

New Providence Senior Citizens Newsletter

"Good things happen here!"



APRIL 2022



Vol. 22. No. 4

COORDINATOR'S CORNER

SPECIAL EVENT

GRAND RE-OPENING OF THE DECORSO CENTER THURSDAY, APRIL 28 FROM 10:00AM-12:00PM

I know you all have been eagerly awaiting our return to the DeCorso Center....so, I am thrilled to tell you that the date has been set for the end of this month! Please mark your calendars to save the date and join us for a Grand Re-Opening Celebration at the Center on Thursday, April 28 from 10:00am – 12:00noon.

Festivities will include a ribbon cutting ceremony with Mayor Morgan and members of the Borough Council, tours of the newly renovated Center, music, refreshments, and giveaways. Come see how great the Center looks and hear about what we have planned for the future!

Important Safety Protocols for In-Person Programs**

- Please be advised that the wearing of masks in the Borough of New Providence Municipal Building is no longer required. Seniors are asked to continue to wear their masks while riding the senior bus.
- 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. If you are concerned about disease transmission or you are not fully vaccinated, you are encouraged to wear a mask. An individual is considered fully vaccinated when they have the full first course of a vaccine (1 for J&J and 2 for Moderna and Pfizer) AND the booster at the appropriate time interval.
- Social Distancing is still recommended. Contact tracing will still be conducted. Safety protocols for in-person senior programs may be further updated when additional guidance from the Department of Health becomes available.

If you are not feeling well, we ask that you please do not attend our in-person programs. Thank you.

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, Bill Wehrle

Club Officers

President: Christine Napolitano
Vice President: Bill Wehrle
Treasurer: Sal Ligammari
1st 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

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 Shopping Center as scheduled. Call 2 days prior to reserve your spot.

GRAND RE-OPENING EVENT

We're celebrating! Please join us for the **Grand Re-Opening of the DeCorso Center on Thursday, April 28 from 10am-12noon**. Festivities will include a ribbon cutting ceremony with Mayor Morgan and members of the Borough Council, music, tours of the newly renovated Center, refreshments, and giveaways. Come see how great the Center looks and hear about what we have planned for the future!

RSVPs appreciated for planning purposes (but not required) by Monday, April 25. Please call (908) 665-0046 or e-mail decorsocenter@newprov.us for more information or to RSVP.

INDOOR BINGO

Enjoy two fun mornings of Indoor Bingo with Club friends this month! We will have **bingo on Friday, April 1 at 11:00a.m.**, and an additional **"special" bingo with Chatham Hills on Monday, April 11 at 11:00a.m.** Both Indoor Bingo programs will be held in the Municipal Center Gym. Bingo cards will be 50 cents each.

E-mail DeCorsoCenter@newprov.us or call the Center at (908) 665-0046 two days in advance to register and for bus transportation.

BLANKETS FOR UKRAINIAN CHILDREN

Have you been watching the news about the situation in Ukraine, and wondering how you may be able to help? One way is to help provide supplies to those in need. Please join Ruth, Christine and other Club friends on **Wednesday, April 6 at 11:00a.m.** in the Municipal Center's Art Room to tie fleece blankets which will be sent to Ukrainian children. All the materials will be provided, and no special skills are involved. The blankets will be brought to a church that is sending supplies to the Ukrainian people.

To sign up, email decorsocenter@newprov.us or call (908) 665-0046 by Monday, April 4.

BUS TO BLUE STAR

On **Thursday, April 14**, 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. Please call the Center at (908) 665-0046 or email decorsocenter@newprov.us by Tuesday, April 12 to reserve your spot.

NPSCC CLUB MEETING

Socialize with Club friends at a meeting of the New Providence Senior Citizens Club on **Monday, April 18 at 11:00a.m.** Katie Kovar, Manager of Social Work and Community Outreach at SAGE Eldercare will update us on SAGE programs and answer questions about their services. This meeting will take place in the New Providence Municipal Building Gym. Masks are optional. Social distancing is recommended. For bus transportation, call 3 days in advance. Register in advance by calling (908) 665-0046 or emailing decorsocenter@newprov.us by Friday, April 15.

SPECIAL WEDNESDAY CLASS OFFERINGS

Consider giving one of these exercise classes a try!

Mindfulness Meditation with Judy continues in April

– 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 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**Arthritis of the Hands: What you Need to Know - Monday April 11, 1:30pm**

Join us for a review of the two main types of arthritis, osteoarthritis and rheumatoid arthritis, and learn how occupational therapy can help. Tips will include conservative and surgical management, gentle exercises, basic joint protection strategies and splinting options. Presented by Jenna Silverman, physical therapist, Atlantic Rehabilitation, Hackettstown Physical Therapy. E-mail DeCorsoCenter@newprov.us by Friday, April 8 to register and receive the Zoom link.

