

# New Providence Senior Citizens Newsletter

## "Good things happen here!"

DECEMBER 2022

Happy Holidays!

Vol. 22, No. 12



### COORDINATOR'S CORNER

Happy Holidays! We wish you and your families all the best, and hope that you will join us for one of our many December programs to celebrate the season! If you are interested in our exercise classes, please see the inside for important updates and information to register for classes in 2023.

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

- Bus to Blue Star Shopping Center – 12/1, 9am
- Holiday Craft – 12/8, 11am
- Holiday Spirit Day/Holiday Cards/Decorating with NPMS Art Club – 12/6, 12noon
- NPSC Club Meeting/Bring a Friend/NPMS Chorale – 12/7, 11am
- AARP Smart Driver Course – 12/12 and 12/13, 10am
- NPSC Club meeting/Election/NPHS Sociology Class – 12/14, 11am
- NPSCC Holiday Luncheon – 12/15, 12noon
- Cookie Exchange – 12/19, 11am (See article on page 2 for details)
- Holiday-themed Bingo with Brandywine Living – 12/21, 11am
- New Year Fun Social Hour – 12/28, 11am

#### 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:

- Strong You! will NOT meet on Thursday, December 1<sup>st</sup>.
- Zumba will NOT meet on Friday, December 9.
- Exercise classes will NOT be held the last week of the year (Dec 26-30).
- The Center will be closed Monday, December 26. There will be no classes or programs.

### WEATHER POLICY

When New Providence schools are closed for rain, snow, or ice, senior programs will be cancelled. (Zoom exercise classes may still be held.) When in doubt, call the Center at (908) 665-0046 to check on activities; we will leave a message on the voicemail. Most importantly, if there is snow or ice, please be cautious. It's okay to miss an activity!

### NP Senior Citizens Club

*An organization dedicated to providing social & enriching activities & events for New Providence residents 55 years and beyond.*

#### Trustees

Chair: Bill Wehrle  
Secretary: Bette Schmitt  
Trustees: Bert Abbazia, Peggy Brodeur, Barbara Koslap, Sal Ligammari, Peggy Macneal, Pat Malicher, Grace Parlapiano,

#### 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 HOLIDAY LUNCHEON\*\*

Celebrate the holiday season with Club friends and enjoy delicious food at the Vintage Tavern in Gilette on **Thursday, December 15 at 12:00p.m.** The menu will include Garden Salad, Pizza Appetizers, Chicken Francese, Sausage and Peppers, Rigatoni Vodka, Broccoli Sauté, and Brownie Sundaes. All served family style. Unlimited soda, coffee, and tea. Alcoholic beverages are extra. **Cost: \$30.** Tickets are on sale now! Last day to purchase tickets is Friday, December 10. Refunds for cancellations made 48 hours in advance (by Tuesday, December 13). For bus transportation, call (908) 665-0046 or e-mail [decorsocenter@newprov.us](mailto:decorsocenter@newprov.us) two days in advance.

### ♪ NPSC CLUB MEETING ♪

#### BRING A FRIEND AND ENJOY THE NPMS CHORALE

Join us for a special holiday-themed Club meeting on **Wednesday, December 7 at 11:00a.m.**, and bring a friend to enjoy musical performances by the New Providence Middle School Chorale. The students will perform choral numbers, solos, and small group songs. *If you bring a friend who is new to the Club, you and your friend will each be entered to win a gift card to the Prestige Diner!* We think the Center is a great place and would love for you to share it with those who may not be familiar with it. For bus transportation, call (908) 665-0046 or e-mail [decorsocenter@newprov.us](mailto:decorsocenter@newprov.us) two days in advance.

### ☺ NPSC CLUB MEETING ☺

#### NPMS SOCIOLOGY CLASS & CLUB ELECTIONS

Please join us for a Club meeting and discussions with students from the NP High School Sociology class on **Wednesday, December 14 at 11:00a.m.** The Club has a long-standing tradition with the Sociology class where the students come in and interview NPSCC members and talk to seniors about generational changes and values. Please come, share your experiences, and compare your teenage years with theirs. Those that have participated in past years know that it has always been an interesting and fun day for both seniors and students!

The election of the NPSCC Officers and Trustees will also take place at this meeting.

For bus transportation, call (908) 665-0046 or e-mail [decorsocenter@newprov.us](mailto:decorsocenter@newprov.us) two days in advance.

