

New Providence Senior Citizens Newsletter

"Good things happen here!"



OCTOBER 2024

Vol.24. No. 10

COORDINATOR'S CORNER

We have lots going on at the Center in October, including a flu clinic, two special exercise offerings, AARP classes, a painting class, speakers, and a special art tour of the Recreation hallway in the municipal building – we encourage you to join us for these programs and more! Please take note of schedule updates due to Early Voting at the end of the month.

Highlights of October Programs and Activities include:

- AARP Smart Driver – Tues, 10/1 & 10/8, 11am. Sign up in advance.
- Club Meeting, Birthdays, & Samba – Wed, 10/2, 11am
- Pizza Bingo with Spring Grove – Fri, 10/4, 11am
- Flu Clinic – Wed, 10/9, 10am
- "Library Hours" at the Center – Wed, 10/9, 10am
- Club Meeting & NP Fire Department on Fire Prevention Safety - Wed, 10/9, 11am
- Brunch in the Country bus trip – Thurs, 10/10, 10:15am. Purchase ticket in advance.
- AARP Smart Driver TEK - Tues, 10/15, 11:30am. Sign up in advance.
- Club Meeting & Halloween-themed bingo with Brandywine – Wed, 10/16, 11am
- Book Club – Tues, 10/22, 11am
- Club Meeting & Author Talk – "Biography of Thomas Edison's Wife" - Wed, 10/23, 11am
- Shopping at Blue Star – Thurs, 10/24, 8:30am and 11:30am
- Painting Program – Thurs, 10/24, 11am
- "Art Tour" program at the Municipal Building – Wed, 10/30, 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:

- ❖ Myriam will NOT be teaching In Control or Strong You! classes in October, November, or December.
- ❖ Italian classes will resume on October 8.
- ❖ There will be NO Meditation & Reiki on Wednesday, October 9.
- ❖ There will be NO Chair Yoga on Monday, October 14.
- ❖ All exercise classes will be ZOOM ONLY from October 28 – November 5 due to voting at the Center.
- ❖ Due to Early Voting at the Center, there will be NO Club Meeting on 10/30, NO In Stitches on 10/31, and NO Bingo on 11/1.

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

Bus service is available to Shop Rite on Tuesdays, to the Center on Wednesdays and Fridays, to shopping malls as scheduled, and to some special activities. Call 2 business days in advance to reserve your ride.

CLUB MEETINGS & SPECIAL PROGRAMS**NPSC CLUB MEETING/BIRTHDAYS & SAMBA WITH SPRING GROVE*****Wednesday, October 2 at 11:00am**

Spring Grove will lead us in a Samba program followed by healthy smoothies. Samba is a Marquis staple program that utilizes fun and energetic Latin-inspired music and drumsticks that can be done seated or standing for exercise that everyone loves!

NPSC CLUB MEETING & NP FIRE DEPARTMENT - FIRE PREVENTION SAFETY***Wednesday, October 9 at 11:00am**

October 6-12 is national Fire Prevention Week. Please join us for an important and potentially life-saving presentation by John Signorello, Deputy Chief of the New Providence Fire Department, about fire prevention and safety and more.

NPSC CLUB MEETING & HALLOWEEN-THEMED BINGO WITH BRANDYWINE***Wednesday, October 16 at 11:00am**

Join us for a Club meeting followed by a special Halloween-themed bingo. Brandywine Living will be here to give out special prizes. Wear a costume and enjoy the fun!

NPSC CLUB MEETING & AUTHOR TALK – “BIOGRAPHY OF THOMAS EDISON’S WIFE”***Wednesday, October 23 at 11:00am**

Join us for a Club meeting followed by a presentation from Alexandra Rimer, Assistant Editor at the Thomas Edison Papers at Rutgers University, who will speak about her book, *Seduced by the Light: The Mina Miller Edison Story*, a biography of Thomas Edison's wife, who helped shape the image of one of the country's most important inventors.

