

New Providence Senior Citizens Newsletter

"Good things happen here!"

OCTOBER 2023

Vol. 23. No. 10



COORDINATOR'S CORNER

As some of you are aware, Mike Ferlise has retired from driving the Senior Bus, but we are happy to share that he will still be working and helping us at the Center on Wednesdays and Fridays, so you will continue to see him at Club meetings and bingo. The Borough will post the Senior Bus Driver position and is exploring options to continue to offer bus service until we are able to find and hire a new driver. We will keep Club members informed as we have updates and will let you know as soon as we are able to resume bus service. We will keep in touch, in particular, with seniors who previously took the bus on a regular basis. If you have any questions, please call or e-mail the Center.

Highlights of October Programs and Activities include:

- ❖ AARP Smart Driver Class – Tuesdays, 10/3 and 10/10, 11am
- ❖ Special Exercise Offering – “Stretch and Strength” – Wednesdays at 9:30am on Zoom. October 4 – November 22
- ❖ Club Meeting/Birthdays/Sing Along – Wed, 10/4, 11am
- ❖ Club Meeting/EMS Presentation – Wed, 10/11, 11am
- ❖ AARP Smart DriverTEK Workshop – Tues, 10/17 11am
- ❖ Club Meeting/Union County Surrogate – Wed, 10/18, 11am
- ❖ Oktoberfest – Thurs, 10/19, 12pm
- ❖ Club Meeting/Brandywine Special Bingo – Wed 10/25, 11am
- ❖ Pumpkin Craft – Thurs, 10/26, 11am

Important Safety Protocols for In-Person Programs:

- The wearing of masks in the DeCorso Center is no longer required. We encourage everyone to stay up to date with vaccinations, both Covid-19 and flu.
- 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.
- 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:

- All exercise classes from October 30-November 7 will be held via ZOOM ONLY.
- Italian classes will be cancelled on October 31.
- There will NOT be a Club meeting on November 1.
- There will NOT be Bingo on November 3.
- Early Voting, Saturday, 10/28 – Sunday, 11/5
- 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 to ShopRite and the DeCorso Center will resume as soon as possible.

CLUB MEETINGS & SPECIAL PROGRAMS**NPSC CLUB MEETING/BIRTHDAYS &
Sing Along with Laura West**

Wednesday, October 4 at 11:00am

Back by popular demand, Laura from Lester Senior Living will return to the Center to lead another Sing Along of timeless classic hits. Come to the meeting and join in the fun.

**NPSC CLUB MEETING &
New Providence EMS**

Wednesday, October 11 at 11:00am

New Providence EMS is a non-profit organization comprised of volunteers who are dedicated to providing emergency medical attention to those in need. Join to hear their members discuss the history of their organization, where they are today, what they do and who they are. They will also cover topics such as medical emergency situations (stroke, chest pain, etc.) and medications, medical bracelets, etc.

**NPSC CLUB MEETING &
Union County Surrogate**

Wednesday, October 18 at 11:00am

This presentation will educate you on the duties and responsibilities of the Surrogate's Court. During this presentation, you will receive vital information to make informative decisions for your future—topics ranging from estate planning to adult guardianships.

**NPSC CLUB MEETING &
Special "Halloween-themed Bingo" with
Brandywine**

Wednesday, October 25 at 11:00am

Join us for a Club meeting followed by a special Halloween-themed bingo. Brandywine Living will be here to give out special prizes and special treats. Wear a costume and enjoy the fun!

▼ SENIOR BUS TO BLUE STAR ▼

Unfortunately, we are unable to offer the Senior Bus to Blue Star Shopping Center for the month of October.

EVENTS**OKTOBERFEST****Thursday, October 19 at 12 noon****Vintage Tavern**

Celebrate the fall season with friends while enjoying delicious German food. Choose your favorite dishes off the Oktoberfest (or regular) menu on the day of the event. Tickets are \$10, which is a refundable deposit that will be returned at the luncheon. Tickets are on sale now at the Center. Last day to purchase tickets is Friday, October 13. **Payment in cash only. No checks this time.**

TRIPS**SAVE THE DATE!****Brunch in the Country, November 9*****Clinton Station Diner**

Tickets will be on sale beginning in October.

*Contingent upon securing transportation.

SENIOR BUS INFORMATION

As some of you are aware, Mike Ferlise has retired from driving the Senior Bus, but we are happy to share that he will still be working and helping us at the Center on Wednesdays and Fridays, so you will continue to see him at Club meetings and bingo. The Borough will post the Senior Bus Driver position and is exploring options to continue to offer bus service until we are able to find and hire a new driver. We will keep Club members informed as we have updates and will let you know as soon as we are able to resume bus service. We will keep in touch, in particular, with seniors who previously took the bus on a regular basis. If you have any questions, please call or e-mail the Center.

