

New Providence Senior Citizens Newsletter

"Good things happen here!"

JANUARY 2022



Vol. 22, No. 1



Coordinator's Corner:

We hope you had a wonderful holiday season and we wish you all a new year filled with good health and much happiness.

Even though it is cold outside, we have many activities going on. If you have a New Year's resolution to exercise more, please see the exercise class descriptions on page 3, ask your doctor which classes would be appropriate for you, and try out one of our regular classes or this month's special offering of "Stretch and Strength." Our instructors do a terrific job providing quality exercise classes via Zoom. Our in-person programs will continue to be offered at the New Providence Municipal Building in the Art Room and Gym, until repairs to the DeCorso Center are completed. ***Please note that in-person programming will be subject to any updated healthcare advice and public guidelines as we continue to monitor the COVID-19 pandemic situation closely.*** And we also have some virtual programs this month to help keep you healthy.

Highlights of January Programs and Activities:

Please see pages 2-3 and the calendar for program details

- Bus to Blue Star Shopping Center
- In person bingo in the Gym
- "Fluid Art" workshop in the Art Room
- NPSC Club meeting in the Gym
- Virtual program on Pedestrian Safety and Fall Prevention
- Several Atlantic Health virtual programs, including "Better Breakfast," "Heart Healthy Cooking Demonstration," and "COVID-19 in 2022 – The Latest Updates"

Winter Weather Policy: When New Providence schools are closed for inclement weather, senior programs will be cancelled. (Zoom exercise classes may still be held.) When in doubt, call the Center at (908) 665-0046 to check; we will leave a message on the voicemail.

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

- For all indoor programs and while riding the bus, please wear your mask
- Please RSVP for all in-person programs by calling (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!

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: 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.

BUS TO BLUE STAR

On **Thursday, January 13**, 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 the Center at (908) 665-0046 or email decorsocenter@newprov.us by Tuesday, January 11 to reserve your spot.

INDOOR BINGO

Spend a fun morning with Club friends at Bingo on **Friday, January 14 at 11am in the Municipal Center Gym**. Bingo cards will be 50 cents each. For bus transportation, please call 2 days in advance. **Masks will be required. Space will be limited to allow for social distancing.** To register, please e-mail DeCorsoCenter@newprov.us or call the Center at (908) 665-0046 by Wednesday, January 12. Snow date is January 21.

FLUID ART SESSION

Start the new year with color and beauty by creating a work of art. Join us on **Wednesday, January 19 at 11 a.m. in the Municipal Building Art Room** for a wonderful Fluid Art session with Ms. Sarika Divate. Make your own masterpiece and enjoy watching the imbalance of different paint densities create interesting and visually stunning reactions. **Masks will be required. Space will be limited to allow for social distancing.** Please email DeCorsoCenter@newprov.us or call the Center at (908) 665-0046 by Friday, January 14 to register.

NPSCC MEETING

Enjoy a fun morning with friends at a meeting of the New Providence Senior Citizens Club on **Monday, January 24 at 11:00a.m.** Newly elected and re-elected officers and trustees will be sworn in at this Club meeting. Following the swearing in ceremony there will be fun filled "Activities and Games."

This meeting will take place in the New Providence Municipal Building Gym. **Masks will be required. Space will be limited to allow for social distancing.** For bus transportation, please call 2 days in advance. Please register in advance by calling (908) 665-0046 or emailing decorsocenter@newprov.us by Friday, January 21. Snow date is Monday, January 31.

HEADS UP! SENIORS: A PEDESTRIAN SAFETY AND FALL PREVENTION PROGRAM

Join us on **Wednesday, January 26 at 11 a.m.** for a Fun and Interactive Virtual Session designed to educate seniors on ways to be safe at home and in the community. Presented by the Brain Injury Alliance of NJ, the purpose of this workshop is to increase independence and decrease falls, along with discussing driving and pedestrian safety tips. E-mail DeCorsoCenter@newprov.us by Friday, January 21 to register and receive the Zoom link.

STRETCH AND STRENGTH EXERCISE CLASS

We will be offering "Stretch and Strength" with Mike on **Wednesdays at 9:30am in January and February.** See exercise article on page 3 for details.

CONGRATS TO OUR VOLUNTEERS

Congratulations to all the Club Officers and Trustees on their election. Thank you for your service!

MEMBER FAVORITES

Looking for something to do during the cold winter months? We are asking members to share movie and book recommendations. Please email or call the center to share your favorites!

NPSCC MEMBERSHIP DIRECTORY UPDATE

We are hard at work updating the Membership Directory. An e-mail with a link to a Google form has been sent out to our email distribution list and a hard copy form has been sent to those without email.

If you would like to be included in the directory, please return your form via e-mail or postal mail by Friday, January 14. If you do not want to be included in the updated directory, please call the center at 908-665-0046 or e-mail decorsocenter@newprov.us to let us know.

BUS TO SHOPRITE - NEW TIME

The Tuesday morning bus to ShopRite will be trying out a new time of **8:00am** in January. If you would like to be picked up, please call Monday morning to reserve your spot.

