

New Providence Senior Citizens Newsletter

"Good things happen here!"

NOVEMBER 2024

Vol.24. No. 11



COORDINATOR'S CORNER

We are thankful this month for all of you who volunteer and participate in the Center's programs and activities and wish everyone a very Happy Thanksgiving!

Highlights of November Programs and Activities include:

- Club Meeting/Birthdays & Samba with Spring Grove – Wed, 11/6, 11am
- Nurse's Hours – Wed, 11/13 & 11/27, 10am
- Club Meeting & Partnership for a Drug-Free NJ presentation on "The Role of Grandparents in Prevention" – Wed, 11/13, 11am
- Senior Day at New Providence High School – Thurs, 11/14, 10:15am (doors will open at 10am). Register in advance.
- Bingo with chicken/pasta lunch provided by Spring Grove – Fri, 11/15, 11am
- Club Meeting & Discovery Orchestra – Wed, 11/20, 11am
- Thanksgiving-themed craft with Life Hospice – Thurs, 11/21, 11am
- Pizza Bingo – Fri, 11/22, 11am
- Book Club – Tues, 11/26, 11am
- Club Meeting & Special Bingo – Wed, 11/27, 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:

- ❖ Myriam will NOT be teaching In Control or Strong You! classes in November, or December.
- ❖ Due to Early Voting at the Center, there will NO Bingo on 11/1.
- ❖ All exercise classes will be ZOOM ONLY from November 4 – November 5 due to voting at the Center.
- ❖ There will be NO Italian classes on November 5 due to Election Day.
- ❖ There will be NO Stretch & Strength class on November 7.
- ❖ November 11 is a Borough holiday; there will be NO regular classes or programs. The American Legion and NP Lions will hold a Veterans Day remembrance at the DeCorso Center.
- ❖ Stretch & Strength will be ZOOM ONLY on November 14.
- ❖ There will be NO Meditation & Reiki on November 27.
- ❖ The Center will be closed on Thursday, November 28 and Friday, November 29 for the Thanksgiving Day holiday. There will be no programs or activities.

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 Ligammary, Nina Pardi, Grace Parlapiano, Nancy Whipple

Club Officers

President: Christine Napolitano

Vice President: Bill Wehrle

Treasurer: Sal Ligammary

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 service is available to Shop Rite on Tuesdays, to the Center on Wednesdays and Fridays, to shopping malls as scheduled, and to some special activities. Call 2 business days in advance to reserve your ride.

CLUB MEETINGS & SPECIAL PROGRAMS**NPSC CLUB MEETING/BIRTHDAYS & SAMBA WITH SPRING GROVE*****Wednesday, November 6, at 11:00am**

Spring Grove will lead us in a Samba program. 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!

NPSC CLUB MEETING & PARTNERSHIP FOR A DRUG-FREE NJ – THE ROLE OF GRANDPARENTS IN PREVENTION***Wednesday, November 13, at 11:00am**

Join us for a club meeting and presentation on the important role grandparents play and effective communication strategies that are helpful in preventing underage drinking, vaping/e-cigarettes, marijuana use, and misuse of opioids & other prescription medications. Our presenter, Bill Lillis, is a certified prevention specialist and Coordinator of the Parent Education Program for The Partnership for a Drug-Free New Jersey.

NPSC CLUB MEETING & AUTUMN (MUSICAL) COLORS! WITH DISCOVERY ORCHESTRA***Wednesday, November 20, at 11:00am**

Join us for a Club meeting followed by a presentation from The Discovery Orchestra. Staff member and violinist Michael Avagliano, joined by Executive Director Rick Kaller on piano, will explore the seasonal landscape of "Autumn," one of Antonio Vivaldi's famous collection of violin concertos, *The Four Seasons*. The presentation will include a live performance and interactive audience experience.

NPSC CLUB MEETING & SPECIAL BINGO***Wednesday, November 27, at 11:00am**

Join us for a Club meeting followed by Special Bingo. Michelle and Beth will call bingo and there will be special prizes for the games.

