

New Providence Senior Citizens Newsletter

"Good things happen here!"

JULY 2024

Vol.24, No. 7



COORDINATOR'S CORNER

We wish the best to Charlie Cellini, who retired from driving the senior bus at the end of June, and thank him for serving our community. See page 2 for updates on the Senior Bus. Come to the Center to escape the heat this month; we have lots going on! Please join us in particular for our Volunteer Celebration on Wednesday, July 24, to recognize all the seniors who have shared their time, energy and enthusiasm to benefit the Club and Center, and celebrate with ice cream sundaes!

Highlights of July Programs and Activities include:

- Club Meeting/Birthdays/Special Bingo – Wed, 7/3, 11am
- Club Meeting/Brain Games for Seniors – Wed, 7/10, 11am
- Airport Café Trip – Thurs, 7/11 (rain date 7/18), depart 10:30am
- Club Meeting/Estate Sale Presentation – Wed, 7/17, 11am
- Bingo and NP Rec Summer Theater Camp Performance – Fri, 7/19, **Bingo will begin at 10:30am. Performance will begin at 11:45am.**
- Club Meeting/Volunteer Celebration – Wed, 7/24, 11am
- Book Art – Thurs, 7/25, 11am
- Bring Your Grandchild to Bingo Day! – Fri, 7/26, 11am
- Book Club – Tues, 7/30, 11am
- Club Meeting/Bright & Beautiful Therapy Dogs – Wed, 7/31, 11am

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:

- ❖ There will be NO In Control on Mon, July 1 and 8.
- ❖ There will be NO Chair Yoga on Mon, July 1.
- ❖ There will be NO Italian Classes in July or August. Italian students will be meeting at the Center on Mondays at 12:00noon without the instructor for informal practice among themselves.
- ❖ Zumba classes in July will be held on Zoom from 9:00am-10:00am on **Wednesdays** July 3, 10, 17 and 24, instead of on Fridays.
- ❖ Mah Jongg will meet on Wed, July 3 instead of Thurs, July 4.
- ❖ The Center will be CLOSED on Thurs, July 4, and Fri, July 5 for the Independence Day holiday. There will be NO programs or activities.
- ❖ There will be NO Strong You! on Thurs, July 4 and July 11.
- ❖ Summer Hours went into effect on Friday, May 24th and will end on Friday, August 30th. During this time, the DeCorso Center and the 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 Ligam mari, Nina Pardi, Grace Parlapiano, Nancy Whipple

Club Officers

President: Christine Napolitano

Vice President: Bill Wehrle

Treasurer: Sal Ligam mari

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

Please see page 2 for updates on Senior Bus service. Please call in advance to reserve a ride when bus service resumes.

CLUB MEETINGS & SPECIAL PROGRAMS**NPSC CLUB MEETING/BIRTHDAYS &
SPECIAL BINGO****Wednesday, July 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 &
QUALITY OF MIND BRAIN GAMES FOR SENIORS****Wednesday, July 10 at 11:00am**

Join us for a Club meeting and 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 &
ESTATE SALE PRESENTATION****Wednesday, July 17 at 11:00am**

Join us for a Club meeting and learn about estate sales. Kristen Tyler of MT House Auction and Moving Sales will walk through the process of holding an estate sale. Attendees are welcome to bring small items to be appraised.

**NPSC CLUB MEETING &
VOLUNTEER CELEBRATION****Wednesday, July 24 at 11:00am**

We are grateful for all of our many senior volunteers! Please join us to recognize all those who have shared their time, energy, and enthusiasm, and to celebrate all they do for the Club and Center! All seniors are invited to celebrate with ice cream sundaes!

**NPSC CLUB MEETING &
BRIGHT AND BEAUTIFUL THERAPY DOGS****Wednesday, July 31 at 11:00am**

Join us for a Club meeting and a visit from the Bright and Beautiful Therapy Dogs organization. Denise Bogle will speak about the training and evaluation process and her experience as a handler to her two certified therapy dogs. For those who are interested, there will be an opportunity to enjoy pet therapy.

