

# New Providence Senior Citizens Newsletter

## "Good things happen here!"

SEPTEMBER 2022



Vol. 22, No. 9



### COORDINATOR'S CORNER

The summer seems to have flown by...we hope you enjoyed it! This month we are excited to have an NPSCC tradition return to the Center - the Welcome Back Country and Western Picnic on September 28. We also have many other programs and activities to choose from this month, so please be sure to check the following pages for more information. We hope that you will join us and bring a friend!

#### Highlights of September Programs and Activities Include:

- Welcome Back Country Western Picnic
- Club meeting and Coffee and Donuts with a Neighborly Travel Advisor
- Bingo every Friday and a special Wednesday bingo
- Walking Club
- Art Program – Jewelry making
- Knitting lessons
- "Game Day" – bring friends and play Wizard or your favorite game!
- Atlantic Health virtual programs

#### Important Safety Protocols for In-Person Programs:

- The wearing of masks in Borough of New Providence Municipal Buildings, including the DeCorso Center, is no longer required. Social distancing is still recommended.
- Please note that the Department of Health encourages residents to make individual decisions within the guidelines in place. Masks are strongly recommended for individuals who are immunocompromised or who have immunocompromised individuals living at home with them. Masks are also strongly recommended when riding the Senior Bus, and for Bridge, Mah Jongg, Game Day, and other activities when seniors may not be socially distanced. If you are concerned about disease transmission or you are not fully vaccinated, you are encouraged to wear a mask.
- We continue to encourage everyone to stay up to date with their vaccinations.
- If you are not feeling well, we ask that you please do not attend our in-person programs. Thank you.

#### Please note the following schedule updates:

- **New Providence Borough offices will close at 1:00p.m. on Fridays through September 2<sup>nd</sup>.**
- **Exercise classes will NOT be held September 1, 2, and 5.**
- **The Center will be closed on Monday, September 5 for Labor Day. No exercise classes will be held.**
- **Italian classes will only meet on Tuesday, September 6. There will be NO classes for the rest of September. Classes will resume on Tuesday, October 4.**

### 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: Peggy Brodeur, Barbara Koslap, Sal Ligammari, Peggy Macneal, Pat Malicher, Bill Wehrle

#### Club Officers

President: Christine Napolitano  
Vice President: Bill Wehrle  
Treasurer: Sal Ligammari  
1<sup>st</sup> Treasurer: Dolores Felezzola  
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](http://www.newprov.org/seniors)  
[www.facebook.com/NPSeniors](http://www.facebook.com/NPSeniors)

#### 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 transportation is available to ShopRite on Tuesday mornings, to shopping malls as scheduled, and to several Club activities. Call in advance to reserve your ride.

**WELCOME BACK COUNTRY WESTERN PICNIC****Wednesday, September 28 at 12noon**

Join friends for some good old boy country music and dancing!!! Enjoy hamburgers, hot dogs, chicken, Italian sausage, French fries, onion rings, corn-on-the-cob, lemonade, iced tea, and watermelon. Wear your western duds and get ready to have a boot scootin' boogie time!!! **Cost \$15. Tickets are on sale now at the Center. Last day to purchase tickets is September 21.** Make checks payable to NPSCC. For bus transportation, please call (908) 665-0046 or e-mail [decorsocenter@newprov.us](mailto:decorsocenter@newprov.us) two days in advance.

**JEWELRY MAKING**

Jewelry making is a great hobby for people of all ages. We have beads of many different colors, shapes, and designs, with the goal of pairing several of them and turning them into wearable art. Jewelry making not only develops creativity but actually strengthens muscles in the hands. Join us on **Thursday, September 22 at 11am.** E-mail [decorsocenter@newprov.us](mailto:decorsocenter@newprov.us) or call (908) 665-0046 two days in advance to register.

