercise instructor, Mike Czech, will teach an additional class on Thursdays at 9:30am.

There will be no meeting or activities on August 22nd and 29th. The center will be closed on August 31st and September 3rd. No bridge on August 16th and 31st.

This year the center will remain open during the month of August. Please come in anytime for a break from the heat or to socialize. We have plenty of games – Scrabble, Backgammon, Trivial Pursuit, and cards, to name a few. Grab a friend and come on by!

Notes

Sewing Volunteers needed for the NPHS Marching Band. I have been asked to see if there are any seniors who would like to volunteer their time and talent to the band. They need people to sew hems on flags that the color guards use. This is a one time commitment at the end of August/beginning of September. Please let Therese or Michelle know if you are interested.

THANK YOU...

- Christine Napolitano for running the Beneduce Winery Trip.
- Barbara Moran of the Jewish Community Housing Corporation for her presentation on “The Art of Chocolate”.
- Frank Quadrino and Dave Brenner of Lyons Hospital for their talk on “Veterans Benefits”.
- Phyllis Winters for running the Sands Casino Trip.
- Lantern Hill for providing goodie bags for the Casino Trip.
- Grace Dalton for providing Technology Help before our meeting on July 18th.
- ShopRite for providing prizes for weekly drawings for the Walking Club.
- Howard Gottlieb for teaching the AARP Smart Driver class.
- Janice Gironda for using funds from a Union County grant to buy additional large print bingo cards.
- The Lions Club for providing funding for a new microphone.

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: TBD

Secretary: Bette Schmitt

Bert Abbazia, Kathy Hendrickson, Peggy Macneal, Joe Masino, Tina Morielli, Christine Napolitano, Grace Parlapiano, Bill Wehrle

Club Officers

President: Peggy Brodeur

Vice President: Bill Wehrle

Treasurer: Sal Ligammarri

1st Treasurer: TBD

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 Co-Coordinators

Therese Dalton

Michelle Zack

Hours

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

Newsletter Staff

Peggy Brodeur

Joan Clark

Therese Dalton

Barbara Koslap

Michelle Zack

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 908-665-0046 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., Aug 1, 10:00am:** Kathy Larkin from **SAGE** will be available for private consultations.
- **Wed., Aug 1, 11:00am: Meeting** – Learn more about the great State of NJ as author/lecturer, Kevin Woyce, gives an illuminating presentation on the “**History of the Jersey Shore**”.
- **Thurs., Aug 2, 7:00pm: NP Summer Concert** at Centennial Park featuring the **1910 Fruitgum Company**, an American bubblegum pop band of the 1960s.
- **Tues., Aug 7, 6:00pm: NP Summer Concert** at Centennial Park featuring the **Elefante Family Band** and observing **National Night Out**, a community-building campaign promoting police-community partnerships and neighborhood camaraderie. The Diversity Committee will present “**Faces of New Providence**”.
- **Wed., Aug 8, 11:00am: Meeting** – May Fridel will give a presentation on how to “**Spice Up Your Healthy Kitchen**”. Chatham Hills will call bingo!
- **Thurs., Aug 9, 12:30pm: Seniors Day at the Pool** – The New Providence Community Pool invites all seniors to be their guests for lunch and entertainment. Advance sign up is required. Advance sign up for bus transportation is also required.
- **Mon., Aug 13, 10:00am: Technology Class** – Vivian Dalton will teach a class on “**iPads and iPhones**”. Sign up in advance.
- **Wed., Aug 15, 11:00am: Meeting – Club Day**. Come socialize and enjoy refreshments. We will celebrate August birthdays. All are welcome to stay afterwards for bingo!
- **Thurs., Aug 16, 10:00am: Mystery Trip** – Mike Ferlise will provide commentary as we visit a secret destination in Bayonne, take a trolley ride, enjoy delicious hot dogs at Dickey Dee’s, and visit Calandra’s Bakery. Cost: \$2.00 plus money for the trolley, hot dogs and baked goods.
- **Wed., Aug 22, 11:00am:** NO meeting. All activities cancelled.
- **Thurs., Aug 23, 10:45am: Movie Club** – Join us for a viewing of **Jersey Boys**.
- **Wed., Aug 29, 11:00am:** NO meeting. All activities cancelled.

