

New Providence Senior Citizens Newsletter



NOVEMBER 2015

Volume 15, Issue 11

COORDINATOR'S CORNER

Happy Thanksgiving! The holiday season is slowly but surely creeping upon us. Thanksgiving is my favorite holiday because it is not about gift giving but about giving thanks and being grateful. November begins what can often be a stressful time of the year. To help us manage the upcoming holidays, Sue Fieseler from the Summit Area YMCA will present "Surviving the Holidays" on Wednesday November 18th.

A few other programs to note include:

- **Election Day** is Tuesday, November 3. Polls open at 6am and close at 8pm. Normal activities will take place in the Card Room.
- **Eric Kearns** will perform hit songs from over the decades impersonating Elvis, Jimmy Durante, Louis Armstrong and others at our Wednesday November 4th meeting. Please bring a friend to enjoy this show.
- **The Veterans Day Service Luncheon** will be held at the Center on Wednesday, November 11th, from 10:30am to 2:00pm.
- **Senior Citizens Day at NPHS** will be celebrated on Thursday, November 12th. Signups are essential since seating is limited to 50 members for the luncheon. Bus transportation from the center is mandatory.
- Sue Fieseler from the Summit YMCA will present a **CPR Hands Only/First Aid Seminar** on Tuesday, November 10th at 11:00am. She will give us a basic overview of CPR, First Aid and will walk us through using the AED. Please sign up.

As always please see page 2 for more details on these and other events.

THE CENTER WILL BE CLOSED WEDNESDAY, NOV. 25TH THROUGH SUNDAY, NOV. 29TH FOR THE THANKSGIVING HOLIDAY.

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

THANK YOU...

- Christine Napolitano for organizing trips to see the beautiful Fall Foliage and the exciting show, "The Bandstand", at the Papermill Playhouse.
- George Esker for his informative presentation on "Medicare Basics and Boot Camp".
- The Chatham Band for entertaining us and Juniper Village for providing a delicious lunch as we celebrated October birthdays.
- Janice Giranda, our wonderful public health nurse, for organizing the flu clinic.
- Mr. Giuseppe and Ms. Josephina for entertaining us at the Pasta Luncheon.
- Tracy Beckerman for joining us at "After Hours".

Newsletter Staff

Stacey Kinum
Clara DelMonte
Kay DeMarco
Barbara Koslap
Doris Velez

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!**

- **Sun., Nov 1, 10:00am-5:00pm: New Providence Street Fair** – The family-oriented street festival offers attractions for everyone. There will arts and entertainment for the kids, great food, street vendors, contests and games.
- **Tues., Nov 3, 6:00am-8:00pm: Election Day** - The DeCorso Center is the voting place for NP Districts 1, 3, 4 & 5.
- **Wed., Nov 4, 11:00am:** Pat Connolly has arranged for singing impressionist **Eric Kearns** to perform hit songs from the 1920s through the 1970s. This exciting Vegas-style show is free and open to everyone. Bring your friends!
- **Sat., Nov 7, 10:00am-4:00pm: Paca Club Craft Fair** will offer unique and specialty items. Held at the Paca Club.
- **Tues., Nov 10, 11:00am: Sue Fiesler** from the Summit YMCA will give an overview on **CPR Hands Only/First Aid**.
- **Wed., Nov 11, 10:30am-2:00pm: Veterans Day Service Luncheon** – Observe the day at the center as we let our veterans know that we appreciate them for their service and honor them for their sacrifices. Please sign up in advance and bring a dessert. See Peggy Brodeur.
- **Thurs., Nov 12, 10:00am: NPHS Senior Citizens Day** – Concerts, lunch, and the NPHS Fall Play, “All in the Timing”. Due to limited parking and lunch seating, those attending **MUST** pre-register and take the bus from the center.
- **Sun., Nov 15, 5:00-8:30pm: Diversity Committee Diwali Potluck Dinner** – Celebrate the ancient Hindu festival of lights which spiritually signifies the victory of light over darkness. Please bring a dish to share.
- **Mon., Nov 16, 7:30pm: League of Women Voters** will sponsor a lecture on “**Politics and Money**” featuring Dr. Susan Lederman, Professor of Public Administration at Kean University.
- **Wed., Nov 18, 11:00am: Sue Fieseler** from the Summit YMCA will speak about “**Surviving the Holidays**”.
- **Sat., Nov 21, 10:00am-3:30pm: Lodge Linne Scandinavian Import Sale** – Buy Scandinavian treats and crafts for the holidays. Held at Salt Brook School.

