

New Providence Senior Citizens Newsletter

"Good things happen here!"

MARCH 2022



Vol. 22, No. 3



Coordinator's Corner

I am happy to report that there has been a lot of progress in the work on the Center. The walls and floors are coming along and should be done by the end of March. We're hoping to be able to move back into the Center by late spring! Until then, please join us at one of our upcoming programs at the Municipal Center. Enjoy St. Patrick's Day musical entertainment at the Club meeting with Jimmy Sabini, play bingo with Club friends, or learn "Book Art" with Christine. We're also happy to be offering two special Wednesday classes this month – "Stretch and Strength" with Mike and "Mindfulness Meditation" with Judy.

Highlights of March 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. St. Patrick's Day NPSC Club meeting with musical entertainment on Monday, March 14, in the Gym.

- Two In-person Bingo programs in the Gym
- Bus to Blue Star Shopping Center
- Several Atlantic Health virtual programs, including "Living Heart Smart," "The Great Flu Pandemic of 1918," "What's the Matter with Your Bladder," and "Strengthening Activities for Better Bone Health"
- "Stretch and Strength" exercise class with Mike continues on Wednesdays at 9:30am through March 23rd.
- "Mindfulness Meditation" class with Judy on Wednesdays at 11am

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

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

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

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 Ligammarri, Peggy Macneal, Pat Malicher, Bill Wehrle

Club Officers

President: Christine Napolitano
Vice President: Bill Wehrle
Treasurer: Sal Ligammarri
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, March 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.. Masks are required. Please call the Center at (908) 665-0046 or email decorsocenter@newprov.us by Tuesday, March 8 to reserve your spot.

INDOOR BINGO

Enjoy two fun mornings of Indoor Bingo with Club friends this month! We will have **bingo on Friday, March 11 at 11:00a.m.**, and an additional "special" **bingo with Chatham Hills on Monday, March 21 at 11:00a.m.** Both Indoor bingo programs will be held in the Municipal Center Gym. Bingo cards will be 50 cents each. **Masks will be required and space may be limited.** Please e-mail DeCorsoCenter@newprov.us or call the Center at (908) 665-0046 two days in advance to register and for bus transportation.

BOOK ART

When is a Book Not a Book? When it's Art. Join us on **Wednesday, March 30 at 11:00 a.m. in the Municipal Center Art Room** as Christine shows us how to fold books into all sorts of things. Animals, houses, candles, or free form art. All you need to get started is a book that you no longer want. Paperbacks are best but hardcovers work as well. Bring a book or use one of the ones we have available. **Masks will be required.** Please e-mail DeCorsoCenter@newprov.us or call the Center at (908) 665-0046 by Monday, March 28 to register for the program.

NPSCC CLUB MEETING

Dress in green and celebrate St. Patrick's Day with your Club friends at a meeting of the New Providence Senior Citizens Club on **Monday, March 14 at 11:00a.m.** Enjoy listening to live music performed by Jimmy Sabini.

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, call 3 days in advance. Register in advance by calling (908) 665-0046 or emailing decorsocenter@newprov.us by Friday, March 11.

INTERGENERATIONAL PEN PAL PROGRAM

Did you have a "Pen Pal" when you were younger? Would you like to have one again, and be delighted to find their letters in your mailbox? The New Providence Intergenerational Club, a group of high school-aged students living in New Providence with a mission to bridge the intergenerational gap through community service, events, and programs, is organizing a communication program of letters and/or phone calls with New Providence seniors. If you are interested in exchanging letters and/or receiving phone calls from one of these students, please contact the DeCorso Center at (908) 665-0046 or email us at decorsocenter@newprov.us by the end of March, and we will coordinate setting up pen pal partners with this organization.

SPECIAL WEDNESDAY CLASS OFFERINGS

Consider giving one of these exercise classes a try!

"Stretch and Strength" with Mike - We are happy to extend this class for four additional weeks on **Wednesdays at 9:30am March 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 11:00am March 2, 9, 16, 23, and 30 and April 6, 13, 20 and 27.**

Zumba® Gold-Toning with Donna – This class 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 work out to the world rhythms of Zumba but will use 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 then pick up the weights again to finish up the class. **Wednesdays at 9:30am April 6, 13, 20 and 27 and May 4, 11, 18 and 25.**

To register for classes and receive the Zoom link(s) please e-mail DeCorsoCenter@newprov.us.

ATLANTIC HEALTH VIRTUAL PROGRAMS**Living Heart Smart -Tuesday, March 1, 6:00pm**

Your heart works hard for you 24/7, so show it some love by nourishing it through a delicious balance of nutritious foods. You'll review a healthy shopping list and simple meal suggestions. Dedicate just this one hour from the comfort of your home and get heart smarter. E-mail DeCorsoCenter@newprov.us by Monday, February 28 to register and receive the Zoom link.

