

New Providence Senior Citizens Newsletter

"Good things happen here!"

FEBRUARY 2025

Vol. 25 No #2



COORDINATOR'S CORNER

We have lots going on this month – please join us at the Center to enjoy programs and activities with Club friends that we hope will make even the coldest February days feel warmer!

Highlights of February Programs and Activities include:

- Club Meeting, Birthdays, and Performance by the AWR Band. Stay for games after the meeting – Wed, Feb 5, 11am
- Bus to Blue Star – Thurs, Feb 6, 8:30am and 11:30am
- Pizza Bingo with FREE pizza provided by Spring Grove – Fri, Feb 7, 11am
- Club Meeting and "Impressionist Art" program – Wed, Feb 12, 11am
- Terrarium Craft with Christine – Thurs, Feb 13, 11am
- Club Meeting and Special Bingo – Wed, Feb 19, 11am
- Service Project – Sandwich Making – Mon, Feb 24, 12:15pm
- Book Club – Tues, Feb 25, 11am
- Club Meeting and "Maple Sugaring" program by Somerset County Park Commission – Wed, Feb 26, 11am
- Special Bus trip to Valley Mall – Thurs, Feb 27, 9am
- Tax return assistance on Tuesdays and Wednesdays by appointment only beginning Wednesday, February 5.

Important Safety Protocols for In-Person Programs:

- We encourage everyone to stay up to date with vaccinations, both Covid-19 and flu.
- 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:

- Borough Offices and the DeCorso Center will be closed on Monday, February 17 for President's Day. There will not be any programs or exercise classes.
- There will only be one trip to ShopRite on February 18. It will be at 8:00am. Reserve a spot by Friday, February 14. Space is limited.
- There will be NO Italian Classes on February 11 or 18.

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

Dedicated to providing social & enriching activities & events for New Providence residents 55 years and beyond.

Trustees

Chair: Bill Wehrle

Secretary: Nina Pardi

Trustees: Peggy Brodeur, Carol Dunn, Allan Igo, Barbara Koslap, Christine Napolitano, Sal Ligammar, Grace Parlapiano, Nancy Whipple

Club Officers

President: Linda Kale

Vice-President: Bill Wehrle

Treasurer: Sal Ligammar

1st Treasurer: Dolores Felezzola

Sergeants-at-Arms: Mike Ferlise, Allan Igo

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 schedules, and to several Club activities. Call in advance to reserve your ride.

CLUB MEETINGS & SPECIAL PROGRAMS**CLUB MEETING, BIRTHDAYS, & AWR BAND****Wednesday, February 5 at 11:00am**

Join us for a Club meeting, celebrate February birthdays, and enjoy a morning of music with band students from Allen W. Roberts Elementary School. During the meeting we will also be raffling off many of the puzzle books, stress balls, and other donations made by the AWR 6th grade Science students during their January visit. Stay after the Club meeting for fun with other games and puzzles which the group donated, including large dominoes, giant UNO, indoor cornhole, and more!*

CLUB MEETING & "IMPRESSIONIST ART" PROGRAM**Wednesday, February 12 at 11:00am**

Join us for a Club meeting and special program "Making a Good Impressionism" with Art Lecturer Dr. Michael Norris to see how French Impressionist painters, rebelling against an ancient state system of art training, created new images quivering with energy and emotion. Dr. Norris, who spent twenty years at the Metropolitan Museum of Art and the Cloisters Museum in New York, will present an "Armchair Art Tour" of art at the Metropolitan Museum of Art, the Princeton University Art Museum, and the Zimmerli Art Museum at Rutgers.*

CLUB MEETING & SPECIAL BINGO**Wednesday, February 19 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.*

