

New Providence

Senior Citizens Newsletter



AUGUST 2015

Volume 15, Issue 8

COORDINATOR'S CORNER

Wow, the last full month of summer is here. We had a fun filled July at NPSCC with the Western Picnic, Jennie Andrews and Twist and Shout to name a few. August will slow down slightly with the center closing in the first two weeks of August but there will still be plenty to do this month including following:

Thursday, August, 6 – Stickley Museum

Wednesday August, 19 –Luau

Thursday, August 20 – Antiques Road Show with Jennie Andrews

Friday, August 21 – Janice is sponsoring “Stepping Into Fitness” with Sue Fieseler from the Summit YMCA. During this presentation you will learn about and sample simple, yet healthy snacks. She will discuss how to eat a balanced diet, cooking for one or for a group and being too busy to cook. She will also cover why we eat what we eat and show you how to set and meet your fitness goals in an interactive and enjoyable way. The lecture promises to be educational, fun and tasty. Please sign up on the sheet at the table. We hope to see you there.

Tuesday, August 25 – The Sands Casino

I would like to thank Mike and Charlie for sharing the driving this summer and for running Pizza Bingo on Fridays. We all appreciate it.

In Honor of National Senior Citizens Day

“For all they have achieved throughout life and for all they continue to accomplish, we owe older citizens our thanks and a heartfelt salute. We can best demonstrate our gratitude and esteem by making sure that our communities are good places in which to mature and grow older - places in which older people can participate to the fullest and can find the encouragement, acceptance, assistance, and services they need to continue to lead lives of independence and dignity.” - President Ronald Reagan

NP Senior Citizens Club
An organization dedicated to providing social & enriching activities & events for New Providence residents 55 years and beyond.

Trustees

Chair: Maxine Hirsch
 Pat Connolly, Kay DeMarco,
 Enid Doyle, Carolyn Foran,
 Rosalie Hamaty, Kathy
 Hendrickson, Jean Holmes,
 Ed Len, Peggy MacNeil, and Grace
 Parlapiano

Club Officers

President: Christine Napolitano
 Vice Pres.: Harry Kundrat
 Treasurer: Sal Ligammari
 1st Treasurer: Clara DelMonte
 2nd Treasurer: Delores Felezzola
 Sergeant-at-Arms: Don Kern

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 Coordinator

Stacey Kinum
Hours
 Monday-Friday: 9:30 – 2:30

Newsletter Staff

Stacey Kinum
 Clara DelMonte
 Kay DeMarco
 Barbara Koslap
 Doris Velez



SUMMER CENTER CLOSINGS AND SUMMER HOURS

The center will be closed **Monday, August 3rd through Friday, August 14th** for summer break.

Thank you...

- Christine Napolitano and Harry Kundrat for running the Western Picnic.
- Pat Connolly for organizing the trip to Hunterdon Hills Playhouse to see “Twist and Shout”. The show was fantastic and the food was delicious.
- Elefante Music’s Summer Camp Performers who entertained us and Juniper Village who supplied us with a yummy lunch as we celebrated July birthdays.
- Thank you to the New Providence School District and its teachers and students who performed throughout the school year.
- New Providence Municipal Alliance for sponsoring Chronic Care Workshop and to Jan Ramos of Prevention Links for facilitating.
- Frank Frenda for a wonderful and educational discussion of the American Monuments.

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 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!

