

JOSEPH CIPOLLA SENIOR ACTIVITY CENTER

93 N FARVIEW AVENUE

PARAMUS, NJ

NOVEMBER 2017



A time to give thanks, a time to reflect, a time to ponder about oneself and others. Thankful is a way of being, and when we say “thank you”, we really need to acknowledge the power of the meaning of being thankful — thankful for those people who are in your life, who have touched your life, and who have blessed your life. It is a good time to remind yourself of all that you have, all you have to give, and all you want to create. May this be a time when your personal reflection is filled with beauty 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



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 NOVEMBER 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



FREE MEDICARE PRESCRIPTION DRUG PLAN

CONSULTATION

NOVEMBER 6, 2017 starting at 11am sign up to meet individually with Joseph from Carepak Pharmacy.

He is not affiliated with any insurance company and will assist you with comparing out of pocket costs for all prescription plans available in 2018.

Each session is 15 minutes long. Call the Center to schedule a conference.

What you need to bring: Your Medicare card, Insurance Card and Medication List (It is recommended to bring your prescription vials).



It is possible to save \$1150 annually by using this information.

HOW TO BEAT THE STRESS THROUGH MINDFULNESS

by Angela Miaoulis

Imagine during times of turmoil and disorder what it would be like to be the ‘eye of the storm,’ which is defined as maintaining inner peace and focus while everything around you is moving fast. This ‘eye of the storm’ feeling is meditation practice as its best.

You may be saying to yourself, “this will never be me,” as that is often how we limit our capabilities. Often the mental rhetoric sounds like this – “I don’t have what it takes. I’m not good enough for this.” When these thoughts begin to stream, our minds shut down the ‘happy hormones’ and send messages throughout our body to feel stress, pain, and/or anxiety.

Please take a moment right now to compose three thoughts that hinder you. Once you have those, rewrite the thoughts and counter them with positive affirmations such as – “I am good enough. I have what it takes. I am not alone.” Repeat those words and see how your mind, body, and spirit begin to move into a ‘goal setting’ and peaceful state of mind. Just in taking that initiative to compose these thoughts, you are already in a ‘mindful state-of-mind’.

Now let’s take that deeper by taking those positive affirmations and moving them into a daily meditation practice. Below is a sample exercise that can be incorporated into your daily routine.

Begin by sitting comfortably in a peaceful setting. Center your breath by taking three deep breaths in through your nose and out through your mouth. Inhale for four counts and exhale deeply for six counts. Place your right hand over your heart and feel. Bring your other hand over your heart, cupping your right hand and feel. Begin to visualize brilliant radiant light from the center of your palm enter your heart. Repeat three times mentally a mantra of your choice. As you repeat the mantra, allow your thoughts and feelings to be free—meaning do not judge what you experience. This session can last for only three minutes and you will reap the benefits! Enjoy feeling connected, grounded, and harmonious with yourself.

In addition to a daily meditation practice, it is also beneficial to try and have additional mindfulness tactics under your belt to beat stress. We often write lists of to-do’s and goals as well as create vision boards in order to better ourselves. What if this year you decide to take charge and set yourself free of burden and anxiety by signing a personal declaration to honor your mind, body, and spirit? What a wonderful gift it would be to yourself (and doesn’t cost a thing!)

WELLNESS CALENDAR - Create a calendar not only for your appointments and to-do’s, but for your own self-care. In it, be sure to include all your healthy routines such as yoga, meditation, visits to the farmers’ market, and any other practices that keep you sane. Honor yourself by not compromising your healthy state of mind in order to fulfill others’ expectations. Remember, **YOU ARE NUMBER ONE!**

START YOUR DAY RIGHT - Studies have shown that those who begin their day in a positive frame of mind, in turn felt better all day and were more productive. Each day is like a new opportunity to start fresh—almost like pressing ‘reboot’ on your computer! Incorporating a positive and mindful meditation when you wake up each day is the perfect way to remain centered and on course.

IMMERSE YOURSELF IN THE BEAUTY AROUND YOU – Often life is moving so quickly that you may miss out on the beauty all around you. Do carve out the time to connect with your community through activities such as plays and concerts, outings to botanical gardens, wine and culinary events, or even just a visit to the park around the corner to appreciate the world around you.

STAY CONNECTED WITH YOUR ‘SELF’ - It’s very easy to get trapped into the routine of helping everyone but yourself at any given moment. We feel that it’s selfish to focus on ourselves and our well-being. In fact, helping yourself in a kind, loving way (not at the expense of others) is a key factor in helping you be more effective towards others and all the responsibilities you have. A great and successful way to examine and connect with yourself is through meditation. Meditation is a key opportunity to go inward, away from pressure and expectation, and listen to your inner-voice.

Angela Miaoulis is an empathic healer who uses her gifts to help others achieve balance and harmony, realize their soul potential, and find their ‘true selves’.

Her skills are utilized at the senior center during meditation circles Wednesday mornings and Friday afternoons.