ITALIAN CLASSES

Both Italian classes, Advanced and Beginner, will meet every Tuesday. 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. Advanced class meets at 12:00pm. Beginner class meets at 1:00pm. **No classes on Oct 31.**

ARTS & CRAFTS**PUMPKIN CRAFT**

Thursday, October 26 at 11:00am

Join Christine to make a beautiful fall décor craft. Learn a simple technique to wrap fabric around a toilet paper roll to create a fall pumpkin. Please bring a roll of toilet paper. Fabric will be provided. Maximum of 10 participants. Please e-mail decorocenter@newprov.us or call (908) 665-0046 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).

CARDS & GAMES**BINGO**

Special “Halloween-themed” Bingo with Brandywine – Join us for bingo with special prizes on **Wednesday, October 25 after the 11:00am Club meeting.**

Friday Bingo – Join us for weekly bingo on Fridays at 11:00am. **No bingo on November 3.**

Bingo cards are 50 cents each.

BRIDGE

Mondays at 11:00am

Come play “social bridge” and enjoy the company of Club friends in the Card Room! All levels are welcome.

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.

NURSE'S HOURS

The New Providence Public Health Nurse, Jenn Aranda, will be at the DeCorso Center before the Club meeting on **Wednesday, October 25, beginning at 10:00a.m.** to give blood pressure screenings and to answer questions.

HEALTH & FITNESS**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.

Special Offering - Stretch And Strength

We are happy to offer a special “Stretch and Strength” class with Mike C. for 8 weeks from October 4 – November 22. This full body fitness program gives participants of all levels the opportunity to engage in a resistance workout of all body parts. The session ends with an extended period of stretching to loosen muscles and improve your mood. **Wednesdays at 9:30am - ZOOM ONLY**

Regular Classes

- **In Control** – Mondays at 9:30am - Zoom only.
- **Chair Yoga** – Mondays at 11:00am – In Person and on Zoom. **Zoom only on Oct 30.**
- **Balance and Conditioning** – Tuesdays at 9:45am – In Person and on Zoom. **Zoom only on Oct 31.**
- **Strong You** – Thursdays at 9:30am – In Person and on Zoom. **Zoom only on Nov 2.**
- **Tai Chi** – Thursdays at 1:00pm - Zoom only.
- **Zumba** – Fridays at 9:00am – Zoom only.

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

ATLANTIC HEALTH VIRTUAL PROGRAMS

Pedestrian Safety Awareness for Drivers - October 3, 11:00am-12:00pm

October is National Pedestrian Safety Month. Join us to discuss pedestrian safety from the driver's point of view. This presentation will include a review of responsibilities that drivers have when pedestrians are present under new state laws.

Stroke Caregivers Support Group - October 18, 2:00pm-3:00pm

A virtual support group for caregivers of stroke survivors. Group members can expect a welcoming space to receive support from other caregivers, exchange personal stories and experiences, and learn about caregiving resources in the community. Facilitated by a clinical social worker with occasional guest speakers presenting on stroke-related topics.

E-mail decorocenter@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 11:00am to 2:00pm**. 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 11:00am – 12:30pm**. Advance registration is required; space may be limited. To register, please call (908) 665-0046 or e-mail decorsocenter@newprov.us.

VOTING AT THE DECORSO CENTER

Early voting will take place at the DeCorso Center from Saturday, October 28 through Sunday, November 5. Voting will also take place at the DeCorso Center on Election Day, Tuesday, November 7.

All exercise classes from October 30-November 7 will be held via ZOOM ONLY. There will be NO Club meeting on Wednesday, November 1 and NO Bingo on Friday, November 3. No in-person senior activities will be held at the Center on November 7; Italian class will be cancelled.

THANK YOU NOTES

- Christine Napolitano for organizing the Welcome Back Country Western Picnic.
- Linda Kale and other New Providence Lions Club members for helping us create beautiful hand-made birthday cards.
- Linda Kale for donating the fun eyeglasses for the Country Western Picnic.

AROUND TOWN

Craft Fair, Saturday October 7, 10:30am-4:00pm.

New Providence Memorial Library. Hand-crafted goods by local artisans. Shop early for unique gifts!

PBA Car Show – Saturday, October 7, 10am-3pm.

