

New Providence Senior Citizens Newsletter

"Good things happen here!"



FEBRUARY 2021

Vol. 21. No. 2



COORDINATORS' CORNER

Call it COVID fatigue, the winter blues, or just plain old life, but I have been a bit down lately. My oldest daughter, Grace, turned 18 in January so I took a suggestion and looked back at photos from when she was little. It was such a bright spot for a few days because of the memories and stories that my family recalled. So, if you have old photos, take the time to reminisce – I hope it brings you joy.

Congratulations to Bobbi McAneny on winning our first trivia contest in January. **Here is the next quiz.** Call or email your answers to all the questions by February 5th to be entered into a raffle to win a Dunkin Donuts gift card.

1. Which U.S. President was the first to choose to use the Bible during his inaugural swearing of his oath?
2. Cupid began as which Greek God?
3. Who was the MVP of the first Super Bowl?

Vaccine Information

We know it has been frustrating for some to obtain an appointment for the vaccine--the name of the game is patience.

Here are some places to find information:

- *Contact your healthcare provider*
- *The town website, www.newprov.org has a tabs dedicated to COVID information including vaccine updates*
- *Town COVID hotline message 908-665-8257*
- *NJ has launched a call center with live staff. Call 1-855-568-0545*
- *Tune into channel 35*
- *Call the Center – we will try our best to help ☺*

Highlights

- ❖ Stretch and Strength exercise class – see page 2.
- ❖ League of Women Voters zoom program on "Women and the Vote" - see page 2.

CENTER IS CLOSED ON PRESIDENTS DAY, FEBRUARY 15, 2021

NP Senior Citizens Club

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

Trustees

Chair: Bert Abbazia
Vice-Chair: Grace Parlapiano
Secretary: Bette Schmitt
Trustees: Kathy Hendrickson, Barbara Koslap, Sal Ligammari, Peggy Macneal, Joe Masino, Tina Morielli, Christine Napolitano, Bill Wehrle

Club Officers

President: Peggy Brodeur
Vice President: Bill Wehrle
Treasurer: Sal Ligammari
1st Treasurer: Delores Felezzola
2nd Treasurer: Lidia Astapova
Sergeants-at-Arms: Don Kern, Mike Ferlise

Contact these members with any questions regarding your club.

Newsletter Editor: Barbara Koslap

DeCorso Community Center

15 East Fourth St.
New Providence, NJ 07974
908-665-0046
www.newprov.org/seniors

Hours

Monday-Friday: 9:30am - 2:30pm

Center Co-Coordinators

Therese Dalton
Michelle Zack

Public Health Nurse

Jenn Aranda, 908-743-1049

Bus Service

Bus to ShopRite on Tuesday mornings. Please call **MONDAY MORNINGS** to reserve your spot.

"STRETCH AND STRENGTH" EXERCISE CLASS

Back by popular demand, we will be offering the exercise class "Stretch and Strength" with Mike on Wednesdays in February. Stretch and Strength divides the class into a muscle strengthening portion using dumbbells to perform multiple sets of exercises for select body parts and finishes with a portion of easy to manage stretching and range of motion movements to loosen muscles and improve overall flexibility. Anyone can follow these easy to do movements to increase energy. The class will be held on **Wednesdays at 10:30 am, February 3, 10, 17 and 24**. Please email Decorsocenter@newprov.org by January 29 to register for the class and receive the Zoom link. If you need weights, they may be borrowed from the Center. Please call or e-mail the Center to arrange for pick up.

HEART HEALTHY NUTRITION TIPS

Atlantic Health's New Vitality is offering a "Heart Healthy Nutrition Tips" program **on Friday, February 19 at 11:00am**. The program will include heart healthy nutrition therapy, including sodium, cooking tips, how to read a food label for cardiovascular health, cooking tips and more. Presented by Jane DeWitt, MS, RD. Please e-mail DeCorsoCenter@newprov.org by Wednesday, February 17 to register and receive the Zoom link.

