

New Providence Senior Citizens Newsletter

"Good things happen here!"

MAY 2023



Vol. 23. No. 5



COORDINATOR'S CORNER

There is a lot to do at the Center in May, but I want to highlight two important events - the Club's Anniversary Luncheon on Thursday, May 11 (buy your tickets by May 3), and the Senior Health Fair on Wednesday, May 17 from 8:30am-11:30am. We are also happy to offer a special 6-week session of "Stretch and Strength" exercise with Mike beginning May 24. Keep reading for details on these activities and more!

Highlights of May Programs and Activities include:

- Club Meeting/Special Bingo/Birthdays – Wed, 5/3, 11am
- Art program/Watercolor Bouquet – Thurs, 5/4, 11am
- Club Meeting/Travel Lecture – Wed, 5/10, 11am
- Anniversary Luncheon – Thurs, 5/11, 12noon
- Senior Health Fair - Wed, 5/17, 8:30-11:30am
- Club Meeting/Healthy Eating for Seniors – Wed, 5/24, 11am
- Club Meeting/NPHS School Music Performance/Nachos – Wed, 5/31, 11am

Important Safety Protocols for In-Person Programs:

- The wearing of masks in the DeCorso Center is no longer required. Social distancing is still recommended. We encourage everyone to stay up to date with their vaccinations.
- 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.
- 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 in-person activities on Tuesday, May 16 due to the Health Fair Set Up.
- The Center will be closed on Friday, May 19 for mandatory employee training. There will be no in-person programs.
- The Center will be closed on Monday, May 29 for Memorial Day. There will be no programs or exercise classes.
- **Please check the calendar for schedule updates for individual classes and activities.**
- Summer Hours will go into effect beginning Friday, May 26th and will end on Friday, September 1st. During this time, Borough Offices will close at 1:00p.m. on Fridays.

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, Nina Pardi, Grace Parlapiano

Club Officers

President: Christine Napolitano

Vice President: Bill Wehrle

Treasurer: Sal Ligammar

1st 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

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.

CLUB MEETINGS & SPECIAL PROGRAMS**NPSC CLUB MEETING &
Special Bingo**

Wednesday, May 3 at 11:00am

Join us for a Club meeting followed by a special bingo as the program. Michelle and Arthi will call bingo and there will be special prizes for the games.*

**NPSC CLUB MEETING &
Travel Lecture**

Wednesday, May 10 at 11:00am

Join our local Travel Advisor, Nish Verma, on a Travel Series for Seniors. This first session will introduce us to Ireland, and how you can make a trip to the Emerald Isle. He will also be answering all travel related questions for seniors. At the end of the session, one lucky participant will win a Gift Card. Coffee and donuts will be served.*

**DUE TO THE SENIOR HEALTH FAIR, THERE WILL BE
NO CLUB MEETING ON WEDNESDAY, MAY 17.****NPSC CLUB MEETING &
"Healthy Eating for Seniors" by Atlantic Health**

Wednesday, May 24 at 11:00am

Join us for a club meeting and discussion about Healthy Eating for Seniors by Atlantic Health. Learn how to incorporate macronutrients in your diet to create balanced meals and snacks. Identify simple carbohydrates that can raise blood sugars and how to plan and create meals to prevent elevated blood sugars. Presented by Lia Ferranti, RD Registered Dietitian Overlook Diabetes Center.*

**NPSC CLUB MEETING &
♪ School Musical Performance & Nachos Bar ♪**

Wednesday, May 31 at 11:00am

Join us for a Club meeting and enjoy a morning of music with New Providence High School students. NPHS Jazz Band members will perform and share some wonderful instrumental music. Linda Kale will also preview a "Creating Creative Cards" class/program planned for June 8. Care One will be providing Nachos as a special treat after the Club meeting concludes.*

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

EVENTS**Ξ ANNIVERSARY LUNCH Ξ**

Thursday, May 11 at 12:00noon

Join us at the Prima Vera Regency for our Anniversary Luncheon on **Thursday, May 11 at noon** celebrating the 64th anniversary of the New Providence Senior Citizens Club. The menu includes an appetizer, salad, and your choice of entree. Pastry desserts will be on each table. There will be no open bar. Soft beverages and coffee and tea are included. Bob Marino will perform for us. Tickets cost \$45. **Purchase ticket by May 3. Please see Michelle or Arthi to request bus transportation.**

NEW PROVIDENCE SENIOR HEALTH FAIR

Wednesday, May 17, 8:30 - 11:30am

The New Providence Department of Health and DeCorso Community Center will host a Senior Health Fair at the DeCorso Center on Wednesday, May 17 from 8:30 to 11:30a.m. All New Providence residents 55+ are invited to attend.

