

New Providence Senior Citizens Newsletter

"Good things happen here!"



JULY 2025

Vol. 25, Issue #7

COORDINATOR'S CORNER

It's been a hot start to the summer, but it's always cool inside the Center, so please join us for some of our many July programs. These include a special presentation on the History of the American Department Store, a Bring Your Grandchild to Bingo Day, a presentation and live performance by the Discovery Orchestra of Vivaldi's Summer season, a new Creative Writing Workshop series, and more! We hope to see you soon!

Highlights of July Programs and Activities include:

- Club Meeting, Birthdays & Special Bingo – Wed, 7/2, 11am
- Flower Bar with Life Hospice – Thurs, 7/3, 11:30am
- Creative Writing Workshops – Mondays 7/7, 7/14, 7/21, 7/28, 10am
- Club Meeting & Get to Know Your Fellow Members – Wed, 7/9, 11am
- Airport Café Trip – Thus, 7/10, 10am
- Breakfast before bingo with FREE breakfast goodies provided by Spring Grove at 10:30, bingo at 11:00 – Fri, 7/11
- Club Meeting & "The History of the American Department Store" – Wed, 7/16, 11am
- Blue Star Shopping Trip – Thurs, 7/17, 10am
- Bring Your Grandchild to Bingo! – Fri, Jul 18, 11am
- Sandwich Making Service Project – Mon, 7/21, 12pm
- Nurse's Hours – Wed, 7/23, 10am
- Club Meeting & Chiropractor Dr. Schlobohm – Wed, 7/23, 11am
- Cross Stitch Craft – Thurs, 7/24, 11:30am
- Book Club – Tues, 7/29, 11am
- Club Meeting & Vivaldi's Summer Season with Discovery Orchestra – Wed, 7/30, 11am

Important Health Recommendations:

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

- ShopRite – For all of July and part of August, there will be only ONE trip to ShopRite at 9:30am. There will also be only ONE time for the trip to Blue Star this month at 10:00am.
- Borough Offices and the Center will be closed on Fri, July 4. There will be NO programs or activities. Happy July 4th!
- There will be NO Italian classes on Tuesday, July 29.
- Summer Hours are in effect through August 29th. Borough Offices and the DeCorso Center will close at 1:00pm on Fridays.

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

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, to Club meetings, and to several Club activities including Friday bingo. Call in advance to reserve your ride.

CLUB MEETINGS & SPECIAL PROGRAMS**CLUB MEETING, BIRTHDAYS & SPECIAL BINGO****Wednesday, July 2 at 11:00am**

Join us for a Club meeting and celebrate July birthdays. After the meeting, stay for Special Bingo. Michelle and Beth will call bingo and there will be special prizes for the games.*

CLUB MEETING & GET TO KNOW YOUR FELLOW MEMBERS**Wednesday, July 9 at 11:00am**

Join us for a Club meeting and an opportunity to get to know your fellow members. Questions and prompts will be distributed to kick off conversations about your families, experiences growing up and fond memories. Feel free to bring a nostalgic photo or item to share. We would love to see how you looked at your graduation, prom, wedding, vacation, etc.!*

CLUB MEETING & PRESENTATION**"The History of the American Department Store"****Wednesday, July 16 at 11:00am**

Explore the History of the American Department Store with Designer & Speaker, Robbie Amodeo. This one-hour tour and discussion is full of details about our favorite department stores and how they evolved. We will traverse through time looking at photos, slides, and actual department store artifacts.*

CLUB MEETING & DR. SCHLOBOHM**Wednesday, July 23 at 11:00am**

Local chiropractor Dr. Schlobohm will give a presentation on Improving the Health of Seniors.