Monday	Tuesday	Wednesday	Thursday	Friday
		1 9:30 Yoga 9:30 Meditation 11:00 Art Class 12:00 Movie 2:30 Canasta Billiards	2 AM Bocce 9:30 Healthy Bones 1:00 Pioneers Meeting Billiards	3 AM Bocce 9:00 Yoga 10:00 Chair Yoga 11:00 Line Dancing 1:00 Meditation 2:00 Zumba 2:00 Billiards
6 10:00 Yoga 11:00 Coloring/Conversation 11:00 Free Medicare Prescription Drug Plan Consultation 12:30 Bridge 1:30 Mahjong 2:00 Zumba Billiards	7 AM Bocce 9:30 Healthy Bones 12:00 Cards 1:00 Bingo (Pizza)	8 9:30 Yoga 9:30 Meditation 11:00 Art Class 11:00 #1 Club Meeting 2:30 Canasta Billiards	9 AM Bocce 9:30 Healthy Bones 1:00 AARP Billiards	10 CLOSED
13 10:00 Yoga 11:00 Coloring/Conversation 12:30 Bridge 1:30 Mahjong 2:00 Zumba Billiards	14 AM Bocce 9:30 Healthy Bones 12:00 Cards 1:00 Bingo (Hot dogs)	15 9:30 Yoga at Petruska Park recreation building No Activities at the center	16 AM Bocce No Activities at the center	17 AM Bocce 9:00 Yoga 10:00 Chair Yoga 11:00 Line Dancing 1:00 Meditation 2:00 Zumba 2:00 Billiards
20 10:00 Yoga 11:00 Coloring/Conversation 12:30 Senior Fitness 12:30 Bridge 1:30 Mahjong 2:00 Zumba Billiards	21 AM Bocce 9:30 Healthy Bones 12:00 Cards 12:00 Paramus Women's Book Club 1:00 Bingo (Sandwiches)	22 9:30 Yoga 9:30 Meditation 11:00 Art Class 11:00 #1 Club Meeting 2:30 Canasta Billiards	23 CLOSED 	24 CLOSED
27 10:00 Yoga 11:00 Coloring/Conversation 12:30 Bridge 1:30 Mahjong 2:00 Zumba Billiards	28 AM Bocce 9:30 Healthy Bones 12:00 Cards 1:00 Bingo	29 9:30 Yoga 9:30 Meditation 11:00 Art Class 12:00 Movie 2:30 Canasta Billiards	30 AM Bocce 9:30 Healthy Bones Billiards	

NATIVE AMERICANS CODE OF ETHICS FOR MANKIND TO LIVE BY

Every great person, regardless of culture, religion, tribe, or ethnicity, follows certain words of wisdom.

The Native American Code of Ethics was originally published in the Inter-Tribal Times in October of 1994.

It is a Code of Ethics that teaches how to live "the best" life and most of its teachings you will find are reflected in other beliefs and faiths as well..

The Native American Code of Ethics

- 1. Rise with the sun to pray.** *Pray alone. Pray often. The Great Spirit will listen, if you only speak.*
- 2. Be tolerant of those who are lost on their path.** *Ignorance, conceit, anger, jealousy and greed stem from a lost soul. Pray that they will find guidance.*
- 3. Search for yourself, by yourself.** *Do not allow others to make your path for you. It is your road, and yours alone. Others may walk it with you, but no one can walk it for you.*
- 4. Treat the guests in your home with much consideration.** *Serve them the best food, give them the best bed and treat them with respect and honor.*
- 5. Do not take what is not yours whether from a person, a community, the wilderness or from a culture.** *It was not earned nor given. It is not yours.*
- 6. Respect all things that are placed upon this earth – whether it be people or plant.**
- 7. Honor other people's thoughts, wishes and words.** *Never interrupt another or mock or rudely mimic them. Allow each person the right to personal expression.*
- 8. Never speak of others in a bad way.** *The negative energy that you put out into the universe will multiply when it returns to you.*
- 9. All persons make mistakes.** *And all mistakes can be forgiven.*
- 10. Bad thoughts cause illness of the mind, body and spirit.** *Practice optimism.*
- 11. Nature is not FOR us, it is a PART of us.** *Animals, plants and other living creatures are all part of your worldly family.*
- 12. Children are the seeds of our future.** *Plant love in their hearts and water them with wisdom and life's lessons. When they are grown, give them space to grow.*
- 13. Avoid hurting the hearts of others.** *The poison of your pain will return to you.*
- 14. Be truthful at all times.** *Honesty is the test of one's will within this universe.*
- 15. Keep yourself balanced.** *Your Mental self, Spiritual self, Emotional self, and Physical self need to be strong, pure and healthy. Work out the body to strengthen the mind. Grow rich in spirit to cure emotional ails.*
- 16. Make conscious decisions as to who you will be and how you will react.** *Be responsible for your own actions.*
- 17. Respect the privacy and personal space of others.** *Do not touch the personal property of others – especially sacred and religious objects. This is forbidden.*
- 18. Be true to yourself first.** *You cannot nurture and help others if you cannot nurture and help yourself first.*
- 19. Respect others religious beliefs.** *Do not force your belief on others.*
- 20. Share your good fortune with others.** *Participate in charity.*

We may differ in our faith, religion, and culture, yet we all live together on the same boat.

We are only custodians and not owners of The Earth, not its conquerors nor its destroyers.

FALL FEST