TRIPS & EVENTS**AIRPORT CAFÉ TRIP****Thursday, July 11, 10:30am**

Enjoy delicious food and delightful friends while watching planes take off and land. Seniors who took the last trip to the café said the food is REALLY good. Cost is \$3 plus cost of lunch. **Tickets are limited and are available on a first come, first served basis.** Rain date is July 18.

LOOKING AHEAD – CRUISE ON THE RIVER LADY**Thursday, September 5, Bus leaves at 8:15am**

If you would like to take a lunch and sightseeing boat cruise on the River Lady in Toms River, please sign up now. Cost is \$65. **A \$20 deposit is required and is due by July 17. Full payment must be made by July 31.**

Please note that the date for this trip had to be changed due to availability.

ITALIAN CLASSES

Italian classes are on break over the summer. **Regular classes will NOT be held in July and August but students will meet informally at the Center to practice their Italian from 12:00-1:00pm on Monday afternoons.** Regular classes will resume in September.

BOOK CLUB**Tuesday, July 30 at 11:00am**

The July book club selection is *The Woman in the Window* by A.J. Finn. This thriller novel follows the life of Dr. Anna Fox who suffers from agoraphobia and lives a reclusive life at her large home in New York City, where she one day witnesses a murder across the street. Pick up a copy of the book at the Center.

****SENIOR BUS UPDATES****

As some of you are aware, Charlie Cellini has retired from driving the Senior Bus effective June 30. We thank him for serving our community and wish him the best in his retirement. The Borough will post the Senior Bus Driver position and seek to hire a qualified candidate as quickly as possible, but the earliest we could hope to hire a new Senior Bus driver would be mid-July. We will keep Club members informed, particularly those seniors who have taken the bus on a regular basis, and will let you know as soon as we are able to resume bus service. If you have any questions, please call or e-mail the Center.

ARTS & CRAFTS**BOOK ART****Thursday, July 25, @ 11:00am**

When is a book not a book? When it's art! Learn how to fold books into a beautiful work of art. Bring a hardcover book that you no longer want and create a vase, flower, birdhouse, or a unique sculpture. With a hard cover book there is less folding and the cover forms a frame for your artwork.

Please e-mail decorsocenter@newprov.us or call the Center at (908) 665-0046 **by Friday, July 19** 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. **No In Stitches on July 4.**

CARDS & GAMES**BINGO**

SPECIAL BINGO – Join us for bingo with special prizes on **Wednesday, July 3** after the 11:00am Club meeting.

FRIDAY BINGO – Join us for weekly bingo on Fridays at 11:00am. **No bingo on July 5.**

On Friday, July 19, bingo will be held from 10:30-11:30am, followed at 11:45am by a special performance by New Providence Recreation Summer Theater Camp youth participants.

Bring Your Grandchild to Bingo!, Friday, July 26 at 11:00am

Invite your grandchildren to join us for bingo and share in the fun! Please register your grandchild(ren) in advance by having their parent/guardian complete a paper waiver (we have copies available at the Center) or by signing them up on Community Pass using the link on the Borough of New Providence Community Activities page (www.newprov.us/191/Community-Activities) under "2024 Youth Summer."

BRIDGE**Mondays at 11:00am**

Play "social bridge" and enjoy the company of Club friends in the Card Room! All levels are welcome.

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

Come make new friends and have a fun time. Beginners are welcome to watch and learn. **Will play on Wednesday, July 3 instead of Thursday, July 4.**

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, July 17 beginning at 10:00am**.

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 July 1 and 8.**
- **Chair Yoga** – Mondays at 11:00am – In Person and on Zoom. **No class on July 1.**
- **Balance and Conditioning** – Tuesdays at 9:45am – In Person and on Zoom.
- **Zumba** – **Wednesdays** at 9:00am in July – **ZOOM ONLY. No class on July 31.**
- **Strong You!** – Thursdays at 9:30am – In Person and on Zoom. **No class on July 4 and 11.**

JULY ZUMBA UPDATES

Zumba classes in July will be held on Zoom from **9:00am-10:00am on Wednesdays July 3, 10, 17 and 24**, instead of on Fridays. There will not be class on July 31; classes will return to the regular Friday schedule beginning August 2. **Please note there will be a different Zoom link for the July classes, which will be sent to current class participants after the last June class.** Interested in trying this Latin dance inspired class? Contact the Center to register.

