

New Providence Senior Citizens Newsletter

"Good things happen here!"



SEPTEMBER 2024

Vol.24. No. 9

COORDINATOR'S CORNER

We are very happy to welcome Amy Reiling as our new Senior Bus Driver. Regular Senior Bus service will resume on September 3, with weekly shopping trips to ShopRite on Tuesdays, and transportation to the Center for Club meetings on Wednesdays and for bingo on Fridays. Please say hello and welcome Amy to the Center!

Highlights of September Programs and Activities include:

- Club Meeting, Birthdays & Special Bingo sponsored by Cranford Park Care - Wed, 9/4, 11am
- River Lady Trip – Thurs, 9/ 5, Bus leaves promptly at 8:15am.
- Pizza Bingo with FREE pizza provided by Spring Grove – Fri, 9/6, 11am
- Club Meeting & Care One presentation on influenza – Wed, 9/11, 11am
- Bus to Blue Star, Thurs, 9/12, 9am
- Club Meeting & "The Bees' Knees" presentation – Wed, 9/18, 11am
- Pumpkin Craft – Thurs, 9/19, 11am
- Book Club – Tues, 9/24, 11am
- Nurse's Hours – Wed, 9/25, 10am
- Club Meeting & Nursing Students from Felician University – Wed, 9/25, 11am. Come early or stay after the meeting to speak informally with the students.
- Oktoberfest – Thurs, 9/26, 12noon

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 be CLOSED on Monday, September 2 for the Labor Day holiday. There will be **NO** programs or activities.
- ❖ Balance and Conditioning will have a new start time of 9:40am.
- ❖ There will be **NO** Italian classes in September. Italian students will be meeting at the Center on Tuesdays at 12:00noon without the instructor for informal practice among themselves for the month of September.
- ❖ Beginning September 9, In Control will be offered both In Person and on Zoom with a new start time of 9:45am.

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: Position to be filled

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

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

CLUB MEETINGS & SPECIAL PROGRAMS**NPSC CLUB MEETING/BIRTHDAYS & SPECIAL BINGO SPONSORED BY CRANFORD PARK CARE*****Wednesday, September 4 at 11:00am**

Join us for a Club meeting followed by a special bingo as the program. Jennifer Foster from Cranford Park Care will be here to call bingo and share special prizes.

NPSC CLUB MEETING & CARE ONE PRESENTATION ABOUT INFLUENZA***Wednesday, September 11 at 11:00am**

Join us for a Club meeting and presentation by the Care One at Hanover Team and medical director, Dr. G. Marella, who will be sharing information about influenza and preventative measures to help keep you from getting sick.

NPSC CLUB MEETING & "THE BEES' KNEES" PRESENTATION***Wednesday, September 18 at 11:00am**

Join us for a Club meeting followed by a presentation by the Somerset County Park Commission Environmental Education Center. A Naturalist will discuss one of nature's most important role players, bees. Without them, the species we know as Homo sapiens is in big trouble. Join us as we discuss all things that are bee and not to be.

NPSC CLUB MEETING & FALL PREVENTION PRESENTATION BY FELICIAN UNIVERSITY NURSING STUDENTS***Wednesday, September 25 at 11:00am**

Join us for a Club meeting followed by a program from Felician University nursing students. Senior students preparing to graduate from an accelerated nursing program will present on fall prevention and visit with seniors. As part of their Public Health practicum they are learning about resources available outside the community and will talk to seniors about health maintenance. *Seniors are invited to come early before the meeting, and/or to stay afterwards, to speak informally with the students.*

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

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

Tickets must have been purchased in advance.

EVENTS**OKTOBERFEST****Thursday, September 26, 12:00noon**

Celebrate the fall season with friends at Vintage Tavern while enjoying delicious German food and great entertainment. Choose your favorite dishes off the Oktoberfest (or regular) menu on the day of the event. Tickets are \$10, which is a refundable deposit that will be returned at the luncheon. Tickets go on sale Wednesday, September 4 at the Center. Last day to purchase tickets is Friday, September 20. **Payment in cash only.**

SAVE THE DATE**Brunch in the Country****Thursday, October 10, Bus leaves at 10:15am**

Take a trip to the Clinton Station Diner and enjoy a delicious lunch. Cost is \$3.00 plus the price of your lunch. Details to follow.

SENIOR BUS UPDATE

Please welcome Amy Reiling as our new Senior Bus Driver! Regular bus service will resume, including trips to ShopRite on Tuesdays, and to the Center for Club meetings on Wednesdays and bingo on Fridays. Amy will also drive to Blue Star on Thursday, September 12. Please call or e-mail the Center two business days in advance to request transportation if you would like a ride. We may not be able to accommodate same-day requests, particularly for early morning shopping trips.

