

New Providence Senior Citizens Newsletter

"Good things happen here!"



DECEMBER 2021



Vol. 21. No. 12

COORDINATORS' CORNER

"May this season find you among those you love, sharing in the twin glories of generosity and gratitude." —Oprah Winfrey

As we begin the month of December, I want to wish you and your families a holiday season full of light and laughter, good health, peace, and joy! We have several December programs to celebrate the season, and hope that you will join us for one of them! Our programs will continue to be offered at the New Providence Municipal Building in the Recreation Art Room and Gym, until repairs to the DeCorso Center are completed. I want to thank Allison Smith and the entire Recreation Office/Community Activities staff for all their support, assistance, and hospitality!

Highlights of December Programs and Activities:

Please see pages 2-3 and the calendar for program details, and below for information regarding our safety protocols.

- Bus to Blue Star Shopping Center
- Holiday card writing
- NPSC Club meeting with elections and holiday entertainment by Bob Marino
- In person bingo in the Gym
- Cookie Exchange
- Several Atlantic Health virtual programs

There is much more information in this newsletter, so please continue reading! Page 3 includes information regarding an update to the NPSCC Senior Directory, re-registration for exercise classes before January, and our winter weather policy. To help you with your holiday shopping, preparations, and festivities, included on page 6 is a list of special holiday discounts being offered by local New Providence businesses for Seniors 65+.

****Important Safety Protocols for In-Person Activities and Programs****

- **For all indoor programs and while riding the bus, please wear your mask**
- Please RSVP for all in-person programs by calling the Center at (908) 665-0046 or e-mailing decorsocenter@newprov.us
- Space will be limited for in-person programs.
- Please do NOT come to programs if you are not feeling well.

Thank you for your cooperation. Let's work together to keep our community safe!

There will NOT be Zoom exercise classes from Friday, December 24 through Friday, December 31 for the holiday break.

The Center will be closed on Friday, December 24 for Christmas Eve and Friday, December 31 for New Year's Eve. No programs or exercise classes will be held on these dates.

Happy Holidays!!

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, Pat Malicher, Joe Masino, 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

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

Program Coordinator

Arthi Shri Selvaraj

Public Health Nurse

Jenn Aranda, 908-743-1049

Bus Service

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

HOLIDAY SHOPPING AT BLUE STAR

On **Thursday, December 2**, Mike will drive the senior bus to the Blue Star Shopping Center including the Dollar Store, ShopRite, and Kohl's. Pickups will begin at 9am. Please call the Center at (908) 665-0046 or email decorsocenter@newprov.us by Tuesday, November 30 to reserve your spot.

HOLIDAY CARDS

Please help to continue the important NPSCC tradition of sending holiday cards out to Club members. Please join us **on Wednesday, December 8 at 11:00 a.m.** in the Municipal Building Art Room to help write cards in the spirit of the holidays. If you would like to volunteer, please call the Center at (908) 665-0046 or send an email to decorsocenter@newprov.us.

CLUB MEETING: ELECTIONS AND HOLIDAY MUSIC WITH BOB MARINO

Elections for the officers of the NPSCC and for vacancies on the Board of Trustees will take place at the Club meeting on **Monday, December 13 at 11:00am**. The proposed slate of officers is below:

| | |
|--------------------|---------------------------|
| President | Christine Napolitano |
| Vice President | Bill Wehrle |
| Secretary | Vacant |
| Treasurer | Sal Ligammari |
| First Treasurer | Delores Felezzola |
| Second Treasurer | Vacant |
| Sergeants- at-Arms | Don Kern and Mike Ferlise |

There is also a vacancy to be filled for the Board of Trustees. Nominations for Club Secretary, Second Treasurer, and for the Trustee position are welcome!

Following the elections, we will enjoy a special entertainment program by singer Bob Marino, who will perform holiday favorites and more. Please join us to celebrate the season and share holiday cheer with Club friends!

This meeting will take place in the New Providence Municipal Building Gym. ***Masks will be required. Space will be limited to allow for social distancing.*** For bus transportation, please call 2 days in advance. Please register in advance by calling (908) 665-0046 or emailing decorsocenter@newprov.us by Friday, December 10.

BOOK CLUB

Come join the Book Club for a discussion of The Reading Promise: My Father and the Books We Shared by Alice Ozma **on Tuesday December 14 at 11am** in the Municipal Building's Art Room (next to the Recreation Office). This memoir is a series of vignettes about the author's relationship with her father and the life lessons learned from the books he read to her. ***Masks will be required.*** Please call or e-mail the Center to arrange to pick up a copy of the book.

