

New Providence Senior Citizens Newsletter

“Good things happen here!”

OCTOBER 2018



Vol. 18, No. 10



COORDINATORS CORNER

“If you cannot be positive, then at least be quiet.” Joel Osteen

As I write this, I am still waiting for the crisp Fall (non humid) weather to begin. In the meantime, the kitchen is still under renovation. Not only do I appreciate your continued flexibility, but I am certain it will be well worth the wait...fingers crossed.

Upcoming Events

- Sue Fieseler, nutritionist at the YMCA, continues her nutrition series on the first three Thursdays of October.
- The college class, Select Topics in Biology, taught by Professor Bill Dunscombe began on Monday, September 24th. It's not too late to join in the class! Come register today. There is no class on Monday, October 15.
- Back by popular demand, Ageless Grace begins on Thursday, October 25th at 11:00am. See page 3 for details.
- Twilight Done Right, a seminar on preparing for the future, is taking place on October 18th at 6:00pm. Come and learn more and get a \$25 gift card to Charlie Brown's! See page 3 for details.
- Our Wednesday meetings in October will have fun events and informative speakers. Make sure to check the calendar for the schedule.
- Oktoberfest at Forest Lodge is scheduled for Saturday, October 13th.
- A trip to The Raptor Trust is scheduled for Thursday, October 25th. See page 3 for details.
- *Halloween is on a Wednesday this year (October 31st). If anyone wants to wear a costume, maybe you will win a prize!!!*

Reminders/Schedule Changes

- There will be no College Class on Monday, October 15th.
- There is no Pizza Bingo on Friday, October 5th and Friday, November 2nd.
- There is no Zumba on Friday, October 12th.

THANK YOU...

- Lassus Wherley for their presentation on “Medicare and Financial Planning”.
- ShopRite for providing raffle prizes for the Walking Club.
- Andrew Nitkin from the Wharton Institute for his talk on the Café Choir.
- Barbara Koslap for organizing the Morris Museum Trip.
- ShopRite dietician Michelle Sweeney for her presentation on “Nutrition for Your Golden Years”.
- Sue Fieseler from the Summit YMCA for her Nutrition Education Series.
- NPSCC members who helped organize and set up the Country Western Picnic.
- Joan Bollman and Valerie Burke for helping Terry Allococo with the library while Christine recuperates.
- BrightStar Care for providing centerpieces for the Country Western Picnic.
- Bobbi McAneny for joining the newsletter committee.

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 Ligammarri, 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: 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

Lakshmi Ganesan

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!**

- **Wed., Oct 3, 11:00am: Meeting – Trivia** with Chatham Hills and BrightStar Care.
- **Thurs., Oct 4, 11:00am:** Nutritionist, Sue Fieseler, will discuss “**Supplements and Foods That Slow Aging**”. Sign up in advance.
- **Wed., Oct 10, 11:00am: Meeting – Club Day.** Come socialize and enjoy refreshments. We will celebrate October birthdays. Chatham Hills will call bingo!
- **Thurs., Oct 11, 11:00am:** Nutritionist, Sue Fieseler, will discuss “**Exercises That Can Be Done in Your Own Home**”. Sign up in advance.
- **Sat., Oct 13, 11:00am: Oktoberfest at Forest Lodge** - Celebrate this traditional German holiday with beer, food, and fun with friends. Cost is \$10. Food and drink is on your own dime. Purchase ticket in advance.
- **Tues., Oct 16, 10:45am: Book Club** - Therese Dalton will lead a discussion about *Mr. Penumbra's 24-Hour Bookstore*.
- **Wed., Oct 17, 11:00am: Meeting** – Robert Petroro from Beacon Senior Advisors will give a presentation on “*Senior Living Options*”.
- **Thurs., Oct 18, 11:00am:** Nutritionist, Sue Fieseler, will discuss “**Slowing Alzheimer's**”. Sign up in advance.
- **Thurs., Oct 18, 6:00pm: Twilight Done Right** – See article on page 3.
- **Tues., Oct 23, 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., Oct 24, 11:00am: Meeting** – Jackie Morgado, Lead Technologist at the Center for Sleep Disorders at Saint Barnabas Medical Center, will give a presentation on “*The Importance of Sleep on Your Health*”.
- **Thurs., Oct 25, 10:00am: Raptor Trust Trip** – See article on page 3.
- **Thurs., Oct 25, 11:00am: Ageless Grace** – See article on page 3.
- **Wed., Oct 31, 11:00am: Meeting** – *The Rose City Songsters* will entertain us with songs that span 100 years.
- **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. Advance sign up is required by October 24th through Community Pass. For assistance, see Therese or Michelle. Cost: \$5
- **Thurs., Nov 1, 11:00am: Ageless Grace** – See article on page 3.
- **Tues., Nov 6, 6:00am-8:00pm: Election Day** – The DeCorso Center is the voting place for Districts 1, 3, 4, & 5. All classes and activities will be cancelled. There will be a bus to ShopRite.
- **Wed., Nov 7, 11:00am: Meeting** – Atlantic Health “*New Vitality*” Program presents “**Embracing Aging: Finding Your Path to Aging Well**”.
- **Sun., Nov 11, 10:30am: Veterans Day Luncheon @ American Legion Post** – Honor veterans on this special day. Refreshments will be provided and “*The Cover Girls*” will sing. Sign up in advance. Please bring a dessert.
- **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, 10:00am: Senior Citizens Day at NPHS** – Details to follow.

