

# New Providence Senior Citizens Newsletter



AUGUST 2017



Volume 17, Issue 8

## COORDINATORS' CORNER

Thank you for your help during my transition. Although I have been here for 5 months, I'm still learning. We are all in this together, and I think this center is a great place for the community!

**The center will be closed from July 31<sup>st</sup> through August 11<sup>th</sup> and will reopen on August 14<sup>th</sup>.** We will also be closed Friday, September 1<sup>st</sup> and Monday, September 4<sup>th</sup> for the Labor Day holiday.

We will have a **Game Day/Quiz Bowl** with some local middle school children on Thursday, August 17th from 10:00am – 12:00noon. Come out and let's show these youngsters how much fun we have here! Play scrabble, Yahtzee, cards, dominoes (or some other game) and test your brain during a quiz bowl. It's a great way to connect with the youth in our community.

I have the book for our next **book club** discussion, *A Man Called Ove*. Stop by for a copy, and come to our discussion on Thursday, September 14<sup>th</sup>. We had such a lively discussion last time that I look forward to the September meeting!

## UPCOMING EVENTS:

- **Seniors Day at the New Providence Pool**, August 9<sup>th</sup> at 1:00pm.
- **River Lady Trip**, Monday, August 14<sup>th</sup> at 8:45am.
- **Planetarium Trip**, Thursday, August 24<sup>th</sup> at 9:45am.

## SCHEDULE CHANGES:

- All exercise classes and the Walking Club are cancelled in August.
- Mexican Dominoes is cancelled in August. It will resume after Labor Day.
- There is no Knitting Club in August. See you in September!

## Thank You...

- Katie Kinum, Vivian Dalton, and Grace Dalton for preparing and presenting the "Then and Now" Guess Who game.
- Grace Dalton and Vivian Dalton for their terrific "Technology Help".
- Peggy Macneal for organizing a wonderful Luau Lunch.
- Phyllis Winters for running a great trip to the Sands Casino.
- Rich Dimler for calling Bingo during the summer and, hopefully, beyond.
- Tina Morielli who previously sent flowers to club members celebrating their 90<sup>+</sup> birthdays and who continues to send birthday cards to all members.
- SMILE, a group of students from NPHS, who deliver flowers to club members celebrating their 90<sup>+</sup> birthdays.

**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: Pat Connolly  
Kathy Hendrickson, Ed Insinger,  
Peggy Macneal, Joe Masino, Tina Morielli, Grace Parlapiano, Bette Schmitt, Wilma Silwones, Bill Wehrle

### Club Officers

President: Christine Napolitano  
Vice Pres.: Harry Kundrat  
Treasurer: Sal Ligammari  
1<sup>st</sup> Treasurer: Clara DelMonte  
2<sup>nd</sup> 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](http://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**  
Therese Dalton

**Hours**  
Monday-Friday: 9:30am - 2:30pm

**Newsletter Staff**  
Peggy Brodeur  
Joan Clark  
Therese Dalton  
Clara DelMonte  
Barbara Koslap  
Wilma Silwones

## 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!

**Center closed Monday, July 31<sup>st</sup> through Friday, August 11<sup>th</sup> for summer break.**

- **Tues., Aug 1, 7:00pm: NP Summer Concert** at Centennial Park featuring the **Elefante Family Band** and observing **National Night Out**, a community-building campaign that promotes police-community partnerships and neighborhood camaraderie. Pre-concert activities start at 6:00pm.
- **Wed., Aug 9, 1:00pm: Seniors Day at the Pool** – The New Providence Community Pool invites seniors to be their guests for lunch and entertainment. If you plan to attend, sign up by July 28<sup>th</sup> for the event and for bus pickup.
- **Mon., Aug 14, 8:45am: River Lady Trip** – Enjoy the ambiance of a 19<sup>th</sup> century Mississippi paddleboat as we cruise the Toms River and Barnegat Bay. Includes meal. Cash bar. Cost: Members \$43; Non-members \$48.
- **Wed., Aug 16, 11:00am: Meeting** – Mike Ferlise will give a talk about **“Trains”** and bring in model trains from his extensive collection.
- **Thurs., Aug 17, 10:00am: Quiz Bowl/Game Day** – Join New Providence middle school students for a fun morning playing games and competing in a quiz bowl. Participants will enjoy refreshments afterwards. Sign up in advance.
- **Wed., Aug 23, 11:00am: Meeting** – Sue Fieseler from the Summit YMCA will give a presentation on **“CPR.”**
- **Thurs., Aug 24, 9:45am: Planetarium Trip** – Travel to Raritan Valley Community College to see **“S.E.T.I. – The Search for Extra Terrestrial Intelligence”** and explore the possibility that we may not be alone in the universe. Cost: \$12.00. Lunch at McBride’s Irish Pub is on your own dime.
- **Wed., Aug 30, 11:00am: Meeting** – John Cronin will give a presentation on **“Memorable Moments in Baseball”**.

