

New Providence Senior Citizens Newsletter

"Good things happen here!"

AUGUST 2023

Vol. 23. No. 8



COORDINATOR'S CORNER

I hope you all have been enjoying this summer, including time with friends here at the Center. The Center will be open throughout the month of August, so please join us for upcoming programs and activities including the Senior Luncheon at the New Providence Community Pool, NPSC Club meetings, bridge, Mah Jongg, knitting, bingo, exercise classes, our painting sunflowers art class, and more... we look forward to seeing you soon!

Highlights of August Programs and Activities include:

- Club Meeting/Birthdays/Sing-Along music – Wed, 8/2, 11am
- Senior Lunch at the NP Pool – Wed, 8/9, 12:30pm
(to ride the bus, be at the Center no later than 12:00noon)
- Bus to Blue Star - Thurs, 8/10, 9am
- Club Meeting/Special Bingo -Wed, 8/16, 11am
- Painting Sunflowers – Thurs, 8/17, 11am
- Club Meeting/"The Dog Days of Summer" – Wed 8/23, 11am
- Club Meting/Special Bingo – Wed, 8/30, 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 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:

- **Italian classes will NOT meet** during the month of August.
- **The Center will be closed on Friday, August 4. Zumba WILL take place on Zoom.**
- **There will be NO Bingo on Friday, August 4.**
- There will be **NO Balance & Conditioning** on August 22 or 29.
- Zumba returns to the regular Friday schedule in August. There will be **NO Zumba on August 18 or 25.**
- Borough Offices will close at 1:00pm on Fridays through September 1st for "summer hours."
- Please check the calendar for updates on specific activities.

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, 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

Position to be filled

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/BIRTHDAYS & SING-ALONG MUSIC**

Wednesday, August 2 at 11:00am

Come sing along to some timeless classic hits with Laura from Lester Senior Living in Whippany.*

**DUE TO THE SENIOR LUNCHEON AT THE NP POOL,
THERE WILL BE NO CLUB MEETING ON
WEDNESDAY, AUGUST 9.**

NPSC CLUB MEETING & Special Bingo

Wednesday, August 16 at 11:00am

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

**NPSC CLUB MEETING & Museum of Early Trades and Crafts Presentation
“The Dog Days of Summer”**

Wednesday, August 23 at 11:00am

Have you ever wondered about the origin of the crazy words and phrases we use? From “breaking the ice” to “a wild goose chase,” these seemingly illogical expressions fill our everyday language without a second thought. This “Dog Days of Summer” program, presented by the Museum of Early Trades and Crafts, explores the strange and varied origins of a range of English language idioms and sayings.*

NPSC CLUB MEETING & Special Bingo

Wednesday, August 30 at 11:00am

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

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

EVENTS**SENIOR CITIZENS LUNCH AT THE NP POOL**

Wednesday, August 9

12:30 – 2:30pm

Enjoy a yummy lunch and a wonderful afternoon at the New Providence Community Pool. **Please sign up in advance for the event and for bus transportation.** To do so, please call the Center at (908) 665-0046 or e-mail decorsoccenter@newprov.us by Friday, August 4. **If you would like to ride the bus from the Center to the Pool, please be at the Center no later than 12:00noon.**

SAVE THE DATE!**Welcome Back Picnic, September 21***Tickets will be on sale beginning in August.***TRIPS**

There are no trips scheduled in August.

Are there places that you would like to go and sites that you would like to see? Come to an Activities Committee meeting and help make them happen!

bus SENIOR BUS TO BLUE STAR bus

Mike will drive the Senior Bus to Blue Star Shopping Center on **Thursday, August 10**. Pickups begin at 9:00am. E-mail decorsoccenter@newprov.us or call (908) 665-0046 by Tuesday, August 8 to reserve your spot.

PLANTERS/HERBS

The herbs in the planters outside the Center are growing well thanks to all the rain. The basil, lemon verbena, rosemary, and chives like the summer heat best. The parsley is not as pleased with the heat and rain. Jennifer, the Public Health Nurse, has attached a description to each plant which includes what it is, how to use, how it is good for you, and a fun fact. She also left this information at the front table along with a pair of scissors and some snack bags if you wish to take a clipping of the plant home. Any questions please call or email the Public Health Nurse, Jennifer at 908-743-1049 or Jaranda@newprov.us.

