

New Providence Senior Citizens Newsletter

"Good things happen here!"



JULY 2021



Vol. 21. No. 7

COORDINATORS' CORNER

I am happy to share that this month we will begin to gradually re-open the Center! The NPSCC Board of Trustees will be the first group to meet inside the Center, on Monday, July 12. We will also be moving other small groups inside and re-opening the Center's library for browsing in the afternoons beginning on July 12. At the same time, we will continue to offer outside and virtual/online programs. Please read on for details and our safety protocols during this time.

Highlights of July Programs and Activities

See pages 2-4 and calendar for details and a full list of programs.

- Special Outdoor Bingo called by Chatham Hills
- "Medieval Masterpieces of the Met's Cloisters" virtual Zoom "Armchair Art Tour"
- "Art as Therapy" workshop outdoors
- "New Take on Old Foods" Atlantic Health virtual program
- "The Power of Fruits and Veggies" Atlantic Health virtual program
- "Back in Time: Battle of Trenton" virtual program
- "Stretch and Strength" Zoom exercise class on Wednesdays in July
- "Mindfulness Meditation" Zoom class on Wednesdays in July

Important Safety Protocols for In-Person Activities and Programs

- o All those entering the building are asked to wear a face covering.
- o For outdoor programs, masks are not required but are recommended for those not vaccinated and for those who choose to wear them.
- o The Center's bathrooms will be open for use (one person at a time) during indoor and outdoor programs.
- o Please RSVP for all in-person indoor and outdoor programs by calling the Center at (908) 665-0046 or e-mailing decorsocenter@newprov.us
- o For outdoor activities you may sit at the picnic tables or bring your own chair.
- o Please do NOT come to the Center if you are not feeling well!

Thank you for your cooperation. Let's work together to keep our community safe!

The Center will be closed Monday, July 5th for the Independence Day holiday. Enjoy the holiday weekend!

During the summer, the Borough of New Providence offices close on Fridays at 1pm.

NP Senior Citizens Club

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

Trustees

Chair: Bert Abbazia
Vice-Chair: Grace Parlapiano
Secretary: Bette Schmitt
Trustees: Barbara Koslap, Sal Ligammari, Peggy Macneal, Joe Masino, Tina Morielli, Christine Napolitano, Bill Wehrle

Club Officers

President: Peggy Brodeur
Vice President: Bill Wehrle
Treasurer: Sal Ligammari
1st Treasurer: Delores Felezzola
2nd Treasurer: Lidia Astapova
Sergeants-at-Arms: Don Kern, Mike Ferlise

Contact these members with any questions regarding your club.

Newsletter Editor: Barbara Koslap

DeCorso Community Center

15 East Fourth St.
New Providence, NJ 07974
908-665-0046
www.newprov.org/seniors

Hours

Monday-Friday: 9:30am - 2:30pm

Center Coordinator

Michelle Zack

Public Health Nurse

Jenn Aranda, 908-743-1049

Bus Service

Bus to ShopRite on Tuesday mornings. Please call **MONDAY MORNINGS** to reserve your spot.

WEDNESDAY CLASSES CONTINUE IN JULY!

This month we will be offering both "Stretch and Strength" with Mike and "Mindfulness Meditation" with Judy on **Wednesday mornings July 7, 14, 21 and 28**. Class descriptions are below:

Stretch and Strength – Wednesdays at 9:00 a.m.

Stretch and Strength divides the class into a muscle strengthening portion using dumbbells to perform multiple sets of exercises for select body parts and finishes with a portion of easy to manage stretching and range of motion movements to loosen muscles and improve overall flexibility. Anyone can follow these easy to do movements to increase energy.

Mindfulness Meditation – Wednesdays at 10:30 a.m.

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 bringing you to a state of bliss.

To register for one or both of these classes and receive the Zoom link(s), please e-mail DeCorsoCenter@newprov.us by Friday, July 2.

****CLASS HIGHLIGHT/SPOTLIGHT****

T'ai Chi - a dance, a meditation, an exercise... Did you know that the Center offers T'ai Chi on **Tuesday afternoons at 1pm**? This ancient Chinese martial art has been recognized for its many health benefits. T'ai Chi helps reduce stress and tension, and thus blood pressure, while increasing energy, balance, coordination, and a sense of well-being.