CLUB MEETING & "MAPLE SUGARING" PROGRAM**Wednesday, February 26 at 11:00am**

Join us for a club meeting and program by Somerset County Park Commission on Maple Sugaring. A Naturalist will help participants discover the secrets inside a maple tree. Participants will learn about the history of maple sugaring as well as the techniques used to make this tasty treat today. As a special treat after the meeting, enjoy tasting maple syrup with silver dollar pancakes donated by the Prestige Diner.*

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

TRIPS & EVENTS**SAVE THE DATE****ST. PATRICK'S DAY LUNCHEON****Thursday, March 13 at 11:30am**

Join in the fun as we celebrate St. Patrick's Day at Vintage Tavern with great food & entertainment by Nick at Nite. Order off the menu and pay for your meal 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, February 19. Payment in cash only. Call (908) 665-0046 or e-mail decorsoccenter@newprov.us two days in advance for bus transportation.**

**** SENIOR BUS ****

SHOPRITE: Amy will drive to ShopRite on Tuesdays at 8:00am. If the van reaches capacity, we will add a second trip at 11:30am. **Call (908) 665-0046 or e-mail decorsoccenter@newprov.us 2 business days in advance to reserve a spot. There will only be one trip to ShopRite on February 18. It will be at 8:00am. Reserve a spot by Friday, February 14. Space is limited.**

BLUE STAR: Amy will drive to Blue Star Shopping Center on **Thursday, February 6 at 8:30am and 11:30am. Call (908) 665-0046 or e-mail decorsoccenter@newprov.us 2 business days in advance to reserve a spot. Each trip will be filled on a first come, first served basis.**

SPECIAL OFFERING – BUS TO VALLEY MALL SHOPPING CENTER**Thursday, February 27 at 9:00am**

This month the Senior Bus will make a special trip to the Valley Mall Shopping Center in Gilette with shops including T.J.Maxx, HomeGoods, and Old Navy. Pickups begin at 9:00am. **Call (908) 665-0046 or e-mail decorsoccenter@newprov.us by Tuesday, February 25 to register.**

BOOK CLUB**Tuesday, February 25 at 11:00am**

The February book selection is *The Color of Water* by James McBride. The author, James McBride, writes both his autobiography and a tribute to the life of his mother, a white woman who married a black man from North Carolina. Pick up a copy of the book at the Center.

ARTS & CRAFTS**TERRARIUM CRAFT****Thursday, February 13 at 11:00am**

Join us to create an open terrarium with a Valentine theme. Everything will be provided except a clear glass receptacle. A wine glass would be perfect for layering colored rocks and sand and soil and a little succulent plant on top. No more than 20 can participate because of plant availability, so sign up ASAP!

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 – Join us for special bingo on Wednesday, February 19 after the Club meeting, beginning at approximately 11:45am. Michelle and Beth will call bingo and there will be special prizes for the games.

FRIDAY BINGO – Join us for weekly bingo on Fridays at 11:00am. We will have Pizza Bingo on Friday, February 7 with FREE pizza provided by Spring Grove. On Friday, February 14, Life Hospice will bring special Valentine's Day treats.

Bingo cards are 50 cents each. For bus transportation, e-mail decorsocenter@newprov.us or call (908) 665-0046 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 2/17.**

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

Come make new friends and have a fun time. Beginners are welcome to watch and learn.

HEALTH & FITNESS**NURSE'S HOURS**

The New Providence Public Health Nurse, Jenn Aranda, will give blood pressure screenings and answer questions before bingo on Friday, February 7 at 10:00am AND before the Club meeting on Wednesday, February 26 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.

Special Offerings

- **Table Tennis** – Fridays, **February 7, 14, and 21** from 9:45-10:45am. Spots are limited.
- **Stretch, Strength, and Stability** – Wednesdays through March at 9:30am – Zoom ONLY.

Regular Classes

- **In Control** – Mondays at 9:45am – In Person and on Zoom. **No class on 2/17.**
- **Chair Yoga** – Mondays at 11:00am – In Person and on Zoom. **No class on 2/17.**
- **Balance and Conditioning** – Tuesdays at 9:40am – In Person and on Zoom
- **Strong You!** – Thursdays at 9:30am – In Person and on Zoom.

