

New Providence Senior Citizens Newsletter

“Good things happen here!”

NOVEMBER 2018



Vol. 18, No. 11



COORDINATORS CORNER

“Great minds discuss ideas. Average minds discuss events. Small minds discuss people.” Eleanor Roosevelt

Happy Thanksgiving to you and your family! I hope that the month is filled with blessings, and that we are all thankful for what we have in our lives. I am thankful for each and every one of you.

Upcoming Highlights

- The college class, Select Topics in Biology, runs through December 10th. It's not too late to join, so register today!
- Ageless Grace continues on Thursdays at 11:00am through November 15th.
- New Providence High School is hosting “Senior Citizens Day” on Thursday, November 15th. Please see page 3 for details. It is an event that shouldn't be missed!
- There are many events going on around town. Barbara Koslap does a wonderful job gathering information and providing details on page 3, so check out all that is offered.

Reminders/Changes

- No Pizza Bingo on Friday, November 2nd.
- Conversational Italian will be held on MONDAY, NOVEMBER 5TH instead of Tuesday, November 6th
- Election Day is Tuesday, November 6th so all activities at the center are cancelled. The bus to ShopRite will still go in the morning.
- The center is closed from Wednesday, November 21st through Friday, November 23rd for the Thanksgiving Holiday. We will reopen on Monday, November 26th.

And finally, we have several items in the front coat closet that have been found throughout the center. Please take a look and reclaim what is yours. If items are not reclaimed by mid-December, they will find new homes.

THANK YOU...

- Chatham Hills and BrightStar Care for Trivia at our October 3rd meeting.
- Robert Petroro for his presentation on “Senior Living Options”.
- Bradley & Son Funeral Homes for sponsoring “Twilight Done Right”.
- Jackie Morgado for her presentation on “*The Importance of Sleep*”.
- Barbara Koslap for organizing the trip to The Raptor Trust.
- The Rose City Songsters for entertaining us at our October 31st meeting.
- NPSCC members who contributed items to People for Animals.
- Frank Bowblis for his contribution to the NPSCC in memory of Catherine Sciarillo.

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, Sal Ligammar, Peggy Macneal, Joe Masino, Tina Morielli, Christine Napolitano, Grace Parlapiano, Bill Wehrle

Club Officers

President: Peggy Brodeur

Vice President: Bill Wehrle

Treasurer: Sal Ligammar

1st Treasurer: Delores Felezzola

2nd Treasurer: TBD

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/seniors

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

Bobbi McAneny

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!**

- **Thurs., Nov 1, 10:00am:** Overlook Community Health will offer FREE blood pressure and glucose screenings. Sign up in advance.
- **Thurs., Nov 1, 7:00pm:** After Hours – “Fun Over 50” music trivia program with Richard Lorenzo. Sign up in advance. Cost: \$5.00.
- **Thurs., Nov 1, 11:00am:** Ageless Grace – Brain health fitness class. Sign up in advance.
- **Tues., Nov 6, 6:00am-8:00pm:** Election Day – The DeCorso Center is the voting place for Districts 1, 3, 4, & 5. The bus will go to ShopRite. All other activities will be cancelled.
- **Wed., Nov 7, 11:00am:** Meeting – Atlantic Health “New Vitality” Program presents “**Embracing Aging: Finding Your Path to Aging Well**”.
- **Thurs., Nov 8, 11:00am:** Ageless Grace – Brain health fitness class. Sign up in advance.
- **Sun., Nov 11, 10:30am:** Veterans Day Luncheon @ American Legion Post – Honor veterans on this special day. Please sign up in advance and bring a finger food dessert. See article on page 3.
- **Wed., Nov 14, 11:00am:** Meeting – **Club Day.** Come socialize and enjoy refreshments. We will celebrate November birthdays. Chatham Hills will call bingo!
- **Thurs., Nov 15, 11:00am:** Ageless Grace – Brain health fitness class. Sign up in advance.
- **Thurs., Nov 15, 10:00am:** Senior Citizens Day at NPHS – Concerts, lunch, and the NPHS Fall play. Due to limited parking and seating, those attending MUST pre-register and take the bus from the center. See article on page 3.
- **Tues., Nov 20, 10:45am:** Book Club - Therese Dalton will lead a discussion about *The Orphan Train*.

The center will be closed Wednesday, November 21st - Sunday, November 25th for Thanksgiving.