In her class, our Tai Chi instructor Ayriel Germanton emphasizes relaxation and deep breathing, coordinating movement with the beat of the music. The class includes Meditation, Chi Kung (Qigong) stretching and breathing exercises, a short easy T'ai Chi form, a session of Acupressure self-massage, and the traditional Long Yang-style form.

Please e-mail decorsocenter@newprov.us to register and receive the Zoom link.

MEDIEVAL MASTERPIECES OF THE MET'S CLOISTERS

Why a medieval art museum in North Manhattan? Discover the answer within the origins of The Met Cloisters--a work of art in itself--as well as in its unique collection of medieval architecture and individual works of art, such as the superb Unicorn Tapestries.

Join us on **Wednesday, July 21 at 12:00noon** as art lecturer Dr. Michael Norris takes us on a virtual stroll through the Medieval Masterpieces of the Met's Cloisters. Dr. Norris, who spent twenty years at the Metropolitan Museum of Art and the Cloisters Museum in New York, will share his knowledge and enthusiasm for art with us in this virtual "Armchair Art Tour." Please email DecorsoCenter@newprov.us by Monday, July 19 to register for the class and receive the Zoom link.

ART AS THERAPY WORKSHOP

Let's talk about and try some artmaking from a fresh view. We don't have to be Renoir to create but have some fun! Join Club member Debbie Littman for an "Art As Therapy" program outside the Center on Monday mornings **July 19 and 26 at 10am** to enjoy the creative process with colored pencils, markers, and pastels. Debbie has a master's degree in art therapy from Caldwell University and a master's degree in social work from Fordham University. She is very creative and artistic and would love to share her love of art with you! Please e-mail decorsocenter@newprov.us or call the Center at (908) 665-0046 by Wednesday, July 14 to register. **Space will be limited.**

SPECIAL OUTDOOR BINGO

Come spend a fun morning with Club friends at a Special Outdoor Bingo called by Chatham Hills Subacute Care Center on **Wednesday, July 14 at 11 a.m.** Bingo cards will be 50 cents each. Chatham Hills will bring some special prizes! Please e-mail DeCorsoCenter@newprov.us or call the Center at (908) 665-0046 by Friday, July 9 to register. **Space will be limited for this event. Rain date is Wednesday, July 28.**

ATLANTIC HEALTH VIRTUAL PROGRAMS

New Take on Old Foods - Cauliflower-crust pizza, oat milk, chickpea pasta? These items and more have emerged as new twists on our favorite food standards. Many of these products are plant-based and are better-for-you alternatives to some traditional choices. Hear about the latest “re-invented” items that are now widely available in our grocery stores, and how to integrate them into a nutritious and delicious eating plan. **Wednesday, July 7 at 11:00am.** E-mail DeCorsoCenter@newprov.us by Monday, July 5 to register and receive the Zoom link.

Back in Time: Battle of Trenton - In December 1776, the Continental Army under the command of General George Washington seeking to reverse months of military setbacks and retreat, executed a successful surprise attack on the Hessian & British Garrison located in Trenton in bitter winter conditions. This pivotal victory proved to be a turning point in the war of independence. This lecture will highlight the tactics and strategy of the battle. **Friday, July 9 at 11:00am.** E-mail DeCorsoCenter@newprov.us by Wednesday, July 7 to register and receive the Zoom link.

The Power of Fruits and Veggies - A diet rich in vegetables and fruits can help lower blood pressure, reduce the risk of heart disease and stroke, prevent some types of cancer, lower risk of eye and digestive problems, and have a positive effect upon blood sugar! **Monday, July 12 at 9:30am.** E-mail DeCorsoCenter@newprov.us by Thursday, July 8 to register and receive the Zoom link.

BROWSE OUR LIBRARY

The Center’s library will be open for browsing in the afternoons from 12:00noon-2:00 p.m. beginning on Monday, July 12. Stop in to browse our collection and bring home a book!

To allow for social distancing, we ask that only 2 people browse the library at a time. Please place any books that you handle while browsing or return after reading onto our shelving cart. Please do **not** return books to the library shelves. Thank you.

NEW PROVIDENCE MEMORIAL LIBRARY (NPML)

The library is now open for limited public browsing. Contactless Pickup is still available. Use the online catalog to place a hold or call the library at (908) 665-0311. Activities in July include:

- **Qi Gong for Adults** – Qi Gong is a practice of fluid movements that cultivate an awareness of energy using the body, breath, and mind. Held outdoors. Tues, July 6 @ 9:30am.*
- **Baseball Discussion Group** – Discuss teams, players, and issues of the sport over Zoom with other baseball fans. Mon., July 12 @ 7pm.*
- **Negro League Baseball Virtual Talk** – Dr. Jonathan Mercantini of Kean University will speak about the history of the Negro Leagues. Wed., July 14 @ 7pm.*
- **Summer Reading 2021** – Log the books you read this summer and earn prizes! Download the ReadSquared App or go online to <http://newprovidencelibrary.readsquared.com>. June 24 – August 20.

