

New Providence Senior Citizens Newsletter

"Good things happen here!"

SEPTEMBER 2023

Vol. 23. No. 9



COORDINATOR'S CORNER

"By all these lovely tokens, September days are here. With summer's best of weather and autumn's best of cheer." – Helen Hunt Jackson
In August we were very happy to welcome Beth Conti to the Center as our new Program Coordinator. If you have not had a chance to meet Beth yet, please stop in to say hello! We hope you will also come to the Center this month to celebrate the end of summer at the annual Welcome Back Country Western Picnic on September 21, and to enjoy our other programs and activities.

Highlights of September Programs and Activities include:

- Club Meeting/Birthdays/Making a Home Safer for Seniors – Wed, 9/6, 11am
- Bus to Blue Star - Thurs, 9/7, 9am
- Italian classes resume – Tues, 9/12. Advanced class will meet at 12pm; Beginners class will meet at 1pm.
- Library Hours – Wed, 9/13, 10am
- Club Meeting/Special Bingo – Wed 9/13, 11am
- Club Meeting/Senior Healthcare Forum with panel discussion - Wed, 9/20, 11am
- Welcome Back Country Western Picnic – Thurs, 9/21, 12pm
- Club Meeting/AARP Class preview – Wed 9/27, 11am
- Birthday Card Making with the Lions – Thurs, 9/28, 11am

Important Safety Protocols for In-Person Programs:

- The wearing of masks in the DeCorso Center is no longer required. Social distancing is still recommended. We encourage everyone to stay up to date with vaccinations.
- 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.
- 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, September 4** for Labor Day. There will be no programs or exercise classes.
- **Strong You!** will be via Zoom only on **September 21**.
- Knitting Club will NOT meet on **Thursday, September 21**.
- Mah Jongg may not meet at its usual day or time the week of **September 21**; please call to confirm the day and time.
- Borough Offices will close at 1:00pm on Fridays through 9/1.
- Please check the calendar for updates on specific activities.

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, Nina Pardi, Grace Parlapiano

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

Beth Conti

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.

CLUB MEETINGS & SPECIAL PROGRAMS**NPSC CLUB MEETING/BIRTHDAYS &
"Making a Home Safer for Seniors"**

Wednesday, September 6 at 11:00am

There are many simple steps you can take to make your home safer to avoid falls and injuries. Join Modivcare to take a look at what you can do room by room to make your home a safe haven.*

**NPSC CLUB MEETING &
Special Bingo**

Wednesday, September 13 at 11:00am

Join us for a Club meeting followed by a special bingo as the program. Michelle and Beth will call bingo and there will be special prizes for the games.*

**NPSC CLUB MEETING &
Senior Healthcare Forum**

Wednesday, September 20 at 11:00am

Please join us for a special Senior Healthcare Forum arranged for New Providence seniors by Arbor Terrace Mountainside. The forum will feature guest speakers from Arbor Terrace Mountainside, Right at Home Healthcare, Unicity Senior Advisors, and a local Eldercare Attorney. Discussion topics will include learning about the differences in Senior Living Communities and levels of care, how to stay safe at home with home healthcare, services offered by Geriatric Care Managers, and legal documents for proper estate planning. Following the panel discussion will be a time for Q&A with all the panel members. Refreshments will be provided by Arbor Terrace Mountainside.*

**NPSC CLUB MEETING &
Preview of AARP Driving Classes**

Wednesday, September 27 at 11:00am

Join AARP Driver Safety Instructor Grace Leung for a preview of the AARP Smart Driver class and the AARP Smart DriverTEK workshop which will be offered at the DeCorso Center in October. See page 4 for details about the classes and registration information.*

*For bus transportation, call (908) 665-0046 or email decorsocenter@newprov.us two days in advance.

EVENTS**WELCOME BACK COUNTRY WESTERN PICNIC****Thursday, September 21 at 12noon**

Join friends for some good old boy country music and dancing!!! Enjoy hamburgers, hot dogs, chicken, pulled pork sandwiches, potato salad, cole slaw, onion rings, corn-on-the-cob, lemonade, iced tea, and watermelon. Wear your western duds and get ready to have a boot scootin' boogie time!!! **Cost \$21.** **Tickets are on sale now at the Center. Last day to purchase tickets is September 15.** Make checks payable to NPSCC.

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

SAVE THE DATE!**Oktoberfest, October 19 at 12 noon****Vintage Tavern**

Tickets will be on sale beginning in September.

TRIPS

There are no trips scheduled in September.

bus SENIOR BUS TO BLUE STAR bus

Mike will drive the Senior Bus to Blue Star Shopping Center on **Thursday, September 7**. Pickups begin at 9:00am. E-mail decorsocenter@newprov.us or call (908) 665-0046 by Tuesday, September 5 to reserve your spot.

ITALIAN CLASSES

Italian classes will resume on **Tuesday, September 12**. The instructor, Patrizia Gerace, comes from Italy, has taught Italian to all ages and levels, and is currently an Italian instructor at Seton Hall University. She believes that learning a language should be fun and engaging, focusing more on practical usage rather than academic approaches.