What's the Matter with Your Bladder? - Monday, March 7, 11:00am.

There are multiple causes of bladder control issues—weakened pelvic floor muscles can be one cause. Join us to learn tips to address urinary urgency and frequency, common bladder irritants, as well as proper breathing mechanics during daily activities to reduce strain on the pelvic floor. E-mail DeCorsoCenter@newprov.us by Friday, March 4 to register and receive the Zoom link.

The Great Flu Pandemic of 1918 -Wednesday March 9, 12:00pm.

In the spring of 1918, a mild flu season passed. In the fall, however, a new and highly contagious variant spread rapidly in the United States and worldwide. The flu was especially lethal to young adults. War time conditions in Europe created optimal conditions for exposure and infection, for military personnel and civilians alike. Known erroneously as the 'Spanish Flu', this pandemic would claim the lives of more than 675,000 Americans and nearly 50 million worldwide. Join us to learn more and how advances in medical technology enabled the H1N1 virus to finally be identified using tissue samples recovered in an extraordinary scientific expedition in Alaska. E-mail DeCorsoCenter@newprov.us by Monday, March 7 to register and receive the Zoom link.

Strengthening Activities for Better Bone Health - Tuesday March 15, at 11:00am.

As we age, a fall can be a serious health event that can cascade into additional health and wellness challenges. Learn how different activities, such as strength training, can help prevent injuries due to falls, strengthen bones, and improve overall health. E-mail DeCorsoCenter@newprov.us by Friday, March 11 to register and receive the Zoom link.

NEW PROVIDENCE COMMUNITY POOL

New Providence Community Pool registration is now open. Register by April 10th and take advantage of their Early Bird Discount. Senior Citizen Membership is for members who are 62 years and older and no Capital Contribution is required.

Use Community Pass to register and pay online. If you are unable to register and pay online, complete a Capital Contribution Form and a New Providence Resident's Registration Form and pay by check or with credit card at the NPCP office or mail to NPCP, P.O. Box 744, New Providence, NJ 07974.

NEW PROVIDENCE MEMORIAL LIBRARY (NPML)**2022 Community Read Theme: FAIRY TALES!**

Dive in and read, discuss, and share thoughts on Fairy Tales! Go to the library or check their website for lists of Fairy Tales to read.

Knit/Crochet Night – Monday, March 7 & Thursday, March 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, March 14, 7pm. Discuss baseball teams, players, and issues of the sport with other baseball fans over Zoom.*

Robotics, Survivor & the Meaning of Control – Tuesday, March 22, 6pm. Dr. Christian Hubicki, Robotics Professor at Florida State University, blends his unique experience as a robotics researcher and his adventure on the popular reality TV series, *Survivor*, in this exciting zoom presentation.*

New Jersey Makers Day – Friday, March 25 - Saturday, March 26. New Jersey Makers Day celebrates and promotes maker culture, as well as values associated with making, tinkering and STEM-based learning. Activities include a Microscopic Scavenger Hunt for ages 10 through adult.

* Email rsvp@newprovidencelibrary.org to register.

THANK YOU NOTES

- New Providence Middle School Student Services Club for preparing Valentine's Day cards and donating candies that were distributed at the February 14th Club meeting.
- Ms. Sarika Divate for the Fluid Art session.
- Christine Napolitano and Peggy Brodeur for the yummy Valentine treats.

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 to us on **Tuesday April 5, Wednesday April 6, and Thursday April 7 from 2-4 pm**. **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/d8q54l>. 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

Maple Syrup Magic

Any fan of pancakes, waffles, and French toast can tell you that the sticky sweetness of maple syrup is a must-have condiment. It's like a bottle of liquid magic placed in the center of the breakfast table. But the enjoyment of this amber delight far surpasses its status as a staple of the morning meal.

Do you Know?

- It takes roughly 40 gallons of sap to make one gallon of maple syrup.
- Maple sap straight from the tap is mostly crystal-clear water with about two percent sugar content. It is only by boiling to remove the water that it becomes the syrupy texture we know and love.

Health Benefits:

- It contains numerous antioxidants known to reduce the risk of many diseases, including heart disease and cancer.
- Maple syrup helps manage blood glucose.
- It fights inflammatory diseases.
- Used in a mask or an exfoliant, maple syrup helps promote healthy skin.
- When used in place of refined sugar, it can improve digestion.
- Maple syrup supplies important vitamins and minerals, including zinc, manganese, potassium, and calcium.
- Research suggests it even offers antimicrobial benefits.

