

# New Providence Senior Citizens Newsletter

## "Good things happen here!"



AUGUST 2021



Vol. 21. No. 8

### COORDINATORS' CORNER

*"A perfect summer day is when the sun is shining, the breeze is blowing, the birds are singing, and the lawn mower is broken." – James Dent*

I hope that you all have been enjoying your summer! In August the Center will continue to offer a variety of programming with a mix of outdoor activities, virtual/online programs, and some small groups meeting inside the Center. Whatever you choose to participate in, I hope that you will have a chance to say hello to our new Program Coordinator Arthi shri Selvaraj. Welcome Arthi!

### Highlights of August Programs and Activities

Please see pages 2-4 and the calendar for details and a full list of programs, and below for information regarding our safety protocols.

- 2 special Outdoor Bingo game days
- "Gut Health" Atlantic Health virtual program
- "Safe Fun in the Sun: Skin Cancer and Sun Protection" Atlantic Health virtual program
- Bus to Blue Star Shopping Center
- Outdoor "Picture Frame Decorating" craft led by Arthi
- Outdoor "Coffee with a Cop" with members of the New Providence Police Department
- Outdoor music program in celebration of National Senior Citizens Day
- "Stretch and Strength" Zoom exercise class with Mike
- "Mindfulness Meditation" Zoom class with Judy

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

- **All those entering the building are asked to wear a face covering.**
- 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)
- The Center's bathrooms will be open for use (one person at a time) during indoor and outdoor programs.
- For outdoor activities, you may sit at the picnic tables or bring your own chair.
- 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!**  
During the summer, the Borough of New Providence offices close on Fridays at 1pm.

### **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, 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 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.

**"STRETCH & STRENGTH" AND "MINDFULNESS MEDITATION" CONTINUE IN AUGUST!**

This month we will continue to offer "Stretch and Strength" with Mike at 9:00 a.m. and "Mindfulness Meditation" with Judy at 10:30 a.m. on **Wednesday mornings August 4, 11, 18 and 25**. To register for one or both of these classes and receive the Zoom link(s), please e-mail DeCorsoCenter@newprov.us by Friday, July 30.

**SPECIAL OUTDOOR BINGO**

Join us to enjoy two special outdoor bingo sessions with Club friends in August! On **Wednesday, August 4 at 11a.m.**, Therese will be back for a visit and to call bingo, and on **Wednesday, August 25 at 11a.m.** Chatham Hills Subacute Care Center will return to call bingo. Bingo cards will be 50 cents each. Please e-mail DeCorsoCenter@newprov.us or call the Center at (908) 665-0046 to register in advance. **Space will be limited for these events.**

**MOVIE SHOWING**

Come and enjoy watching a movie indoors with friends at the Center on **Wednesday, August 11 at 10am**. The movie will be *"News of the World,"* a 2020 American Western Drama starring Tom Hanks. Please email decorsocenter@newprov.us or call the center at 908-665-0046 by Monday, August 9<sup>th</sup> to register. Spaces are limited!

**BUS TO BLUE STAR SHOPPING CENTER**

On **Thursday morning, August 12** Mike will drive the senior bus to the Blue Star Shopping Center including the Dollar Store, ShopRite, and Kohl's. Pickups will begin at 9:00 a.m. Please call by Wednesday morning, August 11 to reserve your spot.

**THANK YOU JOAN AND VALERIE!**

A big thank you to Joan Bollman and Valerie Burke for preparing and organizing the Center's library and getting it ready to re-open for browsing.

**PICTURE FRAME CRAFT**

Enjoy a craft program with Club friends outside the center on **Monday, August 16th at 11am**. Arthi, our new Program Coordinator, will lead participants in some fun-filled craft work decorating picture frames. Please e-mail decorsocenter@newprov.us or call the Center at (908) 665-0046 by Friday, August 6th to register. **Space will be limited.**

**"COFFEE WITH A COP"**

On **Wednesday, August 18 between 10am and noon**, members of the New Providence Police Department will be at our picnic tables outside the Center for "Coffee with a Cop." Please stop by, say hello, and ask any questions you may have. This is a wonderful opportunity to get to know some of the Borough's officers!