CLUB MEETING & VIVALDI'S SUMMER SEASON WITH DISCOVERY ORCHESTRA**Wednesday, July 30 at 11:00am**

Join us for a Club meeting followed by a presentation in which Discovery Orchestra staff member and violinist Michael Avagliano, joined by Executive Director Rick Kaller on piano, will explore the stormy excitement of "Summer," one of Antonio Vivaldi's collection of violin concertos, The Four Seasons. Includes a live performance and interactive audience experience.*

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

TRIPS & EVENTS**AIRPORT CAFÉ TRIP****Thursday, July 10 at 10:00am**

We are returning to the Airport Café to enjoy delicious food and delightful friends while watching planes take off and land. Seniors who took the last trip to the Airport Café said the food is REALLY good. Cost: \$3 plus cost of lunch. Last day to buy tickets is July 3.

SAVE THE DATE**SENIOR CITIZENS LUNCH AT THE NP POOL****Wednesday, August 13 from 12:00-2:00pm**

Enjoy a yummy lunch and a wonderful afternoon at the New Providence Community Pool with DJ entertainment. Call the Center at (908) 665-0046 or e-mail decorsocenter@newprov.us by Wednesday, August 6 to register. Space may be limited. Please speak to Michelle or Beth to arrange Senior Bus transportation to the lunch.

SENIOR BUS SHOPPING TRIPS*

SHOPRITE: Amy will drive to ShopRite on **Tuesdays at 9:30am**. There will only be one trip each Tuesday in July.*

BLUE STAR: Amy will drive to Blue Star Shopping Center on **Thursday, July 17 at 10:00am** (there will be only one trip that day).

*E-mail decorsocenter@newprov.us or call (908) 665-0046 2 business days in advance to reserve a spot. Trips will be filled on a first come, first served basis.

BOOK CLUB**Tuesday, July 29 at 11:00am**

The July book selection is *Beaverland: How One Weird Rodent Made America* by Leila Philip. *Beaverland* is a non-fiction book describing the behavior, history, and cultural significance of the North American beaver. Philip discusses the relationship between beavers and humans throughout history with a focus on Indigenous cultures and the American westward expansion. Pick up a copy at the Center.

ITALIAN CLASSES

Italian classes, Advanced and Beginner, meet on Tuesdays. Advanced class meets at 12:15pm. Beginner class meets at 1:15pm. **No classes on 7/29. Classes on July 22 will be the last classes before summer break.**

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

ARTS & CRAFTS**FLOWER BAR WITH LIFE HOSPICE****Thursday, July 3 at 11:30am**

Join Life Hospice for a special patriotic "Flower Bar" program. Life Hospice will bring a variety of red, white, and blue flowers for seniors to craft their own beautiful bouquets to bring home. Please e-mail decorsocenter@newprov.us or call the Center at (908) 665-0046 by Tuesday, July 1 to register. Space will be limited.

CROSS STITCH CRAFT**Thursday, July 24 at 11:30am**

Join Club member Violet Musso to learn to do counted cross stitch and create a framed piece of needlework to display in your home. Please e-mail decorsocenter@newprov.us or call the Center at (908) 665-0046 by Friday, July 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.

CARDS & GAMES**BINGO**

SPECIAL BINGO – Join us for special bingo on Wednesday, July 2 after the Club meeting beginning at approximately 11:45am-12:00pm. Michelle and Beth will call bingo and there will be special prizes for the games.

FRIDAY BINGO – Join us for weekly bingo on Fridays at 11:00am. On July 11, we will have FREE breakfast goodies provided by Spring Grove at 10:30am before Bingo begins at 11:00am. **No bingo on 7/4.**

For bus transportation, call (908) 665-0046 or e-mail decorsocenter@newprov.us 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.

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

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

BRING YOUR GRANDCHILD TO BINGO!**Friday, July 18 at 11:00am**

Invite your grandchildren to join us for bingo and share in the fun! Please register your grandchild(ren) in advance by having their parent/guardian complete a paper waiver. We have copies available at the Center.