UNDERSTANDING MEMORY LOSS

Memory loss that disrupts everyday life is not a normal part of aging. Atlantic Health's New Vitality is offering this program on "Understanding Memory Loss" on **Tuesday, February 2 at 10:00am**. This program explores the difference between normal age-related memory changes and abnormal changes that are associated with Alzheimer's disease and other forms of dementia, including some of the common warning signs. The presentation also reviews the importance of receiving a thorough diagnostic evaluation when symptoms first arise, current treatment options, and research regarding healthy aging. Presented by Robyn Kohn MA, CDP, Alzheimer's Association. Please e-mail DecorsoCenter@newprov.org by Monday, February 1 to register and receive the Zoom link.

WOMEN AND THE VOTE - VIRTUAL**PROGRAM: SONGS OF THE SUFFRAGISTS**

From the right to vote to the right to be free from violence, American women have campaigned for equality. But the women's movement is more than a mere political fight, it's a cultural battle for American hearts and minds. Please join us on **Wednesday, February 10 at 12 noon** for this free, virtual program presented by the League of Women Voters of Berkeley Heights, New Providence, and Summit. The program includes a 25-minute documentary focusing on the intersection of music and politics in the Women's Movement, which will be followed by an author-led conversation based on the book and film, "Songs of the Suffragists." Please email Decorsocenter@newprov.org by February 5 to register for the class and receive the Zoom link.

AGING IN THEIR OWN SPACE: TIPS FOR**CAREGIVERS ON HELPING SENIORS AGE-IN-PLACE**

Did you participate in the January 18 webinar on "Aging in Your Own Space"? It was excellent. It was full of useful information about common areas of consideration when formulating an aging-in-place plan, including home modifications, assistive technology, health care services, community resources, financial concerns, and legal preparations. Would you like to share this information with your loved ones as well? Atlantic Health is also offering a similar presentation covering these issues but geared towards adult children and caregivers and their concerns, called "Aging in Their Own Space," on **Thursday, February 4, from 7:00 to 8:00pm**. Presented by Rebecca Abenante, MA, MSW, LSW, ASW-G. Those interested may register directly with Atlantic Health at AtlanticHealth.org. If you have questions, please call 1-844-472-8499.

"You're braver than you believe, stronger than you seem, and smarter than you think." A.A. Milne

Thank you Bobbi McAneny!

BOOK REVIEW
by Christine Napolitano

Dark Iceland Series: Snowblind

I read about a website that finds novels set in places that you want to visit. I discovered the *Dark Iceland Series*, crime dramas written by Ragnar Jonasson. There are five books in this series. They are set in Siglufjordur in northern Iceland near the Arctic Circle.

Snowblind tells the story of a murder that occurs in an isolated fishing village in the fjords of northern Iceland where no one locks their doors. Ari Thor is a rookie police officer from Reykjavik whose first assignment is in Siglufjordur. The plot involves a young woman found bleeding and unconscious in the snow and an elderly writer who has fallen to his death. As an outsider Ari Thor's job is to investigate these seemingly unrelated incidents in a community where secrets and lies are a way of life.

From the start this book immersed me into Icelandic culture and its environs. Snowstorms, the cold and the winter's darkness and avalanches are characters in this book. It fulfilled my love of the crime drama and my interest in Iceland. I have already started the third book in the series.

AARP TAX AIDE

We have been advised that the AARP Tax Aide Foundation will NOT be providing free in-person tax preparation assistance in Union County this year. To submit your return, you should plan to find alternate service through a paid preparer or complete your own return. For more information, you may visit the AARP website www.aarp.org. Tax-Aide will continue to offer access to self-prep software that you may link to via the Tax-Aide homepage at www.aarpfoundation.org/taxaide.

ENGLISH AS A SECOND LANGUAGE

The New Providence Presbyterian church is offering conversational English as a Second Language (ESL) classes for adults who would like to improve their vocabulary and understanding while developing a connection to community. Classes are now available online. Please call the Church at (908) 665-0050 or email esl@thecornernj.com for more information.

AROUND TOWN...

