

# JOSEPH CIPOLLA SENIOR ACTIVITY CENTER

93 N FARVIEW AVENUE

PARAMUS, NJ

FEBRUARY 2017



What's new at our center? A new deck is being built in the back for our outdoor pleasure, Chair Yoga is now on Fridays at 10:00, Line Dancing meets on Fridays at 11:15 followed by meditation classes already going strong at 1:00. These activities are to remind you in joyful ways to always be in touch with your mind, your body and your spirit. I have found it very helpful to sit back and review my week and say, "Did I enjoy my week? Did I do all that I needed to do to find peace of mind? Did I forget myself while concerning myself with others? Did I connect to The Spirit to help keep me balanced? Did I meditate, sing and dance?"

These are all important questions to ask yourself. The Joseph Cipolla Senior Activity Center has become a place for me where I can answer "Yes" to all these questions because being with all of you is a great joy for me whether it involves bingo, bocce, coloring, and all the activities I have already mentioned. I know that forgetting to take care of me, my "heart won't take flight" and I will not be "living life to the fullest". These are words we say. If we do not live them we miss out on the happiness and satisfaction life has to offer.

My wish for all of us is to remember...remember that our connection to one another begins with the connection we have to ourselves. Peace and Love. 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



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 July 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**

	8	9	4	1				
		6	7			1	9	3
2						7		
3	4		6				1	
			9					5
				2			5	
6	5			4			2	
7	3		1					

**How to play Sudoku**

A true sudoku puzzle has only one solution. The rules for a traditional puzzle, which use the numbers 1 to 9, are:

1. Each row, column, and block (group of nine) can contain each number exactly once.
2. The sum of all the numbers in any row or column must add up to 45.

**ANSWER TO PUZZLE ON BACK PAGE.**

## DID YOU KNOW? SOME FACTS ABOUT ASTRONOMER AND MATHEMATICIAN GALILEO

Born on February 15, 1564, in Pisa, Italy, Galileo Galilei was a mathematics professor who made pioneering observations of nature with long-lasting implications for the study of physics. He also constructed a telescope and supported the Copernican theory which supports a sun-centered solar system. Galileo wrote books about his ideas and accused of heresy twice by the church.

### Early Life

Galileo was the first of six children born to Vincenzo Galilei, a well-known musician and music theorist, and Giulia Ammannati. In 1574, the family moved to Florence, where Galileo started his formal education at the Camaldolese monastery in Vallombrosa. In 1583, Galileo entered the University of Pisa to study medicine. Armed with high intelligence and talent, he soon became fascinated with many subjects, particularly mathematics and physics. While at Pisa, Galileo was exposed to the Aristotelian view of the world, then the leading scientific authority and the only one sanctioned by the Roman Catholic Church. At first, Galileo supported this view, like any other intellectual of his time, and was on track to be a university professor. However, due to financial difficulties, Galileo left the university in 1585 before earning his degree..

### Academic Career

Galileo continued to study mathematics, supporting himself with minor teaching positions. During this time he began his two-decade study on objects in motion and published *The Little Balance*, describing the hydrostatic principles of weighing small quantities, which brought him some fame. This gained him a teaching post at the University of Pisa, in 1589. There Galileo conducted his fabled experiments with falling objects and produced his manuscript *Du Motu (On Motion)*, a departure from Aristotelian views about motion and falling objects. Galileo developed an arrogance about his work, and his strident criticisms of Aristotle left him isolated among his colleagues. In 1592, his contract with the University of Pisa was not renewed. Galileo quickly found a new position at the University of Padua, teaching geometry, mechanics and astronomy. The appointment was fortunate, because his father had died in 1591, leaving Galileo entrusted with the care of his younger Brother. Michelagnolo. During his 18-year tenure at Padua, he gave entertaining lectures and attracted large crowds of followers, further increasing his fame and his sense of mission.

### Death and Legacy

Galileo died in Arcetri, near Florence, Italy, on January 8, 1642, after suffering from a fever and heart palpitations. But in time, the Church couldn't deny the truth in science. In 1758, it lifted the ban on most works supporting Copernican theory, and by 1835 dropped its opposition to heliocentrism altogether. In the 20th century, several popes acknowledged the great work of Galileo, and in 1992, Pope John Paul II expressed regret about how the Galileo's theories were accepted. Galileo's contribution to our understanding of the universe was significant not only in his discoveries, but in the methods he developed and the use of mathematics to prove them. He played a major role in the scientific revolution and, deservedly so, earned the moniker "The Father of Modern Science."