BOOK CLUB**Tuesday, September 24 at 11:00am**

The September book club selection is *The Midnight Library* by Matt Haig, a dazzling novel about all the choices that go into a life well lived. Between life and death there is a library, and within that library, the shelves go on forever. Every book provides a chance to try another life you could have lived. In this enchanting novel, Nora Seed finds herself faced with this decision. Pick up a copy of the book at the Center.

GRANDPARENTS DAY IS SEPTEMBER 8

In honor of Grandparents Day, we invite all grandparents to bring a photo(s), memory or anecdote about your grandchildren to share at the Club meeting on Wednesday, September 4.

ARTS & CRAFTS**PUMPKIN CRAFT**

Thursday, September 19 at 11:00am

Join Christine to make a beautiful fall décor craft. Learn a simple technique to wrap fabric around a toilet paper roll to create a fall pumpkin. ***Please bring a roll of toilet paper.*** Fabric will be provided. Please e-mail decorsocenter@newprov.us or call (908) 665-0046 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.

CARDS & GAMES**BINGO**

SPECIAL BINGO – Cranford Park Care will call bingo with special prizes on **Wednesday, September 4 after the 11:00am Club meeting.**

FRIDAY BINGO – Join us for weekly bingo on Fridays at 11:00am. We will have Pizza Bingo on **Friday, September 6**, with FREE pizza provided by Spring Grove.

Bingo cards are 50 cents each.

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

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.

ITALIAN CLASSES

Regular Italian classes will not be held in September, but students will meet informally at the Center to practice their Italian from 12:00-1:00 on Tuesday afternoons for the month of September. Regular classes will resume on October 8.

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, September 25 beginning at 10:00a.m.**

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 9:45am – In person and on ZOOM. Beginning September 9, In Control will be offered **both In Person and on Zoom with a new start time of 9:45am.** For those attending in person, please bring a mat from home, or you may use one of the mats we have at the Center. **No class on 9/2.**
- **Chair Yoga** – Mondays at 11:00am – In Person and on Zoom. **No class on 9/2.**
- **Balance and Conditioning** – Tuesdays at 9:40am – In Person and on Zoom. **Please note a new start time of 9:40am.**
- **Strong You!** – Thursdays at 9:30am – In Person and on Zoom.
- **Zumba** – Fridays at 9:00am – *ZOOM ONLY.*

SPECIAL OFFERING FOR OCTOBER-DECEMBER –
SIGN UP NOW!

STRETCH & STRENGTH

Thursdays at 9:40am – IN PERSON AND ON ZOOM – October 3 through December 19 (except for November 7)

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. Please contact the Center to register.

IN CONTROL & STRONG YOU! CLASSES
FUTURE SCHEDULE NOTES

There will NOT be In Control or Strong You! classes in October, November, and December. Myriam will resume teaching these classes in January 2025.

ATLANTIC HEALTH VIRTUAL PROGRAMS***What Every Man Needs to Know - Prostate Health****Awareness Series** - September 10, 12:00 - 1:00pm on ZOOM

September is Prostate Cancer Awareness Month. Join us for a presentation and discussion about what you need to know about prostate cancer. Topics include anatomy, physiology, screening, diagnosis, and treatment.

Atrial Fibrillation (A-Fib) - September 17, 12:00 - 1:00pm on ZOOM

Atrial Fibrillation (A-Fib) is the most common heart rhythm problem and increases a person's chances of having a stroke by about five times. Learn how you can reduce your chances of having A-Fib and what treatments are available to manage it.

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

OCTOBER AARP DRIVING CLASSES – SIGN UP NOW!**AARP Smart Driver Class**

Refresh your driving skills with the AARP Smart Driver class, returning to the DeCorso Center in October. During the course, you will learn smart driving strategies to keep you safer on the road and increase your confidence behind the wheel. Plus, you may save money on your auto insurance (consult your agent for details) and may be eligible to have two points removed from your driving record. AARP will be offering the class in person at the DeCorso Center on **Tuesdays, October 1 and 8 from 11:00am to 2:00pm**. Participants must attend both sessions to get the certificate. Anyone with a NJ License is welcome to attend. The cost of the course is \$20 for AARP members and \$25 for non-members; payment will be collected at the first class.*

AARP Smart DriverTEK Workshop

The AARP Smart DriverTEK workshop is a 90-minute workshop offering an interactive way to stay up to date with the latest safety technology in your current or future car. Learn all about what new technologies are available, how they work, and how they can improve your peace of mind on the road. Register today and tell a friend—it's FREE! AARP will offer this workshop at the DeCorso Center on **Tuesday, October 15 from 11:30am–1:00pm.***

*Advance registration is required; space may be limited. To register, please call (908) 665-0046 or e-mail decorsocenter@newprov.us.

