

New Providence Senior Citizens Newsletter

"Good things happen here!"

NOVEMBER 2020



Vol. 20. No. 10



COORDINATORS' CORNER

"Thanksgiving isn't just a day...It's a way we can live our lives every day."

~ Katrina Mayer

Although I try to be grateful every day, this month reminds us to give thanks. Thanks Barbara K. for setting the example. Here is a sample of mine:

- "The Crown" series is back on Netflix on November 15.
- The outside activities at the center – I missed talking to you!
- The fall – it really has been pretty. The leaves are beautiful!

November Program

Wednesday, November 18th at 10am - New Vitality is offering us a Zoom program, **"Boosting Your Immune System During the Winter Months,"** presented by Megan Scutti, MS, RD. Participants will learn how certain nutrients build immunity, how the GI tract impacts immunity and how to boost it, and what you can do to fend off illness during the winter months. Recipes included! Please email us at DeCorsoCenter@newprov.org to register for the class and receive the Zoom link with information. We hope you tune in.

Chatham Hills is again offering free pies to **Veterans**. Please call or email the center, and Chatham Hills will deliver a pie to you! Thank you, veterans, for your service!

Please consider volunteering to write out **holiday cards**. See article on page 2

There are **NO exercise classes** the week of Thanksgiving, November 23-27. Classes resume November 30.

Knitting and Mah Jong will continue as long as the weather cooperates—bundle up! We will also continue virtual exercise classes. If you have any ideas for virtual programs this winter, please let us know. Remember, it takes a village.

Stay Tuned and Save the Date

Let's try and make lemonade out of 2020 lemons. Save the date, December 15, for a **cookie exchange**. It's going to be a little different.

As the cold months approach, remember to reach out to each other (including us). Sometimes a phone call makes a big difference in someone's day.

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
1st Treasurer: Delores Felezzola
2nd Treasurer: Lidia Astapova
Sergeants-at-Arms: Don Kern, Mike Ferlige

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

Hours

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

Center Co-Coordinators

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.

VOLUNTEERS NEEDED TO WRITE HOLIDAY CARDS

Please help to continue an important NPSCC tradition and keep our community connected by volunteering to write holiday cards to club members. We are looking for members who would be willing to pick up holiday cards from the Center, bring them home to prepare and sign on behalf of the Club, and then drop them back off at the Center to be mailed. If you would like to help out, please call the Center at (908) 665-0046 OR send an email to decoroscenter@newprov.org.

Thank you to Christine Napolitano for helping to coordinate this activity, and to all volunteers!

PROPERTY TAX RELIEF PROGRAMS

The Senior Citizens Council has prepared a video presentation on the property tax relief options available to homeowners. It focuses on the special programs for seniors and discusses the income requirements, the application processes, and the deadlines for the various programs. Programs include Senior Freeze (filing deadline December 31, 2020), Homestead Benefit, Senior Citizens Annual Property Tax Deduction, Property Tax Deductions for Veterans, and NJ Income Tax Relief for Homeowners. The video can be viewed on their website njseniorcouncil.com, or on YouTube https://www.youtube.com/watch?v=_5OQsZaNbJc&t=4s. For more information call 908-964-7555.

“NEW VITALITY” VIRTUAL PROGRAMS

New Vitality is a FREE health and wellness program offered through Atlantic Health System for adults 65 and older who become members. They are currently offering programs via Zoom. Most programs are offered at no cost. **Registration is required for all events.** Call 1-844-472-8499 to become a member or visit www.atlantichealth.org/newvitality to become a member and view a list of upcoming programs.

Free virtual programs in November include:
“No Bones About It” program on Osteoporosis. Friday, November 3 at 2:00 pm.

“The Art of Origami”. Tired of crossword puzzles and sudoku? Try Origami, the art of paperfolding. Thursday, November 12 at 1:00p m.

“Understanding Alzheimer’s and Dementia”. Friday, November 20 at 10:00 am.

NEW PROVIDENCE MEMORIAL LIBRARY NEWS

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.

