

New Providence Senior Citizens Newsletter

"Good things happen here!"

FEBRUARY 2024

Vol.24. No. 2



COORDINATOR'S CORNER

"Keep your face always toward the sunshine and shadows will fall behind you." – Walt Whitman

We look forward to seeing you at the Center for one of our many February programs and activities. Please see below for highlights, and the following pages for more information. Best wishes to all those celebrating the Lunar New Year this month!

Highlights of February Programs and Activities include:

- Club Meeting/AWR Band Students – Wed, Feb 7, 11am
- Club Meeting/Special Bingo – Wed, Feb 14, 11am
- Lunar New Year Luncheon – Thurs, Feb 15, 12noon
- Library Hours – Wed, Feb 21, 10am
- Club Meeting/History Talk – Wed, Feb 21, 11am
- Pizza Bingo – Fri, Feb 23, 11am
- Book Club – Tues, Feb 27, 11am
- Club Meeting/Housing Market and Trends – Wed, Feb 28, 11am
- "Flower Bar" craft with Unicity - Thurs, Feb 29, 11am
- Tax return assistance on Wednesdays and Fridays by appointment only beginning Friday, February 9

Important Safety Protocols for In-Person Programs:

- The wearing of masks in the DeCorso Center is no longer required. We encourage everyone to stay up to date with vaccinations, both Covid-19 and flu.
- 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 not feeling well, we ask that you please do not attend our in-person programs. Thank you.

Please note the following schedule updates:

- ❖ The Center will be closed on Monday, February 19. There will not be any programs or exercise classes.
- ❖ There will be NO Chair Yoga on Monday, February 19.
- ❖ There will be NO In Control on Monday, February 19 & 26.
- ❖ For the bus to ShopRite on Tuesday, February 20, please call no later than Friday, February 16 to schedule a pickup.
- ❖ There will be NO Strong You on Thursday, February 22 & 29.
- ❖ There will be NO Italian classes on Tuesday, February 20.

WEATHER POLICY

When New Providence schools are closed for rain, snow, or ice, senior programs will be cancelled. (Zoom exercise classes may still be held.) When in doubt, call the Center at (908) 665-0046 to check on activities; we will leave a message on the voicemail. Most importantly, if there is snow or ice, please be cautious. It's okay to miss an activity!

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, Allan Igo, Barbara Koslap, Sal Ligammari, Nina Pardi, Grace Parlapiano, Nancy Whipple

Club Officers

President: Christine Napolitano

Vice President: Bill Wehrle

Treasurer: Sal Ligammari

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.us/278/Seniors

www.facebook.com/NPSeniors

Hours

Monday-Friday: 9:30am-2:30pm

Center Coordinator

Michelle Zack

Program Coordinator

Beth Conti

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 &
AWR BAND STUDENTS
Wednesday, February 7 at 11:00am**

Join us for a Club meeting, celebrate February birthdays, and enjoy a morning of music with band students from Allen W. Roberts Elementary School.*

**NPSC CLUB MEETING &
SPECIAL BINGO****Wednesday, February 14 at 11:00am**

Join us for a Valentine's Day Club meeting followed by a special bingo as the program. Enjoy special treats and placemats made by children at the Borough's MLK Day Volunteer Fair and Service Project. Michelle and Beth will call bingo and there will be special prizes for the games.*

**NPSC CLUB MEETING &
HISTORY TALK WITH JOEL FARKAS -
"GEORGE WASHINGTON, NEW JERSEY & THE
REVOLUTIONARY WAR"****Wednesday, February 21 at 11:00am**

Celebrate Presidents' Day by joining us to learn how George Washington and the state of New Jersey were central to The Revolutionary War. This lecture presented by Joel Farkas looks at George Washington's military career, a history of the Revolutionary War, and the military battles and winter encampments in New Jersey. The lecture concludes with George Washington facts vs fiction (including THE TEETH...were they really made of wood?).*

**NPSC CLUB MEETING &
JOE EBERLE -
"HOUSING MARKET & TRENDS"
Wednesday February 28 at 11:00am**

Realtor Joe Eberle, an active community member and 30-year New Providence resident, will speak with us about the local real estate market, selling your home, and helping to maximize the return on your investment.*

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

EVENTS**LUNAR NEW YEAR LUNCHEON****Thursday, February 15 at 12:00noon**

Celebrate the year of the dragon and enjoy a delicious meal at a Lunar New Year Luncheon at Szechuan Delight. Includes soup, appetizer, entrée, and dessert. Cost is \$18. Last day to purchase tickets is Friday, February 9. Snow date is Thursday, February 22. E-mail decorsoccenter@newprov.us or call (908) 665-0046 two days in advance for bus transportation.

