

New Providence Senior Citizens Newsletter

"Good things happen here!"

FEBRUARY 2023

Vol. 23, No. 2



COORDINATOR'S CORNER

We hope that 2023 is off to a good start for you and your families! The Center is busy, so come join us for one of our regular weekly activities, or for some of the "special" programs listed below:

Highlights of February Programs and Activities Include:

- Club Meeting/Special Bingo – Wed, Feb 1, 11am
- Friday bingo followed by hot dog lunch provided by CareOne – Fri, Feb 3, 11am
- Club Meeting/Vote on updated Club By-Laws and Policies/NPHS Music Club – Wed, Feb 8, 11am
- Club Meeting/”Healthy Sleep Habits” in-person presentation with Atlantic Health – Wed, Feb 15, 11am
- Club Meeting/”What’s Cooking?” in-person presentation with Museum of Early Trades and Crafts – Wed, Feb 22, 11am
- Art Program – Flower Vases made with air dry clay – Thurs, Feb 23 (and Thurs, Mar 2), 11am
- Heart Healthy Shopping with the Public Health Nurse – Tues, Feb 28

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:

Borough offices and the DeCorso Center will be closed on Monday, February 20 for the President's Day holiday. No classes or programs will be held.

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 Ligammarri, Pat Malicher, Grace Parlapiano, Nina Pardi

Club Officers

President: Christine Napolitano
Vice President: Bill Wehrle
Treasurer: Sal Ligammarri
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
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.

CLUB MEETING & SPECIAL BINGO

Join us on **Wednesday, February 1 at 11:00a.m.** for the first Club meeting of the month and a special bingo. The Club meeting will include details about upcoming events and the latest club news. Then enjoy a fun morning playing bingo with friends.

For bus transportation, call (908) 665-0046 or e-mail decorocenter@newprov.us two days in advance.

♪ NPSC CLUB MEETING & SCHOOL MUSICAL PERFORMANCE ♪

Join us for a Club meeting on **Wednesday, February 8 at 11:00a.m.** and enjoy a morning of music with New Providence High School Music Club students. They will entertain us with both instrumental and vocal performances. We will also vote on the proposed updates to the Club's Constitution & By-Laws and to the Club's Policies.

For bus transportation, call (908) 665-0046 or e-mail decorocenter@newprov.us two days in advance.

CLUB DOCUMENTS AVAILABLE FOR REVIEW

In 2022, the NPSCC Board of Trustees reviewed and proposed updates to the Club's Constitution and By-Laws and to the Club's Policies. These [draft] revised documents have been posted on the bulletin board in the DeCorso Center's lobby for Club members to view. At the February 8 Club meeting, NPSCC members will be asked to vote on and approve these documents.

NPSC CLUB MEETING & ATLANTIC HEALTH IN- PERSON PRESENTATION

Join us for a club meeting on **Wednesday, February 15 at 11:00a.m.** The topic for the discussion is "Healthy Sleep Habits". Learn why sleep is important, reasons for not being able to sleep, and tips on how to develop healthier sleeping habits. Presented by Kalpeshkumar Patel, MD Board-Certified in Sleep Medicine Pulmonary, Sleep, Allergy Associates Atlantic Medical Group.

For bus transportation, call 908-665-0046 or e-mail decorocenter@newprov.us two days in advance.

NPSC CLUB MEETING & MUSEUM OF EARLY TRADES AND CRAFTS

Join us on **Wednesday, February 22 at 11:00a.m.** for a club meeting and a presentation by the Museum of Early Trades and Crafts. The topic for the session is "What's Cooking?". Learn about 19th century cooking techniques through hands on examination of cooking utensils and food related artifacts from METC's teaching collection. Participants are encouraged to reminisce about favorite recipes, and to share food and cooking memories.

For bus transportation, call (908) 665-0046 or e-mail decorocenter@newprov.us two days in advance.

