

New Providence Senior Citizens Newsletter

"Good things happen here!"

NOVEMBER 2023

Vol. 23. No. 11



COORDINATOR'S CORNER

Happy Thanksgiving to you and to your families! We are thankful for all of your friendship, participation and contributions to the Senior Club, Center, and community! We are also thankful and happy to share that Charlie Cellini will be our Senior Bus Driver, and will begin driving on Tuesday, October 31. Please welcome him back to the Center! See page 4 for details.

Highlights of November Programs and Activities include:

- ❖ Bus to BlueStar – Thurs, 11/2 at 9:00am
- ❖ Club Meeting/Birthdays/Making a Home Safer for Seniors with CareFinders – Wed, 11/8, 11am
- ❖ Astronomy and Space Exploration Special Presentations – Mondays, 11/13, 11/20, 11/27 at 12:30pm
- ❖ Club Meeting/Home Energy and Efficiency with PSE&G – Wed, 11/15, 11am
- ❖ Senior Citizens Day at NPHS – Thurs, 11/16, 10:15am; doors open at 10:00am. **Advanced registration required**
- ❖ Funnel cakes provided by CareOne after bingo – Fri, 11/17
- ❖ Club Meeting/Special Bingo – Wed 11/22 and 11/29, 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:

- **Early Voting, Wed, 11/1 – Sun, 11/5 and Election Day, Tues, 11/7**
- **All exercise classes from November 1 - 7 will be ZOOM ONLY.**
- **There will NOT be a Club meeting on November 1.**
- **There will NOT be Zumba on November 3 or 24.**
- **There will NOT be Bingo on November 3, 10, or 24.**
- **There will NOT be any in-person programs on November 7.**
- **There will NOT be Italian classes on November 7 or 14.**
- **The Center will be closed on Friday November 10 for the Veteran's Day holiday. There will NOT be Bingo.**
- **The Center will be closed on Thursday, November 23 and Friday, November 24 for the Thanksgiving Day holiday. There will NOT be any programs or exercise classes on those days.**

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, Allan Igo, Barbara

Koslap, Sal Ligammar, Nina Pardi,

Grace Parlapiano, Nancy Whipple

Club Officers

President: Christine Napolitano

Vice President: Bill Wehrle

Treasurer: Sal Ligammar

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

The Borough has hired a new Senior Bus Driver and regular Senior Bus service will resume in November. See inside for details.

CLUB MEETINGS & SPECIAL PROGRAMS

DUE TO EARLY VOTING, THERE WILL BE NO CLUB MEETING ON WEDNESDAY, NOVEMBER 1.

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

Wednesday, November 8 at 11:00am

There are many simple steps you can take to make your home safer to avoid falls and injuries. Join CareFinders to take a look at what you can do room-by-room to make your home a safe haven. A SAGE representative will also give a brief overview of their SHIP counseling services for Medicare open enrollment questions. See box below.*

**NPSC CLUB MEETING &
Home Energy & Efficiency with PSE&G**

Wednesday, November 15 at 11:00am

Representatives from PSE&G will give a presentation on home energy and efficiency. Learn about energy efficiency items and ways to save money on your gas, electricity, and water bills. They will also cover appliance rebates and how to have a home energy check-up for free.*

**NPSC CLUB MEETING &
Special Bingo**

Wednesday, November 22 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 &
Special Bingo**

Wednesday, November 29 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.*

*For transportation, call (908) 665-0046 or email

**STATE HEALTH INSURANCE ASSISTANCE PROGRAM
(SHIP) COUNSELORS AT SAGE ELDERCARE**

Questions about Medicare? SAGE Eldercare can help. Call 908-273-6999 and speak to one of SAGE's State Health Insurance Assistance Program (SHIP) counselors. There is no fee, and counselors are there to provide objective and confidential assistance. Tenisha Morgan-Brathwaite, the SHIP Coordinator at SAGE Eldercare, will give a brief overview of their counseling services at the November 8 Club meeting.

