

# New Providence Senior Citizens Newsletter

## "Good things happen here!"

**JANUARY 2023**

**Vol. 23, No. 1**



### **COORDINATOR'S CORNER**

Happy New Year! We wish you and your families a very happy, healthy, and peaceful year. Beginning this month, there will be a Club meeting every Wednesday – please see page 2 for specific programs to accompany each meeting. For those taking our exercise classes, please see page 4 for final updates regarding our classes as we begin 2023. And if your New Year's resolution is to try something new, we have lots more to offer – come to the Center to play bridge, Mah Jongg, or bingo, learn Italian, try a new craft, or join our knitting or book club groups. We look forward to seeing you soon!

### **Highlights of January Programs and Activities Include:**

- Club Meeting/Swearing in of Officers/Special Bingo – 1/4, 11am
- Club Meeting/School Music Performance – 1/11, 11am
- Special Program - Craft & Games with Girl Scouts – 1/16, 12noon
- Club Meeting/Uncity Healthcare – 1/18, 11am
- Club Meeting/Smart 911 – 1/25, 11am
- Lunar New Year Luncheon – 1/26, 12noon

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

- The wearing of masks in the DeCorso Center is no longer required. Social distancing is still recommended.
- 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, 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 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:**

- The Center will be closed on Monday, January 2. 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. 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, 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](https://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.

**LUNAR NEW YEAR LUNCHEON**

Celebrate the year of the rabbit and enjoy a delicious meal at a Lunar New Year Luncheon at Szechuan Delight on **Thursday, January 26, at 12:00noon**. Price includes soup, appetizer, entrée, and dessert. Cost is \$18.00. Tickets go on sale January 4<sup>th</sup>. Last day to purchase tickets is Friday, January 20. Full refund if cancel at least 72 hours in advance (by Monday, January 23). For bus transportation, e-mail [decorsocenter@newprov.us](mailto:decorsocenter@newprov.us) or call (908) 665-0046 two days in advance.

**NPSC CLUB TO RESUME WEEKLY MEETINGS**

Beginning in January, the New Providence Senior Citizens Club will resume weekly meetings on Wednesdays at 11a.m. The specific programs to accompany each meeting will be specified in the monthly newsletter and calendar, and may include presentations, musical performances, bingo or other games, etc. Refreshments including donuts and coffee will also be available. For bus transportation to Club meetings, call (908) 665-0046 or e-mail [decorsocenter@newprov.us](mailto:decorsocenter@newprov.us) two days in advance.

**CLUB MEETING & SPECIAL BINGO**

Join us on **Wednesday, January 4<sup>th</sup> at 11:00a.m.** for the first Club meeting of the new year and a special bingo. The Club meeting will include the swearing in of new officers. Then enjoy a fun morning playing bingo with friends. We will have special prizes to start the new year off right! For bus transportation, e-mail [decorsocenter@newprov.us](mailto:decorsocenter@newprov.us) or call (908) 665-0046 two days in advance.

**♪ NPSC CLUB MEETING & SCHOOL MUSICAL PERFORMANCE ♪**

Join us for a Club meeting on **Wednesday, January 11 at 11:00a.m.** and enjoy a musical performance by New Providence School District students. For bus transportation, call (908) 665-0046 or e-mail [decorsocenter@newprov.us](mailto:decorsocenter@newprov.us) two days in advance.

**CLUB MEETING & UNICITY HEALTHCARE**

Please join us for an NPSC Club meeting and a presentation by Unicity Healthcare on **Wednesday, January 18 at 11am**. The presentation topic will be "Nutrition and Aging Myths." Feel free to join the discussion, get to know more about the topic, and enjoy snacks and drinks provided by Unicity. For bus transportation, call 908-665-0046 or e-mail [decorsocenter@newprov.us](mailto:decorsocenter@newprov.us) two days in advance.

