

New Providence Senior Citizens Newsletter

"Good things happen here!"



MAY 2025

Vol. 25, Issue 5

COORDINATOR'S CORNER – Happy May!

Highlights of May Programs and Activities include:

- Blue Star Shopping Trip – Thurs, 5/1, 8:30am and 11:30am
- Pizza Bingo with FREE pizza provided by Spring Grove – Fri, 5/2, 11am
- Club Meeting, Birthdays, & Joe Eberle on NP Housing Market. Games after the meeting – Wed, 5/7, 11am
- Senior Health Fair – Wed, 5/14, 9:30am-12noon
- Anniversary Luncheon – Thurs, May 15, 12noon
- Sandwich Making Service Project – Mon, 5/19, 12:00pm
- Club Meeting & Samba with Spring Grove – Wed, 5/21, 11am
- Hydrangea Craft with Linda Kale – Thurs, 5/22, 11:30am
- Book Club - Tues, 5/27, 11am
- Patriots Baseball Game Trip – Tues, May 27, bus leaves at 4:45pm
- Club Meeting & Assemblywoman Matsikoudis. Special Bingo with Oasis Senior Advisors after the meeting – Wed, 5/28, 11am
- Painting with Veronica – Thurs, May 29, 11:30am
- Nurse's Hours – Fri, May 30, 10am

Important Safety Protocols for In-Person Programs:

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

- Italian class updates: On May 6, Advanced Italian will meet at 10:40am and Beginner Italian will meet at 11:40am. No classes on May 20 and May 27. On Friday, May 30, Advanced Italian will meet at 12:15pm and Beginner Italian will meet at 1:15pm.
- Table Tennis will meet for 2 additional weeks including May 9 and 16.
- There will not be a Club meeting on Wednesday, May 14 – please join us for the Senior Health Fair from 9:30am-12:00pm.
- The Center will close at 11:30am on Thursday, May 15 for the Anniversary Luncheon. There will be no Mah Jongg or In Stitches on that day. Mah Jongg will meet on May 16 instead.
- There will be no bus to ShopRite on May 20 and no bus to the Center on May 21 or 23.
- Borough Offices and the Center will be closed on Monday, May 26 for Memorial Day. There will be no classes or activities.
- Summer Hours will go into effect beginning Friday, May 30th. Borough Offices will close at 1:00pm on Fridays.

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 Ligammari, Grace Parlapiano, Nancy Whipple

Club Officers

President: Linda Kale

Vice-President: Bill Wehrle

Treasurer: Sal Ligammari

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

CLUB MEETINGS & SPECIAL PROGRAMS**CLUB MEETING, BIRTHDAYS, JOE EBERLE ON THE HOUSING MARKET AND UNDERSTANDING THE VALUE OF YOUR HOME, & GAMES****Wednesday, May 7 at 11:00am**

Join us for a Club meeting and celebrate May birthdays. Joe Eberle from Weichert Realtors will join us to discuss the current state of the New Providence real estate market. He will also talk about how to best understand the value of your home before making any financial/real estate decisions.

Stay after the meeting for fun playing games with Club friends. We have Scrabble, UNO, dominoes, cards and more at the Center, or bring your own games to play!*

SENIOR HEALTH FAIR (no club meeting)**Wednesday, May 14, 9:30am–12:00noon**

Come to the Center for the Senior Health Fair!

