

JOSEPH CIPOLLA SENIOR ACTIVITY CENTER

93 N FARVIEW AVENUE

PARAMUS, NJ

JULY 2018



“Summertime and the living is easy”. As long as In the summertime you don’t stay out too long in the sun and you remain hydrated. During the hours the Senior Center is open, come in and join an activity that you will enjoy.. The air conditioned center is a great place to relax and still socialize.. We are always adding more bocce players, and Its never to late to learn. We play, we socialize, we enjoy refreshments. Besides bocce you can play canasta especially if you are the competitive type like me, and we play indoors where it is cool. We have a full schedule of varied activities so you can enjoy every moment of your summertime!

. Anne



MEMBERSHIP REQUIREMENTS: Must be a Paramus resident and 62 years of age or older.

Contact Information:

Joseph Cipolla Senior Activity Center

Main number: 201-265-2100 Ext. 6120

Anne Schneider, Director

Danielle Wells, Assistant Director

BOROUGH OF PARAMUS TELEPHONE NUMBERS

Police: 201-262 – 3400

Mayor: 201-265-2100 Ext. 2210

Borough Administrator: 201-265-2100 Ext. 2210

Borough Clerk: 201-265-2100 Ext. 2200

Health Department: 201-265-2100 Ext.2300

Human Services: 201-265-2100 Ext. 6100

Pool: 201-265-2100 Ext. 6140

Tax Collector: 201-265-2100 Ext. 2280

Veterans Affairs: 201-265-2100 Ext. 6110

Library: 201-599-1300

SENIOR BUS: 201-265-2100 Ext. 3150



OUR GANG



The Joseph Cipolla Senior Activity Center Hosts two clubs for residents. Club members participate in many enjoyable and varied activities.

SENIOR CITIZENS #1 CLUB

This club holds meetings on the 2nd and 4th Wednesday of the month. There is a social hour that starts at 11:00 am where coffee and cake is provided. The meeting begins at 12 noon with a short business meeting followed by a guest speaker of interest to seniors or live entertainment when available. We have terrific day trips and occasionally overnight trips. There is a picnic in June and a holiday party in December. Our installation of officers is held in March at Season's in Washington Township. We welcome all new members! All Paramus residents are welcome to join.

For information regarding membership, please call Cathy Martino 201-967-1108

SENIOR PIONEERS OF PARAMUS

Come join us on the first and third Thursday of each month at 1:00 pm for some socializing, a cup of coffee and dessert. We are a social gathering club for seniors residing in Paramus. The club provides you with access to good fellowship, entertainment, trips and the latest senior updates from around Bergen County, as well as professional speakers. We have two catered luncheons, one in March for installation of officers and another in June our last meeting prior to our summer break. Members are entitled to a free Holiday luncheon and dance at The Seasons in Washington Township. Come as a guest to one of our meetings.

For information regarding membership, please call Barbara Sharples 201-225-1301



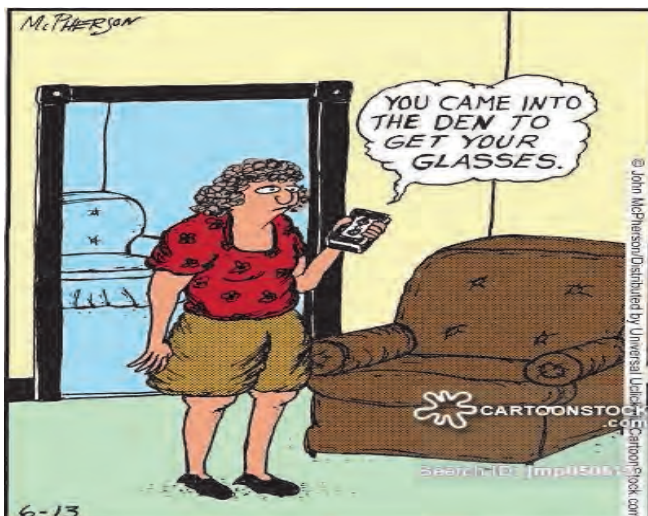
ATLANTIC CITY TRIP TO RESORTS CASINO—PLEASE CALL US TO RESERVE A SPOT!

MONDAY JULY 9, 2018

LEAVING FROM PARAMUS SENIOR CENTER AT 10:00am

Cost: \$25.00 plus \$1.00 tip for driver

Participants receive \$20.00 for slot play and \$5.00 towards lunch



The agony of getting older.