**CLUB MEETING & SMART 911**

Who and what is 9-1-1 dispatch? Please join us for a Club meeting on **Wednesday, January 25 at 11:00a.m.** with representatives from the Mountain Valley Emergency Communications Center, who will review the history of 9-1-1 and what a communications center is and what they do. They will discuss Smart911, and RapidSOS Emergency Health Profile, and even some details your cell phone may have available for you to activate. They will review when and when not to dial 9-1-1 and what happens during and after your 9-1-1 call. For bus transportation, call (908) 665-0046 or e-mail [decorsocenter@newprov.us](mailto:decorsocenter@newprov.us) two days in advance.

**SPECIAL PROGRAM****CRAFT AND GAMES WITH GIRL SCOUTS**

Join us for a special afternoon with a New Providence Girl Scout troop on **Monday, January 16 from 12:00p.m.-2:00p.m.** Do an easy paper craft, play games and/or enjoy an afternoon of conversation with these 8<sup>th</sup> grade girls. Refreshments will be served. Please register by Thursday, January 12 by e-mailing [decorsocenter@newprov.us](mailto:decorsocenter@newprov.us) or calling (908) 665-0046. Bus transportation will also be available upon request.

**CARE PACKAGES FOR HOMEBOUND NP SENIORS**

If you are a homebound New Providence senior, or you know someone who is homebound, and would like a "pick me up" this winter, please contact either the Public Health Nurse at (908) 743-1049 or the DeCorso Center at (908) 665-0046. We will be organizing the distribution of small care packages and/or crafts for those New Providence homebound seniors who would like to receive them.

### AARP TAX RETURN ASSISTANCE

New Providence area residents can obtain FREE AARP Foundation Tax-Aide assistance in preparing and filing their 2022 tax returns. **AARP Foundation Tax Aide counselors will be available at the DeCorso Center for appointments from 9:30a.m.-2:30p.m. on Tuesdays and Wednesdays from February 7 through April 12.** Trained AARP Foundation Tax-Aide volunteers will provide in-person tax assistance free of charge, with a focus on taxpayers who are over 50 and have low to moderate income. Taxpayers with complex returns may be advised to seek paid assistance. Beginning Tuesday, January 10, taxpayers may call the DeCorso Center at (908) 665-0046 between 10:00 a.m. and 2:00 p.m. Mondays through Fridays to schedule an appointment, or they may sign up in person at the Center.

### MONTHLY SPECIALS

**Special Bingo** – Join us for a special bingo on **Wednesday, January 4<sup>th</sup> at 11am.** For bus transportation, e-mail [decorsocenter@newprov.us](mailto:decorsocenter@newprov.us) or call (908) 665-0046 two days in advance.

**Senior Bus Shopping Trip** – Take the bus to Blue Star Shopping Center on **Thursday, January 12 with a SNOW DATE of Thursday, January 19.** 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, January 10.

**Book Club** – Come to the meeting on **Tuesday, January 17 at 11am** and suggest books to read in 2023!

**Nurse's Hours** – The New Providence Public Health Nurse, Jennifer Aranda, will be at the DeCorso Center before the Club meeting on **Wednesday, January 18 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.

**Friday Bingo** – Join us for weekly bingo **every Friday at 11am.** For bus transportation, e-mail [decorsocenter@newprov.us](mailto:decorsocenter@newprov.us) or call (908) 665-0046 two days in advance. **SAVE THE DATE – On Friday, FEBRUARY 3,** CareOne will bring hot dogs for lunch after bingo concludes!

### THANK YOU NOTES

- Susan Kirkland and the New Providence Middle School Chorale for the musical performance.
- Ms. Khan and the Middle School Art Club for decorating the Center for the holidays.
- Peggy Brodeur, Janet Wysocki, and Barbara Koslap for writing holiday cards.
- Brandywine Living for sponsoring the special holiday-themed bingo.
- Bert Abbazia for organizing the Trivia games at the New Year Fun Social Hour.
- Christine Napolitano for planning and Bill Wehrle for hosting the Holiday Party.
- Dr. Robinson for offering a 20% discount to seniors – new patients only.
- NPHS Sociology class for meeting with us to talk about generational changes and values.

