

New Providence Senior Citizens Newsletter

"Good things happen here!"



JANUARY 2025

Vol. 25 No. 1

COORDINATOR'S CORNER

Happy New Year! We wish all of you a very happy and healthy 2025!

Highlights of January Programs and Activities include:

- Pizza Bingo with FREE pizza provided by Spring Grove – Friday, Jan 3, 11am
- Club Meeting/Birthdays/AWR Science Students & Special Bingo with Roxanne Giacalone of Christie's Real Estate - Wed, Jan 8, 11am
- Club Meeting & NPHS Voice Students and Music Club Students – Wed, Jan 15, 11am
- Painting Program – Thurs, Jan 16, 11:30am
- Club Meeting & Healthy Sleep Habits for Seniors presented by Atlantic Health – Wed, Jan 22, 11am
- Card Making with Linda Kale – Thursday, Jan 23, 11am
- Book Club – Tuesday, Jan 28, 11am
- Club Meeting & program on Brain Health and Dementia with JFS of Central NJ – Wed, Jan 29, 11am
- Lunar New Year Luncheon – Thurs, Jan 30, 12noon

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:

- Borough Offices and the DeCorso Center will be closed on Wednesday, January 1.
- Exercise classes resume Monday, January 6 (no Strong You! on 1/2).
- Myriam is returning to teach In Control beginning Monday, January 6, and Strong You! beginning Thursday, January 9.
- There will be NO Italian classes on Tuesday, January 7.
- The DeCorso Center and Borough offices will be closed on Monday, January 20 for Martin Luther King, Jr. Day. There will be NO programs or activities.

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

Dedicated to providing social & enriching activities & events for New Providence residents 55 years and beyond.

Trustees

Chair: Bill Wehrle

Secretary: Nina Pardi

Trustees: Peggy Brodeur, Carol Dunn, Allan Igo, Barbara Koslap, Christine Napolitano, Sal Ligammari, Grace Parlapiano, Nancy Whipple

Club Officers

President: Linda Kale

Vice-President: Bill Wehrle

Treasurer: Sal Ligammari

1st Treasurer: Dolores Felezzola

Sergeants-at-Arms: Mike Ferlise, Allan Igo

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

There will be no meeting on Wednesday, January 1 due to the New Year's holiday.

NPSC CLUB MEETING/BIRTHDAYS/AWR SCIENCE STUDENTS & SPECIAL BINGO WITH CHRISTIE'S REAL ESTATE*

Wednesday, January 8 at 11:00am

Join us for a Club meeting and a special visit with 6th grade AWR students who, with science teacher Leslie Ditta, have been learning about how our senses work and what happens when people experience sensory challenges or loss. They will work with seniors doing some of the sensory experiments that they did in class. We will have Special Bingo following the meeting, with Roxanne Giacalone of Christie's Real Estate here to give out special prizes.

NPSC CLUB MEETING & NPHS VOICE STUDENTS & MUSIC CLUB STUDENTS*

Wednesday, January 15 at 11:00am

Join us for a Club meeting and enjoy a morning of music with New Providence High School Music Club and Voice Class students. They will entertain us with both instrumental and vocal performances.

NPSC CLUB MEETING & "HEALTHY SLEEP HABITS FOR SENIORS" PRESENTED BY ATLANTIC HEALTH*

Wednesday, January 22 at 11:00am

Join us for a Club meeting and a presentation from Atlantic Health. Dr. Kalpeshkumar Patel will discuss the importance of sleep, factors preventing you from having a restful night and tips that will help you develop healthier habits for a good night's rest.

NPSC CLUB MEETING & PROGRAM ON "BRAIN HEALTH & DEMENTIA" WITH JFS OF CENTRAL NJ*

Wednesday, January 29 at 11:00am

Join Bonnie Freirich, LCSW and Director of Dementia programs at Jewish Family Services of Central New Jersey to learn about the 6 pillars of brain health and practical ways of prevention and early intervention of dementia. Become informed of the stages of this disease and tips of what helps bring a sense of joy and well-being to your loved one and family. Community resources will be shared, including the free JFS "Coffee House" adult day program for Union County residents with mild to moderate memory loss.

CLUB MEETINGS & SPECIAL PROGRAMS (continued)

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

TRIPS & EVENTS**LUNAR NEW YEAR LUNCHEON**

Thursday, January 30 at 12noon

Celebrate the Year of the Snake and enjoy a delicious meal at Szechuan Delight. Price includes soup, appetizer, entrée, and dessert. Cost is \$17.00. Tickets go on sale Monday, January 6. Last day to purchase tickets is Friday, January 24. Please contact Michelle or Beth if you need transportation.