BIRTHDAY SPOTLIGHT OF THE MONTH

NEIL SIMON - Playwright.



Marvin Neil Simon was born on July 4, 1927, in the Bronx. He grew up in the Washington Heights neighborhood of Manhattan, where he lived with his parents, Irving and Mamie, and his older brother, Danny. His parents had a tumultuous marriage, with his father leaving the family for months at a time. As a result, Simon took refuge in the movies as a child, finding particular solace and delight in comedies.

After graduating from DeWitt Clinton High School, Simon briefly attended New York University before signing up for the Army Air Force Reserve. He was sent to Lowry Field Base in Colorado where he served as a sports editor for the newspaper and took classes at the University of Denver until his discharge in 1946.

After returning to New York, Neil Simon took a job in the Warner Brothers Manhattan office mailroom. A pivotal moment came when he and his brother created a sketch for radio producer Ace Goodman, who launched their careers as a comedy-writing team. The brothers soon began writing material for stars like Milton Berle and Jackie Gleason.

In the early 1950s, Neil and Danny Simon joined the all-star writing cast of the Sid Caesar television series *Your Show of Shows*, which also included Mel Brooks, Woody Allen and Carl Reiner. By the middle of the decade, the brothers had parted ways, but Neil Simon continued his success via the small screen. He earned Emmy Award consideration for his work with Sid Caesar and he also wrote for *The Phil Silvers Show* and *The Garry Moore Show*.

Neil's first solo play was *Come Blow Your Horn*. However, it was *Barefoot in the Park* that established the playwright as a star in his field, a reputation that was cemented with the Tony Award Winning *The Odd Couple*. Simon's Broadway successes included *Promises, Promises*, *The Apartment*, and *The Sunshine Boys*.

Simon drew extensively from his own life and upbringing in his theatrical writing. *Chapter Two*, about a widowed writer embarking a new relationship, began its stage run four years after the death of Simon's first wife. The playwright also mined his personal history in *Brighton Beach Memoirs*, *Biloxi Blues* and *Broadway Bound*.

Simon at times endured less-than-stellar reviews from critics who considered his work sentimental and mainstream. However, he achieved a critical breakthrough when his play *Lost in Yonkers* was awarded a Pulitzer Prize for Drama and a Tony for Best Play.

After *Come Blow Your Horn* was turned into a Frank Sinatra movie, Neil Simon tried his hand at writing feature films, starting with *After the Fox*. Several of his original screenplays drew strong praise, with *The Goodbye Girl* earning an Academy Award nomination. Simon adapted many of his plays for the big screen. *The Odd Couple*, *Plaza Suite*, *The Sunshine Boys* and *California Suite*, were among others. Simon has also written two memoir books, *Rewrites* and *The Play Goes*.

Neil Simon's first marriage to dancer Joan Baim lasted 20 years and produced two daughters, Nancy and Ellen, before Joan's death from cancer in 1973. He began a 10-year union with actress Marsha Mason that same year, and later was twice married to actress Diane Lander during which time he adopted her daughter, Bryn. His fifth and final marriage was to actress Elaine Joyce.

Simon has been nominated for more than a dozen Tony Awards, winning three times and garnering a special Tony in 1975 for his contributions to theater. He has been named a Kennedy Center Honoree and earned honorary degrees from Williams College and Hofstra University. In 1983, the Alvin Theatre was changed to the Neil Simon Theatre making him the first living playwright to have a Broadway venue named in his honor.

