

# New Providence Senior Citizens Newsletter

## "Good things happen here!"

APRIL 2023

Vol. 23. No. 4



### COORDINATOR'S CORNER

This month it will be one year since we re-opened the DeCorso Center, and Arthi and I are so happy to see the building busy every day with more and more people enjoying our programs and activities. We have lots planned for April, and we look forward to seeing you soon! Please also mark your calendars ahead for two important May dates: the Club's Anniversary Luncheon will be held on Thursday, May 11 (tickets will be on sale beginning April 3), and the Senior Health Fair will return on Wednesday, May 17.

#### Highlights of April Programs and Activities include:

- Club Meeting/Astronomy Presentation/Birthdays – Wed, 4/5, 11am
- Club Meeting/Special Bingo – Wed, 4/12, 11am
- Bus to Blue Star – Thurs, 4/13, 9am
- Fluid Art – Thurs, 4/13, 11am
- Club Meeting/School Music Performance with NPMS Band students – Wed, 4/19, 11am
- Bingo with Pizza provided by Unicity afterwards – Fri, 4/21, 11am
- Club Meeting/Smart 911 – Wed, 4/26, 11am
- Tax preparation appointments continue through April 18. Please see Michelle or Arthi to schedule an appointment.

#### 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, and for activities when seniors may not be socially distanced.
- We encourage everyone to stay up to date with their vaccinations. If you have questions or would like assistance in obtaining a booster shot, please contact the New Providence Public Health Nurse at (908) 743-1049.
- 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:

- There will NO in-person programs on Monday, April 10. In Control and Chair Yoga will be held ON ZOOM. Bridge will be cancelled that day.
- There will be NO Strong You on April 13.

### 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 Ligammar, Pat Malicher, Nina Pardi, Grace Parlapiano

#### Club Officers

President: Christine Napolitano

Vice President: Bill Wehrle

Treasurer: Sal Ligammar

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 Shop Rite on Tuesday mornings, to shopping malls as scheduled, and to several Club activities. Call in advance to reserve your ride.

**NPSC CLUB MEETING &****"What's New in Astronomy & Space Exploration!"**

Wednesday, April 5 at 11:00a.m.

Join us for a club meeting with Paul Cirillo to learn about the latest discoveries that have been made by the many robotic exploration missions to the planets, asteroids, and comets in our Solar System. See the latest images from the new James Webb Space Telescope. Get a glimpse of future space missions that the United States and other countries have planned. Also, learn about human space programs planned by the United States, China, and several commercial companies! See their plans for space stations, gateways, moon bases, and space tourism!

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

**NPSC CLUB MEETING &****♪ School Musical Performance ♪**

Wednesday, April 19 at 11:00a.m.

Join us for a Club meeting and enjoy a morning of music with New Providence Middle School students. NPMS Band members will perform in small ensembles and share some wonderful instrumental music. For bus transportation, call (908) 665-0046 or e-mail [decorsocenter@newprov.us](mailto:decorsocenter@newprov.us) two days in advance.

**NPSC CLUB MEETING &****Special Bingo**

Wednesday, April 12 at 11:00a.m.

Join us for a Club meeting followed by refreshments and a special bingo as the program. Travel Advisor Nish Verma will be previewing some presentations scheduled for future Club meetings and providing special prizes for the bingo games. For bus transportation, call (908) 665-0046 or e-mail [decorsocenter@newprov.us](mailto:decorsocenter@newprov.us) two days in advance.

**BINGO AND PIZZA LUNCH WITH UNICITY****HEALTHCARE**

Friday, April 21 at 11:00a.m.

Join us for a fun Friday morning with Unicity Healthcare calling bingo. Unicity will be providing a pizza lunch after the games for bingo participants to enjoy. RSVPs not required but appreciated for planning purposes. For bus transportation, call (908) 665-0046 or e-mail [decorsocenter@newprov.us](mailto:decorsocenter@newprov.us) two days in advance.

**NPSC CLUB MEETING &****Smart 911**

Wednesday, April 26 at 11:00a.m.

