

# New Providence Senior Citizens Newsletter

## "Good things happen here!"

APRIL 2024

Vol.24, No. 4



### COORDINATOR'S CORNER

The weather has been a little unpredictable recently, but the signs of spring are finally here in the budding trees and first spring flowers. I hope you will spend time outside enjoying the warmer weather, and then join us for some of our many programs at the Center. Historian Joel Farkas returns this month for a special program about the lives of women in the American Revolution, sponsored by the NP Lions. Please join us also to learn the various ways you can supplement your income and decrease your expenses at a presentation by AARP, to enjoy a morning with canine friends from the Bright and Beautiful Therapy Dogs organization, to find some treasures at our "Accessories Swap," to borrow some of the new large-print books in our library, and much more... We look forward to seeing you soon!

### Highlights of April Programs and Activities include:

- Legends of Liberty Hall - Wed, 4/3, 11am
- AARP presentation on Public Benefits for Older Americans - Wed, 4/10, 11am
- Bright & Beautiful Therapy Dogs – Thurs, 4/11, 11am
- NPMS Small Band Ensembles - Wed, 4/17, 11am
- Remember the Ladies: A Presentation by Historian Joel Farkas - Thurs, 4/18, 11am
- Pizza Bingo – Fri, 4/19, 11am
- Accessories Swap – Wed, 4/24, 10am
- Special Bingo - Wed, 4/24, 11am
- Card Making with Linda Kale – Thurs, 4/25, 11am
- Planting the Decors Flower Boxes – Fri, 4/26, 10:15am
- Book Club - Tues, 4/30, 11am
- Tax return assistance on Tues 4/2, Wed 4/3, Wed 4/10, Fri 4/12  
**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:

- ❖ **The Center will be closed on Friday, April 5.** Zumba will be held on Zoom, but all in-person activities will be cancelled.
- ❖ There will be NO Italian classes on Tuesday, April 16.

### 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 Ligammary, Nina Pardi, Grace Parlapani, Nancy Whipple

#### Club Officers

President: Christine Napolitano

Vice President: Bill Wehrle

Treasurer: Sal Ligammary

1<sup>st</sup> Treasurer: Dolores Felezzola

Sergeants-at-Arms: Mike Ferlise

Newsletter Editor: Barbara Koslap

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### DeCorso Community Center

15 East Fourth St.

New Providence, NJ 07974

908-665-0046

[www.newprov.us/278/Seniors](http://www.newprov.us/278/Seniors)

[www.facebook.com/NPSeniors](http://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 &  
LEGENDS OF LIBERTY HALL  
Wednesday, April 3 at 11:00am**

Join us for a Club meeting and a presentation on Liberty Hall, home to trailblazing governors, congressmen, senators, assembly persons, philanthropists, and entrepreneurs. Its plush gardens have spurred civic change and social innovation for centuries. Participate in interactive storytelling and learn the stories of the ghost of Hannah Caldwell, the love affair of Alexander Hamilton, the British army's visits to Liberty Hall and more! You will learn the elements of truth behind these stories and discover how they grew into the legends they are today.\*

**NPSC CLUB MEETING &  
AARP PUBLIC BENEFITS FOR OLDER AMERICANS  
Wednesday, April 10 at 11:00am**

Join us for a Club meeting and presentation by AARP on how to supplement income and decrease spending by securing the essentials, eligible benefits, discounts, and crucial refunds. Programs covered are the Supplemental Nutrition Assistance Program, Affordable Connectivity Program, Low-Income Home Energy Assistance Program, Medicare Savings Programs, and the Medicare Extra Help Plan. You'll walk away with easy access to resources that you can use to apply for these programs.\*

**NPSC CLUB MEETING &  
NPMS SMALL BAND ENSEMBLES  
Wednesday, April 17 at 11:00am**

Join us for a Club meeting and enjoy a morning of music with New Providence Middle School students. Middle School Small Band Ensembles will entertain us with their performances.\*