ART PROGRAM - CLAY VASES

Join Art Instructor Christen Simmons on **Thursday, February 23 at 11:00a.m. and Thursday, March 2 at 11:00a.m.** to make a beautiful vase for spring flowers using air dry clay. (It feels like winter now, but spring is coming!). Create a wonderful art project all by yourself to brighten your home. Christen has been teaching and volunteering her time for over 20 years with students from preschool to seniors. She currently teaches art to all ages.

Please e-mail decorocenter@newprov.us or call the Center at (908) 665-0046 by Friday, February 17 to register.

HEART-HEALTHY FOOD SHOPPING WITH THE PUBLIC HEALTH NURSE

February is Heart Health Month – take good care of your heart! Learn heart-healthy grocery shopping strategies and tips from New Providence Public Health Nurse Jennifer Aranda when she joins seniors for the weekly trip to ShopRite on **Tuesday, February 28**. Pickups begin at 8:00a.m. To reserve your spot on the bus, call (908) 665-0046 or e-mail decorocenter@newprov.us by Monday morning, February 27. Masks are strongly recommended while riding the bus. If you can't make the trip to ShopRite on the 28th, you can call the Nurse at 908-743-1049 for information; she would be happy to answer any questions you may have.

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. 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. When coming to the Center for scheduled tax appointments, AARP asks that taxpayers bring with them:

1. Photo identification
2. Social security card (or other written proof of Social Security Number) for everyone on the tax return, including dependents
3. Prior year tax return
4. All tax documents for 2022 (W-2, pension 1099, social security 1099, interest & dividend 1099, broker statements, etc.)
5. Medical expenses and contributions (if numerous, please list and total). AARP counselors will not be able to sort and total receipts.
6. Real estate taxes, homestead rebate amounts, PTR rebates, if applicable.

MONTHLY SPECIALS

Friday Bingo & Special Bingo – See article below.

Senior Bus Shopping Trip – Take the bus to Blue Star Shopping Center on **Thursday, February 9** with a SNOW DATE of Thursday, February 16. Pickups begin at 9:00a.m. Masks are strongly recommended while riding the bus. To reserve your spot, call (908) 665-0046 or e-mail decorsocenter@newprov.us by Tuesday, February 7.

Nurse's Hours – The New Providence Public Health Nurse, Jennifer Aranda, will be at the DeCorso Center before the Club meeting on **Wednesday, February 8 beginning at 10:00a.m.** to give blood pressure screenings and to answer questions. For bus transportation, call (908) 665-0046 or e-mail decorsocenter@newprov.us two days in advance.

BINGO

Special Bingo – Join us for bingo with special prizes on **Wednesday, February 1 at 11:00a.m.**

Friday Bingo – Join us for weekly bingo **every Friday at 11:00a.m.**

- On **Friday, February 3**, CareOne will bring hot dogs for lunch after bingo concludes!
- On **Friday, February 10**, show your team spirit and get ready for Super Bowl Sunday by wearing your team's jersey or colors.

For bus transportation to bingo, e-mail decorsocenter@newprov.us or call (908) 665-0046 two days in advance.

FREE VIRTUAL CLASSES FOR OLDER ADULTS

The New Jersey Division of Aging Services has partnered with GetSetUp to provide free virtual classes for older adults taught by peers. Ask questions, make new friends, learn new things, and have fun.

Live classes taught by older adults in multiple categories include Aging in Place, Communication, Cooking, Creativity, Financial Planning, Health and Wellness, Fitness, Music, Photography, Social Hours, Social Media, Technology, Travel, Business.

Try an Online Class Today!

www.getsetup.io/partner/NJ

THANK YOU NOTES

- Salt Brook Elementary School students for the wonderful holiday cards.
- Barbara Koslap for running the Lunar New Year Luncheon.
- Unicity Healthcare for their presentation on "Nutrition and Aging Myths."
- New Providence Girl Scout Troop 40726 for the craft, games, and conversation.
- Peggy Brodeur, Bill Wehrle, and Sal Ligammar for serving refreshments at our Club meetings on Wednesdays.