ATLANTIC HEALTH VIRTUAL PROGRAMS*

Lifestyle Strategies for Pre-Diabetes, July 12, 11:00am - 12:00pm on Zoom.

Discover simple lifestyle changes for managing prediabetes. We will explore the significance of dietary choices, exercise routines, and sleep hygiene in managing prediabetes effectively. Get practical nutrition tips to take charge of your health and feel better every day.

Be Ready to BE FAST, July 17, 12:00 - 1:00pm on Zoom. Join us to learn more about stroke emergencies. Familiarize yourself with the sudden symptoms of stroke and how to respond FAST if you suspect a stroke is happening.

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

COVID TEST KITS

The Westfield Regional Health Department has dropped off free COVID testing kits at the Center for our seniors to have on hand. Please see Beth or Michelle to pick one up; they will be available on a first come, first served basis.

NATIONAL NIGHT OUT

Tuesday, August 6, 7pm

Sponsored by New Providence PBA Local Number 132, this event takes place at Centennial Park and Academy Street. National Night Out is an annual community-building campaign that promotes police-community partnerships and neighborhood camaraderie. First responders including police, firefighters, and EMS display their equipment and interact with the community. This is an opportunity for the entire family to meet not only the people who serve and protect them but also the local businesses and organizations that help our town thrive.

HOT WEATHER SAFETY TIPS FOR SENIORS FROM THE NP PUBLIC HEALTH NURSE

Drink enough water, more than 8 cups a day, unless you were told not to by your doctor. Coffee and tea don't count.

Check with your doctor/pharmacist. Some medications may increase your risk to overheat or get a sunburn.

Dress appropriately for the heat. Wear loose-fitting light-colored clothing.

Try to complete outdoor activities early in the day.

Be aware of signs you may be overheating:

- Heavy sweating or no sweating
- Muscle cramps or weakness
- Dizziness

If these signs occur have some water, find some shade or cool area. Call 911 if symptoms do not improve within a few minutes.

Places to cool off in New Providence: The NP Memorial library, the DeCorso Center

Note: The federal Low-Income Home Energy Assistance Program (LIHEAP) helps adults 65 and older who have limited incomes cover the cost of air conditioners and utility bills. To reach your state's LIHEAP program, call 1-866-674-6327.

THANK YOU NOTES

- Mr. Rostad and the Elementary Select Orchestra students for their delightful performance at our Club meeting.
- The Museum of Early Trades and Crafts for their fascinating presentation on Quilts & Textiles.
- Historian Joel Farkas for his informative program on the Declaration of Independence.
- Nish Verma for his travel program on the art of River Cruising.
- Linda Kale and the NP Lions for the program to make beautiful handmade cards.

AROUND TOWN

Independence Day Fireworks & Community Celebration – Wednesday, July 3, 7pm, downtown NP.

Summer Concert Series – Community event featuring a live band each week and free hot dogs and ice cream. Held at Centennial Park (inside the gym if inclement weather) at 7pm.

- July 11: Kinderhook (country rock)
- July 18: The Elefante Band (standards/jazz)
- July 25: Asbury Fever (Springsteen & classic rock tribute)

New Providence Historical Society – Cemetery Tour of NP Presbyterian Church, Saturday, July 13, 1:30pm. To register, email NPcemetarytours@gmail.com

NEW PROVIDENCE MEMORIAL LIBRARY

Knit Night – Monday, July 1 & Thursday, July 18 at 7:00pm.

Movie Matinee: "Argyle" – Tuesday, July 2, 1:00pm

Magnet Craft – Saturday, July 6 at 10:30am.

Batter Up: Let's Talk Baseball – Monday, July 8 at 6:30pm. In the Conti Room or over Zoom. Email RSVP@newprovidencelibrary.org to join virtually.

