

New Providence Senior Citizens Newsletter

"Good things happen here!"



AUGUST 2020



Vol. 20, No. 7

COORDINATOR'S CORNER

"One of the most important things you can do on this earth is to let people know they are not alone." ~ Shannon L. Adler, Author

Here we are in our final summer month and month 5 of Corona 2020. Who knows how long this will go on??? It's been too long already...that being said, it's time we all adjust (maybe you have already!) to this new way of life.

What does that mean? We all know masks, social distancing and washing our hands. Here at the Center it means Zoom...Zoom exercise, Zoom presentations etc. Zoom = connection. If you have ever had the thought of buying a computer or tablet, now is the time! What do you buy, or how do you use it?

There are two teens willing to help who are computer literate, and they also work well with seniors (they are my kids😊)! All you have to do is call the Center, and I will connect you. To stay connected via Zoom all you need is an email address. Really, it's fairly straightforward.

Exercise classes will continue on Zoom through August. Also, we are offering a **new exercise class** on Mondays at 9am. Mike Czech will teach "Stretch and Strength". Please email the Decorsocenter@newprov.org to RSVP for the class and receive the Zoom link. Description on page 3.

On **Wednesday, August 12th at 11am**, Dr. Chow from St. Barnabas will present "Vaccine Needs and Common Vaccines for Seniors". There will be time for discussion and to answer any concerns seniors might have about vaccination. Please RSVP to the center by August 6th for Zoom link.

Good News: The Borough put 4 square picnic tables in the grassy area between the center and the garage. The Club purchased umbrellas for the area. So, we hope to have small gatherings - face masks required - that can utilize the tables. **Please reach out if you have ideas of how we can use the space.**

Looking for something to do at home? Sunrise of Summit is offering activity baskets-book, game and puzzle- to any seniors who would like one. They will even deliver to your home! If you would like a basket, please contact Alice Campbell, Director of Sales, at 908-517-6382.

STAY TUNED: Sunrise is planning on offering a FREE virtual music program in August. Details will be emailed.

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: Kathy Hendrickson, 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 Felezolla
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-Coordinators

Therese Dalton
Michelle Zack

Public Health Nurse

Jenn Aranda, 908-743-1049

Bus Service

ShopRite – Tuesday mornings.
Please call on Mondays to reserve your spot.

BOOK CLUB

The NPSCC Book Club got together in July - outside, under a tent, on benches, socially distanced, and wearing masks - to catch up and talk books.

They had so much fun that they have decided to meet again in August. For their next gathering, they will be reading the book, "The Shoemaker's Wife" by Adriana Trigiani. The date of the meeting will depend on the weather.

If you would be interested in joining them, call or email the center and let Therese know.

ZOOM PROGRAM FROM ST. BARNABAS

There will be a Zoom presentation by a doctor from St. Barnabas on August 12th at 11am. Dr. Chow from St. Barnabas will present a program on "Vaccine Needs and Common Vaccines for Seniors".

There will be time for discussion and to answer any concerns seniors might have about vaccination. Please RSVP to the center by August 6th for the Zoom link.

NEW VITALITY VIRTUAL PROGRAMS

New Vitality is a FREE health and wellness program offered through Atlantic Health System for adults 65 and older who become members. It offers classes on health education, nutrition, exercise, and life enrichment, and has provided speakers for past NPSCC Wednesday meetings.

Due to current circumstances, New Vitality is offering programs via Zoom. Most programs are offered at no cost, while a select few are offered for a small fee. **Registration is required for all events.** Call 1-844-472-8499 or visit www.atlantichealth.org/newvitality to become a member and view a full list of upcoming programs.

Free virtual programs being offered in August include:

FLAVOR YOUR LIFE WITH FRESH HERBS – Virtual – Friday, August 7 at 10:00am. FREE. Preregistration required.

RECIPE DEMO: SMART SUMMER SALADS - Virtual – Friday, August 7 at 1:00pm. Preregistration required.

BE FAST FOR STROKE! - Virtual – Wednesday, August 19 at 4:30pm. FREE. Preregistration required.

TRANSOPTIONS PROGRAMS

During this time of social distancing, TransOptions is reaching out online. They have created a series of short (about 7 minutes) "Lunch and Learn" programs about pedestrian, driving and biking safety programs. The following safety topics are available on demand on the TransOptions' website <https://www.transoptions.org/lunch-and-learn-presentations> and on their YouTube channel <https://www.youtube.com/user/jtransoptions>.

