

New Providence Senior Citizens Newsletter

"Good things happen here!"

FEBRUARY 2022



Vol. 22, No. 2



Coordinator's Corner

"Happiness is the only thing that multiplies when you share it." - Albert Schweitzer

We hope you will find warmth and happiness with Club friends during one of our February programs and activities. Join us for a "Fluid Art" workshop, play bingo, or come celebrate Valentine's Day with us at the NPSC Club meeting on February 14! Since many of us will be watching the Olympics this month, we're also offering a special virtual program on the Ancient Olympics with Mike Norris, who will teach us about the ancient predecessor of the modern games through art. Also, in February we're sending best wishes to all those celebrating the Lunar New Year!

Highlights of February Programs and Activities:

Please see pages 2-4 and the calendar for program details.

NOTE: Our in-person programs will continue to be offered at the New Providence Municipal Building.

- "Fluid Art" workshop in the Art Room
- Bus to Blue Star Shopping Center
- In-person bingo in the Gym
- "Ancient Olympics: Art & History" virtual program
- Valentine's Day NPSC Club meeting in the Gym
- AARP "Smart Driver" virtual course
- Several Atlantic Health virtual programs, including "Food and Its Impact on Mood," "Breast Cancer," and "Treating Diabetes Holistically"
- "Stretch and Strength" exercise class with Mike continues on Wednesdays at 9:30 a.m.

Important Safety Protocols for In-Person Programs

- For all indoor programs and while riding the bus, please wear your mask.
- Please RSVP for all in-person programs by calling (908) 665-0046 or emailing decorsocenter@newprov.us
- Space will be limited for in-person programs.
- Please do NOT come to programs if you are not feeling well.
- In-person programs will be subject to any updated healthcare advice and public guidelines.

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

The Center will be closed and there will be no classes on Monday, February 21 for President'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: Barbara Koslap, Sal Ligammary, Peggy Macneal, Pat Malicher, Christine Napolitano, Bill Wehrle

Club Officers

President: Christine Napolitano
Vice President: Bill Wehrle
Treasurer: Sal Ligammary
1st Treasurer: Dolores Felezzola
2nd Treasurer: Lidia Astapova
Sergeants-at-Arms: 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.

BUS TO BLUE STAR

On **Thursday, February 10** Mike will drive the senior bus to the Blue Star Shopping Center including the Dollar Store, ShopRite, and Kohl's. Pickups will begin at 9:00a.m. Please call the Center at (908) 665-0046 or email decorsocenter@newprov.us by Tuesday, February 8 to reserve your spot.

INDOOR BINGO

Spend a fun morning with Club friends at Bingo on **Friday, February 25 at 11:00a.m. 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.** To register, please e-mail DeCorsoCenter@newprov.us or call the Center at (908) 665-0046 by Wednesday, February 23.

FLUID ART

Start the New Year with color and beauty by creating a work of art. Join us on **Wednesday, February 9 at 11:00a.m. in the Municipal Building Art Room** for a wonderful Fluid Art session with Ms. Sarika Divate. Make your own masterpiece and enjoy watching the imbalance of different paint densities create interesting and visually stunning reactions. **Masks will be required. Space will be limited to allow for social distancing.** Please email DeCorsoCenter@newprov.us or call the Center at (908) 665-0046 by Monday, February 7th to register.

NPSCC MEETING

Come and spend the morning with Club friends at a meeting of the New Providence Senior Citizens Club on **Monday, February 14 at 11:00a.m. to enjoy a fun Valentine's Day program**. At the club meeting Christine will also preview her plans for the Book Art program she will offer in March.

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 3 days in advance. Please register in advance by calling (908) 665-0046 or emailing decorsocenter@newprov.us by Friday, February 11.

ANCIENT OLYMPICS: ART AND HISTORY

This February, the Olympic Winter Games will be held in Beijing. Learn about the ancient predecessor of these games through art. We'll explore how this religious event in southern Greece—occurring each fourth summer—developed over the course of 1,100 years and see how it helped unite Greek speakers scattered across the ancient world.