Starting September 12, the Advanced class will meet on Tuesdays at 12:00pm. The Beginner Italian class will meet on alternate Tuesdays at 1:00pm.

ARTS & CRAFTS**CARD MAKING**

Thursday, September 28 at 11:00a.m.

Join Linda Kale and other New Providence Lions Club members to create beautiful hand-made birthday cards. She will have materials on hand to make cards for both adults and children, so you can create cards for your grandchildren, nieces and nephews too! Get in touch with the artist in you to personalize your cards. This class is for men and for women. Please e-mail decorsocenter@newprov.us or call the Center at (908) 665-0046 by Monday, September 25 to register.

KNITTING CLUB

Thursdays at 1:00pm

Bring your own project and enjoy the conversation on Thursdays at 1:00pm. Also welcome are non-knitters or crocheters who want to learn (we have some supplies at the Center). **No meeting on Sept. 21.**

CARDS & GAMES**BINGO**

Special Bingo – Join us for bingo with special prizes on **Wednesday, September 13** after the 11:00am Club meeting.

Friday Bingo – Join us for weekly bingo Fridays at 11:00am.

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

BRIDGE

Mondays at 11:00am

Come play “social bridge” and enjoy the company of Club friends in the Card Room! All levels are welcome. **There will be NO Bridge on Monday, September 4.**

MAH JONGG

Thursdays at 12:00pm

Join Club friends for a fun afternoon in the Card Room! Play Mah Jongg on Thursdays beginning at 12:00pm. **Call to confirm for September 21.**

COVID TEST KITS

The Westfield Regional Health Department has dropped off free COVID testing kits at the Center for our seniors to have on hand. Please see Beth or Michelle to pick one up; they will be available on a first come, first served basis.

HEALTH & FITNESS**NURSE'S HOURS**

The New Providence Public Health Nurse, Jenn Aranda, will be at the DeCorso Center before the Club meeting on **Wednesday, September 27, 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.

EXERCISE CLASSES

All DeCorso Center exercise classes are free to New Providence residents ages 65+. Please ask your doctor which classes would be appropriate for you and contact the Center to register. Our class schedule is as follows:

- **In Control** – Mondays at 9:30am - Zoom only. **No class on September 4.**
- **Chair Yoga** – Mondays at 11:00am – In Person and on Zoom. **No class on September 4.**
- **Balance and Conditioning** – Tuesdays at 9:45am – In Person and on Zoom.
- **Strong You** – Thursdays at 9:30am – In Person and on Zoom. **Zoom only on September 21.**
- **Tai Chi** – Thursdays at 1:00pm - Zoom only.
- **Zumba** – Fridays at 9:00am – Zoom only.

E-mail decorsocenter@newprov.us to register and receive the Zoom link.

ATLANTIC HEALTH VIRTUAL PROGRAMS

Managing Atrial Fibrillation (AFib) Class – September 8, 12:00pm – 1:00pm

Atrial fibrillation, or AFib, is the most common type of irregular heart rhythm. Join us to learn the causes, symptoms, what treatment options are available, and why it's so important to manage this condition.

Prostate Health: What You Need to Know – September 28, 12:00pm – 1:00pm

Join us to learn about common prostate problems. Discussion will include symptoms, risk factors, and treatment options for prostate cancer.

E-mail decorsocenter@newprov.us to register and receive the Zoom link.

AARP SMART DRIVER CLASS

Refresh your driving skills with the AARP Smart Driver class, returning in-person to the DeCorso Center in October. 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 **Tuesdays, October 3 and 10 from 11:00a.m. to 2:00p.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.

AARP SMART DRIVERTEK WORKSHOP

The AARP Smart DriverTEK workshop is a 90-minute workshop offering an interactive way to stay up to date with the latest safety technology in your current or future car. Learn all about what new technologies are available, how they work, and how they can improve your peace of mind on the road. Register today and tell a friend—it's FREE! AARP will offer this workshop at the DeCorso Center on **Tuesday, October 17 from 11:00a.m. – 12:30p.m.** Advance registration is required; space may be limited. To register, please call (908) 665-0046 or e-mail decorsocenter@newprov.us.

“LIBRARY HOURS” AT THE DECORSO CENTER WITH THE NEW PROVIDENCE MEMORIAL LIBRARY

Stop into the DeCorso Center's library on **Wednesday, September 13 from 10:00a.m-11:00a.m.** before the Club meeting to chat with an NPML reference librarian, get information about the library's programs and services, and/or sign up for a library card. She will also be sharing information about the library joining the MAIN Library Alliance in December, and the benefits of belonging to the MAIN system. As a special service, you may also request in advance to borrow an NPML book. Please email info@newprovidencelibrary.org or decorsocenter@newprov.us by September 11 and the librarian will deliver the book to the DeCorso Center on September 13 for you!