New Providence Community Pool Parking Lot. Raffles, give-a-ways, and delicious food trucks!

Port Newark & the Origins of Container Shipping – Thursday, October 12, 7pm. DeCorso Center. New Providence Historical Society program.

DEA Take Back Day – Saturday, October 28, 10am-2pm. New Providence Municipal Center. Turn in your unused medications at the PACT (Police and Community Together) collection site.

NEW PROVIDENCE MEMORIAL LIBRARY (NPML)

Craft Fair, Saturday October 7, 10:30am-4:00pm.

Shop for hand-crafted goods from local artisans while supporting the library.

Knit/Crochet Night – Mon, Oct 2 at 7:00pm & Thurs, Oct 19 at 7:00pm.

Books & Bagels – Tues, Oct 3 at 10:30am

Batter Up: Let's Talk Baseball – Mon, Oct 9 at 6:30pm*

Movie Matinee "Somewhere in Queens" – Tues, Oct 10 at 1:00pm

Concert - Harpist Aideen O'Donnell will perform Irish music. Sun, Oct 15, 3:00pm.

Virtual Author Talk with Ruth Ware – Wed, Oct 18, 2:00pm*

Cookbook Club – Soup/stews and everything pumpkin. Tues, Oct 24 at 1:00pm*

Virtual Conversation with John Irving – Thurs, Oct 26, 7:00pm*

*See library website for registration information.

NEW PROVIDENCE SENIOR CITIZENS CLUB October 2023						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 9:30 In Control ¹ 11:00 Trustee Mtg. 11:00 Chair Yoga ² 11:00 Bridge	3 9:45 Balance & Cond. ² 11:00 Smart Driver⁴ 11:00 "Pedestrian Safety Awareness" ¹ 12:00 Advanced Italian 1:00 Beginner Italian	4 9:30 Stretch & Strength¹ 11:00 Club Meeting & Sing Along with Laura West	5 9:30 Strong You! ² 12:00 Mah Jongg 1:00 Knitting Club 1:00 Tai Chi ¹	6 9:00 Zumba ¹ 11:00 Bingo	7
8	9 9:30 In Control ¹ 11:00 Chair Yoga ² 11:00 Bridge	10 9:45 Balance & Cond. ² 10:00 Activities Mtg. 11:00 Smart Driver⁴ 12:00 Advanced Italian 1:00 Beginner Italian	11 9:30 Stretch & Strength¹ 11:00 Club Meeting & EMS Presentation	12 9:30 Strong You! ² 12:00 Mah Jongg 1:00 Knitting Club 1:00 Tai Chi ¹	13 9:00 Zumba ¹ 11:00 Bingo	14
15	16 9:30 In Control ¹ 11:00 Chair Yoga ² 11:00 Bridge	17 9:45 Balance & Cond. ² 11:00 Smart DriverTEK⁴ 12:00 Advanced Italian 1:00 Beginner Italian	18 9:30 Stretch & Strength¹ 11:00 Club Meeting & Union County Surrogate 2:00 "Stroke Caregivers Support Group" ¹	19 9:30 Strong You! ² 12:00 Oktoberfest³ 12:00 Mah Jongg 1:00 Knitting Club 1:00 Tai Chi ¹	20 9:00 Zumba ¹ 11:00 Bingo	21
22	23 9:30 In Control ¹ 11:00 Chair Yoga ² 11:00 Bridge	24 9:45 Balance & Cond. ² 12:00 Advanced Italian 1:00 Beginner Italian	25 9:30 Stretch & Strength¹ 10:00 Nurse's Hours 11:00 Club Meeting & Special "Halloween-themed" Bingo	26 9:30 Strong You! ² 11:00 Pumpkin Craft⁴ 12:00 Mah Jongg 1:00 Knitting Club 1:00 Tai Chi ¹	27 9:00 Zumba ¹ 11:00 Bingo	28 Early Voting
29 Early Voting	30 Early Voting 9:30 In Control ¹ 11:00 Chair Yoga - ZOOM ONLY 11:00 Bridge	31 Early Voting 9:45 Balance & Cond. - ZOOM ONLY <u>NO</u> Italian Classes	Nov 1 Early Voting 9:30 Stretch & Strength¹ No Club Meeting	Nov 2 Early Voting 9:30 Strong You! - ZOOM ONLY 12:00 Mah Jongg 1:00 Knitting Club 1:00 Tai Chi ¹	Nov 3 Early Voting 9:00 Zumba ¹ 11:00 <u>NO</u> Bingo	Nov 4 Early Voting

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.

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.