

New Providence Senior Citizens Newsletter

"Good things happen here!"



AUGUST 2024

Vol.24. No. 8

COORDINATOR'S CORNER

I hope everyone has been enjoying the summer! Please join us in August for more fun, including for the Senior Citizens Lunch at the New Providence Community Pool, a "Flower Bar" to build your own bouquets, and more! The Borough has also arranged for transportation using a private company to take seniors shopping on several upcoming dates; please see inside for details.

Highlights of August Programs and Activities include:

- Transportation to ShopRite on Tuesdays, July 30 and August 20 (pick-ups begin at 8:00am). *Seating is limited.
- Club Meeting/Birthdays/"Lewis & Clark Expedition" presentation – Wed, 8/7, 11am
- Transportation to Blue Star Shopping Center on Thursday, August 8 (pick-ups begin at 9:00am). * Seating is limited.
- Senior Citizens Lunch at the New Providence Community Pool - Wed, 8/14, 1pm
- "Flower Bar" Craft – Tuesday, 8/15, 11am
- Club Meeting/Avenues in Motion – "Safe Driving, Safe Walking", Wed, 8/21, 11am
- Book Club – Tues, 8/27, 11am
- Nurse's Hours – Wed, 8/28, 10am
- Club Meeting/Special Bingo – Wed, 8/28, 11am

Important Safety Protocols for In-Person Programs:

- 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 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 Italian Classes in August. Italian students will be meeting at the Center on Tuesdays at 12:00noon without the instructor for informal practice among themselves.
- ❖ There will be NO Club Meeting on Wednesday, July 14. Please join us for the luncheon for seniors at the New Providence Community Pool.
- ❖ There will be NO exercise classes the last two weeks of August (August 19-30).
- ❖ Summer Hours are in effect and will end on Friday, August 30th. During this time, the DeCorso Center and the Borough Offices will close at 1:00pm on Fridays.
- ❖ The Center will be closed on Monday, September 2 for Labor Day.

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 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

See page 2 for updates on Senior Bus service and for dates and details about upcoming shopping trips. Call in advance to reserve a ride; space will be limited.

CLUB MEETINGS & SPECIAL PROGRAMS**NPSC CLUB MEETING/BIRTHDAYS & PRESENTATION ON THE "LEWIS & CLARK EXPEDITION"****Wednesday, August 7 at 11:00am**

Join us for a Club meeting followed by a presentation from Jennifer White Fischer, who wrote a book about her travels to the Lewis and Clark sites. She will share her experience and photographs of her explorations.

DUE TO THE SENIOR CITIZENS LUNCH AT THE NP POOL, THERE WILL BE NO CLUB MEETING ON WEDNESDAY, AUGUST 14.

NPSC CLUB MEETING & AVENUES IN MOTION – "SAFE DRIVING, SAFE WALKING"**Wednesday, August 21 at 11:00am**

Join us for a Club meeting and "Safe Driving, Safe Walking" program, which will look at pedestrian safety from both the driver's perspective and the pedestrian's perspective. The presentation is given by a retired police officer who worked as a traffic safety specialist and crash investigator. He will review rights and responsibilities under NJ law and discuss new roadway improvements including pedestrian signals and roundabouts.

NPSC CLUB MEETING & SPECIAL BINGO**Wednesday, August 28 at 11:00am**

Join us for a Club meeting followed by a Special Bingo as the program. Life Hospice will be here to call bingo and provide special prizes for the games.

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

The August book club selection is *Flaubert's Parrot*, a novel by Julian Barnes. This novel follows Geoffrey Braithwaite, a widowed, retired English doctor, visiting France. While visiting sites related to Flaubert, Geoffrey discovers two museums claiming to display the stuffed parrot which sat atop Flaubert's writing desk. Pick up a copy of the book at the Center.

EVENTS**SENIOR CITIZENS LUNCH AT THE NP POOL****Wednesday, August 14 from 1:00-3:00pm.**

Enjoy a yummy lunch and a wonderful afternoon at the New Providence Community Pool. Please sign up in advance for the event so that we can give the pool a count. To do so, please call the Center at (908) 665-0046 or e-mail decorsocenter@newprov.us by Friday, August 9.

TRIPS**CRUISE ON THE RIVER LADY****Thursday, September 5, Bus leaves at 8:15am**

The lunch and sightseeing boat cruise on the River Lady in Toms River will take place on Thursday, September 5. Ticket sales are now closed; full payment and meal selection for this trip must have been made by July 31. If you have not made your meal selection, please do so as soon as possible.

SENIOR BUS UPDATE

The Borough posted the Senior Bus Driver position and is actively seeking to hire a qualified candidate as quickly as possible. We will keep Club members informed, particularly those seniors who have taken the bus on a regular basis, and will let you know as soon as we are able to resume regular, full Senior Bus service.