PET DRIVE

People for Animals is an independent nonprofit animal welfare organization that operates a Low Cost Spay/Neuter Clinic. During October, we will be collecting items in a box in the lobby to donate to them. The items most needed are paper towels, fleece fabric or blankets, gently used towels/sheets/blankets, hand soap, bleach, and gift cards to Staples and Home Depot.

AGELESS GRACE

"Ageless Grace", a cutting-edge brain health fitness program, is back by popular demand. Designed to be practiced seated, anyone can participate in this program at his or her own level of ability. Starting October 25th, sessions will be offered on Thursdays at 11:00am. Advance sign up is required. This program is free to NPSCC members and NP seniors. There is a \$5 charge per class for non-residents.

TWILIGHT DONE RIGHT

On Thursday, October 18th, a "Twilight Done Right" seminar will be offered to seniors (and their families) from 6:00 p.m. - 8:00 p.m. Twilight Done Right is an educational program created by local experts in estate law, living and long-term care options, real estate and relocation, healthcare and hospice, and funeral planning. This event is being sponsored by Bradley and Son Funeral Homes. Attendees will receive a \$25 gift card to Charlie Brown's. Advance sign up is required.

RAPTOR TRUST TRIP

On Thursday, October 25th, there will be a trip to The Raptor Trust, a nationally recognized leader in wild bird rehabilitation and the conservation of birds of prey. We will see a program called "Sharing the World with Raptors" and tour the outdoor aviaries. Then it's off to the Long Hill Tavern for lunch. On the way home, we will stop at Hillview Farms to purchase pumpkins and seasonal foods like apples, cider, and homemade pies. This trip will be both educational and delicious. Cost \$10 plus cost of lunch. Purchase ticket in advance.

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

Bullet Journal Book Lists – Work on writing out your "to read" list in bullet journal format. Tues., Oct 2, 7:00pm.

Baseball Discussion Group – Mon., Oct 8, 7:00-9:00pm.

Book Circle Talk: New Fiction – Librarian will recommend books of interest to book groups. Tues., Oct 9, 7:30pm.

Knitting Club – Bring a project you are working on or would like to start. Mon., Oct 1, 15, 29, 7:00-8:30pm.

Craft Fair – Annual craft fair with local artisans. Sat., Oct 20, 10:00am – 4:00pm.

The Fiddle in America: a History and Demonstration – Sun., Oct 21, 3:00pm

Frankenstein – Showing of the original 1931 black and white film featuring Boris Karloff. Thurs., Oct 25, 7:00pm.

DECORSO CENTER**Diversity Committee Columbus Day Celebration** –

Entertainment, music and stories. Bring your favorite Italian dish to share. Sign up in advance at the center. Sat., Oct 6, 5:00-8:00pm.

CSA Holiday Boutique – Shop early for unique holiday gifts. Sun., Oct 7, 11:00am – 4:00pm.

League of Women Voters – New Providence Candidates Forum. Thurs., Oct 11, 7:30pm.

