

# New Providence Senior Citizens Newsletter

## "Good things happen here!"



JUNE 2020



Vol. 20, No. 5

### COORDINATOR'S CORNER

Hello to everyone! This is Michelle - Therese asked me to take a turn writing the Coordinator's Corner so that I would have a chance to say "hi." We are thinking of you all! We hope you and your families are healthy and safe, and that the coming days of June bring you sunshine and cheer.

We miss seeing you and are working toward coming back, but the Center will remain closed until at least June 30. We do not yet know when the Center will re-open, but we will continue to take direction from Governor Murphy, our Mayor and Borough Council, and health officials, and will keep you posted on our planning as updates become available. When we do come back, things may have to be different (i.e., face masks may have to be worn, social distancing may have to be maintained, etc.). Our focus will be on keeping everyone's health and safety our top priority!

Until we are together again, we encourage you to call or email the Center and one of us will get back to you. If you have an e-mail address, please also share it with us so that we have an additional means to keep in touch and to provide any updates. (See article on page 2)

In the meantime, we will be offering the following activities "virtually."

- We are going to offer virtual ZOOM exercise classes beginning the week of June 8<sup>th</sup>. (See article on page 2)
- We will continue call-in bingo games on Fridays at 11am. If interested, call the Center.

**Please stay strong and stay positive. Keep each other in your thoughts and reach out to your friends and fellow Club members to say hello. It's important for us all to stay in touch! Therese and I would like to know of any Club members who may need good wishes and support. We are also in regular contact with our wonderful Sunshine Lady, Diane.**

Also, please let us know what you have been doing to keep busy. I am trying each day to go outside, even if just for a little while, to enjoy the sunshine and listen to the birds. My family and I have been playing games (sorry, no Bridge or Mah Jongg yet!), watching movies, and discovering all kinds of online learning and fun (one favorite - watching the newborn Cheetah cubs on the National Zoo's live webcam). But what I've most enjoyed is the opportunity to cook and bake with my girls, and to sit down afterwards to enjoy what we've made!

New Providence Heritage Day, originally scheduled for June, has been postponed.

### 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  
1<sup>st</sup> Treasurer: Delores Felezola  
2<sup>nd</sup> Treasurer: Lidia Astapova  
Sergeants-at-Arms: Don Kern, Mike Ferlise

*Contact these members with any questions regarding your club.*

Newsletter Editor: Barbara Koslap

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### DeCorso Community Center

15 East Fourth St.  
New Providence, NJ 07974  
908-665-0046  
[www.newprov.org/seniors](http://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.

### NEW ESTIMATED TAX BILL FORMAT FOR AUGUST 2020

The Borough will be sending estimated tax bills for 3rd quarter which will look different than the regular bills that are mailed once a year with 4 stubs. Property owners will receive the 3rd quarter estimated bill in June 2020 and it will be due on August 1st. The final bill with the remaining 3 stubs will be mailed in October 2020. The State of NJ Division of Local Government Services has recommended municipalities issue estimated property tax bills for 2020 due to the delay of the state fiscal year to September 30th. For updates please refer to [www.newprov.org](http://www.newprov.org) or call the tax collector's office 908-665-8031.

### NEW PROVIDENCE-OUR COMMUNITY FOR ALL

New Providence-Our Community for All (OCFA), under the umbrella of CSA, has been helping seniors with grocery shopping. To arrange for grocery shopping help, please contact them by phone at 732-535-8441 or by email at [NewProvidenceOCFA@gmail.com](mailto:NewProvidenceOCFA@gmail.com).

**Tell Us Your Story** - Students and recent graduates of NPHS are collecting audio recordings of stories from long-time residents about the formation of things like the Pool or the Senior Center and life experiences during major events like Superstorm Sandy. They will use the stories to create an archive to share online and in person. These recordings will bring history to life. If you are open to sharing your experiences in the last 40-50 years, please reach out to them at 908-380-7715 or send an email to [NewProvidenceOCFA@gmail.com](mailto:NewProvidenceOCFA@gmail.com).

### EMAIL ADDRESSES

The Center is moving toward communicating via email with as many people as possible during this time. Many of you received an email message from Therese and Michelle to confirm your email address and have now received this newsletter electronically. **If you did not receive the email message, but do have an email address at which you may be reached, please send it to [decorsocenter@newprov.org](mailto:decorsocenter@newprov.org) so that news and updates may be communicated as efficiently as possible and in a timely manner.** (Don't worry, though, if you don't have an email address. Your newsletters will continue to be sent via regular mail!)