**SUMMER MUSIC PROGRAM**

Celebrate National Senior Citizens Day on **Monday, August 23 at 11am**. Listen to the **Unforgettable Hits of 50's & 60's music** while we enjoy the weather outside. We are hoping for sunshine on August 23 but have a rain date of **August 30**. Refreshments will be served. Please e-mail decorsocenter@newprov.us or call the Center at (908) 665-0046 by Wednesday, August 18 to register. **Space will be limited.**

**LETTER TO THE MEMBERSHIP**

*Dear Members,*

*Do you have any ideas or suggestions on improving our meetings? Any suggestions for new programs or events? If so, you are a candidate to be a trustee. The club needs TRUSTEES!! If you would like to be one, please contact Michelle or one of the current trustees.*

*Bert Abbazia*

**AN AGE-FRIENDLY COMMUNITY**

AARP has designated New Providence an age-friendly community in recognition of the help provided by *New Providence Our Community for All* to older adults during the pandemic and the commitment of the town to keeping the needs of citizens of all ages in mind when planning for the future.

**ATLANTIC HEALTH VIRTUAL PROGRAMS****Gut Health**

Our intestines are awesome! They are the powerhouse of our entire body, and a healthy gut is integral to optimal wellness. Our intestines are the single biggest source of germ-fighting cells in our body, so we want it to be healthy and strong. Join dietitian Barbara on **August 6 at 9:00am** to learn about how we can be sure that our gut is feeling great, and which foods keep it working hard to extract every nutrient possible from what we eat. Presented by Barbara Galvin, Registered Dietitian, ShopRite of Parsippany & ShopRite of West Caldwell. E-mail [DeCorsoCenter@newprov.us](mailto:DeCorsoCenter@newprov.us) by Wednesday, August 4th to register and receive the Zoom link.

**Safe Fun in the Sun: Skin Cancer and Sun Protection**

Join us on **Thursday, August 12 at 11:00am** to learn the best ways to protect yourself in the sun along with what to look for when performing a skin-self exam. The most common forms of skin cancer will be discussed including their typical appearance and how they are treated. Presented by Diana S. Leu, MD, FAAD, Board Certified Dermatologist. E-mail [DeCorsoCenter@newprov.us](mailto:DeCorsoCenter@newprov.us) by Monday, August 9th to register and receive the Zoom link.

**UNION COUNTY LAUNCHES RENT RELIEF PROGRAM**

The Union County Board of County Commissioners is launching a new grant program to provide financial relief for Union County residents unable to meet their rental obligations during the COVID-19 pandemic. Under the new Emergency Rental Assistance Program, eligible tenants can receive up to 12 months of assistance for unpaid back rent and utility bills. The funds will be awarded to landlords and utility providers on behalf of tenants who are eligible for the grant. Landlords and tenants are encouraged to register for this program in order to expedite the grant process. The registration portal for landlords will open on Monday, July 26. The application portal for tenants will open on Monday, August 2, at [ucnj.org/rental-assistance](http://ucnj.org/rental-assistance).

**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 August include:

- **Qi Gong for Adults** – Qi Gong is a practice of fluid movements that cultivate an awareness of energy using the body, breath, and mind. Held outdoors. Tues, August 10 @ 9:30am.\*
- **Baseball Discussion Group** – Discuss teams, players, and issues of the sport over Zoom with other baseball fans. Mon., August 9 @ 7pm.\*
- **Summer Reading 2021** – Last day is August 20

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

**NATIONAL NIGHT OUT****SUMMER CONCERT WITH FIREWORKS!**

This year's National Night Out event to pay tribute to our first responders will be held **Tuesday, August 3 at New Providence High School from 7:00-9:00pm**, followed immediately by fireworks. Police officers, firefighters, and emergency medical technicians will be on hand to interact with the community. Hosted in conjunction with New Providence Business, this highly anticipated event also features:

- An outdoor concert by the Elefante Family Band
- A special tented area reserved for seniors by the main stage
- Free hot dogs from Prestige Diner
- Free ice cream from Zita's Homemade Ice cream
- Fireworks at dusk sponsored by Investors Bank

The senior citizens bus will be available for transportation to and from this event. Please call by Monday, August 2 to reserve a spot on the bus.

