

New Providence Senior Citizens Newsletter

"Good things happen here!"



JUNE 2021



Vol. 21. No. 6

COORDINATORS' CORNER

"Too often we underestimate the power of a smile, a kind word, a listening ear, an honest compliment, or the smallest act of caring, all of which have the potential to turn a life around." ~ Leo Buscaglia

It has been wonderful to see many of you at our outdoor activities at the Center! I hope you will continue to enjoy gathering at our new picnic tables in the beautiful weather. We also will continue to offer a variety of virtual programs in June. Thank you for your support as I transition to my new role as Center Coordinator. This is a very special place and I feel lucky to be able to work with all of you!

Highlights of June Programs and Activities

See pages 2-3 and calendar for detailed information

- Join us for a special Outdoor Painting Program**
- Christine Napolitano is hosting a "Patriotic Songs" social Zoom program
- Atlantic Health program on "Supporting Immunity"
- Atlantic Health program "No Bones About It" about osteoporosis
- Special "Zumba Gold-Toning" Zoom class on Wednesdays in June
- Special "Mindfulness Meditation" Zoom class on Wednesdays in June
- Italian classes will continue outside on Tuesdays (except June 8)**
- The Mah Jongg group will play outside on Thursdays at 11 am**

**Important Notes for Outside Programs:

- Please RSVP for all outdoor programs by calling the Center (908) 665-0046 or e-mailing decorsocenter@newprov.us
- Meet outside at the picnic tables or bring your own chair
- **Wear your mask.**
- The Center's bathrooms will be open for use (one person at a time) during outside programs.
- Outdoor activities are weather permitting.
- Please do NOT come the Center if you are not feeling well!

**The Center will be closed Monday, July 5th
for the Independence Day holiday.**

The Borough of New Providence will begin summer hours on Friday June 4. Offices will close on Fridays at 1pm.

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: 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 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

Hours

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

Center Coordinator

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.

ZUMBA® GOLD-TONING

We will be offering a Zumba® Gold-Toning class on Wednesdays in June. Zumba® Gold-Toning is tailored for older adults with a focus on muscle conditioning and light weight activity. It is a slower-paced dance-fitness class.

Participants will still work out to all the awesome world rhythms of Zumba but will use very light weights (1 or 2 pounds) and concentrate on isolated sculpting and toning moves. There is less footwork involved than regular Zumba. Halfway in we set the weights down for 1 - 2 songs to give the arms a break and switch to a little Zumba and then pick up the weights again to finish up the class. As always, there is a warmup to start us off and a stretch to end the class.

The class will be taught by our exercise instructor Donna on **Wednesdays at 9:00am June 2, 9, 16, 23 and 30.**

Please email decorsocenter@newprov.us to register for class and receive the Zoom link.

"PATRIOTIC SONGS" SOCIAL ZOOM

Get ready for the Fourth of July weekend with a Social Zoom of patriotic songs on **Wednesday, June 30 at 11 am.** Wear your red, white, and blue and join Christine Napolitano and Club friends for a patriotic singalong. Don't worry if you don't have a computer because there is a call-in option too.

Please register for this event by Monday, June 28 by calling the Center at 908-665-0046 for the call-in option or by emailing decorsocenter@newprov.us to receive the Zoom link.

Thank you very much to New Providence - Our Community For All and the Grotta Fund for Senior Care for generously purchasing 3 new picnic tables for the DeCorso Center! They are greatly appreciated and are being enjoyed by everyone at our outdoor activities!

OUTDOOR PAINTING PROGRAM

Join us to explore your creativity and have fun in a free painting class with a professional painter, using a technique designed for *all experience levels*. You will be delighted to see what you can accomplish, and to bring your artwork home to share and display!

This special painting program will be held outside the Center on **Wednesday, June 9 at 12noon.** We are hoping for sunshine on June 9 but have a rain date of June 16 just in case.

Registration is required for this event. Please e-mail decorsocenter@newprov.us or call the Center at (908) 665-0046 to register. **Space will be limited.**

MINDFULNESS MEDITATION CLASS

Research shows that focusing your mind with meditation can help alleviate stress and anxiety, improve sleep, and even slow aging!

Using breath, guided visualization, gentle moving meditation and deep relaxation techniques, participants in this class will quiet the mind, find focus, clarity and inner healing bringing you to a state of bliss. Judy Parenti, our yoga/meditation teacher, will teach the class on **Wednesdays at 10:30am June 2, 9, 16, 23 and 30.**

Please email decorsocenter@newprov.us to register for class and receive the Zoom link.

Thank you to New Providence - Our Community For All for helping to distribute this newsletter to all the seniors in our community in May and June. If you haven't participated in the Center's activities before, we hope you will give one a try!

If you would like to continue receiving the newsletter, please call (908) 665-0046 or e-mail us at decorsocenter@newprov.us to be put on the regular newsletter distribution list. Information about our programs is also available on our webpage www.newprov.org/seniors.

ATLANTIC HEALTH VIRTUAL PROGRAMS

Supporting Immunity

Learn about nutrition and wellness tips to support your immunity in this Atlantic Health program on **Thursday, June 10 at 10:00am**. Presented by Evelyn Minolfo, MS, RD, Registered Dietitian, ShopRite Parsippany & West Caldwell. Please e-mail DeCorsoCenter@newprov.us by Monday, June 7 to register and receive the Zoom link.

“No Bones About It”

Osteoporosis affects around one in four women and one in twenty men over the age of 65. Join us for this “No Bones About It” program with Atlantic Health on **Tuesday, June 15 at 2:00pm** to learn the basics around causes, diagnosis, and prevention, and find out what’s new in treatment. Presented by Janet Bartov, MD, FACR. Please e-mail DeCorsoCenter@newprov.us by Friday, June 11 to register and receive the Zoom link.

