

New Providence Senior Citizens Newsletter

"Good things happen here!"



OCTOBER 2025

Vol. 25, Issue 10

COORDINATOR'S CORNER

We know you all have been eagerly awaiting our return to the DeCorso Center...so we are very happy to now welcome you back to the building! Most of our regular activities will resume at the Center the week of September 29, with our exercise classes resuming in the DeCorso building the week of October 6 to complete our full return. Thank you again for your flexibility, patience and understanding while the remediation work was completed.

Highlights of October Programs and Activities include:

- Club Meeting/Birthdays & Union County Surrogate program on "Setting Your Intentions" – Wed, 10/1, 11am
- Pizza Bingo with FREE pizza provided by Spring Grove – Fri, Oct 3, 11am
- Creative Writing – Mon, Oct 6, 13, 20, and 27, 10am-11:30am
- AARP Smart Driver Course – Tues, Oct 7 and 14, 11am-2pm
- Mah Jongg Beginner Lessons – Tues, Oct 7, 14, 21, 28, 12pm-2pm
- Nurse's Hours – Friday, 10/10 and Wednesday, 10/22, 10am
- Club Meeting & "Wildlife and Your Home" Program – Wed, Oct 8, 11am
- Bus to Blue Star, Thurs, Oct 9, 8:30am and 11:30am
- Pumpkin Decoupage Craft – Thurs, Oct 9, 11:30am
- Club Meeting & NJ American Water presentation - Wed, 10/15, 11am
- Fall Wreath Craft with Life Hospice – Thurs, Oct 16, 11:30am
- Sandwich Making Service Project – Mon, Oct 20, 12pm
- Club Meeting & Halloween "Special Bingo" with Brandywine – Wed, Oct 22, 11:00am
- Italian Festival & Pasta Luncheon @ Celestino's – Thurs, Oct 23, 12pm
- Book Club – Tues, Oct 28, 11am
- Bus to Valley Mall Shopping Center – Wed, Oct 29, 9am and 12pm

Important Safety Protocols for In-Person Programs:

- We encourage everyone to stay up to date with vaccinations.
- Please do not attend our in-person programs if you are not feeling well.

Please note the following schedule updates:

- There will be NO Italian classes on Monday, October 13. The classes will meet on Wednesday, October 15 instead.
- Due to Early Voting and Election Day voting at the Center:
 - Chair Yoga will be held in the Yoga Studio in the NP Municipal Building (as well as on Zoom) on Monday, October 27, and November 3.
 - All other exercise classes will be held via ZOOM ONLY from Monday, October 27 through Tuesday, November 4.
 - There will be NO Club Meeting on Wednesday, October 29.
 - There will be NO Bingo on Friday, October 31.

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
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 &
UNION COUNTY SURROGATE****Wednesday, October 1 at 11:00am**

Join us for a Club meeting and presentation from Union County Surrogate Christopher Hudak. This presentation will educate you on the duties and responsibilities of the Surrogate's Court. During this presentation, you will receive vital information to make informative decisions for your future—topics ranging from estate planning to adult guardianships.*

**CLUB MEETING &
WILDLIFE AND YOUR HOME PROGRAM****Wednesday, October 8 at 11:00am**

Join us for a Club meeting and presentation from Somerset County Park Commission. New Jersey is a very wild place! Sometimes animals find their way into your backyard or your home. This presentation will showcase which wildlife is seen in New Jersey yards and what you can do when encountering a variety of animals. Questions and discussion will be part of the program and informational resources will be shared.*

**CLUB MEETING & PRESENTATION FROM NJ
AMERICAN WATER****Wednesday, October 15 at 11:00am**

Join us for a Club meeting and a presentation from NJ American Water. The program will explain where your drinking water comes from and how a public drinking water system is maintained and kept safe for drinking.*

CLUB MEETING & HALLOWEEN SPECIAL BINGO**Wednesday, October 22 at 11:00am**

Join us for a club meeting followed by Halloween Special Bingo with Brandywine beginning at approximately 11:45am. There will be special prizes for the games.*

**THERE WILL BE NO CLUB MEETING ON
WEDNESDAY, OCTOBER 29 DUE TO EARLY VOTING
AT THE CENTER.**

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

TRIPS & EVENTS**ITALIAN FESTIVAL & PASTA LUNCHEON****Thursday, October 23 at 12:00pm**