- **Tues., Nov 27, 10:45am:** 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.
- **Wed., Nov 28, 11:00am:** Meeting – *The Partnership for a Drug-Free New Jersey will give a presentation on their “15 Minute Child Break” program.* See article on page 3.
- **Thurs., Nov 29, 10:45am:** Movie Club – Join us for a viewing of *On Golden Pond*.
- **Wed., Dec 5, 11:00am:** Meeting - *The Sociology Class from New Providence High School will visit the center to interview NPSCC members. Please participate in these delightful discussions with the students.*
- **Weds., Dec 12, 10:00am:** Set up for Holiday Dinner. **THERE IS NO MEETING.**
- **Thurs., Dec 13, 11:00am:** Holiday Greeting Cards – Share in the spirit of the season and join us as we prepare holiday cards for our absent members. Please sign up in advance.
- **Wed., Dec 12, 5:00pm:** Holiday Dinner – Enjoy a delicious dinner with entertainment provided by the NPMS Girls Chorus. Please bring a nonperishable item to donate to the OLP Food Pantry. COST: TBD. Purchase ticket in advance. Sign up for bus pickup.
- **Wed., Dec 19, 11:00am:** Meeting- Come socialize and enjoy refreshments. We will celebrate December birthdays. **We will also congratulate Janice Gironda on her retirement.** Chatham Hills will call bingo!
- **Sat., Dec 22, 1:00pm:** Christmas Cantata - The Union Methodist Church Choir will perform beautiful holiday music. Enjoy this wonderful opportunity to celebrate the season. Light refreshments. Sign up in advance.

The center will be closed Monday, December 24 – Tuesday, January 1. We will reopen Wednesday, January 2.

- **Thurs., Dec 27, 12:30pm:** Paper Mill Playhouse Trip - See article on page 4.

VETERANS DAY LUNCHEON

Armistice Day, also known as Veterans Day, began 100 years ago on November 11, 1918 when at the 11th hour of the 11th day of the 11th month the Armistice with Germany went into effect at the end of World War I. American Legion Post #433 invites all veterans, their families and friends to join them on Sunday, November 11th at 10:30am as they prepare for a service to remember all veterans. A buffet prepared and provided by some of our local restaurants will follow. The musical vocals of Kathy Martin and Mary Damato, "The Cover Girls", will delight our ears as we enjoy delicious desserts prepared by senior citizen bakers. Come enjoy the camaraderie and good food. If you plan to attend, kindly sign up at the center or call Peggy at 908-656-1122. **THANK YOU VETERANS FOR YOUR SERVICE.**

SENIORS CITIZENS DAY AT NPHS

New Providence High School will be hosting Senior Citizens Day on Thursday, November 15th. We are invited to observe classes, attend musical recitals, partake of a delicious Thanksgiving lunch prepared by NPHS students, and attend a dress rehearsal of the NPHS Fall play *The Children's Hour*. Due to limited parking and lunch seating, those attending MUST pre-register and take the bus from the center. Bus transportation back to the center will be available after the lunch and, for those who stay to watch the play, when the play is over.

"15 MINUTE CHILD BREAK" PROGRAM

As a grandparent, you hold a special place in the hearts and minds of your grandchildren. At our meeting on Wednesday, November 28th, the Partnership for a Drug-Free New Jersey will present a "15 Minute Child Break" program which will educate and empower seniors to effectively communicate with children about the dangers of drugs and alcohol. The program will cover the influence of media and pop culture, identifying risk and protective factors, strengthening grandparenting and communication skills, and utilizing teachable moments.

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

Family Food Traditions – Document food memories, preserve recipes, and create new traditions. Sun., Nov 4, 3:00pm.

Knitting Club – Mon., Nov 5, 19, 7:00pm.

Saving the Great Swamp: Battle to Defeat the Jetport – Filmmaker, Scott Morris, will introduce the film and answer questions. Thurs., Nov 8, 7:00pm.

Instant Pot Basics – Use an Instant Pot to make hardboiled eggs, pasta, and mashed potatoes in minutes. Call 908-665-0311 to register. Tues, Nov 13, 7:30pm.

Elefante Music Concert – Selected students from Elefante Music will perform. Sun., Nov 18, 3:00pm.

Baseball Club – Mon., Nov 19, 7:00pm.

DECORSO CENTER

After Hours "Fun Over 50" – Richard Lorenzo will lead a music trivia program. Advance sign up required. Cost: \$5. Thurs., Nov 1, 7:00pm.