THERE WILL BE NO CLUB MEETING ON WEDNESDAY, OCTOBER 30th due to early voting. There will be a special “Art Tour” program with NP Recreation at the Municipal Building beginning at 11:00am. Take a tour of the New Providence Recreation hallway and learn about featured art pieces! Refreshments will be served.

*For bus transportation, call (908) 665-0046 or e-mail decorsocenter@newprov.us **two business days in advance.**

EVENTS & TRIPS**BRUNCH IN THE COUNTRY BUS TRIP****Thursday, October 10, Bus leaves at 10:15am**

Take a trip to the Clinton Station Diner and enjoy a delicious lunch. Cost is \$3.00 plus the price of your lunch. Last day to purchase ticket is Friday, October 4. **Tickets are limited and are available on a first come, first served basis.**

MOBILE FLU CLINIC**Wednesday, October 9 from 10:00am – 12:00pm**

The Union County Board of County Commissioners and the Borough of New Providence will present a mobile flu clinic at the DeCorso Center. Regular and senior doses will be available. For more information or to pre-register please contact the NP Public Health Nurse, Jenn Aranda at 908-743-1049 or Jaranda@newprov.us.

“LIBRARY HOURS” AT THE CENTER WITH AN NP LIBRARIAN**Wednesday, October 9 from 10:00am-11:00am**

Stop into the DeCorso Center’s library before the Club meeting to chat with a New Providence Memorial Library reference librarian, get information about the library’s programs and services, and/or sign up for a library card.

**** SENIOR BUS UPDATES ****

ShopRite: Amy will drive to ShopRite every Tuesday at 8:00am. If the van reaches capacity, we will add a second trip at 11:30am. Please call (908) 665-0046 or e-mail decorsocenter@newprov.us 2 business days in advance to reserve a spot.

BlueStar: Amy will drive to Blue Star Shopping Center on **Thursday, October 24** at 8:30am and 11:30am. E-mail decorsocenter@newprov.us or call (908) 665-0046 by Tuesday, October 22 to reserve your spot for the 8:30am or 11:30 trip. Each trip will be filled on a first come, first served basis.

BOOK CLUB**Tuesday, October 22 at 11:00am**

The October book club selection is *The Girl Who Died* by Ragnar Jónasson, a thriller about a young woman seeking a new start in a secluded village where a small community is desperate to protect its secrets. Pick up a copy of the book at the Center.

ARTS & CRAFTS**PAINTING PROGRAM****Thursday, October 24 at 11:00am**

Join art instructor Veronica Dunscombe to create a beautiful acrylic painting of a fall scene. Create a wonderful art project to brighten your home. Veronica has extensive experience as a painting instructor and is thrilled to work with our seniors.

Please call the Center at (908) 665-0046 or e-mail decorsocenter@newprov.us **by Friday, October 18 to register**. Space will be limited.

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. **In Stitches will not meet on October 31.**

CARDS & GAMES**BINGO**

SPECIAL BINGO – Brandywine will call Halloween-themed bingo with special prizes on **Wednesday, October 16 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, October 4** with FREE pizza provided by Spring Grove.

Bingo cards are 50 cents each. For bus transportation, e-mail decorsocenter@newprov.us or call (908) 665-0046 two days in advance.

BRIDGE**Mondays at 11:00am**

Play “social bridge” and enjoy the company of Club friends in the Card Room! All levels are welcome. **Bridge will meet in the solarium on October 28.**

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. **Mah Jongg will meet in the solarium on October 31.**

ITALIAN CLASSES RESUME ON OCTOBER 8!

Regular Italian classes will resume on Tuesday, October 8. Classes meet every Tuesday. Advanced class meets at 12:00pm. Beginner class meets at 1:00pm. **Italian classes will meet in the solarium on October 29.**

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, October 16 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.

Special Offerings

- **Meditation & Reiki** – Wednesdays, Oct 2-Dec 18 **No class 10/9. Zoom only 10/30.**

Bus transportation is available for this class.