### ATLANTIC HEALTH VIRTUAL PROGRAMS

#### How to Maintain and Improve Balance – January 12, 2023 at 11:00 AM – 12:00 pm

Come join us to learn how to maintain and improve balance. We will discuss factors that affect our balance as we age and how to manage them. Easy exercises that you can work on at home will be provided, as well as additional resources if your balance issues are not manageable at home. Presented by Marguerite Maloney, PTA, FPS Hackettstown Medical Center

#### Smart Shopping – January 16, 2023 at 10:00AM – 11:00 AM

In this webinar, Evelyn Minolfo, MS, RDN, will give tips on how to better navigate the supermarket to find the groceries you want to support your health goals. Learn how to read food labels and understand shelf tags to get the best value for your dollar. Presented by Evelyn Minolfo, MS, RDN at Shoprite of West Caldwell and Shoprite of Parsippany.

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

**\*EXERCISE CLASS UPDATES FOR 2023\***

Based on the registrations received for the DeCorso Center's 2023 classes, some of our 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), while others will continue only on Zoom. Please see below for the specific plans for each class. New Zoom links for 2023 are being e-mailed to participants in each class. If you have not yet registered but would like to do so, please ask your doctor which classes would be appropriate for you and contact the DeCorso Center to complete a registration form and sign up.

Our January class schedule is as follows:

- In Control – Mondays at 9:30 a.m. ZOOM ONLY
- Chair Yoga – Mondays at 11:00 a.m. – IN PERSON AND ON ZOOM
- Balance and Conditioning – Tuesdays at 9:45a.m. – IN PERSON AND ON ZOOM
- Strong You – Thursdays at 9:30 – IN PERSON AND ON ZOOM
- Tai Chi – Thursdays at 1:00 p.m. (note the new day!) - ZOOM ONLY
- Zumba – Fridays at 9:00a.m. – ZOOM ONLY

**NEW PROVIDENCE MEMORIAL LIBRARY (NPML)**

Books & Bagels – Tues, Jan 3, 10:30am\*

At-Home 3D Printing Basics – Sat, Jan 7, 2:00pm.\*

Batter Up – Let's Talk Baseball – Mon, Jan 9, 7:00pm\*

Monthly Movie: "Top Gun Maverick" – Tues, Jan 10, 1:00pm

Movie & Discussion: "Ruby Bridges" – Sun, Jan 15, 2:00pm

Knit/Crochet Night – Thurs, 19, 7:00pm

NPHS Jazz Choir Concert – Sun, Jan 22, 3:00pm

Cookbook Club – Tues, Jan 24, 1:00pm

Basic Principles of Ayurveda – Wed, Jan 25, 11:00am

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

**AROUND TOWN**

- 2023 RECYCLING WILL OCCUR ON WEDNESDAYS ALTERNATING EAST AND WEST SIDES OF TOWN. See the 2023 Borough Calendar for details.
- A free Rabies Clinic will be held at the DeCorso Center on Saturday, January 14<sup>th</sup> from 9:00am-10:00am. A consent form must be completed before arrival. See [newprov.org](http://newprov.org) for details.

**REMEMBERING THOSE WE LOST**

NPSCC lost many good friends in 2022. As we look into a new year, let us remember with gratitude all of the good times and memories that we shared.

