

New Providence Senior Citizens Newsletter

"Good things happen here!"

DECEMBER 2025

Vol. 25, Issue 12



COORDINATOR'S CORNER

Wishing you all a season filled with light, warmth, laughter, and joy!
Happy Holidays!

Highlights of December Programs and Activities include:

- Club Meeting/Birthdays/Club Elections & NPHS Sociology Students – Wed, 12/3, 11am
- Cross Stitch craft – Thurs, 12/4, 11am
- Nurse's Hours – Fri, 12/5, Wed, 12/24, and Wed, 12/31, 10:30am
- Pizza Bingo with FREE pizza provided by Spring Grove – Fri, 12/5, 11am
- Holiday Spirit Day – Decorate the Center and write holiday cards with NPMS Art Club students. - Tues, 12/9, 12pm
- Club Meeting & NPMS Chorale Students – Wed, 12/10, 11am
- Holiday Luncheon at the Primavera Regency – Thurs, 12/11, 12pm
- Special holiday performance by the Kean Community Flute Ensemble at 11:00am, followed by bingo starting at 11:30. Cranford Park Care will be providing refreshments. – Fri, 12/12, 11am
- Sandwich Making Service Project – Mon, 12/15, 12pm
- Club Meeting & interactive performance with Discovery Orchestra members – Wed, 12/17, 11am
- Blue Star Shopping – Thurs, 12/18, 8:30am and 11:30am
- Club Meeting & Special Bingo – Wed, 12/24, 11am
- Club meeting and Special New Year's Bingo – Wed, 12/31, 11am

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:

- On December 11, the Center will close at 11:30 am for the Holiday Luncheon.
- Mah Jongg will meet on Friday, December 12 instead of Thursday, December 11.
- There will be NO In Stitches on December 11.
- There will be NO Chair Yoga class on December 15.
- There will be NO Italian classes on December 22 or 29.
- Mah Jongg will play at 12:00pm on December 23 and December 30 due to Christmas and New Year's Day falling on Thursdays.
- The Center will be closed on Thursday, December 25 and Friday, December 26 for the Christmas holiday. There will be no programs or activities.
- There will be NO In Control on Monday, December 29.
- The Center will be closed on Thursday, January 1 and Friday, January 2 for the New Year's holiday. There will be no programs or activities.

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, Sall Ligammar, Grace Parlapiano, Nancy Whipple

Club Officers

President: Linda Kale

Vice President: Bill Wehrle

Treasurer: Sall Ligammar

1st Treasurer: Dolores Felezola

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/CLUB ELECTIONS &
NPHS SOCIOLOGY STUDENTS****Wednesday, December 3 at 11:00am**

The Club has a long-standing tradition with the NP High School Sociology class where the students come and interview NPSCC members and talk to seniors about generational changes and values. Please join us for this special Club meeting, share your experiences, and compare your teenage years with theirs. Those that have participated in the past know that it is always an interesting and fun day for both seniors and students! **The election of the NPSCC Officers and Trustees will also take place at this meeting.***

CLUB MEETING & NPMS CHORALE STUDENTS**Wednesday, December 10 at 11:00am**

Join us for a Club meeting, share holiday cheer, and enjoy special musical performances by the New Providence Middle School Chorale.*

**CLUB MEETING & DISCOVERY ORCHESTRA
INTERACTIVE PERFORMANCE****Wednesday, December 17 at 11:00am****‘Tis the Season!**

Join us for Club meeting followed by a presentation in which Discovery Orchestra staff member and violinist Michael Avagliano, joined by Executive Director Rick Kaller on piano, will explore one of the season's most beloved pieces, Handel's *Messiah*! The presentation will include a live performance and interactive audience experience.*

CLUB MEETING & SPECIAL BINGO**Wednesday, December 24 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 & NEW YEAR'S SPECIAL BINGO**Wednesday, December 31 at 11:00am**

Join us for a Club meeting followed by a New Year's Special Bingo. Michelle and Beth will call bingo and there will be special prizes for the games, as well as seasonal refreshments.*

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

TRIPS & EVENTS**HOLIDAY LUNCHEON AT THE PRIMAVERA REGENCY****Thursday, December 11 at 12noon**

Celebrate the season with friends at the Primavera Regency restaurant. Enjoy holiday music provided by Bob Marino and delicious food. Cost is \$50. Tickets are on sale now! Last day to purchase tickets is Friday, December 5. For bus transportation, call (908) 665-0046 or email decorsoccenter@newprov.us two days in advance.

SENIOR BUS SHOPPING TRIPS*

SHOPRITE: Amy will drive to ShopRite on **Tuesdays in December 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, December 18 at 8:30am and 11:30am.***

*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

Book club is taking a break for December and will resume on Tuesday, January 27. The book selection for the January meeting is *The Old Cape Magic* by Pulitzer Prize-winning author Richard Russo. This novel centers on the life of Jack Griffin, a former LA screenwriter who now lives in New England and works as a professor. Russo's narrative navigates the intricacies of love, loss, and identity, leading to an unexpected conclusion that resonates deeply. Pick up a copy of the book at the Center.