The center will be closed Friday, August 31st and Monday, September 3rd for the Labor Day holiday.

- **Wed., Sep 5, 11:00am: Meeting** – Lisa McKnight, Senior Financial Planner from Lassus Wherley, will give a presentation on “**Medicare and Financial Planning**”. Grand prize drawing for the Walking Club!
- **Wed., Sep 12, 11:00am: Meeting – Club Day**. Come socialize and enjoy refreshments. We will celebrate September birthdays. Chatham Hills will call bingo!
- **Thurs., Sep 13, 12:15pm: Morris Museum Trip** – See highlights of the Murtoch D. Guinness Collection of Mechanical Musical Instruments and Automata (mechanical figures). Includes live demonstration. Cost: \$10
- **Wed., Sep 19, 11:00am: Meeting** – ShopRite dietitian Michelle Sweeney will give a presentation on “**Nutrition for Your Golden Years**”.
- **Thurs., Sep 20, 11:00am: Lecture Series** - Nutritionist, Sue Fieseler, will discuss “**Food Labels**”. See page 3.
- **Wed., Sep 26, 11:00am: Welcome Back Country/Western Picnic** – Enjoy delicious food prepared by Elmer’s and fabulous entertainment provided by disc jockey Jeanmarie. Cost: \$20

NUTRITION SERIES

Nutritionist Sue Fieseler returns with another wonderful Nutrition Education Series. The following classes will be held on Thursdays at 11:00am:

- Sep 20 – *Food Labels...What are they really saying?*
- Oct 4 – *Supplements & Foods That Slow Aging*
- Oct 11 – *The Importance of Staying Active*
- Oct 18 – *Slowing the Onset of Alzheimer's*

If you would like to attend any or all of these classes, please sign up at the center or call 908-665-0046.

MORRIS MUSEUM TRIP

On September 13 we will be taking a trip to see *Musical Machines & Living Dolls: Mechanical Musical Instruments and Automata from the Murtogh D. Guinness Collection*. This interactive exhibition features more than 150 pieces and takes visitors on a journey through the history of on-demand musical entertainment. There will be a historical overview and a live demonstration of some of the mechanical musical instruments and automata.

GOGOGRANDPARENT

Need to get to programs, medical appointments, run errands or attend performances? Call Tri-Town 55! for rides 24/7 to an area covering Morristown, Florham Park, Summit, Berkeley Heights, New Providence and Millburn for a minimal fee. Registration is FREE; call 1-855-464-6872.

AROUND TOWN...**NEW PROVIDENCE MEMORIAL LIBRARY (NPML)**

Thursday Evening Reading Group – Discuss *The Orchardist* by Amanda Coplin. Thurs., Aug 2nd, 7:30pm.

Summer Salads and Salsas – Dietician Michelle Sweeney will make Mediterranean Quinoa Salad and Mango-Black Bean Salsa. Call (908) 665-0311 or email npmlref@yahoo.com by July 26 to sign up. Sat., Aug 4th, 10:30am.

Knitting Club – Bring a project you are working on or one that you would like to start. Mon., Aug 6th & 20th, 7:00pm

Books by the Pool – A book group for members of the New Providence Community Pool will meet at the pool's picnic area to discuss *Moon Shot*. If it rains, the group will meet at the New Providence Memorial Library. Wed., Aug 22nd, 2:00pm and Mon., Aug 27th, 7:00pm.

BOROUGH OF NEW PROVIDENCE

Summer Concerts – Music and entertainment at Centennial Park. Free hot dogs from Prestige Diner, water from Acme, and ice cream from Zita's. Thanks to the Lions Club for cooking and serving the hot dogs.

