

# New Providence Senior Citizens Newsletter

## "Good things happen here!"

MARCH 2023

Vol. 23. No. 3



### COORDINATOR'S CORNER

Wishing you all a wonderful month of March – May the sun shine brightly, the start of spring come early, and the “luck of the Irish” be with you throughout the month! We hope to see you at the Center often!

### Highlights of March Programs and Activities include:

- Library Hours with NPML at the Center – Wed, 3/1, 10am
- Club Meeting/Meditation/Birthdays – Wed, 3/1, 11am
- Club Meeting/NPHS Spring Musical Highlights – Wed, 3/8, 11am
- Bus to Blue Star – Thurs, 3/9, 9am
- Club Meeting/St. Patrick’s Day Bingo and special prizes – Wed, 3/15, 11am
- St. Patrick’s Day Luncheon – Thurs, 3/16, 12noon \*Advance Tickets required\*
- Club Meeting/Alzheimer’s and Dementia – Wed, 3/22, 11am
- Club Meeting/NJ Consumer Fraud Education – Wed, 3/29, 11am
- Special Program/Therapy Dogs – Thurs, 3/30, 11am \*RSVP required\*
- Tax preparation appointments continue in March and early April. Please see Michelle or Arthi to schedule an appointment.

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

- The wearing of masks in the DeCorso Center is no longer required. Social distancing is still recommended.
- 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, and for activities when seniors may not be socially distanced.
- We encourage everyone to stay up to date with their vaccinations. If you have questions or would like assistance in obtaining a booster shot, please contact the New Providence Public Health Nurse at (908) 743-1049.
- If you are not feeling well, we ask that you please do not attend our in-person programs. Thank you.

### Please note the following schedule updates:

- There will be no Chair Yoga on Monday, March 13 or Monday, March 20.
- There will be no Knitting Club on Thursday, March 16.
- There will be no Mah Jongg on Thursday, March 16. Mah Jongg will meet on **Friday, March 17 at 11:00am** instead.

### NP Senior Citizens Club

An organization dedicated to providing social & enriching activities & events for New Providence residents 55 years and beyond.

#### Trustees

Chair: Bill Wehrle

Secretary: Bette Schmitt

Trustees: Bert Abbazia, Peggy Brodeur, Barbara Koslap, Sal Ligammar, Pat Malicher, Grace Parlapiano, Nina Pardi

#### Club Officers

President: Christine Napolitano

Vice President: Bill Wehrle

Treasurer: Sal Ligammar

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)

[www.facebook.com/NPSeniors](http://www.facebook.com/NPSeniors)

#### 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 Shop Rite on Tuesday mornings, to shopping malls as scheduled, and to several Club activities. Call in advance to reserve your ride.

**ST. PATRICK'S DAY LUNCHEON**

Celebrate St. Patrick's Day at a luncheon on **Thursday, March 16 at 12:00noon** at the DeCorso Center. Enjoy a delicious hot meal including hot corned beef and cabbage, Chicken Francese, baked ziti, red potatoes in butter and parsley, carrots, tossed salad, rye bread and Irish soda bread, and ice cream. There will also be musical entertainment. Come and enjoy the festivities! Ticket cost is \$22 per person. Tickets will be on sale prior to the Club meetings on Wednesdays or see Michelle or Arthi to buy a ticket at any time. The last day to buy tickets will be Friday, March 10. For bus transportation, e-mail [decorsocenter@newprov.us](mailto:decorsocenter@newprov.us) or call (908) 665-0046 two days in advance.

**"LIBRARY HOURS" AT THE DECORSO CENTER WITH THE NEW PROVIDENCE MEMORIAL LIBRARY**

Stop into the DeCorso Center's library on **Wednesday, March 1 from 10:00a.m-11:00a.m.** before the Club meeting to chat with a New Providence Memorial Library reference librarian, get information about the library's programs and services, and/or sign up for a library card. Feel free to share your favorite book, or maybe get a suggestion for something new to read!

