

New Providence Senior Citizens Newsletter

“Good things happen here!”



OCTOBER 2017



Volume 17, Issue 10

COORDINATORS CORNER

I may not have gone where I intended to go, but I think I ended up where I needed to be. – Douglas Adams

The club is certainly in full swing this fall. As the leaves change their color in the fall, we too at the center have had change: Michelle Zack joins us as a Program Coordinator. Please stop by her desk and introduce yourselves. I have assured her that you are a lively and friendly group! Welcome Michelle!

I am looking to have a little fun in November that I will need your help on. Please bring in a photo or two of vacation spots that bring back fond memories. At our November 8th meeting, I will show a slide show as we take a stroll down memory lane (see page 3 for further information). Plus, I am always looking for vacation destinations!

We will collect Christmas cards that the club can use to send out in December. If you have any extra cards that you can donate, please put them in the box in the lobby.

Collect and recycle old cell phones and the club will get money! We have a recycling box at the center in the lobby.

OCTOBER HIGHLIGHTS:

Overlook Community Health Hearing Screenings, Thursday, October 5th.

Flu Shots at Walgreens, Thursday, October 12th. Bus leaves at 9:15am.

Oktoberfest at Forest Lodge, Saturday, October 14th. Bus leaves at 11:30am.

Casino Trip, Tuesday, October 31st. Bus leaves at 10:00am.

Maintaining and Improving Senior Health series. Tuesdays at 11:00am.

SCHEDULE CHANGES:

Chair Yoga is cancelled on Monday, October 2nd.

Fit and Healthy is cancelled on Thursday, October 12th.

In Control is cancelled on Monday, October 16th.

THANK YOU...

- Christine Napolitano for the wonderful “Welcome Back” Country Picnic.
- Therese Dalton for the lively book club discussion on “A Man Called Ove”.
- Mike Ferlise for the fun and inspiring “John Basilone Parade” Trip.
- Sue Fieseler for the informative and delicious “Benefits of Pumpkin” talk.
- Professor Bill Dunscombe for starting another stimulating semester of “Selected Topics in Biology”.
- Carmen Mandrazo and Bert Abbazia for calling Bingo.

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
1st Treasurer: Clara DelMonte
2nd 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

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
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!**

- Tues, Oct 3, 11:00am: Maintaining and Improving Senior Health – Sue Fieseler will discuss “Just for the Health of It”. Sign up in advance.
- Wed, Oct 4, 11:00am: Meeting – Matt Finne from IKOR International will give a presentation on “Elder Fraud.”
- Thurs., Oct 5, 10:00am-12:00noon: Overlook Community Health will conduct hearing screenings at the center and discuss breast cancer awareness. Call 1-800-247-9580 to schedule a hearing screening.
- Tues, Oct 10, 11:00am: Maintaining and Improving Senior Health – Sue Fieseler will discuss “Nutrition and Disease Prevention”. Sign up in advance.
- Wed., Oct 11, 11:00am: Meeting – Linda Barth from The Chelsea will give a presentation on “Celebrate NJ”.
- Thurs., Oct 12, 9:15am: Walgreens Flu Shot Trip – Sign up and complete paperwork ahead of time.
- Thurs., Oct 12, 10:45am: Movie Club – “Clue” starring Eileen Brennan, Tim Curry, and Madeline Kahn. Six guests are invited to a strange house and must cooperate with the staff to solve a murder mystery.
- Sat., Oct 14, 11:30am: Oktoberfest at Forest Lodge – Celebrate this traditional German holiday with beer, food, and fun with friends. Entrance fee is \$7.00. Bus is \$2.00. Food and drink is on your own dime. Sign up for bus.
- Tues, Oct 17, 11:00am: Maintaining and Improving Senior Health – Sue Fieseler will discuss “Stress Management”. Sign up in advance.
- Wed., Oct 18, 11:00am: Meeting – A representative from Blue Cross Blue Shield will give a talk on “Brain Games”
- Thurs., Oct 19, 10:45am: Book Club – Therese Dalton will lead a discussion about “The Housekeeper and the Professor”.
- Tues., Oct 24, 11:00am: Maintaining and Improving Senior Health – Sue Fieseler will discuss “Surviving the Holidays”. Sign up in advance.
- Wed., Oct 25, 11:00am: Meeting – Nicole Gates from Brandywine will give a presentation on “Healthy Fall Snacking”. Ingredients will be available to create your own trail mix.
- Thurs., Oct 26, 12:00noon: Remember When – Jennie Andrews will lead the discussion as we talk about “All Things Halloween”. Pizza will be available @ \$1.75 a slice. Sign up in advance.
- Tues., Oct 31, 9:45am-5:15pm: Casino Trip – Try your luck at the Sands Casino in Bethlehem, Pennsylvania. Receive \$20 in “play money” and \$5 toward food. Cost: \$25. Purchase tickets in advance. See Phyllis Winters.
- Wed., Nov 1, 11:00am: Meeting – Elyse Drucker from SAGE will talk about SHIP and Medicare Open Enrollment.
- Tues., Nov 7, 6:00AM-8:00: Election Day – The DeCorso Center is the voting place for Districts 1, 3, 4, & 5.
- Wed., Nov 8, 11:00am: Meeting – “Oh, the Places You’ve Been” – Join in the fun as we try to match members with their favorite vacation photographs (see article on page 3).
- Wed., Nov 15, 11:00am: Meeting – Our new Co-Coordinator, Michelle Zack, will give a presentation.
- Thurs., Nov 16, 10:00am: Senior Citizens Day at NPHS – Concerts, lunch, and the NPHS fall play “Mother Hicks”. Due to limited parking and lunch seating, those attending MUST pre-register and take the bus from the center.
- Sat., Nov 18, 6:00pm: Union Methodist Church Choir Trip – Details to follow.

