

New Providence Senior Citizens Newsletter

"Good things happen here!"



OCTOBER 2021



Vol. 21. No. 10

COORDINATORS' CORNER *"I have always believed, and I still believe, that whatever good or bad fortune may come our way we can always give meaning and transform it into something of value." ~Hermann Hesse*

This past year has certainly brought its challenges, but we have been doing our best to adapt! As many of you have heard, during Tropical Storm Ida, the DeCorso Community Center sustained significant water damage throughout the facility. A remediation company has been onsite working, but due to the extent of the damage, the Center will remain closed to the public for the immediate future. We will share re-opening information with you as it becomes available, but we are planning for our in-person October programs to take place outside the Center. We are grateful for the beautiful new patio and our picnic tables where we are able to continue to gather! Thank you all for your flexibility, patience and understanding during this time. Please reach out to us if you have any questions. When Arthi and I are not at the Center for outdoor programs, we can be reached via e-mail at decorsocenter@newprov.us or by calling the Center at (908) 665-0046 (we are checking messages regularly).

Highlights of October Programs and Activities:

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

Please note that all in-person activities will be held OUTSIDE the Center, weather permitting. Bathrooms will NOT be accessible.

- "Lean, Mean, Protein" Atlantic Health virtual program
- Small pot/bud vase painting outdoor art program
- "Downsizing and Decluttering" Atlantic Health virtual program
- Outdoor Bingo
- Bus to Blue Star Shopping Center
- "Brain Fitness: Why is it Important?" Atlantic Health virtual program
- Outdoor NPSC Club meeting

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

- 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.
- For outdoor programs, masks are recommended for those not vaccinated and for those who choose to wear them.
- All those riding the bus are asked to wear a mask.
- Please do NOT come to the Center if you are not feeling well!

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

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 Ligammari, Peggy Macneal, Pat Malicher, Joe Masino, 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

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.

SHARING WISDOM FROM ONE GENERATION TO ANOTHER

The current time is certain to be remembered as a significant period in our history, but throughout your lives you have likely been through other difficult periods in history, or in your own personal lives. From these experiences, we hope you have gained strength, perspective, and wisdom. We invite you to participate in our project "Sharing Wisdom from One Generation to Another," as we gather stories and "pearls of wisdom" to share with New Providence teenagers.

Please take some time to reflect on your experiences and consider drafting a short "letter" to New Providence teens to share your own unique story, insight, and wisdom. Your words can help today's teens as they learn to persevere through whatever difficulties they may face both in current times and throughout their own lives. **This project will be discussed at the Club meeting held outside the Center on Wednesday, October 27 at 11am.** If you would like to attend the Club meeting, please RSVP by Monday, October 25 by calling (908) 665-0046 or emailing decorsocenter@newprov.us.

OUTDOOR BINGO

Come spend a fun morning with Club friends at Outdoor Bingo on **Wednesday, October 20 at 11am.** Bingo cards will be 50 cents each. Please e-mail DeCorsoCenter@newprov.us or call the Center at (908) 665-0046 by Monday, October 18 to register. ***Space will be limited for this event.***

EXERCISE ZOOM CLASS NOTES

- Monday's In Control will be CANCELLED October 11, 18 and 25
- Thursdays' Strong You WILL take place, but on October 14, 21 and 28 Mike Czech will substitute for Myriam and teach the class.
- Friday October 15 there will not be Zumba class. A "makeup" class will be held on Wednesday October 13 at 9am.

POT PAINTING

Pot painting is a relaxing and calming activity which improves your focus. It's a great way to explore your creativity and have fun. Come and join us outside the Center on **Wednesday, October 13 at 11:00am** to learn a few simple and easy techniques to decorate a small pot which may be used as a bud vase. Registration is required for this event. We are hoping for sunshine, but we have a rain date on Monday, October 18. Please call the Center at (908) 665-0046 or e-mail decorsocenter@newprov.us by Friday, October 8 to register. ***Space will be limited.***

BUS TO BLUE STAR SHOPPING CENTER

On **Thursday, October 21**, Mike will drive the senior bus to the Blue Star Shopping Center including the Dollar Store, ShopRite, and Kohl's. Pickups will begin at 9am. Please call 908-665-0046 by Tuesday, October 19 to reserve your spot.