**NPSC CLUB MEETING & MEDITATION & BIRTHDAYS**

Wednesday, March 1 at 11:00a.m.

Join us for a Club meeting to learn about the many benefits of a regular **meditation** practice and how you can incorporate meditation into your daily life. Bridget Cutler, a Chopra certified meditation teacher, will also guide you through a 10-minute practice that will leave you feeling calm and centered. Meditation may help to reduce stress and inflammation, lower blood pressure, slow down the aging process, release toxins, and downregulate genes that contribute to diabetes, Alzheimer's, autoimmune illness, and some cancers.

We will also celebrate **March birthdays** and Phyllis Kalb will stop by to talk about the New Providence Memorial Library's **Creative Writing Group**.

For bus transportation, call (908) 665-0046 or e-mail [decorsocenter@newprov.us](mailto:decorsocenter@newprov.us) two days in advance.

**ART PROGRAM REMINDER - CLAY VASES**

Join Art Instructor Christen Simmons on **Thursday, March 2 at 11:00a.m.** for Part 2 of the Clay Vases project. Paint the vases that were made in February and get them ready to bring home to enjoy.

**♪ NPSC CLUB MEETING & SCHOOL MUSICAL PERFORMANCE ♪**

Wednesday, March 8 at 11:00a.m. Join us for a Club meeting and enjoy a morning of music with New Providence High School students. Cast members from the NPHS Spring Musical "Nice Work If You Can Get It" will present highlights from the show. The show is a fun look back at the Roaring 20s featuring some great Gershwin tunes.

For bus transportation, call (908) 665-0046 or e-mail [decorsocenter@newprov.us](mailto:decorsocenter@newprov.us) two days in advance.

**♣ NPSC CLUB MEETING & ST.PATRICK'S-THEMED BINGO WITH BRANDYWINE LIVING ♣**

Wednesday, March 15 at 11:00a.m. Join us for a special St. Patrick's Day-themed bingo as the program for the Club meeting. Brandywine Living will be here to give out special prizes and share some festive treats.

For bus transportation, call (908) 665-0046 or e-mail [decorsocenter@newprov.us](mailto:decorsocenter@newprov.us) two days in advance.

**NPSC CLUB MEETING & TIPS, RESOURCES, AND GUIDANCE ON HOW TO PREVENT ALZHEIMER'S & DEMENTIA**

Wednesday, March 22 at 11:00a.m. Join us for a Club meeting and a discussion on Alzheimer's and Dementia presented by Anthony Elia from Arden Courts in Whippany. Anthony is a Certified Dementia Practitioner. He will speak on Alzheimer's and Dementia, give tips on how to prevent them, and share resources that are available for anyone who has or is caring for someone that has Alzheimer's or Dementia. Refreshments will be provided by Arden Courts.

For bus transportation, call (908) 665-0046 or e-mail [decorsocenter@newprov.us](mailto:decorsocenter@newprov.us) two days in advance.

### **NPSC CLUB MEETING & SENIOR CONSUMER FRAUD EDUCATION AND PROTECTION PROGRAM**

Wednesday, March 29 at 11:00a.m.

Join us for a Club meeting to learn about the Senior Consumer Fraud Education and Protection program presented by the New Jersey Division of Consumer Affairs. From the IRS phone scam to lottery and sweepstakes scams, to the so-called grandparent scam, it appears that imposter frauds and other criminal scams are more active than ever — and are preying on potential victims in New Jersey through phone calls, emails, and other means.

For bus transportation, call 908-665-0046 or e-mail [decorsocenter@newprov.us](mailto:decorsocenter@newprov.us) two days in advance.

### **BRIGHT AND BEAUTIFUL THERAPY DOGS**

Come and join us on **Thursday, March 30 at 11a.m.** to enjoy the pet therapy from the Bright and Beautiful Therapy Dogs organization. The companionship of a pet can be an invaluable tool bringing purpose and engagement for people of all ages. Spending time with a pet is a powerful way to combat loneliness and isolation, bringing comfort and companionship while reducing stress and promoting overall health and wellness. Please register in advance by March 20<sup>th</sup>. To register and for bus transportation, call (908) 665-0046 or e-mail [decorsocenter@newprov.us](mailto:decorsocenter@newprov.us).