ARTS & CRAFTS**❖ PAINTING SUNFLOWERS ❖**

Thursday, August 17 at 11:00am

Join Art Instructor Christen Simmons to paint beautiful textured sunflowers. 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 decorsocenter@newprov.us or call the Center at (908) 665-0046 by Friday, August 11 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).

CARDS & GAMES**BINGO**

Special Bingo – Join us for bingo with special prizes on **Wednesday, August 16 and Wednesday, August 30 after the 11:00am Club meetings.**

Friday Bingo – Join us for weekly bingo Fridays at 11:00am. **There will be no bingo on Friday, August 4.**

Bingo cards are 50 cents each. For bus transportation, call (908) 665-0046 or e-mail decorsocenter@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.

MAH JONGG

Thursdays at 12:00pm

Join Club friends for a fun afternoon in the Card Room! Play Mah Jongg on Thursdays beginning at 12:00pm.

ITALIAN CLASSES

Italian classes will NOT meet during the month of August. Classes will resume on Tuesday, September 12.

HEALTH & FITNESS**NURSE'S HOURS**

The New Providence Public Health Nurse, Jenn Aranda, will be at the DeCorso Center before the Club meeting on **Wednesday, August 23, 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 two days in advance.

EXERCISE CLASSES

All DeCorso Center exercise classes are free to New Providence residents ages 65+. 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. **No class on August 22 or August 29.**
- **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. **No class on August 18 or 25.**

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

ATLANTIC HEALTH VIRTUAL PROGRAMS

Understanding Blood Pressure - August 28, 11:00am-12:00pm*

High blood pressure is very common among adults and a surprising number of people do not have it under control. Join us to learn more about your blood pressure, how it impacts your risk of heart disease and stroke, and simple ways you can protect yourself.

I Have a Wound...Now What? - August 31, 12:00pm-1:00pm*

This presentation will cover most frequently occurring wound types, basic wound care, signs and symptoms of infection, disease processes that can contribute to poor wound healing, and when to seek professional assistance.

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

SENIOR HEALTH FAIR FEEDBACK

Please share your feedback regarding the Senior Health Fair that was run in May, and suggestions for future health fairs. In particular, please let us know the presenters you liked and want to have back, or presenters/information you would like to see in the future, by checking the survey in the DeCorso Center lobby. You may also e-mail feedback to the Center at decorsocenter@newprov.us or the public health nurse at Jaranda@newprov.us.

Presenters at the 2023 Health Fair included: Pearl Vision, Sage, Stroke Assessment, Care One, Unicity Home Care, Union County Senior Information, Atlantic Rehabilitation, Atlantic Care Center, Walgreens, YMCA nutrition, Avenues in Motion, Mamta Singhal health/wellness.

VACCINE INFORMATION FROM THE PUBLIC HEALTH NURSE

August is Vaccine Month!! The CDC is recommending that EVERYONE gets their flu shot this year. It will be available in late August or early September. Also, according to current recommendations from the CDC, if you are fully vaccinated which includes a full vaccine series and 1 bivalent booster of COVID-19 vaccine, you may not need another vaccine this season. Please check with your doctor for his/her recommendation if you should receive a second bivalent COVID19 booster. If you are not sure if you have received all the recommended doses so far, please contact your doctor or the public health nurse, Jennifer at 908-743-1049 or Jaranda@newprov.us

THANK YOU NOTES

- Christine Napolitano for running the fun trip to the Patriots baseball game.
- Nina Pardi for running the delightful trip to the Airport Café.
- Linda Kale and members of the NP Lions Club for the fantastic Card Making craft.
- Barbara Koslap, NPSCC Club members who helped out, and the Intergenerational Club members who pitched in to make the Ice Cream Social a success.

“Live your life and forget your age.”

~ Jean Paul

AROUND TOWN

National Night Out – Tuesday, August 1, 7:00pm

National Night Out is a FREE annual community-building campaign that promotes strong police-community partnerships and neighborhood camaraderie. Please join the New Providence PBA, Fire, EMS, and the New Providence Business Community on **Tuesday, August 1 from 7 – 9 p.m. on Academy Street and in Centennial Park** for a fun-filled evening.

The celebration features a FREE outdoor concert featuring Al Elefante and the 17-piece NJ Jazz Academy, fun activities and games for kids, free hot dogs from Prestige Diner served by the NP Lions Club, free ice cream from Zita's Homemade ice cream, free water and cake from Acme Markets, and giveaways and games from local businesses.