**NPSC CLUB MEETING****Meet A Neighborly Travel Advisor Over Coffee**

Summer may be over, but you can plan your next vacation! Join us on **Wednesday, September 21 at 11am** for a meeting of the New Providence Senior Citizens Club and a presentation by Nish Verma, Trusted Travel Advisor. Nish is a "Travel Guru and Guide" based in Berkeley Heights who believes everyone should travel with ease in affordable comfort. Join him at the NPSC Club meeting to learn about: removing the complexities of travel planning and booking, understanding the changes in global health and safety protocols post-pandemic, and planning a senior-specific travel adventure. He will address all of your travel-related questions and concerns. **Coffee & donuts will be provided, so RSVPs are appreciated for planning purposes.** For bus transportation, please call (908) 665-0046 or e-mail [decorsocenter@newprov.us](mailto:decorsocenter@newprov.us) 2 days in advance.

**BINGO**

We will have bingo games **every Friday in September at 11am**, and an additional bingo game with special prizes on **Wednesday, September 14 at 11am**. Bring a friend and enjoy the fun! Bingo cards will be 50 cents each. For bus transportation, please call (908) 665-0046 or e-mail [decorsocenter@newprov.us](mailto:decorsocenter@newprov.us) two days in advance.

**WALKING CLUB**

Want to enjoy the fresh air and some exercise while socializing with friends? Do you love to walk? The Center's "Walking Club" will restart on **Wednesdays at 10am, beginning September 7**. The group will meet at the Center and walk in the surrounding neighborhoods. Weather permitting. Please wear comfortable clothing and sneakers and bring water. For bus transportation to the Center, please call (908) 665-0046 or e-mail [decorsocenter@newprov.us](mailto:decorsocenter@newprov.us) two days in advance.

**GAME DAY**

Join Club friends for a fun morning of games on **Wednesday, September 7 at 11am**. Gather your friends to socialize and play any game you'd like. We have cards, Scrabble, and dominoes at the Center, or bring your own game to play! Bert will be leading a game of Wizard, a fun card game that you can try out! We also have a Ping Pong table set up in the back room for those who would like to play. The picnic tables on the patio will also be available if the weather is nice! For bus transportation, please call (908) 665-0046 or e-mail [decorsocenter@newprov.us](mailto:decorsocenter@newprov.us) two days in advance.

**KNITTING LESSONS AND KNITTING CLUB**

Come learn a new hobby and meet wonderful friends! Christine will be offering knitting lessons on **Thursday, September 15 at 1pm**. The regular knitting club will then resume on Thursdays at 1pm beginning October 13. Bring your own project and enjoy the conversation. All are welcome!

**BOOK CLUB**

Join the Book Club on **Tuesday, September 20 at 11am** for a discussion of My Own Words, a New York Times bestselling book by former Supreme Court Justice Ruth Bader Ginsburg. In this “witty, engaging, serious and playful collection of writings and speeches,” Justice Ginsburg discusses gender equality, the workings of the Supreme Court, being Jewish, law and lawyers in opera, and the value of looking beyond US shores when interpreting the US Constitution. This book’s sampling was selected by Justice Ginsburg and her authorized biographers Mary Hartnett and Wendy W. Williams. The book is a fascinating glimpse into the life of one of the most influential women in recent American history.

**SENIOR BUS SHOPPING TRIP**

On **Thursday, September 15**, 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. Seniors are asked to wear their masks while riding the bus. To reserve your spot, call (908) 665-0046 or email [decorsocenter@newprov.us](mailto:decorsocenter@newprov.us) by Tuesday, September 13.

**NURSE'S HOURS**

The New Providence Public Health Nurse, Jennifer Aranda, will be at the DeCorso Center on **Wednesday, September 21 beginning at 10:00a.m.** to give blood pressure screenings and answer questions. Please stop by the Card Room to see her before the Club meeting.

**THANK YOU NOTES**

- A huge thank you to Joan Bollman and Valerie Burke for many hours spent organizing the Decorso Center Library. It looks fantastic!
- Members of the New Providence Intergenerational Club for joining Bingo.
- Thank you to the New Providence Community Pool for the wonderful luncheon and afternoon at the pool!
- Ann Marie Ragsdale for calling bingo, again!
- Public Health Nurse Jennifer Aranda and New Providence EMS President Jessica Short for running the vaccine booster clinic.

