

# JOSEPH CIPOLLA SENIOR ACTIVITY CENTER

93 N FARVIEW AVENUE

PARAMUS, NJ

SEPTEMBER 2017



Fall is a beautiful time of year which begins on September 22nd and ends on December 21st. A time which dictates not only change in the atmosphere, but all living things. As trees begin to change their colors, the leaves will eventually release themselves; animals will begin to start storing for the winter, and vegetation will end as the colder weather sets in. We begin to wear warmer clothes, eat warmer food and be amazed at the changes that surround us. Come in from the rain, the cold, and warm yourself with the comfort of friends, activities, and fun at the Senior Center. A gift we can give to ourselves and to each other.

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: 201-265-2100 Ext. 6121**

**Danielle Wells, Clerk: 201-265-2100 Ext. 6120**

**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 three clubs for residents. Club members participate in many enjoyable and varied activities.

### AARP CHAPTER #3834

Our meetings begin at 1:00 pm the second Thursday of the month and everyone is welcome. Refreshments are served at the meetings and we usually have a guest speaker. Our activities include presenting scholarships to graduates who are contemplating a career in nursing or medical profession, collecting box top coupons for the schools and manufacturer's coupons for the families of the military serving our country overseas. If you care to help us in our undertaking, we are always looking for new members!

**If interested in joining, please call Margaret Sortino 201-265-2305**

### 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 SEPTEMBER 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 Barbara Brennen 201- 845-9310**

### 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.

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

**Veterans Affairs is looking to contact all World War II Veterans.**

**Please call 201-265-2100 ext. 6110.**



## Senior Humor

An older man was having hearing problems and went to see a specialist. \* The doctor fitted him with some hearing aids that brought his hearing back to full strength. \* After a few weeks the man came back to make sure the new equipment was working properly, which it was. \* The hearing specialist said, "It all seems perfect. Your family should be delighted you can hear everything now." \* "Oh no," the man responded. "I haven't told any of them. I just sit quietly, listening carefully. I've changed my will four times."

## **Brain Plasticity in Older Adults**

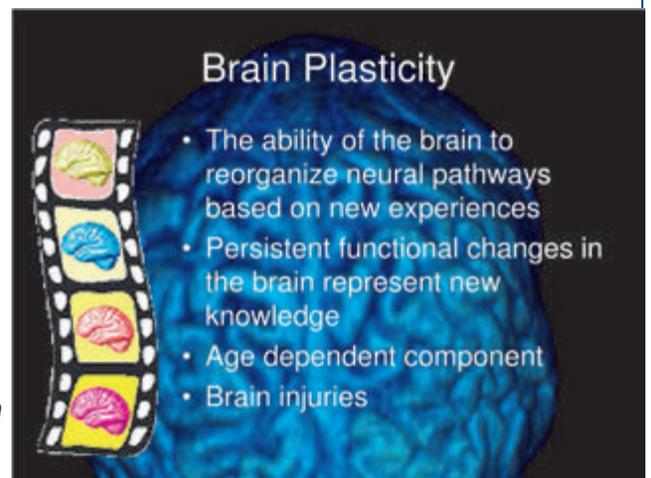
### Learning new tricks in older age

*Our brains can continue to grow at any age. One of the startling revelations of the 21st century is the improvement in our knowledge of nerve cell development among older adults. Known as neurogenesis or brain plasticity, this new knowledge is showing us that the brain has the ability to CHANGE throughout life by forming new connections between brain cells, and to alter function. For a long time, it was assumed that as we become older, the connections in the brain became fixed, and then it was just a matter of time that we started “losing” brain cells. However this assumption is being aggressively challenged by recent studies showing that the brain never stops changing.*

*This evidence comes from a number of different observations. In a study of London taxi drivers who are learning some 25,000 streets, researchers found that compared with bus drivers (who had a fixed route), taxi drivers’ brains changed, with more brain cells growing in one part of their brain that is related to knowledge of maps. This study shows that the brain is an active neurological mechanism and not just a warehouse for cells. The brain is more than a reserve gas tank, switching from tank A to tank B, but has ‘plasticity’, a flexibility that can change the capacity and function of specific areas.*