**NPSC CLUB MEETING &  
SPECIAL BINGO  
Wednesday, April 24 at 11:00am**

Join us for a Club meeting followed by a special bingo as the program. Emily Bassiacos from Allaire Health Services, Kay Bohord from Hospice of New Jersey, and Kim Klapper from Integral Home Health will be here to call bingo and share special prizes.\*

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

**EVENTS****"SAVE THE DATE" - ANNIVERSARY LUNCH**

Enjoy a delicious lunch and great entertainment by Bob Marino as we celebrate the 65<sup>th</sup> anniversary of the Club at the Primavera Regency restaurant on **Thursday, May 9 at noon**. Cost is \$50. Tickets go on sale April 3<sup>rd</sup>.

**LOOKING AHEAD – CRUISE ON THE RIVER LADY**

If you would be interested in taking a lunch and sightseeing boat cruise in September on the River Lady in Toms River, please sign up now. Approximate cost is \$65. A \$20 deposit will be required.

**SPECIAL PRESENTATION  
SPONSORED BY THE NP LIONS  
REMEMBER THE LADIES BY HISTORIAN JOEL FARKAS**

**Thursday, April 18, 11:00am**

Back by popular demand, historian Joel Farkas presents a comprehensive look at the lives of women in the American Revolution. From the expectations of women to their legal rights, their role in health and medicine, to an in-depth look at the "First Ladies" of the time period like Martha Washington and Abigail Adams, this is a must-see exploration into the lives of the women who played a crucial role in the founding of our country.

Joel Farkas is a graduate of Ohio State University and was an officer in the United States Army. He spent 8 years as a volunteer docent for National Park Service at Washington's Headquarters (The Ford Mansion) in Morristown, NJ. Mr. Farkas strives to motivate people to learn more about the founding of our country, about the extraordinary people and what they did.

*Many thanks to the NP Lions for sponsoring this program.*

▼ SENIOR BUS TO BLUE STAR ▼

Take the Senior Bus to Blue Star Shopping Center on **Thursday, April 4**. Pickups begin at 9:00am. E-mail [decorsocenter@newprov.us](mailto:decorsocenter@newprov.us) or call (908) 665-0046 **by Tuesday, April 2** to reserve your spot.

**BOOK CLUB**

**Tuesday, April 30 at 11:00am**

The April book club selection is *Cutting for Stone*, a novel written by Ethiopian-born Indian-American medical doctor and author Abraham Verghese. This is a saga of twin brothers, orphaned by their mother's death at their births and forsaken by their father.

**ARTS & CRAFTS****CARD MAKING WITH LINDA KALE****Thursday, April 25 at 11:00am**

Join Linda Kale and other New Providence Lions Club members to create beautiful hand-made cards. For those who painted spring flowers in our March watercolor class, Linda will help you take the watercolor painting you created and use it to make greeting cards so that you can share your artwork with friends and family. She will have other materials on hand for those who didn't do the painting class to also be able to make cards. Please e-mail [decorsocenter@newprov.us](mailto:decorsocenter@newprov.us) or call the Center at (908) 665-0046 by Friday, April 19 to register.

**IN STITCHES****Thursdays at 1:00pm**

Join in the fun at this lighthearted gathering of knitters and crocheters. Bring a 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, April 24 after the 11:00am Club meeting.**

**FRIDAY BINGO** – Join us for weekly bingo on Fridays at 11:00am. **Pizza Bingo on Friday, April 19 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](mailto: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 on Tuesdays. Advanced class meets at 12:00pm. Beginner class meets at 1:00pm. **No classes on April 16.**

**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, April 24 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.**
- **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.
- **Zumba** – Fridays at 9:00am – **ZOOM ONLY.**

**SPECIAL OFFERING****Stretch and Strength**

Wednesdays through April 24 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\***

**Let's Get to the Heart of It: What You Need to Know About Heart Disease** - April 5 at 11:00am to 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.

**Know the Sudden Signs of Stroke** – Tuesday, April 30 at 7:00pm-8:00pm on Zoom

Be FAST for Stroke. A stroke is a medical emergency. Know the risk factors and how to identify the signs and symptoms. Learn what to do if you or a loved one has a stroke and how to BE FAST!

