

New Providence Senior Citizens Newsletter

"Good things happen here!"

DECEMBER 2024

Vol.24. No. 12



COORDINATOR'S CORNER

We wish everyone a wonderful holiday season! Please join us throughout the month to share your holiday spirit, at our regular activities as well as our special winter programs.

Highlights of December Programs and Activities include:

- Club Meeting/Birthdays/Club Elections & NPHS Sociology Students - Wed, Dec 4, 11am
- Holiday Craft – Thurs, Dec 5, 11am
- Pizza Bingo with FREE pizza provided by Spring Grove – Fri, Dec 6, 11am
- Holiday Spirit Day w/NPMS Art Club students– Tues, Dec 10, 12:30pm
- Club Meeting & NPMS Chorale - Wed, Dec 11, 11am
- Holiday Luncheon at the Primavera Regency – Thurs, Dec 12, 12noon
- Holiday Sing-along – Fri, Dec 13, 10:45
- Club Meeting & Special Bingo with Brandywine - Wed, Dec 18, 11am
- Painting Program – Thurs, Dec 19, 11:30am
- December 20 - Special holiday performance by the Kean Community Flute Ensemble at 11:00am, followed by bingo starting at 11:30. Allaire is bringing refreshments.

Important Safety Protocols for In-Person Programs:

- We encourage everyone to stay up to date with vaccinations, both Covid-19 and flu.
- 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:

- Myriam will NOT be teaching In Control or Strong You! classes in December.
- Mah Jongg will meet on Tuesday, December 10 instead of December 12.
- There will be NO In Stitches on December 12.
- There will be NO bus transportation to activities on Friday, December 13. This includes Table Tennis and Bingo.
- The DeCorso Center and the Borough Offices will be closed on Tuesday, December 24 and Wednesday, December 25 due to the Christmas holiday. There will be NO Bus to ShopRite and NO programs or activities.
- There will be NO exercise classes from Monday, December 23 through Friday, January 3. Classes will resume on Monday, January 6.
- The DeCorso Center and the Borough Offices will be closed on Wednesday, January 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 Ligammarri, Nina Pardi, Grace Parlapiano, Nancy Whipple

Club Officers

President: Christine Napolitano

Vice President: Bill Wehrle

Treasurer: Sal Ligammarri

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/CLUB ELECTIONS
& NPHS SOCIOLOGY CLASS*****Wednesday, December 4 at 11:00am**

The Club has a long-standing tradition with the NP High School Sociology class where the students come in and interview NPSCC members and talk to seniors about generational changes and values.

Please join us for this special Club meeting, share your experiences, and compare your teenage years with theirs. Those that have participated in the past know that it is always an interesting and fun day for both seniors and students! The election of the NPSCC Officers and Trustees will also take place at this meeting.

NPSC CLUB MEETING & NPMS CHORALE***Wednesday, December 11 at 11:00am**

Join us for a Club meeting, share holiday cheer, and enjoy special musical performances by the New Providence Middle School Chorale.

NPSC CLUB MEETING & SPECIAL "HOLIDAY-THEMED BINGO" WITH BRANDYWINE LIVING***Wednesday, December 18 at 11:00am**

Join us for a Club meeting followed by a special holiday-themed bingo. Brandywine Living will be here to give out special prizes.

THERE WILL BE NO MEETING ON WEDNESDAY, DECEMBER 25 DUE TO THE CHRISTMAS HOLIDAY.

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

BOOK CLUB

Book club is taking a break for December and will resume on Tuesday, January 28. The book selection for the January meeting is *The History of Love* by Nicole Krauss. In this novel a long-lost book reappears, mysteriously connecting an old man searching for his son and a girl seeking a cure for her widowed mother's loneliness. Pick up a copy of the book at the Center.

TRIPS & EVENTS**HOLIDAY LUNCHEON****Thursday, December 12 at 12noon**

Celebrate the season with friends at the Primavera Regency restaurant. Enjoy holiday music provided by Bob Marino and delicious food. Cost is \$40. Last day to purchase tickets is Friday, December 6. Transportation available upon request.

SAVE THE DATE**Lunar New Year****Thursday, January 30 at 12noon****HOLIDAY SPIRIT DAY****Tuesday, December 10 at 12:30pm**

Come and share your holiday spirit! Please join New Providence Middle School Art Club student volunteers as they help us decorate our trees and the Center for the holidays. We will also be writing holiday greeting cards to send to Club members. Refreshments will be served. Advance registration is not required but would be appreciated for planning purposes.

**** SENIOR BUS ****

ShopRite: Amy will drive to ShopRite on Tuesdays at 8:00am. If the van reaches capacity, we will add a second trip at 11:30am. **There will be no bus to ShopRite on December 24.** Please call (908) 665-0046 or e-mail decorsoccenter@newprov.us 2 business days in advance to reserve a spot.