HEALTH & FITNESS**NURSE'S HOURS**

The New Providence Public Health Nurse, Jenn Aranda, will give blood pressure screenings and answer questions at 10:00am on Wednesday, July 23 before the Club meeting. Bus transportation is available.†

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 9:45am – 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.

ATLANTIC HEALTH VIRTUAL PROGRAMS*

Learn How to Read Food Labels Like a Dietitian - Wednesday, July 16, 11:00am to 12:00pm on ZOOM
Understanding food labels and nutritional information on packaging can be confusing. Trying to decipher how much sugar a product contains, or whether the ingredients are healthy, leaves many shoppers feeling puzzled. If you identify with the above, then this presentation is for you.

Kidney Stones: Causes, Treatment and Prevention - Tuesday, July 29, 12:00pm to 1:00pm on ZOOM
Discover how kidney stones form, what treatment options are available, and the best ways to stay healthy and prevent them.

*Email decorsocenter@newprov.us to register and receive the Zoom link.

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

SANDWICH MAKING SERVICE PROJECT**Monday, July 21 at 12:00noon**

Gather with other seniors at the DeCorso Center to make sandwiches for the Our Lady of Peace Sandwich Ministry. Sandwiches will be distributed through OLP to six different local soup kitchens and food pantries.

LINC FOOD PANTRY COLLECTION BOX AT CENTER

At the United Methodist Church in New Providence, the LINC Program has set up a resource pantry for food, hygiene products, cleaning supplies, and more to be collected and distributed to local residents. The pantry relies on local donors and businesses to stay open and during the spring and summer, grows fresh produce from the Giving Garden located just outside. Please consider donating an item so that they can continue providing relief to local families in need. There is a collection box at the Center.

CREATIVE WRITING WORKSHOP**Mondays 10:00-11:30am July 7, 14, 21 and 28**

This is a writing forum where everyone will be asked to write-out or simply jot-down their ideas and read them to the Group. We welcome feedback and the Writing Coaches will provide light, constructive criticism. (Please note that this is an adult forum, so adult language is tolerated within the context of the writing pieces.) Prior to every meeting a "Writing Prompt" will be provided to assist in the creative writing process and help direct the class discussions. In addition, every meeting will begin with a brief discussion on writing craft, creativity, writing preparation and time management.

SPECIAL CONTRIBUTIONS TO THE CLUB

Thank you to Mike Allocco and AKA, Inc./Special Tees Unlimited for donating our new Health Fair banners!

Thank you to Susan Kirkland of Wharton Music for leading the fun sing-along at the Ice Cream Social.

NEEDED: BIRTHDAY CARDS

Please help us continue the important NPSCC tradition of sending birthday cards to our members celebrating 90+ years. The free cards from charitable organizations are welcome and appreciated!

THANK YOU TO OUR CLUB VOLUNTEERS

Ice Cream Social: Mike & Barbara Koslap, Carol Dunn, Peggy Brodeur

Sandwich Making volunteers: Rose Anderson, Peggy Brodeur, Kathy Cronin, Carol Dunn, Allan Igo, Linda Kale, Christine Napolitano, Bill Ross, Jane Xu

Book Club: Denise Cullerton

Wednesday meeting helpers (refreshments, 50/50, ticket sales): Peggy Brodeur, Carol Dunn, Dolores Felezzola, Rosalie Hamaty, Sal Ligammari, Christine Napolitano, Nina Pardi, Bill Wehrle

SENIOR RESOURCES

- New Providence Public Health Nurse 908-743-1049
- Union County Division on Aging 888-280-8226
- Westfield Regional Health Department 908-789-4070 or website
- SAGE Eldercare services for New Providence Residents: SAGE Eldercare is a nonprofit organization providing programs and services to meet the changing needs of older adults, their families, and caregivers. New Providence Borough has contracted with SAGE and their services are available to all New Providence residents. The liaison for New Providence residents may be reached at 908-598-5550.
- Union County Paratransit System 908-241-8300
- Community Service Association 908-665-8254

AROUND TOWN

New Providence Borough Downtown Fireworks - Launched near South Street. Thursday, July 3, after 9:00pm.

