

New Providence Senior Citizens Newsletter

"Good things happen here!"



NOVEMBER 2021

Vol. 21. No. 11



COORDINATORS' CORNER

"I awoke this morning with devout thanksgiving for my friends, the old and the new." ~ Ralph Waldo Emerson

As Thanksgiving approaches, I am very thankful for family and friends, and for this wonderful NPSCC community! A special thank you also this month to our Veterans for their great service to our country!

As the weather turns cooler, we are planning to move the activities that can be moved indoors over to the Borough of New Providence Municipal Building until repairs to the DeCorso Center are completed. Beginning in November, we will use the art classroom by the Recreation office for smaller groups, such as the Trustees, Italian class (beginning November 9), Book Club, and our art programs, and the gym for larger groups like bingo and the NPSC Club meeting. The art room and gym are located on the Academy Street side of the building. Parking spaces are available along Academy Street or in the lot across Academy Street on the side closer to Elkwood Avenue. *Please do not park on the Lassus Wherley side.* There is also parking in the lot on the Elkwood Avenue side of the building, and you may walk through the building to reach the art room and gym. Please reach out to us if you have any questions. Arthi and I may be reached at (908) 665-0046 or by emailing decorsocenter@newprov.us.

Highlights of November Programs and Activities:

Please see pages 2-4 and the calendar for program details, and below for information regarding our safety protocols.

- Indoor Bingo in the Municipal Center gym
- Indoor NPSC Club meeting in the Municipal Center Gym
- Senior Citizens Day at New Providence High School
- Craft program on making artificial flowers in the Municipal Center art room
- Atlantic Health virtual programs on healthy eating and healthy living

****Important Safety Protocols for In-Person Activities and Programs****

- For all indoor programs and while riding the bus, please wear your mask
- Please RSVP for all in-person programs by calling the Center at (908) 665-0046 or e-mailing decorsocenter@newprov.us
- Space will be limited for in-person programs.
- Please do NOT come to programs if you are not feeling well.

Thank you for your cooperation. Let's work together to keep our community safe!

The Center will be closed on November 11 for Veteran's Day, and November 23-24 for Thanksgiving.

No programs or exercise classes will be held on these dates.

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: Barbara Koslap, Sal Ligammary, Peggy Macneal, Pat Malicher, Joe Masino, Christine Napolitano, Bill Wehrle

Club Officers

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

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 Coordinator
Michelle Zack

Program Coordinator
Arthi Shri Selvaraj

Public Health Nurse
Jenn Aranda, 908-743-1049

Bus Service

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

CRAFT SESSION

Join us on **Wednesday, November 10th at 11 am** inside the **Municipal Building's Art Room (next to the Recreation Office)** for a beautiful and relaxing session of making Artificial Flowers with Ms. Sarika Divate. **Masks will be required, and space will be limited to allow for social distancing.** Please e-mail DeCorsoCenter@newprov.us or call the Center at (908) 665-0046 by Wednesday, November 3 to register.

INDOOR BINGO

Come spend a fun morning with Club friends at Bingo on **Friday, November 12 at 11am in the Municipal Center Gym.** Bingo cards will be 50 cents each. **Masks will be required. Space will be limited to allow for social distancing.** Please e-mail DeCorsoCenter@newprov.us or call the Center at (908) 665-0046 by Wednesday, November 10 to register.

NPSCC CLUB MEETING

Please join us on **Monday, November 15 at 11:00a.m.** for a meeting of the New Providence Senior Citizens Club. Detective David Rodriguez from the New Providence Police Department will discuss how to avoid becoming a victim of various types of scams and will also share self-defense tips. This meeting will take place in the New Providence Municipal Building Gym. **Masks will be required.** Please register in advance by calling (908) 665-0046 or emailing decorsocenter@newprov.us by Friday, November 12.

THANK YOU!

