

New Providence Senior Citizens Newsletter

"Good things happen here!"

MARCH 2024

Vol.24, No. 3



COORDINATOR'S CORNER

There are lots of fun and interesting programs at the Center this month. Please join us for highlights of the New Providence Spring Musical on Wednesday, March 6, and a special lecture about the Beatles "From Liverpool to Abbey Road" on Tuesday, March 12. We had a great turnout and a fun "Pizza Bingo" in February, so we'll offer another on Friday, March 22. Also, our Mah Jongg group is looking for new players – even if you haven't played before, feel free to come on Thursday afternoons to watch and learn! Take a look inside for details about these and our other March programs.

Highlights of February Programs and Activities include:

- NPHS Spring Musical Highlights – Wed, Mar 6, 11am
- "The Beatles: From Liverpool to Abbey Road" lecture by Vinnie Bruno – Tues, Mar 12, 12noon
- Special Bingo – Wed, Mar 13, 11am
- St. Patrick's Day Luncheon – Thurs, Mar 14, 12noon
- "Brain Games for Seniors" session by Quality of Mind - Wed, Mar 20, 11am
- Pizza Bingo – Fri, Mar 22, 11am
- "Nutrition & Aging Myths" program by Unicity – Wed, Mar 27, 11am
- Spring Flowers Painting class – Thurs, Mar 28, 11am
- Tax return assistance on Wednesdays & Fridays **by appointment only**. To schedule an appointment, call (908) 665-0046 between 10am and 2 pm or sign up in person.

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:

- ❖ There will be NO Chair Yoga class on Monday, March 18.
- ❖ The Center will be closed on Friday, April 5. Zumba will be held on Zoom, but all in-person activities will be cancelled.

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: Peggy Brodeur, Allan Igo, Barbara Koslap, Sal Ligam mari, Nina Pardi, Grace Parlapiano, Nancy Whipple

Club Officers

President: Christine Napolitano

Vice President: Bill Wehrle

Treasurer: Sal Ligam mari

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 &
NPHS SPRING MUSICAL HIGHLIGHTS****Wednesday, March 6 at 11:00am**

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 "On the Town" will present highlights from the show, which tells the story of three sailors and their adventures on a 24-hour shore leave in New York City. The show is a lighthearted extravaganza filled with music by Leonard Bernstein and well-known tunes such as "New York, New York."*

**NPSC CLUB MEETING &
SPECIAL BINGO****Wednesday, March 13 at 11:00am**

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

**NPSC CLUB MEETING &
QUALITY OF MIND BRAIN GAMES FOR SENIORS****Wednesday, March 20 at 11:00am**

Enjoy a sample session presented by Quality of Mind; featuring fun, unique and challenging brain games designed to help improve your cognitive abilities, while also creating joy through reminiscing, smiles, and laughter.*

**NPSC CLUB MEETING &
UNICITY PROGRAM ON NUTRITION & AGING
MYTHS****Wednesday March 27 at 11:00am**

Join us for a presentation by Kathy Bassiacos, Clinical Relations Manager at Unicity Healthcare, to learn about the most common nutrition and aging myths. She will discuss common myths such as "coffee is bad for you," and "it is normal to lose our appetite as we age," and discuss why these statements are true or not, with details of each reasoning.*

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

LOOKING AHEAD – CRUISE ON THE RIVER LADY

The Activities Committee will be soliciting interest for a September boat cruise on the River Lady based in Tom's River. Approximate cost \$65. Details to follow.

EVENTS**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 by Nick at Nite. Order off the menu and pay for your meal on the day of the event. Tickets are \$10, \$5 of which is a refundable deposit that will be returned at the luncheon and \$5 of which will be put toward the cost of entertainment. Tickets are on sale until Friday, March 8. **Payment in cash only.**

E-mail decorsoccenter@newprov.us or call (908) 665-0046 two days in advance for bus transportation.

**SPECIAL PRESENTATION Sponsored by the NP Lions
THE BEATLES: FROM LIVERPOOL TO ABBEY ROAD****Tuesday, March 12 at 12:00pm**

Speaker Vinnie Bruno's lecture will follow in the footsteps of The Beatles as they embark on their historic journey starting from their early days as a cover band in Liverpool and Hamburg, into the excitement of Beatlemania including concert performances and films, thru their creative groundbreaking studio albums to the formation of Apple Corps and finally to their remarkable final recordings at Abbey Road Studios. The program will include a PowerPoint presentation embedded with audio and will end with an opportunity for Q & A.

bus SENIOR BUS TO BLUE STAR bus

Take the Senior Bus to Blue Star Shopping Center on **Thursday, March 7**. Pickups begin at 9:00am. E-mail decorsoccenter@newprov.us or call (908) 665-0046 by Tuesday, March 5 to reserve your spot.

