

# New Providence Senior Citizens Newsletter

## "Good things happen here!"

JANUARY 2018



Volume 18, Issue 1



### COORDINATORS CORNER

*"Your life is a message to the world. Be inspiring!"*

I hope you all enjoyed the holiday season. January is upon us, and while we would like to hibernate (at least I would!), there are plenty of activities going on at the center! We invite you to try something new or to come back to an activity that you have not participated in for a while.

### Upcoming Events:

- **Biology Class** with Professor Dunscombe resumes on Monday, January 8<sup>th</sup>. Bill has some interesting topics to discuss including "Germs: Are They All Bad?" and "Skin: Our Body's Armor". Bring a friend and join this engaging group!
- **Current Events Discussion Group** with Michelle Zack starts on Thursday, January 18<sup>th</sup> at 11:00am. This is our first new activity resulting from the survey we did in the fall. Many members expressed an interest in discussing current events. This is Michelle's area of expertise, so come and join in!
- We moved **Knitting Club** to every Tuesday at 12:30pm. Katherine Davis has agreed to facilitate this group, so please come and enjoy the company of fellow knitters.

*We have been asked to help out with a project for Meredith's Jars of Joy. Pam Robertson came to the center last May and told us her story of how and why she started the jars. The jars contain inspirational quotes that a person can read every day. She needs help folding the quotes and assembling the jars. This is a GREAT way to volunteer and to give back. I have the jars in my office. We can fold on Wednesdays before the club meeting or at any other time that you come to the center. All proceeds from the jars go to Family Promise which helps local homeless people.*

### Reminders:

- There is NO Biology Class on Monday, January 15<sup>th</sup>.
- Chair Yoga and In Control will not meet in January, February, and March.

**Weather Policy:** When schools are closed for rain, snow, or ice, the center is also closed. If schools have a delayed opening, the center will open at 10:00am. If a weekend event is scheduled and there is inclement weather, please call the center to determine if the event is cancelled.

**Exercise Class Participants:** If there is snow on the ground or it is raining, please wear outdoor shoes and bring your exercise shoes/sneakers to change into at the center.

### THANK YOU...

- Christine Napolitano for organizing the delightful Holiday Dinner and the terrific trip to Jersey Gardens Mall.
- The NPSCC members who addressed holiday cards to our absent members.
- Mike Ferlise for his wonderful presentation on Christmas trains.
- The NPSCC members who set up and decorated the center for the Holiday Dinner.
- The NPSCC members who donated items for the OLP Food Pantry.

### 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  
Bert Abbazia, Kathy Hendrickson,  
Ed Insinger, Peggy Macneal,  
Joe Masino, Tina Morielli,  
Grace Parlapiano, Bette Schmitt,  
Wilma Silwones, Bill Wehrle

#### Club Officers

Co-Presidents: Peggy Brodeur & Bill Wehrle  
Treasurer: Sal Ligammani  
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 Co-Coordinators

Therese Dalton  
Michelle Zack

#### Hours

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

#### Newsletter Staff

Peggy Brodeur  
Joan Clark  
Clara DelMonte  
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 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!**