Patrick Anelli

Mary Bauer

Bernard Burke

Genevieve Ciarletta

Kathrine Davis

Ken Detlet

Helen Donofrio

Harry Fujimoto

Fred Gaghan

Armand Galluccio

Connie Guerriero

Stephen Kramer

Walter Kropfl

Carol MacPherson

Joanne Madonna Morse

Mary Medina

Lorie Michenfelder

John O'Connell

James Pradine

Artie Paradise

Maria Pigna

Maureen Pigott

Juan Ryan

Helen Savitt

Jean Squeri

Paul Squeri

Edward Stephanie



Suellen Surman

John Veracco

Yun Wang

Robert Ward

Rita Wehrle

<div>  <b>NEW PROVIDENCE SENIOR CITIZENS CLUB</b>  <b>January 2023</b>  </div>						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 <i>New Year's Day</i>	2 <b>Center Closed – no classes or programs</b>	3 8:00 Bus to ShopRite* 9:45 Balance & Cond. <sup>4</sup> 1:00 Advanced Italian 2:00 Beginner Italian	4 11:00 Club Meeting – Special Bingo & Swearing in of new officers***	5 9:30 Strong You! <sup>4</sup> 12.30 Mah Jongg 1:00 Knitting Club 1:00 Tai Chi <sup>1</sup>	6 9:00 Zumba <sup>1</sup> 11:00 Bingo***	7
8	9 9:30 In Control <sup>1</sup> <b>11:00 Trustee Mtg</b> 11:00 Chair Yoga <sup>4</sup> 11:00 Bridge	10 8:00 Bus to ShopRite* 9:45 Balance & Cond. <sup>4</sup> <b>10:00 Activities Mtg</b> 1:00 Advanced Italian	11 11:00 Club Meeting – School Music Program***	12 <b>9:00 Bus to Blue Star**</b> 9:30 Strong You! <sup>4</sup> <b>11:00 "How to Maintain and Improve Balance"<sup>1</sup></b> 12.30 Mah Jongg 1:00 Knitting Club 1:00 Tai Chi <sup>1</sup>	13 9:00 Zumba <sup>1</sup> 11:00 Bingo***	14
15	16 9:30 In Control <sup>1</sup> <b>10:00 "Smart Shopping"<sup>1</sup></b> 11:00 Chair Yoga <sup>4</sup> 11:00 Bridge <b>12:00 Craft &amp; Games with Girl Scouts<sup>3***</sup></b>	17 8:00 Bus to ShopRite* 9:45 Balance & Cond. <sup>4</sup> <b>11:00 Book Club Mtg</b> 1:00 Advanced Italian 2:00 Beginner Italian	18 10:00 Nurse's Hours*** 11:00 Club Meeting – Unicity Healthcare***	19 9:30 Strong You! <sup>4</sup> 12.30 Mah Jongg 1:00 Knitting Club 1:00 Tai Chi <sup>1</sup>	20 9:00 Zumba <sup>1</sup> 11:00 Bingo***	21
22	23 9:30 In Control <sup>1</sup> 11:00 Chair Yoga <sup>4</sup> 11:00 Bridge	24 8:00 Bus to ShopRite* 9:45 Balance & Cond. <sup>4</sup> 1:00 Advanced Italian	25 11:00 Club Meeting – Smart 911***	26 9:30 Strong You! <sup>4</sup> <b>12:00 Lunar New Year Lunch<sup>2***</sup></b> 12.30 Mah Jongg 1:00 Knitting Club 1:00 Tai Chi <sup>1</sup>	27 9:00 Zumba <sup>1</sup> 11:00 Bingo***	28
29	30 9:30 In Control <sup>1</sup> 11:00 Chair Yoga <sup>4</sup> 11:00 Bridge	31 8:00 Bus to ShopRite* 9:45 Balance & Cond. <sup>4</sup> 1:00 Advanced Italian 2:00 Beginner Italian	Feb 1 11:00 Club Meeting	Feb 2 9:30 Strong You! <sup>4</sup> 12.30 Mah Jongg 1:00 Knitting Club 1:00 Tai Chi <sup>1</sup>	Feb 3 9:00 Zumba <sup>1</sup> 11:00 Bingo & Hot Dog Lunch***	Feb 4

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

<sup>2</sup> Purchase ticket by Friday, January 20.

<sup>3</sup> Register by Thursday, January 12.

<sup>4</sup> Hybrid class offered both in-person at the Center and on Zoom. Pre-registration required.

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.