**Center closed Friday, September 1<sup>st</sup> and Monday, September 4<sup>th</sup> for the Labor Day Holiday**

- **Tues., Sep 5, Exercise Classes – Balance & Conditioning** resumes at 9:45am; **Tai Chi** resumes at 1:00pm.
- **Wed., Sep 6, 11:00am: Meeting** – Michelle Cicala from Fellowship Village will give a presentation on **“Emotional Well-Being”**.
- **Thurs., Sep 7, Exercise Class – Fit & Healthy** resumes at 9:30am.
- **Fri., Sep 8, Exercise Class – Zumba** resumes at 9:30am.
- **Mon., Sep 11: Exercise Classes - In Control** resumes at 8:30am; **Chair Yoga** resumes at 11:00am.
- **Wed., Sep 13, 12:00noon: Welcome Back Western Picnic** - We’re having a “welcome back” picnic to celebrate the beginning of another great year at the NPSCC. We’ll enjoy delicious food prepared by Elmer’s and fabulous entertainment provided by John Buscaino. Tickets go on sale at the August 16<sup>th</sup> meeting. Cost: TBD
- **Thurs., Sep 14, 10:45am: Book Club** – Therese Dalton will lead a discussion of *A Man Called Ove*.
- **Wed., Sep 20, 11:00am: Meeting** – Jennifer Kohan from Lantern Hill will give a presentation on **“Right-Sizing”**
- **Sun., Sep 24, 9:45am: John Basilone Parade Trip** – Parade honoring Raritan native John Basilone who received the Congressional Medal of Honor and the Navy Cross for his courageous actions during WWII. Parade starts at 1:00pm. Bus leaves promptly at 10:00am. Sign up in advance.
- **Tues., Sep 26, 11:00am: Union County Senior Citizens Council Fashion Show** at the Hilton in Springfield.
- **Wed., Sep 27, 11:00am: Meeting** – Topic to be determined.
- **Thurs., Sep 28, 7:00pm: After Hours** – Theme to be determined.

**ACT FAST**

FAST is an easy way to remember and identify the most common symptoms of a stroke. Recognition of stroke and calling 9-1-1 will determine how quickly someone will receive help and treatment. Getting to a hospital rapidly will more likely lead to a better recovery.

Use FAST to Remember the Warning Signs of a Stroke

- FACE – Ask the person to smile. Does one side of the face droop?
- ARMS – Ask the person to raise both arms. Does one arm drift downward?
- SPEECH – Ask the person to repeat a simple phrase. Is their speech slurred or strange?
- TIME – If you observe any of these signs, call 9-1-1 immediately.

<http://www.stroke.org/understand-stroke/recognizing-stroke/act-fast>

**AROUND TOWN...**

**BOROUGH OF NEW PROVIDENCE**

**Summer Concert Series** – Music and entertainment at Centennial Park. Free hot dogs and ice cream.

- Elefante Family Band/National Night Out, Tues., Aug 1<sup>st</sup>. Pre-concert activities start at 6:00pm.

