

New Providence Senior Citizens Newsletter

“Good things happen here!”



NOVEMBER 2025

Vol. 25, Issue 11

COORDINATOR'S CORNER

We wish all of you and your families a very Happy Thanksgiving! We are grateful to you all for your friendship as well as your participation and contributions to the Club and Center, and to our community!

Highlights of November Programs and Activities include:

- Nurse's Hours – Wed, 11/5 and Fri, 11/21, 10am
- Town-Wide Revaluation Program Information – Wed, 11/5, 10:30am
- Club Meeting/Birthdays & Native American Heritage Month presentation – Wed, 11/5, 11am
- Bus to Blue Star, Thurs, 11/6, 8:30am and 11:30am
- Pizza Bingo with FREE pizza provided by Spring Grove – Fri, 11/7, 11am
- Club Meeting & SHIP Medicare presentation – Wed, 11/12, 11am
- Senior Citizens Day at NPHS – Thurs, 11/13, 10:15am (doors will open at 10am). Register in advance.
- “Bagels and Bingo” provided by Vitality Health Care, bagels at 10:30am, bingo at 11:00am – Fri, 11/14
- Sandwich Making Service Project – Mon, Nov 17, 12pm
- Recipe Exchange – Wed, 11/19, 10:30am
- Club Meeting & Joel Farkas program on “The Pilgrims and the Mayflower” - Wed, 11/19, 11am
- Painting with Veronica – Thurs, 11/20, 11:30
- Book Club – Tues, 11/25, 11am
- Club Meeting & “Special Bingo” – Wed, 11/26, 11am

Important Safety Protocols for In-Person Programs:

- We encourage everyone to stay up to date with vaccinations.
- Please do not attend our in-person programs if you are not feeling well.

Please note the following schedule updates:

- Due to Early Voting and Election Day voting at the Center:
 - Chair Yoga will be held in the Yoga Studio in the NP Municipal Building (as well as on Zoom) on Monday, November 3.
 - All other exercise classes will be held via ZOOM ONLY through Tuesday, November 4.
 - There will be NO Club programs or activities at the Center on Election Day, November 4. The Center will be open for voting.
- Veterans Day, November 11, is a Borough holiday; there will be NO regular classes or programs. There will be NO bus to ShopRite.
- There will be NO bus transportation on Wednesday, November 19.
- The Center will be closed on Thursday, November 27 and Friday, November 28 for the Thanksgiving Day holiday. There will be no programs or activities.

The American Legion and NP Lions will hold a Veterans Day remembrance at the DeCorso Center on Tuesday, November 11. Doors open at 10:15am.

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 & NATIVE AMERICAN HERITAGE MONTH PRESENTATION****Wednesday, November 5 at 11:00am**

Join us for a Club meeting and, in honor of Native American Heritage Month, a presentation from Mary Running Fox Housel of the Navajo/Cherokee nations as she shares the Ojibwe Jingle Dress dance and several Native American legends.*

CLUB MEETING & SHIP MEDICARE PRESENTATION**Wednesday, November 12 at 11:00am**

Join us for a Club meeting and presentation on Medicare from the SAGE Eldercare SHIP (State Health Insurance Assistance Program) Manager. She will cover Medicare plans, open enrollment, and recent policy updates.*

CLUB MEETING & JOEL FARKAS PROGRAM ON THE PILGRIMS AND THE MAYFLOWER**Wednesday, November 19 at 11:00am**

Join us for a Club meeting and presentation from historian Joel Farkas. The lecture will cover the Mayflower and what led the original Pilgrims to move to the United States. Farkas will guide attendees through the history of Christianity, Catholicism, and Protestantism, covering topics from Henry VIII to the Pilgrims, the Mayflower, and the first Thanksgiving, as well as the woman who helped make it happen. **NO bus transportation available.**

CLUB MEETING & SPECIAL BINGO**Wednesday, November 26 at 11:00am**

Join us for a Club meeting followed by Special Bingo. Michelle and Beth will call bingo and there will be special prizes for the games.*