Twilight Done Right – Educational program created by local experts in estate law, living and long-term options, real estate and relocation, healthcare and hospice, and funeral planning. Attendees will receive a \$25 gift card to Charlie Brown's. Thurs., Oct 18, 6:00-8:00pm.

Historical Society – Photojournalist Jim DelGiudice details the life of "Samuel Finley Breese Morse", inventor of the telegraph and code. Thurs., Oct 25, 7:00pm

After Hours "Fun Over 50" – Richard Lorenzo leads a music trivia program. Sign up and pay by October 24th through Community Pass. For assistance, see Therese or Michelle. Cost: \$5. Thurs., Nov 1, 7:00pm.

WILLIAM PACA CLUB

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

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

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

Tuesdays at 9:30am & 2:00pm

- October 2 – *What We Did On Our Holiday*
- October 9 – *Won't You Be My Neighbor*
- October 16 – *Chappaquiddick*
- October 23 – *Miss Sloane*
- October 30 – *The Seagull*

Foreign Films

Weds., October 3 at 2:00pm – *Trash* (Portuguese & English)

Mon., October 22 at 7:00pm – *A Bottle in the Gaza Sea* (Hebrew, Arabic and French)

<p>SAGE ELDERCARE Medicare Counseling</p> <p>Do you have problems or questions regarding your health insurance? If you are a Medicare beneficiary and resident of Union County with questions about Medicare, call 908.273.6999 and speak to the SHIP office at SAGE Eldercare for free, objective and confidential assistance. They can help with questions such as:</p> <ul style="list-style-type: none"> • How much insurance do you really need? • What can you do if Medicare denies payment for a claim? • Who do you call if you have questions about a claim? • What are the gaps in Medicare coverage? • Does Medicare pay for nursing home care? • What is the difference between original Medicare and Medicare Advantage plans? • What do you need to know before selecting a prescription drug plan? • Do you qualify for low income subsidies to cover premium and co-pay costs? <p>SHIP (State Health Insurance Assistance Program) of Union County is a national statewide program administered by the New Jersey Department of Health and Senior Services, Division of Senior Affairs, with major funding from the U.S. Department of Health and Human Services' Center for Medicare and Medicaid Services. SAGE is the sponsoring organization for the program in Union County.</p> <p>SHIP counselors do not provide legal advice, sell, recommend, or endorse any specific insurance product, agency, insurance company, or HMO. They provide information and assistance so that clients can make their own decisions.</p> <p>Open enrollment occurs each year between October 15 and December 7 for the next plan year. During this period, you can make changes to Plan C, the Medicare Advantage Plan, and Plan D, the Medicare Prescription Drug Coverage.</p>	 <p>Rating: 4.5 out of 5</p> <p>BOOK REVIEW by Therese Dalton <i>Yellow Crocus</i> by Laura Ibrahim</p> <p>This is the first book in a two part series. The setting is Virginia during the time of slavery. The characters draw you into this story without it being a graphic description of slavery. I cheered for the good people and jeered the bad folks. It is engaging as well as a good book to discuss.</p> <p>Moments after Lisbeth is born, she's taken from her mother and handed over to an enslaved wet nurse, Mattie, a young mother separated from her own infant son in order to care for her tiny charge. Thus begins an intense relationship that will shape both of their lives for decades to come. Though Lisbeth leads a life of privilege, she finds nothing but loneliness in the company of her overwhelmed mother and her distant, slave-owning father. As she grows older, Mattie becomes more like family to Lisbeth than her own kin and the girl's visits to the slaves' quarters—and their lively and loving community—bring them closer together than ever. But can two women in such disparate circumstances form a bond like theirs without consequence? This deeply moving tale of unlikely love traces the journey of these very different women as each searches for freedom and dignity.</p> <p>It is a fast read that is well worth the time!</p>
<p>NPSCC NEWSLETTER ONLINE</p> <p>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.</p>	<p>HELP WANTED</p> <p>The Activities Committee needs volunteers to help plan and organize events. They currently need a volunteer or two to run the December 27th trip to the Paper Mill Playhouse to see the show "Holiday Inn". If no one steps up, the trip will have to be cancelled. If you would be willing to help out, please let Therese or Michelle know and plan to attend the Activities Committee meeting on Tuesday, October 9th.</p> <p>OCTOBER FACTS</p> <p>Birthstone: Opal and Tourmaline Flower: Calendula Zodiac Signs: Libra (Sep 23 – Oct 22) and Scorpio (Oct 23 – Nov 21) Holidays and Observances: Columbus Day – Oct 8 Halloween – Oct 31</p> <p>http://www.wincalendar.com</p>