EVENTS**SENIOR CITIZENS DAY AT NPHS**

Thursday, November 16 at 10:15am; Doors open at 10:00am

Join us for a wonderful Senior Citizens Day at New Providence High School! Enjoy music and performances by talented NPHS students. Seniors will also receive a "grab and go" lunch prepared by Culinary Arts program students to bring home and enjoy. **Advance registration is required; space is limited to 25 seniors. Parking at NPHS is extremely limited and is not guaranteed, so we will provide transportation from the DeCorso Center to the High School, departing at 9:45am. To register, please call (908) 665-0046 or email decorsocenter@newprov.us by November 6.**

**ASTRONOMY AND SPACE EXPLORATION
SPECIAL PRESENTATIONS**

Mondays November 13, 20 and 27 at 12:30p.m.

Join us this month for a special lecture series about astronomy with Paul Cirillo, back by popular demand after he impressed us in April with his knowledge and beautiful images of space. Paul is a member of the New Jersey Astronomical Association, which operates the largest public observatory in New Jersey, and is a volunteer outreach "Ambassador" for NASA's Jet Propulsion Laboratory.

November 13 - Living on the International Space Station - Share in the adventure of how astronauts live and work in space! Discover how the absence of gravity affects the human body and what we can do about it. See breathtaking pictures of the Earth from this orbiting laboratory.

November 20 - An Astronomy Adventure! - Learn about everything that makes up our neighborhood in space - our Solar System. See breathtaking pictures of all the planets, the moons of Jupiter and Saturn and even Pluto! Walk away with a real "feel" for our place in the universe.

November 27 - Solar Eclipse – 2024 - On April 8th, there will be a total eclipse of the Sun visible in the United States on a line from Maine to Texas. This is a truly rare and spectacular astronomical event and should not be missed! Learn about the history of eclipses, how and why they happen, where the best viewing locations are and how to prepare for observing this amazing celestial display of nature!

ARTS & CRAFTS**CARD-MAKING****Thursday, November 9 at 11:00am**

Join Linda Kale and other New Providence Lions Club members to create beautiful hand-made holiday cards. She will have materials on hand to make cards for Christmas, Hanukkah, and Kwanza, as well as general "Happy Holidays" cards. This class is for men and for women. Please e-mail decorocenter@newprov.us or call the Center at (908) 665-0046 by Monday, November 6 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 Knitting Club on November 23.**

CARDS & GAMES**BINGO**

Special Bingo – Join us for bingo with special prizes on **Wednesday, November 22 & November 29** after the 11:00am Club meetings.

Friday Bingo – Join us for weekly bingo on Fridays at 11:00am. **On Friday, November 17**, Care One will be providing funnel cakes as a special treat after bingo concludes. **No bingo on November 3, 10, or 24.**

Bingo cards are 50 cents each. For bus transportation, call (908) 665-0046 or e-mail decorocenter@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.

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. **No Mah Jongg on November 23.**

ITALIAN CLASSES

Italian classes, Advanced and Beginner, meet every Tuesday. Advanced class meets at 12:00pm. Beginner class meets at 1:00pm. **No classes on November 7 or 14.**

HEALTH & FITNESS**NURSE'S HOURS & HOMEBOUND FLU SHOTS**

The New Providence Public Health Nurse, Jenn Aranda, will give blood pressure screenings and answer questions before the Club meeting on **Wednesday, November 22, beginning at 10:00a.m.** If you are or know someone who is homebound and would like a flu shot, please call Jennifer, Public Health Nurse, at 908-743-1049.

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

"Stretch and Strength" will continue on **Wednesdays at 9:30am via ZOOM ONLY through November 29.** **No class on November 8.**

Regular Classes

- **In Control** – Mondays at 9:30am - Zoom only.
- **Chair Yoga** – Mondays at 11:00am – In Person and on Zoom. **Zoom only on Nov 6.**
- **Balance and Conditioning** – Tuesdays at 9:45am – In Person and on Zoom. **Zoom only on Nov 7.**
- **Strong You!** – Thursdays at 9:30am – In Person and on Zoom. **Zoom only on Nov 2. No class on November 23.**
- **Tai Chi** – Thursdays at 1:00pm - Zoom only. **No class on November 23.**
- **Zumba** – Fridays at 9:00am – Zoom only. **No class on November 3 & 24.**

ATLANTIC HEALTH VIRTUAL PROGRAMS***The Relationship Between Stroke and Diabetes** – November 14, 1:00pm – 2:00pm

Stroke and diabetes are both health challenges on their own, but what is their connection? Join us to learn about the increased risk of stroke for those with diabetes and possible overall health effects.

