

JOSEPH CIPOLLA SENIOR ACTIVITY CENTER

93 N FARVIEW AVENUE

PARAMUS, NJ

OCTOBER 2017



As the weather changes, with it comes a time to contemplate how we choose to spend our days, how to live our lives. A time, perhaps, to look at what 's important. The people in our lives, the ones who make us remember that the most important aspect of any being is their ability to live through the "eyes" of one's heart. We remind ourselves of heartfelt emotions through interactions with other people, music, dancing, socializing, and sharing meals. Doing so is a way that regenerates our energies and re-connects our inner "circuit breakers" to ourselves.

May the weather changes not affect your ability to remember who you are, what you enjoy, and stop you from sharing yourself with others.

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 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 Cathy Martino 201-967-1108

SENIOR PIONEERS OF PARAMUS

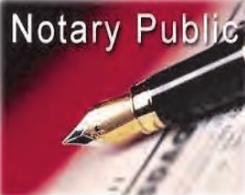
Come join us on the first and third Thursday of each month at 1:00 pm for some socializing, a cup of coffee and dessert. We are a social gathering club for seniors residing in Paramus. The club provides you with access to good fellowship, entertainment, trips and the latest senior updates from around Bergen County, as well as professional speakers.

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

Veterans Affairs is looking to contact all World War II Veterans to an honorary breakfast.

Please call 201-265-2100 ext. 6110 or email SCassielo@paramusborough.org

Notary Public



We are fortunate to have a notary in our senior center who has offered to notarize your documents at no cost. If you require a document notarized contact Cathy Martino, 201-967-1108. Getting a document notarized is very simple. Present the document to a notary public and sign it in their presence.



THE FRESHEST FOODS TO BUY IN OCTOBER

Even though the weather is getting cooler, there is still plenty of fresh, local produce to eat.



Pumpkins

When you buy a pumpkin to carve into a jack-o-lantern this month, get one to eat, too! This low-calorie orange squash gets its color from beta-carotene, a phytonutrient our body converts into vitamin A, which is good for eye-sight.

When shopping for a pumpkin, find one with firm, smooth skin and make sure there are no bruises or cracks. Once you slice into your pumpkin, store the remainder in the fridge with plastic wrap and try to use it within five days.

Don't forget to use the seeds, which are full of iron. Roast them in the oven with some olive oil and salt until golden brown for a crunchy snack.

Cranberries

Lucky for us, we can find cranberries without actually getting down and dirty in the bog where they grow. These antioxidant-rich berries are best known as a holiday feast accompaniments, but are also great salad and cereal toppers. Packed with vitamin C, they also make a great snack at around 45 calories a cup.

At the grocery store or market, look for firm, dry berries with good color and keep an eye out for mildew. Once in your kitchen, cranberries keep well in the fridge for several weeks. Try Brown and Wild Rice, Walnut and Dried Cranberry Salad to satisfy your sweet tooth.

Broccoli

Forget flowers-this month, bring home a health-boosting broccoli bouquet. Studies show this cruciferous vegetable lowers the risk of colon, cervical, lung and bladder cancers. It can also fight the bacteria that causes ulcers.

When you're perusing the produce section, go for the bright green florets with slender stems and pass on any with buds that have burst into flowers. Adding more broccoli to your diet is an easy way to sneak in your daily dose of vitamin C, vitamin A, fiber and potassium. Try it in Broccoli, Cauliflower and Leek Soup.

Green Beans

Healthy and delicious—and just 35 calories—a cup—you may want to make green beans your go-to side for every meal. Plus, these small veggies are packed with protein, iron and vitamin A.

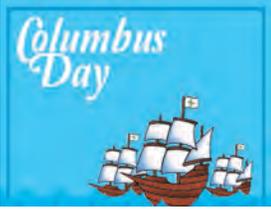
How do you know if your beans are fresh? Avoid ones with large seeds because they are past their prime. Snapping the tip will tell you if the bean is crisp and has enough moisture. Not ready to use them yet? You can store your beans in the fridge for up to one week in a plastic bag.

