

# New Providence Senior Citizens Newsletter

## "Good things happen here!"



MARCH 2021

Vol. 21. No. 3



### COORDINATORS' CORNER

I am wishing you all a little "luck of the Irish" this month. It's one year ago that we cancelled our St. Patrick's Day luncheon and started the COVID lockdown. What a year it has been...ups, downs, and all arounds! Let's keep hope alive and plan to see each other at some point in 2021.

I know that the vaccine appointment process has been frustrating for some. There is no central place for scheduling, and every place handles it differently. I recommend being on as many lists as possible. After that, I recommend patience—never my strong suit, but it is a practice.

I want to thank Barbara Koslap for continuing to coordinate, edit and put together this newsletter every month. There is quite a bit of information in these pages, so please continue to read on.

### Program Highlights (see page 2 for details)

- Art and history program on "The Dutch Golden Age"
- Atlantic Health presentation on "Embracing Aging: Finding Your Path to Aging Well"
- "Social Zoom" led by Christine Napolitano
- Our special March exercise offer, "Gentle Exercise for Body and Mind"

### In Addition

- Our Zumba teacher, Donna S. is offering a 30-minute one session class on March 3<sup>rd</sup> at 11am where she will break down some Zumba moves. If you have ever wanted to give Zumba a try, this is the class! [Email Decorsocenter@newprov.org if you are interested so you can receive the zoom link.](mailto:Decorsocenter@newprov.org)
- We are working with the high school vocal teacher, Susan Kirkland, on a program to connect the students with our seniors. The theme is the "Golden Age of Music", and the students will want to know what song/songs have impacted your life. The information will culminate in the spring recital. Stay tuned for more information.

The Center is CLOSED on Friday, April 2nd

### 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  
1<sup>st</sup> Treasurer: Delores Felezzola  
2<sup>nd</sup> Treasurer: Lidia Astapova  
Sergeants-at-Arms: Don Kern, Mike Ferlige

*Contact these members with any questions regarding your club.*

Newsletter Editor: Barbara Koslap

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### DeCorso Community Center

15 East Fourth St.  
New Providence, NJ 07974  
908-665-0046  
[www.newprov.org/seniors](http://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.

### **SPECIAL EXERCISE CLASS – “GENTLE EXERCISE FOR BODY AND MIND”**

This month, our [Chair Yoga](#) instructor, Judy Parenti, is offering a [special](#) four session class, “Gentle Exercise for Body and Mind.” In this class, Judy will take participants through a series of exercises (some you may know from yoga) which will connect, gather, and store energy [through](#) gentle movements. She will also include a meditation component that will provide much needed relaxation. The class will be taught **Wednesdays, March 3, 10, 17 and 24 at 9:30am.** [To register and receive zoom link, please email](#) [DeCorsocenter@newprov.org](mailto:DeCorsocenter@newprov.org).

### **“SOCIAL” ZOOM WITH CLUB FRIENDS**

Grab a cup of coffee or tea and your device for a “social” Zoom session with friends from the Club! We’re trying something different this month – a Zoom session with no presentation, just a chance to see friends and enjoy some conversation. Please join Christine Napolitano on **March 10 at 11 a.m.** to “catch up” with Club friends. Some things to share: Binge Watching, Books, What’s for Dinner, Online Goodies and Learning New Things, the Golden Globe Awards and more! **Don’t worry if you don’t have a computer because there is a call-in option too!** Special thanks to Christine for this idea. [Please e-mail](#) [DeCorsoCenter@newprov.org](mailto:DeCorsoCenter@newprov.org) [by Monday, March 8 to register and receive the Zoom link.](#)

### **NEW PROVIDENCE HISTORICAL SOCIETY “Throwback Thursday,” January 28**

Did you know that before 1952 residents had to go to the post office to pick up their family mail? Then in 1952 homeowners received a postcard explaining that the number on the front of the card had been assigned to your home. That you should now display your number for mail delivery to begin.