THE CENTER WILL BE CLOSED WEDNESDAY, NOV 25TH THROUGH SUNDAY, NOV 29TH.

- **Tues., Dec 1, 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 \$2. See Christine Napolitano.
- **Wed., Dec 2, 11:00am: Walgreens** will give a presentation on the most effective over-the-counter cold and flu products. They will also provide pneumonia and/or shingles shots. Sign up is required.
- **Thurs., Dec 3, 12:30pm: Holiday Greeting Cards** – Join us as we address holiday cards for our absent members.
- **Thurs., Dec 3, 7:00-9:30pm: “After Hours” Holiday Party** – Celebrate the holidays with adults 50 years plus.
- **Fri., Dec 4, 6:00pm: Diversity Committee Tree Lighting Ceremony** will be held at the Centennial Park Gazebo.
- **Sun., Dec 6, 2:00pm: Center Decoration** - Help decorate the center for the holiday season. Tentative date.
- **Wed., Dec 9, 5:00-8:00pm: NPSCC Holiday Dinner** – Festive dinner and music with NPMS Girls’ Chorus. Sign up for bus pickup. Cost: TBD. See Christine Napolitano.
- **Thurs., Dec 10, 12:00noon: “Remember When” Holiday Party** – Bring a special holiday antique to share as Jennie Andrews leads a discussion about favorite holiday memories.
- **Wed., Dec. 16, 11:00am: Club Day**
- **Thurs., Dec 31, 8:00pm-12:01am: New Year’s Eve Party** – Ring out the old year with food, friends, and fun. Cost: \$10. See Bill & Rita Wehrle.

IF YOU ARE INTERESTED...

MORRIS MUSEUM: Senior Admission \$7

- **The Language of Fans** - This intriguing display explores various types of fans, the materials used, and the cultural influences that defined their use. Through Dec. 6th
- **Clearly Compelling: Glass Art from Tiffany to Chihuly** Celebrating the evolution of glass art, this exhibition seeks to capture the spirit of experimentation that has defined glass art. Through Dec. 6th.

REEVES-REED ARBORETUM

- **Saturday Morning Garden Tours** – A wonderful opportunity to learn about the history of the Arboretum. Saturdays at 10:30am through Oct. 24th. Free of charge. No reservations required.

SAGE ELDERCARE

- **Veteran’s Benefits**, Wednesday, November 4, 10:00am-11:30am. Frank Quadrino, Community Outreach Manager, VA NJ Healthcare System, will discuss the many benefits available to veterans.
- **Memory Screening**, Thursday, November 19, 10:00am – 1:00pm, Overlook Hospital Auditorium. Screenings will begin at 10:00 followed by a physician lecture at noon. To register, call 1-800-247-9580

“NEW VITALITY” MEMBERSHIP SIGN UP AND SENIOR SUPPER CLUB

Atlantic Health’s “New Vitality” program will be signing up members through December. New members receive free health screenings including cholesterol, glucose, and blood pressure. Call 908-522-2963 to schedule an appointment. As a benefit of ‘New Vitality’ membership, seniors receive a membership card entitling them to a 3 course dinner and beverage for \$5.00 every Thursday.

NEW PROVIDENCE STREET FAIR

The annual New Providence Street Fair will be held Sunday, November 1st from 10:00am to 5:00pm on Springfield Avenue between South and Livingston Avenue. There will be arts and entertainment for the kids, great fair food, and food from local establishments. Street vendors will present many unique items at great prices and local non-profit organizations will host contests and games for all attendees.