ATLANTIC HEALTH VIRTUAL PROGRAMS**Chuckles, Chortles and Giggles: The Benefits of Laughter for Seniors – February 20, 2023 at 10:00 AM – 11:00AM**

Whether it was a medium-sized chuckle or a full belly guffaw, chances are your last good laugh helped lift your spirits. Did you know that humor can also help you feel better and live longer? Come enjoy a few giggles and learn about the physical and mental health benefits of laughter. Presented by Rebecca Abenante, MA, MSW, LSW, ASW-G, Healthy Aging Coordinator. [E-mail decorocenter@newprov.us](mailto:decorocenter@newprov.us) to register and receive the Zoom link.

EXERCISE CLASSES

Below is a schedule of the DeCorso Center's exercise classes. If you would like to sign up, please ask your doctor which classes would be appropriate for you and contact the DeCorso Center to complete a registration form. Our 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

FEBRUARY QUIZ

1. On February 4 of which year did the Electoral College unanimously elect George Washington as the first U.S. president?
2. In celebration of Valentine's Day, which English poet wrote the sonnet that includes the famous line, "How do I love thee? Let me count the ways"?

Answers to quiz: 1. February 4, 1789. Congress certified the vote on April 6. Washington took the oath of office on April 30.

2. The poem, titled "How Do I Love Thee?," is Sonnet 43 in Browning's book Sonnets From the Portuguese, which was dedicated to her husband, poet Robert Browning.

BOOK CLUB SEEKS LEADER & MEMBERS

The NPSC Club book club is looking for a leader to select books to read and to facilitate discussions. They would also welcome additional members.

The book club meets once a month. If you would be interested in leading or in joining the club, please let Michelle or Arthi know.

AROUND TOWN

New Providence Borough Hall has been added to the list of locations included in the Union County Veterans Parking program. Specially designated parking spots are reserved for veterans who display an official placard in their car. To request a placard, use the online form on the Union County website at ucnj.org/veterans.

Reminder: Property taxes are due February 1. The property tax grace period ends on February 10.

SAVE THE DATE: Community Service Association (CSA)/New Providence Lions Club 8th Annual Pasta Dinner. **Sunday, March 26, 2023, 3:00 – 7:00 pm.**

NEW PROVIDENCE MEMORIAL LIBRARY (NPML)

Book Page Hearts Adult Craft – Weds, Feb 1, 11am*
 Documentary "Rabble Rousers" – Thurs, Feb 2, 7pm
 Origami with Club Phoenix – Sat, Feb 4, 10:30am.*
 Kung Fu Class – Sat, Feb 4, 3pm*
 Chinese American Music Ensemble Concert – Sun, Feb 5, 3pm
 Knit/Crochet Night – Mon, Feb 6 & Thurs, Feb 16, 7pm
 Books & Bagels – Tues, Feb 7, 10:30am
 Movie "Rabble Rousers" – Mon, Feb 8, 7pm
 Batter Up: Let's Talk Baseball – Mon, Feb 13, 7pm
 Monthly Movies: "The Good House" – Tues, Feb 14, 1pm
 Andy & Judy Folk Guitar Duo – Sun, Feb 19, 3pm
 Harlem Renaissance Art Talk – Thurs, Feb 23, 7pm*
 Cookbook Club: One Pot Meals – Tues, Feb 28, 1pm*
 *To register, email rsvp@newprovidencelibrary.org or call (908) 665-0311 ext.4

