

# New Providence Senior Citizens Newsletter

## "Good things happen here!"



SEPTEMBER 2021



Vol. 21. No. 9

### COORDINATORS' CORNER

I hope that you all have enjoyed your summer – it's hard to believe that September is here already! This month the Center will continue to offer a variety of programming, with a mix of outdoor activities on our beautiful new patio, virtual/online programs, and more activities taking place inside the Center.

I'm happy to announce that The New Providence Senior Citizens Club will hold its first meeting back inside the Center this month. We also have fun cooking and painting programs planned, and much more! I encourage you to take advantage of the NJ MVC mobile unit coming to the Municipal Building to assist senior citizens with many of their MVC needs, and to read the full newsletter for details of all of our upcoming programs.

### Highlights of September Programs and Activities

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

- "Share Your Summer Stories" social gathering
- Movie showing of "Judy" inside the Center
- "Nutrition: Eat Your Antioxidants" Atlantic Health virtual program
- "Medicare 101" Atlantic Health virtual program
- Special Outdoor Bingo
- Bus to Blue Star Shopping Center
- Outdoor "Let's Get Cooking" demonstration
- Painting Program hosted by Sunrise of Summit
- NPSC Club meeting inside the Center
- "Falls Prevention" Atlantic Health virtual program

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

- **All those entering the building are asked to wear a face covering and maintain social distancing.**
- For outdoor programs, masks are recommended for those not vaccinated and for those who choose to wear them.
- Space will be limited for in-person programs.
- Please RSVP for all in-person indoor and outdoor programs by calling the Center at (908) 665-0046 or e-mailing [decorsocenter@newprov.us](mailto:decorsocenter@newprov.us)
- 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!**

**The Center will be closed and there will be no classes on Monday, September 6 for the Labor Day holiday. Have a happy holiday!**

### 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  
1<sup>st</sup> Treasurer: Delores Felezzola  
2<sup>nd</sup> 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](http://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.

**BOOK CLUB**

Do you love to read? Come join our Book Club in September for a discussion of Our Souls at Night by Kent Haruf. Copies of the book are available at the Center, and the Book Club would like to welcome new participants! They will meet on **Tuesday Sept 21 at 10am** outside, weather permitting, or indoors.

**SPECIAL OUTDOOR BINGO**

Come spend a fun morning with Club friends at a Special Outdoor Bingo called by Chatham Hills Subacute Care Center on **Wednesday, September 15 at 11am**. Bingo cards will be 50 cents each. Chatham Hills will bring some special prizes! Please e-mail [DecorsoCenter@newprov.us](mailto:DecorsoCenter@newprov.us) or call the Center at (908) 665-0046 by Friday, September 10 to register. **Space will be limited for this event.**

**NPSCC MEETING**

Join us back inside the Center for a meeting of the New Providence Senior Citizens Club on **Wednesday, September 29 at 11:00a.m.** We will have a short "Fall Fun" program following the meeting. **Space will be limited to allow for social distancing, and registration is required.** Please call the Center at (908) 665-0046 or e-mail [decorsocenter@newprov.us](mailto:decorsocenter@newprov.us) by Monday, 9/27.

**MOVIE SHOWING**

Come watch the movie "**Judy**" inside the Center with friends on **Wednesday, September 8 at 10am**. This 2019 drama follows actress Judy Garland during the last year of her life, and flashbacks including her part as Dorothy in *The Wizard of Oz*. Renee Zellweger won the Academy Award for Best Actress for her portrayal of Judy. Please call the Center at 908-665-0046 or email [decorsocenter@newprov.us](mailto:decorsocenter@newprov.us) by Friday, September 3 to register. **Space will be limited.**

**SHARE YOUR SUMMER STORIES**

Come & join us outside on **Wednesday, September 1<sup>st</sup> at 11am** to meet, share summer stories, and socialize with Club friends at the picnic tables on our new outdoor patio. Please e-mail or call the Center by Tuesday, 8/31 to register. **Space will be limited.**

**OUTDOOR PAINTING PROGRAM**

Join us to explore your creativity and have fun in a painting class with a professional painter, using a technique designed for all experience levels. You will be delighted to see what you can accomplish, and to bring your artwork home to share and display! Sunrise Senior Living of Summit is sponsoring this special painting program and will also provide a light lunch. The program will be held outside the Center on **Wednesday, September 22 at 11am**. We are hoping for sunshine but have a rain date of September 24 just in case. Registration is required for this event. Please call the Center at (908) 665-0046 or e-mail [decorsocenter@newprov.us](mailto:decorsocenter@newprov.us) by Monday, 9/20 to register. **Space will be limited.**

**BUS TO BLUE STAR SHOPPING CENTER**

On **Thursday, September 16**, 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 by Tuesday, September 14 to reserve your spot.

