

# New Providence Senior Citizens Newsletter

## "Good things happen here!"

AUGUST 2022



Vol. 22, No. 8



### COORDINATOR'S CORNER

I hope you all are having a wonderful summer! We have a number of August programs to keep you busy while escaping the heat – we hope you will join us! Be sure to check the following pages for details about the Senior Luncheon at the New Providence Community Pool, our vaccine booster clinic, Club meetings include a special live animal presentation by the Turtle Back Zoo, and more. The NPSCC Activities Committee has also been busy planning bus trips and a September Welcome Back Picnic – see page 3 for more information!

### Highlights of August Programs and Activities Include:

- Senior Luncheon at the New Providence Community Pool
- Club meeting with a "Live Animal" presentation by the Turtle Back Zoo
- Club meeting "Sharing Summer Memories" & Bingo with NPIGC (New Providence Intergenerational Club) members.
- Bingo every Friday and a special Wednesday bingo with Chatham Hills
- Art Program – Summer Sunflowers
- "Game Day" – bring friends and play Wizard or your favorite game!
- Bridge on Mondays
- Italian classes on Tuesdays
- Mah Jongg on Thursdays
- 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. Seniors are asked to continue to wear their masks while riding the senior bus. 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. 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 AND the booster at the appropriate time interval.
- 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>.**
- **Italian classes will only be held on August 9 and August 23.**
- **Exercise classes will NOT be held August 22 – September 2.**
- **The Center will be closed on Monday, September 5 for Labor 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: 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.

### NPSCC CLUB MEETING - "SHARING SUMMER MEMORIES" AND BINGO WITH THE NEW PROVIDENCE INTERGENERATIONAL CLUB

Come and enjoy a meeting of the New Providence Senior Citizens Club on **Wednesday, August 17 at 11 am**. We will have a fun program of sharing summer stories and favorite memories from the season. Please bring your stories and photos to share! After the meeting, members of the New Providence Intergenerational Club (NPIGC) will play bingo with us! E-mail [decorsocenter@newprov.us](mailto:decorsocenter@newprov.us) or call the Center at (908) 665-0046 by Monday, August 15 to sign up for bus transportation.

### NPSCC CLUB MEETING – TURTLE BACK ZOO LIVE ANIMAL PRESENTATION

Join us for a fun and an adventurous Club meeting on **Wednesday, August 31 at 11am** in the Main Room at the DeCorso Center. Education staff from the Turtle Back Zoo will give a "Live Animal" presentation. This event is limited to 30 people only. RSVP is required. Email [decorsocenter@newprov.us](mailto:decorsocenter@newprov.us) or call the center at (908)665-0046 by FRIDAY, August 26 to register and for bus transportation.

### GAME DAY – Aug 3

Join Club friends for a fun morning of games on **Wednesday, August 3 at 11:00am**. 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 also 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. *Since social distancing may not be possible, masks are recommended.* The picnic tables on the patio will also be available if the weather is nice! For bus transportation, please call 2 days in advance.

### SENIOR CITIZENS LUNCH AT THE POOL

Enjoy a yummy lunch and a wonderful afternoon at the New Providence Community Pool on **Wednesday, August 10 from 12:30-2:30 p.m.** **Advance sign up for the event and for bus transportation is required.** To register, please e-mail [decorsocenter@newprov.us](mailto:decorsocenter@newprov.us) or call the Center at (908) 665-0046 by **FRIDAY, August 5.** The bus will leave the DeCorso Center at 12:15pm. Rain date is Thursday, August 11.

### SUNFLOWER ART – Aug 25

Art instructor Christen Simmons has been teaching and volunteering her time for over 20 years with students from preschool to seniors. She currently teaches art to all ages. Join Christen on **Thursday, August 25 at 11:00 am** to make a beautiful summer sunflower using colored beans. Create a wonderful art project all by yourself! Please e-mail [decorsocenter@newprov.us](mailto:decorsocenter@newprov.us) or call the Center at (908) 665-0046 by MONDAY, August 22 to register.