Understanding Alzheimer's Disease and Dementia – November 15, 12:00pm-1:00PM

Learn about the differences between Alzheimer's and dementia. Discussion will include the difference stages, risk factors, research, and FDA-approved treatments.

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

UPDATE ON TRANSPORTATION FOR SENIORS

We are happy to share that Charlie Cellini will be our Senior Bus Driver. He will begin driving on October 31. Please welcome him back to the Center! Regular bus service will resume, with weekly shopping trips to ShopRite on Tuesdays, and transportation to the Center for Club meetings on Wednesdays and bingo on Fridays (please see the calendar for Center holidays and schedule updates!). Charlie will also drive to Blue Star on Thursday, November 2. **Please call or e-mail the Center two days in advance to request transportation if you would like a ride. We may not be able to accommodate same-day requests.**

* SENIOR BUS TO BLUE STAR *

Charlie will drive the Senior Bus to Blue Star Shopping Center on **Thursday, November 2**. Pickups begin at 9:00am. E-mail decoroscenter@newprov.us or call (908) 665-0046 by Tuesday, October 31 to reserve your spot.

VETERANS DAY REMEMBRANCE

Veterans, their families, and friends are invited to attend an Eleventh-Hour Service on **Saturday, November 11, 2023 at the DeCorso Community Center**. Doors will open at 10:30am. Post members will lead a service at 11:00am to honor our local veterans lost during recent years. Refreshments will be provided by local restaurants and food establishments. A musical tribute of service anthems and favorite songs of the 1940s through 1970s will be performed by the Cover Girls, vocalists Kathy Martin and Mary Domato. Call the American Legion with questions (908) 464-9010.

New Providence Senior Citizen Club members are asked to contribute a baked good to share.

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. ***On Wednesday, November 1 the Senior Bus will bring seniors to the Center for early voting. Call (908) 665-0046 or e-mail decoroscenter@newprov.us at least two days in advance to request bus transportation.***

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 classes will be cancelled.

CALLING ALL READERS

Book Club

A new member, Denise Cullerton, has volunteered to reestablish the book club. Members would meet once a month to discuss the selected book. The first meeting is targeted to take place in January 2024. If you are interested, please e-mail decoroscenter@newprov.us or call (908) 665-0046.

Large Print Books

We are ordering large print books and are seeking input from our readers. Let us know what kind of books you prefer. E-mail decoroscenter@newprov.us or call (908) 665-0046 with suggestions.

THANK YOU MIKE FERLISE

We would like to extend a special thank you to Mike Ferlise for taking such wonderful care of all the seniors who rode the bus during his time as our Senior Bus Driver. We are grateful that he is continuing to work with us at the Center on Wednesdays and Fridays, and to always bring us a laugh during bingo!

THANK YOU NOTES

- Christine Napolitano for showing us how to create beautiful fabric pumpkins.
- John Bale for running the Oktoberfest luncheon.

AROUND TOWN

Paca Club Craft Fair – November 4, 10am-4pm
Holiday Festival with Fireworks – Friday, November 24, 5:00pm-7:00pm. Downtown New Providence.

NEW PROVIDENCE MEMORIAL LIBRARY (NPML)

Creative Writing Group – Thurs, Nov 2, 9, 16, 30, 10:30am*

Making the Most of FamilySearch.org – Thurs, Nov 2, 7:00pm.*

Knit/Crochet Night – Mon, Nov 6 at 7:00pm & Thurs, Nov 16 at 7:00pm.

Books & Bagels – Tues, Nov 7 at 10:30am

Batter Up: Let's Talk Baseball – Mon, Nov 13 at 6:30pm*

Movie Matinee "Book Club: The Next Chapter" – Tues, Nov 14 at 1:00pm

Concert – Sam Edelston on Dulcimer. Sun, Nov 19, 3:00pm.