ST. PATRICK'S DAY LUNCHEON**Thursday, March 14 at 12:00noon**

Join in the fun as we celebrate St. Patrick's Day at Vintage Tavern with great food & entertainment. Order off the menu on the day of the event. Tickets are \$10 which is a refundable deposit that will be returned at the luncheon. Tickets go on sale Wednesday, February 14. **Payment in cash only.**

bus SENIOR BUS TO BLUE STAR bus

Charlie will drive the Senior Bus to Blue Star Shopping Center on **Thursday, February 8**. Pickups begin at 9:00am. E-mail decorsoccenter@newprov.us or call (908) 665-0046 by Tuesday, February 6 to reserve your spot.

LIBRARY HOURS**Wednesday, February 21 from 10:00am-11:00am**

Step into the DeCorso Center's library before the club meeting to chat with reference librarian Ellen Malosh. She can sign you up for a library card and/or homebound library delivery and help you download the library's app if you bring your tablet or phone. For bus transportation, call (908) 665-0046 or email decorsoccenter@newprov.us two days in advance.

BOOK CLUB**Tuesday, February 27 at 11:00am**

Our first book club meeting of 2024 was a success! The February book selection is *The Extraordinary Life of Sam Hell* by Robert Dugoni. This coming-of-age novel chronicles the life of Sam Hill, who is born with a genetic condition causing his irises to appear red. As Sam makes the hard journey toward self-acceptance, he wrestles with questions of fate and faith. Stop by the Center to pick up your copy.

ARTS & CRAFTS**“FLOWER BAR” WITH UNICITY****Thursday, February 29 at 11:00am**

Join Unicity Senior Advisors for a special “Flower Bar” program. Unicity will bring a variety of flowers, and seniors will craft their own beautiful bouquets to bring home and enjoy! Please e-mail decorocenter@newprov.us or call the Center at (908) 665-0046 by Friday, February 23 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, February 14 after the 11:00am Club meeting.**

FRIDAY BINGO – Join us for weekly bingo on Fridays at 11:00am. **We will have Pizza Bingo on Friday, February 23, with pizza available for purchase by the slice. Stay tuned for details.**

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. **No bridge on Monday, February 19.**

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, Advanced and Beginner, meet every Tuesday. Advanced class meets at 12:00pm. Beginner class meets at 1:00pm. **No classes on Tuesday, February 20.**

HEALTH & FITNESS**NURSE'S HOURS**

The New Providence Public Health Nurse, Jenn Aranda, will give blood pressure screenings and answer questions before the Club meeting on **Wednesday, February 7 beginning at 10:00am.**

‘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.

Regular Classes

- **In Control** – Mondays at 9:30am - **ZOOM ONLY. No class on February 19 & 26.**
- **Chair Yoga** – Mondays at 11:00am – In Person and on Zoom. **No class on February 19.**
- **Balance and Conditioning** – Tuesdays at 9:45am – In Person and on Zoom.
- **Strong You!** – Thursdays at 9:30am – In Person and on Zoom. **No class on February 22 & 29.**
- **Zumba** – Fridays at 9:00am – **ZOOM ONLY.**

SPECIAL OFFERING**Stretch and Strength**

Wednesdays through March 27 at 9:30am - **ZOOM ONLY.** 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.

ATLANTIC HEALTH VIRTUAL PROGRAMS*

Understanding Blood Pressure – Monday, February 12 at 11:00am-12:00pm on Zoom

High blood pressure is very common among adults and a surprising number of people do not know if they have it or have it under control. Learn about your blood pressure, how it impacts your risk of heart disease and stroke, and simple ways you can protect yourself.