BOOK CLUB**Tuesday, March 26 at 11:00am**

The **March** book club meeting will be a discussion of individual books of your choice. The **April** book selection is *Cutting for Stone* by Abraham Verghese. This is a saga of twin Ethiopian brothers orphaned by their mother's death and forsaken by their father.

SENIOR DIRECTORY UPDATE

The Membership Directory addendum will be available this month for those who already purchased the directory. Additional copies of the directory will also be available for purchase.

ARTS & CRAFTS**SPRING FLOWERS PAINTING****Thursday, March 28 at 11:00am**

Join art instructor Christen Simmons to create a beautiful watercolor painting of spring flowers. In April, Linda Kale and the NP Lions will offer a special program to take the watercolor painting you create and use it to make greeting cards so that you can share your artwork with friends and family!

Please e-mail decorsocenter@newprov.us or call the Center at (908) 665-0046 by Friday, March 22 to register.

IN STITCHES**(formerly Knitting Club)****Thursdays at 1:00pm**

Have a few laughs and join in the fun at this lighthearted gathering of knitters and crocheters. Bring your own project and enjoy the conversation. Beginners who want to learn are also welcome. We have some supplies at the Center.

CARDS & GAMES**BINGO**

SPECIAL BINGO – Join us for bingo with special prizes on **Wednesday, March 13 after the 11:00am Club meeting.**

FRIDAY BINGO – Join us for weekly bingo on Fridays at 11:00am. **Pizza Bingo on Friday, March 22, with pizza available for purchase by the slice.**

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**

The Mah Jongg group is looking for new players – come make new friends and have a fun time. Beginners are welcome to watch and learn.

ITALIAN CLASSES

Italian classes, Advanced and Beginner, meet every Tuesday. Advanced class meets at 12:00pm. Beginner class meets at 1:00pm.

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, March 6 beginning at 10:00am.**

‘Y EXERCISE CLASSES* ‘Y

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*.
- **Chair Yoga** – Mondays at 11:00am – In Person and on Zoom. **No class on March 18.**
- **Balance and Conditioning** – Tuesdays at 9:45am – In Person and on Zoom.
- **Strong You!** – Thursdays at 9:30am – In Person and on Zoom.
- **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*

Chuckles, Chortle, and Giggles: The Benefits of Laughter for Seniors – Thursday, March 14 at 12:00pm-1:00pm on Zoom

Whether it was a medium-sized chuckle or a full belly guffaw, chances are your last good laugh helped lift your spirits. Did you know that humor can also help you feel better and live longer? Come enjoy a few giggles and learn about the physical and mental health benefits of laughter.

Let's Get to the Heart of It: What You Need to Know About Heart Disease – Friday, March 15 at 11:00am-12:00pm on Zoom

Heart disease is a generic term that includes many types of heart issues. Join us to learn more about heart disease, the risk factors and what to do if you have them. Learn about what a cardiologist can do to help you.

***E-mail decorsocenter@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 through April 12.** 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 and complete an Interview Booklet in advance from the Center.

THANK YOU NOTES

- AWR Band Students for entertaining us with great music
- Barbara Koslap for planning and organizing the Lunar New Year Luncheon
- Joe Eberle for updating us on the "Housing Market & Trends"
- Unicity Senior Advisors for the special "Flower Bar" craft program
- Jersey Joe's for providing gift certificate prizes for February's Special Bingo

P.A.C.T. WATCH & BLUE ANGEL PROGRAMS

The **P.A.C.T. (Police And Community Together) Watch** is the New Providence Police Department's program created to provide the public with crime information in a timely manner. Services include:

- Receive information via email
- Personalized response from Watch Leaders
- Scheduled home visits for security evaluations
- Periodic information sharing and "meet/greet" sessions with Watch Leaders
- Updated home camera list
- Receive P.A.C.T. newsletter

www.newprov.us/619/PACT-Watch

Operation Blue Angel is a program run by the New Providence Police Department to assist residents, who due to advanced age, mobility, or medical concerns, may be unable to answer their door in an emergency situation. It is administered free of charge. For assistance in filling out the application, call the police department at (908) 665-1111.

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.

Historical Society Annual Dinner/Program – "The History of the White House: America's Executive Mansion". Thursday, April 18, 7pm, Vintage Tavern, Gillette. \$45. Call 908-665-1034 if interested.