BlueStar: Amy will drive to Blue Star Shopping Center on **Thursday, December 5 at 8:30am ONLY and on Thursday, December 19 at 8:30am and 11:30am.** E-mail decorsoccenter@newprov.us or call (908) 665-0046 by Tuesday, December 3 to reserve your spot for the December 5 trip and by Tuesday, December 17 for the December 19 trips. Each trip will be filled on a first come, first served basis.

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 12/24 & 12/31.**

ARTS & CRAFTS**HOLIDAY CRAFT****Thursday, December 5 at 11:00am**

Join Linda Kale to make a fun festive craft. Assemble adorable reindeer and snowmen giftbags with goodies for the inside provided by Spring Grove. Share some holiday cheer! All supplies will be provided. Please call the Center at (908) 665-0046 or e-mail decorocenter@newprov.us by Monday, December 2 to register.

PAINTING PROGRAM**Thursday, December 19, 11:30am**

Join art instructor Veronica Dunscombe to create a beautiful painting of a snowman. Create a wintery art project to accent your home. Please call the Center at (908) 665-0046 or email decorocenter@newprov.us by Friday, December 13 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. **No In Stitches on December 12.**

CARDS & GAMES**BINGO**

SPECIAL BINGO – Join us for bingo with special prizes provided by Brandywine on **Wednesday, December 18 after the 11:00am Club meeting.**

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

- **On Friday, December 6**, we will have **Pizza Bingo with FREE pizza provided by Spring Grove.**
- **On Friday, December 13**, JoAnn Jackovino will lead a **holiday sing-along at 10:45am, followed by bingo at 11:00am.**
- **On Friday, December 20**, there will be a **special performance of seasonal music by the Kean Community Flute Ensemble at 11:00am, followed by bingo starting at 11:30am.** Allaire Health Services will be bringing special holiday refreshments.

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

There will be no bus transportation on December 13.

CARDS & GAMES (continued)**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**

Come make new friends and have a fun time. Beginners are welcome to watch and learn. **Mah Jongg will meet on Tuesday, December 10 instead of December 12.**

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, December 18 beginning at 10:00a.m.**

‘EXERCISE CLASSES*’**Special Offerings**

- **Table Tennis** – Fridays, **December 6, 13, and 20** from 9:45-10:45am. Advance registration required; this class is already full.
- **Meditation & Reiki** – Wednesdays, **December 4, 11, and 18.** Bus transportation is available.
- **Meditation Portion** – In Person and on Zoom, 1:00-1:30pm
- **Reiki Portion** – In Person ONLY, 1:30-2:00pm
- **Stretch & Strength** – Thursdays at 9:40am - In Person and on Zoom. **December 5, 12, and 19.**

Regular Classes

- **Chair Yoga** – Mondays at 11:00am – In Person and on Zoom. **No class on 12/23 and 12/30.**
- **Balance and Conditioning** – Tuesdays at 9:40am – In Person and on Zoom. **No class on 12/24 & 12/31.**

ATLANTIC HEALTH VIRTUAL PROGRAMS*

- **Healthy Eating Tips for the Holidays** - December 11, 5:30 - 6:30pm on ZOOM
- Learn how to create balanced meals complete with protein and fiber while enjoying the foods you love.
- **Health Care Literacy Assistance: A How-to Guide on Your Health Care Benefits** - December 3, 5:00 - 6:00pm on ZOOM
- Join to learn how to better understand your NJ Health Insurance benefits.

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

DECORSO CENTER REGISTRATION FORM

The DeCorso Center has a new registration form, which all of those participating in Center activities are asked to complete. The new form collects information requested for reporting in conjunction with the Community Development Block Grant (CDBG) funding that the Borough receives through Union County and uses to pay for senior programs. A copy of this form is being sent along with the monthly newsletter. We ask that you please complete and return this form to Michelle or Beth at your earliest convenience. (Also, as part of CDBG requirements, you will also be asked to show a copy of your ID when you return the form.) Thank you!

REGISTER FOR 2025 EXERCISE CLASSES

New Providence residents ages 65+ can participate in FREE exercise classes offered by the DeCorso Center. All those who would like to participate in our exercise classes in 2025, please note:

- You MUST register/re-register for all classes you would like to take in 2025 by calling (908) 665-0046 or e-mailing decorsocenter@newprov.us by Friday, December 20.
- All exercise class participants must complete a NEW, UPDATED DeCorso Center registration form with waiver.
- Our exercise classes will continue to be offered in person at the DeCorso Center and/or on Zoom.
- There will be new Zoom links for all classes beginning in January.
- If in-person classes need to be cancelled (due to winter weather, voting at the Center, etc.) classes may still continue on Zoom.
- We request that if you are not feeling well, please do not attend in person classes.
- Seniors who do not live in New Providence may also participate but are asked to pay a nominal annual fee. See Michelle or Beth for assistance.

CANASTA

Are you interested in playing Canasta at the Center? Please let Michelle or Beth know; we are considering offering a weekly time for Canasta in our schedule.