Diversity in New Providence Diwali Celebration – Celebrate the Hindu festival of lights, the spiritual "victory of light over darkness, good over evil and knowledge over ignorance". Sat., Nov 10, 5:00pm.

WILLIAM PACA CLUB

Craft Fair & Bake Sale – Wonderful crafts and delicious baked goods. Sat., Nov 3, 10:00am-4:00pm.

AMERICAN LEGION POST

Veterans Day Luncheon – Refreshments will be provided and The Cover Girls will sing. Sign up in advance. Please bring a finger food dessert. Sun., Nov 11, 10:30am.

DOWNTOWN NEW PROVIDENCE

Holiday Festival – Christmas Walk, Santa, marching band, entertainment, activities, giveaways, ice sculptures, and fireworks. Fri., Nov 23, 5:00pm-7:00pm.

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

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

Tuesdays at 9:30am & 2:00pm

November 6 – *Boundaries*
 November 13 – *Ocean's 8*
 November 20 – *The Party*
 November 27 – *The Children Act*

Foreign Films

Weds., November 7 at 2:00pm – *Graduation* (in Romanian with English subtitles)

Mon., November 26 at 6:30pm – *The Edukators* (in German with English subtitles)

SAGE ELDERCARE Adult Day Program

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.

Designed by leading professionals, SAGE's Spend-A-Day program offers a day of stimulating, structured activities, individualized to each participant's needs. Their adult day program provides a full calendar of activities including arts and crafts, musical entertainment, sing-a-longs, mentally stimulating games, discussion groups (books, films, current events), exercise, and holiday and birthday celebrations.

The program includes:

- A handicapped-accessible center
- Daily exercise and walking programs on indoor stroll path
- Light breakfast, hot lunch, and snacks served daily
- On-site physical, occupational, and speech therapy provided by geriatric specialists
- Referrals for laboratory, x-ray, dental, ophthalmology, and podiatry services (billed directly to the client)
- Possible transportation assistance to and from Spend-A-Day

Spend-A-Day helps older adults remain living in their homes by offering a safe place to spend the day. It also provides valuable respite for spouses, adult children, their families, and other caregivers. Call 908.598.5520 for more information.

NOVEMBER FACTS

Birthstone: Topaz and Citrine

Flower: Chrysanthemum

Zodiac Signs: Scorpio (Oct 23 – Nov 21) and Sagittarius (Nov 22 - Dec 21)

Holidays and Observances:

Daylight Saving Time Ends – Nov 4

Election Day – Nov 6

Veterans Day – Nov 11

Thanksgiving Day – Nov 22

HOPE

by Carolyn Foran

Hope lies as a seedling lies
Till summoned.
And first quite timidly appears.

Purpose coaxes forth its growth
And promise,
Until it stands full-bloom
Triumphantly.

HOLIDAY INN TICKETS ON SALE NOW!

We have scheduled a trip to see the matinee performance of *Holiday Inn* at the Paper Mill Playhouse on Thursday, December 27th. Fresh from a Broadway run, this heartwarming, toe-tapping production features more than 20 classic songs from the Irving Berlin catalog. We have a limited number of tickets and they will only be sold through November 14th. Due to assigned seating, tickets must be purchased at the center on Wednesday mornings from 9:45-10:45. Cost is \$38.00.

HELP WANTED

Would you be willing to contribute an hour or two of your time to help us prepare holiday cards to mail to our absent members? On Thursday, December 13th at 11:00Am we will sign cards, apply address labels, and stamp and seal envelopes. If you would be willing to help out, please let Therese or Michelle know. Thank you!

HEALTH LITERACY TOTE BAGS

The Overlook Medical Center has given over a dozen Health Literacy Tote Bags to the New Providence Memorial Library. Each tote bag contains up-to-date books, DVDs, CDs and/or brochures on a particular health topic, and may be checked out for 28 days. Topics include Alzheimer's disease, arthritis, bereavement, diabetes, healthy weight, hospice, mental health, opioid and substance abuse, prediabetes, Parkinson's disease, and strength improvement. More topics will be added regularly. The tote bags are shelved at the end of the large print books, across from the public computers.

NPSCC NEWSLETTER ONLINE

The public version of the NPSCC newsletter may be viewed online at <https://www.newprov.org>. In the menu on the left hand side of the home screen, scroll down and select "Seniors". Click on the link to view current and past issues of the newsletter.

