

New Providence Senior Citizens Newsletter

"Good things happen here!"

JANUARY 2024

Vol.24. No. 1



COORDINATOR'S CORNER

Happy New Year! It's cold outside, but the Center is warm and we have plenty of programs and activities to keep you busy! Please join us and spend time with friends at a Club meeting, playing bridge, bingo or Mah Jongg, learning Italian, participating in our Book Club, or creating art. And if your new year's resolution is to exercise, we're offering class options every weekday this month! If you are interested in our exercise classes and have not yet registered, please call or e-mail the Center or see Michelle or Beth, and we'll get you set up to participate. For virtual participants, 2024 *Zoom* links have been created and sent to those already registered.

Highlights of January Programs and Activities include:

- Stretch & Strength, Wednesdays at 9:30am – *Zoom only*
- Club Meeting/Birthdays & Special Bingo – Wed, Jan 3 at 11am
- Club Meeting & NPHS Music Club and Voice Class students – Wed, Jan 10 at 11am
- Bus to Blue Star – Thurs, Jan 11 at 9am
- Winter Scene Painting Craft – Thurs, Jan 11 at 11am
- Club Meeting & Brain Games for Seniors – Wed, Jan 17 at 11am
- Book Club - January 23 at 11am
- Club Meeting & National Parks – Wed, Jan 24 at 11am
- Club Meeting & Samba and Smoothies with Spring Grove – Wed, Jan 31 at 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:

- ❖ The Center will be closed on Monday, January 1. There will not be any programs or exercise classes.
- ❖ There will be NO Strong You! on Thursday, January 4.
- ❖ There will be NO bus to Bingo on Friday, January 19.

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 Ligammari, Nina Pardi, Grace Parlapiano, Nancy Whipple

Club Officers

President: Christine Napolitano

Vice President: Bill Wehrle

Treasurer: Sal Ligammari

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.us/278/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 &
SPECIAL BINGO****Wednesday, January 3 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 &
NPHS VOICE CLASS AND MUSIC CLUB STUDENTS****Wednesday, January 10 at 11:00am**

Join us for a Club meeting and enjoy a morning of music with New Providence High School Music Club and Voice Class students. They will entertain us with both instrumental and vocal performances.*

**NPSC CLUB MEETING &
QUALITY OF MIND BRAIN GAMES FOR SENIORS****Wednesday, January 17 at 11:00am**

Enjoy a sample session presented by Quality of Mind; featuring fun, unique and challenging brain games designed to help improve your cognitive abilities, while also creating joy through reminiscing, smiles, and laughter.*

**NPSC CLUB MEETING &
EXPLORING AMERICA'S NATURAL TREASURES:
NATIONAL PARKS UNVEILED****Wednesday, January 24 at 11:00am**

Embark on an unforgettable journey through America's pristine wilderness with our public speaking program, "Exploring America's Natural Treasures: National Parks Unveiled." In this engaging and informative presentation, you will discover beauty, adventure, and how professional traveler Chris McCormack has been able to experience some of the most breathtaking national parks in the United States.*

**NPSC CLUB MEETING &
SAMBA AND SMOOTHIES****Wednesday, January 31 at 11:00am**

Spring Grove will lead us in a Samba program followed by healthy smoothies. Samba is a Marquis staple program that utilizes fun and energetic Latin- inspired music and drumsticks that can be done seated or standing for exercise that everyone loves!*

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

EVENTS**LUNAR NEW YEAR LUNCHEON****Thursday, February 15 at 12:00noon**

Celebrate the year of the dragon and enjoy a delicious meal at a Lunar New Year Luncheon at Szechuan Delight. Price includes soup, appetizer, entrée, and dessert. Cost is \$18. Tickets go on sale Monday, January 22. Last day to purchase tickets is Friday, February 9. Full refund if cancel at least 72 hours in advance (by Monday, February 12). Snow date is Thursday, February 22. For bus transportation, e-mail decorsoccenter@newprov.us or call (908) 665-0046 two days in advance.

SAVE THE DATE**Thursday, March 14**

A St. Patrick's Day luncheon is being planned for Thursday, March 14, Additional details will be available and tickets will go on sale in February.

 SENIOR BUS TO BLUE STAR

Charlie will drive the Senior Bus to Blue Star Shopping Center on **Thursday, January 11.** Pickups begin at 9:00am. E-mail decorsoccenter@newprov.us or call (908) 665-0046 by Tuesday, January 9 to reserve your spot.

BOOK CLUB**Tuesday, January 23 at 11:00am**

The book club meets on the fourth Tuesday of each month to discuss the selected book. The current 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. Stop by the Center to pick up your copy. If you are interested, please email decorsoccenter@newprov.us or call (908) 665-0046.

