

New Providence Senior Citizens Newsletter

"Good things happen here!"



OCTOBER 2020



Vol. 20, No. 9

COORDINATORS' CORNER

"In the entire circle of the year there are no days so delightful as those of a fine October." – Alexander Smith

Borough buildings remain closed to the public, so for the month of October we will continue with outdoor and zoom activities. They really have been working out. We could use the mild temperatures and partly sunny skies, so, start doing a sun dance to keep the rain away!

Highlights for October – Outdoor Gatherings

- Friday Bingo at 11am - in person OR on the phone
- Mah Jongg, Knitting, Advanced Italian and Book Club are all meeting outside the center. See calendar for schedule.
- **For all activities, please RSVP either via email or phone.**
- **Don't forget - wear a mask (see page 2) and maintain social distance**
- Please note that because the building is closed, there is no access to the restrooms.

Something New—Meditation Class

Everyone knows that we are in a stressful year like no other. In an effort to offer a tool to help handle the stress, we are offering a 4-week **Meditation Class** via zoom. The class will be taught by Myriam Gabriel, one of our exercise instructors, on Wednesdays at 9:30am. The class is 30 minutes long. I encourage all to give it a try! Please RSVP to decorsocenter@newprov.org, and we will send you the link.

Wednesday Outdoor Gatherings

We will continue to have weekly gatherings outside on Wednesdays at 11am. Please let us know if you will attend.

- October 7 - Music of the 1950s (thanks Carmen M. for the suggestion)
- October 14 - Trivia
- October 21 - Christine Napolitano will demonstrate American Sign Language.
- October 28 - New Vitality is offering a program "Healthy Hearing and Hearing Changes as We Age" with an audiologist via zoom. We will set up a TV outside the center to broadcast the program, so please let us know if you would like to come to view it.

Reminders

The New Jersey Department of Health strongly encourages residents to get a flu shot. Getting a flu vaccine will not protect against COVID-19, however the vaccine can reduce flu illnesses and hospitalizations, helping to minimize the stress on the healthcare system as these two illnesses circulate.

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-ordinators

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.

HEARING PROGRAM

On Wednesday, October 28th at 11:00 a.m., we will have a virtual program on “Healthy Hearing/Hearing Changes as We Age” with an audiologist from Atlantic Health New Vitality. Join us for a talk with audiologist Ann Lisa Cantatore on how hearing affects our health, what changes are normal, and what steps you can take to ensure you are hearing clearly. We are offering this program via zoom and will also set up a TV outside the Center to broadcast the program for anyone who would like to come view it. **If you would like to listen/participate, either via zoom or outside the Center, please call the Center at 908-665-0046 or send an email to decorsocenter@newprov.org by Friday, October 23.**

MEDICARE OPEN ENROLLMENT

SAGE Eldercare reminds us that Medicare Open Enrollment is October 15 – December 7. Medicare plans should be reviewed every year for changes. SAGES’s SHIP counselors are available to help. Services are free and confidential and will be provided via Zoom and telephone. They are also offering group presentations on Zoom between October 19 – December 3, Mondays at 2:00pm, Wednesdays at 7:00pm, and Thursdays at 10:00am. **Registration is required. Please contact ship@sageeldercare.org or call 908-273-6999.**

“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. They are currently 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 to become a member or visit www.atlantichealth.org/newvitality to become a member and view a full list of upcoming programs.

Free virtual programs in October include:

Hips and Knees, Tuesday, October 13, 1pm. This program will focus on how physical therapy impacts surgeries of the hips and/or knees.

Healthy Living for Your Brain and Body, Friday, October 30, 2pm. Strategies to age well in cognitive activity, social engagement, nutrition, and physical health.

NEW PROVIDENCE MEMORIAL LIBRARY NEWS

NPML is offering the following programs in October!

Contactless Pickup – Use the library’s online catalog or call 908-665-0311 to place holds on books.

Window Shopping! – New books, picture books, and magazines can be seen through the windows in the library foyer. To check one out, call (908) 665-0311.

Choose 3 Books For Me! – Fill out the form on the website and librarians will choose 3 titles for you!