### THE CENTER REOPENS TUESDAY, JAN 2<sup>ND</sup>.

- **Wed., Jan 3, 11:00am: Meeting** –The newly elected Trustees and Club Officers will be sworn in. Ellie Ferrar will give a presentation on **Ryde 4 Life**, a transportation program for seniors.
- **Mon., Jan 8, 10:30am: Union County College Class** restarts. Professor Bill Dunscombe continues his LIFE (Learning Is For Ever) Center Class, “Selected Topics in Biology”.
- **Wed., Jan 10, 11:00am: Meeting** – We will enjoy the delightful sounds of one of the New Providence **Elementary School Strings Ensembles**. We will also celebrate birthdays and Chatham Hills will call bingo.
- **Tues., Jan 16, 10:45am: Book Club** – Therese Dalton will lead a discussion about **“Hotel on the Corner of Bitter and Sweet”**.
- **Wed., Jan 17, 11:00am: Meeting** – Attorney Joe Tiboni will give a presentation on **“The Use of Trusts to Shelter Houses from Long Term Care Costs”**.
- **Thurs., Jan 18, 11:00am: Current Events Discussion Group** – Michelle Zack will facilitate a discussion of issues in national and international affairs in which members may exchange ideas and share different perspectives on current events in a non-judgmental environment.
- **Wed., Jan 24, 11:00am: Meeting** – NPSCC member, Leo Piovano, will give another wonderful lecture in his series of talks on famous artists. This time, we will learn about **“Michelangelo’s Art”**.
- **Weds., Jan 24 – Fri., Apr 6, 10:30am to 2:00pm: Schedule Tax Preparation Appointments** - Call the center at 908-665-0046, Mondays through Fridays, or sign up at the center. Tax counselors will be available on Mondays and Saturdays from 9:00am to 3:00pm from Monday, February 5 through Monday, April 16.
- **Wed., Jan 31, 11:00am: Meeting** – Kathy Larkin will give a presentation on the **“The Services that SAGE Eldercare Offers”**. They are one of the few providers in the nation – and the only one in New Jersey – to provide a full range of eldercare services under one roof.
- **Wed., Feb 7, 11:00am: Meeting** –Enjoy the wonderful singing voices of the **New Providence High School Vocal Soloists** as they perform for us. Kathy Larkin from SAGE will be coming to answer questions before the meeting.
- **Wed., Feb 14, 11:00am: Meeting** – Certified Integrative Health Coach, Kara Hodes-Wechsler, will discuss and demonstrate the **“Ageless Grace Program”**, a brain and fitness program which will be offered at the center on Thursdays in March. The program’s exercises are based on everyday movements that are natural and organic.

### THE CENTER WILL BE CLOSED MONDAY, FEBRUARY 19TH FOR THE PRESIDENTS DAY HOLIDAY

- **Wed., Feb 21, 11:00am: Meeting** – To be determined.
- **Wed., Feb 21, 12:00noon: Chinese New Year Luncheon** – Join us as we celebrate the year of the dog and enjoy a delicious lunch at Szechuan Delight. Cost: To be determined. See Irene Mitreuter for details.
- **Sun., Feb 25, 3:00-7:00pm: CSA Pasta Dinner and Basket Raffle Fundraiser** - Enjoy a delicious dinner and participate in a basket raffle fundraiser that benefits New Providence residents with financial needs.
- **Wed., Feb 28, 11:00am: Meeting** – Carol Brush, Health Educator from Horizon NJ Health, will discuss **“Fall Prevention”**.

**FREE TAX RETURN HELP**

New Providence, Berkeley Heights, and other area residents can obtain free assistance in preparing and filing their 2017 tax returns. There are no age or income limitations for participation in this program, but taxpayers with complex returns may be advised to seek paid assistance. Assistance will cover individual federal and NJ state income taxes, the NJ Homestead Property Tax Rebate, and the Property Tax Reimbursement Program.

Tax counselors will be available on Mondays and Saturdays from 9:00am to 3:00pm from Monday, February 5, 2018 through Monday, April 16, 2018. Beginning January 24, 2018, taxpayers may call the NPSCC at 908-665-0046 between 10:30am and 2:00pm, Mondays through Fridays, to schedule an appointment or they may sign up at the center.

The Internal Revenue Service is again advising taxpayers to file their returns as early as possible to reduce the potential for identity theft.

**CLEAR CAPTIONS PROGRAM**

At the club meeting on November 29<sup>th</sup>, Terry Hurley from ClearCaptions visited the center and gave a presentation on how to get a FREE caption phone. The service is completely funded through the Americans with Disabilities Act of 1990. There is never any cost for an individual with hearing loss. There are no upfront fees and there is no monthly charge. To qualify you must have a hearing loss, a home phone line and Internet access. If you are interested in this service, contact Terry at 908-208-9415 to schedule a time to install the phone.

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

Evening Book Club – *Lady Cop Makes Trouble* by Amy Stewart. Thurs., Jan 4, 7:30pm

Baseball Discussion Group – Mon., Jan 8, 7:00pm

Morning Book Club – *The Turner House* by Angela Flournoy. Thurs., Jan 18, 10:00am

Non-Fiction Book Club – *The Greater Journey* by David McCullough. Tues., Jan 23, 7:30pm

New Providence High School Jazz Choir & Band – Sun., Jan 28, 3:00pm

Knitting Club – Mon., Jan 29, 7:00pm

**NEW PROVIDENCE HIGH SCHOOL (NPHS)**

Vocal Recitals – Tues. & Weds., Jan 16 & 17, 7:00pm

**DECORSO CENTER**

League of Women Voters – “The Waning of Pax Americana”. First session of the Great Decisions group, a nationwide program to discuss important foreign policy issues confronting the United States. Cost of the program is \$95 for eight sessions or \$20 for a single session. Wed., Jan 31, 7:30pm.