### **SAVE THE DATE**

Please mark your calendars for the Senior Health Fair, to be held at the center on **Wednesday, May 17.**

### **BINGO**

**Special Bingo** – Join us for a special St. Patrick's Day-themed bingo on **Wednesday, March 15** as the program for the Club meeting which starts at 11:00a.m. Brandywine Living will be here to give out special prizes and share some festive treats.

**Friday Bingo** – Join us for weekly bingo **every Friday at 11:00a.m.**

- On **Friday, March 24**, CareOne will bring hot soft pretzels for a special treat after bingo concludes!

Bingo cards are 50 cents each. For bus transportation to bingo, e-mail [decorsocenter@newprov.us](mailto:decorsocenter@newprov.us) or call (908) 665-0046 two days in advance.

### **MONTHLY SPECIALS**

**Senior Bus Shopping Trip** – Take the bus to Blue Star Shopping Center on **Thursday, March 9**. Pickups begin at 9:00a.m. Masks are strongly recommended while riding the bus. To reserve your spot, call (908) 665-0046 or e-mail [decorsocenter@newprov.us](mailto:decorsocenter@newprov.us) by Tuesday, March 7.

**Nurse's Hours** – The New Providence Public Health Nurse, Jenn Aranda, will be at the DeCorso Center before the Club meeting on **Wednesday, March 8 beginning at 10:00a.m.** to give blood pressure screenings and to answer questions. For bus transportation, call (908) 665-0046 or e-mail [decorsocenter@newprov.us](mailto:decorsocenter@newprov.us) two days in advance.

### **AARP TAX RETURN ASSISTANCE**

AARP Foundation Tax Aide counselors are available at the DeCorso Center for **appointments from 9:30a.m.-2:30p.m. on Tuesdays and Wednesdays through April 12.** Taxpayers may call the DeCorso Center at (908) 665-0046 between 10:00a.m. and 2:00p.m. Mondays through Fridays to schedule an appointment, or they may sign up in person at the Center. When coming to the Center for scheduled tax appointments, AARP asks that taxpayers bring with them:

1. Photo identification
2. Social security card (or other written proof of Social Security Number) for everyone on the tax return, including dependents
3. Prior year tax return
4. All tax documents for 2022 (W-2, pension 1099, social security 1099, interest & dividend 1099, broker statements, etc.)
5. Medical expenses and contributions (if numerous, please list and total). AARP counselors will not be able to sort and total receipts.
6. Real estate taxes, homestead rebate amounts, PTR rebates, if applicable.

### **KUDOS TO THE KNITTING GROUP**

Special recognition to the NPSCC Knitting Group for the beautiful baby clothes they made and are donating to Morristown Hospital.

**ATLANTIC HEALTH VIRTUAL PROGRAMS****A Day to Remember: A Conference for Those Living with Memory Loss - March 12, 2023 at 8:30 AM – 1:00 PM. Overlook Medical Center or Virtual.**

A conference for patients, care partners and community members to come together and learn about new research and to receive inspiration and information on helpful resources, including a wellness and support program. This program is offered in person at Overlook Medical Center and virtually.

**Managing Gut Health & Challenges – March 13, 2023 at 10:00 AM – 11:00 AM.**

Join a registered dietitian to learn how to manage and support your gut health and to help you feel better. Presented by Evelyn Minolfo, M.S., RDN at Shoprite of West Caldwell and Shoprite of Parsippany.

E-mail [decorsocenter@newprov.us](mailto:decorsocenter@newprov.us) to register and receive the Zoom link.

