

New Providence Senior Citizens Newsletter

"Good things happen here!"

AUGUST 2025

Vol. 25, Issue 8



COORDINATOR'S CORNER

Please join us at the Center this August for some of our many activities, and enjoy the good company of Club friends, and our air conditioning! ☺ Sign up now for the senior luncheon hosted by the New Providence Community Pool and the Bone Density Screenings provided through the Westfield Regional Health Department, as well as for the special exercise class offerings that will begin in the fall.

Highlights of August Programs and Activities include:

- Nurse's Hours – Fri, Aug 1, 10am
- Breakfast before bingo with FREE breakfast goodies provided by Spring Grove at 10:30, bingo at 11:00 – Fri, 8/1
- Club Meeting, Birthdays & student presentation, "Cybersecurity in 2025: Navigating the Digital World" – Wed, 8/6, 11am
- Blue Star Shopping Trip – Thurs, 8/7, 10am
- Senior Luncheon at the Pool – Wed, 8/13, 12noon
- Bone Density Screenings – Tues, 8/19, 11am-2pm
- Nurse's Hours – Wed, Aug 27, 10am
- Club Meeting & NP Historical Society "remote" Graveyard Tour– Wed, 8/20, 11am
- Painting with Veronica – Thurs, 8/21, 11:30am
- Club Meeting & Special Bingo – Wed, 8/27, 11am
- Sandwich Making Service Project – Mon, 8/25, 12pm
- Book Club – Tues, Aug 26, 11am

Important Safety Protocols for In-Person Programs:

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

- NO Balance and Conditioning classes on August 5, 12, and 26
- NO In Control classes on August 11, 18, and 25
- NO Strong You! classes on August 14, 21, and 28
- NO Chair Yoga class on August 25
- NO exercise classes the week of August 25 through Labor Day, Monday September 1
- NO Italian classes during the month of August
- Shopping Trips - There will only be ONE trip to ShopRite on Tuesdays at 9:30am through August. There will also be only ONE time for the trip to Blue Star this month at 10:00am.
- Summer Hours are in effect through August 29th. Borough Offices and the DeCorso Center 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 Ligammarri, Grace Parlapiano, Nancy Whipple

Club Officers

President: Linda Kale

Vice President: Bill Wehrle

Treasurer: Sal Ligammarri

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

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, to Club meetings, and to several Club activities including Friday bingo. Call in advance to reserve your ride.

CLUB MEETINGS & SPECIAL PROGRAMS**CLUB MEETING, BIRTHDAYS & STUDENT PRESENTATION, "Cybersecurity in 2025: Navigating the Digital World"****Wednesday, August 6 at 11:00am**

Join the Guardians of the Generations, a group of local high school students committed to helping communities navigate the digital world safely. The presentation will focus on raising awareness regarding common online threats as well as simple steps to avoid them. Through engaging stories and clear guidance, they aim to make cybersecurity more accessible for everyone! *

DUE TO THE SENIOR CITIZENS LUNCH AT THE NP POOL, THERE WILL BE NO CLUB MEETING ON WEDNESDAY, AUGUST 13**CLUB MEETING & NP HISTORICAL SOCIETY "REMOTE" GRAVEYARD TOUR****Wednesday, August 20 at 11:00am**

Join us for a Club meeting and special presentation by New Providence Historical Society member John Sponauer which will focus on the history of the Presbyterian Church and some of the founding families of New Providence who rest in the Graveyard. The program will include some interesting stories relating to Reverend Elmer, the Mulford family, the Crane Family, the Doty family, and the mystery headstone. There is also a ghost story or two, some interesting cemetery facts, and an explanation of how the Town of Turkey becomes the Borough of New Providence.*

CLUB MEETING & SPECIAL BINGO**Wednesday, August 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 to Club Meetings, call (908) 665-0046 or e-mail decorsoccenter@newprov.us two business days in advance.

TRIPS & EVENTS**SENIOR CITIZENS LUNCH AT THE NP POOL****Wednesday, August 13 from 12:00-2:00pm**

Enjoy a yummy lunch and a wonderful afternoon at the New Providence Community Pool with DJ entertainment. Call the Center at (908) 665-0046 or e-mail decorsoccenter@newprov.us by Wednesday, August 6 to register. Space may be limited. Please speak to Michelle or Beth to arrange Senior Bus transportation to the lunch.

SAVE THE DATE!**Oktoberfest Luncheon at Vintage Tavern****Thursday, September 25 @ 12:00pm****SENIOR BUS SHOPPING TRIPS***

SHOPRITE: Amy will drive to ShopRite on **Tuesdays at 9:30am**. There will only be one trip each Tuesday through August.*

BLUE STAR: Amy will drive to Blue Star Shopping Center on **Thursday, August 7 at 10:00am** (there will be only one trip that day).*

*E-mail decorsoccenter@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.