ITALIAN CLASSES

Italian classes meet on Mondays. Advanced classes meet at 12:15pm. Beginner-Intermediate classes meet at 1:15pm. **No classes on 12/22 or 12/29.**

Quote of the Day

“If I hadn’t lost my hearing, I wouldn’t be where I am now.

It forced me to maximize my potential.”

~ Lou Ferrigno

Thank you Linda Kale!

ARTS & CRAFTS**CROSS STITCH CRAFT****Thursday, December 4 at 11:00am**

Join Violet Musso, a Club member, and get a jump on your holiday decorating by creating a counted cross stitch Christmas tree. All materials will be supplied. Please email decorsocenter@newprov.us or call the Center at (908) 665-0046 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 12/11, 12/25, and 1/1.**

CARDS & GAMES**BINGO**

SPECIAL BINGO – Join us for **Special Bingo** on Wednesday, December 24 and **New Year's Special Bingo** on Wednesday, December 31 after the Club meetings beginning at approximately 11:15-11:30am. There will be special prizes for the games.*

FRIDAY BINGO – Join us for weekly bingo on Fridays at 11:00am.*

- On Friday, December 5, we will have **Pizza Bingo** with FREE pizza provided by Spring Grove.*
- On Friday, December 12, there will be a special performance of seasonal music by the **Kean Community Flute Ensemble** at 11:00am, followed by bingo starting at 11:30am. Cranford Park Care will provide refreshments.*
- **No Bingo on 12/26 and 1/2.**

*For bus transportation, call (908) 665-0046 or e-mail decorsocenter@newprov.us 2 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. **Mah Jongg will meet on Friday, 12/12 instead of 12/11. Mah Jongg will meet on Tuesdays, 12/23 and 12/30 instead of 12/25 and 1/1. No Mah Jongg on 12/25 and 1/1.**

HEALTH & FITNESS**NURSE'S HOURS**

The New Providence Public Health Nurse, Jenn Aranda, will give blood pressure screenings and answer questions on Friday, December 5 before bingo and on Wednesday, December 24 and December 31 before the Club meeting. For bus transportation, call (908) 665-0046 or e-mail decorsocenter@newprov.us 2 business days in advance.

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 12/29.**
- **Chair Yoga** – Mondays at 11:00am – In Person and on Zoom. **No class on 12/15.**
- **Balance and Conditioning** – Tuesdays at 9:40am - In Person and on Zoom.
- **Strong You!** – Thursdays at 9:30am – In Person and on Zoom. **No class on 12/25 and 1/1.**

Special Offerings

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*

Understanding Blood Pressure - Tuesday, December 9, 12:30pm to 1:30pm, on ZOOM

High blood pressure is common — and many adults don't even know they have it. Learn what your blood pressure numbers mean, how high blood pressure affects your risk for heart disease and stroke, and easy steps you can take to stay healthy.

Chuckles, Chortles, and Giggles: The Benefits of Laughter for Seniors - Tuesday, December 16, 12:00pm to 1:00pm, on ZOOM

Whether big or small, your last good laugh probably made you feel better. Did you know humor can help you live longer, too? Come enjoy a few giggles and learn about the physical and mental health benefits of laughter.

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

REGISTER FOR 2026 EXERCISE CLASSES

New Providence residents ages 65+ can participate in FREE exercise classes offered by the DeCorso Center. All those who would like to participate in our exercise classes in 2026, please note:

- You MUST register/re-register for all classes you would like to take in 2026 by calling (908) 665-0046 or e-mailing decorsocenter@newprov.us by Friday, December 19.
- All exercise class participants must have a DeCorso Center registration form with waiver on file.
- Exercise classes will continue to be offered in-person at the DeCorso Center and/or on Zoom.
- There will be new Zoom links for all classes beginning in January.
- If in-person classes need to be cancelled (due to winter weather, voting at the Center, etc.) classes may still continue on Zoom.
- We request that if you are not feeling well, please do not attend in person classes.
- Seniors who do not live in New Providence may also participate but are asked to pay a nominal annual fee. See Michelle or Beth for assistance.

2026 EXERCISE CLASSES

The DeCorso Center's 2026 classes will include:

- In Control – Mondays at 9:45am – In Person and on Zoom
- Chair Yoga – Mondays at 11:00am – In Person and on Zoom
- Balance and Conditioning – Tuesdays at 9:40am – In Person and on Zoom
- Strong You! – Thursdays at 9:30am – In Person and on Zoom
- Special Offering – Stretch and Strength – Wednesdays from January through March at 9:30am - Zoom ONLY
- Special Offering - Table Tennis – 6 Fridays at 9:30am - January 9, 16, 23 and 30 and February 6 and 13. Instructor Howard Lee. Limited number of spots available.

Class descriptions are available at the Center and on our website. Please ask your doctor which classes would be appropriate for you.

HOLIDAY HUMOR

My wife and I always exchange presents at Christmastime. I exchange the one she gets me, and she exchanges the one I get her.