THANK YOU NOTES

- New Providence Community Pool for the delightful Senior Citizens Lunch
- Emily Bassiacos from Allaire Health Services for the special “Flower Bar” program
- Dennis Kelleher of Avenues in Motion for the “Safe Driving, Safe Walking” program
- Kathy Bassiacos and Nicole Beeney of Life Hospice for calling Special Bingo and providing special prizes for the games
- Thank you to the New Providence Lions Club for sponsoring the presentation by Jennifer White Fischer on the “Lewis & Clark Expedition

AROUND TOWN**Sustainable New Providence Freecycle Fest –**

Sunday, September 15, 9am-2pm, NP Community Pool

New Providence Historical Society Book Festival -

Saturday, September 21, 9am-3pm, Salt Box Museum. Authors, author talks, bake sale. Museum will be open.

PBA Beef Steak Dinner – Saturday, September 28, 7pm-10pm, William Paca Club. Beer, soda, music, raffles & more. \$85 per person. Info/Tickets: NPPBA132@gmail.com

NEW PROVIDENCE MEMORIAL LIBRARY

Movie Matinee: “Fall Guy” – Tuesday, September 3, 1:00pm

Knit at Noon – Wednesday, September 4, 12:00pm

Creative Writing Group – Thursday, September 5,, 12, 19, 26 at 10:30am.

Batter Up: Let's Talk Baseball – Monday, September 9 at 6:30pm. In the Conti Room or over Zoom

The Duping of Babe Ruth – Monday September 9, 7:00pm. In the Conti Room

Books & Bagels – Tuesday, September 10, 10:30am

Movie Matinee: “The Persian Version” – Tuesday, September 17, 1:00pm

Knit Night – Thursday, September 19 at 7:00pm.

Cookbook Club – Bring a breakfast recipe, cookbook, or the dish itself. Tuesday, September 24, 1:00pm

Ana Maria Rosado, Guitarist – Contemporary and Latin American music from around the world.

Sunday, September 29, 3:00pm

See library website for additional programming.

	NEW PROVIDENCE SENIOR CITIZENS CLUB SEPTEMBER 2024					
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 Labor Day Center Closed – No programs or activities	3 8:00 Bus to ShopRite* 9:40 Balance & Cond. ² 12:00 Informal Italian Practice	4 11:00 Club Meeting, September Birthdays & Special Bingo sponsored by Cranford Park Care*	5 8:15 River Lady Trip³ 9:30 Strong You! ² 12:00 Mah Jongg 1:00 In Stitches	6 <i>9:00 Zumba¹</i> 11:00 Pizza Bingo sponsored by Spring Grove*	7
8	9 9:45 In Control ² 10:00 Trustee Mtg. 11:00 Chair Yoga ² 11:00 Bridge	10 8:00 Bus to ShopRite* 9:40 Balance & Cond. ² 10:00 Activities Mtg. 12:00 “What Every Man Needs to Know”¹ 12:00 Informal Italian Practice	11 11:00 Club Meeting & Care One presentation about Influenza*	12 9:00 Bus to Blue Star* 9:30 Strong You! ² 12:00 Mah Jongg 1:00 In Stitches	13 <i>9:00 Zumba¹</i> 11:00 Bingo*	14
15	16 9:45 In Control ² 11:00 Chair Yoga ² 11:00 Bridge	17 8:00 Bus to ShopRite* 9:40 Balance & Cond. ² 12:00 “Atrial Fibrillation”¹ 12:00 Informal Italian Practice	18 11:00 Club Meeting & “The Bees’ Knees” presentation*	19 9:30 Strong You! ² 11:00 Pumpkin Craft⁴ 12:00 Mah Jongg 1:00 In Stitches	20 <i>9:00 Zumba¹</i> 11:00 Bingo*	21
22	23 9:45 In Control ² 11:00 Chair Yoga ² 11:00 Bridge	24 8:00 Bus to ShopRite* 9:40 Balance & Cond. ² 11:00 Book Club 12:00 Informal Italian Practice	25 10:00 Nurse’s Hours 11:00 Club Meeting & Nursing Students from Felician University*	26 9:30 Strong You! ² 12:00 Oktoberfest³ 12:00 Mah Jongg 1:00 In Stitches	27 <i>9:00 Zumba¹</i> 11:00 Bingo*	28
29	30 9:45 In Control ² 11:00 Chair Yoga ² 11:00 Bridge	10/1 8:00 Bus to ShopRite* 9:40 Balance & Cond. ²	10/2 11:00 Club Meeting & Samba with Spring Grove*	10/3 9:30 Strong You! ² 12:00 Mah Jongg 1:00 In Stitches	10/4 <i>9:00 Zumba¹</i> 11:00 Pizza Bingo*	10/5

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

*Please call 2 business days in advance to reserve a spot on the bus.