*Plasticity can also be observed in the brains of people who speak more than one language. It appears that learning a second language is possible through functional changes in the brain: the left back part of the brain is larger in bilingual speakers than in the brains of those who just speak one language. Differences also occur in musicians’ brains compared to those of non-musicians. Brain volume was highest in professional musicians, intermediate in amateur musicians, and lowest in non-musicians in several brain areas. Finally, extensive learning of abstract information can also trigger some changes in the brain. By looking at the brains of German medical students three months before their medical exam and right after the exam, then comparing them to brains of students who were not studying for exam, students’ brains showed changes in regions known to be involved in memory retrieval and learning.*

*This growing evidence is popularizing the idea that the adult brain is more malleable than assumed and that it can regenerate throughout life. Decreased mental capacity is something that occurs through physical and functional changes in the brain. It can be avoided and even reversed through a variety of environmental enrichment activities, including physical and mental training exercises. The secret is to challenge the brain, to do novel and stimulating tasks that do not rely on established ways of doing things. Things you can do independently—start writing with your opposite hand, learn an exotic language, listen to bird songs and figure out what birds they are, learn to play an instrument, or learn mathematics.*



Monday	Tuesday	Wednesday	Thursday	Friday
				1 AM Bocce 8:50 Yoga 9:50 Chair Yoga 11:00 Line Dancing 1:00 Meditation 2:00 Zumba Billiards
4 10:00 Yoga 11:00 Coloring/Conversation 12:30 Bridge 2:00 Zumba 2:00 Mahjong Billiards	5 AM Bocce 9:30 Healthy Bones 1:00 Bingo 12:00 Cards Billiards	6 9:30 Yoga 9:30 Meditation 11:00 Art Class 2:30 Canasta Billiards	7 AM Bocce 9:30 Healthy Bones 1:00 Pioneers Meeting Billiards	8 AM Bocce 8:50 Yoga 9:50 Chair Yoga 11:00 Line Dancing 1:00 Meditation 2:00 Zumba Billiards
11 10:00 Yoga 11:00 Coloring/Conversation 12:30 Senior Fitness 12:30 Bridge 2:00 Zumba 2:00 Mahjong Billiards	12 AM Bocce 9:30 Healthy Bones 1:00 Bingo (Pizza) 12:00 Cards Billiards	13 9:30 Yoga 9:30 Meditation 11:00 Art Class 11:00 #1 Club 2:30 Canasta Billiards	14 AM Bocce 9:30 Healthy Bones 1:00 AARP Billiards	15 AM Bocce 9:00 Yoga 10:00 Chair Yoga 11:00 Line Dancing 1:00 Meditation 2:00 Zumba Billiards
18 10:00 Sands Casino 10:00 Yoga 11:00 Coloring/Conversation 12:30 Bridge 2:00 Mahjong 2:00 Zumba Billiards	19 AM Bocce 9:30 Healthy Bones 12:00 Cards 1:00 Bingo (Hot dogs) Billiards	20 9:30 Yoga 9:30 Meditation 11:00 Art Class 2:30 Canasta Billiards	21 AM Bocce 9:30 Healthy Bones 1:00 Pioneers Meeting Billiards	22 AM Bocce 9:00 Yoga 10:00 Chair Yoga 11:00 Line Dancing 1:00 Meditation 2:00 Zumba Billiards
25 10:00 Yoga 11:00 Coloring/Conversation 12:30 Bridge 2:00 Zumba 2:00 Mahjong Billiards	26 AM Bocce 9:30 Healthy Bones 12:00 Cards 1:00 Bingo (sandwiches) Billiards	27 9:30 Yoga 9:30 Meditation 11:00 Art Class 11:00 #1 Club 2:30 Canasta Billiards	28 AM Bocce 9:30 Healthy Bones Billiards	29 AM Bocce 9:00 Yoga 10:00 Chair Yoga 11:00 Line Dancing 1:00 Meditation 2:00 Zumba Billiards

HISTORICAL BIRTHDAY OF THE MONTHROALD DAHLEarly Life

Famed children's author Roald Dahl was born in Llandaff, South Wales, on September 13, 1916. Dahl's parents were Norwegian. As a child, he spent his summer vacations visiting with his grandparents in Oslo. When Dahl was 4 years old, his father died.