Keeping Your Grandchildren Safe - Tuesday, April 19, 1:00pm

With changing work and school schedules, grandparents are assisting many families with childcare duties. Over the last two decades many new safety precautions and devices have been developed to keep children safe. Get the latest information on injury prevention. This presentation will highlight a few key safety precautions to be aware of on the road, at home and at play. Presented by KJ Feury, RN, APNc, CCRN, Injury Prevention Coordinator, Morristown Medical Center. E-mail DeCorsoCenter@newprov.us by Friday, April 15 to register and receive the Zoom link.

Preventing Falls - Thursday, April 28, 11:00am

Learn the many external and internal reasons that may be causing you to fall. Learn some ways to help yourself be safe and more confident in your environment. Presented by PTA, Certified Falls Prevention Specialist, Atlantic Rehabilitation, Hackettstown Medical Center. E-mail DeCorsoCenter@newprov.us by Monday, April 25 to register and receive the Zoom link.

THANK YOU NOTES

- Christine Napolitano for the wonderful Book Art craft program.

NEW PROVIDENCE MEMORIAL LIBRARY (NPML)

National Library Week Celebrations – April 3-9. Visit all week long for giveaways and activities! Less than \$1 Book Fine Forgiveness, Free NEW Replacement Library Cards, Raffle for “Love My Library” T-Shirt.

H.M.S. Pinafore Concert – Sunday, April 3, 3-4pm. The Savoy Faire ensemble of the Light Opera of New Jersey will perform a fun and snappy version of Gilbert and Sullivan’s comic opera. **Seating is limited due to social distancing & is first come, first served.**

Knit/Crochet Night – Monday, April 4 & Thursday, April 21, 7pm. Drop by the Conti Room with a knitting, crocheting or other textile project you’re working on

Bring the Bard to Your Yard: Gardening in the Age of Elizabeth I - Thursday, April 7, 7-8pm. Explore Tudor and Shakespearean gardens in the US & UK with garden historian Lesley Parness via zoom.*

Literary Necklace Craft – Friday, April 8, 10am. Make your favorite poem, passage, quote, or dictionary definition into a glass pendant for a necklace.

Batter Up – Let’s Talk Baseball – Monday, April 11, 7pm. Discuss teams, players, and issues of the sport with other baseball fans over zoom.*

Stories of the Wild West – Thursday, April 28, 7pm. Professional storyteller Judy England-McCarthy narrates this prerecorded virtual program about the Wild West and Annie Oakley. At the end, she will answer questions live over zoom.*

* Email rsvp@newprovidencelibrary.org to register.

SENIOR NATURE WALKS

Enjoy outdoor programs in Union County’s largest park, the Watchung Reservation. Trailside Nature & Science Center is offering the following Nature Walks for Seniors ages 55 & older on Fridays from 11:30AM – 12:30PM.

April 1 – Tracking

April 8 – Hibernation Has Halted

April 15 – Lenape Walk

April 22 – Buds & Blooms

Register at ucnj.org/trailside

UTILITY ASSISTANCE

The utility shut off moratorium ended on March 15th. There are many resources available for payment assistance. PSE&G recommends the following:

- Enroll in a PSE&G Deferred Payment Arrangement (DPA): Visit pseg.com/myaccount; or call 800-357-2262. When asked, "What would you like help with today?" say, "Payment arrangement."
- Apply for state energy assistance: Visit nj211.org (<https://www.nj211.org/utility-assistance-programs>) or dial 2-1-1.
- Need help, not sure where to start or want to share information with others? Visit: www.pseg.com/HelpNow, or call PSE&G Customer Care: 800-357-2262.
- Find an affiliate agency that helps people apply for utility relief programs in your county: Visit pseg.com/HelpNow for PSE&G Customer Service Centers with customer advocates from affiliate agencies. Or visit nj211.org (<https://www.nj211.org/utility-assistance-programs>) or dial 2-1-1.
- For more information, visit www.pseg.com/HelpNow

New Jersey Utility Assistance Programs

Universal Service Fund (USF) 1-800-510-3102

Low Income Home Energy Assistance Program (LIHEAP) 1-800-510-3102

NJ Lifeline Program 1-800-792-9745

Payment Assistance Gas and Electric (PAGE) 1-855-465-8783

NJ SHARES 1-866-657-4273

FREE REUSABLE BAG GIVEAWAY

The NJ bag ban goes into effect on May 4. The law bans plastic bags at grocery stores and retail outlets, as well as paper bags at grocery stores measuring more than 2,500 square feet.