- 1910 Fruitgum Company, Thurs., Aug 2nd, 7:00pm
- Elefante Family Band/National Night Out. The Diversity Committee presents Faces of New Providence, an opportunity to share what makes your family unique. Tues., Aug 7th, 6:00pm

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

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

Tuesdays at 9:30am & 2:00pm

- August 7 – *Molly's Game*
- August 14 – *The Leisure Seeker*
- August 21 – *The Battle of the Sexes*
- August 28 – *Hostiles*

Foreign Films

Weds., August 1 at 2:00pm – *Il Divo* (in Italian with English subtitles)

Mon., August 27 at 7:00pm – *Hero* (in Mandarin with English subtitles)

<p>SAGE ELDERCARE</p> <p>SAGE is a nonprofit organization committed to being the leading provider of programs and services to meet the changing needs of older adults, their families, and caregivers. New Providence Borough has contracted with SAGE and their services are available to all New Providence residents. Kathy Larkin is available for private consultations at the center before the club meeting on the first Wednesday of every month</p> <p>One of the services that SAGE provides is a Shopping and Errand Service. If you are age 60+ or disabled and cannot shop for yourself they can do it for you.</p> <ul style="list-style-type: none"> • Grocery shopping for the homebound or those recuperating from illness. • Errands to the post office, library, city hall, pet store, etc. • Laundry and dry cleaning pickup and delivery. • Check in/safety visits. • Don't see a service listed? Just ask! All requests will be considered. <p>A nominal fee is charged for this service.</p> <ul style="list-style-type: none"> • Shopping Service - \$15.00 per shopping trip plus \$3.00 each additional errand. • Errand Service alone is \$9.00. • Funding is sometimes available. <p>Call 908-273-5554 for more information.</p>	 <p>Rating: ****</p> <p>BOOK REVIEW by Therese Dalton <i>War Brides</i> by Helen Bryan</p> <p>This is a fun read that keeps you engaged every page. The setting is a sleepy village in England during WWII. The story is about 5 women forging a friendship that changes their lives.</p> <p>Alice Osbourne, the stolid daughter of the late vicar, is reeling from the news that Richard Fairfax broke their engagement to marry Evangeline Fontaine, an American girl from the Deep South. Evangeline's arrival causes a stir in the village—but not the chaos that would ensue if they knew her motives for being there. Scrappy Elsie Pigeon is among the poor of London who see the evacuations as a chance to escape a life of destitution. Another new arrival is Tanni Zayman, a young Jewish girl who fled the horrors of Europe and now waits with her newborn son, certain that the rest of her family is safe and bound to show up any day. And then there's Frances Falconleigh, a madcap, fearless debutante whose father is determined to keep her in the countryside and out of the papers.</p> <p>As the war and its relentless hardships intensify around them, the same struggles that threaten to rip apart their lives also bring the five closer together. They draw strength from one another to defeat formidable enemies—hunger, falling bombs, the looming threat of a Nazi invasion, and a traitor in their midst—and find remarkable strength within themselves to help their friends.</p> <p>When four of the women return to Crowmarsh Priors for a VE Day celebration fifty years later, television cameras focus on the heartwarming story of these old women as war brides of a bygone age, but miss the more newsworthy angle. The women's mission is not to commemorate or remember—they've returned to settle a score and avenge one of their own.</p>
<p>HELP WANTED</p> <p>The newsletter staff wants your help. Would you be willing to contribute a humorous article or write a story about a trip you took? How about sharing a favorite poem? Perhaps, you could proofread our final edition or help mail out newsletters to homebound members. If you would be willing to pitch in, please let us know. We need you!</p>	<p>AUGUST FACTS</p> <p>Birthstone: Peridot Flower: Poppy & Gladiolus Zodiac Signs: Leo (Jul 23-Aug 22) and Virgo (Aug 23 – Sep 22) Holidays and Observances: National Mustard Day – August 4 Women's Equality Day – August 26</p> <p>http://www.wincalendar.com</p>
<p>NPSCC NEWSLETTER ONLINE</p> <p>The public version of the NPSCC newsletter may be viewed online at https://www.newprov.org. Select "Seniors" from the menu on the left hand side of the home screen. In the last sentence of the third paragraph, click on "<u>CLICK HERE</u>" to view current and past issues.</p>	