Join us on **Wednesday, February 16 at 12:00noon** as art lecturer Dr. Michael Norris returns to take us on a virtual journey through the ancient history of the Olympics through art. Dr. Norris, who spent twenty years at the Metropolitan Museum of Art and the Cloisters Museum in New York, will share his knowledge and enthusiasm for art with us in this program. Please email Decorsocenter@newprov.us by Monday, February 14 to register for the class and receive the Zoom link.

SPECIAL WEDNESDAY CLASS OFFERINGS IN FEBRUARY AND MARCH

We are happy to continue offering "special" Wednesday classes for our seniors. Mike's "Stretch and Strength" exercise class will continue in February, and in March Judy will once again offer "Mindfulness Meditation." Consider giving one or both of these classes a try!

Stretch and Strength with Mike - Muscle strengthening portion using dumbbells to perform multiple sets of exercises for select body parts, and a portion of easy to manage stretching and range of motion movements to loosen muscles and improve overall flexibility. **Wednesdays at 9:30a.m. February 2, 9, 16 and 23.**

Mindfulness Meditation with Judy – 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. **Wednesdays at 11:00a.m. March 2, 9, 16, 23, 30.**

To register for one or both of these classes and receive the Zoom link(s), please e-mail DeCorsoCenter@newprov.us.

AARP "SMART DRIVER" COURSE VIA ZOOM

Refresh your driving skills without leaving home. AARP Driver Safety is now offering the Smart Driver™ course LIVE via Zoom. You will learn smart driving strategies to keep you safer on the road and increase your confidence behind the wheel. Plus, you may save money on your auto insurance (consult your agent for details). AARP will be offering the class in **three Wednesday sessions from 10:00 a.m. - 12:00 p.m. on February 23, March 2, and March 9. Participants must attend all 3 sessions to get the certificate.** Anyone with a NJ License is welcome to attend. The cost of the course is \$20 for AARP members and \$25 for non-members. Participants will need to register directly with AARP to pay and receive the Zoom link.

The AARP Registration link using CVENT is <https://www.cvent.com/d/d8q24c>. Please note that the registration link will be closed 7 days before the first session to allow enough time to ship the class materials to participants.

AARP TAX AIDE

AARP Foundation Tax-Aide provides in-person and virtual tax assistance free of charge with a special focus on taxpayers who are over 50 or have low-to-moderate income. Tax-Aide volunteers are located nationwide and are trained and IRS-certified every year. AARP will be operating at the following nearby locations:

Summit Cornog Field House

5 Myrtle Ave, Summit

Tuesday 9:00am-3:00pm

Contact 908-793-9878

Chatham Senior Community Center

58 Meyersville Rd, Chatham

Fridays 9:30am-3:30pm

Contact 973-635-4565

Scotch Plains Public Library

1927 Bartle Ave, Scotch Plains

Monday 9:30am-3:00pm

Contact 908-322-5007

For a full list of locations and detailed information about services being offered, see the AARP website: https://www.aarp.org/money/taxes/aarp_taxaide/locations.html

EXPANDED INCOME ELIGIBILITY FOR PRESCRIPTION DRUG ASSISTANCE PROGRAMS

Income limits for the Pharmaceutical Assistance to the Aged and Disabled (PAAD) and the Senior Gold Prescription Discount drug assistance programs have increased by \$10,000, making drug prices more affordable and benefitting over 20,000 seniors.

The PAAD and Senior Gold Prescription Discount drug assistant programs are available to residents 65 and older and those with disabilities. PAAD cuts drug prices to \$5 for covered generic drugs and \$7 for covered name brands. Senior Gold cuts prices in half after a \$15 copay for covered prescriptions. The PAAD program income limits are now \$38,769 if single and \$45,270 for a couple. The Senior Gold Prescription Discount program limits are now \$48,769 if single and \$55,270 if married. Assets are not an eligibility consideration for either program.

Income limits for the Lifeline utility assistance program and the Hearing Aid Assistance to the Aged and Disabled (HAAAD) program have also increased by \$10,000, as those programs are tied to PAAD.

Eligible older residents and individuals with disabilities are urged to apply now through the NJSave online application, download an application from the NJSave webpage, or ask for a paper application by calling 1-800-792-9745.