Meditation Portion – In Person and on Zoom, 1:00-1:30pm

Join Judy for relaxing meditation using breath, guided visualization, gentle moving meditation, and deep relaxation techniques. Participants in this class will quiet the mind, find focus, clarity, and inner healing.

Reiki Portion – In Person ONLY, 1:30-2:00pm

Those attending Meditation in person may join Judy, who is a Reiki Master Practitioner Teacher, to discover the ancient healing art of Reiki tailored to seniors needs, helping to alleviate stress, ease pain, and enhance overall vitality.

- **Stretch & Strength** – Thursdays at 9:40am – In Person and on Zoom. Oct 3-Dec19 **Zoom only 10/31. No class 11/7.**

Regular Classes

- **Chair Yoga** – Mondays at 11:00am – In Person and on Zoom. **No class 10/14. Zoom only 10/28, 11/4.**
- **Balance and Conditioning** – Tuesdays at 9:40am – In Person and on Zoom. **Zoom only 10/29, 11/5.**

There will NOT be **In Control** or **Strong You!** classes in October, November, or December.

We will NOT be offering **Zumba** until further notice. We thank Donna for her years of teaching at the Center.

ATLANTIC HEALTH VIRTUAL PROGRAMS*

Urinary Incontinence - October 15, 12:00-1:00pm on ZOOM

Topics to be discussed include: the pelvic floor, pelvic floor therapy, and why incontinence does not need to be a “normal” part of aging.

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

VOTING AT THE DECORSO CENTER

Early voting will take place at the DeCorso Center from Saturday, October 26 through Sunday, November 3. Voting will also take place at the DeCorso Center on Election Day, Tuesday, November 5. **All exercise classes from October 28-November 5 will be held via ZOOM ONLY. There will be NO Club meeting on Wednesday, October 30, NO In Stitches on October 31, and NO Bingo on Friday, November 1. Other senior activities will be moved to the Solarium during Early Voting. No in-person senior activities will be held at the Center on November 5; Italian class will be cancelled.**

DONATE REUSEABLE BAGS

As part of a Union County program, we are collecting reusable shopping bag donations at the DeCorso Center. This program collects these bags, gets them sanitized and supplies them to the Community Food Bank of New Jersey for reuse in food distribution. There will be a collection box at the DeCorso Center, we well as the Municipal Gym and at DPW the first and third Saturdays of the month.

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

Refresh your driving skills with the AARP Smart Driver 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 (cash or check payable to AARP) 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

- Sal Ligammari for running the River Lady trip.
- Bette Schmitt for sponsoring the presentation by the Somerset County Park Commission Environmental Education Center about the importance of bees.
- Felician University nursing students for the presentation on fall prevention.
- Cranford Park Care for the special prizes and pizza for Special Bingo.
- Spring Grove for the pizza and gift basket for September's Pizza Bingo.
- Dr. Marella and Care One for the presentation about influenza and for the delicious hot dogs.

FREE MEDICARE COUNSELING AT SAGE

If you are a Medicare beneficiary and resident of Union County with questions about Medicare, SAGE can help. Call and speak to one of their State Health Insurance Assistance Program (SHIP) counselors. 908.273.6999 or email ship@sageeldercare.org.

AROUND TOWN

PBA Car Show - Saturday, October 5, 10am-3pm, New Providence Community Pool

NP Historical Society "Bridge Builder in Petticoats" – Thursday, October 10, 7pm, DeCorso Center

Fire Station Open House for all ages – Saturday, October 12, 12noon-3pm, 175 Floral Ave.

DEA Take Back Day - Saturday, October 26, 10am-2pm, New Providence Municipal Center

Street Fair – Sunday, October 27, 11am-5pm, Springfield Ave. from South St. to Livingston Ave.

NEW PROVIDENCE MEMORIAL LIBRARY

Movie Matinee: "Elvis" – Tuesday, October 1, 1:00pm

Knit One – Wednesday, October 2, 1:00pm

Creative Writing Group – Thursdays at 10:30am

Knit Night – Monday, October 7, 7:00pm

Books & Bagels – Tuesday, October 8, 10:30am

Craft Fair – Saturday, October 19, 10:30am-4:00pm

Shop for handcrafted goods and support the library.