THE CENTER WILL BE CLOSED WEDNESDAY, NOV 22ND THROUGH SUNDAY, NOV 26TH FOR THANKSGIVING.

"OH, THE PLACES YOU'VE BEEN"

We'd love to learn more about you and the places you've been. Bring one of your favorite vacation photographs to the center and we'll scan it into the computer. At our club meeting on November 8th, we'll try to match the picture to the corresponding club member. Join in the fun as we travel the globe and share wonderful memories.

BOOK CLUB SELECTION

The next selection for the NPSCC book club is *"The Housekeeper and the Professor"*. An astute young housekeeper with a ten-year-old son is hired to care for a brilliant math professor who has lived with only eighty minutes of short-term memory ever since a traumatic head injury. This is an enchanting story about what it means to live in the present.

MAINTAINING AND IMPROVING SENIOR HEALTH

Sue Fieseler will cover the following topics in her entertaining and informative series on "Maintaining and Improving Senior Health One Step at a Time".

- "Just for the Health of It", Tuesday, Oct 3rd, 11:00am.
- "Nutrition and Disease Prevention", Tuesday, Oct 10th, 11:00am.
- "Stress Management", Tuesday, Oct 17th, 11:00am.
- "Surviving the Holidays", Tuesday, Oct 24th, 11:00am.

Please sign up for each session that you plan to attend.

AROUND TOWN...

NEW PROVIDENCE MEMORIAL LIBRARY (NPML)

Knitting Club – Bring a knitting or crocheting project you are working on or would like to start. Mon., Oct 16th and Mon., Oct 30th, 7:00pm.

Craft Fair – Start some early holiday shopping with wonderful, hand-crafted items. Local culture at its best! Sat., Oct 21, 12:00noon-4:00pm.

Computer Training Services – Bring your laptop or tablet and learn how to troubleshoot and clean up pop-ups, viruses, etc. Thurs., Oct 26, 7:30pm.

NEW PROVIDENCE HIGH SCHOOL

Marching Band Fall Preview – Held on Lieder Field. Sat., Oct 7, 2:00pm.

BOROUGH OF NEW PROVIDENCE

Street Fair – Family-oriented street festival offering attractions for all ages. Sun., Oct 22, 10:00am-4:00pm.

DECORSO CENTER

Diversity Committee Columbus Day Celebration – Community event celebrating Italian America culture. Bring a dish or a dessert. Sun., Oct 8, 5:00pm-8:00pm.

Historical Society Revolutionary Spies – Historian Damien Cregeau will discuss colonial espionage on Thurs., Oct 12, 7:00pm.