- **How to Keep the Keys Longer and Drive Safely**, part 1 of 2 older adult driving programs. https://www.youtube.com/watch?v=YOInIXecE9U&feature=emb_title
- **Retiring from Driving**, part 2 of older adult driving programs. Available on July 13th.
- **Safe Driving during Covid-19.** <https://www.transoptions.org/lunch-and-learn-presentations>
- **How to Walk Safely in Social Distancing Times.** https://www.youtube.com/watch?v=L-A8V8x25W8&feature=emb_title
- **Walking, Biking, and Driving Safely as New Jersey Communities reopen.** <https://www.youtube.com/channel/UCgSgnLp gIMLuysyNwpd1BWA>

SENIOR EXERCISE PROGRAM ON CABLE TV

A big thank you to Phyllis Winters for letting us know about Senior Exercise Programs being offered on Verizon FIOS Channel 45 and Comcast Channel 26. Several of our members are already participating in these exercise opportunities. Give them a try!

- 1:00pm Sittercise
- 2:00pm Beginner Exercises
- 3:00pm Advanced Exercises

Please be advised that **FIOS Channel 45 and Comcast Channel 26 are the public access channels for South Brunswick.** They post information about the South Brunswick Senior Citizens Club on these channels. It does not pertain to the NPSCC.

They anticipate continuing these exercise programs through August and possibly beyond.

CHURCH SERVICES ONLINE

Several of our local churches are offering services online. See below for additional information.

New Providence Presbyterian Church – Online services at 9:30am and 11:00am each Sunday. Available on Computer, Mobile phone/tablet, Facebook and ChurchOnline. You can also watch at 11:00am on Comcast channel 36 or FIOS channel 33.

Faith Lutheran Church – Sundays at 10:00am. Live-streamed on Facebook. Watch video after the service on Facebook and on YouTube.

St. Andrew's Episcopal Church – Sundays at 9:00am. Broadcast worship via Facebook and Zoom.

St. Luke's Reformed Episcopal Church – Not offering online services.

Our Lady of Peace – Services at 5:00pm on Saturday and 12:00noon on Sunday. Live-streamed on Facebook.

United Methodist Church – Go to website at npumcnj.org and scroll down to YouTube video.

NEW PROVIDENCE MEMORIAL LIBRARY NEWS

NPML is offering the following programs in August!

Summer Reading program – Imagine Your Story. Register on READsquared.

Contactless Pickup – Use their online catalog or call 908-665-0311 to place holds on books.

Browse Our Shelves – Use saved search links to browse the genres and sections you want. Under the Books & More tab on the library website.

Staff Picks – Expert book picks from NPML Staff. Under the Books & More tab on the library website.

Your Next 3 Books – Fill out the form on the NPML website and librarians will choose 3 titles for you!

Virtual Meeting – Baseball Discussion – Discussion will take place over Zoom or call in on the phone. Email npmlref@yahoo.com to join. Monday, August 10, 7pm.

Virtual Program Decoding History – Join a museum educator over Zoom to explore how everyday items offer an insider's glimpse of what life was like 200 years ago. Tuesday, August 11, 7pm – 8pm. Email npmlref@yahoo.com to register.

Book Buzz – Annie Mazes will preview Workman Publishing's top titles for fall over Zoom. Tuesday, August 18, 10:30-11:30am. Email npmlref@yahoo.com with Book Buzz in subject line.

WE INVITE YOU TO SHARE

If you have heard about or are participating in any programs that other seniors might be interested in, please let us know. We'd love to share the news and keep members posted on what is available. Thank you!

VIRTUAL TOURS

Ready to see some new sights? Check out the virtual tours on one of these websites:

NASA – Commercial Crew Program, Hubble Telescope mission operations center, and more.
<https://www.nasa.gov/nasa-at-home-virtual-tours-and-augmented-reality>

The Vatican – The Sistine Chapel, Raphael's Rooms, and more.
<http://www.museivaticani.va/content/museivaticani/en/collezioni/musei/tour-virtuali-elenco.html>

Metropolitan Museum of Art – "The Met 360⁰ Project", award-winning series of 6 short videos.
<https://www.metmuseum.org/art/online-features/met-360-project>

NEW EXERCISE CLASS

We are offering a **new exercise class** on Monday mornings at 9am. Mike Czech will teach Stretch and Strength. The class will feature portions of strength work using dumbbells and easy to manage stretching and flexibility movements to loosen your muscles and relieve tension.

Please email the Decorsocenter@newprov.org to RSVP for the class and receive the Zoom link.

AGE & IRONY

I got called 'pretty' today! Well actually the full statement was 'you're pretty annoying' but I only focus on positive things.

I always knew I'd get old. How fast it happened was a bit of a surprise, though.

My superpower is holding onto junk for years and throwing it away a week before I need it.

With thanks to our Sunshine Lady, Diane Melinis.