Bus transportation is available.*

CLUB MEETING & SAMBA WITH SPRING GROVE**Wednesday, May 21 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! **NO bus transportation available.**

CLUB MEETING, ASSEMBLYWOMAN MICHELE MATSIKLOUDIS RE. TAX FORMS, & SPECIAL BINGO**Wednesday, May 28 at 11:00am**

Assemblywoman Michele Matsikoudis will speak about the new Property Tax Relief application. There is now a single combined application for the Senior Freeze (Property Tax Reimbursement), ANCHOR, and Stay NJ programs for residents 65 and over, or those collecting Social Security Disability Benefits. Her assistant will stay with us after the talk and help with questions, etc. Oasis Senior Advisors will join us after the meeting for Special Bingo. They will bring special prizes for the games.*

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

TRIPS & EVENTS**ANNIVERSARY LUNCHEON AT PRIMAVERA****with entertainment provided by Bob Marino****Thursday, May 15, 12noon**

Enjoy a delicious lunch and great entertainment as we celebrate the 66th anniversary of the Club. Cost is \$50. Last day to buy your ticket is Friday, May 9. Please contact Michelle or Beth if you need transportation.*

PATRIOTS BASEBALL GAME TRIP**Tuesday, May 27, bus leaves at 4:45pm**

Enjoy a minor league baseball game from a stadium suite. Participants must buy their own food. Tickets go on sale May 7. There are a limited number available. Cost is a nonrefundable \$5.

SENIOR BUS SHOPPING TRIPS*

SHOPRITE: Amy will drive to ShopRite on **Tuesday, May 6, 13, and 27 at 8:00am**. If the van reaches capacity, we will add a second trip at 11:30am. **There will be NO bus on 5/20. For the May 27 trip, please call by Friday, May 23.***

BLUE STAR: Amy will drive to Blue Star Shopping Center on **Thursday, May 1 at 8:30am and 11:30am.***

*E-mail decorsocenter@newprov.us or call (908) 665-0046 2 business days in advance to reserve a spot. Trips will be filled on a first come, first served basis.

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 14 from 9:30am to 12:00pm**. 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 stroke screenings, as well as Hepatitis B, dental and chiropractor screenings, and Reiki sessions with DeCorso Center instructor Judy. 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 stroke 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.

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

ARTS & CRAFTS**HYDRANGEA CRAFT WITH LINDA KALE****Thursday, May 22, 11:30am**

Hydrangeas will soon be blooming! Create your own hydrangea to frame and keep forever using paper flower petals. Please call the Center at (908) 665-0046 or e-mail decorsocenter@newprov.us by Friday, May 16 to register. Space will be limited.

HYDRANGEA PAINTING WITH VERONICA**Thursday, May 29, 11:30am**

Turn ordinary bubble wrap and paint into extraordinary blooms. Dip, stamp, and let the petals burst with color and joy. Please call the Center at (908) 665-0046 or e-mail decorsocenter@newprov.us by Friday, May 23 to register. Space will be limited.

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 5/15.**

CARDS & GAMES**BINGO**

SPECIAL BINGO – Join us for special bingo on Wednesday, May 28 after the Club meeting, beginning at approximately 11:45am-12:00pm. Oasis Senior Advisors will bring prizes.

FRIDAY BINGO – Join us for weekly bingo on Fridays at 11:00am. We will have Pizza Bingo on Friday, May 2 with FREE pizza provided by Spring Grove. **No bus transportation on 5/23.**

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 5/26.**

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

Come make new friends and have a fun time. Beginners are welcome to watch and learn. **No Mah Jongg on 5/15. Will meet on Friday, 5/16 instead.**

ITALIAN CLASSES

Italian classes, Advanced and Beginner, meet every Tuesday. Advanced class meets at 12:15pm. Beginner class meets at 1:15pm. **On May 6, Advanced Italian will meet at 10:40am and Beginner Italian will meet at 11:40am. No classes May 20 and 27. On Friday, May 30, Advanced Italian will meet at 12:15pm and Beginner Italian will meet at 1:15pm.**

BOOK CLUB**Tuesday, May 27 at 11:00am**

The May book selection is *The Tiffany Girls* by Shelley Noble. This is a historical novel about the real-life “Tiffany Girls,” a fascinating and largely unknown group of women artists behind Tiffany’s most legendary glassworks. Pick up a copy at the Center.