- Nergis Sabavala for donating a beautiful flowering tree to be planted at the Center. We are looking forward to seeing it bloom in the Spring!
- Max Wozinski for all his work to beautify the garden space outside the Center – the new trees and planter boxes look great! We wish Max the best for his Eagle Scout award!
- Amrita Gosh for the wonderful Cooking Session in September

BOOK CLUB

Come join the Book Club for a discussion of Being Mortal by Atul Gawande on **Tuesday November 16 at 11am** in the Municipal Building's Art Room (next to the Recreation Office). **Masks will be required.** Please call or e-mail the Center to arrange to pick up a copy of the book.

SENIOR CITIZENS DAY AT NPHS

Join us for Senior Citizens Day at New Providence High School on **Thursday, November 18 at 10:30 a.m.** The program will be modified this year due to the pandemic, but we are happy to be able to return to the High School for this tradition! Vocal and musical performances by talented NPHS students and scenes from the NPHS fall play will be presented in the auditorium, and seniors will receive a “grab and go” lunch prepared by Culinary Arts program students to bring home and enjoy. **Masks will be required at all times and seating will be socially distanced. Registration is required; space will be limited.** *Parking at NPHS is limited, so the Senior Bus will provide transportation from the DeCorso Center to the High School, departing at 9:45 a.m. For those who would like to see the performances but would prefer to do so from the comfort of their own homes, a Zoom link will be provided. To register, please call (908) 665-0046 or email decorsocenter@newprov.us by November 10, and specify if you will attend in person and ride the bus, or would prefer to receive the Zoom information.*

NEEDED: HOLIDAY CARDS AND VOLUNTEERS

Please help us continue an important NPSCC tradition! We would like to send holiday cards out to Club members again this year. If you have extra holiday cards at home (the free ones from charitable organizations are welcome) please consider donating them to the Club. We are also looking for volunteers to write holiday cards to Club members. We plan to gather a group to write the cards in early December in the Municipal Building Art Room. If you have cards to donate or would like to help prepare and sign them, please call the Center at (908) 665-0046 or send an email to decorsocenter@newprov.us.

ATLANTIC HEALTH VIRTUAL PROGRAMS**Healthy Holiday Eating Tips for People with Diabetes**

The holiday season is right around the corner! Join us on Thursday, November 4, 2:00pm to learn valuable healthy eating tips to keep you on track during this busy time. People with diabetes and their loved ones are welcome. Presented by Jane V Dixon MA, RDN, CDCES, Registered Dietitian Nutritionist, Certified Diabetes Care and Education Specialist, Lead Diabetes Educator, Adult Diabetes Education Center at Morristown Medical Center . E-mail DeCorsoCenter@newprov.us by Wednesday, November 3rd to register and receive the Zoom link.

Smart Carbs

Please join us on Friday, November 5, 11:00am to learn the important role that carbohydrates play in our body and on our plate and the most valuable, delicious carbs you can add to your menu. Presented by Barbara Galvin, Registered Dietitian, ShopRite of Parsippany & ShopRite of West Caldwell . E-mail DeCorsoCenter@newprov.us by Thursday, November 4th to register and receive the Zoom link.

Living Longer, Living Smarter - Health

Join us on Wednesday, November 10, 6.30pm to learn about making healthy choices now to steer you towards the future you want – includes long-term care, as well as general health-related issues such as lifestyle. Presented by Amos Britton, AARP . E-mail DeCorsoCenter@newprov.us by Monday , November 8th to register and receive the Zoom link.

Heart Healthy Cooking Demonstration

Join us on Wednesday, November 17, 1:00pm to learn about a heart healthy cooking demonstration by Kristen and Samantha, ShopRite Registered Dietitians, will teach you how to make salmon along with a delicious fall salad. Learn all about the nutritional benefits of this meal and how to eat a healthy heart diet! Presented by Samantha Cifelli, MS, RD, Registered Dietitian, ShopRite of Sparta and Kristen Burdzy, MS, RD, Retail Dietitian, ShopRite of Franklin . . E-mail DeCorsoCenter@newprov.us by Monday , November 15th to register and receive the Zoom link.