This event will be in honor of the Italian Community that has been an integral part of New Providence. Please join us for a delicious pasta lunch at Celestino's Pizza & Ristorante, 590 Central Ave, New Providence (formerly Coppola's). Looking forward to making new memories with our NPSCC friends. Cost is \$30 (includes tax & tip). Meal includes salad, bread, pasta, fountain drinks, and dessert. Choose from: Spaghetti & Meatballs, Pasta Bolognese, Penne Vodka or Cheese Ravioli. Last day to purchase tickets is Friday, October 17. Please contact Michelle or Beth if you need transportation. Mangia!

SENIOR BUS SHOPPING TRIPS*

SHOPRITE: Amy will drive to ShopRite on **Tuesdays in October at 8:00am**. If the van reaches capacity, we will add a second trip at 11:30am.*

BLUE STAR: Amy will drive to Blue Star Shopping Center on **Thursday, October 9 at 8:30am and 11:30am.***

**SPECIAL OFFERING – BUS TO VALLEY MALL
SHOPPING CENTER****Wednesday, October 29 at 9:00am and 12:00pm**

This month the Senior Bus will make a special trip to the Valley Mall Shopping Center in Gillette with shops including T.J. Maxx, HomeGoods, and Old Navy. There will be two trips, one at 9:00am and one at 12:00pm.*

*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

BOOK CLUB**Tuesday, October 28 at 11:00am**

The October selection, *So Big*, is a Pulitzer Prize winning novel written by Edna Ferber in 1924. The book was inspired by the life of Antje Paarlberg, a young woman who decides to be a schoolteacher in the Dutch farming community of South Holland, Illinois, a Chicago suburb. See Michelle or Beth to pick up a copy of the book.

ITALIAN CLASSES

Italian classes meet on Mondays. Advanced classes meet at 12:15pm. Beginner-Intermediate classes meet at 1:15pm. **No classes on 10/13. Classes will meet on Wednesday, 10/15 instead.**

ARTS & CRAFTS**PUMPKIN DECOUPAGE****Thursday, October 9 at 11:30am**

Nothing says autumn like a pumpkin. Create your own decorated pumpkin using colorful napkins and Mod Podge. All supplies are provided. Please call the Center at (908) 665-0046 or e-mail decorsocenter@newprov.us by Friday, October 3 to register. Space will be limited.

FALL WREATH CRAFT**Thursday, October 16 at 11:30am**

Join Life Hospice for a special program creating fall wreaths! We will be using artificial flowers to create beautiful and unique wreaths that you can use for years to come! All supplies are provided. Please call the Center at (908) 665-0046 or e-mail decorsocenter@newprov.us by Friday, October 10 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.

CARDS & GAMES**BINGO**

SPECIAL BINGO – Join us for a Halloween “Special Bingo” with Brandywine on Wednesday, October 22 after the Club meeting beginning at approximately 11:45am. 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, October 3 with FREE pizza provided by Spring Grove.*

*For bus transportation, call (908) 665-0046 or e-mail decorsocenter@newprov.us 2 days in advance. **NO Bingo on 10/31.**

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. **See page 4 for information on Beginner Mah Jongg Lessons.**

HEALTH & FITNESS**NURSE'S HOURS**

The New Providence Public Health Nurse, Jenn Aranda, will give blood pressure screenings and answer questions on Friday, October 10 before bingo and Wednesday, October 22 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. **ZOOM ONLY on 9/29, 10/27, and 11/3.**
- **Chair Yoga** – Mondays at 11:00am – In Person and on Zoom. **Held at NP Municipal Building and on ZOOM on 9/29, 10/27, and 11/3.**
- **Balance and Conditioning** – Tuesdays at 9:40am - In Person and on Zoom. **ZOOM ONLY on 9/30, 10/28, and 11/4.**
- **Strong You!** – Thursdays at 9:30am – In Person and on Zoom. **ZOOM ONLY on 10/2 and 10/30.**

Special Offering**Stretch, Strength, & Stability** – Wednesdays at

9:30am - **ZOOM ONLY**. Instructor Mike Czech.