### Personal Life

In 1600, Galileo met Marina Gamba, a Venetian woman, who bore him three children (out of wedlock!) daughters Virginia and Livia, and son Vincenzo. He never married Marina, possibly due to financial worries and possibly fearing his illegitimate children would threaten his social standing. He worried the two girls would never marry well, and when they were older, had them enter a convent. In 1616, at the San Mateo Convent, Virginia changed her name to Maria Celeste and Livia became Sister Arcangela, when they became nuns. Maria Celeste remained in contact and supported her father through letters until her death. No letters from Arcangela survive. His son's birth was eventually legitimized and he became a successful musician. Galileo died in Arcetri, Italy, on January 8, 1642. What an amazing man!

Source: <http://www.biography.com/people/galileo-9305220#death-and-legacy>



Monday	Tuesday	Wednesday	Thursday	Friday
 <p>HAPPY FEBRUARY</p>		<p>1</p> <p>9:30 Yoga 9:30 Meditation 11:00 Art Class 12:00 Movie - Florence Foster Jenkins 2:00 Mahjong 2:30 Canasta Billiards</p>	<p>2</p> <p>AM Bocce 9:30 Healthy Bones 1:00 Pioneers Meeting 1:30 Mahjong Billiards</p>	<p>3</p> <p>AM Bocce 9:00 Yoga 10:00 Chair Yoga 11:15 Line Dancing 1:00 Meditation 2:00 Zumba Gold Billiards</p>
<p>6</p> <p>10:00 Yoga 11:00 Coloring/Conversation 12:30 Bridge 12:30 Senior Fitness 2:00 Zumba Gold 2:00 Mahjong Billiards</p>	<p>7</p> <p>AM Bocce 9:30 Healthy Bones 1:00 Bingo (Pizza Day) 12:30 Cards Billiards</p>	<p>8</p> <p>9:30 Yoga 9:30 Meditation 11:00 #1 Club Meeting 11:00 Art Class 2:00 Mahjong 2:30 Canasta Billiards</p>	<p>9</p> <p>AM Bocce 9:30 Healthy Bones 1:00 AARP Meeting 1:30 Mahjong Billiards</p>	<p>10</p> <p>AM Bocce 9:00 Yoga 10:00 Chair Yoga 11:15 Line Dancing 1:00 Meditation 2:00 Zumba Gold Billiards</p>
<p>13</p> <p>10:00 Yoga 11:00 Coloring/Conversation 12:30 Bridge 2:00 Zumba Gold 2:00 Mahjong Billiards</p>	<p>14</p> <p>AM Bocce 9:30 Healthy Bones 1:00 Bingo (Hot Dog Day) 12:00 Cards Billiards</p>	<p>15</p> <p>9:30 Yoga 9:30 Meditation 11:00 Art Class 12:00 Movie My Old Lady starring Maggie Smith 2:00 Mahjong 2:30 Canasta Billiards</p>	<p>16</p> <p>AM Bocce 9:30 Healthy Bones 1:00 Pioneers Meeting 1:30 Mahjong Billiards</p>	<p>17</p> <p>AM Bocce 9:00 Yoga 10:00 Chair Yoga 11:15 Line Dancing 1:00 Meditation 2:00 Zumba Gold Billiards</p>
<p>20</p> <p>CLOSED</p>  <p>PRESIDENTS DAY</p>	<p>21</p> <p>AM Bocce 9:30 Healthy Bones 12:30 Paramus Women's Book Club 12:30 Cards 1:00 Bingo (Finger sandwich day) Billiards</p>	<p>22</p> <p>9:30 Yoga 9:30 Meditation 11:00 #1 Club Meeting 11:00 Art Class 2:00 Mahjong 3:00 Zumba 2:30 Canasta Billiards</p>	<p>23</p> <p>AM Bocce 9:30 Healthy Bones 1:30 Mahjong Billiards</p>	<p>24</p> <p>AM Bocce 9:00 Yoga 10:00 Chair Yoga 11:15 Line Dancing 2:00 Zumba</p>
<p>27</p> <p>10:00 Yoga 11:00 Coloring/Conversation 12:30 Bridge 2:00 Zumba Gold 2:00 Mahjong Billiards</p>	<p>28</p> <p>AM Bocce 9:30 Healthy Bones 1:00 Bingo 12:30 Cards Billiards</p>			