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

TRIPS & EVENTS**SENIOR CITIZENS DAY AT NPHS****Thursday, November 13 at 10:15am,****Doors open at 10:00am**

New Providence Seniors are invited to a wonderful Senior Citizens Day at New Providence High School! Enjoy music and performances by talented NPHS students. Seniors will also receive a "grab and go" lunch prepared by Culinary Arts program students to enjoy at home. Advance registration is required as space is limited. Parking at NPHS is limited so we will also offer transportation. The bus will pick up seniors who need transportation from their homes first and then will depart from the Center at 9:45am with Amy driving an additional trip to NPHS if necessary. To register for the event, and to request bus transportation, e-mail decorsocenter@newprov.us or call (908) 665-0046 by November 5.

SENIOR BUS SHOPPING TRIPS*

SHOPRITE: Amy will drive to ShopRite on **Tuesdays in November at 8:00am.** If the van reaches capacity, we will add a second trip at 11:30am.* **NO bus to ShopRite on 11/11.**

BLUE STAR: Amy will drive to Blue Star Shopping Center on **Thursday, November 6 at 8:30am and 11:30am.***

*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.

THANKSGIVING RECIPE EXCHANGE**Wednesday, November 19 at 10:30am**

Do you have a favorite Thanksgiving recipe you'd like to share? Bring a copy of the recipe to Michelle or Beth during the first two weeks of November and then join us before the Club meeting on November 19 to share your recipe with Club friends (we'll have copies made). Bring the Thanksgiving stories and memories associated with your recipe to share, too!

ITALIAN CLASSES

Italian classes meet on Mondays. Advanced classes meet at 12:15pm. Beginner-Intermediate classes meet at 1:15pm.

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

BOOK CLUB**Tuesday, November 25 at 11:00am**

The November selection, *The Dog Stars*, by Peter Heller is a post-apocalyptic novel that follows Hig, a pilot and survivor, as he searches for hope and human connection in a devastated world. It is set in the aftermath of a deadly flu pandemic and centers on Hig, who lives in an abandoned airport in Colorado with his dog Jasper and a survivalist named Bangley.

ARTS & CRAFTS**PAINTING WITH VERONICA****Thursday, November 20 at 11:30am**

Join art instructor Veronica Dunscombe to create a beautiful pumpkin painting for the Thanksgiving season. E-mail decorsocenter@newprov.us or call the Center at (908) 665-0046 by Friday, November 14 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, November 26 after the Club meeting beginning at approximately 11:45am. There will be special prizes for the games.*

FRIDAY BINGO – Join us for weekly bingo on Fridays at 11:00am. We will have Pizza Bingo on Friday, November 7 with FREE pizza provided by Spring Grove. On November 14, we will have FREE bagels provided by Vitality Health Care at 10:30am before bingo begins at 11:00am.*

*For bus transportation, call (908) 665-0046 or e-mail decorsocenter@newprov.us 2 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.

HEALTH & FITNESS**NURSE'S HOURS**

The New Providence Public Health Nurse, Jenn Aranda, will give blood pressure screenings and answer questions on Wednesday, November 5 before the Club meeting and on Friday, November 21 before bingo. 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. **ZOOM ONLY on 11/3.**
- **Chair Yoga** – Mondays at 11:00am – In Person and on Zoom. **Held at NP Municipal Building and on ZOOM on 11/3.**
- **Balance and Conditioning** – Tuesdays at 9:40am - In Person and on Zoom. **ZOOM ONLY on 11/4. No class on 11/11.**
- **Strong You!** – Thursdays at 9:30am – In Person and on Zoom. **No class on 11/27.**

Special Offering

Stretch, Strength, & Stability – Wednesdays at 9:30am - ZOOM ONLY. Instructor Mike Czech.

Email decorsocenter@newprov.us or call (908) 665-0046 to register.

ATLANTIC HEALTH VIRTUAL PROGRAMS*

Stroke and Diabetes - Tuesday, November 11, 6:30pm to 7:30pm, on ZOOM

What is the relationship between stroke and diabetes? Join to discuss practical strategies to lower your risk through nutrition, exercise, medication, and treatment options.

