

New Providence Senior Citizens Newsletter

"Good things happen here!"



MAY 2021



Vol. 21, No. 5

COORDINATORS' CORNER - By Michelle

We hope you have been enjoying the beginning of spring. The cherry tree outside the Center is blooming and beautiful! We will continue to offer a variety of online programs in May, but with the warmer weather, we are happy to also offer outside programming. We hope that each of you will find something to participate in this month!

Highlights of Outdoor Programs and Activities**

- Celebrate the Club's Anniversary and reconnect with friends at a special outdoor gathering with music by John Baragone - see page 2
- Knitting will meet outside on Mondays at 11 am beginning May 10. Lessons in knitting and crochet will be available. Christine has kindly offered to bring some beginning knitting supplies, yarn, needles, crochet hooks and even simple patterns.
- Leo will be teaching Italian outside on Tuesday afternoons *beginning May 11*. The Advanced Italian class will meet on Tuesdays at 1pm. The Beginner class will meet on Tuesdays at 2 pm *every other week*.
- The Mah Jongg group will play outside on Thursdays at 11 am.

**Important Notes for Outside Programs

- Please RSVP for all outdoor programs by calling the Center (908) 665-0046 or e-mailing decorsocenter@gmail.com
- Meet outside at the picnic tables or bring your own chair
- **Wear your mask.**
- The Center's bathrooms will be open for use (one person at a time) during outside programs.
- Outdoor activities are weather permitting.

Highlights of Virtual and Online Programs – see pages 2-3

- "Armchair Art Tour" on Van Gogh – Dr. Mike Norris will be back on Zoom!
- Christine Napolitano is hosting a special social Zoom "Hootenanny"
- Special "Stretch and Strength" Zoom exercise class in May
- Our regular exercise classes will continue via Zoom – see the calendar page for class times.
- Two Atlantic Health webinar programs

From Therese - I have resigned my position effective May 7th. I have loved working here and getting to know each of you, and you have taught me so much. I will continue to volunteer, so you will see me. If you need a ride somewhere, ask Michelle for my number!

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 Co-Coordinator

Therese Dalton
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.

"STRETCH AND STRENGTH" EXERCISE CLASS

Back by popular demand, we will be offering the exercise class "Stretch and Strength" with Mike on Wednesdays in May. 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. The class will be held on **Wednesdays at 9:30 am, May 5, 12, 19 and 26**. If you need weights, they may be borrowed from the Center. Please call or e-mail the Center to arrange for pick up.

Please email Decorsocenter@gmail.com by Monday, May 3 to register for the class and receive the Zoom link.

"HOOTENANNY" SOCIAL ZOOM

The answer my friend is blowin in the wind, the answer is blowin in the wind. On **Wednesday, May 12 at 11 am** the Hootenanny returns, this time on Zoom. Brush up on your folksong lyrics, grab your peace signs, don your tie dyes, and join Christine Napolitano and Club friends for a hippie singalong. Don't worry if you don't have a computer because there is a call-in option too.

Please register for this event by Monday, May 10 by calling the center at 908-665-0046 for the call-in option or by emailing DeCorsoCenter@gmail.com to receive the Zoom link.

VACCINATION CALL CENTERS

Union County Call Center: 908-613-7VAX (7829). Monday-Friday, 9am - 7 p.m; Saturdays 9am to 1pm.

NJ State Vaccine Call Center: 1-855-568-0545. Every day 8am to 8pm. More than 240 different languages.

"GO, VAN GOGH!" VIRTUAL ART PROGRAM

Art lecturer Michael Norris is back by popular demand! Please join us on **May 5 at 12 noon** as he shares his knowledge of pastor and painter Vincent van Gogh. Van Gogh produced more than 2,000 works of art in his last decade. Van Gogh wrote to his brother Theo that he viewed his paintings as his progeny. Let's explore some of these "brilliant children," especially those at the Metropolitan Museum of Art. 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@gmail.com by Monday, May 3 to register for the class and receive the Zoom link.

OUTDOOR MUSIC PROGRAM

Reunite with friends and celebrate the Club's Anniversary at a special gathering outside the Center on **Wednesday, May 19 at 11am**. John Baragone will return to sing and perform while we sit and enjoy the spring weather at our new picnic tables and chairs on the grassy area outside the Center. We are hoping for sunshine on May 19 but we have a rain date of May 26 just in case. Refreshments will be served. Please email DeCorsoCenter@gmail.com or call the Center at (908) 665-0046 by Friday, May 14 to register. **Space will be limited for this event.**

We thank New Providence Our Community For All for helping to distribute this newsletter to all the seniors in our community. If you haven't participated in the Center's activities before, we hope you will give one a try! If you would like to continue receiving the newsletter, please call or e-mail us to be put on the regular distribution list. Information about our programs is also available on our webpage www.newprov.org/seniors.

