

# New Providence Senior Citizens Newsletter

## "Good things happen here!"

DECEMBER 2023

Vol. 23. No. 12



### COORDINATOR'S CORNER

Happy Holidays!! We wish you and your families a wonderful season filled with joy! We hope that you will join us for the various events happening at the Center that will get us all celebrating, including a Holiday Spirit Day, cookie decorating program, special holiday-themed bingo, and of course the NPSCC Holiday Luncheon. If you are interested in our exercise classes, please see inside for information about registering for classes for 2024.

### Highlights of December Programs and Activities include:

- Club Meeting/Birthdays and NPHS Sociology Class – Wed, 12/6 at 11:00am
- Holiday Cookie Decorating – Thurs, 12/7 at 11:00am
- Holiday Spirit Day! – Fri, 12/8, 12:45pm
- Holiday Luncheon featuring music by the Middle School Chorale, Wed, 12/13 at 12noon
- Club Meeting and Special "Holiday-themed Bingo" with Brandywine, Wed, 12/20 at 11:00am

### 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:

- There will be NO Italian classes on December 5 or December 26.
- There will NOT be a Club meeting on December 13 or 27.
- Strong You! will NOT meet on Thursday, December 21 or 28.
- The Center will be closed Monday, December 25 – Wednesday, December 27. There will not be any programs or exercise classes. There will be a bus to ShopRite.
- There will be NO exercise classes from December 25 – January 1

### **WEATHER POLICY**

When New Providence schools are closed for rain, snow, or ice, senior programs will be cancelled. (Zoom exercise classes may still be held.) 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, Allan Igo, Barbara

Koslap, Sal Ligammar, Nina Pardi, Grace Parlapiano, Nancy Whipple

#### 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

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### DeCorso Community Center

15 East Fourth St.

New Providence, NJ 07974

908-665-0046

[www.newprov.us/278/Seniors](http://www.newprov.us/278/Seniors)

[www.facebook.com/NPSeniors](http://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 &  
NPHS Sociology Class\*****Wednesday, December 6 at 11:00am**

The Club has a long-standing tradition with the NP High School Sociology class where the students come in and interview NPSCC members and talk to seniors about generational changes and values. Please join us for this special Club meeting, share your experiences, and compare your teenage years with theirs. Those that have participated in the past know that it is always an interesting and fun day for both seniors and students!\*

**DUE TO THE HOLIDAY LUNCHEON, THERE WILL BE  
NO REGULAR CLUB MEETING ON DECEMBER 13.**

**NPSC CLUB MEETING &  
Special "Holiday-themed Bingo" with  
Brandywine Living\*****Wednesday, December 20 at 11:00am**

Join us for a Club meeting followed by a special holiday-themed bingo. Brandywine Living will be here to give out special prizes and special treats. The election of the NPSCC Officers and Trustees will also take place at this meeting.\*

**THERE WILL BE NO CLUB MEETING ON DECEMBER  
27.**

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

**HOLIDAY SPIRIT DAY!****Friday, December 8 at 12:45pm**

Come and share your holiday spirit! Please join New Providence Middle School Art Club student volunteers as they help us decorate our trees and the Center for the holidays. We will also be writing holiday greeting cards to send to Club members. Refreshments will be served. Advance registration is not required but would be appreciated for planning purposes. Please stay after Friday bingo or come at 12:45pm and celebrate the season. For bus transportation, call (908) 665-0046 or e-mail [decorsocenter@newprov.us](mailto:decorsocenter@newprov.us) two days in advance.

**EVENTS****\*\*NPSCC HOLIDAY LUNCHEON\*\*****Wednesday, December 13 at 12noon**

Celebrate the season with friends at the NPSCC Holiday Luncheon at the DeCorso Center. Enjoy holiday music provided by the New Providence Middle School Chorale, and delicious food catered by Elmer's. The menu includes a choice of Prime Rib or roasted chicken breast, plus salad, baked potato, green beans, dinner rolls and dessert. Cost: \$40. Tickets are on sale now! Last day to purchase tickets is Friday, December 8. For bus transportation, e-mail [decorsocenter@newprov.us](mailto:decorsocenter@newprov.us) two days in advance or call (908) 665-0046.