The health fair will be informational along with some basic screenings and will bring together local service providers and medical professionals. There will be stroke assessment, dental, Hepatitis B, and chiropractor screenings. Pharmacy representatives, a physical therapy provider and other senior health organizations will also be participating.

Call the DeCorso Center at (908) 665-0046 or see Michelle or Arthi to make an appointment for the stroke assessment, or to request bus transportation to the health fair. You may also e-mail or call the Public Health Nurse with questions or to make a stroke assessment appointment at jaranda@newprov.us or (908) 743-1049.

UPCOMING TRIPS**LAKOTA WOLF PRESERVE**

Learn about one of nature's most misunderstood creatures on **Thursday, June 22**. Cost is \$20 plus cost of lunch. Tickets go on sale May 10.

SOMERSET PATRIOTS BASEBALL GAME

Enjoy a minor league baseball game and fireworks on **Friday, July 7**. Bus leaves at 6:00pm. Cost is \$17. **Tickets must be purchased before June 1.** See Christine for details.

ARTS & CRAFTS**WATERCOLOR FLOWER BOUQUETS**

Thursday, May 4 at 11:00am

Join Art Instructor Christen Simmons to learn different watercolor techniques and paint a beautiful spring flower bouquet. Create a wonderful art project to brighten your home. Christen has been teaching and volunteering her time for over 20 years with students from preschool to seniors. She currently teaches art to all ages. Please e-mail decorocenter@newprov.us or call the Center at (908) 665-0046 by Friday, April 28 to register.

KNITTING CLUB

Thursdays at 1:00pm

Bring your own project and enjoy the conversation on Thursdays at 1:00pm. Also welcome are non-knitters or crocheters who want to learn (we have some supplies at the Center). **There will be NO Knitting Club on Thursday, May 11.**

CARDS & GAMES**BINGO**

Special Bingo – Join us for bingo with special prizes on **Wednesday, May 3, at 11:00am.**

Friday Bingo – Join us for weekly bingo every Friday at 11:00am. **There will be NO Bingo on Friday, May 19.**

Bingo cards are 50 cents each. For bus transportation, call (908) 665-0046 or e-mail decorocenter@newprov.us two days in advance.

BRIDGE

Mondays at 11:00am

Come play “social bridge” and enjoy the company of Club friends in the Card Room! All levels are welcome. **There will be NO Bridge on Monday, May 29.**

MAH JONGG

Thursdays at 12:30pm

Join Club friends for a fun afternoon in the Card Room! Play Mah Jongg on Thursdays beginning at 12:30pm. **There will be NO Mah Jongg on Thursday, May 11. Mah Jongg will meet on Tuesday, May 9 at 12:30pm instead.**

HEALTH & FITNESS

SENIOR HEALTH FAIR – See article on page 2 about the Senior Health Fair on Wednesday, May 17.

EXERCISE CLASSES

All DeCorso Center exercise classes are free to New Providence residents ages 65+. If you would like to sign up for a class, please ask your doctor which classes would be appropriate for you and contact the Center to register. Our class schedule is as follows:

- In Control – Mondays at 9:30am - ZOOM ONLY
- Chair Yoga – Mondays at 11:00am – IN PERSON AND ON ZOOM
- Balance and Conditioning – Tuesdays at 9:45am – IN PERSON AND ON ZOOM
- Strong You – Thursdays at 9:30am – IN PERSON AND ON ZOOM
- Tai Chi – Thursdays at 1:00pm - ZOOM ONLY
- Zumba – Fridays at 9:00am – ZOOM ONLY

SPECIAL OFFERING - STRETCH AND STRENGTH

We are happy to offer a special “Stretch and Strength” class with Mike for 6 weeks from May 24 – June 28. This full body fitness program gives participants of all levels the opportunity to engage in a resistance workout of all body parts. The session ends with an extended period of stretching to loosen muscles and improve your mood. Wednesdays at 9:30am - ZOOM ONLY.