### HOLIDAY SPIRIT DAY!

Come and share your holiday spirit! Please join NP Middle School Art Club student volunteers as they help us decorate our trees and the Center for the holidays on **Tuesday, December 6 at 12:00p.m.** We will also be writing holiday greeting cards to send to Club members. These are wonderful traditions that we are happy to have back at the Center! Refreshments will be served. Advance registration is not required but would be appreciated for planning purposes.

### ✂ HOLIDAY CRAFT ✂

#### Make Your Own Christmas Ornaments

Come and join us for a Christmas ornaments making craft on **Thursday, December 8 at 11am.** Make your own ornament to decorate your Christmas tree or gift it to your loved ones. To register, email [decorsocenter@newprov.us](mailto:decorsocenter@newprov.us) or call (908) 665-0046.

### COOKIE EXCHANGE

Let's get baking! Share some delicious holiday treats as we get into the spirit of the season with a cookie exchange on **Monday, December 19 at 11:00a.m.** Here's how it will work:

1. Please e-mail [decorsocenter@newprov.us](mailto:decorsocenter@newprov.us) or call the Center by Monday, December 12 to let us know you would like to participate. (Please plan to bake approximately 2 dozen cookies.)
2. We will advise those who sign up of the total number of participants and ask you to make individually wrapped bags of cookies for each person (probably 2-3 cookies each, depending on total numbers).
3. Bring the individually portioned cookies with you to the Cookie Exchange on Monday, December 19 at 11:00 a.m.
4. Enjoy some holiday music, exchange your cookies, and spread good cheer!

### NEW YEAR FUN SOCIAL HOUR

"Celebrate endings for they precede new beginnings." Join your Club friends on **Wednesday, December 28 at 11am** for a fun social hour including Trivia games organized by Bert Abbazia along with music, refreshments, and prizes to win! Call 908-665-0046 or email [decorsocenter@newprov.us](mailto:decorsocenter@newprov.us) at least two days in advance to register and request bus transportation.

### 🚗 AARP "SMART DRIVER" COURSE 🚗

Refresh your driving skills with the AARP "Smart Driver" course, returning in-person to the DeCorso Center this December. During the course, 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) and may be eligible to have two points removed from your driving record. AARP will be offering the class in person at the DeCorso Center on **Monday December 12 and Tuesday, December 13 from 10:00a.m.-1:00p.m.** **Participants must attend both 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; payment will be collected at the first class. **Advance registration is required; space may be limited.** To register, please call (908) 665-0046 or e-mail [decorsocenter@newprov.us](mailto:decorsocenter@newprov.us).

### MONTHLY SPECIALS

**Senior Bus Shopping Trip** – Take the bus to Blue Star Shopping Center and do some holiday shopping on **Thursday, December 1.** Pickups begin at 9:00am. Masks are strongly recommended while riding the bus. To reserve your spot, call (908) 665-0046 or email [decorsocenter@newprov.us](mailto:decorsocenter@newprov.us) by Tuesday, November 29.

**Nurse's Hours** – The New Providence Public Health Nurse, Jennifer Aranda, will be at the DeCorso Center before the Club meeting on **Wednesday, December 14 beginning at 10:00am** to give blood pressure screenings and to answer questions. For bus transportation, call (908) 665-0046 or e-mail [decorsocenter@newprov.us](mailto:decorsocenter@newprov.us) two days in advance.

**Special Bingo** – Join us for a special holiday-themed bingo on **Wednesday, December 21 at 11:00am.** Brandywine Living will help us get in the holiday spirit and share special prizes. For bus transportation, e-mail [decorsocenter@newprov.us](mailto:decorsocenter@newprov.us) or call (908) 665-0046 two days in advance.

**Book Club** – No meeting in December.

### THANK YOU NOTES

- Christine Napolitano for the pumpkin craft.
- Susan Kirkland, the faculty, students, and Administration at NPHS for the delightful Senior Citizens Day.
- Senior Council for their informative presentation on NJ Property Tax Relief.
- Care One for the fun and entertaining Magic Show.
- Arthi Shri Selvaraj for organizing the wonderful Diwali Celebration.
- New Providence Police Sergeant Andrew Diamond for arranging the MVC mobile unit visit to the DeCorso Center.
- Joe Eberle for the beautiful poinsettia plants!