**LET'S GET COOKING!**

Healthy Cooking and Meal Prep is easier than you think! Come and enjoy learning and tasting healthy recipes with Amritha, who is very passionate and creative in her cooking. Join us outside the Center on **Monday, September 20 at 11am**. We are hoping for sunshine but have a rain date of September 27. Registration is required. Please e-mail [decorsocenter@newprov.us](mailto:decorsocenter@newprov.us) or call the Center at (908) 665-0046 by Friday, September 17 to register. **Space will be limited.** Check out Amritha's recipes at [thepinchoftaste.com](http://thepinchoftaste.com).

**THANK YOU!**

- **Debbie Littman** for the wonderful "Art as Therapy" workshops!
- **Pat Malicher** for joining the Board of Trustees.
- **Halls Garden Center & Florist, Mazzucco Masonry & Landscape Construction, and the Grotta Fund for Senior Care** for the beautiful new patio area created to allow for outdoor programming.

**ATLANTIC HEALTH VIRTUAL PROGRAMS****Nutrition: Eat Your Antioxidants**

Antioxidants are found naturally in food and protect your body's cells from damage. Join Evelyn Minolfo on **Monday, September 13 at 10:00 am** to learn how to eat a diet rich in antioxidants and help reduce the risk of chronic disease. Presented by Evelyn Minolfo, MS, RD, ShopRite Parsippany and West Caldwell. E-mail [DeCorsoCenter@newprov.us](mailto:DeCorsoCenter@newprov.us) by Thursday, September 9th to register and receive the Zoom link.

**Life Enrichment: Medicare 101**

Join us on **Tuesday, September 14 at 9:00 am** to learn about Medicare basics, initial enrollment procedures and options, how to avoid penalties and much more. Presented by Linda Cosgrove, Senior Insurance Associates. E-mail [DeCorsoCenter@newprov.us](mailto:DeCorsoCenter@newprov.us) by Friday, September 10th to register and receive the Zoom link.

**Falls Prevention**

Join us on **Wednesday, September 29 at 11:00 am** to learn more about falls, risk factors, and prevention. Presented by Steven Tierney, physical therapist, Hackettstown Medical Center. E-mail [DeCorsoCenter@newprov.us](mailto:DeCorsoCenter@newprov.us) by Friday, September 24th to register and receive the Zoom link.

**MVC COMING TO NEW PROVIDENCE**

The NJ MVC mobile unit will be at the **New Providence Municipal Building on Sept. 17th from 10:00am to 2:00pm** to assist Senior Citizens with many of their MVC needs! There will only be a total of 50 spots, with 12 of these spots reserved for Real IDs expiring in the next 6 months.

Other services will include DL renewals, registration renewals, as well as veteran, handicapped and purple hearts recipients' placards, permits, and non-driver ID. If you have license plates that need to be surrendered, you can use this event to complete that transaction (no age limitation).

Pre-registration required. Please email or call Capt. Daniel Henn at [dhenn@nppolice.org](mailto:dhenn@nppolice.org) or call 908-665-1117 to register.

**NEW PROVIDENCE MEMORIAL LIBRARY (NPML)**

Stacks in the adult area are now open for patrons to browse. Contactless Pickup of holds are also available. Use the online catalog to place a hold or call the library at (908) 665-0311. Activities in September include:

- **Mindful Movement** – Series of mindful movements in an outdoor class. Wednesday, September 8 @ 9:30am.\*
- **Baseball Discussion Group** – Discuss teams, players, and issues of the sport over Zoom with other baseball fans. Monday, September 13 @ 7pm.\*
- **Consumer Fraud Protection** – Learn how to avoid scams, identity theft, phishing, and more. Held over zoom. Thursday, September 23 @ 7:00pm.\*
- **Rob Barnett, Author of "Next Job, Best Job"** – Rob will present the essential elements of a modern job search. Free zoom event. Thursday, September 30 @ 7:00pm.\*

\*Email [rsvp@newprovidencelibrary.org](mailto:rsvp@newprovidencelibrary.org) to register

**FREecycle FEST**

The 3rd Annual FreecycleFest will take place on October 2, 2021 from 9am – 2pm at the American Legion, 357 Elkwood Ave. The popular event serves as a town wide garage sale—where everything is free. Everyone in the community is invited to participate by browsing and taking any items that catch their eye or by donating high-quality, pre-loved items including home goods and accessories, well-functioning appliances, craft supplies, exercise equipment and more. **Donations will be accepted from 9am – 1pm on the day of the event.**