**UPCOMING ACTIVITIES COMMITTEE EVENTS****Oktoberfest At Forest Lodge**

**Saturday, October 8**

Take the New Providence Senior Citizens Club bus to Oktoberfest at Forest Lodge in Warren. Socialize with friends and indulge in delicious German food while listening to the oom-pah band. Local vendors will be there with handcrafted items for sale. **Cost is \$12 plus cost of food. Tickets are on sale now! Bus limit is 28 riders. Cost is \$10 plus food if you drive yourself.**

**Airport Café**

**Thursday, October 20**

On Thursday, October 20, we’ll be returning to the Airport Café to enjoy delicious food and delightful friends while watching planes take off and land. Watch for signup sheet coming soon.

**ATLANTIC HEALTH VIRTUAL PROGRAMs**

**Managing Celiac Disease and Eating Right – Thursday, September 8 at 12:00 PM - 1:00 PM**

Celiac disease is a genetic autoimmune disorder in which individuals are allergic to gluten. If gluten is ingested in affected patients, it can cause damage to the small intestine. To manage celiac disease, it is recommended to follow a gluten-free diet and avoid medications containing gluten for the duration of one’s life. During this webinar, you will learn how to manage celiac disease and have a better understanding of the manifestations that may occur if left untreated. Presented by Natalie Barbaro, RD, Outpatient Dietitian, Morristown Medical Center. Email [decorsocenter@newprov.us](mailto:decorsocenter@newprov.us) by Tuesday, September 6 to register and to receive the Zoom link.

**Head and Neck Cancers and the Role of Human Papilloma Virus (HPV): A Brief Overview - September 23 at 8:30 AM - 9:30 AM**

Learn the various signs and symptoms of head and neck cancer. Discussion will include how HPV can cause head and neck cancer and options for treatment. Presented by Tom Thomas, MD, Director, Head and Neck Reconstructive Surgery & Trans Oral Robotic Surgery, Morristown Medical Center. Email [decorsocenter@newprov.us](mailto:decorsocenter@newprov.us) by Tuesday, September 20 to register and to receive the Zoom link.

The **Osher Institute of Lifelong Learning** at Rutgers University is offering online and in-person courses beginning in September. Visit <https://olliru.rutgers.edu/course-listing> to see course offerings and to register.

The **Discovery Orchestra** is offering free tickets to the Sunday, September 18 taping at Pingry School in Basking Ridge of their sixth national special, "Discover Saint-Saens' "Organ" Symphony" to air on American Public Television in May 2023. Visit [www.discoveryorchestra.org/discover-saint-saens](http://www.discoveryorchestra.org/discover-saint-saens) or call 973-379-2200.

**ACTIVITY CORNER – Things Grandparents Say**  
Grandparents are full of wisdom. Here are some sayings handed down by grandparents:

- A leopard never changes its spots.
- You don't get something for nothing.
- Don't leave until tomorrow what you can do today.
- Don't buy what you can't afford.
- Cleanliness is next to godliness.
- If you're going to do something, do it right.
- You can't control what others do, only your own reactions.
- Actions speak louder than words.
- Knowledge is never wasted.
- Never turn down a free meal.
- Pay yourself first.

**ACTIVITY CORNER - Grandparents' Wit and Wisdom**

"A child needs a grandparent, anybody's grandparent, to grow a little more securely into an unfamiliar world." — Charles and Ann Morse

"Have children while your parents are still young enough to take care of them." — Rita Rudner

"Sometimes our grandmas and grandpas are like grand-angels." — Lexie Saige

"Grandchildren are God's way of compensating us for growing old." — Mary H. Waldrip

"A mother becomes a true grandmother the day she stops noticing the terrible things her children do because she is so enchanted with the wonderful things her grandchildren do." — Lois Wyse

**AROUND TOWN**

**Sustainable New Providence Freecycle Fest at NP Community Pool – Saturday, September 17 (rain date Sep 18), 9am–2pm.** Donate high-quality, pre-loved items from 9am-12pm. Browse and take items home from 9am-2pm. NO EARLY DROP-OFFs.