Who and what is 9-1-1 dispatch? Please join us for a Club meeting 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.

**FLUID ART**

Thursday, April 13 at 11:00a.m.

Start Spring with color and beauty by creating a work of art. Join us in the DeCorso Center solarium for a wonderful Fluid Art session with Arthi. Make your own masterpiece and enjoy watching the imbalance of different paint densities create interesting and visually stunning reactions. **RSVP required.** Please e-mail [DeCorsoCenter@newprov.us](mailto:DeCorsoCenter@newprov.us) or call the Center at (908) 665-0046 by Monday, April 10 to register.

**ART PROGRAM - WATERCOLOR FLOWER BOUQUET**

Thursday, May 4, 11:00a.m.

Join Art Instructor Christen Simmons to learn different watercolor techniques and paint a beautiful spring flower bouquet. Create a wonderful art project 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](mailto:decorocenter@newprov.us) or call the Center at (908) 665-0046 by Friday, April 28 to register.

**ANNIVERSARY LUNCH**

Join us at the Prima Vera Regency for our Anniversary Luncheon on **Thursday, May 11 at noon**, celebrating the 64th anniversary of the New Providence Senior Citizens Club. The menu includes your choice of an appetizer, salad, and entree. Pastry desserts will be on each table. There will be no open bar. Soft beverages and coffee and tea are included. Bob Marino will perform for us. Tickets cost \$45, and will go on sale Monday, April 3. Please see Michelle or Arthi to request bus transportation.

**AARP TAX RETURN ASSISTANCE**

AARP Foundation Tax Aide counselors are available at the DeCorso Center for **appointments from 9:30a.m. to 2:30p.m. on Tuesdays and Wednesdays through April 18**. Taxpayers may call the DeCorso Center at (908) 665-0046 between 10:00a.m. and 2:00p.m., Mondays through Fridays, to schedule an appointment or sign up in person at the Center.

**BINGO**

**Special Bingo** – Join us for bingo with special prizes on **Wednesday, April 12, at 11:00a.m.**

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

- On **Friday, April 21**, Unicity Healthcare will be providing pizza lunch after the games. RSVPs not required but appreciated for planning purposes.

Bingo cards are 50 cents each. For bus transportation, call (908) 665-0046 or e-mail [decorocenter@newprov.us](mailto:decorocenter@newprov.us) two days in advance.

**MONTHLY SPECIALS**

**Senior Bus Shopping Trip** – Take the bus to Blue Star Shopping Center on **Thursday, April 13**. Pickups begin at 9:00a.m. To reserve your spot, call (908) 665-0046 or e-mail [decorocenter@newprov.us](mailto:decorocenter@newprov.us) by Tuesday, April 11.

**Nurse's Hours** – The New Providence Public Health Nurse, Jenn Aranda, will be at the DeCorso Center before the Club meeting on **Wednesday, April 19 beginning at 10:00a.m.** to give blood pressure screenings and to answer questions. For bus transportation, call (908) 665-0046 or e-mail [decorocenter@newprov.us](mailto:decorocenter@newprov.us) two days in advance.

**NEW PROVIDENCE SENIOR HEALTH FAIR****RETURNING MAY 17**

The New Providence Department of Health and DeCorso Community Center will host a senior health fair on Wednesday, May 17 from 8:00a.m. to 11:00a.m. at 15 East 4th Street. All New Providence residents 55+ are invited to attend.

The health fair will be informational along with some basic screenings and will bring together other local service providers and medical professionals. These will include dental, hepatitis screening, chiropractor, pharmacy, stroke assessment, and a physical therapy provider.

The Public Health Nurse will provide additional information about the Health Fair at Nurse's Hours and the Club meeting on April 19 and details will be published on the New Providence health services page at <https://www.newprov.org/health-services-department/>.

You can call the DeCorso Center to make an appointment for the stroke assessment at (908) 665-0046. You may also email/call the Public Health Nurse with questions or to make a stroke assessment appointment at [Jaranda@newprov.us](mailto:Jaranda@newprov.us) or (908) 743-1049.