RUTGERS WELLNESS WEDNESDAYS

The Rutgers Cooperative Extension's Department of Family & Community Health Sciences offers "Wellness on Wednesday" free Zoom webinars at 2:00p.m.. These webinars focus on a variety of topics related to food, nutrition, and healthy lifestyles. You must register to participate by visiting their website at <https://njaes.rutgers.edu/wellness-wednesdays/>.

Webinars are also recorded, with links posted on the website. Upcoming webinars include:

Feb 2: Getting the Most Out of Your Grocery Order

Feb 9: Step It Up – Adding More Movement into Your Day

Feb 16: The DASH or Mediterranean Diet: Which is Better?

Feb 23: Ask the Expert: Food Safety Myth vs. Truth

ATLANTIC HEALTH VIRTUAL PROGRAMS

Breast Cancer - Thursday, February 10, 10:00a.m. or 7:00p.m.. Join us to learn more about the risk for breast cancer and breast cancer screening. Presented by Lynne R. Tamburino MSN, APN, C, Nurse Practitioner, Atlantic Health System . E-mail DeCorsoCenter@newprov.us by Monday, February 7 to register and receive the Zoom link.

Food and Its Impact on Mood - Monday, February 14, 2:00p.m.. Learn simple ways to improve your mood by eating a healthier well-balanced diet! Presented by Kristen Burdzy MS, RD, Registered Dietitian for ShopRite of Franklin & Newton. E-mail DeCorsoCenter@newprov.us by Friday, February 11 to register and receive the Zoom link.

Treating Diabetes Holistically - Friday, February 25, 12:00p.m.. Join us to learn how a holistic approach to the treatment of diabetes can improve outcomes. Presented by Dr. Feldman, MD, Nephrologist, Atlantic Medical Group . E-mail DeCorsoCenter@newprov.us by Monday, February 21 to register and receive the Zoom link.

NEW PROVIDENCE MEMORIAL LIBRARY (NPML)

African American Artists: A Virtual Tour – Thursday, February 3, 7pm. Explore African American artists' outstanding contributions toward artistic, political, and social change across different centuries.*

Intro to Reiki and Sound Therapy – Saturday, February 5, 10:30am. Experience hands on reiki and tuning fork therapy during short grounding meditations. Masks are required. Call (908) 665-0311 ext. 4 or email rsvp@newprovidencelibrary.org to register.

Knit/Crochet Night – Monday, February 7 & Thursday, February 17, 7pm. Drop by the Conti Room with a knitting, crocheting or other textile project you're working on. Masks are required.

Batter Up – Let's Talk Baseball - Monday, February 7, 7pm. Discuss baseball teams, players, and issues of the sport with other baseball fans over Zoom.*

Registration Begins for Adult Takeout – Tuesday, February 22. A librarian will hand pick two library books for you along with a few paper-based surprises. To sign up, fill out the Personalized Takeout Questionnaire with your reading preferences. You'll receive an email when your takeout is ready.

* Email rsvp@newprovidencelibrary.org to register.

LET'S ENJOY READING!

Whether you're aging in place, planning to retire, or moving to a senior living community, entering new stages of life comes with many challenges and opportunities in our golden years. The following books can help you navigate those changes and embrace all that they have to offer.

Lessons from Lucy: The Simple Joys of an Old, Happy Dog 2020 by Dave Barry

Keep it Moving: Lessons for the Rest of Your Life 2019 by Twyla Tharp

The Ultimate Retirement Guide for 50+: Winning Strategies to Make Your Money Last a Lifetime 2020 by Suze Orman

Why Did I Come Into This Room? 2020 by Joan Lunden

Ikigai: The Japanese Secret to a Long and Happy Life 2017 by Hector Garcia, Francesc Miralles

The Beauty of Living Twice 2021 by Sharon Stone

LUNAR NEW YEAR

The Lunar New Year for 2022—the Year of the Tiger—starts on Tuesday, February 1, and begins the Spring Festival, which ends with the Lantern Festival on February 15. According to the Lunar zodiac, years are arranged in cycles of 12, and each cycle is named for an animal: rat, ox, tiger, rabbit, dragon, snake, horse, sheep, monkey, rooster, dog, and pig. People born in the year represented by a certain animal are thought to have the characteristics of that animal. Recent Tiger years are 1926, 1938, 1950, 1962, 1974, 1986, 1998, and 2010. If you were born in one of these years, you are a Tiger!