Heart Health and Nutrition – Tuesday, February 13 at 2:00pm-3:00pm on Zoom

A poor diet has been linked to increased cardiovascular risks, such as heart disease. Join us to learn how we can make changes to live a healthier lifestyle, including heart-healthy eating tips and nutritional advice to help lower cholesterol and keep your heart strong.

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

AARP TAX RETURN ASSISTANCE

New Providence area residents can obtain FREE AARP Foundation Tax-Aide assistance in preparing and filing their 2023 tax returns. **AARP Foundation Tax Aide counselors will be available at the DeCorso Center for appointments from 9:30am-2:30pm on Wednesdays and Fridays from February 9 through April 12 (with the exception of Wednesday, 3/13 when there will not be appointments).** Trained AARP Foundation Tax-Aide volunteers will provide in-person tax assistance free of charge, with a focus on taxpayers who are over 50 and have low to moderate income. Taxpayers with complex returns may be advised to seek paid assistance. Taxpayers may call the Center at (908) 665-0046 between 10:00am and 2:00pm Mondays through Fridays to schedule an appointment or may sign up in person at the Center. Please speak to Michelle or Beth if you need bus transportation.

When coming for scheduled tax appointments, AARP asks that taxpayers bring with them:

- Photo Identification for you and your spouse, if married (for a married couple filing jointly, both spouses should be present)
- Social Security cards for you, your spouse, and all dependents
- Copy of last year's return
- All tax forms: W2, 1099, 1098
- 1095 forms if you purchased health insurance through the Marketplace
- Information for all deductions (contributions, taxes paid, mortgage interest medical out of pocket)
- For direct deposit of refund, proof of bank account number and routing number

Clients are also encouraged to pick up an Interview Booklet in advance from the Center, so that they may fill it out in advance to bring to their appointment.

SENIOR DIRECTORY UPDATE

An addendum to the Senior Directory is being prepared. If you were not included in the last directory and would like your contact information to be in the addendum, please e-mail decorsocenter@newprov.us or see Michelle or Beth at the Center. The addendum will be available in March for those who already purchased the directory. Additional copies will also be available for purchase.

PLEASE SUGGEST LARGE PRINT BOOKS

The NP Lions Club wants to donate LARGE PRINT BOOKS to our Center's library. Years ago, Helen Keller asked the Lions to be "her Knights of the Blind." Our local Lions Club has given us this type of book in the past and would like to extend the offer to us again.

In the November newsletter we requested suggestions. PLEASE, IF YOU READ LARGE PRINT BOOKS, LET US KNOW YOUR CHOICES BY FEBRUARY 9 so that with the help of our NPML librarians we can order new books and refresh our LARGE PRINT BOOK COLLECTION. It helps all of us and fulfills the promise to Helen Keller. E-mail decorsocenter@newprov.us or call (908) 665-0046 with suggestions.

THANK YOU NOTES

- NPHS Voice Class & Music Club Students for the instrumental and vocal performances
- Denise Cullerton for volunteering to lead the recently reestablished book club
- Spring Grove for the Samba program & Smoothies

AROUND TOWN

CSA Pasta Dinner – Proceeds provide temporary financial assistance to New Providence neighbors. \$15 per person. Sunday, March 3, 3:00-7:00pm, DeCorso Community Center. Snow date March 10.

NEW PROVIDENCE MEMORIAL LIBRARY

Creative Writing Group – Thurs, Feb 1, 8, 15, 22, 29 at 10:30am. In-person and on Zoom.*

Knit Night – Mon, Feb 5 & Thurs, Feb 15 at 7:00pm

Movie Matinee: "Indiana Jones and the Dial of Destiny" – Tues, Feb 6 at 1:00pm

Let's Craft: DIY Gift Bags and Boxes – Fri, Feb 9, 11:00am*

Concert: The Cover Girls – Sun, Feb 11, 3:00pm

Batter Up: Let's Talk Baseball – Mon, Feb 12 at 6:30pm

Books & Bagels – Tues, Feb 13 at 10:30am

Movie Matinee: "Jerry and Marge Go Large" – Tues, Feb 20 at 1:00pm

Cookbook Club – Tues, Feb 27 at 1:00pm*

*See library website for registration information.