**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

NEW PROVIDENCE SENIOR CITIZENS CLUB ~ September 2021 ~						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	Aug 30 9:30 <u>NO</u> In Control <sup>1</sup> 11:00 Chair Yoga <sup>1</sup> (Rain date for Music Program)	Aug 31 7:00 Bus to ShopRite* 9:45 <u>NO</u> Balance & Conditioning <sup>1</sup> 1:00 Tai Chi <sup>1</sup> 1:00 Advanced Italian	1 <b>11:00 "Share Your Summer Stories"</b> <sup>3</sup>	2 9:30 <u>NO</u> Strong YOU <sup>1</sup> 11:00 Mah Jongg <sup>3</sup>	3 9:00 <u>NO</u> Zumba <sup>1</sup> 11:00 Bingo <sup>2</sup>	4
5	6 Center Closed -No exercise classes  Labor Day Holiday	7 7:00 Bus to ShopRite* 9:45 Balance & Conditioning <sup>1</sup> 1:00 Tai Chi <sup>1</sup> 1:00 Advanced Italian 2:00 Beginner Italian	8 <b>10:00 Movie Club – "Judy"</b> <sup>4</sup>	9 9:30 Strong YOU <sup>1</sup> 11:00 Mah Jongg <sup>3</sup>	10 9:00 Zumba <sup>1</sup> 11:00 Bingo <sup>2</sup>	11
12	13 9:00 In Control <sup>1</sup> <b>10:00 Trustee Mtg</b> <b>10:00 "Eat Your Antioxidants"</b> <sup>1</sup> 11:00 Chair Yoga <sup>1</sup>	14 7:00 Bus to ShopRite* <b>9:00 "Medicare 101"</b> <sup>1</sup> 9:45 Balance & Conditioning <sup>1</sup> 1:00 Tai Chi <sup>1</sup> 1:00 Advanced Italian	15 <b>11:00 Outdoor Bingo</b>	16 <b>9:00 Bus to Blue Star**</b> 9:30 Strong YOU <sup>1</sup> 11:00 Mah Jongg <sup>3</sup>	17 9:00 Zumba <sup>1</sup> 11:00 Bingo <sup>2</sup> <b>10:00-2:00 MVC @ Municipal Ctr</b> <sup>5</sup>	18
19	20 9:00 In Control <sup>1</sup> 11:00 Chair Yoga <sup>1</sup> <b>11:00 "Let's Get Cooking"</b> <sup>3</sup>	21 7:00 Bus to ShopRite* 9:45 Balance & Conditioning <sup>1</sup> <b>10:00 Book Club</b> 1:00 Tai Chi <sup>1</sup> 1:00 Advanced Italian 2:00 Beginner Italian	22 Autumnal Equinox <b>11:00 Outdoor Painting Program</b> <sup>3</sup>	23 9:30 Strong YOU <sup>1</sup> 11:00 Mah Jongg <sup>3</sup>	24 9:00 Zumba <sup>1</sup> 11:00 Bingo <sup>2</sup> (Rain date for Outdoor Painting Program)	25
26	27 9:00 In Control <sup>1</sup> 11:00 Chair Yoga <sup>1</sup> (Rain date for "Let's Get Cooking")	28 7:00 Bus to ShopRite* 9:45 Balance & Conditioning <sup>1</sup> 1:00 Tai Chi <sup>1</sup> 1:00 Advanced Italian	29 <b>11:00 Club Meeting</b> <sup>4</sup> <b>11:00 "Falls Prevention"</b> <sup>1</sup>	30 9:30 Strong YOU <sup>1</sup> 11:00 Mah Jongg <sup>3</sup>	Oct 1 9:00 Zumba <sup>1</sup> 11:00 Bingo <sup>2</sup>	Oct 2 Freecycle Fest @ Legion Hall 9:00-2:00

<sup>1</sup> Virtual class via Zoom. Pre-registration required.

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

<sup>3</sup> Held outside, weather permitting. Pre-registration required.

<sup>4</sup> Held inside. Pre-registration required.

<sup>5</sup> Email or call Capt. Daniel Henn at dhenn@nppolice.org or call 908-665-1117 to register.

#### Bus Transportation

\* Call MONDAY MORNINGS to reserve your spot

\*\* Call by TUESDAY, September 14 to reserve your spot.