

# New Providence Senior Citizens Newsletter

## "Good things happen here!"



DECEMBER 2020



Vol. 20. No. 11

### COORDINATORS' CORNER

*This is the season when people of all faiths and cultures are pushing back against the planetary darkness. We string bulbs, ignite bonfires, and light candles. And we sing. ~ Anita Diamant*

Here we are at the holiday season of 2020 and, wow, does it look different. At the center we are used to parties, special events, music and so much more. 2020 has provided Michelle and me an opportunity to dig deep and become more creative than we ever imagined we had in us. To that end, here are a few activities for December that can keep us connected – I hope you can join us!

**NP High School Sociology Class** – Monday 12/7 and Tuesday 12/8 at 1:45pm. This is an important and fun activity! See page 2 for details

**Cookie Exchange – 2020 style.** See page 2 for details

**Winter Buddies** – Excellent way to stay in touch and make a difference in someone's life. See page 2 for details

**What's Your Favorite Holiday Memory?** – join me on Wednesday, December 23<sup>rd</sup> at 11am via zoom as we share a memory or tradition. See page 2 for details

**"Chuckles, Chortles and Giggles: The Benefit of Laughter"** offered by Atlantic Health's New Vitality on Friday, December 4<sup>th</sup>. Who doesn't need a laugh these days! See page 3 for details

As you can see from the above, pages 2 and 3 are important to read! Here are some other reminders:

- **No exercise classes** from 12/21 – 1/3. Classes resume 1/4/2021. Please remember to re-register for classes.
- Mah Jongg and Book Club may meet outside weather dependent. Please call the center if you are interested.
- The Center is closed from Thursday, December 24<sup>th</sup> – Friday, January 1<sup>st</sup>. We reopen Monday, January 4<sup>th</sup>, 2021.

***Most importantly, we wish you all a HEALTHY and happy Holiday Season!***

### NP Senior Citizens Club

*An organization dedicated to providing social & enriching activities & events for New Providence residents 55 years and beyond.*

#### Trustees

Chair: Bert Abbazia  
Vice-Chair: Grace Parlapiano  
Secretary: Bette Schmitt  
Trustees: Kathy Hendrickson, Barbara Koslap, Sal Ligammari, Peggy Macneal, Joe Masino, Tina Morielli, Christine Napolitano, Bill Wehrle

#### Club Officers

President: Peggy Brodeur  
Vice President: Bill Wehrle  
Treasurer: Sal Ligammari  
1<sup>st</sup> Treasurer: Delores Felezzola  
2<sup>nd</sup> Treasurer: Lidia Astapova  
Sergeants-at-Arms: Don Kern, Mike Ferlise

*Contact these members with any questions regarding your club.*

Newsletter Editor: Barbara Koslap

### DeCorso Community Center

15 East Fourth St.  
New Providence, NJ 07974  
908-665-0046  
[www.newprov.org/seniors](http://www.newprov.org/seniors)

#### Hours

Monday-Friday: 9:30am - 2:30pm

#### Center Co-ordinators

Therese Dalton  
Michelle Zack

#### Public Health Nurse

Jenn Aranda, 908-743-1049

### Bus Service

Bus to ShopRite on Tuesday mornings. Please call **MONDAY MORNINGS** to reserve your spot.

### COOKIE EXCHANGE

Let's inject some holiday spirit into this season with a cookie exchange – 2020 style! Do you have a favorite holiday cookie recipe? Help spread some holiday cheer and share your delicious treats.

1. Sign up via email or call the Center by December 9<sup>th</sup> to let us know you will bake.
2. Bake 2 dozen of your favorite holiday cookies.
3. Drop the cookies off at the Center on December 15<sup>th</sup> between 10am-1pm.
4. Come by the Center on December 16<sup>th</sup> at 11am to pick up your cookies, hear some holiday music, and spread good cheer. We will be outside, masked up and ready to distribute a container of cookies your fellow seniors baked!

### SOCIOLOGY CLASS INTERVIEWS

NPSCC has a long-standing tradition with the Sociology class at the high school where the students come in and talk to seniors about generational changes and values. Anyone that has participated in the past years know that it has always been a fun day for both seniors and students!

We want to keep the tradition alive by zooming with the students. For those who have zoomed, you know it's pretty easy. For those who have not zoomed, PLEASE give this a try! These students need exposure to seniors, and they need to learn from YOU. The sessions are on Monday, December 7 and Tuesday, December 8 at 1:45pm for 30 minutes. **Please email us by December 3<sup>rd</sup> and we will forward you the Zoom link.** I really hope that this works. It is an important tradition and a valuable activity for all!

### FAVORITE HOLIDAY MEMORY/TRADITION

Grab a favorite ornament, picture, decoration, or a holiday memory and join Therese on Wednesday, December 23<sup>rd</sup> at 11am to reminisce. She is already thinking of the decorations her mom had up and her teenagers have favorite memories from when they were kids. So, she knows YOU have some fun or funny memories to share!