### **“THE DUTCH GOLDEN AGE” ART AND HISTORY VIRTUAL PROGRAM**

Art lecturer Michael Norris is back! Last February he taught us about Impressionism. This month, he will share with us the part of the Metropolitan Museum of Art devoted to the pictures of Jan Vermeer, Rembrandt van Rijn, and Frans Hals. Along the way, learn about the Dutch Republic in its 17th-century heyday, including its tulip mania and the Flying Dutchman! Michael Norris, who spent twenty years at the Metropolitan Museum of Art and the Cloisters Museum in New York, will share his knowledge and enthusiasm for art with us in this virtual “Armchair Art Tour” on **Wednesday, March 24 at 12noon.** [Please email](#) [Decorsocenter@newprov.org](mailto:Decorsocenter@newprov.org) [by Monday, March 22 to register for the class and receive the Zoom link.](#)

### **“EMBRACING AGING: FINDING YOUR PATH TO AGING WELL”**

What does it mean to “Age Well?” Most people believe that the recipe for successful aging includes having a positive outlook and feeling physically healthy and socially connected with others. However, the description and meaning in each of these areas varies from person to person – the definitions are as unique as we are! Please join us on **Monday, March 15 at 10:00am** for this program offered by Atlantic Health’s New Vitality to learn about how you can find your own path to aging well and resources available to help along the way. Presented by Rebecca Abenante, MA, MSW, LSW, ASW-G, Healthy Aging Coordinator, Morristown Medical Center | David and Joan Powell Center for Healthy Aging Geriatric Assessment Center. [Please e-mail](#) [DeCorsoCenter@newprov.org](mailto:DeCorsoCenter@newprov.org) [by Thursday, March 11 to register and receive the Zoom link.](#)

*“We don’t stop playing because we grow old; we grow old because we stop playing.” George Bernard Shaw*

*Thank you Bobbi McAneny!*

## TIPS FOR SENIORS ON STAYING IN YOUR HOME - COMMON HOME MODIFICATIONS

### Bathroom

- Grab bars, shower chairs, handheld shower heads are easy fixes to improve safety in the tub/shower.
- Bathrooms should have adequate space to move around, allowing for utilization of any assistive devices, such as a walker or wheelchair.

### Kitchen

- Move frequently used items to lower shelves.
- Install a hands-free touch faucet.
- Change cabinet handles to D-shaped vs. knobs.

### Common Spaces

- Remove throw rugs and change to low-pile carpeting.
- Multiple wireless phones throughout the home for easy access to help
- Handrails on both sides of stairs – also consider a chair lift if needed.
- Doorbell and smoke alarms with visual alerts

*From the Atlantic Health System presentation on "Aging in Your Own Space".*

## NEW PROVIDENCE MEMORIAL LIBRARY (NPML)

To celebrate their 100<sup>th</sup> Anniversary, the NP Library is having a **Roaring Twenties Community Read**. To participate, read books set in or about the 1920s! See their web site for booklists.

The library is offering the following events via Zoom during March:

- **Declutter with Jamie** –Thursday, March 4, 7pm.\*
- **Baseball Discussion Group** –Monday, March 8, 7pm.\*
- **New Jersey Makers Day Live!** –Friday, March 19 – Saturday, March 20\*
- **The Whys and Whens of Car Maintenance** – Monday March 29, 7pm\*

They are also offering the following activities:

- **Birdhouse Craft Kit** – Reserve by Saturday, March 13\* Pick up Friday, March 19 – Saturday, March 20.
- **Takeout** – Reserve by Saturday, March 13\* Pick up Friday, March 26 – Saturday, March 27.

[\\*Email rsvp@newprovidencelibrary.org](mailto:rsvp@newprovidencelibrary.org) to register for all events and activities.

## MEMORY SCREENING

Atlantic Health System's Community Health has advised us that the Alzheimer's Foundation of America's memory screening department is now offering free, confidential memory screenings every Monday and Wednesday from 10 am to 4 pm (ET). These screenings are available through secure video-conference technology. Screenings take approximately 10-15 minutes and are conducted in real-time, one-on-one. Everyone is welcome to take part in the program: there are no minimum age or insurance requirements to get screened. All that's needed is a computer, smartphone or tablet containing a webcam and internet capability. Make an appointment for a free memory screening by calling their memory screening department at 1-866-232-8484

## VACCINATION CALL CENTER FOR RESIDENTS

In order to better assist seniors 65 years of age and older, and those who may not have internet access, the Union County Board of County Commissioners announced the opening on Friday, January 29<sup>th</sup> of a COVID-19 Vaccination Call Center for residents to schedule an appointment.