As an interim measure, **the Borough has arranged for transportation using a private company to take seniors shopping on the following dates: to the ShopRite in Stirling on Tuesdays, July 30 and August 20 (pick-ups begin at 8:00am), and to Blue Star Shopping Center (which also has a ShopRite) on Thursday, August 8 (pick-ups begin at 9:00am).**

Seating for these trips is limited and will be provided on a first come, first served basis. To request transportation for these shopping trips, please call (908) 665-0046 or e-mail decorsocenter@newprov.us at least two days in advance. Please speak to Michelle or Beth if you have any questions.

ARTS & CRAFTS**"FLOWER BAR" WITH ALLAIRE HEALTH SERVICES****Thursday, August 15 at 11:00am**

Join Emily Bassiacos from Allaire Health Services for a special "Flower Bar" program. She will bring a variety of flowers, and seniors will craft their own beautiful bouquets to bring home and enjoy! Please e-mail decorsocenter@newprov.us or call the Center at (908) 665-0046 by Friday, August 9 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.

CARDS & GAMES**BINGO**

SPECIAL BINGO – Join us for bingo with Life Hospice calling bingo and providing special prizes on **Wednesday, August 28 after the 11:00am Club meeting.**

FRIDAY BINGO – Join us for weekly bingo on Fridays at 11:00am.

Bingo cards are 50 cents each.

BRIDGE**Mondays at 11:00am**

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 are on break over the summer. **Regular classes will NOT be held in August but students will meet informally at the Center to practice their Italian from 12:00-1:00pm on Tuesday afternoons.** Regular classes will resume in September.

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, August 28 beginning at 10:00a.m.**

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. **There will be NO exercise classes the last two weeks of August (August 19-30).**

Regular Classes

- **In Control** – Mondays at 9:30am - *ZOOM ONLY. No classes on 8/19 and 8/26. Beginning in September, In Control will be offered both In Person and on Zoom with a new start time of 9:45am.*
- **Chair Yoga** – Mondays at 11:00am – In Person and on Zoom. **No classes on 8/19 and 8/26.**
- **Balance and Conditioning** – Tuesdays at 9:45am – In Person and on Zoom. **No classes on 8/20 and 8/27.**
- **Strong You!** – Thursdays at 9:30am – In Person and on Zoom. **No classes on 8/22 and 8/29.**
- **Zumba – Returning to Fridays at 9:00am – ZOOM ONLY.** *Please use the regular/previous Friday Zoom link, which has also been sent to class participants. No classes on 8/23 and 8/30.*

ATLANTIC HEALTH VIRTUAL PROGRAMS*

Gluten Sensitivity and Celiac Disease - August 5, 10:00 - 11:00am on ZOOM

Learn about the differences between gluten sensitivity and celiac disease and how they affect your body. Whether you're dealing with these issues yourself or want to learn more to help someone you know, this presentation is for anyone interested in how food can impact our health.

Learning a New Language: Understanding Communication & Behavior Changes Associated with Dementia Disorders - August 13, 1:00 – 2:00 pm on ZOOM

Join us to learn how communication is affected by the disease progression and ways in which to identify and interpret behaviors. We will also provide tools to help minimize and even eliminate challenging behaviors.

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

OCTOBER AARP DRIVING CLASSES – SIGN UP NOW!**AARP Smart Driver Class**

Refresh your driving skills with the AARP Smart Driver class, returning to the DeCorso Center in October. During the course, you will learn smart driving strategies to keep you safer on the road and increase your confidence behind the wheel. Plus, you may save money on your auto insurance (consult your agent for details) and may be eligible to have two points removed from your driving record. AARP will be offering the class in person at the DeCorso Center on **Tuesdays, October 1 and 8 from 11:00am to 2:00pm**. Participants must attend both sessions to get the certificate. Anyone with a NJ License is welcome to attend. The cost of the course is \$20 for AARP members and \$25 for non-members; payment will be collected at the first class.*

AARP Smart DriverTEK Workshop

The AARP Smart DriverTEK workshop is a 90-minute workshop offering an interactive way to stay up to date with the latest safety technology in your current or future car. Learn all about what new technologies are available, how they work, and how they can improve your peace of mind on the road. Register today and tell a friend—it's FREE! AARP will offer this workshop at the DeCorso Center on **Tuesday, October 15 from 11:30am–1:00pm**.*

*Advance registration is required; space may be limited. To register, please call (908) 665-0046 or e-mail decorsocenter@newprov.us.