2025 EXERCISE CLASSES

2025 classes will include:

- In Control – Mondays at 9:45am – In Person and on Zoom
- Chair Yoga – Mondays at 11:00am – In Person and on Zoom
- Balance and Conditioning – Tuesdays at 9:40am – In Person and on Zoom
- Strong You! – Thursdays at 9:30am – In Person and on Zoom
- Special Offering – Stretch and Strength – Wednesdays from January through March at 9:30am - Zoom ONLY

Class descriptions are available at the Center and on our website. Please ask your doctor which classes would be appropriate for you.

THANK YOU NOTES

- Mr. Ziegler, Mrs. DeLuca, Mr. Henry and the NPHS Administration, teachers, and students for a wonderful Senior Citizens Day
- Spring Grove for another fun “Samba” program and for providing a delicious Friday bingo lunch
- Bill Lillis and the Partnership for a Drug-Free New Jersey for the important presentation on the role of grandparents in prevention
- Michael Avagliano and Rick Kaller of the Discovery Orchestra for the beautiful musical performance and interactive experience
- Nicole Beeney and Kathy Bassiacos of Life Hospice for the wonderful Thanksgiving craft
- Jersey Joe’s for providing bagels for the Club meetings every week. Please stop by his store in the Shoppes at New Providence and let him know how much we appreciate his donations.

AROUND TOWN

Night of 1,000 Stars – Community Tree Lighting Ceremony - Friday, Dec 6, 7:00pm, Centennial Park

NEW PROVIDENCE MEMORIAL LIBRARY

Movie Matinee: “Ordinary Angels” – Tuesday, December 3, 1:00pm

Cover Girls Holiday Concert – Tunes from the Great American Song Book. Sunday, December 8, 3:00pm

Movie Matinee: “Last Christmas” – Tuesday, December 17, 1:00pm

See library website for additional programming.

NEW PROVIDENCE SENIOR CITIZENS CLUB
DECEMBER 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 10:00 Trustee Mtg. 11:00 Chair Yoga ² 11:00 Bridge	3 8:00 Bus to ShopRite* 9:40 Balance & Cond. ² 12:00 Advanced Italian 1:00 Beginner Italian 5:00 "Health Care Literacy Assistance" ¹	4 11:00 Club Meeting/ Birthdays/Club Elections & NPHS Sociology Students* 1:00 Meditation & Reiki ^{2*}	5 8:30 Bus to Blue Star* 9:40 Stretch & Strength ² 11:00 Holiday Craft ⁴ 12:00 Mah Jongg 1:00 In Stitches	6 9:45 Table Tennis ^{4*} 11:00 Pizza Bingo* with free pizza provided by Spring Grove	7
8	9 11:00 Chair Yoga ² 11:00 Bridge	10 8:00 Bus to ShopRite* 9:40 Balance & Cond. ² 10:00 Activities Mtg. 12:00 Mah Jongg 12:00 Advanced Italian 12:30 Holiday Spirit Day 1:00 Beginner Italian	11 11:00 Club Meeting & NPMS Chorale* 1:00 Meditation & Reiki ^{2*} 5:30 "Healthy Eating Tips for the Holidays" ¹	12 9:40 Stretch & Strength ² 12:00 Holiday Luncheon ^{3*} 12:00 <u>NO</u> Mah Jongg 1:00 <u>NO</u> In Stitches	13 9:45 Table Tennis ⁴ (no bus transport) 10:45 Holiday Sing-along 11:00 Bingo (no bus transport)	14
15	16 11:00 Chair Yoga ² 11:00 Bridge	17 8:00 Bus to ShopRite* 9:40 Balance & Cond. ² 12:00 Advanced Italian 1:00 Beginner Italian	18 10:00 Nurse's Hours* 11:00 Club Meeting & Special Bingo with Brandywine* 1:00 Meditation & Reiki ^{2*}	19 8:30 Bus to Blue Star* 9:40 Stretch & Strength ² 11:30 Painting Program ⁴ 11:30 Bus to Blue Star* 12:00 Mah Jongg 1:00 In Stitches	20 9:45 Table Tennis ^{4*} 11:00 Kean Community Flute Ensemble* 11:30 Bingo* Refreshments provided by Allaire Health Services	21
22	23 11:00 <u>NO</u> Chair Yoga ² 11:00 Bridge	24 8:00 <u>NO</u> Bus to ShopRite* Center Closed – No programs or activities	25 <i>Christmas Day Center Closed – No programs or activities</i>	26 12:00 Mah Jongg 1:00 In Stitches	27 11:00 Bingo*	28
29	30 11:00 <u>NO</u> Chair Yoga ² 11:00 Bridge	31 8:00 Bus to ShopRite* 9:40 <u>NO</u> Balance & Cond. ² 11:00 <u>NO</u> Book Club 12:00 <u>NO</u> Advanced Italian 1:00 <u>NO</u> Beginner Italian	Jan 1 Center Closed – No programs or activities	Jan 2 12:00 Mah Jongg 1:00 In Stitches	Jan 3 11:00 Bingo*	Jan 4

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

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

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