

New Providence Senior Citizens Newsletter

OCTOBER 2016



Volume 16. Issue 10



COORDINATORS CORNER

Well we certainly are back into the swing of things and the Senior Center seems to be bustling. The Union County College Class is back in session, Sue's series called Maintaining and Improving Senior Health One Step at a Time is in full swing, and trips like Forest Lodge and the Paper Mill playhouse have been scheduled to keep many of you entertained.

FREE MEMORY SCREENINGS

I wanted to make special note of the MEMORY SCREENINGS which will be offered at the Senior Center on Wednesday October 19th. Do you forget often? Do you wonder if it is normal to forget names, misplace things or have greater difficulty completing tasks? If you have wondered about these things, please come on the 19th because The Cognitive and Research Center in conjunction with Overlook Hospital will provide free memory screenings. Appointments will be available between 10am and 3:30pm and are required. Each appointment lasts about half an hour. I urge as many of you as possible to take advantage of the screening. Please sign up for a time slot.

MAINTAINING SENIOR HEALTH ONE STEP AT A TIME

Sleep and Insomnia – 10/4 at 9am

Hydration – 10/18 at 11am

Disease and Illness – 10/25 at 11am

FLU CLINIC

The Flu Clinic will be on October 11th from 10am – Noon. Appointments are not necessary.

WEDNESDAY MEETING NOTES

On Wednesday, October 5 at 11am, Jackie Leon from TransOptions will speak at our meeting and conduct a focus group about the driving needs of senior citizens. The North Jersey Transportation Planning Authority is updating its Regional Coordinated Human Services Transportation Plan. The plan seeks to understand the needs and priorities of older adults, veterans, low-income persons and individuals with disabilities. With accessible, affordable, and convenient transportation options, seniors can stay connected with their friends and family and get to places where they need and want to go. Please come to the meeting and share your thoughts, concerns and ideas about senior transportation.

SCHEDULE CHANGES

No Zumba on Friday, 10/7.

No Chair Yoga on October 3rd. Instead, class will be held on Friday 10/7 at 11am.

HAPPY HALLOWEEN!!!!

Thank You...

- Phyllis Winters for running another wonderful trip to the Sands Casino.
- Clara DelMonte for organizing the trip to the John Basilone Parade. A good time was had by all.
- Christine Napolitano for planning the trip to the Old York Cellars where we had a great time sampling wines and artisan cheeses.

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
Fran Blessing, Pat Connolly,
Rosalie Hamaty, Kathy
Hendrickson, Jean Holmes,
Peggy Macneal, Joe Masino,
Grace Parlapiano, Bette Schmitt,
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 Coordinator

