

# New Providence Senior Citizens Newsletter

## "Good things happen here!"



MAY 2022



Vol. 22. No. 5

### COORDINATOR'S CORNER

*"We keep moving forward, opening new doors, and doing new things, because we're curious and curiosity keeps leading us down new paths."*  
~ Walt Disney

We are thrilled to welcome everyone back to the DeCorso Center! If you weren't able to join us for the Grand Re-Opening celebration, please come by at any time to see how wonderful the Center looks and join us for one of our May programs!

#### Highlights of May Programs and Activities Include:

- Club meeting with NPHS Vocal Soloists performing music from the 1930s -1960s
- Club meeting with the Larks – come sing with us!
- Bingo every Friday and a special Wednesday bingo with Chatham Hills
- Mah Jongg on Thursday afternoons
- Italian classes on Tuesday afternoons
- Tissue Paper Craft program
- Volunteer opportunities: Help to compile the Club's new Senior Directory and/or first aid kits for Ukraine
- Atlantic Health virtual programs on The Mediterranean Diet and Stroke & Hypertension
- Zumba Gold-Toning continues via Zoom on Wednesdays in May
- Special Qi Gong class offering in celebration of Asian American and Pacific Islander Heritage Month

#### Important Safety Protocols for In-Person Programs:

- The wearing of masks in Borough of New Providence Municipal Buildings, including the DeCorso Center, is no longer required. Seniors are asked to continue to wear their masks while riding the senior bus. Social distancing is still recommended.
- Please note that the Department of Health encourages residents to make individual decisions within the guidelines in place. Masks are strongly recommended for individuals who are immunocompromised or who have immunocompromised individuals living at home with them. If you are concerned about disease transmission or you are not fully vaccinated, you are encouraged to wear a mask. An individual is considered fully vaccinated when they have the full first course of a vaccine (1 for J&J and 2 for Moderna and Pfizer) AND the booster at the appropriate time interval.
- If you are not feeling well, we ask that you please do not attend our in-person programs. Thank you.

**The Center will be closed on Monday, May 30 for Memorial Day. No classes or programs will be held.**

### 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: Peggy Brodeur, Barbara Koslap, Sal Ligammari, Peggy Macneal, Pat Malicher, Bill Wehrle

#### Club Officers

President: Christine Napolitano  
Vice President: Bill Wehrle  
Treasurer: Sal Ligammari  
1<sup>st</sup> Treasurer: Dolores Felezzola  
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](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 transportation is available to ShopRite on Tuesday mornings, to Blue Star Shopping Center as scheduled, and to Club Meetings and Indoor Bingo. Call 2 days in advance to reserve your spot.

### NPSCC CLUB MEETINGS WITH MUSICAL PERFORMANCES

Please join us for two May Club meetings filled with wonderful music!

We are excited to welcome **New Providence High School vocalists** back to perform! The students will preview pieces for their upcoming voice recital with the theme "The Golden Age of Song," which encompasses a variety of popular songs from the 1930s to the 1960s. Please join us for a wonderful morning of music at our Club meeting on **Monday, May 9 at 11:00a.m.** at the DeCorso Center.

The Larks are back! With a new musical director and popular, upbeat songs, the **Larks of the Junior League of Summit** return to the DeCorso Center to entertain us at our Club Meeting on **Wednesday, May 25 at 11:00am.** Come sing with us! (This meeting may be held outside the Center to enjoy the sunshine and our patio area, weather permitting, or inside in case of rain.)

Masks are optional. Social distancing is recommended. Register in advance for the meeting, and for bus transportation if needed, by calling (908) 665-0046 or emailing [decorsocenter@newprov.us](mailto:decorsocenter@newprov.us) by Thursday, May 5 for the May 9 meeting and Monday, May 23 for the May 25 meeting.

### CRAFT AND CHAT

Many of us did tissue paper craft as kids, but few people use it for art as adults. This craft will help you trigger those fun feelings from childhood! Share your memories and enjoy an interactive craft session on **Wednesday, May 11 at 11am** in the Decorso Center solarium. Email [DeCorsoCenter@newprov.us](mailto:DeCorsoCenter@newprov.us) or call the Center at (908) 665-0046 by Monday, May 9 to register for the program.

### VOLUNTEERS NEEDED!

The NPSCC Membership Directory has been successfully updated. We need volunteers to help compile it on **Tuesday, May 24<sup>th</sup> at 11am**, so that it will be available for purchase starting in June. Please call the Center at (908) 665-0046 or email [decorsocenter@newprov.us](mailto:decorsocenter@newprov.us) by Friday, May 20 to volunteer. Thank you!

### FRIDAY BINGO

Enjoy a fun morning of Indoor Bingo with Club friends every Friday in May! We will have bingo **every Friday at 11:00a.m. in the Main Room of the DeCorso Center.** Bingo cards will be 50 cents each. (Please note that there will be NO bingo on Friday, June 3 as there will be early voting taking place at the Center on that date.)