Books & Bagels – Tuesday, July 9 at 10:30am

Creative Writing Group – Thursday, July 11, 18, 25 at 10:30am. Email RSVP@newprovidencelibrary.org to register.

Cat Behavior & Enrichment Workshop – Saturday, July 13, 11:00am. Email RSVP@newprovidencelibrary.org to register.

Movie Matinee: "Everything Everywhere All At Once" – Tuesday, July 16 at 1:00pm

New York Botanical Gardens: Amazing Exhibits –

Wednesday, July 17 @7:00pm. Virtual program held over Zoom. Email RSVP@newprovidencelibrary.org by July 16 to register.

See library website for additional programming.

NEW PROVIDENCE SENIOR CITIZENS CLUB JULY 2024						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6/30	1 9:30 <u>NO</u> <i>In Control</i> ¹ 11:00 <u>NO</u> Chair Yoga ² 11:00 Bridge 12:00 Informal Italian Practice	2 8:00 <u>NO</u> Bus to ShopRite 9:45 Balance & Cond. ² 12:00 <u>NO</u> Advanced Italian 1:00 <u>NO</u> Beginner Italian	3 9:00 <i>Zumba</i> ¹ 11:00 Club Meeting/Birthdays & Special Bingo 12:00 Mah Jongg	4 Independence Day Center Closed – No programs or activities	5 Center Closed – No programs or activities	6
7	8 9:30 <u>NO</u> <i>In Control</i> ¹ 11:00 Chair Yoga ² 11:00 Bridge 12:00 Informal Italian Practice	9 8:00 <u>NO</u> Bus to ShopRite 9:45 Balance & Cond. ² 10:00 Activities Mtg. 12:00 <u>NO</u> Advanced Italian 1:00 <u>NO</u> Beginner Italian	10 9:00 <i>Zumba</i> ¹ 11:00 Club Meeting & Brain Games for Seniors	11 9:30 <u>NO</u> Strong You! ² 10:30 Airport Café Trip ³ (rain date July 18) 11:00 "Lifestyle Strategies for Pre-Diabetes" ¹ 12:00 Mah Jongg 1:00 In Stitches	12 11:00 Bingo	13
14	15 9:30 <i>In Control</i> ¹ 11:00 Chair Yoga ² 11:00 Bridge 12:00 Informal Italian Practice	16 8:00 <u>NO</u> Bus to ShopRite 9:45 Balance & Cond. ² 12:00 <u>NO</u> Advanced Italian 1:00 <u>NO</u> Beginner Italian	17 9:00 <i>Zumba</i> ¹ 10:00 Nurse's Hours 11:00 Club Meeting & Estate Sale Presentation 12:00 "Be Ready to BE FAST" ¹	18 9:30 Strong You! ² 12:00 Mah Jongg 1:00 In Stitches	19 10:30 Bingo 11:45 NP Recreation Summer Theater Camp Performance	20
21	22 9:30 <i>In Control</i> ¹ 11:00 Chair Yoga ² 11:00 Bridge 12:00 Informal Italian Practice	23 9:45 Balance & Cond. ² 12:00 <u>NO</u> Advanced Italian 1:00 <u>NO</u> Beginner Italian	24 9:00 <i>Zumba</i> ¹ 11:00 Club Meeting & Volunteer Celebration and Ice Cream	25 9:30 Strong You! ² 11:00 Book Art 12:00 Mah Jongg 1:00 In Stitches	26 11:00 Bring Your Grandchild to Bingo Day!	27
28	29 9:30 <i>In Control</i> ¹ 11:00 Chair Yoga ² 11:00 Bridge 12:00 Informal Italian Practice	30 9:45 Balance & Cond. ² 11:00 Book Club 12:00 <u>NO</u> Advanced Italian 1:00 <u>NO</u> Beginner Italian	31 9:00 <u>NO</u> <i>Zumba</i> ¹ 11:00 Club Meeting & Bright and Beautiful Therapy Dogs	8/1 9:30 Strong You! ² 12:00 Mah Jongg 1:00 In Stitches	8/2 9:00 <i>Zumba</i> ¹ 11:00 Bingo	8/3

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.