**DONATIONS FOR LINC PANTRY**

Please consider helping those in need by donating canned/non-perishable food items for the LINC Resource Pantry, located at the United Methodist Church in New Providence. Items will be collected at the Holiday Luncheon, and a box for donations will be in the DeCorso Center lobby until mid-December. For questions about LINC, please e-mail [info@lincnj.org](mailto:info@lincnj.org) or call (551)-220-4123.

**BOOK CLUB**

The book club is being re-established and will meet on the fourth Tuesday of each month to discuss the selected book. The first meeting will be **January 23 at 11:00am**. The book selection is *West With Giraffes* by Lynda Rutledge. This is an emotional, rousing novel inspired by the true story of two giraffes who made headlines and won the hearts of Depression-era America. If you are interested, please email [decorsocenter@newprov.us](mailto:decorsocenter@newprov.us) or call (908) 665-0046.

**NEW PROVIDENCE - AN AARP CERTIFIED AGE-FRIENDLY COMMUNITY**

New Providence applied and has just been re-certified as an AARP Age-Friendly Community through 2026! We have continued to work with AARP on our programs and planning. We have a Community Action Plan in place and will continue to update and improve our senior programs. We invite all New Providence seniors to come experience the DeCorso Center. As AARP has recognized, we are committed to making New Providence a place where people can age well!

### \*REGISTER FOR 2024 EXERCISE CLASSES\*

New Providence residents ages 65+ can participate in FREE exercise classes offered by the DeCorso Center. All those who would like to participate in our exercise classes in 2024, please note:

- You **MUST** register/re-register for all classes you would like to take in 2024 by e-mailing [decorsocenter@newprov.us](mailto:decorsocenter@newprov.us) or calling (908) 665-0046 by Wednesday, December 20.
- All exercise class participants must have a DeCorso Center registration form with waiver on file.
- Our exercise classes will continue to be offered in-person at the DeCorso Center and/or on Zoom for those seniors who are more comfortable remaining at home due to individual health concerns.
- There will be new Zoom links for all classes beginning in January.
- If the Center is closed for winter weather, in-person classes may be cancelled, but classes may still continue on Zoom.
- We request that if you are not feeling well, please do not attend in person classes.
- Seniors who do not live in New Providence may also participate but are asked to pay annual "Out of Town Dues". See Michelle or Beth for assistance.

### ATLANTIC HEALTH VIRTUAL PROGRAMS\*

**How Sweet It Is (Sweeteners 101)** - December 8, 11:00am - 12:00pm

There are many sweeteners available, such as sugar, honey, agave and stevia. Our favorite beverages, baked goods, and holiday treats all contain a sweetener, but some may have significantly more sugar than others. Registered dietitian Barbara Galvin will discuss the health benefits of natural and artificial ways to add a touch of sweetness to your meals.

**Six Pillars of Brain Health** - December 11, 11:00am - 12:00pm

Boost your brain health at any age! Join us to explore the six fundamental aspects of brain health and discover activities that promote cognitive well-being. Be motivated by the experiences of others and gain a better understanding of brain health. This session is perfect for anyone curious about enhancing their brain health, offering insights into the latest research, lifestyle recommendations, and resources.

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

### ‘ 2024 EXERCISE CLASS DESCRIPTIONS ‘

New Providence residents ages 65+ can participate in FREE exercise classes offered by the DeCorso Center. Ask your doctor which classes would be appropriate for you. All participants must complete a registration form with a waiver. Check the monthly newsletter/calendar for class schedule updates.

**In Control** – Mondays at 9:30am ZOOM ONLY - This class emphasizes strengthening the muscles of the core responsible for keeping the body strong and injury free. A thorough stretch is followed by floor work on mats aimed at maximizing flexibility and tone.

**Chair Yoga** – Mondays at 11:00 a.m. – IN PERSON AND ON ZOOM - This class improves flexibility and muscle strength while reducing stress and increasing relaxation.