League of Women Voters 2017 Candidates Forum – Get to know the candidates for Borough Council. Wed., Oct 18, 7:30pm.

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

- Oct 3 – *Split*
- Oct 10 – *Bitter Harvest*
- Oct 17 – *The Circle*
- Oct 24 – *The Sense of an Ending*
- Oct 31 – *Alone in Berlin*

Foreign Films

- Thurs., Oct 4 at 2:00pm – *The Hedgehog (in French and Japanese with English subtitles)*
- Mon., Oct 23 at 7:00pm – *Spring, Summer, Fall, Winter...and Spring (in Korean with English subtitles)*

UNION COUNTY SENIOR SERVICES

CHOICES...New Jersey Prepaid Funeral Trust Fund

The New Jersey Prepaid Funeral Trust Fund allows individuals to prearrange and prefund funeral expenses, ensuring that person's funeral will reflect their wishes, that there is sufficient money readily available to pay for the funeral, and that family is not burdened with having to make important decisions or face financial concerns at a very stressful time.

The New Jersey Prepaid Funeral Trust Fund places your money in an FDIC insured account. The money stays in your name and is completely refundable; is managed in cooperation with one of New Jersey's largest banking institutions; account balances can be checked online at www.njsfda.org; returns the highest interest available; accepts flexible payments with a minimum initial payment of \$500.00; has no age limit; and provides a yearly tax statement and summary of principal and interest earned.

SSI/Medicaid and Prepaying a Funeral

Federal and State laws permit an individual to pay in full for future funeral arrangements by depositing funds into a properly established irrevocable account. Such burial funds are considered excludible resources when SSI, Medicaid or General Assistance eligibility is determined.

More information on the New Jersey Prepaid Funeral Trust Fund can be obtained at www.njsfda.org or through the funeral director of your choice.

<http://ucnj.org/wp-content/uploads/2014/01/Outreach-Revised-2015.pdf>

Rating: *****

BOOK REVIEW by Therese Dalton

One Thousand White Women: The Journals of Mary Dodd
By Jim Fergus

I read this book a while ago, but it has stuck with me ever since. What a story – difficult to read at times but fascinating. It may be in my top 10 books of all time.

One Thousand White Women is a fictional story of May Dodd and a colorful assembly of pioneer women who, under the auspices of the U.S. government, travel to the western prairies in 1875 to intermarry among the Cheyenne Indians. The program is referred to as "Brides for Indians". It is a clandestine U.S. government sponsored program intended to instruct "savages" in the ways of civilization and to assimilate the Indians into white culture through the offspring of these unions. May's personal journals, loaded with humor and intelligent reflection, describe the adventures of some very colorful white brides (including one black one), their marriages to Cheyenne warriors, and the natural abundance of life on the prairie before the final press of the white man's civilization.

Even though I knew the book was a fictional account of the journey, I thought it really happened! The writing style was engaging and made the reader want to know what happened next.

DRIVERS LICENSE EXPIRATION DATES

Governor Chris Christie recently signed a bill into law changing driver's license expiration dates from the end of the month to a driver's birth date. The new law goes into effect in 2018.

According to the MVC, you should renew your license by the current date on the document. After you renew your license, the new license will expire in four years on your birthday.

http://www.nj.com/traffic/index.ssf/2017/08/when_will_your_drivers_license_expire_under_new_nj_law.html

OCTOBER FACTS

Birthstone: Opal and Tourmaline

Flower: Calendula

Zodiac Signs: Libra (Sep 23 – Oct 22) & Scorpio (Oct 23 – Nov 21)

Holidays and Observances:

National Poetry Day – Oct 5

Columbus Day – Oct 9

United Nations Day – Oct 24

Halloween – Oct 31

<http://www.wincalendar.com>

NEW PROVIDENCE SENIOR CITIZENS CLUB						
~ October 2017 ~						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 8:30 In Control w/Myriam 9:30 Trustee Meeting 10:30 Biology Class 11:00 NO Chair Yoga 11:00 Newsletter 12:30 Bridge	3 9:00 Bus to ShopRite 9:45 Balance/Conditioning w/Mike 11:00 "Just for the Health of It" 1:00 Tai Chi w/Ayriel 2:00 Converse Italian 3:00 Beginners Italian	4 Happy Birthdays! 9:30 NO Blood Pressure 10:00 Bus to Club 11:00 "Elder Fraud" 12:30 Bingo/Cards	5 9:30 Fit & Healthy Exercise w/Myriam 10:00 Hearing Screenings & Breast Cancer Awareness 12:30 Partner Bridge 12:30 Mah Jongg	6 9:00 Bus to Mall 9:15 Zumba w/Donna 10:00 Bridge 12:30 Pizza Bingo	7
8 Diversity Committee Columbus Day Celebration 5:00-8:00pm	9 8:30 In Control w/Myriam 10:30 Biology Class 11:00 Chair Yoga w/Judy 11:00 Newsletter 12:30 Bridge 1:00 Knitting Class	10 9:00 Bus to ShopRite 9:45 Balance/Conditioning w/Mike 10:00 Activities Meeting 11:00 "Nutrition & Disease Prevention" 1:00 Tai Chi w/Ayriel 2:00 Converse Italian	11 9:30 Blood Pressure 10:00 Bus to Club 11:00 "Celebrate NJ" 12:30 Bingo/Cards – Chatham Hills	12 9:15 Flu Shot Trip 9:30 NO Fit & Healthy Exercise w/Myriam 10:45 Movie Club – Clue 12:30 Duplicate Bridge 12:30 Mah Jongg 7:00pm "Revolutionary Spies"	13 9:00 Bus to Mall 9:15 Zumba w/Donna 10:00 Bridge 12:30 Pizza Bingo – Visiting Angels	14 Oktoberfest @ Forest Lodge 11:30am
15	16 8:30 NO In Control 10:30 Biology Class 11:00 Chair Yoga w/Judy 11:00 Newsletter 12:30 Bridge	17 9:00 Bus to ShopRite 9:45 Balance/Conditioning w/Mike 11:00 "Stress Management" 1:00 Tai Chi w/Ayriel 2:00 Converse Italian 3:00 Beginners Italian	18 9:30 Blood Pressure 10:00 Bus to Club 11:00 "Brain Games" 12:30 Bingo/Cards 7:30pm New Providence 2017 Candidates Forum	19 9:30 Fit & Healthy Exercise w/Myriam 10:45 Book Club 12:30 Duplicate Bridge 12:30 Mah Jongg	20 9:00 Bus to Mall 9:15 Zumba w/Donna 10:00 Bridge 12:30 Pizza Bingo	21 Craft Fair @ NPML 12:00noon – 4:00pm
22 New Providence Street Fair 10:00am – 4:00pm	23 8:30 In Control w/Myriam 10:30 Biology Class 11:00 Chair Yoga w/Judy 11:00 Newsletter 12:30 Bridge 1:00 Knitting Club	24 9:00 Bus to ShopRite 9:45 Balance/Conditioning w/Mike 11:00 "Surviving the Holidays" 1:00 Tai Chi w/Ayriel 2:00 Converse Italian	25 9:30 Blood Pressure 10:00 Bus to Club 11:00 "Healthy Fall Snacking" 12:30 Bingo/Cards	26 9:30 Fit & Healthy Exercise w/Myriam 12:00 Remember When – "All Things Halloween" 12:30 Partner Bridge 12:30 Mah Jongg	27 9:00 Bus to Mall 9:15 Zumba w/Donna 10:00 Bridge 12:30 Pizza Bingo	28
29	30 8:30 In Control w/Myriam 10:30 Biology Class 11:00 Chair Yoga w/Judy 11:00 Newsletter 12:30 Bridge	31 9:00 Bus to ShopRite 9:45 Balance/Conditioning w/Mike 9:45 Casino Trip 1:00 Tai Chi w/Ayriel 2:00 Converse Italian 3:00 Beginners Italian	Nov 1 9:30 NO Blood Pressure 10:00 Bus to Club 11:00 "SHIP & Medicare Options" 12:30 Bingo/Cards	Nov 2 9:30 Fit & Healthy Exercise w/Myriam 12:30 Partner Bridge 12:30 Mah Jongg	Nov 3 9:00 Bus to Mall 9:15 Zumba w/Donna 10:00 Bridge 12:30 Pizza Bingo	Nov 4 Paca Club Craft Fair & Bake Sale 10:00am – 4:00pm