

New Providence Senior Citizens Newsletter

"Good things happen here!"

MAY 2024

Vol.24, No. 5



COORDINATOR'S CORNER

"A kind word is like a spring day" - proverb

May will be a busy month at the Center! We encourage you to purchase a ticket to celebrate the Club's 65th anniversary at the Primavera Regency on May 9, and to come to the Center for our annual Senior Health Fair including free screenings on May 15 (bus transportation is available). See the following pages for details on these events and much more. Please also take note of several schedule updates for these events, and for Early Voting which will take place at the Center beginning May 29.

Highlights of May Programs and Activities include:

- NPHS Jazz Band – Wed, 5/1, 11am
- Bus to Blue Star, Thurs, 5/2, 9am
- Watercolors Class – Thurs, 5/2, 11am
- Atlantic Health program on Stroke Awareness, Wed, 5/8, 11am
- Anniversary Luncheon – Thurs, 5/9, 12noon
- Pizza Bingo – Fri, 5/10, 11am
- Senior Health Fair – Wed, 5/15, 9:30am-12noon
- Special Bingo – Wed, 5/22, 11am
- Book Club – Tues, 5/28, 11am
- Early Voting at the DeCorso Center – Wed, 5/29-Sun, 6/2

Important Safety Protocols for In-Person Programs:

- 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 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 close at 11:30am on Thursday, May 9. There will be no Mah Jongg or In Stitches on that day. Mah Jongg will meet on Friday, May 10 instead.
- ❖ There will be NO Italian classes on Tuesday, May 14.
- ❖ Balance and Conditioning will be ZOOM ONLY on Tuesday, May 14.
- ❖ There will be NO Club meeting on Wednesday, May 15.
- ❖ There will be NO Strong You! on Thursday, May 16.
- ❖ The Center and the New Providence Borough Offices will be closed on Monday, May 27. There will be NO exercise classes or programs.
- ❖ There will be NO Club meeting on Wednesday, May 29.
- ❖ Strong You! will be ZOOM ONLY on Thursday, May 30.
- ❖ There will be NO Bingo on Friday, May 31.
- ❖ Summer Hours will go into effect beginning Friday, May 24th and will end on Friday, August 30th. During this time, Borough Offices will close at 1:00pm on Fridays.

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: 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 &
NPHS JAZZ BAND****Wednesday, May 1 at 11:00am**

Join us for a Club meeting and enjoy a morning of music with New Providence High School students. The High School Jazz Band will entertain us with a special performance.*

**NPSC CLUB MEETING &
ATLANTIC HEALTH PROGRAM ON WHAT TO KNOW
ABOUT STROKE: FROM RISK FACTORS TO WARNING
SIGNS****Wednesday, May 8 at 11:00am**

Join us for Club meeting and presentation by Atlantic Health on stroke risk factors, warning signs of a stroke and what to do if you or a loved one are experiencing stroke-like symptoms. You will also be provided with an outline of what to expect during a hospital stay, from the emergency room to discharge, as well as stroke resources.*

**NO CLUB MEETING ON WEDNESDAY, MAY 15
Come to the Center from 9:30am - 12:00noon for the
Senior Health Fair!****NPSC CLUB MEETING &
SPECIAL BINGO****Wednesday, May 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.*

**NO CLUB MEETING ON WEDNESDAY, MAY 29 DUE TO
EARLY VOTING AT THE CENTER.**

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

▼ SENIOR BUS TO BLUE STAR ▼

Take the Senior Bus to Blue Star Shopping Center on **Thursday, May 2**. Pickups begin at 9:00am. E-mail decorsocenter@newprov.us or call (908) 665-0046 by Tuesday, April 30 to reserve your spot.

EVENTS**ANNIVERSARY LUNCH**

Enjoy a delicious lunch and great entertainment by Bob Marino as we celebrate the 65th anniversary of the Club at the Primavera Regency restaurant on **Thursday, May 9 at noon**. Cost is \$50. Tickets are on sale until May 3. For bus transportation, call (908) 665-0046 or e-mail decorsocenter@newprov.us two days in advance.