Mardi Gras Clean Up

While thousands of people party in the streets of New Orleans, another group is gathering. A crew of almost 1,000 people assemble, ready to start cleanup as soon as the parade and the revelry passes. Using more than 100 pieces of equipment, they clear the streets of debris. Then they tackle the sidewalks, which contain food scraps, cardboard boxes, foam cups, bottles, beads, and abandoned couches and stuffed chairs.

The New Orleans Department of Sanitation begins its search for workers a year in advance. They work with local jobs programs, using "hard to employ" workers, and they also make extensive use of volunteers. Recycling is difficult because most of the materials are contaminated, but they coordinate with parade participants, asking them to keep and recycle their own cardboard and beads. In addition, there are bead bins all along the parade routes, and everyone is encouraged to recycle rather than dump unwanted beads. Thirteen hundred tons of Mardi Gras debris goes to the landfill every year and 86,000 pounds of beads are collected in the recycle bins each year.

Remembering Those We Lost
NPSCC lost many good friends in 2021.
***As we look into a new year, let us remember with gratitude all of
the good times and memories that we shared together.***

Ernie Bittman

Eileen Brabant

Gertrude Brohan

Jane Caggiano

Leah Cattano

Nancy Church

Charles Collard

Pat Connolly

Shirley D'Ascoli

Kay DeMarco

John Dolph

Enid Doyle

Anthony Ferlise (Mike & Mary Ellen's son)

Helen Ferratti

John Fox

Margaret Odell Harrell

Kathy Hendrickson

June Igo

Don Kern

Neil Kilcoyne

Mary Klech

Mille McSherry

Ida Pecca

Peter Pizzi

Lou Poli

Irene Regner

Wilma Silwones

Angela Tedesco

Joan Torpey

Henry Zukowski



*There are some we meet in passing
And forget as soon as they go.
There are some we remember with pleasure
And feel honoured and privileged to know.
You were that kind of person
Who leaves beautiful memories behind
And there will be many days
Which will bring fond memories to mind.*

 NEW PROVIDENCE SENIOR CITIZENS CLUB ~ March 2022 ~ 						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Feb 27	Feb 28 9:00 In Control ¹ 11:00 Chair Yoga ¹	1 Mardi Gras 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 6:00pm "Living Heart Smart"¹	2 9:30 Stretch & Strength¹ 10:00 "Smart Driver"¹ 11:00 Mindfulness Mediation w/Judy¹	3 9:30 Strong YOU ¹	4 9:00 Zumba ¹ 11:00 Bingo ²	5
6	7 9:00 In Control ¹ 11:00 Chair Yoga ¹ 11:00 Trustee Mtg³ 11:00 "What's the Matter with Your Bladder"¹	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 & Strength¹ 10:00 "Smart Driver"¹ 11:00 Mindfulness Mediation w/Judy¹ 12:00 "The Great Flu Pandemic of 1918"¹	10 9:00 Bus to Blue Star^{**} 9:30 Strong YOU ¹	11 9:00 Zumba ¹ 11:00 Indoor Bingo^{4***}	12
13 <i>Daylight Saving Begins (Spring ahead)</i>	14 9:00 In Control ¹ 11:00 Chair Yoga ¹ 11:00 Club Meeting^{4****}	15 8:00 Bus to ShopRite* 9:45 Balance & Cond. ¹ 11:00 "Strengthening Activities for Better Bone Health"¹ 1:00 Tai Chi ¹ 1:00 Advanced Italian ³ 2:00 Beginner Italian ³	16 9:30 Stretch & Strength¹ 11:00 Mindfulness Mediation w/Judy¹	17 ♣St. Patrick's Day♣ 9:30 Strong YOU ¹	18 9:00 Zumba ¹ 11:00 Bingo ²	19
20 <i>Start of Spring (Spring Equinox)</i>	21 9:00 In Control ¹ 11:00 Chair Yoga ¹ 11:00 Indoor Bingo with Chatham Hills^{4***}	22 8:00 Bus to ShopRite* 9:45 Balance & Cond. ¹ 11:00 Book Club³ 1:00 Tai Chi ¹ 1:00 Advanced Italian ³	23 9:30 Stretch & Strength¹ 11:00 Mindfulness Mediation w/Judy¹	24 9:30 Strong YOU ¹	25 9:00 Zumba ¹ 11:00 Bingo ²	26
27	28 9:00 In Control ¹ 11:00 Chair Yoga ¹	29 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	30 11:00 Book Art⁵ 11:00 Mindfulness Mediation w/Judy¹	31 9:30 Strong YOU ¹	Apr 1 9:00 Zumba ¹ 11:00 Bingo ²	Apr 2

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, March 8, to reserve your spot.

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

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