NEW PROVIDENCE MEMORIAL LIBRARY (NPML)

Contactless Pickup – Use the library's online catalog or call 908-665-0311 to place holds on books.

Re-Entering the Workforce – Learn how to use LinkedIn and other web sites to network and find job opportunities, how employers evaluate resumes and assess candidates, and how to use job descriptions to write your resume and cover letter. Saturday, February 6, 2:00pm-4:00pm.

Baseball Discussion Group – Discuss teams, players, and issues of the sport over Zoom with other baseball fans. Monday, February 8, 7:00pm. To join the baseball group, email the library at npmlref@yahoo.com.

Paper Roses Adult Craft Kit – Available in the foyer starting 10am, Friday, February 12.

Mixed Media Virtual Workshop – Create and embellish a scene using magazines, paint, markers, tissue paper, gift wrap, and colored paper. Tuesday, February 23, 7:00pm. Email the library at npmlref@yahoo.com to register.

The New Providence Library is looking for information on long time Library Board member and Library founder Clara and Frances Wahl. Do you know of any descendants and where they might be? Any information or leads to people who might know would be really helpful!

LEXOPHILIA – Who dreams up these things?

- Venison for dinner again? Oh deer!
- England has no kidney bank, but it does have a Liverpool.
- I tried to catch some fog but I mist.
- I changed my iPod's name to Titanic. It's syncing now.
- Jokes about German sausage are the wurst.
- I know a guy who's addicted to brake fluid, but he says he can stop anytime.
- I stayed up all night to see where the sun went, and then it dawned on me.
- This girl said she recognized me from the vegetarian club, but I'd never met herbivore.

Thank you Diane Melinis!

NEW PROVIDENCE SENIOR CITIZENS CLUB

~ February 2021 ~

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Jan 31	1 9:30 In Control ² 11:00 Chair Yoga ²	2 <i>Groundhog Day</i> 7:00 Bus to ShopRite ¹ 9:30 Book Club 10:00 "Understanding Memory Loss" ²	3 10:30 Stretch & Strength ²	4 9:30 Strong YOU ²	5 9:00 Zumba ² 11:00 Bingo ³	6
7 	8 9:30 In Control ² 11:00 Chair Yoga ²	9 7:00 Bus to ShopRite ¹ 9:45 Balance & Conditioning ² 1:00 Tai Chi ²	10 10:30 Stretch & Strength ² 12noon "Song of the Suffragists" ²	11 9:30 Strong YOU ²	12 9:00 Zumba ² 11:00 Bingo ³	13
14 	15 <i>Presidents Day</i> CENTER CLOSED 9:30 <u>NO</u> In Control ² 11:00 <u>NO</u> Chair Yoga ²	16 7:00 Bus to ShopRite ¹ 9:45 Balance & Conditioning ² 1:00 Tai Chi ²	17 10:30 Stretch & Strength ²	18 9:30 Strong YOU ²	19 9:00 Zumba ² 11:00 Bingo ³ 11:00 "Heart Healthy Nutrition Tips" ²	20
21	22 9:30 In Control ² 11:00 Chair Yoga ²	23 7:00 Bus to ShopRite ¹ 9:45 Balance & Conditioning ² 1:00 Tai Chi ²	24 10:30 Stretch & Strength ²	25 9:30 Strong YOU ²	26 9:00 Zumba ² 11:00 Bingo ³	27
28	Mar 1 9:30 In Control ² 11:00 Chair Yoga ²	Mar 2 7:00 Bus to ShopRite ¹ 9:45 Balance & Conditioning ² 1:00 Tai Chi ²	Mar 3	Mar 4 9:30 Strong YOU ²	Mar 5 9:00 Zumba ² 11:00 Bingo ³	Mar 6

¹ Call **MONDAY MORNINGS** to reserve your spot.

² Virtual class via **Zoom**. **Pre-registration required**.

³ Call-in game. **Pre-registration required**. Call the Center **NO LATER THAN WEDNESDAY** to let us know you want to play.

⁴ **Zoom or Call-in**. **Pre-registration required**.