NEW PROVIDENCE SENIOR CITIZENS CLUB FEBRUARY 2024						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1/28	1/29 9:30 <i>In Control</i> ¹ 11:00 Chair Yoga ² 11:00 Bridge	1/30 8:00 Bus to ShopRite* 9:45 Balance & Cond. ² 11:00 "Walking and Driving Safely..."¹ 12:00 Advanced Italian 1:00 Beginner Italian	1/31 9:30 <i>Stretch & Strength</i> ¹ 11:00 Club Meeting & Samba & Smoothies *** 1:00 "Fall Prevention: What Physical Therapy Can Do..."¹	1 9:30 Strong You! ² 12:00 Mah Jongg 1:00 Knitting Club	2 9:00 <i>Zumba</i> ¹ 11:00 Bingo***	3
4	5 9:30 <i>In Control</i> ¹ 10:00 Trustee Mtg. 11:00 Chair Yoga ² 11:00 Bridge	6 8:00 Bus to ShopRite* 9:45 Balance & Cond. ² 12:00 Advanced Italian 1:00 Beginner Italian	7 9:30 <i>Stretch & Strength</i> ¹ 10:00 Nurse's Hours *** 11:00 Club Meeting/Birthdays & AWR Band Students ***	8 9:00 Bus to Blue Star ** 9:30 Strong You! ² 12:00 Mah Jongg 1:00 Knitting Club	9 Tax Help 9:30-2:30 (by appointment only) 9:00 <i>Zumba</i> ¹ 11:00 Bingo***	10
11	12 9:30 <i>In Control</i> ¹ 11:00 Chair Yoga ² 11:00 Bridge 11:00 "Understanding Blood Pressure" ¹	13 8:00 Bus to ShopRite* 9:45 Balance & Cond. ² 10:00 Activities Mtg. 12:00 Advanced Italian 1:00 Beginner Italian 2:00 "Heart Health ..." ¹	14 Tax Help 9:30-2:30 (by appointment only) 9:30 <i>Stretch & Strength</i> ¹ 11:00 Club Meeting & Special Bingo ***	15 9:30 Strong You! ² 12:00 Lunar New Year Luncheon *** 12:00 Mah Jongg 1:00 Knitting Club	16 Tax Help 9:30-2:30 (by appointment only) 9:00 <i>Zumba</i> ¹ 11:00 Bingo***	17
18	19 CENTER CLOSED No programs or exercise classes.	20 8:00 Bus to ShopRite* 9:45 Balance & Cond. ² 12:00 <u>NO</u> Advanced Italian 1:00 <u>NO</u> Beginner Italian	21 Tax Help 9:30-2:30 (by appointment only) 9:30 <i>Stretch & Strength</i> ¹ 10:00 Library Hours *** 11:00 Club Meeting & History Talk ***	22 9:30 <u>NO</u> Strong You! ² 12:00 Mah Jongg 1:00 Knitting Club	23 Tax Help 9:30-2:30 (by appointment only) 9:00 <i>Zumba</i> ¹ 11:00 Pizza Bingo ***	24
25	26 9:30 <u>NO</u> <i>In Control</i> ¹ 11:00 Chair Yoga ² 11:00 Bridge	27 8:00 Bus to ShopRite* 9:45 Balance & Cond. ² 11:00 Book Club 12:00 Advanced Italian 1:00 Beginner Italian	28 Tax Help 9:30-2:30 (by appointment only) 9:30 <i>Stretch & Strength</i> ¹ 11:00 Club Meeting & "Housing Market & Trends" ***	29 9:30 <u>NO</u> Strong You! ² 11:00 Flower Bar Craft ⁴ 12:00 Mah Jongg 1:00 Knitting Club	3/1 Tax Help 9:30-2:30 (by appointment only) 9:00 <i>Zumba</i> ¹ 11:00 Bingo***	3/2

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

Weather Policy: When New Providence schools are closed for rain, snow, or ice, senior programs will be cancelled. Some Zoom classes may still be held. Call the Center at (908) 665-0046 to check.

BUS TRANSPORTATION

* Call MONDAY MORNINGS to reserve your spot.
(For February 20, please call by Friday, 2/16.)

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

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