*Email rsvp@newprovidencelibrary.org to register.

MEMBER NEWS

Bette Schmitt submitted an entry to the *Reader’s Digest* “Nicest Places in America” contest. Bette wrote a beautiful essay about how wonderful New Providence is and how much she has enjoyed living here. Thank you, Bette, for sharing your pride in our town. Wishing you the best of luck on your contest entry!

Bert Abbazia recently returned to the Chatham Township Colony Club Pool for “Bert Abbazia Appreciation Day”. He was honored for being the first certified lifeguard at the pool. They dedicated a plaque to him on the back of his favorite lifeguard chair station. Congratulations, Bert!

	NEW PROVIDENCE SENIOR CITIZENS CLUB ~ July 2021 ~					
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Jun 27	Jun 28 9:30 In Control ² 11:00 Chair Yoga ²	Jun 29 7:00 Bus to ShopRite ¹ 9:45 Balance & Conditioning ² 1:00 Tai Chi ²	Jun 30 9:00 Zumba Gold-Toning ² 10:30 Meditation ² 11:00 Social Zoom⁴	1 9:30 Strong YOU ² 11:00 Mah Jongg ⁵	2 9:00 Zumba ² 11:00 Bingo ³	3
4	5 <i>Independence Day Holiday</i> Center Closed	6 7:00 Bus to ShopRite ¹ 9:45 Balance & Conditioning ² 1:00 Tai Chi ² 1:00 Advanced Italian ⁵ 2:00 Beginner Italian ⁵	7 9:00 Stretch & Strength ² 10:30 Meditation ² 11:00 "New Take on Old Foods"²	8 9:30 Strong YOU ² 11:00 Mah Jongg ⁵	9 9:00 Zumba ² 11:00 Bingo ³ 11:00 "Back in Time: Battle of Trenton"²	10
11	12 9:30 In Control ² 9:30 "The Power of Fruits and Veggies"² 10:00 Trustee Mtg⁶ 11:00 Chair Yoga ²	13 7:00 Bus to ShopRite ¹ 9:45 Balance & Conditioning ² 11:00 Book Club⁶ 1:00 Tai Chi ² 1:00 Advanced Italian ⁵	14 9:00 Stretch & Strength ² 10:30 Meditation ² 11:00 Outdoor Bingo⁵	15 9:30 Strong YOU ² 11:00 Mah Jongg ⁵	16 9:00 Zumba ² 11:00 Bingo ³	17
18	19 9:30 <u>NO</u> In Control ² 10:00 "Art As Therapy"⁵ 11:00 Chair Yoga ²	20 7:00 Bus to ShopRite ¹ 9:45 Balance & Conditioning ² 1:00 Tai Chi ² 1:00 Advanced Italian ⁵ 2:00 Beginner Italian ⁵	21 9:00 Stretch & Strength ² 10:30 Meditation ² 12:00noon "Medieval Masterpieces"²	22 9:30 <u>NO</u> Strong YOU ² 11:00 Mah Jongg ⁵	23 9:00 Zumba ² 11:00 Bingo ³	24
25	26 9:30 In Control ² 10:00 "Art As Therapy"⁵ 11:00 Chair Yoga ²	27 7:00 Bus to ShopRite ¹ 9:45 Balance & Conditioning ² 1:00 Tai Chi ² 1:00 Advanced Italian ⁵	28 9:00 Stretch & Strength ² 10:30 Meditation ² (Rain date for Outdoor Bingo)	29 9:30 Strong YOU ² 11:00 Mah Jongg ⁵	30 9:00 Zumba ² 11:00 Bingo ³	31

¹ Call MONDAY MORNINGS to reserve your spot.

² Virtual class via Zoom. Pre-registration required.

³ Held on the phone. Pre-registration required. Call the Center NO LATER THAN WEDNESDAY to let us know you want to play.

⁴ Zoom or Call-in. Pre-registration required.

⁵ Held outside, weather permitting. Pre-registration required.

⁶Held inside