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

The August book selection is *Perestroika in Paris* by Jane Smiley which is a novel in the magical realism genre. The story follows Perestroika, a young horse who escapes her stall and ventures into the city of Paris. Along the way, she makes friends and gives people a sense of hope. Pick up a copy at the Center.

ITALIAN CLASSES

Italian classes will not meet during the month of August. Classes will resume in the fall.

ARTS & CRAFTS**PAINTING WITH VERONICA****Thursday, August 21 at 11:30am**

Join art instructor Veronica Dunscombe to create a painting of "Santorini's ocean under Van Gogh's sky". Please email decorsocenter@newprov.us or call the Center at (908) 665-0046 by Friday, August 15 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.

Knitters and Crocheters are wanted to make Baby Hats and Baby Blankets for newborns at University Hospital in Newark. Crocheters to make Squares for Life Hospice are also wanted. The squares will be made into lap blankets for patients receiving end-of-life care. Yarn is available for those who are interested in making these projects.

CARDS & GAMES**BINGO**

SPECIAL BINGO – Join us for special bingo on Wednesday, August 27 after the Club meeting beginning at approximately 11:45am-12:00pm. 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. On August 1, we will have FREE breakfast goodies provided by Spring Grove at 10:30am before bingo begins at 11:00am.

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.

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

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

BONE DENSITY SCREENINGS**Tuesday, August 19 from 11:00am-2:00pm**

The Westfield Regional Health Department will be offering Bone Density Screenings at the DeCorso Center on Tuesday, 8/19. The screenings include an ultrasound of the foot heel bone or the wrist to assess risk of fracture and future or current osteoporosis (Please note this screening is not appropriate for those who have already been diagnosed with osteoporosis.) Register for an appointment in advance online at westfieldnj.gov/health or by calling (908) 789-4070. Speak with Michelle or Beth for assistance in registering, or to arrange senior bus transportation for a screening appointment.

HEALTH & FITNESS**NURSE'S HOURS**

The New Providence Public Health Nurse, Jenn Aranda, will give blood pressure screenings and answer questions on Friday, August 1 before bingo and Wednesday, August 27 before the Club meeting. 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 classes on 8/11, 8/18, 8/25 and 9/1.**
- Chair Yoga** – Mondays at 11:00am – In Person and on Zoom. **No classes on 8/25 and 9/1.**
- Balance and Conditioning** – Tuesdays at 9:40am – In Person and on Zoom. **No classes on 8/5, 8/12, & 8/26.**
- Strong You!** – Thursdays at 9:30am - In Person and on Zoom. **No classes on 8/14, 8/21, and 8/28.**

Fall Special Offerings - Sign Up Now!

Stretch Strength & Stability – Resuming September 17 – Wednesdays at 9:30am on ZOOM ONLY with instructor Mike Czech.

Table Tennis – Fridays September 12, 19, and 26, October 24, and November 14 and 21 at 9:45am with instructor Howard Lee. Limited number of spots available.

Please contact the Center to register.

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

ATLANTIC HEALTH VIRTUAL PROGRAMS*

IBD vs. IBS: Similar Symptoms, Different Roots - Monday, August 4, 10:00am to 11:00am on ZOOM
Learn about Irritable Bowel Disease, Irritable Bowel Syndrome, and the differences between them. Whether you've been diagnosed, know someone who has, or just want to understand how your diet can impact your digestive health, this presentation is for you!

Stroke Awareness for Summer - Wednesday, August 13, 12:00pm to 1:00pm on ZOOM

Hot Weather, Hidden Risks: Stroke Awareness for Summer - This virtual session will discuss how heat and seasonal changes can elevate stroke risk. Learn about stroke signs and symptoms, risk factors, and acute treatment options.

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

OCTOBER AARP DRIVING CLASSES – SIGN UP NOW!

Refresh your driving skills with the AARP Smart Driver class at the DeCorso Center in October. During the course, you will learn smart driving strategies to keep you safer on the road. 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 7 and 14 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. *Advance registration is required; space may be limited. To register, please call (908) 665-0046 or email decorsocenter@newprov.us.

SANDWICH MAKING SERVICE PROJECT

Monday, August 25 at 12:00noon

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.

LINC FOOD PANTRY COLLECTION BOX AT CENTER

At the United Methodist Church in New Providence, the LINC Program has set up a resource pantry for food, hygiene products, cleaning supplies, and more to be collected and distributed to local residents. The pantry relies on local donors and businesses to stay open and during the spring and summer, grows fresh produce. Please consider donating an item so that they can continue providing relief to local families in need. There is a collection box at the Center.