VIRTUAL EXERCISE CLASSES IN 2022

We are happy to have provided Zoom exercise classes in 2021, and our instructors worked hard to provide excellent classes. We will continue to offer the DeCorso Center's exercise classes via Zoom in January. **We have new Zoom links for 2022, however, so past participants need to re-register in order to receive the new links for each of the classes.** Please register or re-register for classes by emailing Decorsocenter@newprov.us and let us know which classes you would like to take.

A list of our exercise classes (with class descriptions and times) is below. Please ask your doctor which classes would be appropriate for you.

- **In Control with Myriam** - Weights and floor exercises develop arm, chest, inner core, and leg muscles. Stretches body and improves balance. Mondays at 9:00am
- **Chair Yoga with Judy** - Improves flexibility and muscle strength while reducing stress and increasing relaxation. Mondays at 11:00am
- **Balance and Conditioning with Mike** - Light weight training, balance, and coordination drills. Helps range of motion, confidence, and energy levels. Tuesdays at 9:45am
- **Tai Chi with Ayriel** - Slow, fluid movements. Relaxes body and mind Increases balance control, flexibility, and cardiovascular fitness. Tuesdays at 1:00pm
- **Strong YOU with Myriam** - Circuit training method alternates strength building movements with bouts of cardio. Thursdays at 9:30am
- **Zumba with Donna** - Latin dance inspired fitness program. Improves strength, posture, and flexibility. Fridays at 9:00am

****SPECIAL CLASS FOR JANUARY AND FEBRUARY****

Stretch and Strength with Mike - Muscle strengthening portion using dumbbells to perform multiple sets of exercises for select body parts, and a portion of easy to manage stretching and range of motion movements to loosen muscles and improve overall flexibility. Wednesdays at 9:30 am in January and February.

ATLANTIC HEALTH VIRTUAL PROGRAMS

Better Breakfast - Monday, January 10, 10:00am

Make your first meal of the day count! Join ShopRite Dietitian, Evelyn, to learn fast and tasty breakfast tips as well as the benefits of eating a healthy balanced breakfast. Presented by Evelyn Minolfo, MS, RD, Registered Dietitian, ShopRite Parsippany & West Caldwell. [E-mail DeCorsoCenter@newprov.us](mailto:DeCorsoCenter@newprov.us) by Friday, January 7 to register and receive the Zoom link.

COVID-19 in 2022: The Latest Updates -Tuesday, January 11, 11:00am

Join us for the latest updates on COVID-19. Presented by Jason Kessler M.D., M.P.H, Section Chief, Infectious Disease, Department of Medicine, Morristown Medical Center, Atlantic Health System. [E-mail DeCorsoCenter@newprov.us](mailto:DeCorsoCenter@newprov.us) by Friday, January 7 to register and receive the Zoom link.

Heart Healthy Cooking Demonstration - Tuesday, January 25, 2:00pm

Join us for a heart healthy cooking demonstration. ShopRite Registered Dietitian, Kristen, will walk through the steps 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 Kristen Burdzy, MS, RD, Registered Dietitian, ShopRite of Franklin. [E-mail DeCorsoCenter@newprov.us](mailto:DeCorsoCenter@newprov.us) by Friday, January 21 to register and receive the Zoom link.

THANK YOU NOTES

- New Providence businesses for their special discounts for Seniors 65+.
- Bob Marino for his delightful singing at the Club meeting in December.
- Club members who helped send out holiday cards.

BOOK CLUB NEWS

While the Book Club will not meet in January, its members invite you to join them at their February meeting to discuss *The Lincoln Highway* by Amor Towles, one of the New York Times Best Books of 2021.

ACTIVITY CORNER

with contributions from Arthi Selvaraj

NEW PROVIDENCE MEMORIAL LIBRARY (NPML)

Knit/Crochet Night – Monday, January 3, 7pm – 8:15pm. Drop by the Conti Room with a knitting, crocheting or other textile project you’re working on, and chat with others while your work. Masks are required.

Batter Up – Let’s Talk Baseball - Monday, January 10, 7pm – 9pm. You’re invited to discuss baseball teams, players, and issues of the sport with other baseball fans over Zoom. All ages are welcome. To join, email rsvp@newprovidencelibrary.org.

“From Gypsy to Jersey” Author Yael Adler – Tuesday, January 11, 7pm. Hear Yael Adler’s remarkable adoption story and learn about the discovery of her Roma heritage in this virtual conversation between the author and Linda Raedisch. To register and receive the link, email the library at rsvp@newprovidencelibrary.org.

Knit/Crochet Night – Thursday, January 20, 7pm – 8:15pm. Drop by the Conti Room with a knitting, crocheting or other textile project you’re working on, and chat with others while your work. Masks are required.

Foundations of Investing – Thursday, January 27, 7pm – 8pm. Financial advisor Brian Killea presents a free seminar. Learn the importance of developing a strategy, the impact of asset allocation and how inflation influences your long-term goals. Space is limited to 10 participants for this in-person educational program. Masks are required. To register email rsvp@newprovidencelibrary.org.