NEW PROVIDENCE SENIOR CITIZENS CLUB ~ November 2018 ~						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
Oct 28	Oct 29 8:30 In Control w/Myriam 10:30 College Class* 11:00 Chair Yoga w/Judy 11:00 Newsletter 12:30 Bridge	Oct 30 9:00 Bus to ShopRite 9:45 Balance & Conditioning w/Mike 12:00 Knitting Group 1:00 Tai Chi w/Ayriel 2:00 Converse Italian 3:00 Beginners Italian	Oct 31 Happy Halloween! 9:30 Blood Pressure 10:00 Bus to Club 10:15 Walking Club*** 11:00 Meeting - Rose City Songsters 12:30 Bingo/Cards 	1 9:30 Fit & Healthy Exercise w/Myriam 10:00 Blood Pressure and Glucose Screenings* 11:00 Ageless Grace* 12:30 Partner Bridge 12:30 Mah Jongg 7:00pm After Hours*	2 9:00 Bus to Mall 9:15 Zumba w/Donna 10:00 Bridge 12:30 <u>NO</u> Pizza Bingo	3 Paca Club Craft Fair & Bake Sale 10:00am – 4:00pm
4 Family Food Traditions @ NPML 3:00pm EST – Clocks go back 1 hour	5 8:30 In Control w/Myriam 9:30 Trustee Meeting 10:30 College Class* 11:00 Chair Yoga w/Judy 11:00 Newsletter 12:30 Bridge 2:00 Converse Italian	6 Election Day 6:00am – 8:00pm 9:00 Bus to ShopRite All other classes and activities are cancelled.	7 9:30 SAGE 10:00 Bus to Club 10:15 Walking Club*** 11:00 Meeting – "Embracing Aging" 12:30 Bingo/Cards	8 9:30 Fit & Healthy Exercise w/Myriam 11:00 Ageless Grace* 12:30 Duplicate Bridge 12:30 Mah Jongg	9 9:00 Bus to Blue Star*** 9:15 Zumba w/Donna 10:00 Bridge 12:30 Pizza Bingo	10 Diversity in New Providence Diwali Celebration 5:00pm
11 Veterans Day Luncheon @ American Legion Post* 10:30am	12 8:30 In Control w/Myriam 10:30 College Class* 11:00 Chair Yoga w/Judy 11:00 Newsletter 12:30 Bridge	13 9:00 Bus to ShopRite 9:45 Balance & Conditioning w/Mike 10:00 Activities Meeting 12:00 Knitting Group 1:00 Tai Chi w/Ayriel 2:00 Converse Italian 3:00 Beginners Italian	14 Happy Birthdays! 9:30 Blood Pressure 10:00 Bus to Club 10:15 Walking Club*** 11:00 Meeting - Club Day 12:30 Bingo/Cards – Chatham Hills	15 9:30 Fit & Healthy Exercise w/Myriam 10:00 NPHS Seniors Day* 11:00 Ageless Grace* 12:30 Duplicate Bridge 12:30 Mah Jongg	16 9:00 Bus to Mall 9:15 Zumba w/Donna 10:00 Bridge 12:30 Pizza Bingo	17
18 Elefante Music Concert @ NPML 3:00pm	19 8:30 In Control w/Myriam 10:30 College Class* 11:00 Chair Yoga w/Judy 11:00 Newsletter 12:30 Bridge	20 9:00 Bus to ShopRite 9:45 Balance & Conditioning w/Mike 10:45 Book Club 12:00 Knitting Group 1:00 Tai Chi w/Ayriel 2:00 Converse Italian	21 Center closed	22 Center closed 	23 Center closed New Providence Holiday Festival 5:00-7:00pm	24
25	26 8:30 In Control w/Myriam 10:30 College Class* 11:00 Chair Yoga w/Judy 11:00 Newsletter 12:30 Bridge	27 9:00 Bus to ShopRite 9:45 Balance & Conditioning w/Mike 10:45 Current Events 12:00 Knitting Group 1:00 Tai Chi w/Ayriel 2:00 Converse Italian 3:00 Beginners Italian	28 9:30 Blood Pressure 10:00 Bus to Club 10:15 Walking Club*** 11:00 Meeting – "15 Minute Child Break" 12:30 Bingo/Cards	29 9:30 Fit & Healthy Exercise w/Myriam 10:45 Movie Club 12:30 Partner Bridge 12:30 Mah Jongg	30 9:00 Bus to Mall 9:15 Zumba w/Donna 10:00 Bridge 12:30 Pizza Bingo	Dec 1

*Sign up in advance.

**Purchase ticket in advance.

***Weather permitting