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

TRIPS & EVENTS**SENIOR CITIZENS DAY AT NPHS****Thursday, November 14 at 10:15am****Doors open at 10:00am**

Join us for a wonderful Senior Citizens Day at New Providence High School! Enjoy music and performances by talented NPHS students. Seniors will also receive a "grab and go" lunch prepared by Culinary Arts program students to enjoy at home. **Advance registration is required; space is limited.** *Parking at NPHS is limited so we will provide transportation. The bus will pick up seniors who need transportation from their homes first, and then will depart from the Center at 9:45am with Amy driving an additional trip to NPHS if necessary.* To register for the event, and to request bus transportation, call (908) 665-0046 or e-mail decorsocenter@newprov.us by November 6.

SAVE THE DATE**Holiday Luncheon****Thursday, December 12 at 12noon**

Celebrate the season with friends at Prima Vera restaurant. Enjoy holiday music provided by Bob Marino and delicious food. Cost is \$45. Tickets go on sale November 6.

**** SENIOR BUS ****

ShopRite: Amy will drive to ShopRite every Tuesday at 8:00am. If the van reaches capacity, we will add a second trip at 11:30am. Please call (908) 665-0046 or e-mail decorsocenter@newprov.us 2 business days in advance to reserve a spot.

BlueStar: There will NOT be a bus to Blue Star in November. Amy will drive to Blue Star Shopping Center on **Thursday, December 5** at 8:30am and 11:30am. E-mail decorsocenter@newprov.us or call (908) 665-0046 by Tuesday, December 3 to reserve your spot for the 8:30am or 11:30 trip. Each trip will be filled on a first come, first served basis.

BOOK CLUB**Tuesday, November 26 at 11:00am**

The November book club selection is *The Rent Collector* by Camron Wright. This novel tells the story of a young family living in Cambodia's largest municipal dump and making a living scavenging recyclables from the trash. This is a story of hope, of one woman's journey to save her son, and another woman's chance at redemption.

ARTS & CRAFTS**THANKSGIVING CRAFT****Thursday, November 21 at 11:00am**

Join Life Hospice for a special program arranging faux pumpkin centerpieces! We will be using foam pumpkins and artificial flowers to create unique and beautiful arrangements. Please call the Center at (908) 665-0046 or e-mail decorsocenter@newprov.us by Friday, November 15 to register. Limited to 20 participants.

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 November 28.**

CARDS & GAMES**BINGO**

SPECIAL BINGO – Join us for bingo with special prizes on **Wednesday, November 27 after the 11:00am Club meeting.**

FRIDAY BINGO – Join us for weekly bingo on Fridays at 11:00am. We will have a FREE lunch of chicken alfredo and pasta primavera provided by Spring Grove on **Friday, November 15.**

We will have Pizza Bingo on **Friday November 22** with pizza available for \$2 per slice.

There will be **no bingo on November 1 and 29.**

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 November 11.**

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. **No Mah Jongg on November 28.**

ITALIAN CLASSES

Italian classes, Advanced and Beginner, meet every Tuesday. Advanced class meets at 12:00pm. Beginner class meets at 1:00pm. **No classes on November 5.**

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, Nov 13 & 27 beginning at 10:00a.m.**

FLU SHOTS FOR HOMEBOUND INDIVIDUALS

If you or someone you know is homebound and would like a flu shot, please call the Public Health Nurse, Jennifer, at 908-743-1049.

‘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.

Special Offerings

- **TABLE TENNIS** – Fridays, Nov. 8, 15, and 22 and December 6, 13, and 20 from 9:45-10:45am. Join instructor Howard Lee at the DeCorso Center to learn Table Tennis rules, strokes, footwork, and speed. Advance registration is required. Limited number of spots available. **To register, call (908) 665-0046 or email decorsocenter@newprov.us.**

- **Meditation & Reiki** – Wednesdays, Oct 2-Dec 18 Bus transportation is available for this class. **No class on 11/27.**

Meditation Portion – In Person and on Zoom, 1:00-1:30pm

Join Judy for relaxing meditation using breath, guided visualization, gentle moving meditation, and deep relaxation techniques.