Songs of the Suffragists: Lyrics of American

Feminism from 1850 to 2020 – Virtual Program – Streamed over Zoom. Thursday, November 5, 7:30pm. Email npmlref@yahoo.com to register.

Baseball Discussion - Virtual Meeting — Discussion over Zoom or on phone. Monday, November 9, 7pm. Email npmlref@yahoo.com to join.

Race, Empowerment & Experience: Virtual Author

Talks – Tuesday, November 10, 7pm (authors Cheryl Willis Hudson and Wade Hudson) and Tuesday, November 17, 7pm (author Derrick Barnes). To register, visit www.luccnievents.org.

Exploring the Night Sky – Virtual Program – Locate and identify things in the night sky. Held over Zoom. Thursday, November 12, 7pm. To register, email npmlref@yahoo.com.

Invention, innovation, and Industry in Union

County – Virtual Program – Zoom talk. Thursday, November 19, 7:00pm. To register, email npmlref@yahoo.com.

Mixed Media Virtual Workshop – Create and embellish a scene based on one from a magazine.

Monday, Nov 30, 7:00pm. To register, email npmlref@yahoo.com.

MEMORIAL FUND

One of our more active members, Harry Kundrat, passed away on September 13. Harry served as Vice President of the club and was a member of the Activities Committee. He organized many of the activities that we enjoyed such as trips to the Bell Labs Museum, to Oktoberfest at Forest Lodge, and to see the Cherry Blossoms in Newark. He also organized the Western Picnics. He worked in the kitchen at our Memorial Day Remembrances. He regaled us with jokes and shared stories of his youth. He also challenged us with Celebrity Trivia.

In memory of Harry, club members are invited to make a donation in his honor to the NPSCC. All donations would be gratefully accepted and would go into the General Fund to support club activities.

WHAT I AM THANKFUL FOR THIS YEAR...

I am thankful for all the people who contributed to the newsletter this year. Thank you Diane M. for the jokes that made me laugh out loud. Thank you Bobbi M. for catching many of my mistakes and for the inspiring quotes that made me think. Thank you Phyllis W. and Phyllis D. for sharing information about exercise classes on TV. Thank you Helene F. for letting us know about virtual classes available online. Thank you Christine N. for contributing a book review. And, a big thank you to our Center Coordinators who have worked so hard to keep us informed and entertained. What are you thankful for?

~ Barbara K.

COMMUNITY EVENTS

Run Out the Clock on 2020

Virtual Marathon

Run or Walk 26.2 miles in the month of November. Use NP Recreation's mileage log or track the miles yourself. You'll be rewarded with a New Providence Marathon T-shirt and you'll almost be done with 2020!

1. Register on Community Pass 2020 Adult Fall. \$20 fee includes running log and long sleeve shirt.
2. Run or Walk 26.2 miles between November 1-30
3. Pick up your Finisher T-shirt December 1-3, 3:30pm – 4:30pm Centennial Park Gazebo in front of the Recreation Center

FRIDAY WEBINARS AT WHARTON ARTS

Join Wharton Arts for FREE webinars EVERY FRIDAY 7-8 PM EST* (unless indicated otherwise) via Zoom and on **WhartonArts.tv**. This hour-long weekly program features artists of different disciplines making authentic connections between art and life through sharing their stories, expertise, and creations. This series is curated and hosted by Artistic Director Helen H. Cha-Pyo.

*Dates and artists subject to change.

- Nov 6 – Caroline or Change
- Nov 13 – Domhnaill Hernon, Speaker Director of Experiments in Arts and Technology Nokia Bell Labs
- Nov 20 – La Frontera: Stories of Migration in Movement

<https://whartonarts.org/friday-webinars/>

BOOK REVIEW BY CHRISTINE N.