NEW PROVIDENCE MEMORIAL LIBRARY (NPML)

Instant Pot Tailgate – Leslie and Randy Corey will demonstrate making seasonal tailgating favorites in this outdoor program. Saturday, November 6 @ 10:00am.*

Baseball Group – Discuss baseball teams, players, and issues of the sport over zoom. Monday, November 8 @ 7pm.*

A WASP Takes Wing: Women Airforce Service Pilots of World War II – History interpreter Carol Simon Levin tells the story of the WASPs through the eyes of Jersey native Ann Baumgartner Carl, the only American woman to test-fly experimental planes during the war. This program is virtual. To register, email rsvp@newprovidencelibrary.org or get the link at newprovidencelibrary.org under Events - Library Calendar. Thursday, November 11 @7pm.*

Book Lovers Circle: Great Gift Books – Get a head start on your holiday book buying! Reader's advisor librarian Susan Lipstein will preview ten books that would make great gifts for adults. Tuesday, November 16, 10:30am.*

Knitting/Crochet Group – Bring your latest knitting or crocheting project to work on while you chat with other knitters and crocheters. Masks must be worn. Thursday, November 18 @ 7pm.

*Email rsvp@newprovidencelibrary.org to register

NP LIONS CLUB EYE MOBILE

On **Saturday, November 6, from 10am to 12noon**, the New Providence Lions Club is sponsoring an eye mobile at the Community Pool. Come get a free eye exam and information.

AMERICAN LEGION VETERANS DAY SERVICE

On **Thursday, November 11 at 11:00am**, American Legion Post 433 will hold a service at Veterans Park on South Street. Come honor our veterans who gave up so much for our freedoms as they honor those who they lost.

NOTE: There will be no luncheon this year.

"Mental Notes" Answers: 16, 36, 64

ACTIVITIY CORNER

with contributions from Arthi Selvaraj

Welcome to Activity Corner - our new page featuring puzzles, stories, crafts, interesting facts, and trivia. We would also like to include members' stories, activities, and recommendations for Books, Places, and Restaurants. This month we are featuring some **Fast Facts About Veterans Day** and **Mental Notes**. We are also asking for input from Senior Readers about any interesting facts to share with all.

Please send your recommendations to the DeCorso Community Center, 15 East Fourth St., New Providence, NJ 07974 or email them to DeCorsoCenter@newprov.us.

Fast Facts About Veterans Day!

- In the United States, Veterans Day is celebrated on November 11, the same day that World War I hostilities formally ended (at the 11th hour of the 11th day of the 11th month). The holiday was originally known as Armistice Day before President Dwight D. Eisenhower officially renamed it Veterans Day in 1954.
- According to the most recent statistics from the U.S. Census, there are 17.4 million veterans in the United States.

Nature Walks for Seniors

Seniors age 55 and older are invited to enjoy leisurely walks with a Trailside Naturalist in Union County's largest park, the Watchung Reservation. These walks are free and will take place on the following Fridays from 11am – 12noon.

- Nov. 5 Ecosystem Invaders
- Nov. 12 Deserted Village Tour
- Nov. 19 Lenape Native Americans
- Dec. 3 Early Winter Walk

Small groups to accommodate social distancing and face coverings are required. **Register at ucnj.org/trailside.**

Mental Notes

- Scientists have discovered that mental puzzles and exercises can stimulate the dendrites (memory storage compartments) of your brain cells.
- Severe mental decline is usually caused by disease, whereas most age-related losses in memory simply result from inactivity and a lack of mental exercise and stimulation. Just like physical exercise, when it comes to your brain, "use it or lose it."
- Put away your calculator and balance your checkbook the old-fashioned way—with pencil and paper. It's mind healthy!
- Research shows that being around other people is good for your memory. Close ties with others seem to improve mental performance. Maintain social connections for your mind's sake.
- Make music for your mind's sake! Researchers who study aging and the brain say that playing a musical instrument or learning how to play a new instrument keeps dendrites growing.

