

New Providence Senior Citizens Newsletter

"Good things happen here!"

JUNE 2018



Vol. 18, No. 6



COORDINATORS CORNER

Ah, summertime! I'm looking forward to seeing consistent sunshine and enjoying a more relaxed pace. There is still plenty going on at the center as well as around town.

Traditionally, the center has closed 2 weeks in the summer. The plan this year is to stay open. We are planning on construction in the kitchen in August, but our hope is to still run some of our programs...stay tuned!

A special note of thanks to all the volunteers at the Health Fair...we couldn't do it without you! Your dedication is priceless.

Upcoming Events

- Bone Density Screenings, Thursday, June 10th at 10am. See article page 3
- Sue Fiesler offers a nutrition lecture series on Thursdays at 11am. Sign up in advance
- On June 27th at 10am, a high school student will be available for technology help. Come with your phones, ipads, computers, etc and any questions. If this is successful, we can have students available throughout the summer.

Reminders/Schedule Changes

- **In Control** exercise classes are cancelled on June 4, 11, and 18.
- **Fit & Healthy** exercise classes are cancelled on June 7 and 14.
- **Tai Chi and Balance/Conditioning** are cancelled on June 5.
- Patty Kath is starting up the walking club again on Wednesdays at 10am. Grab your sneakers and join in!

Save the Dates

- Back by popular demand, **Ageless Grace**, a brain health fitness class, will return Thursdays at 11am July 19 through and August 23rd.

NOTE: New Providence Borough offices will close at 1:00pm on Fridays from June 1 through September 1. **Beginning in July, pizza bingo will be held on the 2nd and 4th Fridays of the month.**

THANK YOU...

- Christine Napolitano for organizing the Anniversary Lunch at Primavera.
- NPHS Character Education students for helping with Pizza/Bingo on May 11th.
- Janice Gironda for organizing another fantastic Health Fair.
- NPSCC members who volunteered to work at the Health Fair.
- NPSCC members who set up, worked at and baked for the Memorial Day Remembrance.
- NPHS vocal soloists for serenading us at our May 30th Club Meeting.
- All members who bought and/or sold tickets for the Rubber Ducky Race.

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 Ligammani
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!

- **Tues., Jun 5, 6:00am-8:00pm: Primary Election Day** – Come out and vote! Exercise classes cancelled.
- **Wed., Jun 6, 9:30am:** Kathy Larkin from **SAGE** will be available for private consultations.
- **Wed., Jun 6, 11:00am: Meeting** – Enjoy the musical voices of a choral group from **Salt Brook School**.
- **Thurs., Jun 7, 10:00am-12:00noon** – Overlook Medical Center will provide free **Bone Density Screenings** at the center for both men and women. (See article on page 3.) Advance registration is required.
- **Thurs., Jun 7, 11:00am: Nutrition Education** – Nutritionist Sue Fieseler will discuss “**Arthritis and Nutrition**”. Please sign up in advance.
- **Wed., Jun 13, 11:00am: Meeting** – Elder law attorney Joe Tiboni will talk about “**The Use of Trusts to Shelter Houses from Long Term Care Costs**”.
- **Thurs., Jun 14, 11:00am: Nutrition Education** – Nutritionist Sue Fieseler will discuss “**Cooking Healthy for One or Two**”. Please sign up in advance.
- **Thurs., Jun 14, 7:00pm: “After Hours” BBQ** – An opportunity for NP adults 50+ to socialize. Hot dogs, hamburgers, soft drinks and dessert provided. Please bring a salad and, if you would like to sit outside, a lawn chair. Must register by using Community Pass on NP Borough website by June 7th to sign up and to pay \$5 cost.
- **Fri, Jun 15, 5:30pm: Somerset Patriots Baseball Trip** – Get a professional-like baseball experience without the professional sports price! Includes transportation, a ticket and a fireworks show. Cost: \$12. Sign up for bus.
- **Tues., Jun 19, 10:45am: Book Club** - Therese Dalton will lead the discussion about another great book. Title to be announced when copies become available.
- **Wed., Jun 20, 11:00am: Meeting** – You don't want to miss this delightful performance by **classical pianist Ben Michael**, a graduate of NPHS and the Julliard School of Music.
- **Thurs., Jun 21, 11:00am: Nutrition Education** – Nutritionist Sue Fieseler will discuss “**Increasing Your Metabolism**”. Please sign up in advance.
- **Wed., Jun 27, 11:00am: Meeting** – Listen to the beautiful music of the **Ridge Oak Chimers**.
- **Thurs., Jun 28, 11:00am: Current Events** – Michelle Zack will facilitate a discussion in which members may exchange ideas and share different perspectives on issues in national and international affairs.
- **Thurs., Jun 28, 12:30pm: Paper Mill Playhouse Trip** – See “**Half Time**”. Trip is sold out. Bus leaves at 12:30pm.
The center will be closed July 3rd, 4th and 5th for the Independence Day holiday.
- **Wed., Jul 11, 11:00am: Meeting** – Club Day. Come socialize and enjoy refreshments. All are welcome to stay for bingo!
- **Thurs., Jul 12, Beneduce Winery Trip** – Tour a wonderful winery described by the Wall Street Journal as “hitting all the marks” and enjoy a delicious lunch at a scenic local airport. Cost: \$22 plus cost of lunch.
- **Mon., Jul 16, 9:00am-2:00pm: AARP Smart Driver Course** – Receive a multi-year discount on your car insurance, refresh your driving skills and rules of the road plus learn research based driving strategies. No tests to pass. Cost \$15.00 for AARP members, \$20.00 for nonmembers. Call the center at 908-665-0046 to sign up.
- **Wed., Jul 18, 11:00am: Meeting** – Barbara Moran from the Jewish Community Housing Center will give a presentation on “**The Art of Chocolate**”.