Please email [DeCorsoCenter@newprov.org](mailto:DeCorsoCenter@newprov.org) or call the center by **Monday, December 21<sup>st</sup>** and she will send you the Zoom link. **Don't worry if you don't have a computer because there is a call-in option.**

### AROUND TOWN...

#### **NEW PROVIDENCE MEMORIAL LIBRARY (NPML)**

**Contactless Pickup** – Use the library's online catalog or call 908-665-0311 to place holds on books.

**Choose 3 Books For Me!** – Fill out the form on the website and librarians will choose 3 titles for you!

**Public Computer Use By Appointment** – Call 908-665-0311 to make an appointment. No drop-ins.

**Indian Instant Pot Cooking Demo** – Amrita Ghosh will demonstrate over zoom how to cook Indian dishes in an Instant Pot. Tuesday, December 1, 7pm. To register, email library at [npmlref@yahoo.com](mailto:npmlref@yahoo.com).

**Virtual Jazz Holiday Concert** – The Florian Schantz Jazz Combo will perform a jazz holiday concert. Sunday, December 13, 4pm. To receive link, email [npmlref@yahoo.com](mailto:npmlref@yahoo.com).

**Baseball Discussion** - Virtual Meeting — Discussion over Zoom or on phone. Monday, December 14, 7pm. Email [npmlref@yahoo.com](mailto:npmlref@yahoo.com) to join.

**Collage Virtual Workshop** – “Torn Paper Collage” lets you skip the detail as you tap into your intuition and expression. Monday, December 28, 7:00pm. To register, email the library at [npmlref@yahoo.com](mailto:npmlref@yahoo.com).

**NEW PROVIDENCE FIRE DEPARTMENT** - Santa Claus will be escorted around town on a Fire Engine to say Happy Holidays to all borough families. Saturday, December 12, 9am-1pm.

### “WINTER BUDDIES” PROGRAM

It is so important to stay connected, especially in the winter. Call your loved ones, the people you care about, and reach out to other Club members! We are starting a “Winter Buddies” program to help keep our Club members connected. If you are looking to connect (for some extra communication) this winter season or would like to help us reach out to other Club members, please let us know! Buddies will be matched, and then encouraged to keep in touch with each other through the season via phone, cards, or letters (remember pen pals?), depending on their preferences. Please join to share your company, and your holiday cheer!

If you would like to be a “Winter Buddy”, please email us at [DeCorsoCenter@newprov.org](mailto:DeCorsoCenter@newprov.org) or call the Center at (908) 665-0046.

### OPERATION BLUE ANGEL

The New Providence Police Department P.A.C.T. Program and New Providence Our Community for All are offering a new program: Operation Blue Angel. This safety program aims to aid older adults who are over 55 years of age, are medically impaired, or are frequently alone. It gives emergency services quick access to a residence if the resident is unable to open the door.

Participants in the program will receive a small, free, combination-controlled lockbox to store a spare key in. The key is provided by the resident, and the lockbox will only be accessible to the resident's local police department. In the case of an emergency, police, the fire department, or emergency medical services (EMS) will be able to enter the home using the spare key.

Participation is completely voluntary, free, and may be stopped or started at any time. In addition to providing access in an emergency, the program promotes safety and peace of mind at home.

To enroll, call the New Providence Police Department at (908) 665-1111 and leave a message for the Community Policing Officer, Detective Dave Rodriguez.

### WINTER SOCIAL SERIES

Are you 55 or older and looking to meet people in the community and learn how to stay healthy? The Wellness Initiative for Senior Education is offering a 6-session virtual educational program that covers a wide range of topics such as healthy aging, safe medication use and strategies for healthy living! Graduating participants will receive a \$25 gift card and a health and wellness goodie bag! Sessions will be held at 1pm via Zoom on December 1, 3, 8, 10, 15, and 17.

For more information, contact Catherine at 908-747-1143 or [catherine@centerforprevention.org](mailto:catherine@centerforprevention.org).



### SANTA'S TOUR AROUND TOWN

Santa Claus is coming to town!!

On Saturday, December 12, 2020, Santa Claus will be escorted around town on a Fire Engine to say Happy Holidays to all our borough families. He will be making passes through all borough streets during the timeframe of 9am-1pm. All families are encouraged to step outside and wave, make signs, and say Happy Holidays to Santa! On the day of the event, Santa will be sending his elves ahead of him to let you know he is close by!

### "NEW VITALITY" VIRTUAL PROGRAMS

New Vitality is a FREE health and wellness program offered through Atlantic Health System for adults 65+. Visit [www.atlantichealth.org/newvitality](http://www.atlantichealth.org/newvitality) to join and register for **free virtual programs** including:

**Cholesterol and Your Health** – Learn the differences between carbs and sugar, good carbs and bad carbs, and how to read the food label correctly. Wednesday, December 2, 10:00am.