THANK YOU NOTES

Creative Writing – Mike Sista and Matthew Li

Airport Café Trip – Christine Napolitano, Allan Igo, and Sal Ligammari

Cross- Stitch Craft – Violet Musso, Christine Napolitano

Sandwich making – Rose Anderson, Carol Dunn, Colin duSaire, Allan Igo, Linda Kale, Christine Napolitano, Jane Xu

Summer Concerts – Peggy Brodeur, Carol Dunn, Linda Kale, Sal Ligammari

NATIONAL NIGHT OUT

**Tuesday, August 5, from 6:00-8:00pm
in Centennial Park**

New Providence will join thousands of communities around the United States to celebrate National Night Out, a community-building event that takes place annually on the first Tuesday of August. Featuring a variety of agencies, National Night Out provides a chance for community members to come together with law enforcement individuals.

The event will feature displays and demonstrations from the New Providence Police Department, the New Providence Fire Department, the New Providence Rescue Squad, and various federal, state, and county law enforcement agencies. Fire Engines, Police Cars and an Ambulance will be some of the main attractions. There will also be activities for the kids. New Providence's National Night Out is organized by the New Providence PBA, the New Providence Business Community, and the Borough of New Providence.

AROUND TOWN

National Night Out – Centennial Park, Tues 8/5, 6:00-8:00pm

New Providence Memorial Library

Movie Matinee: "Count of Monte Cristo" – Tues, 8/5, 1:00pm

Movie Matinee: "Polite Society" – Tues, 8/19, 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 AUGUST 2025						
Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Jul 27	Jul 28 9:45 In Control ² 10:00 Creative Writing 11:00 Chair Yoga ² 11:00 Bridge	Jul 29 9:30 Bus to ShopRite* 9:40 Balance & Cond. ² 11:00 Book Club 12:00 "Kidney Stones: Causes, Treatment & Prevention" ¹ <u>NO</u> Italian Classes	Jul 30 11:00 Club Meeting & Vivaldi's Summer Season with Discovery Orchestra*	Jul 31 9:30 Strong You! ² 12:00 Mah Jongg 1:00 In Stitches	1 10:00 Nurse's Hours* 10:30 FREE Breakfast provided by Spring Grove* 11:00 Bingo*	2
3	4 9:45 In Control ² 10:00 "IBD vs. IBS" ¹ 11:00 Chair Yoga ² 11:00 Bridge	5 9:30 Bus to ShopRite* 9:40 <u>NO</u> Balance & Cond. ² <u>NO</u> Italian Classes	6 11:00 Club Meeting, Birthdays & student presentation, "Cybersecurity in 2025: Navigating the Digital World" ²	7 9:30 Strong You! ² 10:00 Bus to Blue Star* 12:00 Mah Jongg 1:00 In Stitches	8 11:00 Bingo*	9
10	11 9:45 <u>NO</u> In Control ² 11:00 Chair Yoga ² 11:00 Bridge	12 9:30 Bus to ShopRite* 9:40 <u>NO</u> Balance & Cond. ² 10:00 Activities Mtg <u>NO</u> Italian Classes	13 No Club Meeting 12:00 Senior Citizens Luncheon at the New Providence Pool ⁴ 12:00 "Stroke Awareness for Summer" ¹	14 9:30 <u>NO</u> Strong You! ² 12:00 Mah Jongg 1:00 In Stitches	15 11:00 Bingo*	16
17	18 9:45 <u>NO</u> In Control ² 11:00 Chair Yoga ² 11:00 Bridge	19 9:30 Bus to ShopRite* 9:40 Balance & Cond. ² 11:00-2:00 Bone Density Screenings* <u>NO</u> Italian Classes	20 11:00 Club Meeting & NP Historical Society "remote" Graveyard Tour*	21 9:30 <u>NO</u> Strong You! ² 11:30 Painting with Veronica ⁴ 12:00 Mah Jongg 1:00 In Stitches	22 11:00 Bingo*	23
24	25 9:45 <u>NO</u> In Control ² 11:00 <u>NO</u> Chair Yoga ² 11:00 Bridge 12:00 Sandwich Making Service Project	26 9:30 Bus to ShopRite* 9:40 <u>NO</u> Balance & Cond. ² 11:00 Book Club <u>NO</u> Italian Classes	27 10:00 Nurse's Hours* 11:00 Club Meeting & Special Bingo*	28 9:30 <u>NO</u> Strong You! ² 12:00 Mah Jongg 1:00 In Stitches	29 11:00 Bingo*	30/31

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.

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