

New Providence Senior Citizens Newsletter

"Good things happen here!"

APRIL 2021



Vol. 21. No. 4



COORDINATORS' CORNER

"It is not how much we do, but how much love we put in the doing. It is not how much we give, but how much love we put in the giving." -- Mother Teresa

My tulips are blossoming along with my allergies--spring has sprung! I am hopeful that many of you have received the COVID vaccine or are scheduled to receive it shortly. While we work toward outside programming, and one day to open the center, for April, we continue to offer quite a variety of online programs.

Highlights

- Brain Games with Horizon BC/BS – see page 2
- Memoir Writing offered by club member, JoAnn Jackovino – see page 2
- Build Your Own Terrarium offered by Brandywine – see page 2
- Christine Napolitano hosts a Social Zoom – see page 2
- Special class “Exercises for Arthritis” - see page 2
- Sharing Cultures Through Food by the Diversity Club – see page 3
- Two Atlantic Health Programs – see page 3

And so much more, so please keep reading.

Please be aware that our email addresses have changed. They are now:

- tdalton@newprov.us
- mzack@newprov.us
- A temporary Decorsco address:
decorsocenter@gmail.com

When in doubt, you can always call the center!

The Center is CLOSED on Friday, April 2nd.

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 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 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.

MEMOIR WRITING WORKSHOP

Have you ever thought about writing your memoirs, or just putting some of your wonderful memories down in a journal? Now is a great time to do so! Please join Club member and author JoAnn Jackovino in a memoir writing workshop via Zoom as she guides participants through this process. She offered a similar program at the Club in 2019, and we are happy that she has offered to share this workshop with us again! **The workshop will be held via Zoom on Thursdays at 11am on April 1, 8, 15, and 22.**

Please e-mail DeCorsoCenter@gmail.com to register and receive the Zoom link.

EXERCISE WITH ARTHRITIS

Exercise with Arthritis is back in April by popular demand! Myriam Gabriel will lead participants through exercises that are suitable for those living with arthritis. Research shows that exercise can help people who have arthritis cope with pain.

The class will be held via Zoom on Wednesdays at 9:30 am April 7, 14, 21 and 28.

Please email Decorsocenter@gmail.com by April 2 to register for the class and receive the Zoom link.

SOCIAL ZOOM WITH CLUB FRIENDS

Are you ready for another Social Zoom? Well, here it comes! Please join Christine Napolitano on **Wednesday, April 14 at 11am** to "catch up" with Club friends. Pat Malicher suggested that we all reminisce about amusement parks. I'm sure we have memories of those good old days. How about adding Easter or other spring traditions to our discussion? Christine is open to Ideas so feel free to share your thoughts! Don't worry if you don't have a computer because there is a call-in option too!

Please e-mail DeCorsoCenter@gmail.com by Monday, April 12 to register and receive the Zoom link.

BUILD YOUR OWN TERRARIUM

How does your garden grow? In a terrarium! Join us to learn how to build your own terrarium on **Wednesday, April 21 at 11 am** in a virtual Zoom class offered by Brandywine Living at Mountain Ridge. All supplies will be provided with contactless delivery by Brandywine in advance of the program.

Please e-mail DeCorsoCenter@gmail.com by Wednesday, April 14 to register for this virtual program, and include your name, address, phone number and e-mail address.

"BRAIN GAMES"

Would you like to challenge your mind and keep it young with some entertaining brain games? Please join us on **April 7th at 11:00am** for a "Brain Games" program by Horizon Blue Cross Blue Shield's Health Educator Carol Brush. She gave a similar presentation at the Center several years ago, and it was a lot of fun!

Please email DeCorsoCenter@gmail.com by Monday, April 5 to register and receive the Zoom link.

OLP FOOD PANTRY

Our Lady of Peace Church has generously made their food pantry available for seniors. Call the rectory at 908-464-7607 and ask that someone from the food pantry call you. Someone will return your call, and the food will be delivered to your home.

NEW PROVIDENCE COMMUNITY POOL

Ready for some summer fun? New Providence Community Pool 2021 season registration is now open! **Sign up and pay by April 10** to take advantage of the Early Bird discount. Senior Citizen Membership is \$116 for the Early Bird special plus a \$10 "2021 COVID Cleaning Fee" for a total of \$126.

ATLANTIC HEALTH VIRTUAL PROGRAMS**Medication Management for Older Adults**

Please join us on **Friday, April 23 at 1:00pm** for this program offered by Atlantic Health to learn about transitions of care resources for older adults, discuss the importance of medication management, review common clinical pearls with taking multiple medications, and finally tricks to help alleviate cost burden with high-cost medications. Presented by Amulya Uppala, PharmD,BCPS, Clinical Pharmacist-Transitions of Care, Overlook Medical Center. Please e-mail DeCorsoCenter@gmail.com by Wednesday, April 21 to register and receive the Zoom link.