BOOK CLUB

Come join the Book Club for a discussion of Manhattan Beach by Jennifer Egan on **Tuesday October 19 at 11am** outside the Center. Please call or e-mail the Center to arrange to pick up a copy of the book at an upcoming program, or at another time.

HELP WANTED

Peggy Brodeur is looking for helpers for a possible Veterans Day luncheon. If you would be interested in helping out, please call the Center at (908) 665-0046 and leave a message.

NUMBERS TO KNOW

- NP Public Health Nurse.....(908) 743-1049
- Union County Division on Aging..(888) 280-8226
- Westfield Regional Health Dept..(908) 789-4070
- SAGE Eldercare services for New Providence Residents(908) 595-5509
- Union County Paratransit System(908) 241-8300

ATLANTIC HEALTH VIRTUAL PROGRAMS**Lean, Mean, Protein**

Every cell in our body requires protein to help grow, develop, and repair itself. Many delicious foods can provide us with this necessary nutrient. But how much protein do we need daily to be healthy, and what are the best foods to eat in order to meet our needs? Registered dietitian Barbara Galvin will discuss why it's important to eat enough protein, but not overdo it. She will cover the best sources of nutritious, delicious protein foods for every stage of life on **Wednesday, October 6 at 10:00am**. E-mail DeCorsoCenter@newprov.us by **Monday, October 4th** to register and receive the [Zoom link](#).

Downsizing and Decluttering

Having too much stuff can impede people from relocating or getting health care into their homes. Patty Loud from AARP will share practical, easy-to-follow tips on downsizing and decluttering on **Thursday, October 14, at 9:30am**. E-mail DeCorsoCenter@newprov.us by **Tuesday, October 12th** to register and receive the [Zoom link](#).

Brain Fitness: Why is it Important?

Join Exercise Physiologist Justin Lauer to learn about the importance of brain health and healthy aging, the effects of poor brain function to the body, and ways to improve brain function on **Thursday, October 21 at 9:30am**. E-mail DeCorsoCenter@newprov.us by **Tuesday, October 19th** to register and receive the [Zoom link](#).

MEDICARE SIGNUP

Medicare open enrollment occurs each year between October 15 and December 7 for the next plan year. During this time, you can make changes to Plan C, the Medicare Advantage Plan, and Plan D, the Medicare Prescription Drug Coverage.

If you are a Medicare beneficiary and a resident of Union County with questions about Medicare, SAGE can help. Call and speak to one of their State Health Insurance Assistance Program (SHIP) counselors. There is no fee and their counselors offer objective, and confidential assistance. Call 908.273.6999.

NEW PROVIDENCE MEMORIAL LIBRARY (NPML)

All collections are open to browse. Contactless Pickup of holds will end as of October 1.

- **Bash the Trash!** – Free outdoor interactive concert combining music, science, and sustainability. Saturday, October 2, 12:00noon.*
- **Mindful Movement** – Outdoor exercise class. Tuesday, October 5, 9:30am.*
- **Kindness Rocks** – Replenish the kindness rock garden or hide your rocks elsewhere in New Providence to raise someone else's spirits. Friday, October 8, 10-11:30am. Rain date is October 15.
- **Baseball Discussion Group** – Discuss teams, players, and issues of the sport over Zoom with other baseball fans. Monday, Oct 11, 7pm.*
- **Ready or Not Financial Seminar** – Financial advisor Brian Killea shares tips on how to develop a proactive strategy for protection and preparing for the unexpected. Registration is required as space is limited. Masks are required. Thursday, October 21, 7pm.*


*Email rsvp@newprovidencelibrary.org to register

EARLY IN-PERSON VOTING

Early in-person voting for the 2021 General Election will be held at the **New Providence Municipal Center**. Any registered Union County voter can vote in-person by machine at this location during the following times:

- Saturday, October 23, 10am – 8 pm
- Sunday, October 24, 10am – 6 pm
- Monday, October 25, 10am – 8pm
- Tuesday, October 26, 10am – 8pm
- Wednesday, October 27, 10am – 8pm
- Thursday, October 28, 10am – 8 pm
- Friday, October 29, 10am – 8pm
- Saturday, October 30, 10am – 8pm
- Sunday, October 31, 10am – 6pm

This location is for machine voting only. Vote by mail ballots may be deposited in any of the secure Board of Elections drop boxes in Union County, returned to the Board of Elections by U.S. Postal Service, or hand-delivered to the Board of Elections office in Elizabeth by November 2, 2021 at 8pm. There is a drop box at the New Providence Library,

NEW PROVIDENCE SENIOR CITIZENS CLUB ~ October 2021 ~						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Sep 26	Sep 27 9:00 In Control ¹ 11:00 Chair Yoga ¹ (Rain date for "Let's Get Cooking")	Sep 28 7:00 Bus to ShopRite* 9:45 Balance & Conditioning ¹ 1:00 Tai Chi ¹ 1:00 Advanced Italian	Sep 29 11:00 Club Meeting⁴ 11:00 "Falls Prevention"¹	Sep 30 9:30 Strong YOU ¹ 11:00 Mah Jongg ³	1 9:00 Zumba ¹ 11:00 Bingo ²	2 Freecycle Fest @ Legion Hall 9am-2pm
3	4 9:00 In Control ¹ 10:00 Trustee Mtg 11:00 Chair Yoga ¹	5 7:00 Bus to ShopRite* 9:45 Balance & Conditioning ¹ 1:00 Tai Chi ¹ 1:00 Advanced Italian 2:00 Beginner Italian	6 10:00 "Lean, Mean, Protein"¹	7 9:30 Strong YOU ¹ 11:00 Mah Jongg ³	8 9:00 Zumba ¹ 11:00 Bingo ²	9
10	11 9:00 <u>NO</u> In Control ¹ 11:00 Chair Yoga ¹	12 7:00 Bus to ShopRite* 9:45 Balance & Conditioning ¹ 1:00 Tai Chi ¹ 1:00 Advanced Italian	13 9:00 Zumba "make up" class 11:00 Pot Painting³	14 9:30 Strong YOU ¹ 9:30 "Downsizing and Decluttering"¹ 11:00 Mah Jongg ³	15 9:00 <u>NO</u> Zumba ¹ 11:00 Bingo ²	16
17	18 9:00 <u>NO</u> In Control ¹ 11:00 Chair Yoga ¹ (Rain date for Pot Painting)	19 7:00 Bus to ShopRite* 9:45 Balance & Conditioning ¹ 11:00 Book Club⁵ 1:00 Tai Chi ¹ 1:00 Advanced Italian 2:00 Beginner Italian	20 11:00 Outdoor Bingo³	21 9:00 Bus to Blue Star** 9:30 Strong YOU ¹ 9:30 "Brain Fitness"¹ 11:00 Mah Jongg ³	22 9:00 Zumba ¹ 11:00 Bingo ²	23
24	25 9:00 <u>NO</u> In Control ¹ 11:00 Chair Yoga ¹	26 7:00 Bus to ShopRite* 9:45 Balance & Conditioning ¹ 1:00 Tai Chi ¹ 1:00 Advanced Italian	27 11:00 Club Meeting³	28 9:30 Strong YOU ¹ 11:00 Mah Jongg ³	29 9:00 Zumba ¹ 11:00 Bingo ²	30 31 

¹ Virtual class via Zoom. Pre-registration required.

² Held on the phone. Pre-registration required. Call the Center NO LATER THAN WEDNESDAY to let us know you want to play.

³ Held outside, weather permitting. Pre-registration required.

⁴ Held inside. Pre-registration required.

⁵ Held outside, weather permitting.

Note: Strong YOU classes on October 14, 21, and 28 will be taught by Mike Czech

Bus Transportation

* Call MONDAY MORNINGS to reserve your spot

** Call by TUESDAY, October 19, to reserve your spot.