### ATLANTIC HEALTH VIRTUAL PROGRAMS

#### ***Nutrition and Wellness – Sugar and Cancer – Monday, December 5 at 3pm***

Each month, Atlantic Health System oncology dietitians will present on a different nutrition topic. This month, Johannah Sakimura, MS RD CSO, will discuss the complex relationship between sugar and cancer. This webinar will also cover strategies for reducing added sugar intake and evaluating product labels for sugar content. This program is ideal for patients who have completed treatment or have stable disease.\*

#### ***Healthy Holidays – Friday, December 9 at 11 am***

We all look forward to our favorite holiday foods, treats and celebrations. But we don't want to discover unwanted pounds or health setbacks due to over-indulging. Learn some strategies for navigating holiday eating and tips to lighten up celebratory recipes.\*

#### ***Walking and Driving Safely in a Winter Wonderland – Monday, December 12 at 12pm***

Snow and ice challenge our ability to walk and drive safely during the winter. Learn how to navigate winter conditions confidently and safely. Presented by Denis Kelleher, Program Specialist, Avenues in Motion.\*

\*Email [decorsocenter@newprov.us](mailto:decorsocenter@newprov.us) to register and receive the Zoom link.

**\*EXERCISE CLASS UPDATES FOR 2023\*****PLEASE READ**

**Beginning in January 2023, our exercise classes will transition to a hybrid format, which will include in-person classes at the DeCorso Center while at the same time being on Zoom for those seniors who do not wish to return in person.** We are doing this in an effort to accommodate both those who would like to resume in-person instruction, and those who are more comfortable remaining at home due to individual health concerns. To participate in our classes in 2023, please note:

- **You MUST register/re-register for all classes you would like to take in 2023 by e-mailing [decorsocenter@newprov.us](mailto:decorsocenter@newprov.us) or calling (908) 665-0046 by Wednesday, December 14. When registering, please specify whether you plan to attend in person or via Zoom.**
- All exercise class participants must have a DeCorso Center registration form with waiver on file.
- Please note that the class format may be adjusted based on the number of class participants and those who intend to participate in person or via Zoom.
- There will be new Zoom links for all classes beginning in January.
- Masks will NOT be required for in-person classes. The wearing of masks in Borough of New Providence municipal buildings, including the Center, is no longer required.
- We strongly request that if you are not feeling well, please attend class via Zoom from home that day.
- If the Center is closed for winter weather, classes may still continue on Zoom, rather than having to be cancelled.

Please feel free to reach out to Michelle or Arthi at any time with questions.

**2023 EXERCISE CLASS DESCRIPTIONS**

New Providence residents ages 65+ can participate in FREE exercise classes offered by the DeCorso Center. Ask your doctor which classes would be appropriate for you. All participants must complete a registration form with a waiver. Check the monthly newsletter/calendar for class schedule updates.

**In Control** – Mondays at 9:30 am. This class emphasizes strengthening the muscles of the core responsible for keeping the body strong and injury free. A thorough stretch is followed by floor work on mats aimed at maximizing flexibility and tone.

**Chair Yoga** – Mondays at 11:00 a.m. - This class improves flexibility and muscle strength while reducing stress and increasing relaxation.

**Balance and Conditioning** – Tuesdays at 9:45a.m. - This class incorporates weight training, balance and coordination drills to promote overall fitness. Each session finishes with an easy to do but thorough stretch. You will see a difference in your range of motion, confidence, and energy levels. Appropriate for beginner and seasoned exerciser alike

**Strong You!** - Thursdays at 9:30 am. A holistic approach using balance conditioning and alternating cardio and strength movements to optimize the cardiorespiratory function.

**T'ai Chi** – Thursdays at 1:00 p.m. (new day!) - A dance, a meditation, an exercise, this ancient art has many health benefits: increases strength, flexibility, circulation and balance while reducing stress, tension and blood pressure. This class includes both short and long T'ai Chi forms and Chi Kung health exercises with breathing, meditation and self-massage.

**Zumba** – Fridays at 9:00 or 9:30 a.m. (tbc) - Latin dance inspired fitness program. Improves strength, posture, balance and mobility.

**AROUND TOWN**

**Night of 1,000 Stars** – Celebrate the holiday season at the annual “Night of a Thousand Stars” Community Tree Lighting event hosted by the New Providence Diversity Committee. Free hot chocolate, popcorn, music, live entertainment. Centennial Park, Friday, December 2, 7:00pm.



**NEW PROVIDENCE MEMORIAL LIBRARY (NPML)**

**Knit/Crochet Night** – Mon, Dec 5, 7pm & Thurs, Dec 15, 7pm.

**Cover Girls Holiday Concert** – Sun, Dec 11, 3:00pm.

**Batter Up – Let's Talk Baseball** – Mon, Dec 12, 7pm.

See Library website for additional programs.

