

# New Providence Senior Citizens Newsletter

## "Good things happen here!"



JANUARY 2021

Vol. 21. No. 1



### COORDINATORS' CORNER

I can only hope that with the flip of the calendar to 2021 that later this year will bring us together in person again. Until then, we continue to offer as much as possible via zoom for the winter months.

A special thank you to those that participated in the zoom sociology interviews with the high school students. The teacher mentioned the kids are learning so differently this year, and I said so are the seniors! It was such an important tradition to maintain, so thank you, thank you.

Also thank you to those that participated in our cookie exchange! The cookies were certainly yummy. Who knows, this may become an annual activity!

Do you have a New Year's Resolution? Perhaps start an exercise program? The instructors at the DeCorso Center have done such a terrific job providing quality classes for the seniors via zoom. The classes are paid for through a county grant and are free to New Providence residents (out of town cost is \$40 per year). See page 2 for description of the classes. Why not register and give one a try! And back by popular demand, we will offer "Ageless Grace" classes on Wednesdays for the month of January.

Brandywine Living is offering a virtual art program on Wednesday, January 27<sup>th</sup>. They will even drop the art supplies off at your house! See page 2 for details.

We are trying something new this month – a **TRIVIA CONTEST!** We're challenging you to learn the latest tech lingo – and LOL (laugh out loud) with this quiz. We've enlisted the help of Michelle's children to challenge you all, so you also may want to ask someone from the younger generation for a hint! And now the contest: "Translate" the modern "texting" conversation below into regular English! *All those who "translate" the conversation correctly by Friday, January 8 will be entered into a raffle to win a Dunkin Donuts gift card!*

Hi. Wyd

Hi. Nm hbu

Nm. Zoom today was so funny, right!

Ikr Lol

gtg

Ok ttyl

Bye!

**Reminder - The Center is closed until Monday, January 4<sup>th</sup>.**

No exercise classes on MLK, Jr. Day, Monday, January 18<sup>th</sup>.

### 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

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### 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-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.

### **“AGELESS GRACE” BRAIN HEALTH FITNESS**

“Ageless Grace”, a cutting-edge brain health fitness program, will be back by popular demand in January - this time via Zoom. Designed to be practiced seated, anyone can participate in this program at his or her own level of ability. The exercises are designed to stimulate the five primary functions of the brain (strategic planning, memory and recall, analytical thinking, creativity and imagination, and kinesthetic learning). Each of the brain-changing movements also focuses on a primary physical skill necessary for lifelong optimal function such as joint mobility, balance, flexibility, strength, and coordination. The program is based on consciously choosing to change the brain through physical movements similar to playful childhood activities. **Virtual sessions** will be taught via Zoom by Certified Integrative Health Coach and Certified Ageless Grace® Educator Kara Hodes-Wechsler **on Wednesdays, January 6, 13, 20 and 27 at 10:00am. Advance registration is required; e-mail [DeCorsoCenter@newprov.org](mailto:DeCorsoCenter@newprov.org) to sign up.**

### **BRANDYWINE ART PROGRAM**

Let your creativity flow in this interactive virtual art class and capture the best of winter on canvas. Brandywine Living at Mountain Ridge will be offering a virtual art program “Artists Palette” for our seniors on Wednesday, January 27 at 11 am. Absolutely no prior art experience is necessary to have fun. Art is subjective after all! Art supplies will be delivered by Brandywine safely to your doorstep in advance. A Zoom link will be sent out 24 hours prior to the class. **Please email [DeCorsoCenter@newprov.org](mailto:DeCorsoCenter@newprov.org) by January 19 with your name, address, phone and e-mail to participate.**

### **“WINTER BUDDIES”**

Our “Winter Buddies” program is designed to help keep our Club members connected this winter. If you are looking to connect 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. Please join to share your company! 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.

### **RE-REGISTER FOR VIRTUAL EXERCISE CLASSES**

Our exercise instructors have been working hard on the classes, and they each do a terrific job! We will continue the virtual exercise classes via Zoom in January. **All participants must re-register at [DeCorsoCenter@newprov.org](mailto:DeCorsoCenter@newprov.org) in order to receive the new Zoom links for 2021.** The exercise class schedule is as follows:

- **In Control with Myriam** - Weights and floor exercises develop arm, chest, inner core, and leg muscles. Stretches body and improves balance. Mondays at 9:30am
- **Chair Yoga with Judy** - Improves flexibility and muscle strength while reducing stress and increasing relaxation. Mondays at 11:00am
- **Balance and Conditioning with Mike** - Light weight training, balance, and coordination drills. Helps range of motion, confidence, and energy levels. Tuesdays at 9:45am
- **Tai Chi with Ayriel** - Slow, fluid movements. Relaxes body and mind Increases balance control, flexibility, and cardiovascular fitness. Tuesdays at 1:00pm
- **Ageless Grace with Kara** - A brain health fitness program, designed to be practiced seated, based on consciously choosing to change the brain through physical movements similar to playful childhood activities. Wednesdays at 10:00am (**January only**)
- **Strong YOU with Myriam** - Circuit training method alternates strength building movements with bouts of cardio. Thursdays at 9:30am
- **Zumba with Donna** - Latin dance inspired fitness program. Improves strength, posture, and flexibility. Fridays at 9:00am

**"EATING FOR ENERGY" VIRTUAL PROGRAM**

Are your energy levels decreasing by the time the afternoon comes? It might be the foods you are or are not consuming during the day! Atlantic Health's New Vitality is offering this "Eating for Energy" virtual program with ShopRite on Friday, January 8 at 11:00 am to give advice on what foods help with energy levels throughout the day. Presented by Danielle Buonforte, RD, ShopRite of Lincoln Park. Please e-mail [DeCorsoCenter@newprov.org](mailto:DeCorsoCenter@newprov.org) by Wednesday, January 6 to register and receive the Zoom link.