HEALTH & FITNESS**NURSE’S HOURS**

The New Providence Public Health Nurse, Jenn Aranda, will give blood pressure screenings and answer questions at 10:00am on Friday, May 30 before Bingo. Bus transportation is available.*

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 9:45am – In Person and on Zoom. **No class on 5/26.**
- **Chair Yoga** – Mondays at 11:00am – In Person and on Zoom. **No class on 5/26.**
- **Balance and Conditioning** – Tuesdays at 9:40am – In Person and on Zoom.
- **Strong You!** – Thursdays at 9:30am – In Person and on Zoom.

Special Offerings

- **Table Tennis** – May 2, 9, and 16 from 9:30-10:30am.*
- **Stretch, Strength, and Stability** – Wednesdays through June at 9:30am – Zoom ONLY.
- **Bocce** – Mondays, May 5, 12 and 19 and June 2 from 1:30-2:30pm. Learn the game or refresh your skills at **Oakwood Park**. Join instructor Pat Moschetti to learn Bocce rules, strategy, and tactics while playing a game. This class is already full, but interested seniors may be added to a waitlist. **No class on 5/26.**

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

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 14. Do you have a painting you made with Veronica, 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 9 and show your friends the beautiful things you have made at the Center!

ATLANTIC HEALTH VIRTUAL PROGRAMS*

Busting Nutrition Myths: How Eating Right Can Boost Your Mood! - Thursday, May 8, 12:00 - 1:00pm on ZOOM

Learn the truth behind common nutrition myths and how healthy eating can enhance your mental well-being. This engaging session will debunk popular misconceptions and provide practical tips for making smart dietary choices.

Women's Heart Health - Tuesday, May 13, 12:00 - 1:00pm on ZOOM

Learn how to recognize heart disease symptoms in women, the role of lifestyle, stress, and hormones in heart health, easy steps to improve heart health and reduce risk and the latest advancements in cardiology and prevention.

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

SANDWICH MAKING SERVICE PROJECT Monday, May 19 at 12:00pm

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

VOTING AT THE DECORSO CENTER

Early voting will take place at the DeCorso Center from Tuesday, June 3 through Sunday, June 8. Voting will also take place at the DeCorso Center on Election Day, Tuesday, June 10. All exercise classes from June 3-10 will be held via ZOOM ONLY. There will be NO Club meeting on Wednesday, June 4, and NO Bingo on Friday, June 6.

THANK YOU NOTES

- AARP Foundation Tax Aide counselors who volunteered at the Center and helped seniors in our Club and community with their taxes
- Navesink Brass Quintet, the Music Performance Trust Fund, and the American Federation of Musicians, in conjunction with Local 399 of the AFM for the outstanding jazz music concert
- Spring Grove for providing pizza for Pizza Bingo
- Mayor Morgan and Borough Council members Diane Bilicska and Nadine Geoffroy for coming to speak with seniors during Local Government Week
- Ms. Spina and students in the NPMS Band Small Ensembles for their wonderful performance
- Linda Kale and the NP Lions Club for the card making program
- Kean University Holocaust Resource & Education Center and third generation Holocaust survivor Melissa Shore for sharing the powerful story of her grandfather
- NPML Adult Services Librarian Ellen Zander for "Library Hours" at the Center
- Josh Gonzalez and Amber Court Assisted Living Communities for calling bingo and bringing prizes for Special Bingo
- Marie Russo for coming to talk about the Food Ministry at Our Lady of Peace
- Ann Kettles for teaching the Shell Decoupage craft
- Linda Kale for organizing the Sandwich Making service project, and all the Club members who helped to make sandwiches
- Mr. Niedziejko and NPHS Jazz Band members for their terrific performance

AROUND TOWN

Historical Society Craft Fair – Held at the Salt Box Museum. Saturday, May 10, 9:00am-3:00pm

Memorial Day Parade – Held on Springfield Avenue. Monday, May 26, 10:00am

New Providence Memorial Library

Movie Matinee: "A Complete Unknown" – Tues, 5/6, 1:00pm

Movie Matinee: "Super/Man: the Story of Christopher Reeve" – Tues, 5/20, 1:00pm

See library website for additional programming.

