



Ever Young at Evergreen

Newsletter of the Evergreen Senior Center



Where the members are the friendliest, healthiest, and happiest seniors in all the USA

Center Activities

Consult monthly calendar for times and venue.

- Billiards
- Bridge
- Chair Yoga
- Computer Classes
- Dance – Ballroom; Line
- Beginner, Advanced, Country
- Exercise Class – Dance Fitness;
Lifetime Fitness; Zumba Gold
- Health Lectures
- Health Screenings
- Games – Bingo, Cards, Mahjongg,
Scrabble, Wii Bowling
- Monthly Trips
- Movie Day
- Painting Lab
- Puzzles
- Sewing
- Table Tennis

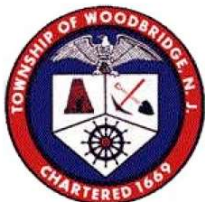


Senior Presence Felt Around Town

This quarter, Evergreen seniors became more involved in various activities around Woodbridge. They danced and partied at two senior proms in April and May, shared ethnic exhibits at the Woodbridge Center Multi-Cultural Day, and submitted entries for the Barron Center art show. See photos on page 4.

The WCC Multi-Cultural Day and Exposition, now in its third year, celebrates the various ethnic groups that make up our “Ten Towns – One Community” and welcomed 35 new American citizens from 12 countries. This annual event, held April 19, is sponsored by the Woodbridge Recreation Department under Director **Vito Cimilluca** and coordinated by **Niven Raghieb**. **Masako Sivac** exhibited and taught the art of Japanese origami. **Amy Ybasco** displayed, and demonstrated how to play, the instruments of the Philippine rondalla.

An estimated 80% of the art entries from Woodbridge residents age 60 and over were created at Evergreen Center for the Barron Arts Center’s 35th Annual Seniors Art Show. Painting labs, where seniors “create with a passion,” are held at the Center every Thursday 10am-12n under art instructor **Elinor Winstanley**. The Woodbridge Township Cultural Arts Commission chaired by **Dolores Capraro Gioffre** sponsored the May 8-15 art showcase. Under Director **Cynthia Knight**, the Barron Arts Center is open from 11 am – 4 pm weekdays, and 2 - 4 pm weekends.



John E. McCormac, Mayor
Dennis M. Green, Director of Health

ANNOUNCING
THE (UN)OFFICIAL EVERGREEN WEB SITE
EVERGREENSENIORS.WEBLY.COM

You will find....
THE LATEST EVENT CALENDAR
EVERGREEN NEWSLETTERS
EVENT PICTURES, VIDEOS, AND MORE.....

ALL ON YOUR PC, TABLET OR SMART PHONE
TRY IT - YOU'LL LIKE IT!

Save the Date! May need registration. See Calendar for details.

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|---|---|--|
| <p>July</p> <ul style="list-style-type: none"> 2-3—AARP Defensive Driving Classes 15—AC Magique Show 23—Annual Boat Cruise Luncheon | <p>August</p> <ul style="list-style-type: none"> 13—AC Air Show <p>September</p> <ul style="list-style-type: none"> 10—Mini-Golf & Lunch at WCC 18—AC Bus Trip | <p>Future Events</p> <ul style="list-style-type: none"> Oct. 8—Oktoberfest Nov. 11—Thanksgiving Luncheon Dec. 8—Hunterdon Playhouse Dec. 17 – Holiday Banquet |
|---|---|--|

Seniors Spread Easter Cheer



Unbounded charity surfaced before Lent as Evergreen seniors responded to a call for toys and trinkets to fill Easter eggs. Over a hundred big Easter eggs filled a hefty bin sent to the Children's Hospital at Saint Peter's University Hospital. Kristal R. Neal, Child Life Coordinator, wrote "your gifts helped to brighten the day for many of our pediatric patients and their families during their hospital stay." The toy-filled plastic egg donations served as welcome prizes in the Easter Egg hunt for the

children and their families, according to Ms. Neal. She ended her letter with "all at St. Peter's appreciate you thinking of our children and their families."

Laughter Picker-Upper

RESPECT YOUR PARENTS

THEY PASSED SCHOOL WITHOUT GOOGLE.



Dear Lord, I pray for
Wisdom to understand my man;
Love to forgive him; and
Patience for his moods.
Because, Lord, if I pray for Strength,
I will surely beat him to death!!!

Act of Kindness - A four-year-old child lived next door to an elderly gentleman who had recently lost his wife. Upon seeing the man cry, the little boy went into the old gentleman's yard, climbed onto his lap, and just sat there.