- **Mon., Aug 3 – Fri., Aug 14: CENTER CLOSED FOR SUMMER BREAK. Reopens Monday, August 17th.**
- **Tues., Aug 4, 6:00pm: National Night Out/NP Summer Concert** at Centennial Park featuring the **Elefante Family Band**. FREE. National Night Out is an annual community-building campaign that promotes police-community partnerships and neighborhood camaraderie.
- **Thurs., Aug 6, 10:00am-2:00pm: Trip to the Stickley Museum at Craftsman Farms** - Travel to the centerpiece of Gustav Stickley's early 20th century country estate and take a guided tour of one of the most significant landmarks of the American Arts and Crafts movement. Cost: \$12. Sign up in advance. See Jean Holmes.
- **Wed., Aug 19, Noon: Annual Luau** – Have fun with a Hawaiian flair. Enjoy a catered lunch and entertainment. Cost: \$15. Sign up in advance. See Peggy MacNeil
- **Thurs., Aug 20, 12:00pm: Remember When** - Jennie Andrews will lead a discussion on unusual items from the past at an **"Antique Roadshow"**. Pizza is available at \$1.75 per slice. Register in advance.
- **Thurs., Aug 20, 2:00-4:30pm: Seniors Day at the Pool** – The New Providence Community Pool invites seniors to be their guest for lunch and to enjoy an afternoon of entertainment with the **"Four Old Parts"** barbershop quartet. Bus leaves the center at 1:00. Call for pickup. Register in advance.
- **Fri., Aug 21, 10:00:** Sue Fieseler from the Summit YMCA will give a presentation on **"Stepping into Fitness"** and provide some healthy treats as we celebrate **"National Senior Citizens Day"**.
- **Tues., Aug 25, 10:00am-6:30pm: Casino Trip** - Try your luck at the **Sands Casino** in Bethlehem, Pennsylvania. Purchase tickets in advance. Cost: \$20. Receive \$20 in "play money" and \$5 for food. See Phyllis Winters.
- **Wed., Aug 26, 11:00am:** Barbara Forshner from **Senior Bridge** will discuss their **"Care Management Process"** and how they care for people with chronic medical or cognitive conditions in their home environment.
- **Wed., Sep 2, 11:00am:** **Leo Piovano** will give a presentation on Italian Renaissance painter and architect, **"Raphael"**.
- **Wed., Sep 9, 11:00am:** **George Eskers** from Bankers Life will give a talk on **"Medicare Basics"**.
- **Wed., Sep 16, 11:00am:** **David Aaron** will entertain us as we celebrate September birthdays.
- **Sat., Sep 19, 4:30pm: Diversity Committee Annual Pot Luck Dinner**
- **Sun., Sep 20, 10:00am: John Basilone Parade** - Parade honoring Raritan native John Basilone who received the Congressional Medal of Honor and the Navy Cross for his courageous actions during World War II. Parade starts at 1:00. Bus leaves at 10:00am. If you would like to go, speak with Clara DeMonte.
- **Tues., Sep 22, 10:00am:** Take a trip to **Jersey Gardens Mall**, New Jersey's largest outlet and value retail center with over 200 stores under one roof. Cost \$7. See Christine.
- **Wed., Sep 23, 11:00am:** Plastic surgeon, **Dr. Paul Carniol**, will give a presentation on **"Aging and Skin Cancer"**. He will discuss how to prevent skin cancer and identify precancerous areas on the skin, as well as ways to treat different types of skin cancer. He will also discuss treatment options for aging.
- **Tues., Sep 29 & Thurs., Oct. 1, 10:00 – 1:00: AARP Driver Safety Course** – Ted Grinthal will teach a 2 day Smart Driver course. Brush up on your driving skills and reduce your insurance costs. Cost: AARP members \$15; AARP nonmembers \$20. Sign up in advance.
- **Wed., Sep 30, 11:00am:** A dietician from Manor Care will give us tips on **"Diet and Nutrition"**.

IF YOU ARE INTERESTED...

REEVES-REED ARBORETEUM: Wed., Aug 12, 7-8pm, Sounds of Summer: Julian Lage is an American guitarist, composer and arranger living in NYC. Often categorized as a jazz musician, his music is rooted in both traditional and acoustic forms. Price: FREE to Members, \$10 for Non-Members and \$5 for students.

MORRIS MUSEUM: Senior Admission \$7
The Fashionable Child: 200 Years of Dressing Our Children. 8/1-11/26. Exhibit explores trends in children’s fashion from the early 1800’s to 2015. The show features special occasion wear and christening gowns, play outfits, sleepwear, outerwear and accessories including hats, bonnets, and shoes.

Mega Model Trains: 7/7-9/6. Spectacular 288-square foot interactive model train display.

SUMMER ARTS FESTIVAL: Echo Lake Park, Mountainside Free. Concerts begin at 7:30. Bring your own lawn chair.
Wed., Aug, 5 Good Vibrations (Beach Boy Tribute)
Wed., Aug 12 American Rapture
Wed., Aug 19 The Benjamins
Wed., Aug 26 The Sensational Soul Cruisers

****Engineers Needed!****

On Tuesday October 27, New Providence High School will be hosting the interscholastic STEM League competition in which groups of students from different schools use their STEM (science, technology, engineering, and mathematics) skills to compete in a real world design challenge. They are seeking local engineers and scientists to act as judges during the event. The judging will involve discussing with teams design challenge, their prototypes and engineering log books and evaluating team presentations. Please see Stacey if you are interested and she will provide you with a volunteer form.

Top 10 Scams Targeting Seniors

On June 3rd, we had three speakers discuss Elder Fraud. It was a very important, interesting and informative talk. Financial scams targeting seniors have become so prevalent that they are now considered “the crime of the 21st century”. It is not just wealthy seniors who are targeted. Low-income older adults are also at risk for financial abuse and it is not always strangers who perpetrate these crimes.

Top Ten Scams Targeting Seniors:

1. Medicare/Health Insurance Fraud
2. Counterfeit Prescription Drugs
3. Funeral and Cemetery Scams
4. Fraudulent Anti-Aging Products
5. Telemarketing
6. Internet Fraud
7. Investment Schemes
8. Homeowner/Reverse Mortgage Scams
9. Sweepstakes and Lottery Scams
10. The Grandparent Scam

Each month, the newsletter will provide you with information on one of these scams. Next month, we will discuss Medicare and Health Insurance Fraud.

