

JOSEPH CIPOLLA SENIOR ACTIVITY CENTER

93 N FARVIEW AVENUE

PARAMUS, NJ

MAY 2017



A Note from the Director

As I sat outside and enjoyed the warmth of April I thought about how the change of weather makes me feel. Happy and excited about Spring arriving and looking forward to spending times outdoors, feeling grateful that the cold weather has moved out. Did you know that as the weather gets warmer and we feel the joy and relief from the cold it can take a while for our bodies to adapt to the change in the weather. Most people have the ability to physiologically acclimate to hot conditions over a period of days to weeks. So if you feel tired and do not understand why, when you think you should be feeling great by the warmth of the sun, perhaps it is just your body adjusting. A similar feeling happens when the cold weather arrives and it takes time for our bodies to heat up and adjust to the cold. May you enjoy the Sun and reap the benefits of being outside. A study published in The Journal of Aging Health claims that Seniors who spend time outdoors and are involved in group activities showed fewer complaints of aching bones, sleep problems, and other health related issues. Sounds like living life to the fullest to me! Enjoy!

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



THURSDAY MAY 25th at 12:30pm

Kimberly Paton, LLC is joining us at the Joseph Cipolla Senior Activity Center to do a presentation and provide a question answer session related to legal issues; elder care, wills, living wills, power of attorney, transferring division of wealth and estate planning.

Call the Office or stop in if interested in attending.

Being informed is empowering!

Russian-born American composer and songwriter—**Irving Berlin Birthday Spotlight**

The American composer Irving Berlin produced over eight hundred songs, many of which attained worldwide popularity. His patriotic songs, especially "God Bless America," summed up the feelings of Americans at the time.

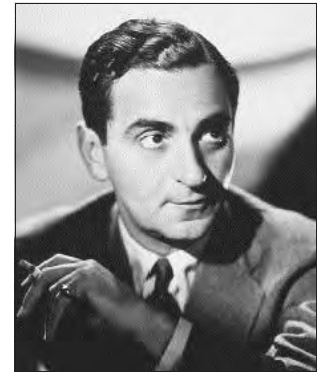
Early struggles

Irving Berlin was born Israel Baline in Temun, Russia, on May 11, 1888. He was the youngest of Moses and Leah Lipkin Baline's eight children. His father, a cantor (a singer in a Jewish place of worship) who gave him singing lessons, was the first to expose Israel to music. The family fled the persecutions (the act of tormenting and harassing regularly) of Jews in Russia in 1893 and settled in New York City. The first years in America were very difficult—at one time every member of the family sold newspapers on the streets. Things got worse when Moses Baline died in 1896. At age fourteen Israel left home and began making money by singing in bars and on the streets of New York. He attended school for two years but had no formal musical education; he never learned to read or write music.



First efforts at songwriting

In 1906 Baline went to work as a singing waiter at a restaurant in New York's Chinatown. He waited tables and entertained customers by singing popular songs of the time with his own made-up lyrics. It was while working here that he wrote his first song, "Marie from Sunny Italy," which he worked on together with another restaurant employee. He also changed his name, becoming I. Berlin, lyricist (songwriter). This was the name he chose to appear on the sheet music when the song was published shortly after in 1907.



Berlin began to gain recognition as a clever lyric writer. He provided words for "Queenie, My Own," "Dorando," and "Sadie Salome, Go Home." The last was something of a success, and he was hired by a publisher to write words for new songs. Although he had difficulty writing English and had to have someone who understood musical notation (characters and symbols) write down the melodies that he created with one finger, within a year Berlin was established as a rising talent in the popular-music business.

Around this time music publishers became interested in ragtime, the highly original creation of African American musicians in the South and Midwest during the 1880s and 1890s. Berlin contributed lyrics—and a few tunes—to several mild ragtime songs. In 1911 he wrote the words and music for "Alexander's Ragtime Band," which started toward worldwide popularity when sung by Emma Carus in Chicago, Illinois, that year. It is one of the most famous of all "rag-time" songs, with its sheet music having sold over one million copies.

Created musicals

Berlin's fame continued to grow. He wrote his first complete musical score in 1914, *Watch Your Step*, followed by *Stop, Look, Listen*. In the Army during World War I (1914–18) he wrote a successful soldier show entitled *Yip, Yip, Yaphank* (1919), which contained "Oh, How I Hate to Get Up in the Morning." In 1919 he founded his own music publishing company, Irving Berlin, Inc.

Berlin's most successful shows included *Ziegfeld Follies* (1919, 1920, 1927), *Music Box Revues* (1921–24), *As Thousands Cheer* (1933), *This Is the Army* (1942), *Annie Get Your Gun* (1946), and *Call Me Madam* (1950). His best-known musical scores for films include *Top Hat* (1935), *Follow the Fleet* (1936), and *Holiday Inn* (1942). Among Berlin's best-known songs are "White Christmas" and "God Bless America," which are holiday favorites to this day.

Berlin's hundredth birthday was celebrated in a televised special from Carnegie Hall.

When he died in New York on September 22, 1989, he was remembered as a symbol of the nation. As fellow songwriter Jerome Kern was quoted in Alexander Woollcott's biography of Berlin: "Irving Berlin has no place in American Music. He is American Music."