Celery

Celery is a great low-calorie, crunchy veggie to keep handy. This source of vitamin A, potassium and fiber is only 16 calories per cup, and makes a perfect portable snack for adults and kids alike.

Look for firm stalks and bright green leaves when choosing the perfect bunch. Wrapped in plastic, celery will keep in the fridge for about a week. To revive your wilted stalks, toss them into a bowl of cold water to plump them up. Nibble on raw celery for a quick, healthy snack.



Monday	Tuesday	Wednesday	Thursday	Friday
2 10:00 Yoga 11:00 Coloring/Conversation 12:30 Bridge 1:30 Mahjong 2:00 Zumba Billiards	3 AM Bocce 9:30 Healthy Bones 12:00 Cards 1:00 Bingo Billiards	4 9:30 Yoga 9:30 Meditation 11:00 Art Class 12:00 Movie 2:30 Canasta Billiards	5 AM Bocce 9:30 Healthy Bones 1:00 Pioneers Meeting Billiards	6 AM Bocce 9:00 Yoga 10:00 Chair Yoga 11:00 Line Dancing 1:00 Meditation 2:00 Zumba Billiards
9 CLOSED 	10 AM Bocce 9:30 Healthy Bones 12:00 Cards 1:00 Bingo (Pizza) Billiards	11 9:30 Yoga 9:30 Meditation 11:00 Art Class 11:00 #1 Club Meeting 2:30 Canasta Billiards	12 AM Bocce 9:30 Healthy Bones 1:00 AARP Billiards	13 AM Bocce 9:00 Yoga 10:00 Chair Yoga 11:00 Line Dancing 1:00 Meditation 2:00 Zumba Billiards
16 10:00 Yoga 11:00 Coloring/Conversation 12:30 Senior Fitness 12:30 Bridge 1:30 Mahjong 2:00 Zumba Billiards	17 AM Bocce 9:30 Healthy Bones 12:00 Cards 1:00 Bingo (Hot dogs) Billiards	18 9:30 Yoga 9:30 Meditation 11:00 Art Class 12:00 Movie 2:30 Canasta Billiards	19 AM Bocce 9:30 Healthy Bones 1:00 Pioneers Meeting Billiards	20 AM Bocce 9:00 Yoga 10:00 Chair Yoga 11:00 Line Dancing 1:00 Meditation 2:00 Zumba Billiards
23 10:00 Resorts Casino 10:00 Yoga 11:00 Coloring/Conversation 12:30 Bridge 1:30 Mahjong 2:00 Zumba Billiards	24 AM Bocce 9:30 Healthy Bones 12:00 Cards 1:00 Bingo (Sandwiches) Billiards	25 9:30 Yoga 9:30 Meditation 11:00 Art Class 11:00 #1 Club Meeting 2:30 Canasta Billiards	26 AM Bocce 9:30 Healthy Bones Billiards	27 AM Bocce 9:00 Yoga 10:00 Chair Yoga 11:00 Line Dancing 1:00 Meditation 2:00 Zumba Billiards
30 10:00 Yoga 11:00 Coloring/Conversation 12:30 Bridge 1:30 Mahjong 2:00 Zumba Billiards	31 AM Bocce 9:30 Healthy Bones 12:00 Cards 1:00 Bingo Billiards			

HISTORICAL BIRTHDAY OF THE MONTH **Dwight David "Ike" Eisenhower**



Eisenhower was born to a large family (he had 6 brothers) in Kansas in 1890. From an early age he was interested in outdoor sports and military history. Despite his mothers' objection to war, he continued his military studies and later joined the military academy at West Point. He graduated in 1915, but to his disappointment was initially denied permission for an overseas posting. In 1918, he finally went to France, but, to his great disappointment, didn't see any action; instead he was responsible for a training a new tank corps.

After the war, along with George S. Patton he became interested in tank warfare, investigating their optimal use in a fast moving war. However, the military top-brass were dismissive of this innovation and Dwight had to hold back from publishing more work on the use of tanks.