*See library website for registration information.

| NEW PROVIDENCE SENIOR CITIZENS CLUB November 2023 | | | | | | |
|--|---|---|---|--|--|---|
| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
| Oct 29 Early Voting | Oct 30 Early Voting 9:30 In Control ¹ 11:00 Chair Yoga - ZOOM ONLY 11:00 Bridge | Oct 31 Early Voting 8:00 Bus to ShopRite * 9:45 Balance & Cond. – ZOOM ONLY <u>NO</u> Italian Classes | 1 Early Voting*** 9:30 Stretch & Strength ¹ No Club Meeting | 2 Early Voting 9:00 Bus to Blue Star 9:30 Strong You! - ZOOM ONLY 12:00 Mah Jongg 1:00 Knitting Club 1:00 Tai Chi ¹ | 3 Early Voting 9:00 <u>NO</u> Zumba 11:00 <u>NO</u> Bingo | 4 Early Voting |
| 5 Early Voting Daylight Saving Time Ends | 6 9:30 In Control ¹ 10:00 Trustee Mtg. 11:00 Chair Yoga ² – ZOOM ONLY 11:00 Bridge | 7 Election Day 8:00 Bus to ShopRite * 9:45 Balance & Cond. – ZOOM ONLY <u>NO</u> Italian Classes | 8 9:30 <u>NO</u> Stretch & Strength ¹ 11:00 Club Meeting & Birthdays & " Making Home Safer for Seniors "*** | 9 9:30 Strong You! ² 11:00 Card-Making ⁴ 12:00 Mah Jongg 1:00 Knitting Club 1:00 Tai Chi ¹ | 10 CENTER CLOSED 9:00 Zumba ¹ 11:00 <u>NO</u> Bingo | 11 Veterans Day 10:30 Veterans Day Remembrance @ Decorso Center |
| 12 | 13 9:30 In Control ¹ 11:00 Chair Yoga ² 11:00 Bridge 12:30 "Living on the International Space Station" | 14 8:00 Bus to ShopRite * 9:45 Balance & Cond. ² 10:00 Activities Mtg. <u>NO</u> Italian Classes 1:00 "The Relationship Between Stroke and Diabetes" ¹ | 15 9:30 Stretch & Strength ¹ 11:00 Club Meeting & "Home Energy & Efficiency with PSE&G"*** 12:00 "Understanding Alzheimer's Disease and Dementia" ¹ | 16 9:30 Strong You! ² 10:00 Senior Citizens Day at NPHS *** ⁴ 12:00 Mah Jongg 1:00 Knitting Club 1:00 Tai Chi ¹ | 17 9:00 Zumba ¹ 11:00 Bingo *** with funnel cakes provided by Care One | 18 |
| 19 | 20 9:30 In Control ¹ 11:00 Chair Yoga ² 11:00 Bridge 12:30 "Astronomy Adventure" | 21 8:00 Bus to ShopRite * 9:45 Balance & Cond. ² 12:00 Advanced Italian 1:00 Beginner Italian | 22 9:30 Stretch & Strength ¹ 10:00 Nurse's Hours 11:00 Club Meeting & Special Bingo *** | 23 Thanksgiving Day CENTER CLOSED No programs or exercise classes | 24 CENTER CLOSED No programs or exercise classes | 25 |
| 26 | 27 9:30 In Control ¹ 11:00 Chair Yoga ² 11:00 Bridge 12:30 "Solar Eclipse – 2024" | 28 8:00 Bus to ShopRite * 9:45 Balance & Cond. ² 12:00 Advanced Italian 1:00 Beginner Italian | 29 9:30 Stretch & Strength ¹ 11:00 Club Meeting & Special Bingo *** | 30 9:30 Strong You! ² 12:00 Mah Jongg 1:00 Knitting Club 1:00 Tai Chi ¹ | Dec 1 9:00 Zumba ¹ 11:00 Bingo *** | Dec 2 |

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.