**ATLANTIC HEALTH VIRTUAL PROGRAMS****Springtime Foods Nutrition Class - April 14, 2023, 11:00 AM-12:00 PM**

Spring is a wonderful season for fresh, delicate produce. Learn about what foods are growing during these months and what you can look forward to this season. Presented by Barbara Galvin, RD, CDCES, dietitian at Shoprite of West Caldwell and Shoprite of Parsippany.

**Aging in Your Own Space - April 24, 2023, 12:00 PM-1:00 PM**

Learn how to formulate an aging-in-place plan, including home modifications, assistive technology, health care services, community resources, financial concerns, and legal preparations. Presented by Rebecca Abenante, MA, MSW, LSW, ASW-G, Healthy Aging Coordinator.

[E-mail decorsocenter@newprov.us](mailto:decorsocenter@newprov.us) to register and receive the Zoom link.

**THANK YOU NOTES**

- John Bale and members who helped plan, set up, decorate, and volunteer at the St. Patrick's Day Luncheon.
- Ellen Malosh from the New Providence Memorial Library for providing information about the library's programs and services.
- Phyllis Kalb for telling us about the Creative Writing Group at the NP Library.
- Bridget Cutler for talking about the benefits of meditation and guiding us through a practice.
- Cast members from the NPHS Spring Musical for presenting delightful highlights from the show.
- Reena Yaseen from Brandywine Living for the St. Patrick's-themed bingo.
- Barbara Freda from Arden Courts for the discussion on Alzheimer's and Dementia and for providing the delicious sandwiches.
- New Jersey Division of Consumer Affairs for their presentation on consumer fraud.
- The Bright and Beautiful Therapy Dogs organization for the pet therapy.
- CareOne for the soft pretzels after Friday bingo.
- Leo Piovano for donating books on Italian art and artists for our library.

**AROUND TOWN**

**New Providence Community Pool** – Early Bird rates available until April 10. Senior Citizen rate \$127.

**NP Historical Society Annual Dinner/Program –**

"Paterson, NJ: Look at the City by the Falls and Development of America's First Planned Industrial City." Thursday, April 20, Hors d'oeuvres at 6:00p.m.; dinner at 7:00p.m. Cash Bar. Cost is \$45 per person. Vintage Tavern, Gillette.

**P.A.C.T. Day**

On Saturday, April 22 from 10:00a.m.-2:00p.m. at the Municipal Center the New Providence Police Department will be providing the following services: Operation Take Back, Blue Angel/Blue Guardian Program signup, Providing Safe Place Initiative information, Handing Out Gun Locks, and Giving Fraud Protection Information. Bike auction at 11:00a.m.

**NEW PROVIDENCE MEMORIAL LIBRARY (NPML)**

**Knit/Crochet Night** – Mon, Apr 3 & Thurs Apr 20, 7:00pm

**Books & Bagels** – Tues, Apr 4, 10:30am

**Creative Writing** – Thurs, Apr 6, 13, 20, 27, 10:30am

**Batter Up: Let's Talk Baseball** – Mon, Apr 10, 7:00pm\*

**Monthly Movie "The Fabelmans"** – Tues, Apr 11, 1:00pm

**Book Lovers Circle** – Reader's advisor and librarian Susan Lipstein will preview ten books to put on your to-be-read list. Tues, Apr 18, 10:30am

**Concord Singers in Concert** – Sunday, April 23, 3:00pm

**Cookbook Club** – Mother's Day Brunch recipes and fruit recipes. Tues, Apr 25, 1:00pm\*

**George Washington and Morristown: Perfect Together** – Thurs, Apr 27, 7:00pm\*

**Virtual Author Talk with William Kent Krueger –** Thurs, Apr 27, 8:00pm. Register online at <https://libraryc.org/newprovidencelibrary>.