LOOKING AHEAD – CRUISE ON THE RIVER LADY

If you would like to take a lunch and sightseeing boat cruise on September 12 on the River Lady in Toms River, please sign up now. Approximate cost is \$65. **A \$20 deposit is required and will be collected between May 22 and June 5.** Full payment may also be made then.

NEW PROVIDENCE SENIOR HEALTH FAIR

The New Providence Department of Health and DeCorso Community Center will host a Senior Health Fair at the DeCorso Center on **Wednesday May 15 from 9:30am to 12pm**. All New Providence Residents 55+ are invited to attend. The Senior Health Fair will be informational along with some basic screenings, and will bring together local service providers and medical professionals. There will be Atlantic Health wound care team foot screenings, as well as Hepatitis B, dental and chiropractor screenings. Pharmacy representatives, a physical therapy provider and other senior health organizations will also be participating. **Call the DeCorso Center at 908-665-0046 or see Michelle or Beth to make an appointment for a wound care team foot screening, or to request bus transportation to the health fair.** You may also email or call the Public Health Nurse with any questions or to make a screening appointment at Jaranda@newprov.us or (908) 743-1049.

BOOK CLUB**Tuesday, May 28 at 11:00am**

The May book club selection is *Educated* by Tara Westover. *Educated* traces the author's experience as a child raised by survivalists in the mountains of Idaho, describing her participation in her family's paranoid stockpiling activities and her resolve to educate herself well enough to earn acceptance into university and the unfamiliar world beyond.

ARTS & CRAFTS**WATERCOLORS CLASS****Thursday, May 2 at 11:00am**

Back by popular demand! Join art instructor Christen Simmons to create a beautiful watercolor painting. In June, Linda Kale and the NP Lions will offer a special program to take the watercolor painting you create and use it to make four greeting cards so that you can share your artwork with friends and family. Please e-mail decorsocenter@newprov.us or call the Center at (908) 665-0046 **by Tuesday, April 30** to register.

IN STITCHES**Thursdays at 1:00pm**

Join in the fun at this lighthearted gathering of knitters and crocheters. Bring a project and enjoy the conversation. Beginners who want to learn are also welcome. We have some supplies at the Center. **No**

CARDS & GAMES**BINGO**

SPECIAL BINGO – Join us for bingo with special prizes on **Wednesday, May 22 after the 11:00am Club meeting.**

FRIDAY BINGO – Join us for weekly bingo on Fridays at 11:00am. **Pizza Bingo** on Friday, May 10, with pizza available for purchase by the slice. **No bingo on May 31.**

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**

Play “social bridge” and enjoy the company of Club friends in the Card Room! All levels are welcome. **No Bridge on May 27.**

MAH JONGG**Thursdays at 12:00pm**

The Mah Jongg group is looking for new players – come make new friends and have a fun time. Beginners are welcome to watch and learn. **Will play on Friday, May 10 instead of Thursday, May 9.**

ITALIAN CLASSES

Italian classes, Advanced and Beginner, meet on Tuesdays. Advanced class meets at 12:00pm. Beginner class meets at 1:00pm. **No classes on May 14.**

HEALTH & FITNESS**NURSE’S HOURS**

Instead of Nurse’s Hours in May, there will be a Senior Health Fair on Wednesday May 15 from 9:30am – 12:00noon.

Y EXERCISE CLASSES* Y

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 May 27.**
- **Chair Yoga** – Mondays at 11:00am – In Person and on Zoom. **No class on May 27.**
- **Balance and Conditioning** – Tuesdays at 9:45am – In Person and on Zoom. **ZOOM ONLY on May 14.**
- **Strong You!** – Thursdays at 9:30am – In Person and on Zoom. **No class on May 16. Zoom only on May 30.**
- **Zumba** – Fridays at 9:00am – **ZOOM ONLY.**

SPECIAL OFFERING**Stretch and Strength**

Wednesdays through June (except June 12) 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*

Living with an Ostomy – May 15, 12:00pm-1:00pm on Zoom

There are approximately 725,000 to one million people in the U.S who have an ostomy. At Atlantic Health System, we have certified ostomy nurses who can help with pre-op and post-op issues. Whether you are considering an ostomy or living with one, join us to learn about ostomy basics, clinics, support groups, online discussion boards and an opportunity to ask an ostomy nurse about anything from nutrition to travel.