**** TABLE TENNIS****

Back by request, we will offer a third "special" 6-week session of Table Tennis on **Fridays from 9:30-10:30am on March 14, 21 and 28, April 4 and 25, and May 2.**

Space will be limited. Registration for the class will open on Monday, February 10 and spots will be filled on a first come, first served basis; call (908) 665-0046 or email decorsocenter@newprov.us to register.

ATLANTIC HEALTH VIRTUAL PROGRAM***Recognizing the Gender Gap in Heart Attack**

Symptoms: Men vs. Women - Tuesday, February 18 at 1:00pm on ZOOM

Research shows that signs of a heart attack can be very different in men and women. Women may experience symptoms that are less commonly associated with heart attack. Join us to discuss these signs and symptoms and learn exercises for optimizing heart health that can be done at home.

*Email decorsocenter@newprov.us to register and receive the Zoom link.

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 2/11 or 2/18.**

AARP TAX RETURN ASSISTANCE

New Providence area residents can obtain FREE AARP Foundation Tax-Aide assistance in preparing and filing their 2024 tax returns. **AARP Foundation Tax Aide counselors will be available at the DeCorso Center for appointments from 9:45am-2:30pm on Tuesdays and Wednesdays from February 5 through April 15 (with the exception of Wednesday, 3/5 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. Taxpayers may call the Center at (908) 665-0046 between 10:00am and 2:00pm Mondays through Fridays to schedule an appointment or may sign up in person at the Center. Please speak to Michelle or Beth if you need bus transportation.

When coming for scheduled tax appointments, AARP asks that taxpayers bring with them:

- Photo Identification for you and your spouse, if married (for a married couple filing jointly, both spouses should be present)
- Social Security cards for you, your spouse, and all dependents
- Copy of last year's return
- All tax forms: W2, 1099, 1098
- 1095 forms if you purchased health insurance through the Marketplace
- Information for all deductions (contributions, taxes paid, mortgage interest, medical out of pocket expenses)
- For direct deposit of refund, proof of bank account number and routing number

Clients are also encouraged to pick up an Interview Booklet in advance from the Center, so that they may fill it out in advance to bring to their appointment.

SERVICE PROJECT - SANDWICH MAKING

Monday, February 24 at 12:15pm

Gather with other seniors at the DeCorso Center to prepare sandwiches for the Our Lady of Peace Sandwich Ministry. Prepared sandwiches and snacks will be distributed through OLP to six different local soup kitchens and food pantries.

THANK YOU NOTES

- Spring Grove for providing pizza for a Friday bingo
- Ms. Ditta and AWR 6th grade science students for their special Club meeting program and their generous donations of large print puzzle books, games, and more
- Roxanne Giacalone of Christie's Real Estate for calling Special Bingo and bringing great prizes
- Mr. Ziegler and Voice Class students for their wonderful performances
- Dr. Kalpeshkumar Patel and Atlantic Health for the very informative "Healthy Sleep Habits for Seniors" presentation
- Linda Kale for her card making program
- Bonnie Freirich of Jewish Family Services of Central NJ for the program on "Brain Health and Dementia"
- Barbara Koslap for organizing a delicious and fun Lunar New Year Luncheon

AROUND TOWN

10TH Annual CSA Pasta Dinner – Delicious dinner of pasta, salad, and dessert, including gluten-free pasta options. Proceeds provide temporary financial assistance to New Providence neighbors. Event will take place at the DeCorso Community Center on Sunday, March 2 from 4:00-7:00pm with dinner served from 4:00-6:30pm. \$15 per person. There will also be a basket raffle, a silent auction, and a 50/50. Show date March 9th.