ATLANTIC HEALTH VIRTUAL PROGRAMS

Senior Nutrition - Every stage of life requires some nutritional tweaking for optimum health. Seniors sometimes need fewer calories than they once ate, but healthy balanced meals are still key. Join us on **Friday, May 14 at 9:00am** for an Atlantic Health virtual program with a dietitian to discuss what senior health issues we should be aware of, and how good food and good habits can play a beneficial role in living a long, healthy life. Presented by Barbara Galvin, Registered Dietitian, ShopRite of Parsippany & ShopRite of West Caldwell. Please e-mail DeCorsoCenter@gmail.com by Wednesday, May 12 to register and receive the Zoom link.

The Senior Living Spectrum: Navigating Housing Options for Seniors - Continuing care communities, 55+ condos, assisted living communities, long-term care facilities, nursing homes, senior apartments – many people have heard these terms but aren't sure about what they offer. Understanding the differences between various levels of senior living and determining the most appropriate setting can be a complicated, overwhelming process. Please join us on **Monday, May 17 at 10:00am** for this Atlantic Health program to learn about the types of senior living options available, their costs and services, and tips on how to select the best setting for you or a loved one. Presented by Rebecca Abenante, MA, MSW, LSW, ASW-G. Please e-mail DeCorsoCenter@gmail.com by Thursday, May 13 to register and receive the Zoom link.

SOME NEW PUNS

Never buy flowers from a monk. Only you can prevent florist friars.

How much did the pirate pay to get his ears pierced? A buccaneer.

I once worked at a cheap pizza shop to get by. I kneaded the dough.

Why is it unwise to share your secrets with a clock? Well, time will tell.

Thank you Diane Melinis!

NEW PROVIDENCE MEMORIAL LIBRARY (NPML)

The library is now open for limited public browsing.. All open browsing areas are to the left of the circulation desk.

Contactless Pickup is still available. Use the online catalog to place a hold or call the library at (908) 665-0311.

May is National Meditation Month & Mental Health Awareness Month. Library activities include:

- **Signup for May Adult Take Out** – To sign up, fill out the Adult Take Out Questionnaire on the calendar of the library website or you can email rsvp@newprovidencelibrary.org. Take out will be ready to pick up starting Fri., May 14. Signup begins May 1 @ 10am.
- **Meditation: A Tool to Balance Your Life** - Join Umesh Bhatia via Zoom. Tues, May 4 @ 7pm.*
- **Baseball Discussion Group** – Discuss teams, players, etc. over Zoom. Mon., May 10 @ 7pm.*

*Email rsvp@newprovidencelibrary.org to register.


MOBILE PAPER SHREDDING EVENT

There will be a Mobile Shredding Event at Nokia, New Providence on Saturday, May 15, 2021 from 9am-1pm or until the shredding truck reaches capacity. In an effort to accommodate those wishing to participate, there is limit of 4 bags or boxes weighing no more than 10 lbs each per car.

1. Material should be brought in paper bags whenever possible (not leaf bags).
2. PLEASE DO NOT BRING SHREDDED PAPER OR WET PAPER.
3. This event is garbage free: boxes and plastic bags will be returned.
4. Limit papers to confidential/sensitive materials only.

Residents will be required to remain in their vehicles, windows up and mask on. All materials for shredding must be easily identifiable in the trunk, cargo area or truck bed for safe removal by staff.

Union County Residents Only – No Businesses

	NEW PROVIDENCE SENIOR CITIZENS CLUB ~ May 2021 ~					
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2	3 9:30 In Control ² 11:00 Chair Yoga ² 11:00 Trustee Meeting	4 7:00 Bus to ShopRite ¹ 9:45 Balance & Conditioning ² 11:00 Book Club 1:00 Tai Chi ²	5 9:30 Stretch & Strength ² 12:00 "Go, Van Gogh"²	6 9:30 Strong YOU ² 11:00 Mah Jongg ⁵	7 9:00 Zumba ² 11:00 Bingo ³	8
9 	10 9:30 In Control ² 11:00 Chair Yoga ⁵ 11:00 Knitting ⁵	11 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	12 9:30 Stretch & Strength ² 11:00 Social Zoom⁴	13 9:30 Strong YOU ² 11:00 Mah Jongg ⁵	14 9:00 Zumba ² 9:00 "Senior Nutrition"² 11:00 Bingo ³	15 Mobile Shredding Event at Nokia 9am – 1pm
16	17 Tax Day (taxes due) 9:30 In Control ² 10:00 "The Senior Living Spectrum"² 11:00 Chair Yoga ² 11:00 Knitting ⁵	18 7:00 Bus to ShopRite ¹ 9:45 Balance & Conditioning ² 1:00 Tai Chi ² 1:00 Advanced Italian ⁵	19 9:30 Stretch & Strength ² 11:00 Music program⁵ (Rain date May 26 @ 11:00)	20 9:30 Strong YOU ² 11:00 Mah Jongg ⁵	21 9:00 Zumba ² 11:00 Bingo ³	22
23	24 9:30 In Control ² 11:00 Chair Yoga ² 11:00 Knitting ⁵	25 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	26 9:30 Stretch & Strength ²	27 9:30 Strong YOU ² 11:00 Mah Jongg ⁵	28 9:00 Zumba ² 11:00 Bingo ³	29/30/31 Center will be closed Monday, May 31 for Memorial Day

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.

⁶ Held outside, weather permitting.