**SEPTEMBER PREVIEW**

**Diversity Committee Program at NPML** – “Let’s Talk About Islam”, Sunday, September 10

**Historical Society** – Book Fair at Salt Box Museum, Saturday, September 16, 9:00am – 3:00pm

**“GENERATION IN STYLE” FASHION SHOW**

**The Senior Citizens Council of Union County** will hold their annual Fashion Show & Luncheon at 11:00am on Tuesday, September 26th at the Hilton in Springfield. There will be music by the Karickter Duo and a silent auction/tricky tray with gifts and certificates from your favorite stores and restaurants PLUS light hors d’oeuvres. Then at 12:00noon enjoy a sit-down lunch with a glass of wine followed by a fashion show by *Lord & Taylor*. **Ticket price before September 8th is \$39 per person; it is \$47 after September 8<sup>th</sup>.** Call 908-964-7555 for more information or to reserve tickets.

**HELP NEEDED**

The NPSCC Activities Committee meets one Tuesday a month to plan and run trips, activities, and parties. They are actively seeking additional members to run these programs. To continue to have the wonderful activities that we all enjoy, they need more people. It is time to step up and offer your assistance. To learn more about how you can help, come to the next meeting and/or talk to Christine Napolitano.

**MOVIE MARQUEE**

**AUGUST MOVIES AT THE NP MEMORIAL LIBRARY**

The 2:00 PM showing will have subtitles for the hearing impaired.

**Tuesdays at 9:30am & 2:00pm**

- Aug 1 – *The Last Word*
- Aug 8 – *The Founder*
- Aug 15 – *Fantastic Beasts and Where to Find Them*
- Aug 22 – *Walking with the Enemy*
- Aug 29 - *Beauty and the Beast*

**Foreign Films**

- Weds., Aug 2 at 2:00pm – *The Salesman (in Persian with English subtitles)*
- Mon., Aug 28 at 7:00pm – *Land of Mine (in German and Danish with English subtitles)*

## UNION COUNTY SENIOR SERVICES

### Assurance Wireless

Assurance Wireless provides qualified participants with a free cell phone, 250 free voice minutes, and 250 text minutes; no annual contract; nationwide Sprint Network coverage; voicemail account, call waiting, and caller ID; the ability to keep your current home or cell phone number when you switch; and 911 access.

To qualify for this worry-free way to stay connected, an individual must be participating in one of the following programs: Medicaid; Supplemental Nutrition Assistance Program (SNAP); Temporary Assistance for Needy Families (TANF); Federal Public Housing Assistance or Section 8; Low Income Home Energy Assistance (LIHEAP); National School Lunch's Free Lunch Program. Or, you may also qualify based on household income.

If you qualify and are approved for the program, you'll get 250 free voice minutes added automatically each month. You do nothing. You can also add money if you decide to choose and pay for any services not included, like additional minutes, texting, or international calls. For additional information call 1.800.392.3850 or visit [www.assurancewireless.com](http://www.assurancewireless.com).

<http://ucnj.org/wp-content/uploads/2014/01/Outreach-Revised-2016.pdf>

### GOGOGRANDPARENT

Another transportation option for seniors is GoGoGrandparent. They work with on demand services like Lyft. Gogo operators communicate, screen and monitor rides. You need a touch tone telephone that can call 1.855.464.6872. They recommend that riders have a cell phone so they can always be reached.

### NPSCC COMMITTEES

Committee	Committee Head
Activities	Christine Napolitano
Gardening	Nancy Hayes
Greeters	Rich & Carol Dimler
Library	Terry Allocco, Nan Cirelli
Membership	Therese Dalton
Newsletter	Barbara Koslap
Program	Therese Dalton
Refreshments	Phyllis Winters
Safety	Ed Insinger
Sunshine	Maureen Connors
Union County Council	Bette Kern



Rating: \*\*\*\*

### BOOK REVIEW by Therese Dalton

#### *The Rosie Project*

by Graeme Simsion

This book made me laugh out loud! The main character, Don Tillman is quirky, charming and full of life.

The art of love is never a science: Meet Don Tillman, a brilliant yet socially inept professor of genetics, who's decided it's time he found a wife. In the orderly, evidence-based manner with which Don approaches all things, he designs the Wife Project to find his perfect partner: a sixteen-page, scientifically valid survey to filter out the drinkers, the smokers, the late arrivers.