THANK YOU NOTES

- New Providence Community Pool for the delightful Senior Lunch.
- Museum of Early Trades and Crafts for the fun presentation on the origins of idioms and sayings.
- Art Instructor Christen Simmons for the wonderful art project, “Painting Sunflowers.”

AROUND TOWN

2023 Freecycle Fest – Saturday, September 23, 9am-2pm. Drop off ends at 12pm. **New Providence Community Pool Parking Lot.** Come and “shop” for or donate gently used items like toys, sports equipment, home accessories and more!

New Providence Book Festival – Saturday, September 23, 9am-3pm. Salt Box Museum.

Program includes roughly 18 authors signing their books, several speakers, a bake sale, a raffle, and free tours of the Salt Box Museum. Sponsored by the New Providence Historical Society.

NEW PROVIDENCE MEMORIAL LIBRARY (NPML)

Books & Bagels – Tues, Sep 5 at 10:30am

Virtual Author Talk with Lidia Bastianich – Thurs, Sep 7 at 7:00pm*

Creative Writing – Thurs, Sep 7, 14, 21, 28 at 10:30am*

Batter Up: Let's Talk Baseball – Mon, Sep 11 at 6:30pm*

Movie Matinee “80 for Brady” – Tues, Sep 12 at 1:00pm

Virtual Author Talk with Adam Alter – Wed, Sep 20, 8:00pm*

Knit/Crochet Night – Thurs, Sep 21 at 7:30pm

Cookbook Club – Apple recipes and cheese recipes. Tues, Sep 26 at 1:00pm*

Home Selling, Prep & Staging Workshop – Tues, Sep 26, 7:00pm*

Virtual Author Talk with Amor Towles – Wed, Sep 27, 8:00pm*

Medicare Basics; the A, B, D's of Medicare – Thurs, Sep 28, 7:00pm*

*See library website for registration information.

NEW PROVIDENCE SENIOR CITIZENS CLUB September 2023						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Aug 27	Aug 28 9:30 In Control ¹ 11:00 <u>NO</u> Chair Yoga ² 11:00 Bridge 11:00 Understanding Blood Pressure ¹	Aug 29 8:00 Bus to ShopRite* 9:45 <u>NO</u> Balance & Cond. <u>NO</u> Italian Classes	Aug 30 11:00 Club Meeting & Special Bingo ***	Aug 31 9:30 <u>NO</u> Strong You! ² 12:00 Mah Jongg 12:00 "I Have a Wound..." ¹ 1:00 Knitting Club 1:00 Tai Chi ¹	1 9:00 Zumba ¹ 11:00 Bingo***	2
3	4 Labor Day CENTER CLOSED No programs or exercise classes	5 8:00 Bus to ShopRite* 9:45 Balance & Cond. ² <u>NO</u> Italian Classes	6 11:00 Club Meeting & "Making a Home Safer for Seniors" ***	7 9:00 Bus to Blue Star ** 9:30 Strong You! ² 12:00 Mah Jongg 1:00 Knitting Club 1:00 Tai Chi ¹	8 9:00 Zumba ¹ 11:00 Bingo *** 12:00 "Managing Atrial Fibrillation" ¹	9
10	11 Patriot Day 9:30 In Control ¹ 11:00 Trustee Mtg. 11:00 Chair Yoga ² 11:00 Bridge	12 8:00 Bus to ShopRite* 9:45 Balance & Cond. ² 10:00 Activities Mtg. 12:00 Advanced Italian 1:00 Beginner Italian	13 10:00 Library Hours 11:00 Club Meeting & Special Bingo ***	14 9:30 Strong You! ² 12:00 Mah Jongg 1:00 Knitting Club 1:00 Tai Chi ¹	15 9:00 Zumba ¹ 11:00 Bingo***	16
17	18 9:30 In Control ¹ 11:00 Chair Yoga ² 11:00 Bridge	19 8:00 Bus to ShopRite* 9:45 Balance & Cond. ² 12:00 Advanced Italian	20 11:00 Club Meeting & Senior Healthcare Forum ***	21 9:30 Strong You! (Zoom only) 12:00 Welcome Back Picnic ³ *** 12:00 Mah Jongg - Tentative 1:00 <u>NO</u> Knitting Club 1:00 Tai Chi ¹	22 9:00 Zumba ¹ 11:00 Bingo ***	23 Start of Fall
24	25 9:30 In Control ¹ 11:00 Chair Yoga ² 11:00 Bridge	26 8:00 Bus to ShopRite* 9:45 Balance & Cond. ² 12:00 Advanced Italian 1:00 Beginner Italian	27 10:00 Nurse's Hours *** 11:00 Club Meeting & Preview of AARP Driving Classes ***	28 9:30 Strong You! ² 11:00 Card Making Craft ⁴ 12:00 Mah Jongg 1:00 Knitting Club 1:00 Tai Chi ¹ 12:00 "Prostate Health" ¹	29 9:00 Zumba ¹ 11:00 Bingo ***	30

¹Virtual class via Zoom. Pre-registration required.

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

³Purchase ticket in advance.

⁴Register in advance.

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.