INDOOR BINGO

Come spend a fun morning with Club friends at Bingo on **Friday, December 17 at 11am in the Municipal Center Gym**. Bingo cards will be 50 cents each. For bus transportation, please call 2 days in advance. ***Masks will be required. Space will be limited to allow for social distancing.***

Please e-mail DeCorsoCenter@newprov.us or call the Center at (908) 665-0046 by Wednesday, December 15 to register.

COOKIE EXCHANGE

Let's get baking and share some delicious holiday treats as we get into the spirit of the season with a cookie exchange! Here's how it will work:

1. Please e-mail decorsocenter@newprov.us or call the Center by Friday, December 10 to let us know you would like to participate. (Please plan to bake approximately 2 dozen cookies.)
2. We will advise those who sign up of the total number of participants and ask you to make individually wrapped bags of cookies for each person (probably 2-3 cookies each, depending on total numbers).
3. Bring the individually portioned cookies with you to the Cookie Exchange on **Monday, December 20 at 11:00 a.m. in the Municipal Center Art Room. *Masks will be required.***
4. Enjoy some holiday music, exchange your cookies, and spread good cheer!
5. Please bring your cookies home to taste and enjoy them!

NPSCC SENIOR DIRECTORY UPDATE

The New Providence Senior Citizens Club (NPSCC) Board of Trustees has decided to update the NPSCC Senior Directory to facilitate communication among Club members. The updated Senior Directory will be printed, and copies will be made available to Club members. If you would like your contact information included in the Directory, follow one of the options below.

For e-mail users : For those on our e-mail distribution list for the newsletter, we will send out a separate e-mail with a link to a Google Form to provide your information. Instructions to complete the form will be provided in that e-mail.

For those without e-mail: For those who receive the newsletter by postal mail, a separate form has been enclosed with this newsletter. Kindly fill out the form and bring it to an upcoming program, mail it back to us, or leave it in the Center's mailbox.

*Please note: If you do not want your information to be included in the updated directory, please call the center or email decorsocenter@newprov.us to let us know. DeCorso Center staff are assisting the NPSCC Board of Trustees with this project. This form is specifically for the purpose of updating the NPSCC directory. It does not change the information provided on the DeCorso Center registration forms.

RE-REGISTER FOR VIRTUAL EXERCISE CLASSES

We will continue to offer our exercise classes via Zoom in January. All participants will need to re-register by emailing Decorsocenter@newprov.us in order to receive the new Zoom links for 2022. A detailed reminder will be emailed to current exercise class participants in December.

WEATHER POLICY

When New Providence schools are closed for rain, snow, or ice, senior programs will be cancelled. (Zoom exercise classes may still be held.) When in doubt, call the Center at (908) 665-0046 to check on activities; we will leave a message on the voicemail. Most importantly, if there is snow or ice, please be cautious. It's okay to miss an activity!

ATLANTIC HEALTH VIRTUAL PROGRAMS

Diabetes: Take Control of Your Health - Tuesday, December 7, 1:00pm. Learn how to identify and manage symptoms, develop healthy eating and exercise habits, the importance of communicating with your doctor, preventing and delaying complications and more. Presented by Cheryl L. Walters, Health & Wellness Coordinator, Norwescap. E-mail DeCorsoCenter@newprov.us by Friday, December 3rd to register and receive the Zoom link.

Spice It Up! – Wednesday, December 8, 11:00am. Learn about spices that can be used to amp-up your food and make them even more tasty with very little effort. As it gets chilly, warm spices can add delicious depth to everything from winter root veggies to mulled apple cider. Purchasing and storage of herbs and spices will be discussed as well. Presented by Barbara Galvin, Registered Dietitian, ShopRite of Parsippany & ShopRite of West Caldwell. E-mail DeCorsoCenter@newprov.us by Monday, December 6th to register and receive the Zoom link.

Immune Health - Thursday, December 9, 10:00am. Learn about vitamins and minerals that have been linked to stronger immune function as well as the food sources that contain them and the recommended daily intake. Presented by Natalie Barbaro, RD, Atlantic Health System. E-mail DeCorsoCenter@newprov.us by Tuesday, December 7th to register and receive the Zoom link.