NEW YEAR’S RESOLUTIONS

Make it a true NEW year by trying something different. It doesn’t have to be an “improvement;” it just has to be unique to you.

- *Go to a new place*
- *Buy a new item of clothing*
- *Take a new class*
- *Learn a new technology*
- *Try a new art or craft*
- *See a new movie*

We’d love to hear what you have tried. Please send us an email or give us a call and let us know.

Riddle of the Day (see answers at end of column)

1. What do you call a bull when it’s sleeping?
2. Did you hear about the new restaurant on the moon?
3. What is it called when a snowman has a temper tantrum?

Challenge for the Day

1. Name three things you are grateful for.
2. Give someone a meaningful compliment.
3. Learn to say thank you in different languages.

Gracias – Spanish

Merci – French

Grazie – Italian

Mahalo – Hawaiian

Efharisto – Greek

Food for Thought

1. Crackers have holes for a reason—they help the air escape so they can bake properly.
2. Hot chocolate got its name from the town Mocha, Yemen, where a specific blend of coffee with the same name is grown.
3. The word goulash comes from the Hungarian word gulyás, which is a herdsman or cowboy.
4. The word soup derives from the Latin word suppa, which refers to bread soaked in broth.

Fun Fact

1. In Spain, it is customary to eat 12 grapes (one each time the clock chimes) as the clock strikes midnight on New Year’s Eve.
2. Until the 1960s, men with long hair were not allowed to enter Disneyland!
3. Winston Churchill was born in a ladies’ room during a school dance.
4. “I am” is the shortest sentence in the English language.

Riddle Answers

1. A bulldozer
2. Great food, but no atmosphere
3. A meltdown

NEW PROVIDENCE SENIOR CITIZENS CLUB ~ January 2022 ~						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 2	3 9:00 <u>NO</u> In Control ¹ 11:00 Chair Yoga ¹	4 8:00 Bus to ShopRite* 9:45 Balance & Cond. ¹ 1:00 Tai Chi ¹	5 9:30 Stretch & Strength Exercise¹	6 9:30 <u>NO</u> Strong YOU ¹ 11:00 Mah Jongg ³	7 9:00 Zumba ¹ 11:00 Bingo ²	8
9	10 9:00 In Control ¹ 10:00 "Better Breakfast" ¹ 11:00 Chair Yoga ¹ 11:00 Trustee Mtg³	11 8:00 Bus to ShopRite* 9:45 Balance & Cond. ¹ 11:00 "COVID-19 in 2022: Updates" ¹ 1:00 Tai Chi ¹ 1:00 Advanced Italian ³ 2:00 Beginner Italian ³	12 9:30 Stretch & Strength Exercise¹	13 9:00 Bus to Blue Star** 9:30 Strong YOU ¹ 11:00 Mah Jongg ³	14 9:00 Zumba ¹ 11:00 Indoor Bingo^{4***}	15
16	17 Martin Luther King Jr. 9:00 In Control ¹ 11:00 Chair Yoga ¹	18 8:00 Bus to ShopRite* 9:45 Balance & Cond. ¹ 11:00 NO Book Club 1:00 Tai Chi ¹ 1:00 Advanced Italian ³	19 9:30 Stretch & Strength Exercise¹ 11:00 Fluid Art Session⁵	20 9:30 Strong YOU ¹ 11:00 Mah Jongg ³	21 9:00 Zumba ¹ 11:00 Bingo ² (Snow date for Indoor Bingo)	22
23	24 9:00 In Control ¹ 11:00 Chair Yoga ¹ 11:00 Club Meeting – Activities & Games^{4***}	25 8:00 Bus to ShopRite* 9:45 Balance & Cond. ¹ 1:00 Tai Chi ¹ 1:00 Advanced Italian ³ 2:00 Beginner Italian ³ 2:00 "Heart Healthy Cooking" ¹	26 9:30 Stretch & Strength Exercise¹ 11:00 "Safety and Fall Prevention" ¹	27 9:30 Strong YOU ¹ 11:00 Mah Jongg ³	28 9:00 Zumba ¹ 11:00 Bingo ²	29
30	31 9:00 In Control ¹ 11:00 Chair Yoga ¹ (Snow date for Club Meeting)	Feb 1 8:00 Bus to ShopRite* 9:45 Balance & Cond. ¹ 1:00 Tai Chi ¹ 1:00 Advanced Italian ³	Feb 2 Groundhog Day 9:30 Stretch & Strength Exercise¹	Feb 3 9:30 Strong YOU ¹ 11:00 Mah Jongg ³	Feb 4 9:00 Zumba ¹ 11:00 Bingo ²	Feb 5

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 in Municipal Center Art Room. Registration required.

Bus Transportation

* Call MONDAY MORNINGS to reserve your spot

** Call by TUESDAY, January 11, to reserve your spot.

*** Call 2 days in advance to reserve your ride.