**\*E-mail [decorsocenter@newprov.us](mailto: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 Tuesday 4/2, Wednesday 4/3, Wednesday 4/10, and Friday 4/12 **by appointment only**. 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.

### BRIGHT AND BEAUTIFUL THERAPY DOGS

Come and join us on **Thursday, April 11 at 11:00am** to enjoy 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. Advanced registration appreciated. To register and for bus transportation, call (908) 665-0046 or e-mail [decorsocenter@newprov.us](mailto:decorsocenter@newprov.us).

### RECOGNIZING EARTH DAY

Please join us at the DeCorso Center as we recognize "Earth Day" with the following programs:

#### ACCESSORIES SWAP

**Wednesday, April 24 at 10:00am**

Find new treasures at our "Accessories Swap" before the Club meeting. The swap will be an exchange of items; no money will change hands. Bring accessories (jewelry, scarves, purses, ties) that you no longer use and pick up some "new" items. This is a great way to give items you no longer use a new home!

#### PLANTING THE DECORSO FLOWER BOXES

**Friday, April 26 from 10:15-10:45am (before bingo)**

Join Public Health Nurse Jennifer Aranda to plant herbs and flowers in the boxes outside the DeCorso Center. As the herbs grow, we will have gardening scissors and small bags available so you can snip the herbs and take them home to enjoy.

### NEW PROVIDENCE SENIOR HEALTH FAIR

The New Providence Department of Health and DeCorso Community Center will host a Senior Health Fair at the DeCorso Center on **Wednesday, May 15 from 9:30am-12:00pm**. All New Providence residents 55+ are invited to attend. The health fair will be informational with some basic screenings and some local service providers.

#### \*\* LARGE PRINT BOOKS ARE IN! \*\*

The **New Providence Lions Club** generously donated funds to purchase new large print books for the DeCorso Center library. Please come in and enjoy these new titles, which are now available to borrow from a special display in the Center's library. Additional large print books are on order and will be added to the Center's library in the next few months. *Many thanks to the NP Lions for their wonderful donation, to Peggy for coordinating this effort, and to Jennifer at the New Providence Memorial Library for helping us to order these books!*

### THANK YOU NOTES

- Mr. Ziegler, Ms. Alongi, and cast members from "On the Town" for performing highlights of the NPHS Spring Musical at our Club meeting.
- John Bale and Bill Wehrle for organizing the St. Patrick's Day Luncheon.
- Kathy Bassiacos of Unicity for her presentation on "Nutrition and Aging Myths"