**** 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. Please call (908) 665-0046 or e-mail decorsocenter@newprov.us 2 business days in advance to reserve a spot.

Blue Star: Amy will drive to Blue Star Shopping Center on **Thursday, January 9 at 8:30am and 11:30am.** Please call (908) 665-0046 or e-mail decorsocenter@newprov.us 2 business days in advance to reserve a spot. 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 January 7.**

BOOK CLUB

Tuesday, January 28, 11:00am

The January book selection 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.

ARTS & CRAFTS**PAINTING PROGRAM****Thursday, January 16, 11:30am**

Join art instructor Veronica Dunscombe to create a beautiful painting. Create an art project to accent your home. Please call the Center at (908) 665-0046 or email decorsocenter@newprov.us by Friday, January 10 to register. Space will be limited.

CARD MAKING WITH LINDA KALE**Thursday, January 23 at 11:00am**

Join Linda Kale to make beautiful hand-made cards. For those who painted winter snowmen at our December painting class, Linda will help you take the painting you created and use it to make 4 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 or call the Center at (908) 665-0046 by Friday, January 17 to register.

CARDS & GAMES**BINGO**

SPECIAL BINGO – Join us for bingo with special prizes provided by Roxanne Giacalone of Christie's Real Estate on Wednesday, January 8 after the Club meeting, beginning at approximately 11:45-12:00.

FRIDAY BINGO – Join us for weekly bingo on Fridays at 11:00am. We will have Pizza Bingo on Friday, January 3 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. **No bridge on 1/20.**

MAH JONGG**Thursdays at 12:00pm**

Come make new friends and have a fun time. Beginners are welcome to watch and learn.

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, January 15 at 10:00am AND before bingo on Friday, January 24 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.

Special Offerings

- **Table Tennis** – Fridays, **January 10, 17, 31 and February 7, 14, and 21** from 9:45-10:45am. Spots are limited.
- **Stretch, Strength, and Stability** – Wednesdays from January through March at 9:30am – Zoom ONLY.

Regular Classes

- **In Control** – Mondays at 9:45am – In Person and on Zoom. **No class on 1/20.**
- **Chair Yoga** – Mondays at 11:00am – In Person and on Zoom. **No class on 1/20.**
- **Balance and Conditioning** – Tuesdays at 9:40am – In Person and on Zoom
- **Strong You!** – Thursdays at 9:30am – In Person and on Zoom. **No class on 1/2.**

ATLANTIC HEALTH VIRTUAL PROGRAMS*

The ABC's of Diabetes: A Brief Overview - January 13, 12:00 - 1:00pm on ZOOM

Diabetes is a common condition that can seriously impact your quality of life, but just knowing the signs and symptoms can help you manage and prevent further complications. Learn how diabetes impacts a person and what actions you can take!

What You Need to Know About Sepsis - January 21, 12:00 - 12:45pm on ZOOM

Sepsis is a life-threatening complication of an infection and is one of the most serious medical issues in the U.S and around the world. Learn what it is, how to identify it and how it's treated.

*Email 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 2024 tax returns. AARP Foundation Tax Aide counselors will be available at the DeCorso Center for appointments on Tuesdays and Wednesdays from February through mid-April.

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. Beginning Tuesday, January 21, taxpayers may call the DeCorso Center at (908) 665-0046 between 10:00am and 2:00pm Mondays through Fridays to schedule an appointment, or they may sign up in person at the Center.

REMEMBERING THOSE WE LOST

NPSCC lost many good friends in 2024. As we look into a new year, let us remember with gratitude all of the good times and memories that we shared.

Pat Barry	Kevin McManus
Mary Bouwman	Mary Melega
Robert Brown	Sue Nozza
Arlene Davidson	Leo Piovano
Jane DiMaggio	Gloria Prunesti
Carmela DiParisi	Jim Prunier
Janet Dunstan	Kari Prunier
Regina Foy	Pauline Quinlan
Emily Gennetti	Estelle Roth
Paul Heerens	Gino Simonetti
Maxine Hirsch	Mary Smith
Bjarne Jenshoej	Terri Zimmerman
Helen Kundrat	

*There are some we meet in passing
And forget as soon as they go.
There are some we remember with pleasure
And feel honored and privileged to know.
You were that kind of person
Who leaves beautiful memories behind
And there will be many days
Which will bring fond memories to mind.*