The New Providence Department of Public Works will be distributing free reusable shopping bags during normal recycling hours (9 AM – 1 PM) on **Saturday, April 16** at the Public Works yard located at 4 Park Place off of Commonwealth Avenue.

Totally Tulips

Tulips are both a classic early spring flower and a flower with a lively history in the Netherlands. The bulbs arrive in March and April in various colors and are one of the few cut flowers that move with the sunlight.

Tulips grew wild in Central Asia at least by the year 1000 AD, when information about them was first documented. Suleiman the Magnificent, ruler of the Ottoman Empire in the early 1500s, discovered tulips from the Persians. He was immediately taken with the unusually handsome flowers and held parties to celebrate the tulip-blooming season. At these lavish balls, guests dressed in colors to match the tulips in bloom.

Eventually, Suleiman gifted some tulip bulbs to a visiting European ambassador. They found their way to the Netherlands and into the hands of royal botanist Carolus Clusius. No one had ever seen flowers that were so richly pigmented and able to grow in chilly soil. These attributes made them highly sought after, and because of such high demand, tulip bulbs became scarce. This led to what is termed "tulip mania."



Do you Know?

Earth Day, April 22

Sustainable living is all about the choices we make in our daily routine to help reduce our impact on the planet and the environment. This means using more renewable resources and making positive changes to help protect the Earth for future generations.

Ways to live more sustainably in 2022:

1. Save energy
2. Use reusable alternatives
3. Go paperless
4. Use renewable energy
5. Recycle and reuse
6. Grow your own produce
7. Donate unused items
8. Buy fair trade products
9. Drive less
10. Don't waste food
11. Shop at thrift stores!
12. Use eco-friendly cleaning products
13. Go get some fresh air!!

	NEW PROVIDENCE SENIOR CITIZENS CLUB ~ April 2022 ~					
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Mar 27	Mar 28 9:00 In Control ¹ 11:00 Chair Yoga ¹	Mar 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	Mar 30 11:00 Book Art ⁵ 11:00 Mindfulness Meditation ¹	Mar 31 9:30 Strong YOU ¹	1 April Fool's Day 9:00 Zumba ¹ 11:00 Indoor Bingo^{4***}	2
3	4 9:00 In Control ¹ 11:00 Chair Yoga ¹ 11:00 Trustee Mtg³	5 8:00 Bus to ShopRite* 9:45 Balance & Cond. ¹ 11:00 Book Club 1:00 Tai Chi ¹ 1:00 Advanced Italian ³ 2:00 AARP "Smart Driver" ⁶	6 9:30 Zumba Gold-Toning ¹ 11:00 Mindfulness Meditation ¹ 11:00 Blankets for Ukrainian Children⁵ 2:00 AARP "Smart Driver" ⁶	7 9:30 Strong YOU ¹ 2:00 AARP "Smart Driver" ⁶	8 9:00 Zumba ¹ 11:00 Bingo ²	9
10	11 9:00 In Control ¹ 11:00 Chair Yoga ¹ 11:00 Indoor Bingo with Chatham Hills^{4***} 1:30 "Arthritis of the Hands"¹	12 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	13 9:30 Zumba Gold-Toning ¹ 11:00 Mindfulness Meditation ¹	14 9:00 Bus to Blue Star** 9:30 Strong YOU ¹	15 9:00 Zumba ¹ 11:00 Bingo ²	16 DPW Bag Giveaway 9am – 1pm
17 <i>Happy Easter!</i>	18 9:00 In Control ¹ 11:00 Chair Yoga ¹ 11:00 Club Meeting^{4****}	19 8:00 Bus to ShopRite* 9:45 Balance & Cond. ¹ 1:00 Tai Chi ¹ 1:00 Advanced Italian ³ 1:00 "Keeping Your Grandchildren Safe"¹	20 9:30 Zumba Gold-Toning ¹ 11:00 Mindfulness Meditation ¹	21 9:30 Strong YOU ¹	22 <i>Earth Day</i> 9:00 Zumba ¹ 11:00 Bingo ²	23
24	25 9:00 In Control ¹ 11:00 Chair Yoga ¹	26 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	27 9:30 Zumba Gold-Toning ¹ 11:00 Mindfulness Meditation ¹	28 9:30 <u>NO</u> Strong YOU ¹ 10am-12noon GRAND RE-OPENING EVENT 11:00 "Preventing Falls"¹	29 <i>Arbor Day</i> 9:00 Zumba ¹ 11:00 Bingo ²	30 NPPD P.A.C.T. Day 9am – 2pm

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, April 12, to reserve your spot.

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

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