**Balance and Conditioning** – Tuesdays at 9:45am – IN PERSON AND ON ZOOM - This class incorporates weight training, balance and coordination drills to promote overall fitness. Each session finishes with an easy to do but thorough stretch. You will see a difference in your range of motion, confidence, and energy levels. Appropriate for beginner and seasoned exerciser alike.

**Strong You!** - Thursdays at 9:30am – IN PERSON AND ON ZOOM - A holistic approach using balance conditioning and alternating cardio and strength movements to optimize the cardiorespiratory function.

**Zumba** – Fridays at 9:00am ZOOM ONLY - Latin dance inspired fitness program. Improves strength, posture, balance and mobility.

### SPECIAL OFFERING FOR JANUARY AND FEBRUARY Stretch and Strength

Wednesdays January 3 – February 28 at 9:30am - ZOOM ONLY - 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.

**Note: There will be NO Strong You! on 12/21/23. There will be NO exercise classes 12/25/23 – 1/1/24.**

### NURSE'S HOURS

The New Providence Public Health Nurse, Jenn Aranda, will give blood pressure screenings and answer questions before the Club meeting on **Wednesday, December 20, beginning at 10:00am.**

**ARTS & CRAFTS****HOLIDAY COOKIE DECORATING****Thursday, December 7 at 11:00am**

Join us for holiday cookie decorating at the Center. Learn how to decorate sugar cookies that taste amazing and look like works of art! No baking done on site and all materials and tools will be provided. \*All cookies are nut free; however, they are made in kitchens where nuts are present. Maximum of 15 participants. Please call the Center at (908) 665-0046 or e-mail [decorsocenter@newprov.us](mailto:decorsocenter@newprov.us) by Monday, December 4 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 Bingo** – Join us for a holiday-themed bingo with special prizes and treats provided by Brandywine Living on **Wednesday, December 20 after the 11:00am Club meeting.\***

**Friday Bingo** – Join us for weekly bingo on Fridays at 11:00am\*

\*Bingo cards are 50 cents each. For bus transportation, call (908) 665-0046 or e-mail [decorsocenter@newprov.us](mailto: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. **No bridge on 12/25.**

**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.

**ITALIAN CLASSES**

Italian classes, Advanced and Beginner, meet every Tuesday. Advanced class meets at 12:00pm. Beginner class meets at 1:00pm. **There will be NO Italian classes on December 5 or December 26.**

**SENIOR BUS TO BLUE STAR**

Charlie will drive the Senior Bus to Blue Star Shopping Center on **Thursday, December 14**. Pickups begin at 9:00am. E-mail [decorsocenter@newprov.us](mailto:decorsocenter@newprov.us) or call (908) 665-0046 by Tuesday, December 12 to reserve your spot.

**THANK YOU...**

- Royal Executive Limousine for providing transportation until a new senior bus driver was hired.
- Linda Kale and the New Providence Lions Club for helping us create beautiful hand-made holiday cards.
- Jersey Joe's for providing bagels for the Club meetings every week. Please stop by his shop in the Shoppes at New Providence and let him know how much we appreciate his donations.
- Mr. Ziegler and the NPHS Administration, teachers and students for a wonderful Senior Citizens Day.

**AROUND TOWN**

**Night of 1,000 Stars** - Friday, December 1, 7pm. Celebrate the season with a Tree Lighting Ceremony at Centennial Park. Includes live music and snacks.

**American Legion Cookie Walk** – Saturday, December 9, 11am to 3pm (or until cookies run out). A \$5.00 donation provides your choice of homemade cookies. 357 Elkwood Ave.

**NEW PROVIDENCE MEMORIAL LIBRARY (NPML)**

**Gift Wrap Station** – Tues, 3-6pm and Sat, 2-4pm from Dec 5 through Dec 23.

**Knit/Crochet Night** – Mon, Dec 4 & Thurs, Dec 21 at 7:00pm.

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

**Cookbook Club** – Tues, Dec 5 at 1:00pm

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

**Let's Craft: Personalized Mini Yarn Hat Ornaments** – Fri, Dec 8, 11:00am\*

**NPHS Jazz Ensemble Concert** – Sun, Dec 10, 3:00pm

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

**Movie Matinee “Are You There God? It's Me, Margaret”** – Tues, Dec 12 at 1:00pm

\*See library website for registration information.