Reiki Portion – In Person ONLY, 1:30-2:00pm

Those attending Meditation in person may join Judy, who is a Reiki Master Practitioner Teacher, to discover the ancient healing art of Reiki tailored to seniors needs, helping to alleviate stress, ease pain, and enhance overall vitality.

- **Stretch & Strength** – Thursdays at 9:40am – In Person and on Zoom. Oct 3-Dec19. **No class on 11/7 and 11/28. Zoom only on 11/14.**

Regular Classes

- **Chair Yoga** – Mondays at 11:00am – In Person and on Zoom. **Zoom only 11/4. No class on 11/11.**

- **Balance and Conditioning** – Tuesdays at 9:40am – In Person and on Zoom. **Zoom only 11/5.**

FREE MEDICARE COUNSELING AT SAGE

If you have questions about Medicare, call and speak to one of the State Health Insurance Assistance Program (SHIP) counselors at SAGE. Call 908.273.6999 or email ship@sageeldercare.org.

ATLANTIC HEALTH VIRTUAL PROGRAMS***How to Apply for Heating & Energy Assistance -**

November 13, 12:00 - 12:45pm on ZOOM

The LIHEAP/USF program helps low to moderate income households across New Jersey pay for heating & energy costs. Learn about how to apply for this and other utility assistance programs, along with information about PROCEED, Inc. and the services available to residents of Union County.

Diabetes and Chronic Kidney Disease: What You Should Know - November 21, 12:00 - 1:00pm on ZOOM

Learn about the growing incidence of diabetes, the risk of chronic kidney disease (CKD) for those living with diabetes and new and promising treatments for CKD.

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

VOTING AT THE DECORSO CENTER

Early voting will take place at the DeCorso Center Saturday October 26 - Sunday, November 3. Voting will also take place at the DeCorso Center on Election Day, Tuesday, November 5. **All exercise classes from October 28 - November 5 will be held via ZOOM ONLY.** There will be NO Bingo on Friday, November 1. Other senior activities will be moved to the Solarium during Early Voting. No in-person senior activities will be held at the Center on November 5; Italian classes will be cancelled.

VETERANS DAY REMEMBRANCE

Veterans, their families, and friends are invited to attend an Eleventh-Hour Service on **Monday, November 11, 2024 at the DeCorso Community Center** organized by the American Legion Post and NP Lions. Doors will open at 10:15am. Post members will lead a service at 11:00am to honor our local veterans lost during recent years. Refreshments will be provided by local restaurants and food establishments. A musical tribute of service anthems and favorite songs of the 1940s through 1970s will be performed by the Cover Girls, vocalists Kathy Martin and Mary Domato. Call the American Legion with questions (908) 464-9010.

New Providence Senior Citizen Club members are asked to contribute a baked good to share.

THANK YOU NOTES

- Spring Grove for the fun "Samba" program and for providing pizza for a Friday bingo
- Deputy Chief John Signorello and Ed Nasto of the New Providence Fire Department for their important and informative presentation on Fire Prevention and Safety
- Union County for the Mobile Flu Clinic and NP Public Health Nurse Jennifer Aranda for helping to arrange this clinic
- Ellen Malosh from New Providence Memorial Library for providing "Library Hours" at the Center
- Shrikant Bhide for the special origami programs
- Reena Yaseen from Brandywine Mountain Ridge for a fun Halloween-themed Special Bingo
- Arlene Regan, Allison Smith, and the New Providence Recreation Department for the wonderful art tour
- Grace Leung of AARP for the very informative Smart Driver and Smart DriverTEK courses
- Christine Napolitano for a wonderful Brunch in the Country trip
- John Bale and Bill Wehrle for a great Oktoberfest luncheon celebration

AROUND TOWN

Paca Club Craft Fair – November 2, 10am-4pm, Paca Club on Front Street

Scandinavian Import & Gift Sale – Saturday,

November 23, 10am-3pm, Salt Brook School

Holiday Walk – November 29, 5pm-7pm, downtown New Providence

NEW PROVIDENCE MEMORIAL LIBRARY

Knit Night – Monday, November 4 & 21, 7:00pm

Books & Bagels – Tuesday, November 5 & 12, 10:30am

Movie Matinee: "Dumb Money" – Tuesday, November 5, 1:00pm

Knit One – Wednesday, November 6, 1:00pm

Creative Writing Group – Thursdays at 10:30am

Chris & Deni in Concert – Sunday, November 10, 3:00pm

Batter Up: Let's Talk Baseball – Monday, November 11, 6:30pm

Movie Matinee: "Ford v Ferrari" – Tuesday, November 19, 1:00pm

See library website for additional programming.