ARTS & CRAFTS**WINTER SCENE PAINTING****Thursday, January 11 at 11:00am**

Join art instructor Christen Simmons to paint a beautiful wintery forest with snow. Create a wonderful art project to brighten your home. Please e-mail decorsocenter@newprov.us or call the Center at (908) 665-0046 by Friday, January 5 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 bingo with special prizes on **Wednesday, January 3 after the 11:00am Club meeting.**

FRIDAY BINGO – Join us for weekly bingo on Fridays at 11:00am. **NO bus to bingo on Friday, January 19.**

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.

No bridge on Monday, January 1.

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.

HEALTH & FITNESS**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, January 10 beginning at 10:00a.m.**

‘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.

Regular Classes

- **In Control** – Mondays at 9:30am - **ZOOM ONLY**. **No class on Monday, January 1.**
- **Chair Yoga** – Mondays at 11:00am – In Person and on Zoom. **No class on Monday, January 1.**
- **Balance and Conditioning** – Tuesdays at 9:45am – In Person and on Zoom.
- **Strong You!** – Thursdays at 9:30am – In Person and on Zoom. **No class on Thursday, January 4.**
- **Zumba** – Fridays at 9:00am – **ZOOM ONLY**.

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.

ATLANTIC HEALTH VIRTUAL PROGRAMS***Walking and Driving Safely in a Winter Wonderland**

– **January 30 at 11:00am – 12:00pm on Zoom**

Snow and ice challenge our ability to walk and drive safely during the winter. Learn how to navigate winter conditions confidently and safely. Presented by Denis Kelleher, Program Specialist, Avenues in Motion

Fall Prevention: What Physical Therapy Can Do for You - **January 31 at 1:00pm – 2:00pm on Zoom**

Join us to learn about who is at risk for falls and how they can occur, and how physical therapy can help you. We will also discuss some winter safety tips to keep you healthy this season. Presented by: Jennifer Krekel, PT, DPT, EdD, Board Certified Orthopedic Clinical Specialist.

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

AARP TAX RETURN ASSISTANCE

New Providence area residents can obtain FREE AARP Foundation Tax-Aide assistance in preparing and filing their 2023 tax returns. **AARP Foundation Tax Aide counselors will be available at the DeCorso Center for appointments from 9:30am-2:30pm on Wednesdays and Fridays from February 9 through April 12 (with the exception of Wednesday, 3/13 when there will not be appointments).** Trained AARP Foundation Tax-Aide volunteers will provide in-person tax assistance free of charge, with a focus on taxpayers who are over 50 and have low to moderate income. Taxpayers with complex returns may be advised to seek paid assistance. Beginning Monday, January 22, taxpayers may call the DeCorso Center at (908) 665-0046 between 10:00am and 2:00pm Mondays through Fridays to schedule an appointment, or they may sign up in person at the Center.

REMEMBERING THOSE WE LOST

NPSCC lost many good friends in 2023. As we look into a new year, let us remember with gratitude all of the good times and memories that we shared.

Sami Abadir
Gloria Badgley
Carmela Bernardo
Adi Bhacka
Bill Brohan
Sandy Burton
Josephine Campano
Joan Clark
Jim Connors
Walter Edmonds
Angelo Ferrara
Sandy Fornuff
Nancy Hayes
Rosemarie Hughes

Bill Huling
Lena Italiano
Peg Kilcoyne
Caryl Lethbridge
Richard Lorenzo
Pat Malicher
Jacqueline Marti
Joe Masino
Joseph McEnroe
Ann Neuman
Georgette Orr
Adella Slack
Maureen Stickel
Byron Wurst

*There are some we meet in passing
And forget as soon as they go.*

*There are some we remember with pleasure
And feel honoured and privileged to know.
You were that kind of person
Who leaves beautiful memories behind
And there will be many days
Which will bring fond memories to mind.*

THANK YOU NOTES

- Mr. Tracey and the NPHS Sociology Class for meeting with us to talk about generational changes and values.
- Ms. Khan and the NPMS Art Club for help decorating the Center for the holidays.
- Christine Napolitano for planning the Holiday Luncheon.
- Mr. Ziegler, Ms. Vallario, and the NPMS Chorale for the wonderful musical entertainment for the NPSCC Holiday Luncheon.
- Seniors for writing holiday cards to absent members and helping to decorate the Center.
- Seniors who donated items for the LINC Pantry.

AROUND TOWN

Rabies Clinic for Cats & Dogs – Saturday, January 13, 9:00am to 10:00am, DeCorso Senior Center. Must complete “Consent to Administer Anti-Rabies Inoculation” form before arrival.