**THANK YOU NOTES**

- New Providence High School Music Club students and Voice Class students for entertaining us with instrumental and vocal performances.
- Atlantic Health for the “Healthy Sleep Habits” presentation.
- Public Health Nurse Jennifer Aranda for the heart healthy grocery shopping strategies and tips.
- CareOne for the hot dog lunch after Friday bingo.
- Club members who made donations to the NPSCC in memory of Joe Masino
- The New Providence Intergenerational Club for the yummy Valentine’s Day cookies

*May your troubles be less,  
And your blessing be more.  
And nothing but happiness  
Come through your door.  
~ Irish Blessing*

**AROUND TOWN****NPHS Musical – “Nice Work If You Can Get It.” Dress rehearsal , Thursday, March 9, 5:00pm**

Performances: Friday March 10, 7:30pm; Saturday, March 11, 7:30pm; Sunday, March 12, 2:00pm (snow date)

**Rummage Sale – New Providence Methodist Church. Friday, March 24 & Saturday, March 25, 9am-2pm.**

Proceeds to benefit Community Service Association (CSA), LINC Food Pantry, Scholarships. Donation Drop-Off Dates March 1-20, Mon-Fri, 10am-2pm.

**Community Service Association (CSA)/New Providence Lions Club 8<sup>th</sup> Annual Pasta Dinner & Basket Raffle.** Proceeds help our neighbors in need. **Sunday, March 26, 2023, 3:00–7:00pm**

**New Providence Community Pool** – Early Bird rates available until April 10. Senior Citizen rate \$127.

**NEW PROVIDENCE MEMORIAL LIBRARY (NPML)**

**Creative Writing Group** – Join Phyllis Kalb to write about anything you’d like – no experience necessary! Please bring pen and paper. Thursdays, 10:30 AM – 11:30 AM beginning March 2.\*

**Documentary “Maidentrip,”** Thurs, Mar 2, 7pm

**NP Chess Club** – Mon, Mar 6, 13, 20, 27, 5:30-7:30pm. Register at least 1 day in advance online at [npchessclub.org](http://npchessclub.org).