### SPECIAL BINGO WITH CHATHAM HILLS

We will have a "special" bingo with Chatham Hills on **Wednesday, May 18 at 11:00a.m.** in the Main Room of the DeCorso Center. Bingo cards will be 50 cents each. Chatham Hills will bring special prizes!

E-mail [DeCorsoCenter@newprov.us](mailto:DeCorsoCenter@newprov.us) or call the Center at (908) 665-0046 two days in advance to register and for bus transportation.

### SPECIAL EXERCISE CLASS OFFERINGS

**Zumba® Gold-Toning with Donna** – This class is tailored for older adults with a focus on muscle conditioning and light weight activity. It is a slower-paced dance fitness class. Continues on **Wednesdays at 9:30am, May 4, 11, 18 and 25.**

### Special Qi Gong Class

In celebration of Asian American and Pacific Islander Heritage Month, Judy will be offering a special Qi Gong class over Zoom on **Wednesday, May 4 from 11:00a.m.-12:00p.m.** Qi (subtle breath known as vital energy) Gong (skill cultivated through practice). Qi Gong is a gentle mind-body-spirit practice that improves mental and physical health integrating posture, movement, and breath. Tension and stress melt away as our bodies and minds relax.

### Bone Smart – Coming in June

Bones are our silent workers. They allow us to stand erect and support our muscle structure. They also play a role in our metabolism. Yet, we do not pay attention to them until we sustain a fracture. This special class will stimulate our bones with a revamped targeted workout and explore the important facts about bones. **Fridays via Zoom at 10:30am June 3, 10, 17 and 24.**

Please e-mail [DeCorsoCenter@newprov.us](mailto:DeCorsoCenter@newprov.us) to register and receive the Zoom links for these programs.

**FIRST AID KITS FOR UKRAINE**

Have you been wondering how you may be able to help the people of Ukraine? One way is to provide supplies to those in need. Please join Pat, Peggy and other Club friends on **Tuesday, May 10 at 11a.m.** in the DeCorso Center to put together first aid kits which will be sent to the Ukrainian people through a church organization. If you would like to donate items, suggested first aid kit items include: ace bandages, bandages including extra-large size bandages, wound wraps, hand cleaning wipes, plastic gloves, medical tape, medical scissors, tweezers, cold packs, hydrogen peroxide, and any other items found in pre-packaged first aid kits. Supplies may be donated in advance by bringing them to the Center. To sign up to assemble the kits, please email [decorsocenter@newprov.us](mailto:decorsocenter@newprov.us) or call (908) 665-0046.

**BUS TO BLUE STAR**

On **Thursday, May 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 9:00a.m. Seniors are asked to wear their masks while riding the bus. Please call the Center at (908) 665-0046 or email [decorsocenter@newprov.us](mailto:decorsocenter@newprov.us) by Tuesday, May 10. to reserve your spot.

**THANK YOU NOTES**

Thank you to all who volunteered to tie fleece blankets for Ukrainian children.

**ATLANTIC HEALTH VIRTUAL PROGRAMS****The Mediterranean Diet - Monday, May 16, 10:00am**

Join Evelyn Minolfo, MS, RDN from the ShopRite of Parsippany for a nutrition webinar on the Mediterranean diet. In this webinar you will learn about the health benefits, menu planning and tips to incorporate the Mediterranean diet into your daily eating plan. E-mail [DeCorsoCenter@newprov.us](mailto:DeCorsoCenter@newprov.us) by Friday, May 13 to register and receive the Zoom link.

**Stroke & Hypertension - Thursday May 26, 6:00pm**

Do you know the risk factors associated with a stroke? Join us to learn how hypertension can affect your risk of a stroke, learn what to do if you or a loved one has a stroke, and how to BE FAST! Presented by Elizabeth Finan, MSN, RN, Stroke Program Manager, Overlook Medical Center. E-mail [DeCorsoCenter@newprov.us](mailto:DeCorsoCenter@newprov.us) by Monday, May 23 to register and receive the Zoom link.

**MAH JONGG RETURNS**

Come play Mah Jongg at the DeCorso Center on **Thursday afternoons from 1:00-3:00p.m.** Join Club friends for a fun afternoon in the Card Room! Since social distancing is not possible around a card table, masks are recommended, and participants are asked to stay with their table group.

**NEW PROVIDENCE MEMORIAL LIBRARY (NPML)**

**Fred Rossi, Author of "Jersey Stories" – Tuesday, May 3, 7pm.** A journalist and writer for over 30 years, Rossi will speak about lesser-known, interesting people and unusual events from New Jersey history.\*

**Knit/Crochet Nights – Monday, May 2 & Thursday, May 19, 7pm.** Bring your latest knitting or crocheting project to work on while you chat with others.