(continued on page 3)

Trips, Activities & Meetings (continued)

- **Thurs., Jul 19, 11:00am:** Ageless Grace brain health fitness class. Free to members & NP seniors. Sign up in advance.
- **Wed., Jul 25, 11:00am:** *Meeting – TBD*
- **Thurs., Jul 26, 11:00am:** Ageless Grace brain health fitness class. Free to members & NP seniors. Sign up in advance.
- **Tues., Jul 31, 9:45am-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 toward food. Cost: \$25. See Phyllis Winters.

ED LIEDER SCHOLARSHIP

The Edward H. Lieder Student/Athlete Scholarship Award was presented to Riley Kinum on May 31, 2018 at the NPHS Award Night. The NPSCC Board of Trustees chose Riley 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. Riley excelled in each of these areas. She will attend Middlebury College in the fall. Congratulations Riley!

FREE BONE DENSITY SCREENINGS

Find out if you are at risk for developing osteoporosis with a noninvasive ultrasound that provides immediate results. Overlook Medical Center will provide free screenings at the center on Thursday, June 7th, from 10:00am-noon.

Counseling and educational materials will also be provided. These screenings are available to both men and women. Please call the center to register in advance.

ANNIVERSARY LUNCHEON HONOREE

The Board of Trustees chose to honor Fred Gaghan this year. Fred replaced the batteries in our members' smoke detectors for many years. He provided a vital service that contributed to the safety of our senior citizens. We owe him a big thank you and are sincerely grateful for his hard work.

AROUND TOWN...

NEW PROVIDENCE MEMORIAL LIBRARY (NPML)

Springsteen and His Layered Lyrics – Learn about how the American folk tradition has influenced one of NJ's most celebrated artists. Sun., June 3, 3:00pm

Baseball Discussion Group – Mon, Jun 11, 2018, 7:00pm

NEW PROVIDENCE HIGH SCHOOL

See Therese or Michelle for Senior Citizen Guest Cards.

DECORSO CENTER

"After Hours" BBQ – Hot dogs, hamburgers, soft drinks and dessert provided. Please bring a salad (potato, pasta, green or cole slaw). Must register by June 7 using Community Pass on the New Providence Borough website. \$5 cost. Thurs., June 14, 7:00pm

DIVERSITY COMMITTEE

Family BBQ – Celebrate Race Amity Day, a national day of racial amity and reconciliation, with a potluck supper to be held at the American Legion hall. Sign up in advance at the center. Sun., June 10, 3pm-6pm

AMERICAN LEGION

Flag Retirement Ceremony – Dignified disposal of unserviceable flags. Thurs., Jun 14, 6:30pm

NEW PROVIDENCE COMMUNITY POOL

Senior Citizen Rate: \$110. No Capital Contribution required. Must show proof of 62+ age.