ATLANTIC HEALTH VIRTUAL PROGRAMS

Type 2 Diabetes Support Group – **Tuesday, May 2, 12:00pm – 1:00pm***

Join our virtual support group and share your experiences with the Atlantic Health System certified diabetes education specialist team and others living with type 2 diabetes. We offer support group meetings and education classes to all of our patients living with diabetes for an opportunity to compare challenges and successes regardless of the length of time you've been living with diabetes.

Do You Walk Safely in a Distracted World? – Thursday, May 18, 11:00am – 12:00pm*

We know how to walk, but do we walk safely? Learn some walking tips to help older adults remain independent, mobile and enhance their well-being. Presented by Denis Kelleher, Program Specialist, Avenues in Motion

*E-mail decorocenter@newprov.us to register and receive the Zoom link.

ITALIAN CLASS

Would you like to learn a new language or practice one you used to know? Come to one of our Italian classes!

Advanced Italian meets on Tuesdays at 1:00pm. Beginner Italian meets alternate Tuesdays at 2:00pm. Check the calendar for dates. **There will be no classes on Tuesday, May 16 or Tuesday, May 30.**

VOLUNTEERS NEEDED!

We are seeking volunteers to assist with the Senior Health Fair on Wednesday, May 17. Volunteers may help to welcome and direct people upon arrival or help serve refreshments. If you would like to volunteer but are unable to stay for the whole time, please let us know. Your help to make the Health Fair a success is greatly appreciated!

SENIOR BUS SHOPPING TRIP

Take the bus to Blue Star Shopping Center on **Thursday, May 18.** Pickups begin at 9:00am. E-mail decorsocenter@newprov.us or call (908) 665-0046 by Tuesday, May 16 to reserve your spot.

EARLY AND PRIMARY DAY VOTING TO BE HELD AT DECORSO CENTER

Early Voting will take place at the DeCorso Center from Friday, June 2 through Sunday, June 4. Voting will also take place at the DeCorso Center on Primary Election Day, Tuesday, June 6.

There will be NO Indoor Bingo on Friday, June 2 and NO Italian classes on Tuesday, June 7. Chair Yoga class on June 5 and Balance and Conditioning class on June 6 will be held on ZOOM ONLY. On Monday, June 5, the Trustees will meet in the Solarium, and Bridge will be held in the card room, both as regularly scheduled.

AROUND TOWN

NEW PROVIDENCE HISTORICAL SOCIETY ANNUAL CRAFT FAIR – Crafters, Bake Sale, Salt Box House Open to Tour, Garden Club Plant Sale. Saturday, May 6, 9:00am to 3:00pm. (Rain date Saturday, May 13)

MEMORIAL DAY PARADE – The parade takes place rain or shine! Refreshments will be served after the parade at the American Legion Post #433. Monday, May 29, 10:00am, Springfield Avenue.

NEW PROVIDENCE MEMORIAL LIBRARY (NPML)

Chess Club Lecture – Mon, May 1 & 15, 4:30pm. Register at least one day in advance online at <https://www.npchessclub.org>

NP Chess Club – Mon, May 1, 8, 15, 22, 5:30pm Register at least one day in advance online at <https://www.npchessclub.org>

Knit/Crochet Night – Mon, May 1 & Thurs May 18, 7:00pm

Books & Bagels – Tues, May 2, 10:30am

The Life of Ulysses S. Grant – Tues, May 2, 7:00pm Attend in person or via zoom.*

Creative Writing – Thurs, May 4, 11, 18, 25, 10:30am

Batter Up: Let's Talk Baseball – Mon, May 8, 7:00pm*

Monthly Movie: "Empire of Light" – Tues, May 9, 1:00pm

Concert: "Tales & Tunes of East Galway" - Sunday, May 21, 3:00pm

Cookbook Club: "Cultural Recipes and Grilling Hacks." Tues, May 23, 1:00pm*

*Email rsvp@newprovidencelibrary.org to register.