NEW PROVIDENCE MEMORIAL LIBRARY (NPML)

Adult Summer Reading - Read for the chance to win gift cards to local businesses and a Kindle paperwhite.

Books & Bagels – Tues, Aug 1 at 10:30am

Creative Writing – Thurs, Aug 3, 17, 31 at 10:30am*

“They Only Come Out at Night: Bats” – Thurs, Aug 3 at 7:00pm

Movie – “Pinball: The Man Who Saved the Game” – Saturday, Aug 5, 3:00pm

Knit/Crochet Night – Mon, Aug 7 at 7:00pm & Thurs, Aug 17 at 7:30pm

Movie Matinee “Moving On” – Comedy/Drama. Tues, Aug 8 at 1:00pm

Batter Up: Let’s Talk Baseball – Mon, Aug 14 at 6:30pm*

Cookbook Club – Seasonal vegetarian recipes. Tues, Aug 22, 1:00pm*

A Year Inside College Admissions: A Virtual Author Talk with Jeff Selingo – Wed, Aug 30, 2:00pm. Register online at <https://libraryc.org/newprovidencelibrary>.

See the library website for additional programming.

*Email rsvp@newprovidencelibrary.org to register.



NEW PROVIDENCE SENIOR CITIZENS CLUB
August 2023



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Jul 30	Jul 31 9:30 In Control ¹ 11:00 Chair Yoga ² 11:00 Bridge	1 8:00 Bus to ShopRite* 9:45 Balance & Cond. ² <u>NO</u> Italian Classes	2 11:00 Club Meeting/ Birthdays & Sing-Along Music ***	3 9:30 Strong You! ² 12:00 Mah Jongg 1:00 Knitting Club 1:00 Tai Chi ¹	4 9:00 Zumba ¹ 11:00 <u>NO</u> Bingo Center Closed	5
6	7 9:30 In Control ¹ 11:00 Chair Yoga ² 11:00 Bridge	8 8:00 Bus to ShopRite* 9:45 Balance & Cond. ² 10:00 Activities Mtg. <u>NO</u> Italian Classes	9 12:30 Senior Lunch at the NP Pool (to ride the bus, be at the Center no later than 12:00noon) ****	10 9:00 Bus to Blue Star ** 9:30 Strong You! ² 12:00 Mah Jongg 1:00 Knitting Club 1:00 Tai Chi ¹	11 9:00 Zumba ¹ 11:00 Bingo ***	12
13	14 9:30 In Control ¹ 11:00 Chair Yoga ² 11:00 Bridge	15 8:00 Bus to ShopRite* 9:45 Balance & Cond. ² <u>NO</u> Italian Classes	16 11:00 Club Meeting & Special Bingo ***	17 9:30 Strong You! ² 11:00 Painting Sunflowers ⁴ 12:00 Mah Jongg 1:00 Knitting Club 1:00 Tai Chi ¹	18 9:00 <u>NO</u> Zumba 11:00 Bingo ***	19
20	21 9:30 In Control ¹ 11:00 Chair Yoga ² 11:00 Bridge	22 8:00 Bus to ShopRite* 9:45 <u>NO</u> Balance & Cond. <u>NO</u> Italian Classes	23 10:00 Nurse's Hours *** 11:00 Club Meeting & Museum of Early Trades and Crafts - "The Dog Days of Summer" ***	24 9:30 Strong You! ² 12:00 Mah Jongg 1:00 Knitting Club 1:00 Tai Chi ¹	25 9:00 <u>NO</u> Zumba 11:00 Bingo ***	26
27	28 9:30 In Control ¹ 11:00 Chair Yoga ² 11:00 Bridge 11:00 Understanding Blood Pressure ¹	29 8:00 Bus to ShopRite* 9:45 <u>NO</u> Balance & Cond. <u>NO</u> Italian Classes	30 11:00 Club Meeting & Special Bingo ***	31 9:30 Strong You! ² 12:00 Mah Jongg 12:00 "I Have a Wound ...Now What?" ¹ 1:00 Knitting Club 1:00 Tai Chi ¹	Sep 1 9:00 Zumba ¹ 11:00 Bingo ***	Sep 2

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.

⁴Register 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.