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

NEW PROVIDENCE SENIOR CITIZENS CLUB						
May 2025						
Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
Apr 27	Apr 28 9:45 In Control ² 11:00 Chair Yoga ² 11:00 Bridge 12:15 Sandwich Making	Apr 29 8:00 Bus to ShopRite* 9:40 Balance & Cond. ² 11:00 Book Club 12:15 Advanced Italian 1:15 Beginner Italian	30 9:30 Stretch, Strength, Stability ¹ 10:00 Nurse's Hours* 11:00 Club Meeting & NP Jazz Band. Stay for games after the meeting.*	May 1 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	May 2 9:30 Table Tennis ^{4*} 11:00 Bingo with FREE Pizza provided by Spring Grove*	3
4	5 9:45 In Control ² 10:00 Trustee Mtg 11:00 Chair Yoga ² 11:00 Bridge 1:30 Bocce at Oakwood Park⁴	6 8:00 Bus to ShopRite* 9:40 Balance & Cond. ² 10:40 Advanced Italian 11:40 Beginner Italian	7 9:30 Stretch, Strength, Stability ¹ 11:00 Club Meeting & NP Housing Market. Stay for games after the meeting.*	8 9:30 Strong You! ² 12:00 "Nutrition Myths"¹ 12:00 Mah Jongg 1:00 In Stitches	9 9:30 Table Tennis ^{4*} 11:00 Bingo*	10
11	12 9:45 In Control ² 11:00 Chair Yoga ² 11:00 Bridge 1:30 Bocce at Oakwood Park⁴	13 8:00 Bus to ShopRite* 9:40 Balance & Cond. ² 10:00 Activities Mtg 12:00 "Women's Heart Health"¹ 12:15 Advanced Italian 1:15 Beginner Italian	14 9:30 Stretch, Strength, Stability ¹ 11:00 <u>NO</u> Club Meeting SENIOR HEALTH FAIR 9:30am – 12noon*	15 9:30 Strong You! ² CENTER CLOSSES AT 11:30 12:00 Anniversary Lunch^{3*} 12:00 <u>NO</u> Mah Jongg 1:00 <u>NO</u> In Stitches	16 9:30 Table Tennis ^{4*} 11:00 Bingo* 12:00 Mah Jongg	17
18	19 9:45 In Control ² 11:00 Chair Yoga ² 11:00 Bridge 12:00 Sandwich Making 1:30 Bocce at Oakwood Park⁴	20 8:00 <u>NO</u> Bus to ShopRite 9:40 Balance & Cond. ² <u>NO</u> Italian classes	21 9:30 Stretch, Strength, Stability ¹ 11:00 Club Meeting & Samba with Spring Grove (no bus transportation available)	22 9:30 Strong You! ² 11:30 Hydrangea Craft⁴ 12:00 Mah Jongg 1:00 In Stitches	23 11:00 Bingo (no bus transportation available)	24
25	26 <i>Memorial Day</i> Center closed – NO programs or activities	27 8:00 Bus to ShopRite* 9:40 Balance & Cond. ² 11:00 Book Club <u>NO</u> Italian classes 4:45 Baseball Game Trip³	28 9:30 Stretch, Strength, Stability ¹ 11:00 Club Meeting & Assemblywoman Matsikoudis. Special Bingo with Oasis Senior Advisors after the meeting*	29 9:30 Strong You! ² 11:30 Painting with Veronica⁴ 12:00 Mah Jongg 1:00 In Stitches	30 11:00 Bingo* 12:15 Advanced Italian 1:15 Beginner Italian	31

¹Virtual class Via Zoom. Pre-registration required.

²Hybrid class offered both in person at the Center and on Zoom. Pre-registration required.

³Purchase tickets 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.