MOVIE MARQUEE

JUNE MOVIES AT THE NP MEMORIAL LIBRARY

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

Tuesdays at 9:30am & 2:00pm

June 5 – *Phantom Thread*
 June 12 – *The Post*
 June 19 – *Only the Brave*
 June 26 – *The Greatest Showman*

Foreign Films

Weds., June 6 at 2:00pm – *The Eagle Huntress* (in Kazakh with English subtitles)
 Mon., June 25 at 6:30pm – *Django* (in French, German and English with English subtitles)

<p>Union County Department of Human Services Division of Aging & Disability Resource Connection</p> <p>Congregate Nutrition Program</p>	 <p>Rating: ****</p>
<p>The Union County Congregate Nutrition Program is a senior lunch program made possible by a grant from the United States Government under the Older Americans Act. The central objective of the lunch program is to maximize independence and dignity of seniors.</p>	<p>BOOK REVIEW by Therese Dalton <i>The Alice Network</i> by Kate Quinn</p> <p>Now this was a fun book to read! It is a story of two women—a female spy recruited to the real-life Alice Network in France during World War I and an unconventional American socialite searching for her cousin in 1947—brought together in a story of courage and redemption. You wouldn't think it would work as a story, but it keeps the reader engaged.</p>
<p>The program has four goals:</p> <ul style="list-style-type: none"> • Health maintenance through improved nutrition • Fostering social interaction • Providing access to other supportive services • Satisfying emotional needs, especially for those who eat alone 	<p>1947. In the chaotic aftermath of World War II, American college girl Charlie St. Clair is pregnant, unmarried, and on the verge of being thrown out of her very proper family. She's also nursing a desperate hope that her beloved cousin Rose, who disappeared in Nazi-occupied France during the war, might still be alive. So when Charlie's parents banish her to Europe to have her "little problem" taken care of, Charlie breaks free and heads to London determined to find out what happened to the cousin.</p>
<p>Eligibility Requirements:</p> <p>Any person who is 60 years of age or older or anyone married to a person 60 years of age or older is cordially invited to participate in the program. A reservation should be made two days in advance. There are 24 nutrition sites located throughout Union County that also include two kosher sites.</p>	<p>1915. A year into the Great War, Eve Gardiner burns to join the fight against the Germans and unexpectedly gets her chance when she's recruited to work as a spy. Sent into enemy-occupied France, she's trained by the mesmerizing Lili, the "Queen of Spies", who manages a vast network of secret agents right under the enemy's nose.</p>
<p>Income Guidelines and Resources:</p> <p>There are no income guidelines to participate; however, each participant will have the opportunity to make a confidential suggested voluntary donation of \$1.75 per meal. No one is ever denied a meal based on their inability to pay. Donations are used to offset the cost of the meals and to expand the program.</p>	<p>Thirty years later, haunted by the betrayal that ultimately tore apart the Alice Network, Eve spends her days drunk and secluded in her crumbling London house. Until a young American barges in uttering a name Eve hasn't heard in decades, and launches them both on a mission to find the truth...no matter where it leads.</p>
<p>Call 908.527.4870 or 888-280-8226 for additional information.</p> <p>http://ucnj.org/wp-content/uploads/2014/01/Outreach-Revised-2015.pdf</p>	<p>HUMOROUS QUOTE</p> <p>Say what you will about the Ten Commandments, you must always come back to the pleasant fact that there are only ten of them. ~H.L. Mencken</p>
<p>BULK COLLECTION</p> <p>Bulk Collection will take place in June. To determine the collection date for your street, see the Borough of New Providence 2018 Calendar or go to the NP Borough website, https://www.newprov.org/</p>	<p>JUNE FACTS</p> <p>Birthstone: Alexandrite, Pearl, & Moonstone Flower: Rose Zodiac Signs: Gemini (May 21 – Jun 20) and Cancer (Jun 21 – Jul 22)</p> <p>Holidays and Observances:</p> <ul style="list-style-type: none"> Flag Day – June 14 Father's Day – June 17 Summer Solstice – June 21
<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>	<p>http://www.wincalendar.com</p>