### SPECIAL BINGO WITH CHATHAM HILLS – Aug 24

We will have a "special" bingo with Chatham Hills on **Wednesday, August 24 at 11am** in the Main Room of the DeCorso Center. Bingo cards will be 50 cents each. Chatham Hills will bring special prizes! E-mail [decorsocenter@newprov.us](mailto:decorsocenter@newprov.us) or call the Center at (908) 665-0046 two days in advance to register and to sign up for bus transportation.

### SENIOR BUS SHOPPING TRIP - Aug 18

On **Thursday, August 18**, 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, August 16.

**SENIOR VACCINE BOOSTER CLINIC**

On **Wednesday, August 17 at 10:00 am**, there will be a special COVID-19 vaccine booster clinic for seniors at the DeCorso Center. Moderna and Pfizer boosters will be available. *This event will be for seniors only.* Please contact Jenn Aranda (Public Health Nurse) at [Newprophn@gmail.com](mailto:Newprophn@gmail.com) or (908)743-1049 to reserve a dose of vaccine. You can leave a message to reserve a booster, but please leave your name and the brand of booster you prefer. Walk-ins welcome but extra supply may be limited. **Please reserve your dose by no later than July 29.**

**WALKING CLUB**

Want to enjoy the fresh air and some exercise while socializing with friends? Do you love to walk? We are interested in gathering a group to re-start the Center's "Walking Club" in September, perhaps on Wednesday mornings before our other programs. Please let Michelle or Arthi know if you are interested and we will keep you posted!

**THANK YOU...**

- New Providence Intergenerational Club members for helping to unpack boxes of books and organize them for our library on July 7 and for playing bingo with us on July 13!
- JoAnn Jackovino for sharing a few words with us about her recent writings.
- Ann Marie Ragsdale for calling Bingo

**SENIOR CITIZEN TEXTING CODE**

ATD – At the Doctors  
 BFF – Best Friend Fell  
 BTW – Bring the Wheelchair  
 BYOT – Bring Your Own Teeth  
 FWIW – Forgot Where I Was  
 GGPBL – Gotta Go Pacemaker Battery Low  
 GHA – Got Heartburn Again  
 IMHO – Is My Hearing-Aid On  
 LMDO – Laughing My Dentures Out  
 OMMR – On My Massage Recliner

**UPCOMING EVENTS**

There are sign-up sheets for all these events on the table in the lobby at the DeCorso Center.

**Sunday, Sept. 18 John Basilone Parade**

Meet in NPSCC center parking lot at noon. Bring your own lawn chair.

**Wednesday, Sept. 21 Welcome Back Country - Western Picnic**

Price TBD

Wear your cowboy boots and bandanas to celebrate at a good old-fashioned barbecue. Tickets will be sold at the DeCorso Center in August.

**Saturday, October 8 Oktoberfest at Forest Lodge in Warren**

\$10 + food

Join your friends at Oktoberfest at Forest Lodge in Warren. Indulge in German food while listening to the "Ooh Pah Pa" band. Local vendors will be there with handcrafted items for sale.

**ATLANTIC HEALTH VIRTUAL PROGRAM****The DASH Diet (Dietary Approaches to Stop Hypertension) - Monday, August 8 at 10:00 am**

Join Evelyn Minolfo, MS, RDN to learn about the DASH diet (Dietary Approaches to Stop Hypertension), and how to incorporate this delicious, healthy eating plan into your day. The DASH diet is designed to help treat or prevent high blood pressure. [Email decorsocenter@newprov.us](mailto:decorsocenter@newprov.us) by Friday, August 5 to register and to receive the link.

**Keeping the Plumbing Clean – Wednesday, August 24 at 12:00pm** – Heart attack remains the #1 cause of death in the United States for both men and women. The key is to focus on education and prevention to decrease the risk of heart attack over time. Please join us in exploring the basics of why plaque builds up in the heart arteries and how to slow down the process. Presented by cardiologist Cindy Codispoti, DO, FACC, Atlantic Medical Group Cardiology at Hackettstown and Sparta. [Email decorsocenter@newprov.us](mailto:decorsocenter@newprov.us) by Monday, August 22 to register and to receive the link.