Dahl received his earliest education at Llandaff Cathedral School. When the principal gave him a harsh beating for playing a practical joke, Dahl's mother decided to enroll her rambunctious and mischievous child at St. Peter's, a British boarding school, as had been her husband's wish. Dahl later transferred to Repton, a private school with a reputation for academic excellence. He resented the rules at Repton; while there, the lively and imaginative youngster was restless and ached for adventure. While Dahl hardly excelled as a student, his mother offered to pay for his tuition at Oxford or Cambridge University when he graduated. Dahl's response, as quoted from his autobiography, *Boy: Tales of Childhood*, was, "No thank you. I want to go straight from school to work for a company that will send me to wonderful faraway places like Africa or China." After Dahl graduated from Repton in 1932, he went on an expedition to Newfoundland. Afterward, he took a job with the Shell Oil Company in Tanzania, Africa, where he remained until 1939.

In 1939, Dahl joined the Royal Air Force. After training in Nairobi, Kenya, he became a World War II fighter pilot. While serving in the Mediterranean, Dahl crash-landed in Alexandria, Egypt. The plane crash left him with serious injuries to his skull, spine and hip. Following a recovery that included a hip replacement and two spinal surgeries, Dahl was transferred to Washington, D.C., where he became an assistant air attaché.

Early Writing Career

While in Washington, D.C., Dahl met with author C.S. Forrester, who encouraged him to start writing. Dahl published his first short story in the *Saturday Evening Post*. He went on to write stories and articles for other magazines, including *The New Yorker*. Of his early writing career, Dahl told *New York Times* book reviewer Willa Petschek, "As I went on the stories became less and less realistic and more fantastic." He went on to describe his foray into writing as a "pure fluke," saying, "Without being asked to, I doubt if I'd ever have thought to do it."

Dahl wrote his first story for children, *The Gremlins*, in 1942, for Walt Disney. The story wasn't terribly successful, so Dahl went back to writing macabre and mysterious stories geared toward adult readers, producing the best-selling story collection *Someone Like You* in 1953, and *Kiss, Kiss* in 1959.

Personal Life

The same year that *Someone Like You* was published, Dahl married film actress Patricia Neal, who won an Academy Award for her role in *Hud* in 1961. The marriage lasted three decades and resulted in five children, one of whom tragically died in 1962.

Dahl told his children nightly bedtime stories that inspired his future career as a children's writer. These stories became the basis for some of his most popular kids' books, as his children proved an informative test audience. "Children are ... highly critical. And they lose interest so quickly," he asserted in his *New York Times* book review interview. "You have to keep things ticking along. And if you think a child is getting bored, you must think up something that jolts it back. Something that tickles. You have to know what children like."

After Neal suffered from multiple brain hemorrhages in the mid-1960s, Dahl stood by her through her long recovery. The couple would eventually divorce in 1983. Soon after, Dahl married Felicity Ann Crosland, his partner until his death in 1990.

Children's Books

Dahl first established himself as a children's writer in 1961, when he published the book *James and the Giant Peach*. The book met with wide critical and commercial acclaim. Three years later, Dahl published another big winner, *Charlie and the Chocolate Factory*. Both books were eventually made into popular movies. A film adaptation of *Charlie and the Chocolate Factory* was released as *Willy Wonka & the Chocolate Factory* in 1971, and an originally titled remake of the film, starring Johnny Depp, was released in 2005. The movie version of *James and the Giant Peach* was released in 1996.

In addition to *James and the Giant Peach* and *Charlie and the Chocolate Factory*, Dahl's most popular kids' books include *Fantastic Fox* (1970), *The Witches* (1983) and *Matilda* (1988).

Despite their popularity, Dahl's children's books have been the subject of some controversy, as critics and parents have balked at their portrayal of children's harsh revenge on adult wrongdoers. In his defense, Dahl claimed that children have a cruder sense of humor than adults, and that he was merely trying to appeal to his readers. Other critics have accused Dahl of portraying a racist stereotype with his Oompa-Loompa characters in *Charlie and the Chocolate Factory*.

Death

After suffering an unspecified infection, on November 12, 1990, Roald Dahl was admitted to the John Radcliffe Hospital in Oxford, England. He died there on November 23, 1990, at the age of 74. Over his decades-long writing career, Dahl composed 19 children's books and nine short story collections. He also wrote several television and movie scripts.

**THE LOOK OF SUMMER**