**"AGING IN YOUR OWN SPACE" VIRTUAL PROGRAM**

Aging-in-place involves being able to remain in the home of your choice, even as your needs may change. However, the decision to stay in your home requires advanced planning and not all seniors have a plan in place. Atlantic Health's New Vitality is offering this program to us on Monday, January 18 at 10:00 am. Join us to learn about common areas of consideration when formulating an aging-in-place plan, including home modifications, assistive technology, health care services, community resources, financial concerns, and legal preparations. Presented by Rebecca Abenante, MA, MSW, LSW, ASW-G. Please email [DeCorsoCenter@newprov.org](mailto:DeCorsoCenter@newprov.org) by Thursday, January 14 to register and receive the Zoom link.

**WONDERFUL WEBSITES TO VISIT**

Bird Cams – A virtual window into the natural world of birds:

<https://www.allaboutbirds.org/cams/>

Concerts and programs to watch at home - New Jersey Symphony Orchestra at Home  
<https://www.njsymphony.org/concerts-and-events/njso-virtual-20-21>

National Symphony Orchestra at Home  
<https://www.kennedy-center.org/nso/home/nso-at-home/>

**AROUND TOWN...****NEW PROVIDENCE MEMORIAL LIBRARY (NPML)**

**In response to the rising COVID infection rate in town and around the County, NPML will be CLOSED TO THE PUBLIC from Monday, 12/21/20 through at least Monday, 1/11/21.**

**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!

**NASA's Next Mission to Mars – Virtual Talk –**

Learn about the rover NASA is landing on Mars in February to look for signs of past life! Thursday, January 7, 7:00pm. Email the library at [npmlref@yahoo.com](mailto:npmlref@yahoo.com) to register.

**Author Talk via Zoom** – Meet author Katie Arnold, author of "Running Home". Thursday, January 14, 7:30pm. Email the library at [npmlref@yahoo.com](mailto:npmlref@yahoo.com) to register.

**Reserve Library Takeout** – Sign up to receive an inspirational book, a magazine, and a small surprise. To reserve your takeout, email [npmlref@yahoo.com](mailto:npmlref@yahoo.com) by January 22. Pick up your takeout in the lobby on Friday, January 29 or Saturday, January 30.

**NEW YEAR'S RESOLUTIONS**

*"An optimist stays up until midnight to see the new year in. a pessimist stays up to make sure the old year leaves." ~ Bill Vaughan*

*"New Year's Day: Now is the accepted time to make your regular annual good resolutions. Next week you can begin paving hell with them as usual." ~Mark Twain*

*"Year's end is neither an end nor a beginning but a going on, with all the wisdom that experience can instill in us." ~ Hal Borland*

*Wishing you a wonderful New Year!*

## NEW PROVIDENCE SENIOR CITIZENS CLUB

~ January 2021 ~

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Dec 27	Dec 28 <u>NO</u> exercise classes. Center Closed (all activities cancelled)	Dec 29 7:00 Bus to ShopRite <sup>1</sup> <u>NO</u> exercise classes. Center Closed (all activities cancelled)	Dec 30 Center Closed (all activities cancelled)	Dec 31 New Year's Eve <u>NO</u> exercise classes. Center Closed (all activities cancelled)	1 New Year's Day <u>NO</u> exercise classes. Center Closed (all activities cancelled)	2
3	4 9:30 In Control <sup>2</sup> 11:00 Chair Yoga <sup>2</sup>	5 7:00 Bus to ShopRite <sup>1</sup> 9:45 Balance & Conditioning <sup>2</sup> 1:00 Tai Chi <sup>2</sup>	6 10:00 Ageless Grace <sup>2</sup>	7 9:30 Strong YOU <sup>2</sup>	8 9:00 Zumba <sup>2</sup> 11:00 Bingo <sup>3</sup> <b>11:00 "Eating for Energy"</b> <sup>2</sup>	9
10	11 9:30 In Control <sup>2</sup> 11:00 Chair Yoga <sup>2</sup>	12 7:00 Bus to ShopRite <sup>1</sup> 9:45 Balance & Conditioning <sup>2</sup> 1:00 Tai Chi <sup>2</sup>	13 10:00 Ageless Grace <sup>2</sup>	14 9:30 Strong YOU <sup>2</sup>	15 9:00 Zumba <sup>2</sup> 11:00 Bingo <sup>3</sup>	16
17	18 MLK, Jr. Day 9:30 <u>NO</u> In Control <sup>2</sup> <b>10:00 "Aging in Your Own Space"</b> <sup>2</sup> 11:00 <u>NO</u> Chair Yoga <sup>2</sup>	19 7:00 Bus to ShopRite <sup>1</sup> 9:45 Balance & Conditioning <sup>2</sup> 1:00 Tai Chi <sup>2</sup>	20 Inauguration Day 10:00 Ageless Grace <sup>2</sup>	21 9:30 Strong YOU <sup>2</sup>	22 9:00 Zumba <sup>2</sup> 11:00 Bingo <sup>3</sup>	23
24	25 9:30 In Control <sup>2</sup> 11:00 Chair Yoga <sup>2</sup>	26 7:00 Bus to ShopRite <sup>1</sup> 9:45 Balance & Conditioning <sup>2</sup> 1:00 Tai Chi <sup>2</sup>	27 10:00 Ageless Grace <sup>2</sup> <b>11:00 Brandywine Art Program</b> <sup>2</sup>	28 9:30 Strong YOU <sup>2</sup>	29 9:00 Zumba <sup>2</sup> 11:00 Bingo <sup>3</sup>	30/31

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

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

<sup>3</sup> Call-in game. **Pre-registration required**. 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**.