In comes Rosie Jarman who possesses all these qualities. Don easily disqualifies her as a candidate for The Wife Project. But Don is intrigued by Rosie's own quest to identify her biological father. When an unlikely relationship develops as they collaborate on The Father Project, Don is forced to confront the spontaneous whirlwind that is Rosie—and the realization that, despite your best scientific efforts, you don't find love, it finds you.

This is a fun read especially for the summer.

### JUST FOR LAUGHS

A young man at a construction site declared that he could outdo anyone in a feat of strength. After several minutes, an older worker had had enough. "Why don't you put your money where your mouth is?" he said. "I'll bet a week's wages that I can haul something in a wheelbarrow over to that building that you won't be able to wheel back." "You're on, old man," the young man replied. The old man reached out and grabbed the wheelbarrow by the handles. Then he turned to the young man and said, "All right. Get in."

### AUGUST FACTS

Birthstone: Peridot

Flower: Poppy & Gladiolus

Zodiac Signs: Leo (Jul 23 – Aug 22) and Virgo (Aug 23 – Sep 22)

Holidays and Observances:


August 5 – National Mustard Day

August 26 – Women's Equality Day

<http://www.wincalendar.com>

## NEW PROVIDENCE SENIOR CITIZENS CLUB

~ August 2017 ~

	Mon	Tue	Wed	Thu	Fri	Sat
July 30	July 31 CENTER CLOSED	1 CENTER CLOSED 9:00 Bus to ShopRite  7:00pm Summer Concert at Centennial Park	2 CENTER CLOSED	3 CENTER CLOSED	4 CENTER CLOSED	5
6	7 CENTER CLOSED	8 CENTER CLOSED 9:00 Bus to ShopRite	9 CENTER CLOSED   1:00pm Seniors Day at New Providence Pool	10 CENTER CLOSED	11 CENTER CLOSED	12
13	14 CENTER REOPENS 8:45 River Lady Trip 11:00 Newsletter 12:30 Bridge	15 9:00 Bus to ShopRite 10:00 Activities Meeting 2:00 Converse Italian	16 Happy Birthdays! 9:30 Blood Pressure 10:00 Bus to Club 11:00 Train Talk 12:30 Bingo/Cards – Chatham Hills	17 10:00 Game Day/ Quiz Bowl 12:30 Duplicate Bridge 12:30 Mah Jongg	18 9:00 Bus to Mall 10:00 Bridge 12:30 Pizza Bingo	19
20	21 11:00 Newsletter 12:30 Bridge	22 9:00 Bus to ShopRite 2:00 Converse Italian 3:00 Beginners Italian	23 9:30 Blood Pressure 10:00 Bus to Club 11:00 CPR 12:30 Bingo/Cards	24 9:45 Planetarium Trip 12:30 Partner Bridge 12:30 Mah Jongg	25 9:00 Bus to Mall 10:00 Bridge 12:30 Pizza Bingo	26
27	28 11:00 Newsletter 12:30 Bridge	29 9:00 Bus to ShopRite 2:00 Converse Italian	30 9:30 Blood Pressure 10:00 Bus to Club 11:00 Memorable Moments in Baseball 12:30 Bingo/Cards	31 12:30 Mah Jongg	Sep 1 CENTER CLOSED 10:00 Bridge	Sep 2
Sep 3	Sep 4 CENTER CLOSED  Labor Day	Sep 5 9:00 Bus to ShopRite 9:45 Balance/Conditioning w/Mike 1:00 Tai Chi w/Ayriel 1:00 Dominoes 2:00 Converse Italian 3:00 Beginners Italian	Sep 6 10:00 Bus to Club 11:00 Emotional Well- Being 12:30 Bingo/Cards	Sep 7 9:30 Fit & Healthy Exercise w/Myram 12:30 Partner Bridge 12:30 Mah Jongg	Sep 8 9:00 Bus to Mall 9:30 Zumba w/Donna 10:00 Bridge 12:30 Pizza Bingo	Sep 9