Operation Tidal Wave: The Ploesti Air Raid 1943 - Friday, December 17, 10:00am. A large concentration of oil refineries located around Ploesti, Romania produced a significant amount of fuel for the German war effort and was a prime strategic target. In July 1943, a daring raid was launched by the USSAF to this vital target with five B-24 bomb groups totaling 178 aircraft launching from Libya. In the face of heavy enemy air defenses, the raid flown at low level successfully attacked several key refineries. This lecture will discuss the planning, execution, and outcome of the unique mission of World War II. Presented by Robert Stead. E-mail DeCorsoCenter@newprov.us by Wednesday, December 15th to register and receive the Zoom link.

ACTIVITY CORNER

with contributions from Arthi Selvaraj

NEW PROVIDENCE MEMORIAL LIBRARY (NPML)

Intro to Reiki and Sound Therapy – Saturday, Dec 4, 10am–10:45am. Enjoy a short grounding meditation with Reiki Master Amy Tefft while experiencing socially distanced reiki and sound therapy. Masks are required. Email rsvp@newprovidencelibrary.org or call (908) 665-0311 ext. 4 to register.

Knit/Crochet Night - Drop by the Conti Room with a knitting, crocheting or other fiber art project you're working on. Masks are required. Monday, Dec 6, 7pm-8:30pm.

Batter Up – Let's Talk Baseball – Monday, December 13, 2021, 7pm–9:00pm. You're invited to the 8th anniversary meeting of the baseball group. We'll discuss baseball teams, players, and issues of the sport over zoom. To join, email the library at rsvp@newprovidencelibrary.org.

Tech Tips: NP Library Website Features – Friday, December 17, 2021, 12:00pm. Armin, a New Providence Teen Volunteer, shares lessons on how to utilize the library's website and online catalog. <https://www.youtube.com/newprovlibrary>.

DIY Candle Kit Pick Up Begins – Make two soy container candles scented with essential oils. You'll need a microwave, a mug or liquid measuring cup, and a candy thermometer is useful. To reserve a kit, email rsvp@newprovidencelibrary.org by Dec. 27.

AMERICAN LEGION COOKIE WALK

On Saturday, December 11th, from 11:00am - 3:00pm (or until cookies run out), there will be a Cookie Walk fundraiser at American Legion Post 433 located at 357 Elkwood Avenue. A \$5.00 donation provides you with your choice of delicious, homemade cookies in a decorative, holiday motif box.

If you would like to contribute cookies, please drop them off at Legion Hall on Friday, December 10th from 5:00pm - 9:00pm. Due to Covid-19 restrictions, they can only accept cookies in a foil or plastic tray with a clear, fitted lid. Please apply a label with the type of cookie and if there are nuts included. Your donations will help our local Legion to remain open and provide comradery and events for our veterans. Thanks for your help!!

"THE TWELVE DAYS OF CHRISTMAS"

This song was written in 19th-century England. Each verse describes increasingly grander gifts—from the partridge in a pear tree to 12 drummers drumming. Each verse is cumulative, which means the song gets longer as verses and days get added. Over the years, the song's lyrics have gone through many variations.

The Story Behind the Carols

1842 – "My Mother sent to me"

Today – "My true love sent to me"

1864 – "Two fat hens"

Today – "Two French hens"

1892 – "A very pretty peacock upon a pear tree"

Today – "A partridge in a pear tree"

1900 – "Bears a beating"

Today – "Drummers drumming"

The traditional 12 days start the day after Christmas. Originally, the gifts given on each day were meant to represent different types of birds. The "five golden rings" weren't rings at all, but instead represented the five golden rings on the tail of a ringed pheasant. Some resources suggest there are also hidden meanings of the gifts in the Christian tradition.

For example:

- 3 calling birds = the holy trinity
- 12 drummers drumming = the twelve apostles
- 4 calling birds = the 4 gospels
- A partridge in a pear tree = God

If you added up all the gifts over the 12 days, you would receive a total of 354 gifts!

RIDDLES

from Pat Malicher

Q. Why does Humpty Dumpty enjoy camping in Autumn???

A. Because Humpty Dumpty had a great fall!!!!

Q. Why can't Cinderella play soccer???

A. Because she's always running away from the ball!!!

Q. Did you hear the joke about the roof???

B. Never mind, it's over your head!!!!

Q. What did the lawyer name his daughter??

A. Sue!

New Providence Businesses – Senior Discounts

New Providence businesses are offering the following special discounts for Seniors 65+

Specials for December 2021

Prestige Diner- (908)665-0211

10% off your food order in the month of December. NP residents only. For regular priced items only. Not applicable to lunch specials, daily board specials, alcohol, or gift card sales.