Email decorsocenter@newprov.us or call (908) 665-0046 to register.

ATLANTIC HEALTH VIRTUAL PROGRAMS***Breast Health Webinar Series: Healthy Lifestyle for Breast Cancer Prevention** - Wednesday, October 22, 12:30pm to 1:30pm, on ZOOM

Learn about evidence-based strategies to reduce the risk of breast cancer, including healthy eating, physical activity, and weight management. Review current research, practical tips, and resources to help support lifelong wellness. You will also learn actionable steps to incorporate into daily life.

Empowering Conversations About Colon Health -

Wednesday, October 29, 2:00pm to 3:00pm, on ZOOM

From Stigma to Strength: Empowering Conversations About Colon Health. Colon cancer is the third most common cancer in both men and women. Explore its causes, treatments, and prevention, and help break the stigma by prioritizing your health.

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

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

CREATIVE WRITING WORKSHOP**Mondays, October 6, 13, 20, 27, 10:00-11:30am**

This is a writing forum where everyone will be asked to write-out or simply jot-down their ideas and read them to the group. We welcome feedback and the Writing Coaches will provide light, constructive criticism. (Please note that this is an adult forum, so adult language is tolerated within the context of the writing pieces.) Prior to every meeting a "Writing Prompt" will be provided to assist in the creative writing process and help direct the class discussions. In addition, every meeting will begin with a brief discussion on writing craft, creativity, writing preparation, and time management.

MAH JONGG LESSONS FOR BEGINNERS**Tuesdays, October 7, 14, 21, 28, 12:00-2:00pm**

Learn how to play Mah Jongg and make new friends while having fun! Experienced instructor Peggy Dugan will teach a series of four classes for beginners and prepare players to join our regular Thursday Mah Jongg group. Sign up now! Maximum 12 students; spots will be filled on a first-come, first-served basis. E-mail decorsocenter@newprov.us or call (908) 665-0046 to register.

OCTOBER AARP DRIVING CLASSES**Tuesdays, October 7 and 14, 11:00am-2:00pm**

Refresh your driving skills with the AARP Smart Driver class. 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. **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, October 20 at 12:00pm**

Gather with other seniors 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.

FREE MEDICARE COUNSELING AT SAGE

If you are a Medicare beneficiary and a resident of Union County with questions about Medicare, call and speak to a State Health Insurance Assistance Program (SHIP) counselor at SAGE 908-273-6999. A SHIP Counselor from SAGE Eldercare will be giving a presentation and answering questions at the Club meeting on Wednesday, November 12.

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 Aranda, at 908-743-1049.

VOTING AT THE DECORSO CENTER

Early voting will take place at the DeCorso Center from Saturday, October 25 through Sunday, November 2. Voting will also take place at the DeCorso Center on Election Day, Tuesday, November 4. Chair Yoga will be held in the Yoga Studio in the NP Municipal Building (as well as on Zoom) on Monday, October 27 and Monday, November 3. All other exercise classes from October 27-November 4 will be held via ZOOM ONLY. There will be NO Club meeting on Wednesday, October 29, and NO Bingo on Friday, October 31. No in-person senior activities will be held at the Center on November 4, but the Senior Bus WILL go to ShopRite that day.

THANK YOU NOTES

- John Bale and Bill Wehrle for running a wonderful Oktoberfest luncheon

AROUND TOWN

PBA Car Show – Sat, Oct 4, 10am-3pm, Community Pool Parking Lot

Historical Society Free Fall Talk – “The Gilded Age of Carl. H. Schultz.” Thurs, Oct 9, 7pm, DeCorso Center

Pioneer Day – Vendors, food, music, biergarten. Sun, Oct 26, 11am-5pm, Springfield Ave

New Providence Memorial Library

Movie: “The Ballad of Wallis Island,” Tues, Oct 7, 1:00pm

Craft Fair: Sat, Oct 18, 10:30am-4:00pm. Shop for hand-crafted goods from local artisans while supporting the library.