**Knit/Crochet Night** – Mon, Mar 6 & Thurs. Mar 16, 7pm.

**Books & Bagels** – Tues, Mar 7, 10:30am\*

**“Beauty on the Wing” Screening & Filmmaker Talk** – Sun, Mar 12, 2pm\*

**David Epstein Virtual Author Talk** – Mon, Mar 13, 1pm. See NPML website for registration information.

**Batter Up: Let’s Talk Baseball** – Mon, Mar 13, 7pm\*

**Movie “Ticket to Paradise”** – Tues, Mar 14, 1pm

**Catmoondaddy Concert** – Sun, Mar 19, 3pm

**“Mothers of Invention” with Carol Simon Levin** – Thurs, Mar 23, 7pm\*

**Cookbook Club** – Tues, Mar 28, 1pm\*

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

## NEW PROVIDENCE SENIOR CITIZENS CLUB

March 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Feb 26	Feb 27 9:30 In Control <sup>1</sup> 11:00 Chair Yoga <sup>2</sup> 11:00 Bridge	Feb 28 <b>Tax Help 9:30-2:30 (by appointment only)</b> 8:00 Bus to ShopRite* 9:45 Balance & Cond. <sup>2</sup> 1:00 Advanced Italian	1 <b>Tax Help 9:30-2:30 (by appointment only)</b> <b>10:00 "Library Hours"</b> 11:00 Club Meeting - <b>"Meditation" &amp; Celebrate Birthdays</b> ***	2 9:30 Strong You! <sup>2</sup> <b>11:00 Clay Vases</b> <sup>4</sup> 12:30 Mah Jongg 1:00 Knitting Club 1:00 Tai Chi <sup>1</sup>	3 9:00 Zumba <sup>1</sup> 11:00 Bingo***	4
5	6 9:30 In Control <sup>1</sup> 11:00 Chair Yoga <sup>2</sup> <b>11:00 Trustee Mtg</b> 11:00 Bridge	7 <b>Tax Help 9:30-2:30 (by appointment only)</b> 8:00 Bus to ShopRite* 9:45 Balance & Cond. <sup>2</sup> 1:00 Advanced Italian 2:00 Beginner Italian	8 <b>Tax Help 9:30-2:30 (by appointment only)</b> <b>10:00 Nurse's Hours</b> 11:00 Club Meeting - <b>NPHS Spring Musical Highlights</b> ***	9 <b>9:00 Bus to Blue Star</b> ** 9:30 Strong You! <sup>2</sup> 12:30 Mah Jongg 1:00 Knitting Club 1:00 Tai Chi <sup>1</sup>	10 9:00 Zumba <sup>1</sup> 11:00 Bingo***	11
12 <i>8:30 "A Day to Remember"<sup>1</sup></i> <i>Daylight Saving Begins</i>	13 9:30 In Control <sup>1</sup> <i>10:00 "Managing Gut Health &amp; Challenges"<sup>1</sup></i> 11:00 <u>NO</u> Chair Yoga <sup>2</sup> 11:00 Bridge	14 <b>Tax Help 9:30-2:30 (by appointment only)</b> 8:00 Bus to ShopRite* 9:45 Balance & Cond. <sup>2</sup> <b>10:00 Activities Mtg.</b> 1:00 Advanced Italian	15 <b>Tax Help 9:30-2:30 (by appointment only)</b> 11:00 Club Meeting - <b>St. Patrick's Day-themed Bingo with Brandywine Living</b> ***	16 9:30 Strong You! <sup>2</sup> <b>12:00 St. Patrick's Day Luncheon</b> <sup>3</sup> *** 12:30 <u>NO</u> Mah Jongg 1:00 <u>NO</u> Knitting Club 1:00 Tai Chi <sup>1</sup>	17 <i>St. Patrick's Day</i> 9:00 Zumba <sup>1</sup> 11:00 Bingo*** 11:00 Mah Jongg	18
19	20 <i>Start of Spring</i> 9:30 In Control <sup>1</sup> 11:00 <u>NO</u> Chair Yoga <sup>2</sup> 11:00 Bridge	21 <b>Tax Help 9:30-2:30 (by appointment only)</b> 8:00 Bus to ShopRite* 9:45 Balance & Cond. <sup>2</sup> 1:00 Advanced Italian 2:00 Beginner Italian	22 <b>Tax Help 9:30-2:30 (by appointment only)</b> 11:00 Club Meeting - <b>"Alzheimer's &amp; Dementia"</b> ***	23 9:30 Strong You! <sup>2</sup> 12:30 Mah Jongg 1:00 Knitting Club 1:00 Tai Chi <sup>1</sup>	24 9:00 Zumba <sup>1</sup> <b>11:00 Bingo &amp; Hot Pretzels provided by CareOne</b> ***	25
26 <i>CSA Pasta Dinner 3:00-7:00pm</i>	27 9:30 In Control <sup>1</sup> 11:00 Chair Yoga <sup>2</sup> 11:00 Bridge	28 <b>Tax Help 9:30-2:30 (by appointment only)</b> 8:00 Bus to ShopRite* 9:45 Balance & Cond. <sup>2</sup> 1:00 Advanced & Beginner Italian	29 <b>Tax Help 9:30-2:30 (by appointment only)</b> 11:00 Club Meeting - <b>NJ Consumer Fraud Education</b> ***	30 9:30 Strong You! <sup>2</sup> <b>11:00 Therapy Dogs</b> <sup>5</sup> 12:30 Mah Jongg 1:00 Knitting Club 1:00 Tai Chi <sup>1</sup>	31 9:00 Zumba <sup>1</sup> 11:00 Bingo***	Apr 1

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

<sup>2</sup>Hybrid class offered both in person at the Center and on Zoom. Pre-registration required.

<sup>3</sup>Purchase ticket in advance

<sup>4</sup>Part 2 of the Clay Vases project.

<sup>5</sup>Register in advance

Note: Masks are recommended for any activity when social distancing is not possible.

### Bus Transportation

\*Call MONDAY MORNINGS to reserve your spot.

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

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