Are You Dreaming of a Good Night’s Sleep? – May 16, 11:00am-12:00pm on Zoom

Join us to learn about a few of the most common sleep disorders and tips for better sleep.

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

EARLY VOTING AND PRIMARY DAY VOTING AT THE DECORSO CENTER

Early Voting will take place at the DeCorso Center from Wednesday, May 29 through Sunday, June 2. Voting will also take place at the DeCorso Center on Primary Election Day, Tuesday, June 4.

There will be NO Club meeting on Wednesday, May 29 and NO Bingo on Friday, May 31. Strong You class on May 30 and Balance and Conditioning class on June 4 will be ZOOM ONLY.

SHARE YOUR CREATIVE WORKS AT THE SENIOR HEALTH FAIR

We will be gathering paintings, artwork, knitting, and crochet created by Club members at DeCorso Center programs to showcase them in May, particularly at the Senior Health Fair on May 15. Do you have a painting you made with Christen, cards created with Linda, or knitting or crochet pieces created with the "In Stitches" group that you would like to display? Please **drop off your creative pieces by Friday, May 10** and show your friends the beautiful things you have made at the Center!

PUBLIC BENEFITS FOR OLDER ADULTS RESOURCES GUIDE

SNAP

- New Jersey:
<https://www.nj.gov/humanservices/njsnap/>
- Federal SNAP state directory:
<https://www.fns.usda.gov/snap/state-directory>

Affordable Connectivity Program (ACP)

- <https://www.fcc.gov/acp>

Low Income Home Energy Assistance Program (LIHEAP)

- <https://liheapch.acf.hhs.gov/search-tool/>

Medicare

- <https://www.medicare.gov/medicare-savings-programs>
- <https://www.ssa.gov/medicare/part-d-extra-help>
- In New Jersey:
<https://www.state.nj.us/humanservices/dmahs/staff/info/>

New Jersey Division of Aging Services (DoAS)

- <https://www.nj.gov/humanservices/clients/aging/>
- <https://www.nj.gov/humanservices/doas/home/>

Information provided by the AARP speaker at the April 10 Club meeting.

CAN YOU SPOT A SCAM?

Online/Telephone Frauds: The best defense against fraud is not to open any suspicious emails or text messages. Some of these scams can be disguised as "normal" phone numbers or email addresses. Always call a reliable customer service number, when suspicious, to confirm any legitimacy. In addition, create strong passwords and utilize fraud protection services (research trustworthy companies).

New Providence Police & Community Together

THANK YOU NOTES

- New Providence Lions Club for sponsoring the lecture by historian Joel Farkas and for the donation to purchase large print books.
- AARP Foundation Tax Aide counselors who volunteered at the Center from February to April and helped so many seniors in our Club and community with their taxes.
- Ms. Spina and the NPMS Band Ensembles students for their wonderful performance
- Christine Napolitano for organizing the Accessories Swap
- Linda Kale and the NP Lions for the card-making program
- Mayor Al Morgan, Councilman Matt Cumiskey, and Councilwoman Diane Bilicka for meeting with seniors at the "Coffee with Council" event.

AROUND TOWN

Salt Box Craft Fair – Craft sale, bake sale and tours of the Salt Box Museum. May 11, 2024, 9am-3pm.

Memorial Day Parade – Held on Springfield Avenue on Monday, May 27 beginning at 10am.

NEW PROVIDENCE MEMORIAL LIBRARY

Creative Writing Group – Thurs, May 2, 9, 16, 23, 30 at 10:30am. In-person and on Zoom.