~ August 2018 ~						
	Mon	Tue	Wed	Thu	Fri	Sat
Jul 29	Jul 30 8:30 <u>NO</u> In Control w/Myriam 11:00 <u>NO</u> Chair Yoga w/Judy 11:00 Newsletter 12:30 Bridge	Jul 31 9:00 Bus to ShopRite 9:45 Balance & Conditioning w/Mike 12:30 Knitting Group 1:00 Tai Chi w/Ayriel 2:00 Converse Italian	1 9:30 SAGE 10:00 Bus to Club 10:15 Walking Club 11:00 "History of the Jersey Shore" 12:30 Bingo/Cards	2 9:30 Exercise w/Mike 12:30 Partner Bridge 12:30 Mah Jongg 7:00pm Summer Concert at Centennial Park	3 9:00 Bus to Mall 9:15 <u>NO</u> Zumba w/Donna 10:00 Bridge 12:30 <u>NO</u> Pizza Bingo	4
5	6 8:30 <u>NO</u> In Control w/Myriam 11:00 Chair Yoga w/Judy 11:00 Newsletter 12:30 Bridge	7 9:00 Bus to ShopRite 9:45 Balance & Conditioning w/Mike 12:30 Knitting Group 1:00 Tai Chi w/Ayriel 2:00 Converse Italian 3:00 Beginners Italian 7:00pm Summer Concert at Centennial Park	8 9:30 Blood Pressure 10:00 Bus to Club 10:15 Walking Club 11:00 "Spice Up Your Healthy Kitchen" 12:30 Bingo/Cards - Chatham Hills	9 9:30 Exercise w/Mike 12:30 Duplicate Bridge 12:30 Mah Jongg 12:30 Seniors Day at the New Providence Pool*	10 9:00 Bus to Blue Star 9:15 <u>NO</u> Zumba w/Donna 10:00 Bridge 12:30 Pizza Bingo	11
12	13 8:30 <u>NO</u> In Control w/Myriam 10:00 iPads & iPhones* 11:00 Chair Yoga w/Judy 11:00 Newsletter 12:30 Bridge	14 9:00 Bus to ShopRite 9:45 Balance & Conditioning w/Mike 10:00 Activities Meeting 12:30 Knitting Group 1:00 Tai Chi w/Ayriel 2:00 Converse Italian	15 Happy Birthdays! 9:30 Blood Pressure 10:00 Bus to Club 10:15 Walking Club 11:00 Club Day 12:30 Bingo/Cards	16 9:30 Exercise w/Mike 10:00 Mystery Trip** 12:30 <u>NO</u> Duplicate Bridge 12:30 Mah Jongg	17 9:00 Bus to Mall 9:15 <u>NO</u> Zumba w/Donna 10:00 Bridge 12:30 <u>NO</u> Pizza Bingo	18
19	20 8:30 <u>NO</u> In Control w/Myriam 11:00 Chair Yoga w/Judy 11:00 Newsletter 12:30 Bridge	21 9:00 Bus to ShopRite 9:45 Balance & Conditioning w/Mike 12:30 Knitting Group 1:00 Tai Chi w/Ayriel	22 All activities cancelled.	23 9:30 Exercise w/Mike 10:45 Movie Club 12:30 Partner Bridge 12:30 Mah Jongg	24 9:00 Bus to Mall 9:15 <u>NO</u> Zumba w/Donna 10:00 Bridge 12:30 Pizza Bingo	25
26	27 8:30 <u>NO</u> In Control w/Myriam 11:00 <u>NO</u> Chair Yoga w/Judy 11:00 Newsletter 12:30 Bridge	28 9:00 Bus to ShopRite 9:45 Balance & Conditioning w/Mike 12:30 Knitting Group 1:00 Tai Chi w/Ayriel	29 All activities cancelled.	30 9:30 Exercise w/Mike 12:30 Duplicate Bridge 12:30 Mah Jongg	31 CENTER CLOSED	Sep 1
Sep 2	Sep 3 CENTER CLOSED <i>Happy Labor Day!!</i> 	Sep 4 9:00 Bus to ShopRite 9:45 Balance & Conditioning w/Mike 12:30 Knitting Group 1:00 Tai Chi w/Ayriel 2:00 Converse Italian 3:00 Beginners Italian	Sep 5 9:30 SAGE 10:00 Bus to Club 10:15 Walking Club 11:00 "Medicare & Financial Planning" 12:30 Bingo/Cards	Sep 6 9:30 Fit & Healthy Exercise w/Myriam 12:30 Partner Bridge 12:30 Mah Jongg	Sep 7 9:00 Bus to Mall 9:15 Zumba w/Donna 10:00 Bridge 12:30 Pizza Bingo	Sep 8

*Sign up in advance. **Purchase ticket in advance.