**DID YOU KNOW~****Games Italians Play: The History of Bocce**

You can think of modern bowling as a distant cousin of *bocce*. In England, they have "bowls", a lawn version of the game using a flattened ball which is rolled like a wheel (*bocce* balls are always spherical). The Latin word *bottia* (ball) is the root of the Italian word *boccia* or *bocce*. Latin also used the word *boulles* (balls), hence the name *bowls* for the British form of the game, and in France the game of *Boules*. The name *pétanque* is also used in Provence in the South of France. The word *pétanque* is derived from a Southern dialect of French meaning "two feet planted", describing the position of feet before tossing the ball. Italian bocce balls are solid and made of wood or a composite and sometimes metal. French *boules* are made of hollow metal.



During a game, a ball is either rolled or tossed underhanded down a long lane with the aim of coming to rest near a smaller target ball called a *pallino* or *boccino* (in France it's called the *cochonnet* or "piglet"). Some form of *bocce* is played in more countries than any other ball game, with the exception of soccer. Still, Romans are the ones who spread the popularity of the game throughout the Roman Empire, which during this period encompassed vast areas of Europe, Asia and North Africa. Many people, such as Galileo and DaVinci played *bocce* during the Renaissance--seeing its benefits to mind and body--and others such as Emperors, Admirals, Generals, poets, sculptors, and scientists all played the game.

*Bocce* was also exported to many countries around the world by Italian migrants and still is popular with their descendants with *bocce* courts and clubs throughout the world.

**Romans playing bocce**

*Bocce* in its current form was played in 264 BC during Rome's Punic Wars against Carthage. Teams of 2, 4, 6 or 8 men were formed. Soldiers threw a small stone called the "leader" and it was first stone to be thrown. Then larger stones would be thrown at the "leader" and the stone coming closest to it would score. The game relaxed troops and gambling was a pressure release, taking their mind off the stress of war. Men played in teams, honing their military strategic thinking as they played.

No one really knows how old *Bocce* is. There were stone balls found in Turkey that date to 9000 BC. Some say *Bocce* came from Egypt about 5200 B.C., but others say that Greece was its birthplace around 600 BC. When you really think about the simplest game a child can play--tossing a stone--you might think of *Bocce* as the very first game people ever played. Even the child's game of Marbles is based on *Bocce*.

ALL UPCOMING EVENTS WILL BE POSTED AT THE JOSEPH CIPOLLA SENIOR ACTIVITY CENTER.

PLEASE COME IN AND ENJOY OUR ACTIVITIES SO YOU WON'T MISS THE UPCOMING TRIPS AND EVENTS.

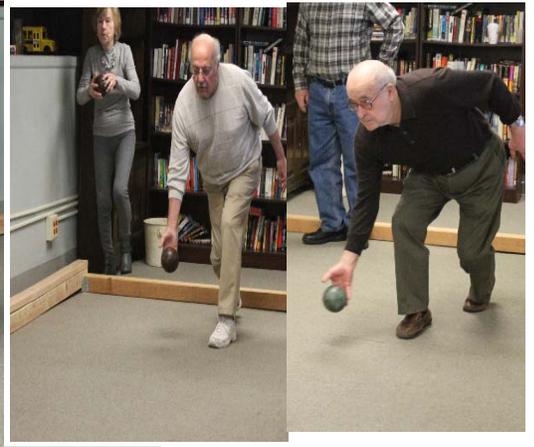
**LEARN MAHJONG WEDNESDAYS AT 2:00PM****Regular or Chinese Mahjong classes**

***Regardless of how often you play, participants gain in cognitive performance, memory and verbal memory. These positive affects occur no matter how frequently you play. Please join our FREE classes for a enjoyable social experience. The cognitive affects is a bonus!***



# Together is a Wonderful Place to Be!

## A Bocce Birthday Celebration!-



1	7	3	2	6	9	5	8	4
5	8	9	4	1	3	6	7	2
4	2	6	7	5	8	1	9	3
2	9	1	5	8	4	7	3	6
3	4	5	6	7	2	8	1	9
8	6	7	9	3	1	2	4	5
9	1	4	8	2	6	3	5	7
6	5	8	3	4	7	9	2	1
7	3	2	1	9	5	4	6	8