**New Providence Historical Society Book Festival – Saturday 17, 9am-3pm** - New Providence Book Festival on the grounds of the historic Salt Box Museum, 1350 Springfield Avenue, New Providence, NJ. Features authors from local towns.

**NEW PROVIDENCE MEMORIAL LIBRARY (NPML)**  
**Intro to Programming with Python – Sat, Sep 10, 17, 10:30am.** Five-week course to learn basic programming concepts.\*

**Batter Up – Let's Talk Baseball – Mon, Sep 12, 7pm.** Discuss teams, players, and issues of the sport with other baseball fans.\*

**Movie & Discussion: "Downton Abbey: a New Era" – Tues, Sep 13, 1:00pm.** The Crawley family goes on a grand journey to the South of France to uncover the mystery of the dowager countess's newly inherited villa.

**Hindi Conversation Group – Wed, Sept 14, 10:00am** – Practice your Hindi language skills in conversation with others.\*

**Knit/Crochet Night – Thurs, Sep 15, 7pm.** Bring your latest knitting or crocheting project to work on while you chat with others.

**Sewing Machine Workshop – Sun, Sep 18, 2:00pm.** Make your own pincushion while learning how to use a sewing machine.\*



**NP Chess Club Lecture – Mon, Sep 19, 4:30pm.** Learn to play chess with NP Chess Club. Register at least 1 day in advance online through NP Chess Club.

**NP Chess Club – Mon, Sep 19, 5:30pm.** Play chess with the NP Chess Club tournament! Register at least 1 day in advance online through NP Chess Club.

**Cookbook Club – Tues, Sep 27, 1:00pm.** Discuss 30-Minute Meal Recipes and ideas for using all of your apples!

**Touch Drawing – Thus, Sep 29, 6:30pm.** "Draw" on paper with your fingers, manipulating paint that lies between a sheet of paper and a sheet of plexiglass.

\*To register, email [rsvp@newprovidencelibrary.org](mailto:rsvp@newprovidencelibrary.org) or call (908) 665-0311 ext.4