**SAGE ELDERCARE VIRTUAL LIBRARY**

SAGE Eldercare has launched a virtual library on its website, [sageeldercare.org](http://sageeldercare.org). It includes exclusive SAGE exercise, entertainment, and educational videos. The goal of the library is to ease the loneliness and isolation many older adults and caregivers are continuing to experience due to the pandemic. For information, email [swirth@sageeldercare.org](mailto:swirth@sageeldercare.org).

NEW PROVIDENCE SENIOR CITIZENS CLUB ~ August 2021 ~						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 9:30 <u>NO</u> In Control <sup>1</sup> <b>10:00 Trustee Mtg</b> 11:00 Chair Yoga <sup>1</sup>	3 7:00 Bus to ShopRite* 9:45 Balance & Conditioning <sup>1</sup> 1:00 Tai Chi <sup>1</sup> 1:00 Advanced Italian <b>7:00 National Night Out @ New Providence High School**</b>	4 9:00 Stretch & Strength <sup>1</sup> 10:30 Meditation <sup>1</sup> <b>11:00 Outdoor Bingo<sup>3</sup></b>	5 9:30 <u>NO</u> Strong YOU <sup>1</sup> 11:00 Mah Jongg <sup>3</sup>	6 9:00 Zumba <sup>1</sup> <b>9:00 "Gut Health"<sup>1</sup></b> 11:00 Bingo <sup>2</sup>	7
8	9 9:30 <u>NO</u> In Control <sup>1</sup> 11:00 Chair Yoga <sup>1</sup>	10 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	11 9:00 Stretch & Strength <sup>1</sup> <b>10:00 Movie<sup>4</sup></b> 10:30 Meditation <sup>1</sup>	12 <b>9:00 Bus to Blue Star***</b> 9:30 <u>NO</u> Strong YOU <sup>1</sup> 11:00 Mah Jongg <sup>3</sup> <b>11:00 "Fun in the Sun"<sup>1</sup></b>	13 9:00 <u>NO</u> Zumba <sup>1</sup> 11:00 Bingo <sup>2</sup>	14
15	16 9:30 <u>NO</u> In Control <sup>1</sup> 11:00 Chair Yoga <sup>1</sup> <b>11:00 Picture Frame Craft<sup>3</sup></b>	17 7:00 Bus to ShopRite* 9:45 Balance & Conditioning <sup>1</sup> <b>11:00 Book Club</b> 1:00 Tai Chi <sup>1</sup> 1:00 <u>NO</u> Advanced Italian	18 9:00 Stretch & Strength <sup>1</sup> <b>10am-12noon "Coffee with a Cop"</b> 10:30 Meditation <sup>1</sup>	19 9:30 <u>NO</u> Strong YOU <sup>1</sup> 11:00 Mah Jongg <sup>3</sup>	20 9:00 Zumba <sup>1</sup> 11:00 Bingo <sup>2</sup>	21
22	23 9:30 <u>NO</u> In Control <sup>1</sup> 11:00 Chair Yoga <sup>1</sup> <b>11:00 Music Program<sup>3</sup></b>	24 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	25 9:00 Stretch & Strength <sup>1</sup> 10:30 Meditation <sup>1</sup> <b>11:00 Outdoor Bingo<sup>3</sup></b>	26 9:30 <u>NO</u> Strong YOU <sup>1</sup> 11:00 Mah Jongg <sup>3</sup>	27 9:00 Zumba <sup>1</sup> 11:00 Bingo <sup>2</sup>	28
29	30 9:30 <u>NO</u> In Control <sup>1</sup> 11:00 Chair Yoga <sup>1</sup> (Rain date for Music Program)	31 7:00 Bus to ShopRite* 9:45 Balance & Conditioning <sup>1</sup> 1:00 Tai Chi <sup>1</sup> 1:00 Advanced Italian	Sep 1 Programs to be announced.	Sep 2 9:30 <u>NO</u> Strong YOU <sup>1</sup> 11:00 Mah Jongg <sup>3</sup>	Sep 3 9:00 Zumba <sup>1</sup> 11:00 Bingo <sup>2</sup>	Sep 4

<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.

#### Bus Transportation

\* Call MONDAY MORNINGS to reserve your spot

\*\* Call by MONDAY, August 2 to reserve a spot on the bus.

\*\*\* Call by WEDNESDAY MORNING, August 11 to reserve your spot.