

Kip Kourrier

Volume X, Issue I

" Building Bridges for Successful Aging "

January 2003

CliffHangers come to 55 Kip Center

On Saturday, January 11, Marc Provost will present "A History of Cliffhanger Movie Serials" at 55 Kip Center. This presentation at 10:30a.m. will include video clips from over 20 sound and silent serials such as "The Perils of Pauline," "Flash Gordon" and "Superman." It will also show how the serials influenced more recent films such as "Star Wars" and the Indiana Jones trilogy.

Mr. Provost is a long time resident of Rutherford and has been a fan of serials since he was a child. He belongs to an international group called the Serial Squadron and is currently the Secretary of the Academy of Motion Picture Serial Arts. Marc has over 200 complete serials in his personal collection. Plan on a fun filled morning as you look back on the "Chapters" you used to watch each week at your local movie theater.

New Class Offerings at Center during Winter Session

The new year brings new classes to 55 Kip Center. The winter session of classes will begin the week of January 14th. You can count on the tried & true.... two levels of aerobics, chair aerobics, Tai Chi, Yoga, Body Toning, Computer Classes, Bible Discussion, Bridge, Weight Management, Current Events, Aphasia and Alzheimer's Support Groups, and Busy Hands invigorate and involve you at the center. Having a reputation for not sitting on our laurels.... we are always looking to add classes and activities that respond to the needs of the membership and encourage vital aging.

To that end - "**The ABC's of Opera Appreciation**" on Thursdays at 1p.m. will be offered. Reverend David Gable of the Grace Episcopal Church in Rutherford is the 'expert' and has long had an interest in opera. This class will provide a basic introduction to opera looking at Aida, La Boheme and Carmen. Time will be spent on

the storyline using CD's and video's to teach you how to enjoy and appreciate the opera.

Are you one of those people who said "When I retire I am going to learn to play the piano?" If you are - we have the class for you ... **Piano Lessons** on Tuesdays at 1p.m. The teacher, Ed Schneberger, has been involved with music since he was 8 years old. He appeared in the

Ernie Pyle Theater in Tokyo and played with the Senior Concert Band in Charlottesville, Va. Ed plays the accordion, piano, clarinet and trumpet but his main interest is the piano. You will need a keyboard to practice at home or can come and practice on the center piano, if the room is available.

To enhance our fitness classes **Pilates**, taught by Cathy Konciak, will be added to our Yoga class and **kick boxing**, taught by Ann

Marie Caprio will be incorporated into some of our Aerobics class.

A Day At the Races

Something new on a Saturday, Jan. 25th at 1 p.m.. Pat Yannacci has a special afternoon planned. There will be five races and you'll have an opportunity to place a bet on your favorite filly. The odds are that you're going to have a winning time!

Kip Kourrier

Volume X, Issue I

" Building Bridges for Successful Aging "

January 2003

KIPBITS.....

The winter weather at 55 Kip Center offers us a few challenges. The building is not a match for the frigid weather so if you're coming here dress warmly. Also, if snow or ice is falling or has fallen- you may park on the lower level. (please remember do not park in the area designated for Rutherford Manor residents.)

We are still looking for a volunteer to coordinate trips. Unfortunately Adela Soto will be stepping down. She has done a terrific job and will be hard to replace but we know there are many talented members who could fill her shoes. Please let us know if you are interested. Ruth Guerra will continue to run trips to Atlantic City on the fourth Monday of the month. Due to an increase in transportation the price of the trip will be \$18. Call Ruth at 201-438-4481 for reservations and information.

In January we welcome some new entertainment to the center as well as the return of Rose Vallese on the 4th at 1p.m. Her professional voice singing Broadway and popular tunes is a crowd pleaser. On the 11th at 1p.m. Muriel & Hank will have you doing western dancing, circle dances and line dances. Cliffhangers- remember those- Marc Provost will present a program on the 11th at 10:30, and finally Pat Yannicci has planned an afternoon at the races on 1/25 at 1p.m. Come on down and join the fun.

55 Kip Center Board of Directors

Rev. Dianna Bell, Pres. John Hipp, Esq., Treasurer
Karen Ohland, V.Pres.
State Senator Gary Furnari
Assemblyman Paul DiGaetano
Councilwoman Martha Lozada
Tom Arnold
Andrew Bertone
Bill Brooks
Raymond Carey
Barbara Chadwick
Dorothy Clare
James Guida, Esq.
Ann Guillory, Ed.D.
John Hopkins
Rev. BJ Kim
Dr. Joseph Mazza
Robin Reenstra- Bryant, Ph.D.
John Traficante
Luigi Vellucci
Karen Tucker, Executive Director

DONOR NEWS.....

In December, 55 Kip Center is the benefactor of the wonderful and generous work of so many people. From individual donations to school group performances and holiday greetings(St. Mary's, Union School), the center resonates with the holiday spirit. We have so much to be thankful for and so many people to thank for their gifts and generosity.

Rutherford Rotary Club served up a spectacular breakfast; donating \$1100 as a result of that event. The Trees & Wreaths generated lots of excitement and brought the community into the center- raising over \$2500 for programs and activities at the center.

Our annual appeal is going strong - thanks to our Kip Elves who stuffed over 5000 letters and to all those who have donated to support this vital aging center.

Heartfelt thanks to the parishioners at Grace Episcopal Church for their donation and continued involvement at our Saturday lunch program as well as our Bridgebuilder program.

We also want to thank Frank Soto. He purchased a leaf on our giving tree in honor of his parents; Francisco and Dolores Soto. The Soto's have supported our efforts at the center in so many ways and for that we are most grateful.

ADDRESS SERVICE REQUESTED

Save The Date

Newcomer's Day- Jan. 9
Classes begin- Jan. 14