Book Title: Labor Day

Author: Joyce Maynard

Main Characters: Adele, divorced mother of teenaged son, Henry; Frank, escaped prisoner

Setting: Holton Hills, New Hampshire

Time frame: Four-day Labor Day holiday

Labor Day is the story of a mother and son who keep themselves distanced from everything and everyone around them until a chance meeting in a PriceSmart store with a stranger named Frank. He appears to be an employee of the store who has injured himself, but in truth he has escaped from prison by jumping out a window. He asks Adele to drive him somewhere and they end up at her house. She treats his wounds, and he becomes an important part of their lives. He ends up living with them for several years and in the process changes the lives of Adele and Henry for the better. I enjoyed this book very much. The plot and characters kept me guessing to the end.

This book was made into a movie in 2013 starring Kate Winslet, Josh Brolin, and Gattlin Griffith.

MEDICARE OPEN ENROLLMENT

October 15 – December 7

Save money and get the best coverage! Local SHIP Medicare counselors can help:

- Compare your current Medicare health or drug plan with other Medicare plan choices
- Sign up for a new plan
- Avoid high-pressure sales tactics

Services are free, confidential, and objective.

To find a counselor near you, call or email:

908-273-6999 or SHIP@SAGEEldercare.org

Telephone or Zoom appointments available.

GREAT PUNS FOR EDUCATED MINDS

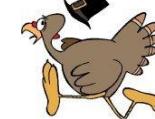
The fattest knight at King Arthur's round table was Sir Cumference. He acquired his size from too much pi.

I thought I saw an eye-doctor on an Alaskan island, but it turned out to be an optical Aleutian.

She was only a whisky-maker, but he loved her still.

With thanks to our Sunshine Lady, Diane Melinis.

NEW PROVIDENCE SENIOR CITIZENS CLUB
~ NOVEMBER 2020 ~

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Daylight Saving Time Ends – Fall back 1 hour	2 9:30 In Control ² 11:00 Chair Yoga ²	3 Election Day 7:00 Bus to ShopRite ¹ 9:45 Balance & Conditioning ² 11:00 Mah Jongg ⁴ 1:00 <u>NO</u> Tai Chi ²	4 11:00 Knitting ⁴	5 9:30 Strong YOU ²	6 9:00 Zumba ² 11:00 Bingo ³	7
8	9 9:30 In Control ² 11:00 Chair Yoga ²	10 7:00 Bus to ShopRite ¹ 9:45 Balance & Conditioning ² 11:00 Mah Jongg ⁴ 1:00 <u>NO</u> Tai Chi ²	11 Veterans Day Center Closed	12 9:30 Strong YOU ²	13 9:00 Zumba ² 11:00 Bingo ³	14
15	16 9:30 In Control ² 11:00 Chair Yoga ²	17 7:00 Bus to ShopRite ¹ 9:30 Book Club ⁴ 9:45 Balance & Conditioning ² 11:00 Mah Jongg ⁴ 1:00 Tai Chi ²	18 10:00 “Boosting Your Immunity During the Winter Months” ² 11:00 Knitting ⁴	19 9:30 Strong YOU ²	20 9:00 Zumba ² 11:00 Bingo ³	21
22	23 9:30 <u>NO</u> In Control ² 11:00 <u>NO</u> Chair Yoga ²	24 7:00 Bus to ShopRite ¹ 9:45 <u>NO</u> Balance & Conditioning ² 11:00 Mah Jongg ⁴ 1:00 <u>NO</u> Tai Chi ²	25 1:00 <u>NO</u> Knitting ⁴	26 Happy Thanksgiving! 	27 Center Closed (all activities cancelled)	28
29	30 9:30 In Control ² 11:00 Chair Yoga ²	Dec 1 7:00 Bus to ShopRite ¹ 9:45 Balance & Conditioning ² 11:00 Mah Jongg ⁴ 1:00 Tai Chi ²	Dec 2 1:00 Knitting ⁴	Dec 3 9:30 Strong YOU ²	Dec 4 9:00 Zumba ² 11:00 Bingo ³	Dec 5

¹ Call **MONDAY MORNINGS** to reserve your spot.

² Virtual class via Zoom. **Pre-registration required.**

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

⁴ Outside, weather dependent. **Pre-registration required.**