|  <b>NEW PROVIDENCE SENIOR CITIZENS CLUB</b><br>~ September 2022 ~  |  |   |   |   |   |          |
|--|--|---|---|---|---|----------|
| Sunday   | Monday   | Tuesday   | Wednesday   | Thursday  | Friday  | Saturday |
| Aug 28   | Aug 29<br>9:00 <u>NO</u> In Control <sup>1</sup><br>11:00 <u>NO</u> Chair Yoga <sup>1</sup><br>12:00 Bridge  | Aug 30<br>8:00 Bus to ShopRite*<br>9:45 <u>NO</u> Balance & Cond. <sup>1</sup><br>1:00 <u>NO</u> Tai Chi <sup>1</sup>   | Aug 31<br><b>11:00 Club Meeting – Turtle Back Zoo “Live Animal” Presentation<sup>2***</sup></b>   | 1<br>9:30 <u>NO</u> Strong YOU w/Myriam <sup>1</sup><br>1:00 Mah Jongg  | 2<br>9:00 <u>NO</u> Zumba <sup>1</sup><br>11:00 Indoor Bingo <sup>***</sup>   | 3        |
| 4  | 5 <i>Labor Day</i><br>9:00 <u>NO</u> In Control <sup>1</sup><br>11:00 <u>NO</u> Chair Yoga <sup>1</sup><br>11:00 <u>NO</u> Bridge<br><b>Center Closed</b><br><b>Happy Labor Day!</b> | 6<br>8:00 Bus to ShopRite*<br>9:45 Balance & Cond. <sup>1</sup><br>1:00 Tai Chi <sup>1</sup><br>1:00 Advanced Italian<br>2:00 Beginner Italian  | 7<br><b>10:00 Walking Club<sup>***</sup></b><br><b>11:00 Game Day<sup>***</sup></b>   | 8<br>9:30 Strong YOU w/Myriam <sup>1</sup><br><b>12:00 “Managing Celiac Disease and Eating Right”<sup>1</sup></b><br>1:00 Mah Jongg | 9<br>9:00 Zumba <sup>1</sup><br>11:00 Indoor Bingo <sup>***</sup>   | 10       |
| 11<br><i>Happy Grandparents Day!</i>   | 12<br>9:00 In Control <sup>1</sup><br><b>11:00 Trustee Mtg</b><br>11:00 Chair Yoga <sup>1</sup><br>11:00 Bridge  | 13<br>8:00 Bus to ShopRite*<br>9:45 Balance & Cond. <sup>1</sup><br><b>10:00 Activities Committee Mtg</b><br>1:00 Tai Chi <sup>1</sup><br>1:00 <u>NO</u> Advanced Italian                     | 14<br><b>10:00 Walking Club<sup>***</sup></b><br><b>11:00 Special Bingo<sup>***</sup></b>   | 15<br><b>9:00 Bus to Blue Star**</b><br>9:30 Strong YOU w/Myriam <sup>1</sup><br>1:00 Mah Jongg<br><b>1:00 Knitting Lesson</b>      | 16<br>9:00 Zumba <sup>1</sup><br>11:00 Indoor Bingo <sup>***</sup>  | 17       |
| 18   | 19<br>9:00 In Control <sup>1</sup><br>11:00 Chair Yoga <sup>1</sup><br>11:00 Bridge  | 20<br>8:00 Bus to ShopRite*<br>9:45 Balance & Cond. <sup>1</sup><br><b>11:00 Book Club</b><br>1:00 Tai Chi <sup>1</sup><br>1:00 <u>NO</u> Advanced Italian<br>2:00 <u>NO</u> Beginner Italian | 21<br><b>10:00 Walking Club<sup>***</sup></b><br><b>10:00 Nurse’s Hours<sup>***</sup></b><br><b>11:00 Club Meeting – Coffee with a Travel Advisor<sup>***</sup></b> | 22 <i>Autumnal Equinox</i><br>9:30 Strong YOU w/Myriam <sup>1</sup><br><b>11:00 Jewelry Making<sup>4</sup></b><br>1:00 Mah Jongg    | 23<br><b>8:30 “Head and Neck Cancers”<sup>1</sup></b><br>9:00 Zumba <sup>1</sup><br>11:00 Indoor Bingo <sup>***</sup> | 24       |
| 25   | 26<br>9:00 In Control <sup>1</sup><br>11:00 Chair Yoga <sup>1</sup><br>11:00 Bridge  | 27<br>8:00 Bus to ShopRite*<br>9:45 Balance & Cond. <sup>1</sup><br>1:00 Tai Chi <sup>1</sup><br>1:00 <u>NO</u> Advanced Italian  | 28<br><b>10:00 Walking Club<sup>***</sup></b><br><b>12:00noon - Welcome Back Country-Western Picnic<sup>3***</sup></b>  | 29<br>9:30 Strong YOU w/Myriam <sup>1</sup><br>1:00 Mah Jongg   | 30<br>9:00 Zumba <sup>1</sup><br>11:00 Indoor Bingo <sup>***</sup>  | Oct 1    |

Note: Masks are recommended for any activity when social distancing is not possible.

<sup>1</sup> Virtual class via Zoom. Pre-registration required.

<sup>2</sup> Register in advance.

<sup>3</sup> Purchase your ticket in advance.

<sup>4</sup> Register 2 days in advance.

#### Bus Transportation

\* Call MONDAY MORNINGS to reserve your spot

\*\* Call 2 days in advance to reserve your spot.

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