NEW PROVIDENCE SENIOR CITIZENS CLUB ~ October 2018 ~							
Sun	Mon	Tue	Wed	Thu	Fri	Sat	
Sep 30	1 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 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	3 9:30 SAGE 10:00 Bus to Club 10:15 Walking Club 11:00 Trivia 12:30 Bingo/Cards	4 9:30 Fit & Healthy Exercise w/Myriam 11:00 "Supplements & Foods that Slow Aging"** 12:30 Partner Bridge 12:30 Mah Jongg	5 9:00 Bus to Mall 9:15 Zumba w/Donna 10:00 Bridge 12:30 <u>NO</u> Pizza Bingo	6 Diversity Committee Columbus Day Celebration* 5:00pm – 8:00pm	
7	CSA Holiday Boutique 11:00am – 4:00pm	8 8:30 In Control w/Myriam 10:30 College Class* 11:00 Chair Yoga w/Judy 11:00 Newsletter 12:30 Bridge	9 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	10 Happy Birthdays! 9:30 Blood Pressure 10:00 Bus to Club 10:15 Walking Club 11:00 Club Day 12:30 Bingo/Cards – Chatham Hills	11 9:30 Fit & Healthy Exercise w/Myriam 11:00 "Exercises at Home"** 12:30 Duplicate Bridge 12:30 Mah Jongg	12 9:00 Bus to Blue Star 9:15 <u>NO</u> Zumba w/Donna 10:00 Bridge 12:30 Pizza Bingo	13 Oktoberfest at Forest Lodge 11:00am**
14	15 8:30 In Control w/Myriam 10:30 NO College Class* 11:00 Chair Yoga w/Judy 11:00 Newsletter 12:30 Bridge	16 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 3:00 Beginners Italian	17 9:30 Blood Pressure 10:00 Bus to Club 10:15 Walking Club 11:00 "Senior Living Options" 12:30 Bingo/Cards	18 9:30 Fit & Healthy Exercise w/Myriam 11:00 "Slowing Alzheimer's"** 12:30 Duplicate Bridge 12:30 Mah Jongg 6:00pm Twilight Done Right*	19 9:00 Bus to Mall 9:15 Zumba w/Donna 10:00 Bridge 12:30 Pizza Bingo	20 Craft Fair @ NPML 10:00am – 4:00pm	
21	The Fiddle in America: a History and Demonstration @ NPML 3:00pm	22 8:30 In Control w/Myriam 10:30 College Class* 11:00 Chair Yoga w/Judy 11:00 Newsletter 12:30 Bridge	23 9:00 Bus to ShopRite 9:45 Balance & Conditioning w/Mike 10:45 Current Events 12:30 Knitting Group 1:00 Tai Chi w/Ayriel 2:00 Converse Italian	24 9:30 Blood Pressure 10:00 Bus to Club 10:15 Walking Club 11:00 "The Importance of Sleep on Your Health" 12:30 Bingo/Cards	25 9:30 Fit & Healthy Exercise w/Myriam 10:00 Raptor Trust Trip** 11:00 Ageless Grace* 12:30 Partner Bridge 12:30 Mah Jongg	26 9:00 Bus to Mall 9:15 Zumba w/Donna 10:00 Bridge 12:30 Pizza Bingo	27
28	New Providence Street Fair 10:00am – 5:00pm	29 8:30 In Control w/Myriam 10:30 College Class* 11:00 Chair Yoga w/Judy 11:00 Newsletter 12:30 Bridge	30 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	31 Happy Halloween! 9:30 Blood Pressure 10:00 Bus to Club 10:15 Walking Club 11:00 Rose City Songsters 12:30 Bingo/Cards	Nov 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"*	Nov 2 9:00 Bus to Mall 9:15 Zumba w/Donna 10:00 Bridge 12:30 <u>NO</u> Pizza Bingo	Nov 3 Paca Club Craft Fair & Bake Sale 10:00am – 4:00pm



*Sign up in advance.

**Purchase ticket in advance.