When his mother asked him what he had said to the neighbor, the little boy just said, "Nothing, I just helped him cry."

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News items of interest to seniors will be greatly appreciated. Please submit reports, articles, and/or poems to: Amy Ybasco amiablemybasco@yahoo.com or mail to or drop off at Evergreen Senior Center 400 Inman Ave. Colonia, NJ 07067

Important Contact Information

Police

732 634-7700

Town Hall

732 634-4500

Health Department

732 855-0600

Evergreen Senior Center

732 726-6261

Multi-Service Program on Aging

732 726-6262

Woodbridge Community Center

732 596-4000

MCAT (Transportation)

1-800 221-3520

June Moons ...

... revel at Beach Party June 25 video at <http://bit.ly/1qwG9IM>



To commemorate D-Day, **Joseph Aiello, Anthony Orsini, and Walter Zielenski** were honored at the June 25 Beach Party at Evergreen. Plaques presented by Mayor John McCormac declared June 25, 2014 as a special day recognizing the three 91-year old veterans who saw World War II action in Europe.

Seniors resplendent in their colorful beach party get-ups enjoyed chips and dip, BBQ burgers, hot dogs, potato/macaroni salad, and watermelon provided by **Arena's Café @ WCC** (732 596-4103). Dessert was the big chocolate cake with white and yellow icing used earlier to greet June birthday celebrants **June Martin, Lucy Gallo, Mary Bernas, and Marie Happel**.

Winning designs for the Evergreen T-shirt went to **Louise Franceschini, Bob Kuzma, Patricia Orzack, and Herman and Peggy Renkevans**. Final design will incorporate these winning entries. **Fern Kulman** and the **Multi-Service Program on Aging** staff served as judges.



... honor Fathers Friday the 13th

video at <http://bit.ly/1zukvXo>



Friday the 13th was a lucky day at Evergreen Senior Center for fathers honored at a hearty breakfast provided by **Arena's Cafe @ WCC**. The audience was wowed by the spectacular routines of the **Soul Steppaz** from **Colonia High School** who had the seniors enthusiastically "stepping" along with them.



Around Town ... at intergenerational proms

The **Colonia Middle School Kids for Kindness** and the **Multi-Service Program on Aging** hosted the 14th annual intergenerational prom on May 2. True to its theme, *Princes and Princesses*, the seniors were treated like real royalty.



Members of the different senior clubs in Avenel, Colonia, St. John Vianney, and Woodbridge attended "Dancing with Seniors" on Apr 11. The **Colonia High School Senior Class** hosted the 4th annual Prom at the CHS gym. This annual affair is coordinated by Colonia Seniors President **George Vassiliades**.



... at the Apr 19 WCC Multi-Cultural Exposition

Japan (origami) – Masako Sivac and daughter Martha Zani



Philippines (rondalla instruments) – Amiable Ross Ybasco



... creating entries for the Barron Arts Center Senior Showcase May 8-15



May Flowers honor ...

Volunteers at May 21 Luncheon

video at <http://bit.ly/1kidwFM>

Mayor **John McCormac** conferred the Mayor's Senior Volunteer Award at the May 21 Volunteer



Appreciation Award luncheon. "For giving of their time and talents to help others," more than 50 volunteers from Evergreen and Multi-Service Program on Aging were recognized. **Burger King** (who donated hamburgers) and **Arena's Café @ WCC** provided lunch. The Colonia Middle School students presented "Disney Royals," a song and dance routine delighting their senior audience.



Mothers at Brunch May 11

video at <http://bit.ly/1sOWPbT>

Men served the food catered by **Arena's Café @ WCC** at the Mother's Day brunch May 11. The audience enjoyed "A Mother's Day Bouquet" song and joke show from Joel and Francine Zelnick.



Cinco de Mayo at Fiesta Luncheon

video at <http://bit.ly/1gt2zkj>

*Nachos, salsa, taquitos, and chicken wraps catered by **Arena's Café @ WCC**, plus sombreros and panchos worn by seniors all helped make this Mexican celebration feel so authentic. Co-sponsor **Tex-Mex/Sandwich Time Restaurant of Avenel** (732 218-8980) provided flan for dessert.*

For the first time at Evergreen, couples celebrating their wedding anniversaries were honored. Congratulations for decades of wedded bliss to **Peggy & Herman Renkevans**, **Fran & Bernie Klinck**, **Mary Ann & Joe Asaro**, **Barbara & Andy Sarisky**, **Francine & Anthony Delfino**.