The Union County COVID-19 Vaccine Call Center will also work to answer questions from residents who need more information regarding the COVID-19 vaccine and can also help arrange transportation if necessary for residents with a confirmed vaccination appointment.

**The phone number is 908-613-7VAX (7829), and the hours of operation are Monday-Friday, 9am to 7pm., and Saturdays from 9am to 1pm.**

Note: The NJ State Call Center is 1-855-568-0545.

NEW PROVIDENCE SENIOR CITIZENS CLUB ~ March 2021 ~						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Feb 28	1 9:30 In Control <sup>2</sup> 11:00 Chair Yoga <sup>2</sup>	2 7:00 Bus to ShopRite <sup>1</sup> 9:45 Balance & Conditioning <sup>2</sup> 1:00 Tai Chi <sup>2</sup>	3 9:30 Gentle Exercise for Body and Mind <sup>2</sup> 11:00 Zumba Moves <sup>2</sup>	4 9:30 Strong YOU <sup>2</sup>	5 9:00 Zumba <sup>2</sup> 11:00 Bingo <sup>3</sup>	6
7	8 Int'l Women's Day 9:30 In Control <sup>2</sup> 11:00 Chair Yoga <sup>2</sup>	9 7:00 Bus to ShopRite <sup>1</sup> 9:00 Book Club 9:45 Balance & Conditioning <sup>2</sup> 1:00 Tai Chi <sup>2</sup>	10 9:30 Gentle Exercise for Body and Mind <sup>2</sup> 11:00 "Social Zoom" <sup>4</sup>	11 9:30 Strong YOU <sup>2</sup>	12 9:00 Zumba <sup>2</sup> 11:00 Bingo <sup>3</sup>	13
14 Daylight Saving Begins	15 9:30 In Control <sup>2</sup> 10:00 "Embracing Aging: Finding Your Path to Aging Well" <sup>2</sup> 11:00 Chair Yoga <sup>2</sup>	16 7:00 Bus to ShopRite <sup>1</sup> 9:45 Balance & Conditioning <sup>2</sup> 1:00 Tai Chi <sup>2</sup>	17 ♣St. Patrick's Day♣ 9:30 Gentle Exercise for Body and Mind <sup>2</sup>	18 9:30 Strong YOU <sup>2</sup>	19 9:00 Zumba <sup>2</sup> 11:00 Bingo <sup>3</sup>	20 Start of Spring (Spring Equinox)
21	22 9:30 In Control <sup>2</sup> 11:00 Chair Yoga <sup>2</sup>	23 7:00 Bus to ShopRite <sup>1</sup> 9:45 Balance & Conditioning <sup>2</sup> 1:00 Tai Chi <sup>2</sup>	24 9:30 Gentle Exercise for Body and Mind <sup>2</sup> 12noon "Armchair Art Tour/Dutch Golden Age" <sup>2</sup>	25 9:30 Strong YOU <sup>2</sup>	26 9:00 Zumba <sup>2</sup> 11:00 Bingo <sup>3</sup>	27
28	29 9:30 In Control <sup>2</sup> 11:00 Chair Yoga <sup>2</sup>	30 7:00 Bus to ShopRite <sup>1</sup> 9:45 Balance & Conditioning <sup>2</sup> 1:00 Tai Chi <sup>2</sup>	31	Apr 1 9:30 Strong YOU <sup>2</sup>	Apr 2 Good Friday CENTER CLOSED	Apr 3

<sup>1</sup> Call **MONDAY MORNINGS** to reserve your spot.

<sup>2</sup> Virtual class via **Zoom**. **Pre-registration required**.

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

<sup>4</sup> **Zoom or Call-in**. **Pre-registration required**.