THANK YOU NOTES

- Linda Kale for the wonderful holiday craft, and for taking photos at the holiday luncheon
- Spring Grove for providing goodies to put into the holiday craft bags, and for providing pizza for a Friday bingo
- Mr. Tracey and the NPHS Sociology class for meeting with us to talk about generational changes and values
- Ms. Florencio, Ms. Mangino and NPMS Art Club students for decorating the Center for the holidays
- Mr. Ziegler, Ms. Vallerio, and the NPMS Chorale for the wonderful sing-along
- Peggy Brodeur, Barbara Koslap, Christine Napolitano, Jane Xu, Lily Young, and Carol Dunn for writing holiday cards
- Christine Napolitano for organizing the wonderful Holiday Luncheon
- JoAnn Jackovino for leading a holiday sing-along
- Reena Yaseen from Brandywine Mountain Ridge for the fun holiday-themed Special Bingo
- Lyn Schraer-Joiner and the Kean Community Flute Ensemble for the wonderful holiday performance
- Dr. Bob Robinson for the beautiful poinsettia plant
- Bill Wehrle for his donation in memory of Kevin McManus to purchase additional "quick clear" bingo cards and for bingo game prizes

AROUND TOWN

Rabies Clinic – DeCorso Center, Saturday, January 11, 9:00am – 10:00 am

NEW PROVIDENCE MEMORIAL LIBRARY

Jazz Concert with Yvonnick Prene and Toru Dodo – Sunday, Jan 5, 3:00pm

Movie Matinee: "The Unlikely Pilgrimage of Harold Fry" – Tuesday, Jan 7, 1:00pm

Movie Matinee: "Reagan" – Tuesday, Jan 21, 1:00pm
See library website for additional programming.

NEW PROVIDENCE SENIOR CITIZENS CLUB JANUARY 2025						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Dec 29	Dec 30 11:00 <u>NO</u> Chair Yoga ² 11:00 Bridge	Dec 31 <i>New Year's Eve</i> 8:00 Bus to ShopRite* No programs or activities	1 <i>New Year's Day</i> Center Closed – No programs or activities	2 9:30 <u>NO</u> Strong You! ² 12:00 Mah Jongg 1:00 In Stitches	3 11:00 Pizza Bingo* with FREE pizza provided by Spring Grove	4
5	6 9:45 In Control ² 10:00 Trustees Mtg. 11:00 Chair Yoga ² 11:00 Bridge	7 8:00 Bus to ShopRite* 9:40 Balance & Cond. ² 12:00 <u>NO</u> Advanced Italian 1:00 <u>NO</u> Beginner Italian	8 9:30 Stretch, Strength, Stability ¹ 11:00 Club Meeting/Birthdays & AWR Science Students & Special Bingo with Christie's Real Estate*	9 8:30 Bus to Blue Star* 9:30 Strong You! ² 11:30 Bus to Blue Star* 12:00 Mah Jongg 1:00 In Stitches	10 9:45 Table Tennis ⁴ 11:00 Bingo*	11
12	13 9:45 In Control ² 11:00 Chair Yoga ² 11:00 Bridge 12:00 "The ABC's of Diabetes"¹	14 8:00 Bus to ShopRite* 9:40 Balance & Cond. ² 10:00 Activities Mtg. 12:00 Advanced Italian 1:00 Beginner Italian	15 9:30 Stretch, Strength, Stability ¹ 10:00 Nurse's Hours* 11:00 Club Meeting & NPHS Voice Students & Music Club Students*	16 9:30 Strong You! ² 11:30 Painting Program⁴ 12:00 Mah Jongg 1:00 In Stitches	17 9:45 Table Tennis ⁴ 11:00 Bingo*	18
19	20 <i>MLK, Jr. Day</i> Center Closed – No programs or activities	21 8:00 Bus to ShopRite* 9:40 Balance & Cond. ² 12:00 "What You Need to Know About Sepsis"¹ 12:00 Advanced Italian 1:00 Beginner Italian	22 9:30 Stretch, Strength, Stability ¹ 11:00 Club Meeting & "Healthy Sleep Habits for Seniors" presented by Atlantic Health*	23 9:30 Strong You! ² 11:00 Card Making⁴ 12:00 Mah Jongg 1:00 In Stitches	24 10:00 Nurse's Hours* 11:00 Bingo*	25
26	27 9:45 In Control ² 11:00 Chair Yoga ² 11:00 Bridge	28 8:00 Bus to ShopRite* 9:40 Balance & Cond. ² 11:00 Book Club 12:00 Advanced Italian 1:00 Beginner Italian	29 9:30 Stretch, Strength, Stability ¹ 11:00 Club Meeting & program on "Brain Health & Dementia" with JFS of Central NJ*	30 9:30 Strong You! ² 12:00 Lunar New Year Luncheon^{3*} 12:00 Mah Jongg 1:00 In Stitches	31 9:45 Table Tennis ⁴ 11:00 Bingo*	Feb 1

¹Virtual class via Zoom. Pre-registration required.

²Hybrid class offered both in person at the Center and via 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.