Batter Up: Let's Talk Baseball – Monday, October 14 at 6:30pm. In the Conti Room or over Zoom

Movie Matinee: "The Dish" – Tuesday, October 15, 1:00pm

Knit Night – Thursday, October 17, 7:00pm

See library website for additional programming.

 NEW PROVIDENCE SENIOR CITIZENS CLUB OCTOBER 2024 						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9/29	9/30 11:00 Chair Yoga ² 11:00 Bridge	1 8:00 Bus to ShopRite* 9:40 Balance & Cond. ² 11:00 AARP Smart Driver⁴	2 11:00 Club Meeting, Birthdays & Samba with Spring Grove* 1:00 Meditation & Reiki ^{2*}	3 9:40 Stretch & Strength ² 12:00 Mah Jongg 1:00 In Stitches	4 11:00 Pizza Bingo*	5
6	7 10:00 Trustee Mtg. 11:00 Chair Yoga ² 11:00 Bridge	8 8:00 Bus to ShopRite* 9:40 Balance & Cond. ² 10:00 Activities Mtg. 11:00 AARP Smart Driver⁴ 12:00 Advanced Italian 1:00 Beginner Italian	9 10:00 Library Hours 10:00 Flu Clinic 11:00 Club Meeting & NP Fire Department on Fire Prevention Safety* 1:00 <u>NO</u> Meditation & Reiki ^{2*}	10 9:40 Stretch & Strength ² 10:15 Brunch in the Country bus trip³ 12:00 Mah Jongg 1:00 In Stitches	11 11:00 Bingo*	12
13	14 11:00 <u>NO</u> Chair Yoga ² 11:00 Bridge	15 8:00 Bus to ShopRite* 9:40 Balance & Cond. ² 11:30 Smart Driver TEK⁴ 12:00 Urinary Incontinence¹ 12:00 Advanced Italian 1:00 Beginner Italian	16 10:00 Nurse's Hours 11:00 Club Meeting & Halloween-themed bingo with Brandywine* 1:00 Meditation & Reiki ^{2*}	17 9:40 Stretch & Strength ² 12:00 Mah Jongg 1:00 In Stitches	18 11:00 Bingo*	19
20	21 11:00 Chair Yoga ² 11:00 Bridge	22 8:00 Bus to ShopRite* 9:40 Balance & Cond. ² 11:00 Book Club 12:00 Advanced Italian 1:00 Beginner Italian	23 11:00 Club Meeting & Author Talk – Alexandra Rimer* 1:00 Meditation & Reiki ^{2*}	24 8:30/11:30 Bus to Blue Star* 9:40 Stretch & Strength ² 11:00 Painting Program⁴ 12:00 Mah Jongg 1:00 In Stitches	25 11:00 Bingo*	26 Early Voting
27 Early Voting	28 Early Voting 11:00 Chair Yoga ² (ZOOM only) 11:00 Bridge	29 Early Voting 8:00 Bus to ShopRite* 9:40 Balance & Cond. ² (ZOOM only) 12:00 Advanced Italian 1:00 Beginner Italian	30 Early Voting NO CLUB MEETING 11:00 "Art Tour" program at the Municipal Building 1:00 Meditation & Reiki ² (ZOOM only)	31 Early Voting 9:40 Stretch & Strength ² (ZOOM only) 12:00 Mah Jongg 1:00 <u>NO</u> In Stitches <i>Happy Halloween!</i>	11/1 Early Voting 11:00 <u>NO</u> Bingo	11/2 Early Voting

¹ Virtual class via Zoom. Pre-registration required.

² Hybrid class offered both in person at the Center and on Zoom. Pre-registration required.

³ Purchase ticket in advance.

⁴ Register in advance.

BUS TRANSPORTATION

*Call 2 business days in advance to reserve a spot.

ShopRite – If needed, a second trip will be added at 11:30am.