**Batter Up – Let's Talk Baseball – Monday, May 9, 7pm.** Discuss teams, players, and issues of the sport with other baseball fans.\*

**Movie & Discussion – Tuesday, May 10, 1:00pm.** The comedy drama "Go Back to China" will be screened in the Conti room. When spoiled rich girl Sasha Li blows through half of her trust fund, she is cut off by her father and forced to go back to China and work for the family toy business. In Chinese with English subtitles.

**Sound Meditation – Tuesday, May 24, 7pm.** The Nepali sound healing tradition, played on hand-hammered singing bowls, guides the mind and body to a quiet space so that participants can tap into a place of nourishment, healing, and deep listening. Bring a mat or blanket to lie on and a cushion for under the head. Space is limited and registration is required.\*

\* To register, email [rsvp@newprovidencelibrary.org](mailto:rsvp@newprovidencelibrary.org) or call (908) 665-0311 ext.4.

**NEW PROVIDENCE RECREATION QI GONG CLASSES**

New Providence Recreation and the New Providence Diversity Committee will be offering FREE Qi Gong classes on Tuesdays 9:00-10:00a.m. at the Gazebo in Centennial Park (weather permitting) on May 3rd, May 10th, May 17<sup>th</sup>, and May 24th. Appropriate for all levels! Registration is required via CommunityPass at [www.newprov.org/recreation](http://www.newprov.org/recreation). Please call the Recreation Department with any questions (908) 464-4430

**SALT BOX CRAFT FAIR**

The New Providence Historical Society will hold their annual Salt Box Craft Fair on **May 7, 2022**, from 9AM to 3PM on the grounds of the Salt Box Museum at 1350 Springfield Ave, New Providence. (Rain date is May 14<sup>th</sup>). There will be craft offerings, a bake sale, and the New Providence Garden Club will hold a plant sale. The Salt Box Museum will be open for visitors. For additional information, call 908-665-1034.

**SAGE ELDERCARE SERVICES FOR NEW PROVIDENCE RESIDENTS**

We were pleased to welcome Katie Kovar, the new Manager of Social Work and Community Outreach at SAGE Eldercare, to talk to us about SAGE services at our April Senior Club meeting. SAGE Eldercare is a non-profit organization providing programs and services to meet the changing needs of older adults, their families, and caregivers. SAGE provides home care, adult day care, Meals on Wheels, grocery shopping, medical insurance assistance and other services. The Borough of New Providence has contracted with SAGE, and their services are available to all New Providence residents. The number for SAGE is 908-273-5550.

**EARLY AND PRIMARY DAY VOTING TO BE HELD AT DECORSO CENTER**

Early Voting will take place at the DeCorso Center on June 3<sup>rd</sup>, June 4<sup>th</sup>, and June 5<sup>th</sup>. Voting will also take place at the DeCorso Center on Primary Election Day, Tuesday, June 7<sup>th</sup>. **There will be NO indoor bingo on Friday, June 3.**



**AVOCADO – FOOD FOR THOUGHT**

**Avocado Ice Cream**—Sounds crazy, but yes, it's a thing. Ice cream with avocados might not seem like a good combination, but it works. Avocados have a smooth, naturally creamy texture, making them ideal as an ingredient in anything that is smooth, including mousses, smoothies, and of course, ice cream. Using fresh mint leaves for flavor, lemon or lime juice to preserve the color, heavy cream, and sugar, those ripe avocados you weren't sure what to do with can become ice cream in a snap. You don't even have to use an ice cream maker, but some recipes call for one. There are also versions that are vegan and paleo-friendly, substituting coconut milk, ripe banana, and maple syrup for the cream and sugar.

**Dark Chocolate Avocado Truffles**—Someone around here really likes avocados! But think about it. Dark chocolate and avocado are both very nutritious superfoods. This duo is packed with antioxidants, vitamins, and minerals and can lower blood pressure and boost good cholesterol. When married in a velvety truffle, a truly healthy treat is born. They are easy to make and delicious.

**SCIENCE PUNS AND JOKES**

- Optimists see a glass as half full. Pessimists see a glass as half empty. Scientists see a glass as completely full - half is liquid and half is air.
- Why don't ants get sick? They have ant-y bodies.
- What did one tectonic plate say to the other? Sorry! My fault.
- What did the biologist wear to impress his date? Designer genes
- What is a physicist's favorite part of a baseball game? The wave
- What do you tell the person who invented the number 0? Thanks for nothing.
- What's wrong when a physicist and a biologist enter a relationship? There's no chemistry.
- According to chemistry, alcohol is a solution.
- What award did the person who invented the door knocker win? The no-bell prize
- What did the science book say to the math book? You've got problems.
- Who invented fractions? Henry the 1/8
- What should you do if no one laughs at these science jokes? Keep trying. Eventually, you'll get a reaction.