Ferdinand's Jewelers- (908)665-2250

Free watch battery during the month of December 2021 for Seniors 65+. One per customer.

Linda's Creative Gifts- (908)473-0982

10% off any purchase in the month of December 2021 for Seniors 65+

Towne Vision- (908)464-1292

\$75.00 off a complete pair of glasses for the month of December 2021 for Seniors 65+

Adams Fine Clothing- (908)665-0800

10% off any in-stock purchase for the month of December 2021 for Seniors 65+

YK Salon- (551)210-3203

25% discount for Seniors 65+ for the month of December 2021

Senior Discounts

YK Salon- (551)210-3203

20% discount for Seniors 65+ year round

Spring Cleaners- (908)508-1010

20% off all Dry Cleaning for Seniors 65+

Angys Hair Salon- (908)771-0009

Senior Discounts on Haircuts every Monday and Wednesday

Help support our local businesses and enjoy these special discounts while you do so!

| | NEW PROVIDENCE SENIOR CITIZENS CLUB ~ December 2021 ~ | | | | | |
|--------|---|---|--|---|---|--|
| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
| Nov 28 | Nov 29 9:00 In Control ¹ 11:00 Chair Yoga ¹ | Nov 30 7:00 Bus to ShopRite* 9:45 Balance & Cond. ¹ 1:00 Tai Chi ¹ 1:00 Advanced Italian ³ 2:00 Beginner Italian ³ | 1 | 2 9:00 Bus to Blue Star** 9:30 Strong YOU ¹ 11:00 Mah Jongg ³ | 3 9:00 Zumba ¹ 11:00 Bingo ² | 4 |
| 5 | 6 9:00 In Control ¹ 11:00 Chair Yoga ¹ 11:00 Trustee Mtg ³ | 7 7:00 Bus to ShopRite* 9:45 Balance & Cond. ¹ 1:00 Tai Chi ¹ 1:00 "Diabetes: Take Control of Your Health" ¹ 1:00 Advanced Italian ³ 2:00 Beginner Italian ³ | 8 11:00 Holiday Cards ⁵ 11:00 "Spice It Up!" ¹ | 9 9:30 Strong YOU ¹ 10:00 "Immune Health" ¹ 11:00 Mah Jongg ³ | 10 9:00 Zumba ¹ 11:00 Bingo ² | 11 American Legion Cookie Walk 11am – 3pm (or until cookies run out) |
| 12 | 13 9:00 In Control ¹ 11:00 Chair Yoga ¹ 11:00 Club Meeting ^{4***} | 14 7:00 Bus to ShopRite* 9:45 Balance & Cond. ¹ 11:00 Book Club ³ 1:00 Tai Chi ¹ 1:00 Advanced Italian ³ 2:00 Beginner Italian ³ | 15 | 16 9:30 Strong YOU ¹ 11:00 Mah Jongg ³ | 17 9:00 Zumba ¹ 10:00 Operation Tidal Wave" ¹ 11:00 Indoor Bingo ^{4***} | 18 |
| 19 | 20 9:00 In Control ¹ 11:00 Chair Yoga ¹ 11:00 Cookie Exchange ⁵ | 21 7:00 Bus to ShopRite* 9:45 Balance & Cond. ¹ 1:00 Tai Chi ¹ | 22 | 23 9:30 Strong YOU ¹ 11:00 Mah Jongg ³ | 24 Center Closed – no programs or classes Christmas Eve | 25 Merry Christmas! |
| 26 | 27 9:00 <u>NO</u> In Control ¹ 11:00 <u>NO</u> Chair Yoga ¹ | 28 7:00 Bus to ShopRite* 9:45 <u>NO</u> Balance & Cond. ¹ 1:00 <u>NO</u> Tai Chi ¹ | 29 | 30 9:30 <u>NO</u> Strong YOU ¹ 11:00 Mah Jongg ³ | 31 Center Closed – no programs or classes New Year's Eve | Jan 1 Happy New Year! |

¹ Virtual class via Zoom. Pre-registration required.

² Held on the phone. Pre-registration required NO LATER THAN WEDNESDAY.

³ Held in the Municipal Center Art Room.

⁴ Held at Municipal Center Gym. Registration required.

⁵ Held in Municipal Center Art Room. Registration required.

Bus Transportation

* Call MONDAY MORNINGS to reserve your spot

** Call by TUESDAY, November 30, to reserve your spot.

*** Call 2 days in advance to reserve your ride.