~June 2018 ~						
	Mon	Tue	Wed	Thu	Fri	Sat
May 27	May 28 Memorial Day Remembrance 11:00am 	May 29 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	May 30 9:30 Blood Pressure 10:00 Bus to Club 10:15 Walking Club 11:00 NPHS Vocal Soloists 12:30 Bingo/Cards	May 31 9:30 Fit & Healthy Exercise w/Myriam 11:00 Nutrition Ed - Hydration 12:30 <u>NO</u> Bridge 12:30 Mah Jongg	1 9:00 Bus to Mall 9:15 Zumba w/Donna 10:00 Bridge 12:30 Pizza Bingo	2
3	4 8:30 <u>NO</u> In Control w/Myriam 9:30 Trustee Meeting 11:00 Chair Yoga w/Judy 11:00 Newsletter 12:30 Bridge	5 Primary Election Day 9:00 Bus to ShopRite 9:45 <u>NO</u> Balance & Conditioning w/Mike 12:30 Knitting Group 1:00 <u>NO</u> Tai Chi w/Ayriel 2:00 Converse Italian	6 Happy Birthdays! 9:30 SAGE 10:00 Bus to Club 10:15 Walking Club 11:00 Salt Brook Choral Group 12:30 Bingo/Cards	7 9:30 <u>NO</u> Fit & Healthy Exercise w/Myriam 10:00 Bone Density Screenings 11:00 Nutrition Ed – Arthritis and Nutrition 12:30 Partner Bridge 12:30 Mah Jongg	8 9:00 Bus to Blue Star 9:15 Zumba w/Donna 10:00 Bridge 12:30 Pizza Bingo	9 Rubber Ducky Race 12:00noon-4:00pm 
10	11 8:30 <u>NO</u> In Control w/Myriam 11:00 Chair Yoga w/Judy 11:00 Newsletter 12:30 Bridge	12 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 3:00 Beginners Italian	13 9:30 Blood Pressure 10:00 Bus to Club 10:15 Walking Club 11:00 "The Use of Trusts to Shelter Houses from LTC Costs" 12:30 Bingo/Cards – Chatham Hills	14 Flag Day 9:30 <u>NO</u> Fit & Healthy Exercise w/Myriam 11:00 Nutrition Ed – Cooking Healthy for 1 or 2 12:30 Duplicate Bridge 12:30 Mah Jongg	15 9:00 Bus to Mall 9:15 Zumba w/Donna 10:00 Bridge 12:30 Pizza Bingo	16
17	18 HAPPY Father's Day! 8:30 <u>NO</u> In Control w/Myriam 11:00 Chair Yoga w/Judy 11:00 Newsletter 12:30 Bridge	19 9:00 Bus to ShopRite 9:45 Balance & Conditioning w/Mike 10:45 Book Club 12:30 Knitting Group 1:00 Tai Chi w/Ayriel 2:00 Converse Italian	20 9:30 Blood Pressure 10:00 Bus to Club 10:15 Walking Club 11:00 Classical Pianist 12:30 Bingo/Cards	21 9:30 Fit & Healthy Exercise w/Myriam 11:00 Nutrition Ed – Increasing Your Metabolism 12:30 Duplicate Bridge 12:30 Mah Jongg	22 9:00 Bus to Mall 9:15 Zumba w/Donna 10:00 Bridge 12:30 Pizza Bingo	23
24	25 8:30 In Control w/Myriam 11:00 Chair Yoga w/Judy 11:00 Newsletter 12:30 Bridge	26 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	27 9:30 Blood Pressure 10:00 Bus to Club 10:15 Walking Club 11:00 Ridge Oak Chimes 12:30 Bingo/Cards	28 9:30 Fit & Healthy Exercise w/Myriam 11:00 Current Events 12:30 Paper Mill Playhouse Trip 12:30 Partner Bridge 12:30 Mah Jongg	29 9:00 Bus to Mall 9:15 Zumba w/Donna 10:00 Bridge 12:30 Pizza Bingo	30