THANK YOU NOTES

- New Providence Middle School band members for the wonderful instrumental music.
- Representatives from Mountain Valley Emergency Communications Center for the presentation on 9-1-1.
- AARP Foundation Tax Aide counselors who volunteered at the Center from February to April and helped so many seniors in our Club and community with their taxes.
- Bobbi McAneny for donating a Mah Jongg set for use at the Center.

| NEW PROVIDENCE SENIOR CITIZENS CLUB May 2023 | | | | | | |
|---|---|---|--|--|---|---|
| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
| Apr 30 | 1 9:30 In Control ¹ 11:00 Chair Yoga ² 11:00 Trustee Mtg. 11:00 Bridge | 2 8:00 Bus to ShopRite* 9:45 Balance & Cond. ² 12:00 "Type 2 Diabetes Support Group" ¹ 1:00 Advanced Italian | 3 11:00 Club Meeting/ Celebrate Birthdays - Special Bingo*** | 4 9:30 Strong You! ² 11:00 Watercolor Bouquet ⁴ 12:30 Mah Jongg 1:00 Knitting Club 1:00 Tai Chi ¹ | 5 9:00 Zumba ¹ 11:00 Bingo *** | 6 |
| 7 | 8 9:30 In Control ¹ 11:00 Chair Yoga ² 11:00 Bridge | 9 8:00 Bus to ShopRite* 9:45 Balance & Cond. ² 10:00 Activities Mtg. 12:30 Mah Jongg 1:00 Advanced Italian 2:00 Beginner Italian | 10 11:00 Club Meeting – Nish Verma Travel Lecture*** | 11 9:30 Strong You! ² 12:00 Anniversary Lunch ^{3***} 12:30 <u>NO</u> Mah Jongg 1:00 <u>NO</u> Knitting Club 1:00 Tai Chi ¹ | 12 9:00 Zumba ¹ 11:00 Bingo *** | 13 |
| 14 <i>Happy Mother's Day!</i> | 15 9:30 In Control ¹ 11:00 Chair Yoga ² 11:00 Bridge | 16 8:00 Bus to ShopRite* 9:45 Balance & Cond. (Zoom only; <u>NO</u> in-person class) 1:00 <u>NO</u> Italian Classes | 17 Health Fair 8:30-11:30 a.m.*** (<u>NO</u> Club Meeting) | 18 9:00 Bus to Blue Star ^{**} 9:30 Strong You! ² 11:00 "Do You Walk Safely?" ¹ 12:30 Mah Jongg 1:00 Knitting Club 1:00 Tai Chi ¹ | 19 Center Closed 9:00 Zumba ¹ 11:00 <u>NO</u> Bingo *** | 20 |
| 21 | 22 9:30 <u>NO</u> In Control ¹ 11:00 Chair Yoga ² 11:00 Bridge | 23 8:00 Bus to ShopRite* 9:45 Balance & Cond. ² 1:00 Advanced Italian 2:00 Beginner Italian | 24 9:30 Stretch & Strength ¹ 11:00 Club Meeting - "Healthy Eating for Seniors"*** | 25 9:30 <u>NO</u> Strong You! ² 12:30 Mah Jongg 1:00 Knitting Club 1:00 Tai Chi ¹ | 26 9:00 Zumba ¹ 11:00 Bingo *** | 27 |
| 28 | 29 <i>Memorial Day Center Closed</i> – No programs or exercise classes. | 30 8:00 Bus to ShopRite* 9:45 Balance & Cond. ² 1:00 <u>NO</u> Italian Classes | 31 9:30 Stretch & Strength ¹ 11:00 Club Meeting - NPHS Jazz Band & Care One Nachos ^{***} | Jun 1 9:30 <u>NO</u> Strong You! ² 12:30 Mah Jongg 1:00 Knitting Club 1:00 Tai Chi ¹ | Jun 2 <i>Early Voting</i> 10:00am-8:00pm 9:00 Zumba ¹ 11:00 <u>NO</u> Bingo *** | Jun 3 <i>Early Voting</i> 10:00am-8:00pm |

¹Virtual class via Zoom. Pre-registration required.

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

³Purchase ticket 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.