A birthday cake was presented to **Frances Damiano** and **Stuart Brandow**. DJ **Gary Morton** provided the entertainment.



Trips and Lectures Keep Seniors Busy

Video at <http://bit.ly/1jnryGL>



AC Trip -
The May 22 bus ride to AC saw Evergreen seniors daring the odds at **Resorts**



Casino and making friends with WCC seniors. The added trip to **Renault Winery** found “seniors gone wild” after savoring free flowing samples of wine and dinner where the food – from bread rolls to jello – was all made with a touch of wine.



Flemington Train Ride (video at <http://bit.ly/1ikAU91>) - Seniors had a blast Apr 14 riding and eating lunch on the historic Black River Railroad train ride and shopping at the Flemington outlets.

Monthly Expression Lectures

Approximately 60 people learned the differences in assertiveness, aggressiveness, and passivity at the May 20 Stand Up for Yourself: Assertive Training for Older Adults session. Discussions became animated when Dale L. Ofei-Ayisi, Coordinator of Community Services, COPSA Geriatric Services, Rutgers U Behavioral Health Care, asked participants to relate incidents involving the use of assertiveness, aggressiveness, and passivity and how they handled the situation. How to deal with “Elder Speak” when people address seniors as “sweetie,” “honey,” “young lady” was also discussed at the luncheon lecture presented by the **Multi-Service Program on Aging** under its *Monthly Expression* lecture series.

On Apr 8, Jag Therapy associates Dr. Epstein and Leigh Failace shared some insights on Slips and Falls Prevention.

April Showers Find Seniors ...

... in Paris Apr 23

The gym at Evergreen was awesomely transformed into Paris at night on Apr. 23. Festively dressed seniors savored appetizers and dinner provided by **Arena's Café @ WCC**.

Everyone enjoyed listening and dancing to the continuous live music provided by **Steve Berger**.



... at Apr 16 Easter Eggstravaganza

video at <http://bit.ly/1kWOuhr>



April birthday celebrants: Rose Videyko, Dolores Scrudato, Marcy Kuzma, Phyllis McGarry, John Mikulak, Mary Colletti, Christina Hanke, Jo Lipinski, Dorothy Hall



... celebrating Youth Month (videos at <http://bit.ly/1rnashD>)

- with **Intergenerational Art**
Seniors and pre-teens from the **Youth Center** under **Shirley Genty** created art together on Apr 3 at the Evergreen art lab.



- and **YMCA Youth dance** - On Apr 2, seniors danced Alley Cat, Macarena and other line dances with 15 four-year olds from the **YMCA Child Care Center** under site director **Cynthia Shields**.



Firsts at Evergreen

Avid response from seniors assured repeats of two events making their debuts at Evergreen: Jeopardy on May 13 (video at <http://bit.ly/1pfZiNs>) and table tennis on March 28 (video at <http://bit.ly/PcsCoM>).

Table Tennis - The table tennis tournament merited some spoofing in the Internet with the insertion of David Hasselhoff's image in the picture of participants and cheerleaders. Mayor **John McCormac** even got some "spikes" at the table.

Jeopardy! - Seniors easily exhibited their intellectual capacity playing *Jeopardy!* hosted by **Game Show Services It's Playtime**. Of the 19 registered contestants, winners in the five rounds played were **Seymour Pierce, Joan Brennan, Rose Wall, Pat Orzack, Jamnapha Knemoller, and Joan Smith**, who received a **Resorts Casino** vacation package as grand prize winner. **Woodbridge Hills, Caring Matters, and Jiffy Lube** also donated prizes.



Free Services Offered at Evergreen

For other health-related services, contact Health Department (732 855-0600)

State agencies and local businesses come to Evergreen at scheduled intervals to provide valuable information and services for seniors.

Health and Wellness – The **Woodbridge Medical Group** conducted a free wellness day on June 17, offering services covered by Medicare *without co-pay and no deductible*. The tests the group performed included bone density ultrasound scans for osteoporosis; peripheral artery disease and nerve tests; abdominal aorta ultra- sound scans for aneurysms; and carotid ultrasound. **Walgreen** staff provided very helpful diet supplement information.

Blood Pressure Check – **Department of Health** nurses come to Evergreen second Monday of the month to check blood pressure.

Car Care Services – Every last Tuesday of the month, **Jiffy Lube** comes to Evergreen to offer free automobile tire check and fluid top off.