	<b>NEW PROVIDENCE SENIOR CITIZENS CLUB</b> ~ December 2022 ~					
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Nov 27	Nov 28 9:00 In Control <sup>1</sup> 11:00 Chair Yoga <sup>1</sup> 11:00 Bridge <b>12:00 "What's Changed Since I Started Driving?"<sup>1</sup></b>	Nov 29 8:00 Bus to ShopRite* 9:45 Balance & Cond. <sup>1</sup> 1:00 Tai Chi <sup>1</sup> 1:00 Advanced Italian 2:00 Beginner Italian	Nov 30 <b>11:00 Club Meeting – Magic Show<sup>***</sup></b>	1 <b>9:00 Bus to Blue Star<sup>**</sup></b> 9:30 <u>NO</u> Strong You! <sup>1</sup> 12.30 Mah Jongg 1:00 Knitting Club	2 9:00 Zumba <sup>1</sup> 11:00 Bingo <sup>***</sup> 7:00pm Night of a Thousand Stars @ Centennial Park	3
4	5 9:00 In Control <sup>1</sup> <b>11:00 Trustee Mtg</b> 11:00 Chair Yoga <sup>1</sup> 11:00 Bridge <b>3:00 "Sugar &amp; Cancer"<sup>1</sup></b>	6 8:00 Bus to ShopRite* 9:45 Balance & Cond. <sup>1</sup> <b>12:00 Holiday Spirit Day</b> 1:00 Tai Chi <sup>1</sup> 1:00 Advanced Italian	7 <b>11:00 Club Meeting – NPMS Chorale &amp; Bring a Friend<sup>***</sup></b>	8 9:30 Strong You! <sup>1</sup> <b>11:00 Holiday Craft<sup>4</sup></b> 12.30 Mah Jongg 1:00 Knitting Club	9 9:00 <u>NO</u> Zumba <sup>1</sup> 11:00 Bingo <sup>***</sup> <b>11:00 "Healthy Holidays"<sup>1</sup></b>	10
11 Cover Girls Holiday Concert @NPML 3:00	12 9:00 In Control <sup>1</sup> <b>10:00 Smart Driver<sup>4</sup></b> 11:00 Chair Yoga <sup>1</sup> 11:00 Bridge <b>12:00 "Walking and Driving Safely in a Winter Wonderland"<sup>1</sup></b>	13 8:00 Bus to ShopRite* 9:45 Balance & Cond. <sup>1</sup> <b>10:00 Activities Mtg</b> <b>10:00 Smart Driver<sup>4</sup></b> 1:00 Tai Chi <sup>1</sup> 1:00 Advanced Italian 2:00 Beginner Italian	14 <b>10:00 Nurse's Hours<sup>***</sup></b> <b>11:00 Club Meeting – NPHS Sociology Class &amp; Club Elections<sup>***</sup></b>	15 9:30 Strong You! <sup>1</sup> <b>12:00 Holiday Luncheon<sup>3***</sup></b> 1:00 <u>NO</u> Knitting Club	16 9:00 Zumba <sup>1</sup> 11:00 Bingo <sup>***</sup> 12:00 Mah Jongg	17
18 Hanukkah (start)	19 9:00 In Control <sup>1</sup> 11:00 Chair Yoga <sup>1</sup> 11:00 Bridge <b>11:00: Cookie Exchange<sup>2</sup></b>	20 8:00 Bus to ShopRite* 9:45 Balance & Cond. <sup>1</sup> <b>11:00 <u>NO</u> Book Club</b> 1:00 Tai Chi <sup>1</sup> 1:00 Advanced Italian	21 Winter Solstice <b>11:00 Holiday-Themed Special Bingo<sup>***</sup></b>	22 9:30 Strong You! <sup>1</sup> 12.30 Mah Jongg 1:00 Knitting Club	23 9:00 Zumba <sup>1</sup> 11:00 Bingo <sup>***</sup>	24
25 Christmas	26 Kwanzaa (start) <b>Center Closed – no classes or programs</b>	27 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 <u>NO</u> Advanced Italian 2:00 <u>NO</u> Beginner Italian	28 <b>11:00 New Year Fun Social Hour<sup>***</sup></b>	29 9:30 <u>NO</u> Strong You! <sup>1</sup> 12.30 Mah Jongg 1:00 Knitting Club	30 9:00 <u>NO</u> Zumba <sup>1</sup> 11:00 Bingo <sup>***</sup>	31 New Year's Eve

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

<sup>2</sup> Register by Monday, December 12<sup>th</sup>.

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

<sup>4</sup> Register in advance. Space is limited.

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

#### 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.