NEW PROVIDENCE SENIOR CITIZENS CLUB NOVEMBER 2024						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Oct 27 Early Voting	Oct 28 Early Voting 11:00 Chair Yoga ² (ZOOM only) 11:00 Bridge	Oct 29 Early Voting 8:00 Bus to ShopRite* 9:40 Balance & Cond. ² (ZOOM only) 12:00 <u>NO</u> Italian Class 1:00 <u>NO</u> Italian Class	Oct 30 Early Voting NO CLUB MEETING 11:00 "Art Tour" at the Municipal Building 1:00 Meditation & Reiki ² (ZOOM only)	Oct 31 Early Voting* 9:40 Stretch & Strength ² (ZOOM only) 12:00 Mah Jongg 1:00 <u>NO</u> In Stitches <i>Happy Halloween!</i>	1 Early Voting 11:00 <u>NO</u> Bingo	2 Early Voting
3 Early Voting <i>Daylight Saving Time Ends</i>	4 10:00 Trustee Mtg. 11:00 Chair Yoga ² (ZOOM only) 11:00 Bridge	5 <i>Election Day</i> 8:00 Bus to ShopRite* 9:40 Balance & Cond. ² (ZOOM only) 12:00 <u>NO</u> Italian class 1:00 <u>NO</u> Italian class	6 11:00 Club Meeting & Birthdays & Samba with Spring Grove* 1:00 Meditation & Reiki ^{2*}	7 9:40 <u>NO</u> Stretch & Strength ² 12:00 Mah Jongg 1:00 In Stitches	8 9:45 Table Tennis ^{4*} 11:00 Bingo*	9
10	11 <i>Veterans Day Borough Offices Closed</i> 11:00 <u>NO</u> Chair Yoga ² 11:00 <u>NO</u> Bridge 10:15 Veterans Day Remembrance @ Decorso Center	12 8:00 Bus to ShopRite* 9:45 Balance & Cond. ² 10:00 Activities Mtg. 12:00 Advanced Italian 1:00 Beginner Italian	13 10:00 Nurse's Hours* 11:00 Club Meeting & "Grandparents and Drug Use Prevention"** 12:00 "Heating & Energy Assistance"† 1:00 Meditation & Reiki ^{2*}	14 9:40 Stretch & Strength ² (ZOOM only) 10:00 Senior Citizens Day at NPHS^{4*} (bus leaves at 9:45) 12:00 Mah Jongg 1:00 In Stitches	15 9:45 Table Tennis ^{4*} 11:00 Bingo with lunch provided by Spring Grove*	16
17	18 11:00 Chair Yoga ² 11:00 Bridge	19 8:00 Bus to ShopRite* 9:45 Balance & Cond. ² 12:00 Advanced Italian 1:00 Beginner Italian	20 11:00 Club Meeting & Discovery Orchestra* 1:00 Meditation & Reiki ^{2*}	21 9:40 Stretch & Strength ² 11:00 Thanksgiving Craft 12:00 "Diabetes and Chronic Kidney Disease"† 12:00 Mah Jongg 1:00 In Stitches	22 9:45 Table Tennis ^{4*} 11:00 Pizza Bingo*	23
24	25 11:00 Chair Yoga ² 11:00 Bridge	26 8:00 Bus to ShopRite* 9:45 Balance & Cond. ² 11:00 Book Club 12:00 Advanced Italian 1:00 Beginner Italian	27 10:00 Nurse's Hours* 11:00 Club Meeting & Special Bingo* 1:00 <u>NO</u> Meditation & Reiki ²	28 <i>Thanksgiving</i> Center Closed – No programs or activities	29 Center Closed – No programs or activities	30

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 2 business days in advance to reserve a spot.

ShopRite – If needed, a second trip will be added at 11:30am.