NEW PROVIDENCE MEMORIAL LIBRARY

Movie Matinee: “Barbie” – Tues, Jan 2 at 1:00pm

Creative Writing Group – Thurs, Jan 4, 11 18, 25 at 10:30am. In-person and on Zoom.

Chess Club Lecture – Mon, Jan 8, 22, 29 at 4:30pm*

NP Chess Club Play – Mon, Jan 8, 22, 29 at 5:30pm*

Batter Up: Let’s Talk Baseball – Mon, Jan 8 at 6:30pm*

Baseball’s Oddballs, Outcasts & Outliers – Mon, Jan 8 at 7:00pm*

Books & Bagels – Tues, Jan 9 at 10:30am

Let’s Craft: Cupcake Decorating – Fri, Jan 12, 11:00am*

“Selma” Movie & Discussion – Sat, Jan 13 at 1:30pm

Concert: Jay Daniels Piano/Vocal – Sun, Jan 14, 3:00pm

Library closed on Monday, January 15.

Movie Matinee: “Oppenheimer” – Tues, Jan 16 at 1:00pm

Knit/Crochet Night – Thurs, Jan 18 at 7:00pm

Cookbook Club – Tues, Jan 23 at 1:00pm*

*See library website for registration information.

NEW PROVIDENCE SENIOR CITIZENS CLUB JANUARY 2024						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Dec 31	1 <i>Happy New Year!</i> CENTER CLOSED No programs or exercise classes	2 8:00 Bus to ShopRite* 9:45 Balance & Cond. ² 12:00 Advanced Italian 1:00 Beginner Italian	3 9:30 <i>Stretch & Strength</i> ¹ 11:00 Club Meeting & Special Bingo***	4 9:30 <u>NO</u> Strong You! 12:00 Mah Jongg 1:00 Knitting Club	5 9:00 <i>Zumba</i> ¹ 11:00 Bingo***	6
7	8 <i>9:30 In Control</i> ¹ 10:00 Trustee Mtg. 11:00 Chair Yoga ² 11:00 Bridge	9 8:00 Bus to ShopRite* 9:45 Balance & Cond. ² 10:00 Activities Mtg. 12:00 Advanced Italian 1:00 Beginner Italian	10 9:30 <i>Stretch & Strength</i> ¹ 10:00 Nurse's Hours *** 11:00 Club Meeting & NPHS School Voice Class & Music Club Students ***	11 9:00 Bus to Blue Star ** 9:30 Strong You! ² 11:00 Winter Scene Painting ⁴ 12:00 Mah Jongg 1:00 Knitting Club	12 9:00 <i>Zumba</i> ¹ 11:00 Bingo***	13
14	15 <i>9:30 In Control</i> ¹ 11:00 Chair Yoga ² 11:00 Bridge	16 8:00 Bus to ShopRite* 9:45 Balance & Cond. ² 12:00 Advanced Italian 1:00 Beginner Italian	17 9:30 <i>Stretch & Strength</i> ¹ 11:00 Club Meeting & Brain Games for Seniors ***	18 9:30 Strong You! ² 12:00 Mah Jongg 1:00 Knitting Club	19 9:00 <i>Zumba</i> ¹ 11:00 Bingo (<u>NO</u> bus transportation)	20
21	22 <i>9:30 In Control</i> ¹ 11:00 Chair Yoga ² 11:00 Bridge	23 8:00 Bus to ShopRite* 9:45 Balance & Cond. ² 11:00 Book Club 12:00 Advanced Italian 1:00 Beginner Italian	24 9:30 <i>Stretch & Strength</i> ¹ 11:00 Club Meeting & America's National Parks ***	25 9:30 Strong You! ² 12:00 Mah Jongg 1:00 Knitting Club	26 9:00 <i>Zumba</i> ¹ 11:00 Bingo***	27
28	29 <i>9:30 In Control</i> ¹ 11:00 Chair Yoga ² 11:00 Bridge	30 8:00 Bus to ShopRite* 9:45 Balance & Cond. ² 11:00 "Walking and Driving Safely..."¹	31 9:30 <i>Stretch & Strength</i> ¹ 11:00 Club Meeting & Samba & Smoothies *** 1:00 "Fall Prevention: What Physical Therapy Can Do for You" ¹	Feb 1 9:30 Strong You! ² 12:00 Mah Jongg 1:00 Knitting Club	Feb 2 9:00 <i>Zumba</i> ¹ 11:00 Bingo***	Feb 3

¹*Virtual class via Zoom. Pre-registration required.*

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

³*Purchase ticket in advance.*

⁴*Register in advance*

Weather Policy: When New Providence schools are closed for rain, snow, or ice, some programs will be cancelled. Some *Zoom* classes may still be held. Call the Center at (908) 665-0046 to check.

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.