Rubber Ducky Race Proceeds

The NPSCClub received a check for \$1,627.50 from the Berkeley Heights Rotary Club, the highest total ever! Thanks, again, to all who supported the Medical Alert Program by selling and/or purchasing tickets.

National Senior Citizens Day

In 1988, Ronald Reagan declared August 21st to be National Senior Citizens Day in honor of senior citizens who made positive contributions to their communities. The day was also created to bring awareness of social, health, and economic issues that affect senior citizens.

MOVIE MARQUEE


AUGUST MOVIES AT THE NP MEMORIAL LIBRARY

Tuesdays at 9:30am & 2:00pm

- August 4 – *American Sniper*
- August 11 – *Selma*
- August 18 – *The Second Best Exotic Marigold Hotel*
- August 25 – *The Scarlet and the Black*

Foreign Films

- Thur., August 6 at 2:00pm – *The Orange Thief (in Italian and Sicilian with English subtitles)*
- Tues., August 25 at 6:30pm – *Horses of God (in Arabic and French with English subtitles)*

~ August 2015 ~						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
Jul 26	Jul 27 11:00 Newsletter 11:00 Chair Yoga 12:30 Bridge 1:30 In Control w/Mike	Jul 28 9:00 Bus to Shoprite 9:45 Balance and Conditioning w/Mike 11:00 Tennis w/Dick 1:00 Tai Chi w/Ayriel 2:00 Converse Italian	Jul 29 Aug B'days 9:30 Blood Pressure 10:00 Bus to Club 11:00 "How to Keep Driving Longer" 12:30 Bingo Cards	Jul 30 12:30 Bridge or Poker 1:00 Mah Jongg 7:30 Summer Concert** Cindy Gelormini	Jul 31 9:00 Bus to Mall 12:30 Pizza Bingo	1
2	3 CENTER CLOSED	4 CENTER CLOSED 9:00 Bus to Shoprite 11:00 Tennis w/Dick 6:00 National Night Out/Summer Concert** Elefante Family Band	5 CENTER CLOSED	6 CENTER CLOSED 10:00 Stickley Museum	7 CENTER CLOSED 9:00 Bus to Mall	8
9	10 CENTER CLOSED	11 CENTER CLOSED 9:00 Bus to Shoprite 11:00 Tennis w/Dick	12 CENTER CLOSED	13 CENTER CLOSED	14 CENTER CLOSED 9:00 Bus to Mall	15
16	17 CENTER REOPENS 11:00 Newsletter 11:00 Chair Yoga 12:30 Bridge	18 9:00 Bus to Shoprite 9:45 In Control w/Mike 10:00 Activities Meeting 11:00 Tennis w/Dick 2:00 Luau Setup 2:00 Converse Italian 3:00 Beginning Italian	19  Luau Lunch 12:00 - \$15	20 Remember When / Day at the NP Pool 12:00 Remember When – "Antiques Roadshow" 12:30 Duplicate Bridge 1:00 Mah Jongg 2:00 Day at the NP Pool	21 Summit YMCA 9:00 Bus to Mall 9:00 Four Cities Bridge 10:00 "Stepping Into Fitness" 12:30 Pizza Bingo	22
23	24 11:00 Newsletter 11:00 Chair Yoga 12:30 Bridge	25 Casino Trip- \$20 9:00 Bus to Shoprite 9:45 In Control w/Mike 10:00 Bus to Sands 11:00 Tennis w/Dick 2:00 Converse Italian	26 Senior Bridge 9:30 Blood Pressure 10:00 Bus to Club 11:00 Care Management 12:30 Bingo Cards	27 12:30 Partner Bridge 1:00 Mah Jongg	28 9:00 Bus to Mall 12:30 Pizza Bingo	29
30	31 11:00 Newsletter 11:00 Chair Yoga 12:30 Bridge 1:30 In Control w/Mike	Sep 1 9:00 Bus to Shoprite 9:45 Balance and Conditioning w/Mike 11:00 Tennis w/Dick 2:00 Converse Italian 3:00 Beginning Italian	Sep 2 Leo Piovano 9:30 Blood Pressure 10:00 Bus to Club 11:00 "Raphael" 12:30 Bingo Cards	Sep 3 12:30 Partner Bridge 1:00 Mah Jongg	Sep 4 9:00 Bus to Mall 12:30 Pizza Bingo	Sep 5

****Summer Concerts will take place at Centennial Park starting at 7:30 PM, rain or shine. If rain prevents an outside performance, it will be held in the municipal gym.**