



# The DeCorso Community Center of New Providence

## ONGOING PROGRAMS & ACTIVITIES

New Providence residents, ages 55 and older, are welcome to attend these FREE activities. Some require advance registration, so please contact the center for more information. Additional trips and activities are listed in the New Providence Senior Citizen's newsletter, available on the DeCorso Center's (Senior Center) web page ([www.newprov.org/seniorshome.cfm](http://www.newprov.org/seniorshome.cfm)) and at the center.

**DeCorso Community Center of NP ~ 15 East Fourth Street ~ 908-665-0046**

Monday - Friday, 10:00 AM to 4:00 PM

### Mondays

- 9:00 AM Trustee Meeting (1st Monday of each month)
- 10:00 AM Chair Yoga
- 10:30 AM Union County College L.I.F.E. Class: Selected Topics in Biology (Sep.-Dec., check with the center for the spring semester schedule)
- 12:30 PM Bridge Group
- 12:30 PM In Control Exercise Class

### Tuesdays

- 9:00 AM Bus to Shoprite\*
- 10:00 AM Tennis (Municipal Center or Municipal Tennis Courts)
- 1:00 PM Tai Chi
- 2:00 PM Learn to Speak Italian

### Wednesdays

- 9:30 AM Blood Pressure Readings, except for 1st Wednesday of each month (Janice Gironda, Public Health Nurse, is also available at other times at the Municipal Center. Call 665-1400 x241.)
- 11:00 AM Club Meeting - news, speakers, entertainment, etc. (Bus transportation available\*\*)
- 12:30 PM Bingo & "Fun & Games" (Cards, board games, knitting and crafts)
- 1:15 PM Balancing & Conditioning Exercise Class

### Thursdays

- 9:45AM Fit & Healthy Exercise
- 12:30 PM Duplicate Bridge (2nd & 3rd Thursdays) or Partner Bridge (1st & 4th Thursdays)
- 1:00 PM Mah Jong & Cards
- 7:00 PM After Hours Adult Program (Every other week)

### Fridays

- 9:00 AM Bus to Livingston Mall\*
- 9:00 AM Four Cities Bridge (3rd Friday each month)
- 10:00 AM Zumba Dance/Exercise Class
- 11:30 AM Remember When (Sporadic—contact the center)
- 12:30 PM Pizza BINGO (Sporadic-contact the center)
- 1:00 PM Scrabble & Cards

**To arrange pick-up, call the center**

**\* between 8:45 and 9:00 AM**

**\*\* at 9:30 AM**