NEW PROVIDENCE MEMORIAL LIBRARY

PD Brody Performs – Sunday, Feb 2, 3:00pm

Movie Matinee: "American Fiction" – Tuesday, Feb 4, 1:00pm

Movie Matinee: "I Capture the Castle" – Tuesday, Feb 18, 1:00pm

See library website for additional programming.

NEW PROVIDENCE SENIOR CITIZENS CLUB FEBRUARY 2025						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Jan 26	Jan 27 9:45 In Control ² 11:00 Chair Yoga ² 11:00 Bridge	Jan 28 8:00 Bus to ShopRite* 9:40 Balance & Cond. ² 11:00 Book Club 12:00 Advanced Italian 1:00 Beginner Italian	Jan 29 9:30 Stretch, Strength, Stability ¹ 11:00 Club Meeting & program on "Brain Health & Dementia" with JFS of Central NJ*	30 9:30 Strong You! ² 12:00 Lunar New Year Luncheon^{3*} 12:00 Mah Jongg 1:00 In Stitches	Jan 31 9:45 Table Tennis ⁴ 11:00 Bingo*	1
2 Groundhog Day	3 9:45 In Control ² 10:00 Trustee Mtg 11:00 Chair Yoga ² 11:00 Bridge	4 8:00 Bus to ShopRite* 9:40 Balance & Cond. ² 12:00 Advanced Italian 1:00 Beginner Italian	5 Tax return assistance by appointment only* 9:30 Stretch, Strength, Stability ¹ 11:00 Club Meeting & AWR Band performance. Stay for games after the meeting.*	6 8:30 Bus to Blue Star* 9:30 Strong You! ² 11:30 Bus to Blue Star* 12:00 Mah Jongg 1:00 In Stitches	7 9:45 Table Tennis ⁴ 10:00 Nurse's Hours* 11:00 Pizza Bingo with FREE Pizza provided by Spring Grove*	8
9 Super Bowl	10 9:45 In Control ² 11:00 Chair Yoga ² 11:00 Bridge	11 Tax return assistance by appointment only 8:00 Bus to ShopRite* 9:40 Balance & Cond. ² 11:00 Activities Mtg <u>NO Italian Classes</u>	12 Tax return assistance by appointment only* 9:30 Stretch, Strength, Stability ¹ 11:00 Club Meeting & "Impressionist Art" program*	13 9:30 Strong You! ² 11:00 Terrarium Craft⁴ 12:00 Mah Jongg 1:00 In Stitches	14 Valentine's Day 9:45 Table Tennis ⁴ 11:00 Bingo with refreshments provided by Life Hospice*	15
16	17 <i>Presidents Day</i> Center Closed – no programs or activities	18 Tax return assistance by appointment only 8:00 Bus to ShopRite* 9:40 Balance & Cond. ² <u>NO Italian Classes</u> 1:00 "Recognizing the Gender Gap in Heart Attack Symptoms" ¹	19 Tax return assistance by appointment only* 9:30 Stretch, Strength, Stability ¹ 11:00 Club Meeting & Special Bingo*	20 9:30 Strong You! ² 12:00 Mah Jongg 1:00 In Stitches	21 9:45 Table Tennis ⁴ 11:00 Bingo*	22
23	24 9:45 In Control ² 11:00 Chair Yoga ² 11:00 Bridge 12:15 Sandwich Making	25 Tax return assistance by appointment only 8:00 Bus to ShopRite* 9:40 Balance & Cond. ² 11:00 Book Club 12:00 Advanced Italian 1:00 Beginner Italian	26 Tax return assistance by appointment only* 9:30 Stretch, Strength, Stability ¹ 10:00 Nurse's Hours* 11:00 Club Meeting & "Maple Sugaring" program by Somerset County Park Commission*	27 9:00 Special Bus Trip to Valley Mall* 9:30 Strong You! ² 12:00 Mah Jongg 1:00 In Stitches	28 11:00 Bingo*	Mar 1

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, except on 2/18. For 2/18, reserve your spot by Friday, 2/14.