Stacey Kinum

Hours

Monday-Friday: 9:30 – 2:30

Newsletter Staff

Peggy Brodeur
Joan Clark
Clara DelMonte
Stacey Kinum
Barbara Koslap

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., Sep 20 – Tues., Dec 13, 12:30-2:00pm:** Professor Bill Dunscombe continues a new semester of his UCC LIFE (Learning is For Ever) Center Class, **“Selected Topics in Biology”**.
- **Tues., Oct 4, 11:00am:** Sue Fieseler will present **Step 2: Sleep and Insomnia** of her five part series on **“Maintaining and Improving Senior Health One Step at a Time”**. Please sign up in advance.
- **Wed., Oct 5, 11:00am: Meeting** - Jackie Leon from **Trans Options** will conduct a focus group on the transportation needs of seniors.
- **Sat., Oct 8, 10:30am:** Celebrate **Oktoberfest at Forest Lodge** with German 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. Bus leaves at 10:30.
- **Sun., Oct. 9, 5:00-8:00pm: Columbus Day Celebration** – The NP Diversity Committee invites you to join them for music, entertainment, and stories. Please bring your favorite Italian dish to share. Sign up is a must!
- **Tues., Oct 11, 10:00am-12:00noon: Flu Clinic** - Pre-registration is not required. Must present Aetna or Medicare Part B Health Insurance Cards or pay a \$25 cash only fee.
- **Wed., Oct 12, 11:00am: Meeting** – Sue Fieseler will give an overview of **“First Aid, CPR & Senior Safety”**. We will also celebrate October birthdays. Chatham Hills will call Bingo.
- **Thurs., Oct 13, 12:30pm: Paper Mill Playhouse Trip** – Take a trip to the Paper Mill Playhouse to see **“The Producers”**. See Christine Napolitano for tickets. Cost is \$35. Wait list only.
- **Sat., Oct 15, 10:00am-4:00pm: NPML Craft Fair.** Held at the New Providence Memorial Library.
- **Tues., Oct 18, 11:00am:** Sue Fieseler will present **Step 3: Hydration** of her five part series on **“Maintaining and Improving Senior Health One Step at a Time”**. Please sign up in advance.
- **Wed., Oct 19, 11:00am: Meeting** – Overlook Hospital will give **Memory Screenings** from 10:00am to 3:30pm.
- **Thurs., Oct 20, 12:00noon: Remember When** – Jennie Andrews will lead a discussion on **“Products or Items Received from a Company’s Advertising/Marketing Campaign”** and products purchased with Green Stamps.
- **Tues., Oct 25, 11:00am:** Sue Fieseler will present **Step 4: Dealing with Disease and Illness** of her five part series on **“Maintaining and Improving Senior Health One Step at a Time”**. Please sign up in advance.
- **Wed., Oct 26, 11:00am: Meeting** – Elyse Drucker from SAGE will talk about **SHIP (State Health Insurance Assistance Program) and Medicare Open Enrollment**.
- **Wed., Nov 2, 11:00am: Meeting** – **Caring and Sharing**. Details to follow.
- **Sat., Nov 5, 9:00am-4:00pm: Paca Club Craft Fair and Bake Sale.** Held at the Paca Club.
- **Wed., Nov 9, 11:00am: Meeting** – Topic to be determined.
- **Wed., Nov 16, 11:00am: Simply Saint-Saens (Saint-Saens: Finale, Symphony No. 3)** - Join Maestro Maull of the Discovery Orchestra for an in depth look at this all time gem of the classical orchestral repertoire.
- **Thurs., Nov 17, Time: Senior Citizens Day at NPHS** – Concerts, lunch, and the NPHS Fall Play, **“Alfred Hitchcock’s The 39 Steps”**. Due to limited parking and lunch seating, those attending **MUST** pre-register and take the bus from the center.

The Center will be closed Wednesday November 23rd and Thursday, November 24th for Thanksgiving.

- **Wed., Nov 30, 11:00am: Meeting** – Topic to be determined.

AROUND TOWN...**NEW PROVIDENCE MEMORIAL LIBRARY**

- **12th Annual Craft Fair** – Hand crafted goods by local artisans. Sat., Oct. 15, 10:00-4:00pm.
- **Spring Flowering Bulbs** – “New Providence” mix of bulbs will be available for a \$20 donation to the NPML Friends beginning October 1st.
- **Songs and Letters of World War II** – The Traveling Literary Theater pays homage to the men and women who struggled, fought, lived and died during WWII. Sun., Nov. 13, 3:00pm.

DECORSO CENTER

- **Columbus Day Celebration** – Join the NP Diversity Committee for music, entertainment, and stories. Bring your favorite Italian dish. Sign up is a must! Sun., Oct. 9, 5:00-8:00pm.

HILLVIEW SCHOOL

- **Time Capsule Recovery Reunion** – The time capsule buried on school grounds in 1976 will be recovered. Sat., Oct. 8 @ 1:00pm.

NEW PROVIDENCE HIGH SCHOOL

- **Marching Band Fall Preview** – Held on Lieder Field at NPHS. Sat., Oct. 1, Time TBD.

BOROUGH OF NEW PROVIDENCE

- **New Providence Street Fair** – This family-oriented street festival offers attractions for all ages. Sun., Nov. 6, 10:00am-4:00pm.

THE WILLIAM PACA CLUB

- **Craft Fair and Bake Sale** - The Ladies' Auxiliary invites you to join them for the annual Craft Fair & Bake Sale. Sat., Nov 5, 9:00am-4:00pm.

Maintaining and Improving Senior Health

Sue Fieseler will continue her series on “Maintaining and Improving Senior Health One Step at a Time”.