HOLIDAY SPIRIT DAY**Tuesday, December 9, 12:00pm**

Come and share your holiday spirit! Please join New Providence Middle School Art Club student volunteers as they help us decorate our trees and the Center for the holidays. We will also be writing holiday greeting cards to send to Club members. Refreshments will be served. Advance registration is not required but would be appreciated for planning purposes.

SANDWICH MAKING SERVICE PROJECT**Monday, December 15 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.

THANK YOU NEW PROVIDENCE LIONS CLUB!

A special thank you to the New Providence Lions Club for their generous donations to the New Providence Senior Citizens Club to support the Club's special event programming and the DeCorso Center's large print library.

THANK YOU NOTES

- *Linda Kale, Rose Anderson, Peggy Brodeur, Kathy Cronin, Colin duSaire, and Jane Xu for making sandwiches for the OLP Sandwich Ministry and those who made donations to support this project*
- *All those who shared favorite Thanksgiving recipes at our recipe exchange*
- *NPHS Administration, staff, and students for a wonderful Senior Citizens Day*

AROUND TOWN

Night of 1,000 Stars – Fri, Dec 5, 7pm. Centennial Park. Community Tree Lighting Ceremony

NPHS Winter Concert – Tues, Dec 9, 7pm

American Legion Cookie Walk – Sat, Dec 13, 11am-3pm, 357 Elkwood Ave. \$5.

New Providence Memorial Library

Movie: "Small Things Like These" - Tues, Dec 2, 1pm

Concert: "The American Songbook" with a Hint of Holiday Cheer - Sun, Dec 7, 3pm

Movie: "The Best Christmas Pageant Ever" - Tues, Dec 16, 1pm

See library website for additional programming.

NEW PROVIDENCE SENIOR CITIZENS CLUB DECEMBER 2025						
Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
Nov 30	1 9:45 In Control ² 9:45 Trustees Mtg 11:00 Chair Yoga ² 11:00 Bridge 12:15 Advanced Italian 1:15 Begin/Intermed Italian	2 8:00 Bus to ShopRite* 9:40 Balance & Cond. ²	3 9:30 Stretch Strength, Stability ¹ 11:00 Club Meeting-Birthdays-Club Elections & Sociology Class Students*	4 9:30 Strong You! ² 11:00 Cross-Stitch Craft with Violet⁴ 12:00 Mah Jongg 1:00 In Stitches	5 10:30 Nurse's Hours* 11:00 Bingo with FREE pizza provided by Spring Grove*	6
7	8 9:45 In Control ² 11:00 Chair Yoga ² 11:00 Bridge 12:15 Advanced Italian 1:15 Begin/Intermed Italian	9 8:00 Bus to ShopRite* 9:40 Balance & Cond. ² 10:00 Activities Mtg 12:00 Holiday Spirit Day with NPMS Art Club Students 12:30 Understanding Blood Pressure¹	10 9:30 Stretch Strength, Stability ¹ 11:00 Club Meeting & NPMS Chorale Students*	11 9:30 Strong You! ² 12:00 Holiday Luncheon^{3*} 12:00 <u>NO</u> Mah Jongg 1:00 <u>NO</u> In Stitches Center closes at 11:30am	12 11:00 Kean Community Flute Ensemble* 11:30 Bingo with refreshments provided by Cranford Park Care* 12:00 Mah Jongg	13
14	15 9:45 In Control ² 11:00 <u>NO</u> Chair Yoga ² 11:00 Bridge 12:00 Sandwich Making 12:15 Advanced Italian 1:15 Begin/Intermed Italian	16 8:00 Bus to ShopRite* 9:40 Balance & Cond. ² 12:00 Chuckles, Chortles, and Giggles¹	17 9:30 Stretch Strength, Stability ¹ 11:00 Club Meeting & Discovery Orchestra performance*	18 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	19 11:00 Bingo*	20
21	22 9:45 In Control ² 11:00 Chair Yoga ² 11:00 Bridge <u>NO</u> Italian classes	23 8:00 Bus to ShopRite* 9:40 Balance & Cond. ² 12:00 Mah Jongg	24 9:30 Stretch Strength, Stability ¹ 10:30 Nurse's Hours* 11:00 Club Meeting & Special Bingo*	25 <i>Christmas</i> Center closed – No programs or activities	26 <i>Borough Holiday</i> Center closed – No programs or activities	27
28	29 9:45 <u>NO</u> In Control ² 11:00 Chair Yoga ² 11:00 Bridge <u>NO</u> Italian classes	30 8:00 Bus to ShopRite* 9:40 Balance & Cond. ² 12:00 Mah Jongg	31 <i>New Year's Eve</i> 9:30 Stretch Strength, Stability ¹ 10:30 Nurse's Hours* 11:00 Club Meeting & New Year's Special Bingo*	Jan 1 <i>New Year's Day</i> Center closed – No programs or activities	Jan 2 <i>Borough Holiday</i> Center closed – No programs or activities	Jan 3

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.

⁵Held 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.