Back in Time: U-Boats off the Jersey Shore

With the declaration of war by Germany on December 11, 1941, planning began to quickly attack US shipping along the eastern seaboard. By January 1942, 5 long range U-boats were attacking unescorted merchant vessels, often within sight of land. The results were devastating, within months several hundred ships and thousands of crew members were lost. Please join us on **Monday, April 12 at 11am** for this lecture highlighting the events and circumstances of this pivotal time in the war at sea. Presented by Robert Stead and Atlantic Health. Please e-mail DeCorsoCenter@gmail.com by Thursday, April 8 to register and receive the Zoom link.

VACCINATION CALL CENTERS

The **Union County COVID-19 Vaccine Call Center** schedules vaccine appointments, answers questions regarding the vaccine and can help arrange transportation for residents. **The Union County Call Center number is 908-613-7VAX (7829).** They are open Monday-Friday, 9 a.m. to 7 p.m., and Saturdays from 9am to 1pm.

The **NJ State Vaccine Call Center** can register individuals in the NJ Vaccine Scheduling System, answer questions about the vaccine, provide contact information for sites, and check registration status. **The hotline number is 1-855-568-0545.** They are open from 8 a.m. to 8 p.m. every day and can help callers in more than 240 different languages.

NEW PROVIDENCE MEMORIAL LIBRARY (NPML)

The New Providence Library is celebrating National Library Week, April 19-23, with the following giveaways:

- Less Than \$3 Book Fine Forgiveness for Food Donations
- Free Replacement Library Cards
- Free Seed Starters
- Make a Bookmark!
- Wed., April 21 – Take A Green Screen Photo
- Thurs., April 22 – Free Tote Bag w/Checkout

Virtual events **via Zoom** during April:

- **What's it Worth? Antiques Road Show.** Tues., April 6, 7pm.*
- **Baseball Discussion Group** –Mon., April 12, 7pm.*
- **Invention, Innovation, and Industry in Union County.** Tues., April 20, 7pm*

*Email rsvp@newprovidencelibrary.org to register for events.

SHARING CULTURE THROUGH FOOD

Food is the best way to get to know a culture. On Saturday, April 17 at 2:30pm, the **New Providence Diversity Club** will hold a **virtual event** focusing on introducing different cooking styles and promoting culture diversity in New Providence.

Several keynote speakers will demonstrate cooking techniques and styles. Chef Jeffry Wierzhicki will have a live demo on local seafood cooking. Maggie Reilly will demonstrate her unique food preparation during family gathering.

Attendees are encouraged to bring their favorite recipe and introduce how to make it. Pictures, videos, or slides of the food preparations will be shared during the **Zoom** meeting.

An International Cooking Digital Book and the slides from the event will be shared with the attendees and the NP Diversity Club at NPHS after the event. RSVP to janex002@gmail.com to register for the event.

NEW PROVIDENCE SENIOR CITIZENS CLUB

~ April 2021 ~

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Mar 28	Mar 29 9:30 In Control ² 11:00 Chair Yoga ²	Mar 30 7:00 Bus to ShopRite ¹ 9:45 Balance & Conditioning ² 1:00 Tai Chi ²	Mar 31	1 April Fools' Day 9:30 Strong YOU ² 11:00 Memoir Writing Workshop²	2 Good Friday CENTER CLOSED	3
4 Easter 	5 9:30 In Control ² 11:00 Chair Yoga ²	6 7:00 Bus to ShopRite ¹ 9:00 Book Club 9:45 Balance & Conditioning ² 1:00 Tai Chi ²	7 9:30 Exercise with Arthritis² 11:00 Brain Games²	8 9:30 Strong YOU ² 11:00 Memoir Writing Workshop²	9 9:00 Zumba ² 11:00 Bingo ³	10
11	12 9:30 In Control ² 11:00 Chair Yoga ² 11:00 U-Boats Off the Jersey Shore²	13 7:00 Bus to ShopRite ¹ 9:45 Balance & Conditioning ² 1:00 Tai Chi ²	14 9:30 Exercise with Arthritis² 11:00 Social Zoom²	15 9:30 Strong YOU ² 11:00 Memoir Writing Workshop²	16 9:00 Zumba ² 11:00 Bingo ³	17 Sharing Culture Through Food² 2:30-3:30
18	19 9:30 In Control ² 11:00 Chair Yoga ²	20 7:00 Bus to ShopRite ¹ 9:45 Balance & Conditioning ² 1:00 Tai Chi ²	21 9:30 Exercise with Arthritis² 11:00 Build Your Own Terrarium²	22 Earth Day 9:30 Strong YOU ² 11:00 Memoir Writing Workshop²	23 9:00 Zumba ² 11:00 Bingo ³ 1:00 Medication Management for Older Adults²	24
25	26 9:30 In Control ² 11:00 Chair Yoga ²	27 7:00 Bus to ShopRite ¹ 9:45 Balance & Conditioning ² 1:00 Tai Chi ²	28 9:30 Exercise with Arthritis²	29 9:30 Strong YOU ²	30 Arbor Day 9:00 Zumba ² 11:00 Bingo ³	May 1

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

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

³ Call-in game. **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**.