

Kip Kourrier

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"Building Bridges for Successful Aging"

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Kip Center Welcomes New Instructors for Fall Session

The fall semester of Kip classes has begun - welcoming new teachers and new students. Fitness classes are almost filled as everyone takes the challenge to walk 10,000 steps a day. We will be keeping track of the progress, and some other key factors that demonstrate healthy aging, thanks to the support of Kearny Federal Savings Bank. At Kip Center we recognize that fulfillment of the body, the spirit and the mind are all part of healthy aging. Let me introduce you to some of our new instructors that will help you achieve that goal.

Annika Cioffi - Introduction to Computers, Friday from 9- 10:30.

Annika was born in New York City and raised in central New Jersey. She and her husband and cat, Milano have been residents of Rutherford for a year. Annika works as an office manager at a Madison Avenue law firm 4 days a week. She enjoys teaching adults and finds it rewarding to open their eyes and minds to the world of computers. Her other interests include refinishing furniture, painting, dance and interior design.

Catherine McNamara, Weight Management, Thursday 1:30

Catherine is the owner of Catherine's Gold 'N' Beautiful Tanning Salon on Park Avenue in Rutherford. She is a motivational speaker who lectured for Weight Watchers International. Catherine believes in a "no pressure" approach to tackling weight problems by discussing some behavioral changes (weigh-in is optional). The "Kip Kalorie Kounters Klub" is giving Catherine rave reviews.

Reverend Howden , Bible Study,

Thursday, 1:00

Rev. William D. Howden is the Pastor of the Rutherford Congregational Church. He holds a M.Div. and Ph.D. degrees from Princeton Theological Seminary. He enjoys preaching, public speaking and opera.

"The Psalms, like no other part of the Jewish and Christian scriptures, bring us face to face with the depth of human pain, and the possibility of that pain being transformed into joy," said Rev. Howden. Selected psalms are read and discussed by the group at these weekly meetings.

Christine Chlopekci

Men's Fitness Tues/Thurs 1:30

Christine recently joined the Meadowlands Hospital Staff and is one of the physiologists provided to us by the hospital's community outreach program. She holds an MA in Exercise

Physiology and is also a Personal Trainer. Christine recently moved to Hackensack. She has worked with a variety of programs including cardiovascular and pulmonary. Christine will be sharing the instruction of Men's Fitness with Dan Lange who has been with us for over a year. She is looking forward to the challenge of expanding the men's program.

Although, classes have begun it is never too late to join. The next session of computer classes will begin in early November so if you are interested sign up now. And don't forget all the other classes Kip Center has to offer you - join today- make healthy aging your personal goal!

HELP WANTED VOLUNTEERS

**Hours vary- according to your
schedule- See insert for job
descriptions- Be a Bridgebuilder!**

***KIPBITS*.....**

Our kitchen has taken on such an international flair. Grace, our cook- brings her Italian/American background- in addition - our volunteers include Lan from Vietnam (congratulations to Lan- she just became an American citizen) Migdalia from Cuba, Marguerite originally from Puerto Rico, and our newest is Sabrina, a Belgium college student - here for one month hoping to improve her English. Rounding off the team of kitchen volunteers is Marion, Carol, Irene, Gertrude, and from Boiling Springs Savings Bank, Gail, Lisa and Joan We so appreciate all the help from these ladies no matter where they're from or what language they speak.

It's time to dress the bears and dolls. Each year we rely on the love and talents of 55 Kip Center members to provide these items that are distributed to local children at holiday time. Please check with Cathy Colsh or Charlene at the center.

Saturdays in October offer entertainment. Check it out! Of special note- our Halloween Party on the 26th with the lively Sandy Renda trio. Also, Oct. 12th at 10:30- Sgt. Brian Hagel of the Rutherford Police Dept. will be on hand to discuss pedestrian safety.

55 Kip Center Board of Directors

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***DONOR NEWS*.....**

Our fall session of classes is underway. Enrollment in the fitness classes has increased, due in part, to our new incentive program "10,000 Steps to Freedom," sponsored by Kearny Federal Savings Bank. We are most grateful for the support of this program. Not only has it motivated those who exercise to increase their levels, but it has helped us attract new members into the fitness world. As we track those steps we will be gathering information on some other key factors ; weight, blood pressure and sense of well- being. We are confident that we can demonstrate that this program will have positive results.

Special thanks to the Ralph Lilore, the Letsche family, John Gubman, and Joe Merli for their help with our Labor Day stand in Lincoln Park. Our building is looking pretty spiffy thanks to Doug, Dominick and the other men at the Rutherford Dept. of Public Works. Thanks, guys.

Save The Date

Oct. 1st- Volunteer Training

Oct. 23rd- Financial Seminar