Sleep and Insomnia - Insomnia affects almost half of adults 60 and older. If you have insomnia, you may experience any one or any combination of the following symptoms: taking a long time -- more than 30 to 45 minutes -- to fall asleep, waking up many times each night, waking up early and being unable to get back to sleep and waking up feeling tired, and unable to function well during the day. We will discuss possible cause, health issues related to insomnia and possible solutions. Oct 11 @ 11am

Hydration - Maintaining proper hydration can be a challenge for older adults. As we age, our body's water volume decreases, and we are prone to become dehydrated more quickly. Plus, seniors are more likely to be prescribed dehydrating medicine, suffer from chronic disease and experience physiological changes – all of which contribute to a greater risk for becoming dehydrated. We will discuss the importance of being hydrated all year long (not just the summer), ways to stay hydrated and signs of dehydration. Oct 18 @ 11am

Dealing with Disease and Illness - There are a number of illnesses that typically affect senior citizens. However there are five that are quite prevalent in this age group. They include, Arthritis, Alzheimer's, Cardiac Disease (heart failure), Cancer and Parkinson's Disease. Join us for a general discussion of these common illnesses and diseases. Oct 25 @ 11am

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 4 – *Genius*
 Oct 11 – *Now You See Me 2*
 Oct 18 – *Me Before You*
 Oct 25 – *The Man Who Knew Infinity*

Foreign Films

Thurs., Oct 6 at 2:00pm – *The Namesake (in Hindi, Bengali, French, and English with English subtitles)*
 Mon., Oct 24 at 6:30pm – *Cinema Paradiso (in Italian with English subtitles)*

Top 10 Scams Targeting Seniors

This month, we will explore how to avoid “Ponzi” Schemes. “Ponzi” schemes promise high financial returns or dividends not available through traditional investments. Instead of investing the funds of victims, however, the con artist pays “dividends” to initial investors using the funds of subsequent investors. The scheme generally falls apart when the operator flees with all of the proceeds or when a sufficient number of new investors cannot be found to allow the continued payment of “dividends.”

This type of fraud is named after its creator—Charles Ponzi of Boston, Massachusetts. In the early 1900s, Ponzi launched a scheme that guaranteed investors a 50 percent return on their investment in postal coupons. Although he was able to pay his initial backers, the scheme dissolved when he was unable to pay later investors.

Tips for Avoiding Ponzi Schemes:

- Be careful of any investment opportunity that makes exaggerated earnings claims.
- Exercise due diligence in selecting investments and the people with whom you invest—in other words, do your homework before investing your money.
- Consult an unbiased third party—like an unconnected broker or licensed financial advisor—before investing.

www.fbi.gov

VETERAN BANNERS

The New Providence PBA Local #132 is collecting information to produce banners that will be hung from the street light posts in downtown NP. They need your help in finding NP veterans who are willing to participate. They need a high-resolution picture, the veteran’s name, branch of service, and conflict or years of service. Please contact Detective Michael Hand @ MHandnewprov.org, 908.665.1120

BOB MARINO IN BIG BAND CONCERT AT WHRHS

NPSCC favorite, singer Bob Marino, will join Nostalgia The Big Band at a free concert at Watchung Hills Regional High School on Saturday, October 22nd at 3:00pm. Nostalgia The Big Band is a 16-piece swing band known for their original swinging arrangements of classics. The event will be free and everyone is invited to attend the “nostalgic musical journey back through time.”

Pumpkin Time

*October is pumpkin time
The nicest time of year
When all the pumpkins light their eyes
And grin from ear to ear.
Because they know at Halloween
They’ll have lots of fun
Peeking through the window panes
And watching people run.*

~Author Unknown~

HOW TO STAY YOUNG

1. Throw out nonessential numbers. This includes age, weight and height.
2. Keep only cheerful friends. The grouches pull you down.
3. Keep learning. Learn more about the computer, crafts, gardening whatever. Never let your brain be idle.
4. Enjoy the simple things.
5. Laugh often, long and loud.
6. The tears happen. Endure, grieve, and move on.
7. Surround yourself with what you love whether it’s family, pets, keepsakes, music, plants, hobbies, whatever.
8. Cherish your health. If it is good preserve it. If it is unstable, improve it. If it is beyond what you can improve, get help.
9. Don’t take guilt trips. Take a trip to the mall or to another country but NOT to where the guilt is.
10. Tell the people you love that you love them at every opportunity.