Monday	Tuesday	Wednesday	Thursday	Friday
<p>1 10:00 Yoga 11:00 Coloring/Conversation 12:30 Bridge 2:00 Zumba Gold 2:00 Mahjong Billiards</p>	<p>2 AM Bocce 9:30 Healthy Bones 1:00 Bingo 12:00 Cards Billiards</p>	<p>3 9:30 Yoga 9:30 Meditation 11:00 Art Class 12:00 Movie 2:30 Canasta Billiards</p>	<p>4 AM Bocce 9:30 Healthy Bones 1:00 Pioneers Meeting Billiards</p>	<p>5 AM Bocce 9:00 Yoga 10:00 Chair Yoga 11:15 Line Dancing 1:00 Meditation 2:00 Zumba Gold Billiards</p>
<p>8 10:00 Yoga 11:00 Coloring/Conversation 12:30 Senior Fitness 12:30 Bridge 2:00 Zumba Gold 2:00 Mahjong Billiards</p>	<p>9 AM Bocce 9:30 Healthy Bones 1:00 Bingo (Pizza) 12:00 Cards Billiards</p>	<p>10 9:30 Yoga 11:00 #1 Club Meeting 11:00 Art Class 12:00 Movie 2:30 Canasta Billiards</p>	<p>11 AM Bocce 9:30 Healthy Bones 1:00 AARP Meeting Billiards</p>	<p>12 AM Bocce 9:00 Yoga 10:00 Chair Yoga 11:15 Line Dancing 1:00 Meditation 2:00 Zumba Billiards</p>
<p>15 10:00 Yoga 11:00 Coloring/Conversation 12:30 Bridge 2:00 Zumba Gold 2:00 Mahjong Billiards</p>	<p>16 AM Bocce 9:30 Healthy Bones 1:00 Bingo (Hot Dog) 12:00 Cards 12:30 Paramus Women's Book Club Billiards</p>	<p>17 9:30 Yoga 9:30 Meditation 11:00 Art Class 12:00 Movie 2:30 Canasta Billiards</p>	<p>18 AM Bocce 9:30 Healthy Bones 1:00 Pioneers Meeting Billiards</p>	<p>19 AM Bocce 9:00 Yoga 10:00 Chair Yoga 11:15 Line Dancing 2:00 Zumba Gold Billiards</p>
<p>22 10:00 Yoga 11:00 Coloring/Conversation 12:30 Bridge 2:00 Zumba Gold 2:00 Mahjong Billiards</p>	<p>23 AM Bocce 9:30 Healthy Bones 12:00 Cards 1:00 Bingo (Sandwiches) Billiards</p>	<p>24 9:30 Yoga 9:30 Meditation 11:00 #1 Club Meeting 11:00 Art Class 2:30 Canasta Billiards</p>	<p>25 AM Bocce 9:30 Healthy Bones 12:30 The Paton Law Firm Billiards</p>	<p>26 AM Bocce 9:00 Yoga 10:00 Chair Yoga 11:15 Line Dancing 1:00 Meditation 2:00 Zumba Billiards</p>
<p>29 Center is Closed </p>	<p>30 AM Bocce 9:30 Healthy Bones 12:00 Cards 1:00 Bingo Billiards</p>	<p>31 9:30 Yoga 9:30 Meditation 11:00 Art Class 2:30 Canasta Billiards</p>	 	



Walking for Health

Walking for 2.5 hours a week—that’s just 21 minutes a day—can cut your risk of heart disease by 30%. In addition, this do-anywhere, no-equipment-required activity has also been shown to reduce the risk of diabetes and cancer, lower blood pressure and cholesterol, and keep you mentally sharp. In fact, according to some estimates, walking regularly could save Americans over \$100 billion a year in health care costs. Even a quick one-minute jaunt pays off. A University of Utah study in 2014 found that for every minute of brisk walking that women did throughout the day, they lowered their risk of obesity by 5%. No more “I don’t have time” excuses!



Stretching is an excellent thing you can do for your health. These simple, yet effective moves can help you limber up for sports, improve your balance and prevent falls, increase your flexibility, and even help relieve arthritis, back, and knee pain. Whether you’re an armchair athlete or a sports enthusiast, this Special Health Report from the experts at Harvard Medical School will show you how to create effective stretching routines that...

The next time you have a medical check-up, don’t be surprised if your doctor hands you a prescription to walk. Yes, this simple activity that you’ve been doing since you were about a year old is now being touted (along with other forms of regular physical activity) as “the closest thing we have to a wonder drug,” in the words of Dr. Thomas Frieden, director of the Centers for Disease Control and Prevention. Judging from the research, it’s a well-earned reputation. Walking can have a bigger impact on disease risk and various health conditions than just about any other remedy that’s readily available to you. What’s more, it’s free and has practically no negative side effects.

Start walking, and you’ll be helping to make your community stronger, too. Social scientists have found that as more people take to the streets, neighborhood crime rates fall and the local economy improves. It’s also a wonderful way to meet new people and connect with neighbors. Walking can even help your mood. A number of studies have found that it’s as effective as drugs for decreasing depression. It can help relieve everyday stresses, too. Tension starts to ease as the road stretches out in front of you. Mood-elevating endorphin levels increase. Many people find that walking helps clear the mind. So don’t wait for your next doctor’s appointment to get inspired. Put on your shoes, step out the door, and rediscover the joys of walking.



“Sometimes it’s good to change your walking routine. Try walking around the block instead of wandering around the kitchen.”



Chinese Mahjong and the benefits it has on Cognition

Did you know? Mahjong helps with memory skills and in keeping your mind sharp, similar to crossword puzzles. Keeping your mind sharp by exercising it through games has been shown to help people react to situations and make decisions faster. Researchers from the City University of Hong Kong studied mahjong's effects on 62 people who already had mild or moderate dementia. Results of the study showed that when people play mahjong, they gain in all cognitive measures. The effects lasted even after not playing for a month.

Here at the Joseph Cipolla Senior Activity Center we are privileged to have a Mahjong teacher, Master Eddie Tseng. Wednesday afternoons Eddie is kind enough to offer lessons by appointment only. Monday afternoons we are looking to build a Mahjong club with Eddie present to assist those in interested in joining in the fun.