	NEW PROVIDENCE SENIOR CITIZENS CLUB December 2023						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
Nov 26	Nov 27 9:30 In Control <sup>1</sup> 11:00 Chair Yoga <sup>2</sup> 11:00 Bridge <b>12:30 "Solar Eclipse – 2024"</b>	Nov 28 8:00 Bus to ShopRite* 9:45 Balance & Cond. <sup>2</sup> 12:00 Advanced Italian 1:00 Beginner Italian	Nov 29 11:00 Club Meeting & <b>Special Bingo***</b>	Nov 30 9:30 Strong You! <sup>2</sup> 12:00 Mah Jongg 1:00 Knitting Club 1:00 Tai Chi <sup>1</sup>	1 9:00 Zumba <sup>1</sup> 11:00 Bingo***	2	
3	4 9:30 In Control <sup>1</sup> <b>10:00 Trustee Mtg.</b> 11:00 Chair Yoga <sup>2</sup> 11:00 Bridge	5 8:00 Bus to ShopRite* 9:45 Balance & Cond. 12:00 <u>NO</u> Advanced Italian 1:00 <u>NO</u> Beginner Italian	6 11:00 Club Meeting/ Birthdays & <b>NPHS Sociology Class***</b>	7 <i>Happy Hanukkah!</i> 9:30 Strong You! <sup>2</sup> <b>11:00 Holiday Cookie Decorating<sup>4</sup></b> 12:00 Mah Jongg 1:00 Knitting Club 1:00 Tai Chi <sup>1</sup>	8 9:00 Zumba <sup>1</sup> 11:00 Bingo <b>11:00 "How Sweet It Is"!<sup>1</sup></b> <b>12:45 Holiday Spirit Day!***</b>	9	
10	11 9:30 In Control <sup>1</sup> 11:00 Chair Yoga <sup>2</sup> 11:00 Bridge <b>11:00 "Six Pillars of Brain Health"!<sup>1</sup></b>	12 8:00 Bus to ShopRite* 9:45 Balance & Cond. <sup>2</sup> <b>10:00 Activities Mtg.</b> <b>10:30 Setup for Holiday Luncheon</b> 12:00 Advanced Italian 1:00 Beginner Italian	13 <b>Holiday Luncheon<sup>3***</sup></b> <b>12:00 noon</b>	14 <b>9:00 Bus to Blue Star**</b> 9:30 Strong You! <sup>2</sup> 12:00 Mah Jongg 1:00 Knitting Club 1:00 Tai Chi <sup>1</sup>	15 9:00 Zumba <sup>1</sup> 11:00 Bingo***	16	
17	18 9:30 In Control <sup>1</sup> 11:00 Chair Yoga <sup>2</sup> 11:00 Bridge	19 8:00 Bus to ShopRite* 9:45 Balance & Cond. <sup>2</sup> 12:00 Advanced Italian 1:00 Beginner Italian	20 <b>10:00 Nurse's Hours***</b> 11:00 Club Meeting/ Elections & <b>Special Holiday-themed Bingo with Brandywine***</b>	21 9:30 <u>NO</u> Strong You! <sup>2</sup> 12:00 Mah Jongg 1:00 Knitting Club 1:00 Tai Chi <sup>1</sup>	22 9:00 Zumba <sup>1</sup> 11:00 Bingo***	23	
24	25 <i>Merry Christmas!</i> <b>CENTER CLOSED</b> No programs or exercise classes	26 8:00 Bus to ShopRite* <b>CENTER CLOSED</b> No programs or exercise classes	27 <b>CENTER CLOSED</b> No programs or exercise classes	28 9:30 <u>NO</u> Strong You! <sup>2</sup> 12:00 Mah Jongg 1:00 Knitting Club 1:00 <u>NO</u> Tai Chi <sup>1</sup>	29 9:00 <u>NO</u> Zumba <sup>1</sup> 11:00 Bingo***	30/31	

<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>Purchase ticket in advance.

<sup>4</sup>Register 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.