HOMEBOUND VACCINATION PROGRAM

Union County has begun a homebound vaccination program. Residents who are homebound and wish to receive a COVID-19 vaccination may call the County’s Division on Aging and Disability Resources at 1-888-280-8226 between the hours of 8 a.m. – 4:30 p.m.

A person is considered to be homebound if any of the following categories apply:

- The person’s doctor believes that their health or illness could get worse if they leave the home.
- The person requires the help of another person and/or medical equipment to leave the home or finds it difficult to leave the home and typically cannot do so.
- The person is served by a home health care organization.
- The person is served by social services agencies (e.g., non-medical home care, Meals on Wheels, Community Action Programs, Paratransit service, etc.).
- The person is physically or intellectually disabled.

For more information, please visit <https://wp.me/p4sLwl-nci>.

NEW PROVIDENCE MEMORIAL LIBRARY (NPML)

The library is now open for limited public browsing. Contactless Pickup is still available. Use the online catalog to place a hold or call the library at (908) 665-0311. Activities in June include:

- **DIY Succulent Mini Terrarium** – put together your own succulent mini terrarium. Masks and social distancing required. Thurs., June 3, 10am-12pm. Rain date June 10.
- **Qi Gong for Adults** – Qi Gong is a practice of fluid movements that cultivate an awareness of energy using the body, breath, and mind. Tues, June 8 @ 9:30am.*
- **Baseball Discussion Group** – Discuss teams, players, and issues of the sport over Zoom. Mon., June 14 @ 7pm.*
- **Summer Reading 2021 Kickoff!!** – Track the number of books you read in ReadSquared to earn points and be entered in raffles. Thurs., June 24 @ 1pm.
- **NP-Themed Trivia Night** – Test your knowledge in this Zoom-based trivia night. Spots are limited. Thurs., June 24 @ 7pm.*

*Email rsvp@newprovidencelibrary.org to register.

Getting Old!

Changed my car horn to gunshot sounds. People get out of the way much faster now!

Gone are the days when girls used to cook like their mothers. Now they drink like their fathers.

I didn’t make it to the gym today. That makes five years in a row.

I decided to stop calling the bathroom the “John” and renamed it the “Jim”. I feel so much better saying I went to the Jim this morning.

Last year I joined a support group for procrastinators. We haven’t met yet.

Of course I talk to myself. Sometimes I need expert advice.

Thank you Diane Melinis!

	NEW PROVIDENCE SENIOR CITIZENS CLUB ~ June 2021 ~					
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
May 30	May 31 Memorial Day Holiday Center Closed	1 7:00 Bus to ShopRite ¹ 9:45 Balance & Conditioning ² 11:00 Book Club⁵ 1:00 Tai Chi ² 1:00 Advanced Italian ⁵ 2:00 Beginner Italian ⁵	2 9:00 Zumba Gold-Toning² 10:30 Meditation²	3 9:30 Strong YOU ² 11:00 Mah Jongg ⁵	4 9:00 Zumba ² 11:00 Bingo ³	5
6	7 9:30 In Control ² 11:00 Chair Yoga ² 11:00 Trustee Meeting⁵	8 *Primary Election* 7:00 Bus to ShopRite ¹ 9:45 Balance & Conditioning ² 1:00 Tai Chi ² 1:00 <u>NO</u> Italian class	9 9:00 Zumba Gold-Toning² 10:30 Meditation² 12:00noon Painting Program⁵	10 9:30 Strong YOU ² 10:00 Supporting Immunity² 11:00 Mah Jongg ⁵	11 9:00 Zumba ² 11:00 Bingo ³	12
13	14 Flag Day 9:30 In Control ² 11:00 Chair Yoga ²	15 7:00 Bus to ShopRite ¹ 9:45 Balance & Conditioning ² 1:00 Tai Chi ² 1:00 Advanced Italian ⁵ 2:00 Beginner Italian ⁵ 2:00 "No Bones About It"²	16 9:00 Zumba Gold-Toning² 10:30 Meditation² (Rain date for painting program)	17 9:30 Strong YOU ² 11:00 Mah Jongg ⁵	18 9:00 Zumba ² 11:00 Bingo ³	19
20 1 st Day of Summer Happy Father's Day!	21 9:30 In Control ² 11:00 Chair Yoga ²	22 7:00 Bus to ShopRite ¹ 9:45 Balance & Conditioning ² 1:00 Tai Chi ² 1:00 Advanced Italian ⁵	23 9:00 Zumba Gold-Toning² 10:30 Meditation²	24 9:30 Strong YOU ² 11:00 Mah Jongg ⁵	25 9:00 Zumba ² 11:00 Bingo ³	26
27	28 9:30 In Control ² 11:00 Chair Yoga ²	29 7:00 Bus to ShopRite ¹ 9:45 Balance & Conditioning ² 1:00 Tai Chi ² 1:00 Advanced Italian ⁵ 2:00 Beginner Italian ⁵	30 9:00 Zumba Gold-Toning² 10:30 Meditation² 11:00 Social Zoom⁴	Jul 1 9:30 Strong YOU ² 11:00 Mah Jongg ⁵	Jul 2 9:00 Zumba ² 11:00 Bingo ³	Jul 3

¹ Call MONDAY MORNINGS to reserve your spot.

² Virtual class via Zoom. Pre-registration required.

³ Held on the phone. Pre-registration required. Call the Center NO LATER THAN WEDNESDAY to let us know you want to play.

⁴ Zoom or Call-in. Pre-registration required.

⁵ Held outside, weather permitting. Pre-registration required.