Summer Concert Series – Centennial Park, Thursdays @ 7pm

- July 10 – Kinderhook (Country rock)
- July 17 – Asbury Fever (Springsteen & classic rock tribute)
- July 24 – The Kootz Band (Rock 'n Roll)

New Providence Memorial Library

Movie Matinee: "Last Breath" – Tues, 7/1, 1:00pm

Movie Matinee: "Bob Trevino Likes It" – Tues, 7/15, 1:00pm

See library website for additional programming.

NEW PROVIDENCE SENIOR CITIZENS CLUB JULY 2025						
Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Jun 29	Jun 30 9:45 In Control ² 11:00 Chair Yoga ² 11:00 Bridge	1 9:30 Bus to ShopRite* 9:40 Balance & Cond. ² 12:15 Advanced Italian 1:15 Beginner Italian	2 11:00 Club Meeting, Birthdays & Special Bingo after the meeting*	3 9:30 Strong You! ² 11:30 Flower Bar with Life Hospice⁴ 12:00 Mah Jongg 1:00 In Stitches	4 Center Closed - NO programs or activities Happy July 4th!	5
6	7 9:45 In Control ² 10:00 Creative Writing 11:00 Chair Yoga ² 11:00 Bridge	8 9:30 Bus to ShopRite* 9:40 Balance & Cond. ² 10:00 Activities Mtg 12:15 Advanced Italian 1:15 Beginner Italian	9 11:00 Club Meeting & Get to Know Your Fellow Members*	10 9:30 Strong You! ² 10:00 Airport Café Trip³ 12:00 Mah Jongg 1:00 In Stitches	11 10:30 FREE Breakfast provided by Spring Grove* 11:00 Bingo*	12
13	14 9:45 In Control ² 10:00 Creative Writing 11:00 Chair Yoga ² 11:00 Bridge	15 9:30 Bus to ShopRite* 9:40 Balance & Cond. ² 12:15 Advanced Italian 1:15 Beginner Italian	16 11:00 Club Meeting & "The History of the American Department Store" presentation by Robbie Amodio* 11:00 "Learn How to Read Food Labels Like a Dietitian"¹	17 9:30 Strong You! ² 10:00 Bus to Blue Star* 12:00 Mah Jongg 1:00 In Stitches	18 11:00 Bring Your Grandchild to Bingo!*	19
20	21 9:45 In Control ² 10:00 Creative Writing 11:00 Chair Yoga ² 11:00 Bridge 12:00 Sandwich Making Service Project	22 9:30 Bus to ShopRite* 9:40 Balance & Cond. ² 12:15 Advanced Italian 1:15 Beginner Italian	23 10:00 Nurse's Hours* 11:00 Club Meeting & presentation by Chiropractor Dr. Schlobohm*	24 9:30 Strong You! ² 11:30 Cross-Stitch Craft 12:00 Mah Jongg 1:00 In Stitches	25 11:00 Bingo*	26
27	28 9:45 In Control ² 10:00 Creative Writing 11:00 Chair Yoga ² 11:00 Bridge	29 9:30 Bus to ShopRite* 9:40 Balance & Cond. ² 11:00 Book Club 12:00 "Kidney Stones: Causes, Treatment & Prevention"¹ <u>NO</u> Italian Classes	30 11:00 Club Meeting & Vivaldi's Summer Season with Discovery Orchestra*	31 9:30 Strong You! ² 12:00 Mah Jongg 1:00 In Stitches	Aug 1 10:00 Nurse's Hours* 11:00 Bingo*	Aug 2

¹Virtual class via Zoom. Pre-registration required.

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

³Purchase tickets in advance.

⁴Register in advance.

BUS TRANSPORTATION

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

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