~Our Town~

OCTOBER FACTS

Birthstone: Opal and Tourmaline

Flower: Calendula

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

Observances: Breast Cancer Awareness Month

- October 2 - Rosh Hashana
- October 10 – Columbus Day
- October 12 – Yom Kippur
- October 24 – United Nations Day
- October 30 - Diwali
- October 31 - Halloween

<http://www.wincalendar.com>

	~ October 2016 ~					
	Mon	Tue	Wed	Thu	Fri	Sat
Sep 25	Sep 26 See September calendar for activities.	Sep 27 See September calendar for activities.	Sep 28 See September calendar for activities.	Sep 29 See September calendar for activities.	Sep 30 See September calendar for activities.	1
2	3 8:30 In Control w/Myriam 9:30 Trustee Meeting 11:00 Newsletter 12:30 Bridge	4 9:00 Bus to ShopRite 9:45 Balance...w/Mike 11:00 Sleep & Insomnia 11:00 Tennis w/Dick 12:30 Biology Class 1:00 Tai Chi w/Ayriel 2:00 Converse Italian	5 10:00 Bus to Club 11:00 Trans Options 12:30 Bingo/Cards	6 9:30 Fit & Healthy Exercise w/Myriam 12:30 Partner Bridge 12:30 Mah Jongg	7 9:00 Bus to Mall 10:00 Bridge 11:00 Chair Yoga 12:30 Pizza Bingo	8 Oktoberfest @ Forest Lodge 10:30
9 Diversity Committee Columbus Day Celebration 5:00-8:00pm	10 8:30 In Control w/Myriam 11:00 Newsletter 11:00 Chair Yoga 12:30 Bridge	11 9:00 Bus to ShopRite 9:45 Balance...w/Mike 10:00 Activities Meeting 10:00 Flu Clinic 11:00 Tennis w/Dick 12:30 Biology Class 1:00 Tai Chi w/Ayriel 2:00 Converse Italian 3:00 Beginners Italian	12 Happy Birthdays! 9:30 Blood Pressure 10:00 Bus to Club 11:00 Sue Fieseler re: First Aid, CPR & Senior Safety 12:30 Bingo/Cards – Chatham Hills	13 9:30 Fit & Healthy Exercise w/Myriam 12:30 Paper Mill Trip 12:30 Duplicate Bridge 12:30 Mah Jongg	14 9:00 Bus to Mall 9:30 Zumba w/Donna 10:00 Bridge 12:30 Pizza Bingo	15 New Providence Memorial Library Craft Fair @ NPML 10:00am-4:00pm
16	17 8:30 In Control w/Myriam 11:00 Newsletter 11:00 Chair Yoga 12:30 Bridge	18 9:00 Bus to ShopRite 9:45 Balance...w/Mike 11:00 Hydration 11:00 Tennis w/Dick 12:30 Biology Class 1:00 Tai Chi w/Ayriel 2:00 Converse Italian	19 10:00 Bus to Club 11:00 Overlook Hospital Memory Screenings 12:30 Bingo/Cards	20 9:30 Fit & Healthy Exercise w/Myriam 12:00 Remember When: Marketing Campaign Products 12:30 Duplicate Bridge 12:30 Mah Jongg	21 9:00 Bus to Mall 9:30 Zumba w/Donna 10:00 Bridge 12:30 Pizza Bingo	22
23	24 8:30 In Control w/Myriam 11:00 Newsletter 11:00 Chair Yoga 12:30 Bridge	25 9:00 Bus to ShopRite 9:45 Balance...w/Mike 11:00 Dealing w/Disease 11:00 Tennis w/Dick 12:30 Biology Class 1:00 Tai Chi w/Ayriel 2:00 Converse Italian 3:00 Beginners Italian	26 9:30 Blood Pressure 10:00 Bus to Club 11:00 Elyse Drucker re: SHIP and Medicare 12:30 Bingo/Cards	27 9:30 Fit & Healthy Exercise w/Myriam 12:30 Partner Bridge 12:30 Mah Jongg	28 9:00 Bus to Mall 9:30 Zumba w/Donna 10:00 Bridge 12:30 Pizza Bingo	29
30	31 Happy Halloween! 8:30 In Control w/Myriam 11:00 Newsletter 11:00 Chair Yoga 12:30 Bridge	Nov 1 9:00 Bus to ShopRite 9:45 Balance...w/Mike 11:00 Meditation & Health 11:00 Tennis w/Dick 12:30 Biology Class 1:00 Tai Chi w/Ayriel 2:00 Converse Italian	Nov 2 9:30 Blood Pressure 10:00 Bus to Club 11:00 Caring & Sharing 12:30 Bingo/Cards	Nov 3 9:30 Fit & Healthy Exercise w/Myriam 12:30 Partner Bridge 12:30 Mah Jongg	Nov 4 9:00 Bus to Mall 9:30 Zumba w/Donna 10:00 Bridge 12:30 Pizza Bingo	Nov 5 Paca Club Craft Fair and Bake Sale 9:00am-4:00pm