### VIRTUAL EXERCISE INSTRUCTIONS

We are going to offer virtual ZOOM exercise classes beginning the week of June 8<sup>th</sup>. If you haven't had a chance to "zoom" during this quarantine, it's time to give it a try – it's pretty easy! The exercise schedule will remain the same:

- Monday – Chair Yoga at 11am
- Tuesday – Exercise with Mike at 9:45am
- Tuesday – Tai Chi at 1pm
- Thursday – Exercise with Myriam at 9:30am
- Friday – Zumba at 9:15am

For a class to run, we need a minimum of 6 seniors to participate. If you would like to participate, please send an email to [Decorsocenter@newprov.org](mailto:Decorsocenter@newprov.org). Include the class name in the subject line, please. Two days prior to the class, we will email zoom instructions including the link/passcode to all participants. Hope to "see" you there!

### TIPS FOR HEALTH

By Mike Czech, NPSCC Exercise Instructor

1. Walking is the king of exercise.  
For our senior population, nothing beats a good walk for health and energy. It's low impact to most peoples' joints and you can control how long and far you wish to go. Those who are homebound have the option of walking in their yards, or simply going up and down steps if possible. A 99-year-old man recently walked laps of his yard and raised *four million dollars* for England's National Health Service.
2. Try to do something every day!  
If you cannot get outside to walk, which is always recommended, work on your balance! One of my favorite drills to do each day is the single foot balance. Just stand next to a wall or chair and stand on one foot. Try to hold your balance for a long five count. Then alternate. People who can stand on one foot for a five count have a 60% less chance of losing their balance in everyday movement! You can do this every day, try 10 times per leg.
3. Pick up a can.  
Or a bottle, box, or any household item. If you don't have weights at home, you can use any item with weight to do overhead presses, punches, swings and pulls from class.
4. Go Online!  
There are many exercise classes offered online. Also, the Center is trying ZOOM in June – give it a try!

**Riddles**

1. A major who has seen no battle. A minor who has seen no mine. In a bar where no one drinks.
2. This is not a piece of pretty lace where rain and dewdrops fall and find their place. I made this silver veil as light as breath to be an instrument of death.
3. Eat me sweetly when I and my name are the same.
4. When frost bites your toes downward I grow. When sun warms your toes away I flow.
5. We need you to give us life and purpose to grip and hold and carry. Away from you we cannot move. Without you we are dark and still and empty.

**What We've Been Up To**

NPSCC members have been keeping busy. They have been revisiting forgotten activities, exercising their bodies, and learning new things.

For exercise, some of our members have been walking. Another member got out an old stationary bicycle and has been riding it.

To socialize, members have been talking to friends on the phone and catching up with old friends. They've also used Zoom to connect with friends and family.

Members have been engaged in hobbies. Cooking and baking have been popular pastimes. They've been doing a lot of reading. One member has been painting pictures.

Other members have been learning new things. One of them has been taking Bridge classes online.

Some of our members who enjoy playing games have found some online sites. To learn more, see the article on Mah Jongg & Bridge.

Give the center a call or send an email to [Decorsocenter@newprov.org](mailto:Decorsocenter@newprov.org) and let us know what you've been doing.

**What Are Your Favorites?**

Read any good books lately or watched any great movies or TV shows? While we are hunkered down in our homes, we would love to hear your recommendations. What books, movies, or shows have you enjoyed and why? Please share your favorites with us!

Call the center at 908-665-0046 or send an email to [Decorsocenter@newprov.org](mailto:Decorsocenter@newprov.org)

**Laughs**

Girl: When we get married, I want to share all your worries, troubles and lighten your burden.

Boy: It's very kind of you, darling, but I don't have any worries or troubles.

Girl: Well, that's because we aren't married yet.

The Officer said, "You're staggering". I said, "You're quite handsome yourself". We just laughed and laughed and laughed. I NEED BAIL MONEY.

Some days the supply of available curse words is insufficient to meet my demands.

*With thanks to our Sunshine Lady, Diane Melinis.*

**Online Mah Jongg & Bridge**

Some of our members are using the website MYJONGG.NET to play Mah Jongg and keep their skills sharp! When you create an account, you get 8 free games to play a day. You need an email address. You must create a password. And, you start playing! It's free, so why not give it a try?

Other members are using the website BRIDGEBASE.COM to play Bridge. You can play for free or, if you are the gambling type, wager a little money. You need an email address. You must create a password. You can choose to play with a specific partner OR take an open seat.

**Riddle Answer Key**

1. Music
2. Spiderweb
3. Orange
4. Icicle
5. Gloves