In the inter-war years, he served with a succession of generals, such as J. Pershing, Douglas MacArthur and George Marshall. Due to his strong administrative qualities, he was gradually promoted, reaching brigadier General in October 1941. By the end of November 1942, Eisenhower had been appointed the Supreme Commander of the Allied Force in North Africa, and he was given command over Operation Torch seeking to remove the axis forces from North Africa. After the defeat of the axis in Africa, he also oversaw the successful invasion of Sicily, and later Italy.

By the end of 1943, President Roosevelt decided that Eisenhower would make the best candidate to be the Supreme Allied Commander in Europe, this meant Eisenhower would have overall command for the forthcoming D-Day invasion, codenamed Operation Overlord. Eisenhower proved adept at managing the different egos and Allied nations involved in the assault on mainland Europe. He had to deal with prickly generals such as the British Bernard Montgomery, and fellow American General S. Patton. At one point, Eisenhower severely reprimanded Patton for slapping a soldier suffering from shell shock.

Eisenhower had the capacity to disagree strongly with generals and politicians, such as Winston Churchill, without ever threatening their relationship and the alliance. The D-Day invasion proved successful, though the advance on Berlin proved harder and more costly than many hoped. Eisenhower was always conscious of the personal cost involved, and was conscious of his responsibilities to individual soldiers, frequently visiting divisions of soldier. After the German surrender, Eisenhower was responsible for the Allied sections of occupied Germany. He sought to find evidence against leading Nazi's and allowed more humanitarian aid into suffering German civilians.

In the aftermath of the Second World War, Eisenhower was initially hopeful that friendly relations could be maintained with the Soviet Union. However, by mid 1947, tensions between East and West increased and Eisenhower came to support the policies of Soviet containment.

In 1952, Eisenhower was encouraged to stand as Republican Presidential candidate. Although previously not engaged in politics, he agreed to stand and campaigned on the simple slogan 'I Like Ike' becoming the first Republican candidate for 20 years to win office. He stood on a simple platform of anti-communism, anti-corruption, and anti-big government. He favored a form of 'progressive conservatism' – maintaining and extending existing social security legislation, but trying to maintain frugal government spending.

Helped by a booming post-war economy, the 1950s was an era of prosperity and economic expansion and this helped maintain his popularity. One of his big achievements was the creation of an interstate highway, which improved motor transport between different cities.

During his presidency, cold war tensions remained. Attempts to halt the nuclear arms race came to nothing, and Eisenhower move the military to increased reliance on nuclear weapons rather than conventional weapons. In 1954, Eisenhower articulated the 'domino theory' – The idea that if Communists were allowed to prevail in one country, it would soon spread throughout the region. This doctrine proved very important, as during this era, the CIA became increasingly involved in plotting foreign coups and working to undermine Communist and left-leading governments. This included restoring the Shah to power in Iran and plotting the bay of pigs invasion of Cuba, which was left to John F. Kennedy to carry out.

One of the great successes of his administration was signing an armistice in the Korean war in 1953. He also severely criticised his former Allies – Britain, France and Israel for their invasion of the Suez canal. The intervention of the Americans was key in creating a humiliating reverse for the British, French and Israeli's. Eisenhower was a strong supporter of the United Nations, and used the UN to criticise the Russian invasion of Hungary.

Despite a strong anti-communist foreign policy, Eisenhower became increasingly dismayed by the anti-communist 'witch hunt' of Senator McCarthy. Eisenhower covertly sought to undermine McCarthy's influence. On the issue of civil rights, Eisenhower sought to end segregation in the army. He also sent in state troops to Little Rock, Arkansas to defend the end of segregation in schools. In his last speech, he both warned of the enemies abroad and the misuse of power at home.

Personal Life: Eisenhower married Mamie Geneva Doud of Boone, Iowa, on July 1, 1916. They had two sons, one of whom died in childhood of scarlet fever. Eisenhower declared himself to be a religious man, but not affiliated to any particular faith. He was instrumental in having the US adapt the motto 'In God we Trust' in 1956. Dwight David Eisenhower, the 34th President of US from 1953-1961 died March 28, 1969.

Our Trip to Saratoga