CARDS AND GAMES

As the weather gets colder and the daylight gets shorter, we all need a reason to get out and about. In addition to Bridge, Bingo and Mah Jongg, I would like to see if we can offer some additional games such as Chess, Pinochle or Rummikub. If you are interested, please put your name on the signup sheet at the front table.

CONGRATULATIONS TO JANICE GIRANDA ON HER DAUGHTER’S WEDDING AND TO DIANE McANENY ON HER SON’S WEDDING!!!

NOVEMBER IS AMERICAN DIABETES MONTH

The following symptoms of diabetes are typical:

- Urinating often
- Feeling very thirsty
- Feeling very hungry even though you are eating
- Extreme fatigue
- Blurry vision
- Cuts/bruises that are slow to heal
- Weight loss even though you are eating more (Type 1)
- Tingling, pain, or numbness in the hands/feet (Type 2)

American Diabetes Association

MOVIE MARQUEE

NOVEMBER MOVIES AT THE NP MEMORIAL LIBRARY

Tuesdays at 9:30am & 2:00pm

- November 3 – *Little Boy*
- November 10 – *Taken 3*
- November 17 – *Me and Earl and the Dying Girl*
- November 24 – *Love & Mercy*

Foreign Films

- Thurs., November 5 at 2:00pm – *Gett: The Trial of Viviane Amsalem (in Hebrew, French, and Arabic with English subtitles)*
- Tues., November 24 at 7:00pm – *3-Iron (in Korean with English subtitles)*

Top 10 Scams Targeting Seniors

As part of our continuing series on elder fraud, this month we will discuss Funeral and Cemetery Scams. The FBI warns about two types of funeral and cemetery fraud perpetrated on seniors.

In one approach, scammers read obituaries and call or attend the funeral service of a complete stranger to take advantage of the grieving widow or widower. Claiming the deceased had an outstanding debt with them, scammers will try to extort money from relatives to settle the fake debts.

Another tactic of disreputable funeral homes is to capitalize on family members' unfamiliarity with the considerable cost of funeral services to add unnecessary charges to the bill. In one common scam of this type, funeral directors will insist that a casket, usually one of the most expensive parts of funeral services, is necessary even when performing a direct cremation, which can be accomplished with a cardboard casket rather than an expensive display or burial casket.

Tips for avoiding funeral and cemetery fraud:

- Take time to call and shop around before making a purchase. Take a friend with you who may offer some perspective to help make difficult decisions. Funeral homes are required to provide detailed general price lists.
- Educate yourself fully about caskets before you buy one.
- Understand the difference between funeral home basic fees for professional services and any fees for additional services.
- Know that embalming rules are governed by state law and that embalming is not legally required for direct cremations.
- Carefully read all contracts and purchasing agreements before signing and make certain that all of your requirements have been put in writing.
- Make sure you understand all contract cancellation and refund terms, as well as your portability options for transferring your contract to other funeral homes.
- Before you consider prepaying, make sure you are well informed. When you do make a plan for yourself, share your specific wishes with those close to you.
- Do not allow yourself to be pressured into making purchases, signing contracts, or committing funds.

Sources: National Council on Aging and www.fbi.gov

Thanksgiving Q & A

- Q: What key won't open any door?
A: A turkey.
- Q: Why did the turkey cross the road?
A: It was the chicken's day off.
- Q: Why did the chewing gum cross the road?
A: It was stuck on the turkey's foot.
- Q: Why did the turkey cross the road twice?
A: To prove he wasn't chicken.
- Q: What do you get when turkey lays an egg on top of the barn?
A: An eggroll.

THE VETERAN...

- It is the Veteran, not the preacher, who has given us freedom of religion.
- It is the Veteran, not the reporter, who has given us freedom of the press.
- It is the Veteran, not the poet, who has given us freedom of speech.
- It is the Veteran, not the campus organizer, who has given us freedom to assemble.
- It is the Veteran, not the lawyer, who has given us the right to a fair trial.
- It is the Veteran, not the politician, who has given us the right to vote.
- It is the Veteran who salutes the flag, who serves under the flag.
- It is the Veteran who has and will protect this great country.