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

NEW PROVIDENCE SENIOR CITIZENS CLUB April 2023						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 2	3 9:30 In Control <sup>1</sup> 11:00 Chair Yoga <sup>2</sup> <b>11:00 Trustee Mtg</b> 11:00 Bridge	4 Tax Help 9:30-2:30 (by appointment only) 8:00 Bus to ShopRite* 9:45 Balance & Cond. <sup>2</sup> 1:00 Advanced Italian	5 Tax Help 9:30-2:30 (by appointment only) 11:00 Club Meeting - "What's New in Astronomy"***	6 9:30 Strong You! <sup>2</sup> 12:30 Mah Jongg 1:00 Knitting Club 1:00 Tai Chi <sup>1</sup>	7 9:00 Zumba <sup>1</sup> 11:00 Bingo ***	8
9 <i>Happy Easter!</i>	10 <b>No in-person programs.</b> In Control and Chair Yoga held ON ZOOM.	11 Tax Help 9:30-2:30 (by appointment only) 8:00 Bus to ShopRite* 9:45 Balance & Cond. <sup>2</sup> <b>10:00 Activities Mtg.</b> 1:00 Advanced Italian 2:00 Beginner Italian	12 Tax Help 9:30-2:30 (by appointment only) 11:00 Club Meeting - <b>Special Bingo</b> ***	13 <b>9:00 Bus to Blue Star</b> ** 9:30 <u>NO</u> Strong You! <sup>2</sup> <b>11:00 Fluid Art</b> <sup>3</sup> 12:30 Mah Jongg 1:00 Knitting Club 1:00 Tai Chi <sup>1</sup>	14 9:00 Zumba <sup>1</sup> 11:00 Bingo *** <b>11:00 "Springtime Foods Nutrition Class"</b> <sup>1</sup>	15
16	17 9:30 In Control <sup>1</sup> 11:00 Chair Yoga <sup>2</sup> 11:00 Bridge	18 Tax Day (taxes due) Tax Help 9:30-2:30 (by appointment only) 8:00 Bus to ShopRite* 9:45 Balance & Cond. <sup>2</sup> 1:00 Advanced Italian	19 <b>10:00 Nurse's Hours</b> 11:00 Club Meeting - <b>School Musical Performance</b> ***	20 9:30 Strong You! <sup>2</sup> 12:30 Mah Jongg 1:00 Knitting Club 1:00 Tai Chi <sup>1</sup>	21 9:00 Zumba <sup>1</sup> <b>11:00 Bingo &amp; Pizza provided by Unicity Healthcare</b> ***	22
23	24 9:30 In Control <sup>1</sup> 11:00 Chair Yoga <sup>2</sup> 11:00 Bridge <b>12:00 "Aging in Your Own Space"</b> <sup>1</sup>	25 8:00 Bus to ShopRite* 9:45 Balance & Cond. <sup>2</sup> 1:00 Advanced Italian 2:00 Beginner Italian	26 11:00 Club Meeting - <b>Smart 911</b> ***	27 9:30 Strong You! <sup>2</sup> 12:30 Mah Jongg 1:00 Knitting Club 1:00 Tai Chi <sup>1</sup>	28 9:00 Zumba <sup>1</sup> 11:00 Bingo ***	29
30	May 1 9:30 In Control <sup>1</sup> 11:00 Chair Yoga <sup>2</sup> 11:00 Bridge	May 2 8:00 Bus to ShopRite* 9:45 Balance & Cond. <sup>2</sup> 1:00 Advanced Italian	May 3 11:00 Club Meeting - <b>NPHS Jazz Band</b> ***	May 4 9:30 Strong You! <sup>2</sup> <b>11:00 Watercolor Flower Bouquet</b> <sup>4</sup> 12:30 Mah Jongg 1:00 Knitting Club 1:00 Tai Chi <sup>1</sup>	May 5 9:00 Zumba <sup>1</sup> 11:00 Bingo ***	May 6

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

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

<sup>3</sup>RSVP required. Register by Monday, April 10.

<sup>4</sup>Register by Friday, April 28.

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.