Movie: “F1”, Tues, Oct 21, 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 OCTOBER 2025						
Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat	
Sep 28	Sep 29 9:45 In Control ² (Zoom only) 11:00 Chair Yoga ⁵ 11:00 Bridge 12:00 Sandwich Making 12:15 Advanced Italian 1:00 Bocce @ Oakwood⁴ 1:15 Begin/Intermed Italian	Sep 30 8:00 Bus to ShopRite* 9:40 Balance & Cond. ² (Zoom only) 11:00 Book Club 12:00 Cancer Genetic Testing¹	1 9:30 Stretch Strength, Stability ¹ 11:00 Club Meeting & Union County Surrogate presentation on "Setting Your Intentions"**	2 9:30 Strong You! ² (Zoom only) 12:00 Mah Jongg 1:00 In Stitches	3 11:00 Bingo with FREE pizza provided by Spring Grove*	4	
5	6 9:45 In Control ² 9:45 Trustees Mtg 10:00 Creative Writing 11:00 Chair Yoga ² 11:00 Bridge 12:15 Advanced Italian 1:15 Begin/Intermed Italian	7 8:00 Bus to ShopRite* 9:40 Balance & Cond. ² 11:00 AARP Driving Class⁴ 12:00 Mah Jongg Lesson⁴	8 9:30 Stretch Strength, Stability ¹ 11:00 Club Meeting & "Wildlife and Your Home" program*	9 8:30 Bus to Blue Star* 9:30 Strong You! ² 11:30 Bus to Blue Star* 11:30 Pumpkin Craft⁴ 12:00 Mah Jongg 1:00 In Stitches	10 10:00 Nurse's Hours* 11:00 Bingo*	11	
12	13 9:45 In Control ² 10:00 Creative Writing 11:00 Chair Yoga ² 11:00 Bridge 12:15 <u>NO</u> Advanced Italian 1:15 <u>NO</u> Begin/Intermed Italian	14 8:00 Bus to ShopRite* 9:40 Balance & Cond. ² 10:00 Activities Mtg 11:00 AARP Driving Class⁴ 12:00 Mah Jongg Lesson⁴	15 9:30 Stretch Strength, Stability ¹ 11:00 Club Meeting & presentation from NJ American Water* 12:15 Advanced Italian 1:15 Begin/Intermed Italian	16 9:30 Strong You! ² 11:30 Fall Wreath Craft⁴ 12:00 Mah Jongg 1:00 In Stitches	17 11:00 Bingo*	18	
19	20 9:45 In Control ² 10:00 Creative Writing 11:00 Chair Yoga ² 11:00 Bridge 12:00 Sandwich Making 12:15 Advanced Italian 1:15 Begin/Intermed Italian	21 8:00 Bus to ShopRite* 9:40 Balance & Cond. ² 12:00 Mah Jongg Lesson⁴	22 9:30 Stretch Strength, Stability ¹ 10:00 Nurse's Hours* 11:00 Club Meeting & Halloween Special Bingo with Brandywine* 12:30 Breast Health¹	23 9:30 Strong You! ² 12:00 Italian Festival^{3*} 12:00 Mah Jongg 1:00 In Stitches	24 11:00 Bingo*	25 <i>Early Voting</i>	
26 <i>Early Voting</i>	27 <i>Early Voting</i> 9:45 In Control ² (Zoom only) 10:00 Creative Writing 11:00 Chair Yoga ⁵ 11:00 Bridge 12:15 Advanced Italian 1:15 Begin/Intermed Italian	28 <i>Early Voting</i> 8:00 Bus to ShopRite* 9:40 Balance & Cond. ² (Zoom only) 11:00 Book Club 12:00 Mah Jongg Lesson⁴	29 <i>Early Voting</i> 9:00 Bus to Valley Mall* 9:30 Stretch Strength, Stability ¹ 11:00 <u>NO</u> Club Meeting 12:00 Bus to Valley Mall* 2:00 Colon Health¹	30 <i>Early Voting</i> 9:30 Strong You! ² (Zoom only) 12:00 Mah Jongg 1:00 In Stitches	31 <i>Early Voting</i> 11:00 <u>NO</u> Bingo HAPPY HALLOWEEN!	Nov 1 <i>Early Voting</i>	

¹ Virtual class via Zoom. Pre-registration required.

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

³ Purchase tickets in advance. ⁴ Register in advance.

⁵ Held in the Yoga Studio at the Municipal Center and on Zoom.

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.