Numbered Squares

Each group of three boxes follows the same formula. What number replaces the question mark to complete each group? See page 4 for answers.

54	11	82	36	34	4
43		46		30	

67	51	98	62	71	7
?		?		?	

NEW PROVIDENCE SENIOR CITIZENS CLUB ~ November 2021 ~						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Oct 31	1 9:00 In Control ¹ 11:00 Trustee Mtg³ 11:00 Chair Yoga ¹	2 Election Day 7:00 Bus to ShopRite* 9:45 Balance & Conditioning ¹ 1:00 Tai Chi ¹ 1:00 Advanced Italian ⁵ 2:00 Beginner Italian ⁵	3	4 9:30 Strong YOU ¹ 11:00 Mah Jongg ⁵ 2:00 "Healthy Holiday Eating Tips for People with Diabetes"¹	5 9:00 Zumba ¹ 11:00 Bingo ² 11:00 "Smart Carbs"¹	6 Eye Mobile @ NP Pool 10am - 12noon
7 Daylight Saving Time Ends - Fall back 1 hour	8 9:00 In Control ¹ 11:00 Chair Yoga ¹	9 7:00 Bus to ShopRite* 9:45 Balance & Conditioning ¹ 1:00 Tai Chi ¹ 1:00 Advanced Italian ³	10 11:00 Craft Program⁶ 6:30pm "Living Longer, Living Smarter"¹	11 <i>Center Closed – no programs or classes</i> Veterans Day Holiday 11:00 Service @ Veterans Park	12 9:00 Zumba ¹ 11:00 Indoor Bingo⁴	13
14	15 9:00 In Control ¹ 11:00 Chair Yoga ¹ 11:00 Club Meeting⁴	16 7:00 Bus to ShopRite* 9:45 Balance & Conditioning ¹ 11:00 Book Club³ 1:00 Tai Chi ¹ 1:00 Advanced Italian ³ 2:00 Beginner Italian ³	17 1:00 "Heart Healthy Cooking Demonstration"¹	18 9:30 Strong YOU ¹ 10:30 Senior Citizens Day at NPHS*** 11:00 Mah Jongg ⁵	19 9:00 Zumba ¹ 11:00 Bingo ²	20
21	22 9:00 In Control ¹ 11:00 Chair Yoga ¹	23 7:00 Bus to ShopRite* 9:45 Balance & Conditioning ¹ 1:00 Tai Chi ¹ 1:00 <u>NO</u> Advanced Italian	24	25 <i>Center Closed – no programs or classes</i> Happy Thanksgiving!	26 <i>Center Closed – no programs or classes</i>	27
28	29 9:00 In Control ¹ 11:00 Chair Yoga ¹	30 7:00 Bus to ShopRite* 9:45 Balance & Conditioning ¹ 1:00 Tai Chi ¹ 1:00 Advanced Italian ³ 2:00 Beginner Italian ³	Dec 1	Dec 2 9:00 Bus to Blue Star** 9:30 Strong YOU ¹ 11:00 Mah Jongg ⁵	Dec 3 9:00 Zumba ¹ 11:00 Bingo ²	Dec 4

¹ Virtual class via Zoom. Pre-registration required.

² Held on the phone. Pre-registration required NO LATER THAN WEDNESDAY.

³ Held in the Municipal Center Art Room.

⁴ Held at Municipal Center Gym. Registration required.

⁵ Held outside, weather permitting.

⁶ Held in Municipal Center Art Room. Registration required.

Bus Transportation

* Call MONDAY MORNINGS to reserve your spot

** Call by TUESDAY, November 30, to reserve your spot.

***Bus leaves the DeCorso Center at 9:45am. Registration is required for this event.