**ED LIEDER**

WHO WAS HE? WHAT IS THE CONNECTION  
BETWEEN "LIEDER FIELD" AND THE NEW  
PROVIDENCE SENIOR CITIZENS CLUB AND THE ED  
LIEDER SCHOLARSHIP AT NP HIGH SCHOOL?

Ed Lieder taught physical education classes and coached basketball at the 'new' NP High School in 1960. He was the first Athletic Director, and the football field was named after him.

When he retired from the NP school system around 1972, the Borough of New Providence needed a person to direct and coordinate activities for WWII veterans and other seniors at the 'new' New Providence Senior Center.

Ed was hired due to his athletic interests along with his many "people skills". He taught exercises, line dancing, and arranged golf trips for his generation as well as helping them find assistance for their aging needs.

In 1998, the New Providence Senior Citizens Club voted to honor a graduating high school senior from NPHS with a scholarship award in honor of their first Senior Citizens Coordinator. The attributes that the NPSCC look for when choosing the award are "youth of good character, good sportsmanship, good academic standing, and helpful to the older generation".

**Pure Gold Jokes and Puns**

1. Where does jewelry work out? Gold's Gym
2. Why did the leprechaun cross the road? To get to the pot of gold
3. Why did the pirate break into the boat shop? To get to the ores
4. What kind of dogs do pirates like? Golden retrievers
5. What did the fancy rabbit grow in her garden? Gold karats
6. What do leprechauns call fool's gold? Sham rocks
7. What is a jeweler's favorite dessert? Karat cake
8. Why shouldn't you date a prospector? They're all just gold diggers.

**NATIONAL NIGHT OUT, CONCERT AND FIREWORKS – TUESDAY, AUGUST 2**

Sponsored by New Providence PBA Local 132 and the New Providence Business Community. This event is at 7 PM at the NP High School. National Night Out is an annual community-building campaign that promotes police-community partnerships and neighborhood camaraderie. First responders including police, firefighters, and EMS display their equipment and interact with the community. This is an opportunity for the entire family to meet not only the people who serve and protect them, but also the local businesses and organizations that help our town thrive. **The senior citizens bus will be available for transportation to and from this event. Please e-mail [decorsocenter@newprov.us](mailto:decorsocenter@newprov.us) or call (908) 665-0046 by FRIDAY, July 29 to reserve a spot on the bus.**

**NEW PROVIDENCE MEMORIAL LIBRARY (NPML)**

**Knit/Crochet Night** – Monday Aug 1, 7pm & Thursday, Aug 18, 7pm. Bring your latest knitting or crocheting project to work on while you chat with others.

**Books & Bagels** – Tuesday, Aug 2, 10:30am. Share thoughts about books you've read lately.

**"The Creation of the NP Community Pool"** – Thursday, Aug 4, 7pm. Bert Abbazia will speak about the NP Community Pool's history and its founding 60 years ago. Learn how "just add water" was a recipe for better living in New Providence.\*

**Make Your Own Macrame Plant Holder** – Saturday, Aug 6, 10:30am. Learn macrame, the art of tying knots in patterns, and make your own plant holder. All materials will be provided. Registration is required.\*

**Batter Up – Let's Talk Baseball** – Monday, Aug 8, 7pm. Discuss teams, players, and issues of the sport with other baseball fans.\*

**Movie & Discussion: "Belfast"** – Tuesday, Aug 9, 1:00pm. Set in 1960s Northern Ireland, Buddy's family must decide to stay or leave the only place they have ever called home. In English with subtitles for the hearing impaired.