**CURRENT EVENTS DISCUSSION GROUP**

In response to interest expressed in the senior survey, we are starting a Current Events Discussion Group! Michelle Zack will facilitate a discussion of issues in national and international affairs in which members may exchange ideas and enjoy sharing different perspectives on current events in a non-judgmental environment. Please join us for the first meeting on Thursday, January 18 at 11:00am.

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

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

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

Jan 2 – *The Imitation Game*  
 Jan 9 – *The Hollars*  
 Jan 16 – *Victoria & Abdul*  
 Jan 23 – *Baby Driver*  
 Jan 30 – *The Beguiled*

**Foreign Films**

Weds., Jan 3 at 2:00pm – *Saga of Mulan* (in Mandarin with English subtitles)

Mon., Jan 22 at 6:30pm – *Paris Je T'aime* (in French, English, Spanish, Mandarin and Arabic with English subtitles)

## UTILITY ASSISTANCE PROGRAMS

### Low Income Home Energy Assistance Program (LIHEAP)

The Low Income Home Energy Assistance Program is designed to help low-income families and individuals meet home heating and medically necessary cooling costs. To be eligible for LIHEAP benefits, the applicant household must be responsible for home heating or cooling, either directly or indirectly or included in the rent. People who live in senior/public housing are not eligible unless they pay for their own heating/cooling costs. The amount of LIHEAP heating benefits are determined by income, household size, fuel type, and heating region.

The Cooling Assistance Program will assist eligible applicants who, due to a medical reason, require air conditioning during the summer months. A physician certification is required.

The Universal Service Fund (USF) is a program created by the State of New Jersey to help make gas and electric bills more affordable for low-income households. The applying household must pay more than 3% of its annual income on gas and 3% of its annual income on electric. If a household has electric heat, it must spend more than 6% of its annual income on electricity.

The Weatherization Assistance Program helps reduce energy bills and keep your home warm by providing you with a home energy audit to see how much money you can save on energy bills by weatherizing, and installing energy efficient measures which may include sealing, insulation, heating system repair and/or replacement of refrigerators and heating systems if necessary.

For information on the above listed programs, call the Division on Aging at 908.527.4870 or 1.888.280.8226. Callers may also contact PROCEED at 908.351.7727.

<http://ucnj.org/wp-content/uploads/2014/01/Outreach-Revised-2015.pdf>



## HOLIDAY DINNER THANK YOU'S

A special thank you to Joe Eberle from the Chatham office of Weichert Realtors for donating the lovely poinsettias and for his assistance on the evening of the dinner. Also, thank you to the members of the Summit office of Weichert Realtors for the beautiful centerpieces.

A big thank you to Catherine Flynn and the New Providence Middle School Girls Chorus for providing the entertainment. Their beautiful performance of holiday classics truly made the evening a special event.

We also thank Emma Peterson for her wonderful rendition of La Befana, a cherished Italian holiday tradition, who rewards good children with special treats.

And, we especially want to express our appreciation to Santa Claus and to Christine Morgan for coming to the dinner. Their attendance made for a truly magical evening.

## Top Ten New Year's Resolutions for Seniors

1. Be around next year to make another resolution!
2. Get tech savvy!
3. Socialize more!
4. Spend more time with family and friends!
5. Celebrate the little things in life!
6. Pray for peace in the world!
7. Age gracefully!
8. Volunteer!
9. Smile more!
10. Be a better listener!

Rochelle Park and Wyckoff Senior Citizens Clubs

## JANUARY FACTS

Birthstone: Garnet

Flower: Carnation

Zodiac Signs: Capricorn (Dec 22 – Jan 19) & Aquarius (Jan 20 – Feb 18)

Holidays and Observances:

New Year's Day – Jan 1

Martin Luther King – Jan 15

<http://www.wincalendar.com>

| ~ January 2018 ~ |   |   |   |   |  |       |
|------------------|---|---|---|---|--|-------|
|                  | Mon   | Tue   | Wed   | Thu   | Fri  | Sat   |
| Dec 31           | 1<br><b>CENTER CLOSED</b><br><i>Happy New Year!</i>   | 2<br>9:00 Bus to ShopRite<br>9:45 Balance/Conditioning w/Mike<br><b>12:30 Knitting Group</b><br>1:00 Tai Chi w/Ayriel<br>2:00 Converse Italian  | 3 <b>Installation of New Officers and Trustees</b><br>9:30 <u>NO</u> Blood Pressure<br>10:00 Bus to Club<br><b>11:00 Ryde 4 Life</b><br>12:30 Bingo/Cards | 4<br>9:30 Fit & Healthy Exercise w/Myriam<br>12:30 Partner Bridge<br>12:30 Mah Jongg  | 5<br>9:00 Bus to Mall<br>9:15 Zumba w/Donna<br>10:00 Bridge<br>12:30 Pizza Bingo                         | 6     |
| 7                | 8<br><b>9:30 Trustee Meeting</b><br><b>10:30 Biology Class</b><br>11:00 Newsletter<br>12:30 Bridge    | 9<br>9:00 Bus to ShopRite<br>9:45 Balance/Conditioning w/Mike<br><b>10:00 Activities Meeting</b><br><b>12:30 Knitting Group</b><br>1:00 Tai Chi w/Ayriel<br>2:00 Converse Italian<br>3:00 Beginners Italian | 10 <b>Happy Birthdays!</b><br>9:30 Blood Pressure<br>10:00 Bus to Club<br><b>11:00 Elementary School Strings</b><br>12:30 Bingo/Cards – Chatham Hills     | 11<br>9:30 Fit & Healthy Exercise w/Myriam<br>12:30 Duplicate Bridge<br>12:30 Mah Jongg   | 12<br>9:00 Bus to Mall<br>9:15 Zumba w/Donna<br>10:00 Bridge<br>12:30 Pizza Bingo                        | 13    |
| 14               | 15 <b>Martin Luther King Day</b><br><b>10:30 NO Biology Class</b><br>11:00 Newsletter<br>12:30 Bridge | 16<br>9:00 Bus to ShopRite<br>9:45 Balance/Conditioning w/Mike<br><b>10:45 Book Club</b><br><b>12:30 Knitting Group</b><br>1:00 Tai Chi w/Ayriel<br>2:00 Converse Italian                                   | 17<br>9:30 Blood Pressure<br>10:00 Bus to Club<br><b>11:00 "Use of Trusts to Shelter Houses from LTC Costs"</b><br>12:30 Bingo/Cards                      | 18<br>9:30 Fit & Healthy Exercise w/Myriam<br><b>11:00 Current Events Discussion Group</b><br>12:30 Duplicate Bridge<br>12:30 Mah Jongg | 19<br>9:00 Bus to Kohl's (weather permitting)<br>9:15 Zumba w/Donna<br>10:00 Bridge<br>12:30 Pizza Bingo | 20    |
| 21               | 22<br><b>10:30 Biology Class</b><br>11:00 Newsletter<br>12:30 Bridge                                  | 23<br>9:00 Bus to ShopRite<br>9:45 Balance/Conditioning w/Mike<br><b>12:30 Knitting Group</b><br>1:00 Tai Chi w/Ayriel<br>2:00 Converse Italian<br>3:00 Beginners Italian                                   | 24<br>9:30 Blood Pressure<br>10:00 Bus to Club<br><b>11:00 "Michelangelo's Art" with Leo Piovano</b><br>12:30 Bingo/Cards                                 | 25<br>9:30 Fit & Healthy Exercise w/Myriam<br>12:30 Partner Bridge<br>12:30 Mah Jongg   | 26<br>9:00 Bus to Mall<br>9:15 Zumba w/Donna<br>10:00 Bridge<br>12:30 Pizza Bingo                        | 27    |
| 28               | 29<br><b>10:30 Biology Class</b><br>11:00 Newsletter<br>12:30 Bridge                                  | 30<br>9:00 Bus to ShopRite<br>9:45 Balance/Conditioning w/Mike<br><b>12:30 Knitting Group</b><br>1:00 Tai Chi w/Ayriel<br>2:00 Converse Italian   | 31<br>9:30 Blood Pressure<br>10:00 Bus to Club<br><b>11:00 SAGE Eldercare</b><br>12:30 Bingo/Cards  | Feb 1<br>9:30 Fit & Healthy Exercise w/Myriam<br>12:30 Partner Bridge<br>12:30 Mah Jongg  | Feb 2<br>9:00 Bus to Mall<br>9:15 Zumba w/Donna<br>10:00 Bridge<br>12:30 Pizza Bingo                     | Feb 3 |