Swing Era Concert – Sun, May 5, 3:00pm

Knit Night – Mon, May 6 & Thurs, May 16 at 7:00pm

Movie Matinee: "Boys in the Boat" – Tues, May 7 at 1:00pm

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

Books & Bagels – Tues, May 14 at 10:30am

Movie Matinee: "The Color Purple" – Tues, May 21 at 1:00pm

See the library website for additional programming.

NEW PROVIDENCE SENIOR CITIZENS CLUB MAY 2024						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
4/28	4/29 9:30 <i>In Control</i> ¹ 11:00 Chair Yoga ² 11:00 Bridge	4/30 8:00 Bus to ShopRite* 9:45 Balance & Cond. ² 11:00 Book Club 12:00 Advanced Italian 1:00 Beginner Italian 7:00pm "Know the Sudden Signs of Stroke" ¹	1 9:30 <i>Stretch & Strength</i> ¹ 11:00 Club Meeting/Birthdays & NPHS Jazz Band ^{***}	2 9:00 Bus to Blue Star ^{**} 9:30 Strong You! ² 11:00 Watercolors Class ⁴ 12:00 Mah Jongg 1:00 In Stitches	3 9:00 Zumba ¹ 11:00 Bingo ^{***}	4
5	6 9:30 <i>In Control</i> ¹ 10:00 Trustee Mtg. 11:00 Chair Yoga ² 11:00 Bridge	7 8:00 Bus to ShopRite* 9:45 Balance & Cond. ² 12:00 Advanced Italian 1:00 Beginner Italian	8 9:30 <i>Stretch & Strength</i> ¹ 11:00 Club Meeting & Atlantic Health Program on Stroke Awareness ^{***}	9 9:30 Strong You! ² Center Closes at 11:30am. 12:00 Anniversary Lunch ^{***} 12:00 <u>NO</u> Mah Jongg 1:00 <u>NO</u> In Stitches	10 9:00 Zumba ¹ 11:00 Pizza Bingo ^{***} 12:00 Mah Jongg	11
12 <i>Mother's Day</i>	13 9:30 <i>In Control</i> ¹ 11:00 Chair Yoga ² 11:00 Bridge	14 8:00 Bus to ShopRite* 9:45 Balance & Cond. ² – ZOOM ONLY 12:00 <u>NO</u> Advanced Italian 1:00 <u>NO</u> Beginner Italian	15 9:30 <i>Stretch & Strength</i> ¹ 11:00 <u>NO</u> Club Meeting 12:00 "Living with an Ostomy" ¹ Senior Health Fair 9:30am – 12noon ^{***}	16 9:30 <u>NO</u> Strong You! ² 11:00 "Are Your Dreaming of a Good Night's Sleep" ¹ 12:00 Mah Jongg 1:00 In Stitches	17 9:00 Zumba ¹ 11:00 Bingo ^{***}	18
19	20 9:30 <i>In Control</i> ¹ 11:00 Chair Yoga ² 11:00 Bridge	21 8:00 Bus to ShopRite* 9:45 Balance & Cond. ² 10:00 Activities Mtg. 12:00 Advanced Italian 1:00 Beginner Italian	22 9:30 <i>Stretch & Strength</i> ¹ 11:00 Club Meeting & Special Bingo ^{***}	23 9:30 Strong You! ² 12:00 Mah Jongg 1:00 In Stitches	24 9:00 Zumba ¹ 11:00 Bingo ^{***}	25
26	27 <i>Memorial Day</i> Center Closed – NO classes, programs, or activities	28 <i>Armed Forces Day</i> 8:00 Bus to ShopRite* 9:45 Balance & Cond. ² 11:00 Book Club 12:00 Advanced Italian 1:00 Beginner Italian	29 Early Voting 9:30 <i>Stretch & Strength</i> ¹ <u>NO</u> Club Meeting	30 Early Voting 9:30 Strong You! ² - ZOOM ONLY 12:00 Mah Jongg 1:00 In Stitches	31 Early Voting 9:00 Zumba ¹ 11:00 <u>NO</u> Bingo ^{***}	6/1 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.