### AROUND TOWN

**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

**Knit Night** – Mon, Apr 1 & Thurs, Apr 18 at 7:00pm

**Movie Matinee: "The Holdovers"** – Tues, Apr 2 at 1:00pm

**Creative Writing Group** – Thurs, Apr 4, 11, 18, 25 at 10:30am. In-person and on Zoom.

**Batter Up: Let's Talk Baseball** – Mon, Apr 8, 6:30pm

**Books & Bagels** – Tues, Apr 9 at 10:30am

**Gilbert & Sullivan's "The Gondoliers"** – Light Opera of New Jersey Savoy Faire ensemble, Sun, Apr 14, 3:00pm

**Movie Matinee: "Mrs. Harris Goes to Paris"** – Tues, Apr 16 at 1:00pm

**Concord Singers Concert** – Sun, Apr 28, 2:00pm

NEW PROVIDENCE SENIOR CITIZENS CLUB APRIL 2024						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
3/31	1 9:30 <i>In Control</i> <sup>1</sup> <b>10:00 Trustee Mtg</b> 11:00 Chair Yoga <sup>2</sup> 11:00 Bridge	<b>2 Tax Help 9:30-2:30 (by appointment only)</b> 8:00 Bus to ShopRite* 9:45 Balance & Cond. <sup>2</sup> 12:00 Advanced Italian 1:00 Beginner Italian	<b>3 Tax Help 9:30-2:30 (by appointment only)</b> 9:30 <i>Stretch &amp; Strength</i> <sup>1</sup> 11:00 Club Meeting/Birthdays & <b>Legends of Liberty Hall</b> ***	4 <b>9:00 Bus to Blue Star</b> ** 9:30 <i>Strong You!</i> <sup>2</sup> 12:00 Mah Jongg 1:00 In Stitches	5 Center Closed – No in-person programs 9:00 <i>Zumba</i> <sup>1</sup> <b>11:00 "Let's Get to the Heart of It"</b> <sup>1</sup>	6
7	8 9:30 <i>In Control</i> <sup>1</sup> 11:00 Chair Yoga <sup>2</sup> 11:00 Bridge	9 8:00 Bus to ShopRite* 9:45 Balance & Cond. <sup>2</sup> <b>10:00 Activities Mtg.</b> 12:00 Advanced Italian 1:00 Beginner Italian	<b>10 Tax Help 9:30-2:30 (by appointment only)</b> 9:30 <i>Stretch &amp; Strength</i> <sup>1</sup> 11:00 Club Meeting & <b>AARP - Public Benefits for Older Americans</b> ***	11 9:30 <i>Strong You!</i> <sup>2</sup> <b>11:00 Therapy Dogs</b> *** 12:00 Mah Jongg 1:00 In Stitches	<b>12 Tax Help 9:30-2:30 (by appointment only)</b> 9:00 <i>Zumba</i> <sup>1</sup> 11:00 Bingo***	13
14	15 9:30 <i>In Control</i> <sup>1</sup> 11:00 Chair Yoga <sup>2</sup> 11:00 Bridge	16 8:00 Bus to ShopRite* 9:45 Balance & Cond. <sup>2</sup> 12:00 <u>NO</u> Advanced Italian 1:00 <u>NO</u> Beginner Italian	17 9:30 <i>Stretch &amp; Strength</i> <sup>1</sup> 11:00 Club Meeting & <b>NPMS Small Band Ensembles</b> ***	18 9:30 <i>Strong You!</i> <sup>2</sup> <b>11:00 "Remember the Ladies: A Presentation by Joel Farkas"</b> 12:00 Mah Jongg 1:00 In Stitches	19 9:00 <i>Zumba</i> <sup>1</sup> <b>11:00 Pizza Bingo</b> ***	20
21	22 <i>Earth Day</i> 9:30 <i>In Control</i> <sup>1</sup> 11:00 Chair Yoga <sup>2</sup> 11:00 Bridge	23 8:00 Bus to ShopRite* 9:45 Balance & Cond. <sup>2</sup> 12:00 Advanced Italian 1:00 Beginner Italian	24 9:30 <i>Stretch &amp; Strength</i> <sup>1</sup> <b>10:00 Nurse's Hours</b> *** <b>10:00 Accessories Swap</b> *** 11:00 Club Meeting & <b>Special Bingo</b> ***	25 9:30 <i>Strong You!</i> <sup>2</sup> <b>11:00 Card Making Craft</b> <sup>4</sup> 12:00 Mah Jongg 1:00 In Stitches	26 9:00 <i>Zumba</i> <sup>1</sup> <b>10:15 Planting the DeCorso Flower Boxes</b> *** 11:00 Bingo***	27
26	29 9:30 <i>In Control</i> <sup>1</sup> 11:00 Chair Yoga <sup>2</sup> 11:00 Bridge	30 8:00 Bus to ShopRite* 9:45 Balance & Cond. <sup>2</sup> <b>11:00 Book Club</b> 12:00 Advanced Italian 1:00 Beginner Italian <b>7:00pm "Know the Sudden Signs of Stroke"</b> <sup>1</sup>	5/1 11:00 Club Meeting & <b>NPHS Jazz Band</b> ***	5/2 9:30 <i>Strong You!</i> <sup>2</sup> 12:00 Mah Jongg 1:00 In Stitches	5/3 9:00 <i>Zumba</i> <sup>1</sup> 11:00 Bingo***	5/4

<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>Register in advance

#### 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.