He gave so many people so many hours of entertainment and touched many hearts.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2 10:00 Yoga 11:00 Coloring/Conversation 12:30 Senior Fitness 12:30 Bridge 1:30 Mahjong 2:00 Zumba Billiards</p>	<p>3 AM Bocce 9:30 Healthy Bones 12:00 Cards 1:00 Bingo</p>	<p>4 CENTER CLOSED</p> 	<p>5 AM Bocce 9:30 Healthy Bones Billiards</p>	<p>6 AM Bocce 9:00 Yoga 10:00 Chair Yoga 11:00 Line Dancing 1:00 Meditation 2:00 Zumba Billiards</p>
<p>9 10:00 Resorts Casino 10:00 Yoga 11:00 Coloring/Conversation 12:30 Bridge 1:30 Mahjong 2:00 Zumba Billiards</p>	<p>10 AM Bocce 9:30 Healthy Bones 12:00 Cards 1:00 Bingo (Pizza)</p>	<p>11 9:30 Yoga 9:30 Meditation 11:00 #1 Club 11:00 Art Class 2:30 Canasta Billiards</p>	<p>12 AM Bocce 9:30 Healthy Bones Billiards</p>	<p>13 AM Bocce 9:00 Yoga 10:00 Chair Yoga 11:00 Line Dancing 1:00 Meditation 2:00 Zumba Billiards</p>
<p>16 10:00 Yoga 11:00 Coloring/Conversation 12:30 Bridge 1:30 Mahjong 2:00 Zumba Billiards</p>	<p>17 AM Bocce 9:30 Healthy Bones 12:00 Cards 1:00 Bingo (Hot dogs)</p>	<p>18 9:30 Yoga 9:30 Meditation 11:00 Art Class 12:00 Movie 2:30 Canasta Billiards</p>	<p>19 AM Bocce 9:30 Healthy Bones Billiards</p>	<p>20 AM Bocce 9:00 Yoga 10:00 Chair Yoga 11:00 Line Dancing 1:00 Meditation 2:00 Zumba Billiards</p>
<p>23 10:00 Yoga 11:00 Coloring/ Conversation 12:30 Bridge 1:30 Mahjong 2:00 Zumba Billiards</p>	<p>24 AM Bocce 9:30 Healthy Bones 12:00 Cards 1:00 Bingo (Sandwiches)</p>	<p>25 9:30 Yoga 9:30 Meditation 11:00 Art Class 2:30 Canasta Billiards</p>	<p>26 AM Bocce 9:30 Healthy Bones Billiards</p>	<p>27 AM Bocce 9:00 Yoga 10:00 Chair Yoga 11:00 Line Dancing 1:00 Meditation 2:00 Zumba Billiards</p>
<p>30 10:00 Yoga 11:00 Coloring/ Conversation 12:30 Bridge 1:30 Mahjong 2:00 Zumba Billiards</p>	<p>31 AM Bocce 9:30 Healthy Bones 12:00 Cards 1:00 Bingo ICE CREAM!</p>			



As Paramus heals from the trauma of the lives lost and those injured, mentally and physically, from the bus crash, I thought it may be helpful to give a few guidelines that may assist you, your families, your friends, and your friends of friends. It is very difficult for people to express their pain, and many are surprised at how long the feelings of loss remain, and can “pop-up” when they were not expecting them. The grieving process is a very personal. Some people find comfort in reaching out for support and others find comfort in the memories of their loved ones. To all the families who have been affected by this tragedy, we continue to hold you in our thoughts and prayers.

When a loved one has suffered trauma, your support can be a crucial factor in their recovery.

- ⇒ Be patient and understanding.
- ⇒ Offer practical support.
- ⇒ Don't pressure your loved ones into talking, but be available if they express they want to talk,
- ⇒ Help your loved ones to socialize and relax by participating in activities they enjoy.

Symptoms of trauma are displayed in different ways.

Some common reactions to trauma:

- ⇒ Regression
- ⇒ Feelings of helplessness and hopelessness,
- ⇒ Sleep disorders.

It's important to communicate openly with children following trauma.

Let them know that it's normal to feel scared or upset. Validating and showing an understanding of your children's feelings towards trauma can go a long way in the healing process. Your children may also look to you for cues on how they should respond to trauma, so let them see you dealing with symptoms in a positive way.

There are several positive coping skills that can be utilized when assisting children in dealing with trauma. Being honest about the situation, participating in “normal” daily activities, and limiting the child's exposure to media surrounding the incident are all positive tools that can assist a child in coping and healing from traumatic events.

If you feel that you or your child or loved one continues to struggle with symptoms of trauma, please seek professional support to further assist with the healing process.

THE FRUITS OF THE EARTH

Vincenzo Di Pasquale, a Senior Center member, and Paramus High School students are working together to grow vegetables for the Paramus Food Pantry in the garden adjacent to the Senior Center. Vincenzo is a avid gardener and offers his time and expertise to teach the students how to garden. Eisele Brothers of Paramus has donated the plants in the garden that he and the children are cultivating. .



Vincenzo is shown on the lower right .



Vincenzo is center in the photo.