NEW PROVIDENCE MEMORIAL LIBRARY

Creative Writing Group – Thurs, Mar 7, 14, 21, 28 at 10:30am. In-person and on Zoom.*

Knit Night – Mon, Mar 4 & Thurs, Mar 21 at 7:00pm

Movie Matinee: "My Big Fat Greek Wedding 3" – Tues, Mar 5 at 1:00pm

Let's Craft: Paper Flowers – Fri, Mar 8, 11:00am*

Batter Up: Let's Talk Baseball – Mon, Mar 11 at 6:30pm

Books & Bagels – Tues, Mar 12 at 10:30am

Movie Matinee: "Hunger Games: A Ballad of Songbirds and Snakes" – Tues, Mar 19 at 1:00pm

Concert: Kirsten Thien and Erik Boyd – Sun, Mar 24, 3:00pm

Cookbook Club – Tues, Mar 26 at 1:00pm

*See library website for registration information.

NEW PROVIDENCE SENIOR CITIZENS CLUB MARCH 2024						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2/25	2/26 9:30 <u>NO</u> <i>In Control</i> ¹ 11:00 Chair Yoga ² 11:00 Bridge	2/27 8:00 Bus to ShopRite* 9:45 Balance & Cond. ² 11:00 Book Club 12:00 <u>NO</u> Advanced Italian 1:00 <u>NO</u> Beginner Italian	2/28 9:30 <i>Stretch & Strength</i> ¹ 11:00 Club Meeting & " Housing Market & Trends "***	2/29 9:30 <u>NO</u> <i>Strong You!</i> ² 11:00 Flower Bar Craft ⁴ 12:00 Mah Jongg 1:00 In Stitches (formerly Knitting Club)	1 Tax Help 9:30-2:30 (by appointment only) 9:00 <i>Zumba</i> ¹ 11:00 Bingo***	2
3	4 9:30 <i>In Control</i> ¹ 10:00 Trustee Mtg. 11:00 Chair Yoga ² 11:00 Bridge	5 8:00 Bus to ShopRite* 9:45 Balance & Cond. ² 12:00 Advanced Italian 1:00 Beginner Italian	6 Tax Help 9:30-2:30 (by appointment only) 9:30 <i>Stretch & Strength</i> ¹ 10:00 Nurse's Hours *** 11:00 Club Meeting/Birthdays & NPHS Spring Musical Highlights ***	7 9:00 Bus to Blue Star ** 9:30 <i>Strong You!</i> ² 12:00 Mah Jongg 1:00 In Stitches (formerly Knitting Club)	8 Tax Help 9:30-2:30 (by appointment only) 9:00 <i>Zumba</i> ¹ 11:00 Bingo***	9
10	11 9:30 <i>In Control</i> ¹ 11:00 Chair Yoga ² 11:00 Bridge	12 8:00 Bus to ShopRite* 9:45 Balance & Cond. ² 10:00 Activities Mtg. 12:00 "The Beatles: From Liverpool to Abbey Road" 12:00 Advanced Italian 1:00 Beginner Italian	13 Tax Help 9:30-2:30 (by appointment only) 9:30 <i>Stretch & Strength</i> ¹ 11:00 Club Meeting & Special Bingo ***	14 9:30 <i>Strong You!</i> ² 12:00 St. Pat's Lunch *** 12:00 "Chuckles, Chortle and Giggles..." ¹ 12:00 Mah Jongg 1:00 In Stitches (formerly Knitting Club)	15 Tax Help 9:30-2:30 (by appointment only) 9:00 <i>Zumba</i> ¹ 11:00 Bingo*** 12:00 "Let's Get to the Heart of It..." ¹	16
17	18 9:30 <i>In Control</i> ¹ 11:00 <u>NO</u> Chair Yoga ² 11:00 Bridge	19 8:00 Bus to ShopRite* 9:45 Balance & Cond. ² 12:00 Advanced Italian 1:00 Beginner Italian	20 Tax Help 9:30-2:30 (by appointment only) 9:30 <i>Stretch & Strength</i> ¹ 11:00 Club Meeting & " Brain Games for Seniors "***	21 9:30 <i>Strong You!</i> ² 12:00 Mah Jongg 1:00 In Stitches (formerly Knitting Club)	22 Tax Help 9:30-2:30 (by appointment only) 9:00 <i>Zumba</i> ¹ 11:00 Pizza Bingo***	23
24	25 9:30 <i>In Control</i> ¹ 11:00 Chair Yoga ² 11:00 Bridge	26 8:00 Bus to ShopRite* 9:45 Balance & Cond. ² 11:00 Book Club 12:00 Advanced Italian 1:00 Beginner Italian	27 Tax Help 9:30-2:30 (by appointment only) 9:30 <i>Stretch & Strength</i> ¹ 11:00 Club Meeting & " Nutrition & Aging Myths "***	28 9:30 <i>Strong You!</i> ² 11:00 Spring Flowers Painting ⁴ 12:00 Mah Jongg 1:00 In Stitches (formerly Knitting Club)	29 Tax Help 9:30-2:30 (by appointment only) 9:00 <i>Zumba</i> ¹ 11:00 Bingo***	30/31

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.

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

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