**Plant-Based Eating: What to Eat and What to Avoid** – Learn which plant-based foods boost your health and which might be doing more harm than good. Friday, December 11, 10:00am.

### THAT TIME OF YEAR

That time of year's come 'round again,  
So, we wish you all the best.

The joy that comes from knowing you  
Makes us feel that we've been blessed.

So, we'll share with you our feelings

At this special time of year:

May your holidays be a delight,  
Filled with happiness and cheer.

*By Karl and Joanna Fuch*

### THE BENEFIT OF LAUGHTER ZOOM PROGRAM

**"Chuckles, Chortles and Giggles: The Benefit of Laughter"** – Whether it was a medium-sized chuckle or a full-belly guffaw, chances are your last good laugh helped lift your spirits. Humor can help you feel better and live longer. Atlantic Health's New Vitality is offering this program to us on Friday, December 4<sup>th</sup> at 10am. **Please email [DeCorsoCenter@newprov.org](mailto:DeCorsoCenter@newprov.org) by 12/2 to register and receive the Zoom link.**

### CLEAN CHRISTMAS PUNS

*What do Christmas trees and bad knitters have in common? They both drop their needles.*

*What do you call people who are afraid of Santa Claus? Claustrophobic.*

*What did the salt say to the pepper? Seasons Greetings*

NEW PROVIDENCE SENIOR CITIZENS CLUB ~ DECEMBER 2020 ~						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Nov 29	Nov 30 9:30 In Control <sup>2</sup> 11:00 Chair Yoga <sup>2</sup>	1 7:00 Bus to ShopRite <sup>1</sup> 9:45 Balance & Conditioning <sup>2</sup> 1:00 Tai Chi <sup>2</sup>	2	3 9:30 Strong YOU <sup>2</sup>	4 9:00 Zumba <sup>2</sup> <b>10:00 "Chuckles, Chortles &amp; Giggles"</b> <sup>2</sup> 11:00 Bingo <sup>3</sup>	5
6	7 Pearl Harbor Day 9:30 In Control <sup>2</sup> 11:00 Chair Yoga <sup>2</sup> <b>1:45 Sociology Class Virtual Interviews</b> <sup>2</sup>	8 7:00 Bus to ShopRite <sup>1</sup> 9:45 Balance & Conditioning <sup>2</sup> 1:00 Tai Chi <sup>2</sup> <b>1:45 Sociology Class Virtual Interviews</b> <sup>2</sup>	9	10 Hanukkah (Start) 9:30 Strong YOU <sup>2</sup>	11 9:00 Zumba <sup>2</sup> 11:00 Bingo <sup>3</sup>	12
13 NPML Virtual Jazz Holiday Concert 4:00pm (To receive link, email npmlref@yahoo.com.)	14 9:30 In Control <sup>2</sup> 11:00 Chair Yoga <sup>2</sup>	15 7:00 Bus to ShopRite <sup>1</sup> 9:45 Balance & Conditioning <sup>2</sup> <b>10am-1pm Cookie Exchange Drop-Off</b> 1:00 Tai Chi <sup>2</sup>	16 <b>11:00am Cookie Exchange Pick-Up</b>	17 9:30 Strong YOU <sup>2</sup>	18 Hanukkah (End) 9:00 Zumba <sup>2</sup> 11:00 Bingo <sup>3</sup>	19
20	21 Winter Solstice <u>NO</u> exercise classes.	22 7:00 Bus to ShopRite <sup>1</sup> <u>NO</u> exercise classes.	23 <b>11:00 "Favorite Holiday Memory or Tradition"</b> <sup>5</sup>	24 Christmas Eve <u>NO</u> exercise classes. Center Closed (all activities cancelled)	25 Christmas Day <u>NO</u> exercise classes. Center Closed (all activities cancelled)	26 Kwanzaa (Start)
27	28 <u>NO</u> exercise classes. Center Closed (all activities cancelled)	29 7:00 Bus to ShopRite <sup>1</sup> <u>NO</u> exercise classes. Center Closed (all activities cancelled)	30 Center Closed (all activities cancelled)	31 New Year's Eve <u>NO</u> exercise classes. Center Closed (all activities cancelled)	Jan 1 New Year's Day <u>NO</u> exercise classes. Center Closed (all activities cancelled)	Jan 2

<sup>1</sup> Call **MONDAY MORNINGS** to reserve your spot.

<sup>2</sup> Virtual class via **Zoom**. **Pre-registration required.**

<sup>3</sup> Call the Center **NO LATER THAN WEDNESDAY** to let us know you want to play.

<sup>4</sup> Outside, weather dependent. **Pre-registration required.**

<sup>5</sup> **Zoom or Call-in**. **Pre-registration required.**