|  | NEW PROVIDENCE SENIOR CITIZENS CLUB February 2023 | | | | | |  |
|---|--|---|---|--|---|----------|---|
| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | |
| Jan 29 | Jan 30 9:30 In Control ¹ 11:00 Chair Yoga ² 11:00 Bridge | Jan 31 8:00 Bus to ShopRite* 9:45 Balance & Cond. ² 1:00 Advanced Italian 2:00 Beginner Italian | 1 <i>Property Taxes due</i> 11:00 Club Meeting – Special Bingo*** | 2 <i>Groundhog Day</i> 9:30 Strong You! ² 12.30 Mah Jongg 1:00 Knitting Club 1:00 Tai Chi ¹ | 3 9:00 Zumba ¹ 11:00 Bingo & Hot Dog Lunch*** | 4 | |
| 5 | 6 9:30 In Control ¹ 11:00 Trustee Mtg 11:00 Chair Yoga ² 11:00 Bridge | 7 <i>Tax Help 9:30-2:30</i> <i>(by appointment only)</i> 8:00 Bus to ShopRite* 9:45 Balance & Cond. ² 1:00 Advanced & Beginner Italian (alternate location) ³ | 8 <i>Tax Help 9:30-2:30</i> <i>(by appointment only)</i> 10:00 Nurse's Hours*** 11:00 Club Meeting – NPHS Music Club*** | 9 9:00 Bus to Blue Star** 9:30 Strong You! ² 12.30 Mah Jongg 1:00 Knitting Club 1:00 Tai Chi ¹ | 10 9:00 Zumba ¹ 11:00 Bingo & Team Spirit*** | 11 | |
| 12 <i>Super Bowl</i>  | 13 9:30 In Control ¹ 11:00 Chair Yoga ² 11:00 Bridge | 14 <i>Tax Help 9:30-2:30</i> <i>(by appointment only)</i> 8:00 Bus to ShopRite* 9:45 Balance & Cond. ² 10:00 Activities Mtg 1:00 Advanced Italian | 15 <i>Tax Help 9:30-2:30</i> <i>(by appointment only)</i> 11:00 Club Meeting – Healthy Sleep Habits*** | 16 9:30 Strong You! ² 12.30 Mah Jongg 1:00 Knitting Club 1:00 Tai Chi ¹ | 17 9:00 Zumba ¹ 11:00 Bingo*** | 18 | |
| 19 | 20 <i>Presidents Day</i> 11:00 "Chuckles, Chortles, and Giggles" ¹ Center Closed - no classes or programs | 21 <i>Tax Help 9:30-2:30</i> <i>(by appointment only)</i> 8:00 Bus to ShopRite* 9:45 Balance & Cond. ² 11:00 NO Book Club Mtg 1:00 Advanced Italian 2:00 Beginner Italian | 22 <i>Tax Help 9:30-2:30</i> <i>(by appointment only)</i> 11:00 Club Meeting – Museum of Early Trades & Crafts*** | 23 9:30 Strong You! ² 11:00 Clay Vases ⁴ 12.30 Mah Jongg 1:00 Knitting Club 1:00 Tai Chi ¹ | 24 9:00 Zumba ¹ 11:00 Bingo*** | 25 | |
| 26 | 27 9:30 In Control ¹ 11:00 Chair Yoga ² 11:00 Bridge | 28 <i>Tax Help 9:30-2:30</i> <i>(by appointment only)</i> 8:00 Bus to ShopRite & Heart Healthy Shopping* 9:45 Balance & Cond. ² 1:00 Advanced Italian | Mar 1 <i>Tax Help 9:30-2:30</i> <i>(by appointment only)</i> 11:00 Club Meeting – Meditation*** | Mar 2 9:30 Strong You! ² 11:00 Clay Vases ⁴ 12.30 Mah Jongg 1:00 Knitting Club 1:00 Tai Chi ¹ | Mar 3 9:00 Zumba ¹ 11:00 Bingo*** | Mar 4 | |

¹ Virtual class via Zoom. Pre-registration required.

² Hybrid class offered both in-person at the Center and on Zoom. Pre-registration required.

³ Advanced & Beginner Italian will be held at an alternate location on February 7.

⁴ Register by Friday, February 17.

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.