Healthy Skin at Home: Preventing Pressure

Injuries - Friday, November 21, 1:00pm to 2:00pm, on ZOOM

Join to learn simple, effective ways to prevent pressure injuries at home through proper positioning, skin care, and nutrition. This webinar is ideal for caregivers and individuals seeking to maintain skin health.

*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.

VOTING AT THE DECORSO CENTER

Early voting will take place at the DeCorso Center through Sunday, November 2. Voting will also take place at the DeCorso Center on Election Day, Tuesday, November 4. There is NO voting on Monday, November 3. Chair Yoga will be held in the Yoga Studio in the NP Municipal Building (as well as on Zoom) on Monday, November 3. All other exercise classes through November 4 will be held via ZOOM ONLY. No in-person senior activities will be held at the Center on November 4, but the Senior Bus WILL go to ShopRite that day. On Tuesday, November 4, the Senior Van will be available to bring seniors to their polling location in New Providence for Election Day voting. Call (908) 665-0046 or e-mail decorsocenter@newprov.us at least two days in advance to request bus transportation.

TOWN-WIDE REVALUATION PROGRAM INFORMATION**Wednesday, November 5 at 10:30am**

Join us before the Club meeting to learn more about the revaluation of properties located in the Borough of New Providence. Professional Property Appraisers, which the Borough has entered into an agreement with to perform the revaluation, will provide an overview of the process, explain the access that residents will need to provide the appraisers, and answer questions. For bus transportation, call (908) 665-0046 or e-mail decorsocenter@newprov.us two business days in advance.

VETERANS DAY REMEMBRANCE

Veterans, their families, and friends are invited to attend an Eleventh-Hour Service on **Tuesday, November 11, 2025 at the DeCorso Community Center** organized by the American Legion Post and NP Lions. Doors will open at 10:15am. Post members will lead a service at 11:00am honoring all who served. Refreshments will be provided by local restaurants and food establishments. A musical tribute of service anthems and favorite songs of the 1940s through 1970s will be performed by the Cover Girls, vocalists Kathy Martin and Mary Domato. Speaker John Lanza will give a presentation on "Pershing and Eisenhower." Call the NP Recreation Department with any questions (908) 464-4430. **New Providence Senior Citizen Club members are asked to contribute a baked good to share.**

FREE MEDICARE COUNSELING AT SAGE

If you are a Medicare beneficiary and a resident of Union County with questions about Medicare, call and speak to a State Health Insurance Assistance Program (SHIP) counselor at SAGE 908-273-6999. **A SHIP Counselor from SAGE Eldercare will be giving a presentation and answering questions at the Club meeting on Wednesday, November 12.**

SANDWICH MAKING SERVICE PROJECT**Monday, November 17 at 12:00pm**

Gather with other seniors 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.

FAVORITE AUTHORS

Do you have an author whose books you would like us to include in our Large Print Books collection? We plan to purchase some new books and would like to know your preferences. Please leave a note with Michelle or Beth to let us know your favorite authors.

THANK YOU NOTES

- Christine Napolitano for teaching the beautiful pumpkin craft
- Carol Dunn, John Bale, Peggy Brodeur and Sal Ligammari for the wonderful Italian Festival
- Mike Sista for teaching the Creative Writing Workshop
- Linda Kale, Rose Anderson, Kathy Cronin, Carol Dunn, Allan Igo, Christine Napolitano, and Jane Xu for making sandwiches for the OLP Sandwich Ministry in September and October, and those who made donations to support this project
- Thank you to Girl Scout Troop #45222, a fourth-grade troop from Allen W. Roberts Elementary School, for donating decorated pumpkins and Girl Scout cookies

AROUND TOWN

Craft Fair – Sat, Nov 1, 10am-4pm, William Paca Club
Scandinavian Food & Gift Sale – Sat, Nov 22, 10am-3pm, Salt Brook School

Holiday Festival – Fri, Nov 28, 6pm, Downtown New Providence

New Providence Memorial Library

Movie: "Materialists," Tues, Nov 4, 1:00pm

Movie: "Old Guy," Tues, Nov 18, 1:00pm

See library website for additional programming.