THANK YOU NOTES

- Joan Brennan of Quality of Mind for the fun day of brain games
- Nina Pardi for organizing the wonderful bus trip to the Airport Café
- Kristen Tyler and Kat Lozynsky of MT House Auction and Moving Sales for the presentation about estate sales
- New Providence Recreation Summer Theater Camp youth participants for their performance
- Spring Grove for sponsoring the entertainment for our Volunteer Celebration
- Christine Napolitano for the wonderful book art program
- Denise Bogle and her dogs of Bright and Beautiful Therapy Dogs for the presentation and pet therapy
- Mia Conti and Valeria Amaya for helping at our Volunteer Celebration

NATIONAL NIGHT OUT**Tuesday, August 6, 7pm**

Sponsored by New Providence PBA Local Number 132, this event takes place at Centennial Park and Academy Street. National Night Out is an annual community-building campaign that promotes police-community partnerships and neighborhood camaraderie. First responders including police, firefighters, and EMS display their equipment and interact with the community. This is an opportunity for the entire family to meet not only the people who serve and protect them but also the local businesses and organizations that help our town thrive.

ELIGIBLE UNION COUNTY SENIORS CAN APPLY FOR FARMERS MARKET VOUCHERS

Eligible seniors can apply to obtain a \$50 e-benefit card to purchase fruits, vegetables, and herbs at participating Farmers Markets. To be eligible, seniors must be age 60 or older. A single person's annual income cannot exceed \$2,322 per month, and a married couple's combined income may not exceed \$3,152 per month. Eligible seniors can apply by calling the Union County Division on Aging at 908-527-4870 or 888-280-8226, weekdays from 8:30 a.m. to 4:30 p.m. Participating farmer's markets include Summit, Plainfield, and Scotch Plains.

NEW PROVIDENCE MEMORIAL LIBRARY

Creative Writing Group – Thursday, August 1, 8, 15 at 10:30am. Email RSVP@newprovidencelibrary.org to register.

Knit Night – Monday, August 5 & Thursday, August 15 at 7:00pm.



Movie Matinee: "Arthur the King" – Tuesday, August 6, 1:00pm

International Space Station Tour – Wednesday, August 7, 2:00pm. Watch the livestream on the big screen at the library or, to watch from home, register online at libraryc.org/newprovidencelibrary.

Batter Up: Let's Talk Baseball – Monday, August 12 at 6:30pm. In the Conti Room or over Zoom. Email RSVP@newprovidencelibrary.org to join virtually.

Movie Matinee: "The Ministry of Ungentlemanly Warfare" – Tuesday, August 20 at 1:00pm

See library website for additional programming.

	NEW PROVIDENCE SENIOR CITIZENS CLUB AUGUST 2024					
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7/28	7/29 9:30 In Control ¹ 11:00 Chair Yoga ² 11:00 Bridge	7/30 8:00 Bus to ShopRite* 9:45 Balance & Cond. ² 11:00 Book Club 12:00 Informal Italian Practice	31 9:00 <u>NO</u> Zumba ¹ 11:00 Club Meeting & Bright and Beautiful Therapy Dogs	1 9:30 Strong You! ² 12:00 Mah Jongg 1:00 In Stitches	2 9:00 Zumba ¹ 11:00 Bingo	3
4	5 9:30 In Control ¹ 10:00 "Gluten Sensitivity and Celiac Disease" ¹ 11:00 Chair Yoga ² 11:00 Bridge	6 9:45 Balance & Cond. ² 12:00 Informal Italian Practice	7 11:00 Club Meeting/Birthdays & "Lewis and Clark Expedition" presentation	8 9:00 Bus to Blue Star* 9:30 Strong You! ² 12:00 Mah Jongg 1:00 In Stitches	9 9:00 Zumba ¹ 11:00 Bingo	10
11	12 9:30 In Control ¹ 11:00 Chair Yoga ² 11:00 Bridge	13 9:45 Balance & Cond. ² 10:00 Activities Mtg. 12:00 Informal Italian Practice 1:00 "Understanding Changes Associated with Dementia" ¹	14 No Club Meeting Senior Citizens Lunch at the New Providence Pool 1:00 – 3:00pm	15 9:30 Strong You! ² 11:00 "Flower Bar" Craft 12:00 Mah Jongg 1:00 In Stitches	16 9:00 Zumba ¹ 11:00 Bingo	17
18	19 9:30 <u>NO</u> In Control ¹ 11:00 <u>NO</u> Chair Yoga ² 11:00 Bridge	20 8:00 Bus to ShopRite* 9:45 <u>NO</u> Balance & Cond. ² 12:00 Informal Italian Practice	21 11:00 Club Meeting & Avenues in Motion - "Safe Driving, Safe Walking"	22 9:30 <u>NO</u> Strong You! ² 12:00 Mah Jongg 1:00 In Stitches	23 9:00 <u>NO</u> Zumba ¹ 11:00 Bingo	24
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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.

BUS TRANSPORTATION

*Seating for these trips is limited and will be provided on a first come, first served basis. Please call at least two days in advance to reserve a spot.