LUNAR NEW YEAR FESTIVAL**Year of the Tiger**

Join a virtual celebration on

February 6

3:30-5:00 PM

Performances, Trivia, Crafts, Cultural Demonstrations and more!

Learn more and register at

THESAY.ORG/LNYF

Questions? Contact:

Tiffany Escott

tiffany.escott@thesay.org

Brought to you by the Berkeley Heights Diversity Committee, Han Academy, Summit Area YMCA

NEW PROVIDENCE SENIOR CITIZENS CLUB

~ February 2022 ~

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Jan 30	Jan 31 9:00 In Control ¹ 11:00 Chair Yoga ¹ (Snow date for Club Meeting)	1 Lunar New Year 8:00 Bus to ShopRite* 9:45 Balance & Cond. ¹ 1:00 Tai Chi ¹ 1:00 Advanced Italian ³ 2:00 Beginner Italian ³	2 Groundhog Day 9:30 Stretch & Strength Exercise¹	3 9:30 Strong YOU ¹ 11:00 Mah Jongg ³	4 9:00 Zumba ¹ 11:00 Bingo ²	5
6	7 9:00 <u>NO</u> In Control ¹ 11:00 Chair Yoga ¹ 11:00 Trustee Mtg³	8 8:00 Bus to ShopRite* 9:45 Balance & Cond. ¹ 1:00 Tai Chi ¹ 1:00 Advanced Italian ³	9 9:30 Stretch & Strength Exercise¹ 11:00 Fluid Art⁵	10 9:00 Bus to Blue Star** 10:00 "Breast Cancer"**¹ 9:30 Strong YOU ¹ 11:00 Mah Jongg ³ 7:00 "Breast Cancer"**¹	11 9:00 Zumba ¹ 11:00 Bingo ²	12
13 Super Bowl	14 ♥ Valentine's Day ♥ 9:00 In Control ¹ 11:00 Chair Yoga ¹ 11:00 Club Meeting^{4****} 2:00 "Food and Its Impact on Mood"**¹	15 8:00 Bus to ShopRite* 9:45 Balance & Cond. ¹ 11:00 Book Club³ 1:00 Tai Chi ¹ 1:00 Advanced Italian ³ 2:00 Beginner Italian ³	16 9:30 Stretch & Strength Exercise¹ 12:00 "Ancient Olympics: Art & History"**¹	17 9:30 Strong YOU ¹ 11:00 Mah Jongg ³	18 9:00 Zumba ¹ 11:00 Bingo ²	19
20	21 Presidents Day <i>Center Closed - no programs or classes</i>	22 8:00 Bus to ShopRite* 9:45 Balance & Cond. ¹ 1:00 Tai Chi ¹ 1:00 Advanced Italian ³	23 9:30 Stretch & Strength Exercise¹ 10:00 "Smart Driver"**¹	24 9:30 Strong YOU ¹ 11:00 Mah Jongg ³	25 9:00 Zumba ¹ 11:00 Indoor Bingo^{4***} 12:00pm "Treating Diabetes Holistically"**¹	26
27	28 9:00 In Control ¹ 11:00 Chair Yoga ¹	Mar 1 8:00 Bus to ShopRite* 9:45 Balance & Cond. ¹ 1:00 Tai Chi ¹ 1:00 Advanced Italian ³ 2:00 Beginner Italian ³	Mar 2 10:00 "Smart Driver"**¹ 11:00 Mindfulness Mediation w/Judy¹	Mar 3 9:30 Strong YOU ¹ 11:00 Mah Jongg ³	Mar 4 9:00 Zumba ¹ 11:00 Bingo ²	Mar 5

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.

⁶ Class held via Zoom. **Register directly with AARP.** Registration closed 7 days prior to 1st class.

Bus Transportation

* Call MONDAY MORNINGS to reserve your spot

** Call by TUESDAY, FEBRUARY 8, to reserve your spot.

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

**** Call 3 days in advance to reserve your ride.