November Facts

- Birthstone: Topaz and Citrine
- Flower: Chrysanthemum
- Zodiac Signs: Scorpio (Oct 23 – Nov 22) and Sagittarius (Nov 23 – Dec 21)
- Holidays and Observances:
- November 1 – Daylight Saving Time Ends
 - November 3 – Election Day
 - November 11 – Veteran's Day
 - November 19 – Great American Smokeout
 - November 26 – Thanksgiving Day

~ November 2015 ~						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 New Providence Street Fair 10:00-5:00	2 9:30 Trustee Meeting 10:30 UCCollegeClass 11:00 Newsletter 11:00 Chair Yoga 12:30 Bridge 1:00 In Control	3 Election Day 9:00 Bus to ShopRite 9:00 Tennis w/Dick 9:45 Balance and Conditioning w/Mike 1:00 Tai Chi 2:00 Converse Italian	4 10:00 Bus to Club 11:00 Eric Kearns 12:30 Bingo/Cards	5 12:30 Partner Bridge 1:00 Mah Jongg	6 9:00 Bus to Mall 9:30 Zumba w/Donna 12:30 Pizza Bingo	7 Paca Club Craft Fair 10:00-4:00
8	9 9:00 Bus to ShopRite 10:30 UCCollegeClass 11:00 Newsletter 11:00 Chair Yoga 12:30 Bridge 1:15 In Control w/Mike	10 9:00 Tennis w/Dick 9:45 Balance and Conditioning w/Mike 10:00 Activities Meeting 11:00 CPR Hands Only/ First Aid Overview 1:00 Tai Chi 2:00 Converse Italian	11 Veterans Day 9:30 Bus to Club 10:30 Veterans Day Service Luncheon	12 NPHS Senior Day 9:30 Fit & Healthy Exercise w/Myriam 10:00 Bus to NPHS 12:30 Duplicate Bridge 1:00 Mah Jongg	13 9:00 Bus to Mall 9:30 Zumba w/Donna 12:30 Pizza Bingo	14
15 Diversity Club Diwali Celebration 5:00-8:30	16 10:30 UCCollegeClass 11:00 Newsletter 11:00 Chair Yoga 12:30 Bridge 1:15 In Control w/Mike 7:30pm "Politics & Money"	17 9:00 Bus to ShopRite 9:00 Tennis w/Dick 9:45 Balance and Conditioning w/Mike 1:00 Tai Chi 2:00 Converse Italian	18 9:30 Blood Pressure 10:00 Bus to Club 11:00 "Surviving the Holidays" 12:30 Bingo/Cards	19 9:30 Fit & Healthy Exercise w/Myriam 12:30 Duplicate Bridge 1:00 Mah Jongg	20 9:00 Bus to Mall 9:00 Four Cities Bridge 9:30 Zumba w/Donna 12:30 Pizza Bingo	21 Lodge Linne Scandinavian Import Sale 10:00-3:30
22	23 10:30 UCCollegeClass 11:00 Newsletter 11:00 Chair Yoga 12:30 Bridge 1:00 In Control	24 9:00 Bus to ShopRite 9:00 Tennis w/Dick 9:45 Balance and Conditioning w/Mike 1:00 Tai Chi 2:00 Converse Italian	25 CENTER CLOSED	26 CENTER CLOSED HAPPY THANKSGIVING!	27 CENTER CLOSED	28
29	30 9:00 Bus to ShopRite 10:30 UCCollegeClass 11:00 Newsletter 11:00 Chair Yoga 12:30 Bridge 1:00 In Control	Dec 1 9:00 Tennis w/Dick 9:45 Balance and Conditioning w/Mike 10:00 Jersey Gardens 1:00 Tai Chi 2:00 Converse Italian	Dec 2 10:00 Bus to Club 11:00 Walgreen's 12:30 Bingo/Cards	Dec 3 9:30 Fit & Healthy Exercise w/Myriam 12:30 Partner Bridge 1:00 Mah Jongg 12:30 Address Holiday Greeting Cards 7:00pm "After Hours"	Dec 4 9:00 Bus to Mall 9:30 Zumba w/Donna 12:30 Pizza Bingo	Dec 5