	NEW PROVIDENCE SENIOR CITIZENS CLUB ~ May 2022 ~					
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 9:00 <u>NO</u> In Control <sup>1</sup> 11:00 Chair Yoga <sup>1</sup> <b>11:00 Trustee Mtg<sup>2</sup></b>	3 8:00 Bus to ShopRite* 9:45 Balance & Cond. <sup>1</sup> 1:00 Tai Chi <sup>1</sup> 1:00 Advanced Italian <sup>2</sup>	4 9:30 Zumba Gold-Toning <sup>1</sup> <b>11:00 Qi Gong<sup>1</sup></b>	5 9:30 Strong YOU with Mike <sup>1</sup> 1:00 Mah Jongg <sup>2</sup>	6 9:00 Zumba <sup>1</sup> 11:00 Indoor Bingo <sup>3***</sup>	7 Salt Box Craft Fair 9AM – 3PM
8 <i>Happy Mother's Day!</i>	9 9:00 <u>NO</u> In Control <sup>1</sup> 11:00 Chair Yoga <sup>1</sup> <b>11:00 Club Meeting featuring NPHS Vocalists<sup>3****</sup></b>	10 8:00 Bus to ShopRite* 9:45 Balance & Cond. <sup>1</sup> <b>11:00 First Aid Kits<sup>3</sup></b> 1:00 Tai Chi <sup>1</sup> 1:00 Advanced Italian <sup>2</sup> 2:00 Beginner Italian <sup>2</sup>	11 9:30 Zumba Gold-Toning <sup>1</sup> <b>11:00 Tissue Paper Craft<sup>3</sup></b>	12 9:00 Bus to Blue Star** 9:30 Strong YOU with Mike <sup>1</sup> 1:00 Mah Jongg <sup>2</sup>	13 9:00 Zumba <sup>1</sup> 11:00 Indoor Bingo <sup>3***</sup>	14
15	16 9:00 In Control <sup>1</sup> <b>10:00 "The Mediterranean Diet"<sup>1</sup></b> 11:00 Chair Yoga <sup>1</sup>	17 8:00 Bus to ShopRite* 9:45 Balance & Cond. <sup>1</sup> <b>11:00 Book Club<sup>2</sup></b> 1:00 Tai Chi <sup>1</sup> 1:00 Advanced Italian <sup>2</sup>	18 9:30 Zumba Gold-Toning <sup>1</sup> <b>11:00 Indoor Bingo with Chatham Hills<sup>3***</sup></b>	19 9:30 Strong YOU with Myriam <sup>1</sup> 1:00 Mah Jongg <sup>2</sup>	20 9:00 Zumba <sup>1</sup> 11:00 Indoor Bingo <sup>3***</sup>	21 <i>Armed Forces Day</i>
22	23 9:00 In Control <sup>1</sup> 11:00 Chair Yoga <sup>1</sup>	24 8:00 Bus to ShopRite* 9:45 Balance & Cond. <sup>1</sup> <b>11:00 Membership Directory<sup>3</sup></b> 1:00 Tai Chi <sup>1</sup> 1:00 Advanced Italian <sup>2</sup> 2:00 Beginner Italian <sup>2</sup>	25 9:30 Zumba Gold-Toning <sup>1</sup> <b>11:00 Club Meeting featuring The Larks<sup>3***</sup></b>	26 9:30 Strong YOU with Myriam <sup>1</sup> 1:00 Mah Jongg <sup>2</sup> <b>6:00pm "Stroke &amp; Hypertension"<sup>1</sup></b>	27 9:00 Zumba <sup>1</sup> 11:00 Indoor Bingo <sup>3***</sup>	28
29	30 <i>Memorial Day</i> CENTER CLOSED - <u>NO</u> EXERCISE CLASSES	31 8:00 Bus to ShopRite* 9:45 Balance & Cond. <sup>1</sup> 1:00 Tai Chi <sup>1</sup> 1:00 Advanced Italian <sup>2</sup>	Jun 1 Activities to be announced.	Jun 2 9:30 Strong YOU with Myriam <sup>1</sup> 1:00 Mah Jongg <sup>2</sup>	Jun 3 9:00 Zumba <sup>1</sup> 10:30 Bone Smart <sup>1</sup> 11:00 <u>NO</u> Bingo <b>Early Voting 10am – 8pm</b>	Jun 4 <b>Early Voting 10am -8pm</b>

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

<sup>2</sup> Held at the DeCorso Center.

<sup>3</sup> Held at the DeCorso Center. Registration required.

#### Bus Transportation

\* Call MONDAY MORNINGS to reserve your spot

\*\* Call by TUESDAY, May 10, to reserve your spot.

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

\*\*\*\*Call 3 days in advance to reserve your ride.