NEW PROVIDENCE SENIOR CITIZENS CLUB NOVEMBER 2025						
Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
1 <i>Early Voting</i> 2 <i>Early Voting</i>	3 <i>NO Voting</i> 9:45 In Control ² (Zoom only) 11:00 Chair Yoga ⁵ 11:00 Bridge 12:15 Advanced Italian 1:15 Begin/Intermed Italian	4 <i>Election Day*</i> 8:00 Bus to ShopRite* 9:40 Balance & Cond. ² (Zoom only)	5 9:30 Stretch Strength, Stability ¹ 10:00 Nurse's Hours* 10:30 Town-Wide Revaluation* 11:00 Club Meeting/Birthdays & Native American Heritage Month presentation*	6 8:30 Bus to Blue Star* 9:30 Strong You! ² (Zoom only) 11:30 Bus to Blue Star* 12:00 Mah Jongg 1:00 In Stitches	7 11:00 Bingo with FREE pizza provided by Spring Grove*	8
9	10 9:45 In Control ² 9:45 Trustees Mtg 11:00 Chair Yoga ² 11:00 Bridge 12:15 Advanced Italian 1:15 Begin/Intermed Italian	11 <i>Borough Holiday</i> 8:00 <i>NO</i> Bus to ShopRite* 9:40 <i>NO</i> Balance & Cond. ² 10:15 American Legion/NP Lions Veterans Day Remembrance @ Decorso Center 6:30 Stroke & Diabetes¹	12 9:30 Stretch Strength, Stability ¹ 11:00 Club Meeting & SHIP Medicare presentation*	13 9:30 Strong You! ² 10:00 Senior Citizens Day at NPHS⁴* (bus leaves at 9:45am) 12:00 Mah Jongg 1:00 In Stitches	14 10:30 FREE bagels provided by Vitality Health Care* 11:00 Bingo*	15
16	17 9:45 In Control ² 11:00 Chair Yoga ² 11:00 Bridge 12:00 Sandwich Making 12:15 Advanced Italian 1:15 Begin/Intermed Italian	18 8:00 Bus to ShopRite* 9:40 Balance & Cond. ² 10:00 Activities Mtg	19 9:30 Stretch Strength, Stability ¹ 10:30 Recipe Exchange 11:00 Club Meeting & Joel Farkas program on "The Pilgrims and the Mayflower" (NO bus transportation available)	20 9:30 Strong You! ² 12:00 Mah Jongg 1:00 In Stitches 11:30 Painting with Veronica⁴	21 10:00 Nurse's Hours* 11:00 Bingo* 1:00 Healthy Skin at Home¹	22
23	24 9:45 In Control ² 11:00 Chair Yoga ² 11:00 Bridge 12:15 Advanced Italian 1:15 Begin/Intermed Italian	25 8:00 Bus to ShopRite* 9:40 Balance & Cond. ² 11:00 Book Club	26 9:30 Stretch Strength, Stability ¹ 11:00 Club Meeting & Special Bingo*	27 <i>Thanksgiving Center closed – No programs or activities</i> Happy Thanksgiving!	28 <i>Borough Holiday Center closed – No programs or activities</i>	29
30	Dec 1 9:45 In Control ² 9:45 Trustees Mtg 11:00 Chair Yoga ² 11:00 Bridge 12:15 Advanced Italian 1:15 Begin/Intermed Italian	Dec 2 8:00 Bus to ShopRite* 9:40 Balance & Cond. ²	Dec 3 9:30 Stretch Strength, Stability ¹ 11:00 Club Meeting/Birthdays & Sociology Class Students*	Dec 4 9:30 Strong You! ² 12:00 Mah Jongg 1:00 In Stitches 11:00 Cross-Stitch Craft with Violet⁴	Dec 5 11:00 Pizza Bingo*	Dec 6

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 tickets in advance. ⁴ Register in advance.

⁵ Held in the Yoga Studio at the Municipal Center and on Zoom.

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.