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

<b>NEW PROVIDENCE SENIOR CITIZENS CLUB</b> <b>~ August 2022 ~</b>						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Jul 31	1 9:00 In Control <sup>1</sup> 11:00 Chair Yoga <sup>1</sup> 12:00 Bridge <sup>3</sup>	2 8:00 Bus to ShopRite* 9:45 Balance & Cond. <sup>1</sup> 1:00 Tai Chi <sup>1</sup> <b>7:00 National Night Out Concert &amp; Fireworks @ NPHS<sup>5</sup></b>	3 <b>11:00 Game Day***</b>	4 9:30 Strong YOU w/Myriam <sup>1</sup> 1:00 Mah Jongg	5 9:00 Zumba <sup>1</sup> 11:00 Indoor Bingo ***	6
7	8 9:00 In Control <sup>1</sup> <b>10:00 "The Dash Diet"**<sup>1</sup></b> 11:00 Chair Yoga <sup>1</sup> 12:00 Bridge <sup>3</sup>	9 8:00 Bus to ShopRite* 9:45 Balance & Cond. <sup>1</sup> <b>10:00 Activities Committee</b> 1:00 Tai Chi <sup>1</sup> 1:00 Advanced Italian 2:00 Beginner Italian	10 <b>12:30 Senior Citizens Lunch at the Pool<sup>4</sup> (The bus will leave the Center at <u>12:15</u>)</b>	11 9:30 Strong YOU w/Myriam <sup>1</sup> 1:00 Mah Jongg <i>Rain date for Lunch at the Pool</i>	12 9:00 Zumba <sup>1</sup> 11:00 Indoor Bingo ***	13
14	15 9:00 In Control <sup>1</sup> 11:00 Chair Yoga <sup>1</sup> 12:00 Bridge <sup>3</sup>	16 8:00 Bus to ShopRite* 9:45 Balance & Cond. <sup>1</sup> <b>11:00 NO Book Club</b> 1:00 Tai Chi <sup>1</sup>	17 <b>10:00 Vaccine Booster Clinic<sup>2***</sup></b> <b>11:00 Club Meeting – "Sharing Summer Memories" &amp; Bingo with NP Intergenerational Club<sup>2***</sup></b>	18 <b>9:00 Bus to Blue Star**</b> 9:30 Strong YOU w/Myriam <sup>1</sup> 1:00 Mah Jongg	19 9:00 Zumba <sup>1</sup> 11:00 Indoor Bingo ***	20
21 <i>Happy Senior Citizens Day!</i>	22 9:00 <u>NO</u> In Control <sup>1</sup> 11:00 <u>NO</u> Chair Yoga <sup>1</sup> 12:00 Bridge <sup>3</sup>	23 8:00 Bus to ShopRite* 9:45 <u>NO</u> Balance & Cond. <sup>1</sup> 1:00 <u>NO</u> Tai Chi <sup>1</sup> 1:00 Advanced Italian 2:00 Beginner Italian	24 <b>11:00 Special Bingo with Chatham Hills<sup>2***</sup></b> <b>12:00 "Keeping the Plumbing Clean"**<sup>1</sup></b>	25 9:30 <u>NO</u> Strong YOU w/Myriam <sup>1</sup> <b>11:00 Sunflower Art<sup>2</sup></b> 1:00 Mah Jongg	26 9:00 <u>NO</u> Zumba <sup>1</sup> 11:00 Indoor Bingo ***	27
28	29 9:00 <u>NO</u> In Control <sup>1</sup> 11:00 <u>NO</u> Chair Yoga <sup>1</sup> 12:00 Bridge <sup>3</sup>	30 8:00 Bus to ShopRite* 9:45 <u>NO</u> Balance & Cond. <sup>1</sup> 1:00 <u>NO</u> Tai Chi <sup>1</sup>	31 <b>11:00 Club Meeting – Turtle Back Zoo "Live Animal" Presentation<sup>2***</sup></b>	Sep 1 9:30 <u>NO</u> Strong YOU w/Myriam <sup>1</sup> 1:00 Mah Jongg	Sep 2 9:00 <u>NO</u> Zumba <sup>1</sup> 11:00 Indoor Bingo ***	Sep 3

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

<sup>2</sup> Registration required.

<sup>3</sup> Masks required.

<sup>4</sup> Sign up for "Lunch at the Pool" and for bus transportation by Friday, August 5.

<sup>5</sup> Sign up for bus transportation to "National Night Out" by Friday, July 29.

#### 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.