

Kip Kourrier

Volume IX, Issue III

March 2002

55 Kip Center Launches Website

Do you want to know what's going on at 55 Kip Center from the comfort and ease of your own home? Do you want to register for classes without having to write a check and earn mileage or points at the same time?

Now we can make it that easy for you. If you log on to our new website www.55kipcenter.org you will get the latest information. Coming soon-online registration for our Spring session of Kip Classes; using your credit card. (Be assured it is a safe site and only the center will have your credit card number.)

Included on our web pages will be our monthly newsletter & calendar, trip information, class registration, volunteer application and information, opportunities to donate and upcoming events and activities and links to other websites of interest to older adults. Coming

soon, we will be hosting chat rooms with topics of interest to you. For instance, we will be having a lawyer in our chat room to answer any legal questions you may have. Another time we will facilitate a chat room for caregivers - providing on-line support for those who have access to the internet but due to

**Visit us at our new website
www.55kipcenter.org**

caregiving responsibilities are not able to attend workshops

or support groups.

The possibilities are endless. Information is at your finger tips. Need some help accessing the site? On Tuesdays, our Computer kids are here at 3:30 and will demonstrate our website to you. Having a problem finding the webpage? We have a link at the Borough of Rutherford's website; www.rutherford-nj.com. Special thanks to Dineen Bornemann, our website designer for all her help.

Tennis Anyone?

Spring is coming and it's the perfect time to think about outdoor exercise. Starting April 10th, on

Kip Kourrier

Tuesday & Thursday from 10a.m.- 11a.m. we will be offering Tennis lessons at Memorial Field in Rutherford. These beginner adult lessons will cover all the basics, i.e. grip, forehand, serve, backhand, volley, footwork, etc. Classes are coed and are limited to 10 adults. You must provide your own tennis racquet. Our instructor and Kip Center member is Gil Goodwin. Gil is a retired Physical Education teacher and Athletic Director. He is currently coaching high school tennis. Gil continues to enjoy playing tennis and says it's a great sport for older adults. Look for our Spring brochure coming out in early April. For further information contact the Kip Center office.

Saturday's at One- Sure Are Fun

As a member of the center you are welcome (and encouraged) to come on Saturdays and enjoy the variety of entertainment at 1:00p.m. On the 2nd- at noon we will be announcing the winner of our Name the Owl contest. At 1:00p.m., Jerry Tolve, a singer/performer will be here to help us celebrate

Myrel Plain's birthday as well as delight you with the old standards. On the 9th at 1:00p.m, Joel Zelnik and Francine Evans will bring to you "The Great Ladies of Song." On the 16th, the luck of the Irish is with us as we welcome back George Mather. His Irish music will get you up & doing a jig. On the 23rd, we celebrate the upcoming holidays with Teri Hislop. Passover & Easter traditions are highlighted in her show. Two special health education programs are also on tap for March. At 10:30 on the 9th, Heart Disease Prevention is discussed by a group of Nurses. On the 23rd at 11a.m., Nutrition Education is offered by Joan Campanelli, a nutritionist from the Bergen County Division of Senior Services.