Public Computer Use By Appointment – Call (908) 665-0311 to make an appointment. No drop ins.

Mystery/Suspense Book Bingo – Virtual Program – Play an interactive virtual game of bingo while New York Times bestselling authors converse over Zoom and you might win one of their books. Tues., Oct 6, 7pm. Email npmlref@yahoo.com to attend.

Baseball Discussion - Virtual Meeting — Discussion over Zoom or on phone. Monday, October 12, 7pm. Email npmlref@yahoo.com to join.

Slips and Falls Prevention – Virtual Program – Improve your balance, lower body, and core strength by learning tips and exercises with physical therapist Michael Evangelist. Tues., Oct 13, 1pm. Email npmlref@yahoo.com to register.

HOW TO PROPERLY WEAR A MASK

Whether we are gathering inside at a future date or outside at the center now, you **MUST** wear a mask properly covering your nose and mouth.

- Wash your hands before putting on your mask.
- You **MUST** put it over your nose and mouth and secure it under your chin.
- Try to fit it snugly against the sides of your face.
- Make sure you can breathe easily.
- The CDC does not recommend use of masks or cloth masks for source control if they have an exhalation valve or vent.
- **Don’t** put the mask around your neck or up on your forehead.
- **Don’t** touch the mask and, if you do, wash your hands or use hand sanitizer.

Please keep your mask on while talking – you will still be heard!

Our intent is to keep our community safe and healthy so we can continue to gather. Please understand that if we remind you how to wear your mask correctly, it’s because we care!

TOWN-WIDE SURVEY LOOKS AT TODAY & TOMORROW

New Providence-Our Community For All is asking all households to complete a survey online or on paper in October. It will be used to develop recommendations to address lifelong community assets, including parks and recreation, safety and health care, housing, and transportation, and civic or social engagement opportunities. The survey will provide feedback that can be used to ensure that New Providence maintains the environment, services, and resources necessary to continue to be a desirable town for seniors to live. To learn more or to take the survey, please visit www.npocfa.org. To request a paper copy, please call 908-380-7715.

VIRTUAL CLASSES AVAILABLE ONLINE

A big thank you to Helene Flood for the following information! Rutgers University's Osher Lifelong Learning Institute is offering several online courses for older adults. <https://olliru.rutgers.edu/>
For more business and college focused classes, check out <https://www.edx.org/subjects>

COMMUNITY EVENTS

The New Providence Business Community is hosting the annual Scarecrow Contest! Starting Saturday, October 10, scarecrows will be placed along Springfield Avenue and South Street. Vote for your favorite scarecrows from October 10–November 1.

MORE VIRTUAL TOURS

Monterey Bay Aquarium – Ten live cams to experience the wonder of the ocean no matter where you are. Be delighted by the antics of sea otters or mellow out to the hypnotic drifting of jellyfish.

<https://www.montereybayaquarium.org/animals/live-cams>

Lincoln Center – Digital playlists including contributions from all of the organizations at Lincoln Center.

<http://lincolncenter.org/lincoln-center-at-home/show/sounds-of-lincoln-center-907>

National Public Radio's "Tiny Desk" concert series - Intimate video performances, recorded live.

<https://www.npr.org/series/tiny-desk-concerts/>

VOTE-BY-MAIL

VBM ballots will be sent automatically to all registered voters for the November 3 election. A limited number of polling places will be open on November 3 for voters who are disabled and need to use a voting machine. Any other voter coming to the polling location to vote will be given a paper or provisional ballot.

There are multiple ways to return a VBM ballot prior to Election Day, and on Election Day.

- Use any one of the ballot drop-off boxes that will be placed at various locations in Union County. **A secure drop box will be located at the entrance of the New Providence Memorial Library.**
 - Drop it off at the County Clerk's office in Elizabeth, in Westfield, or at the Board of Elections office in Elizabeth.
 - Send the ballot by U.S. Mail. Pre-paid postage is provided on the ballot return envelope.
 - On Election Day, voters can bring their VBM ballot to their designated polling place. Municipal Center (Districts 1-6), Allen W. Roberts (Districts 7-11).
- Voters are strongly advised to fill out and return their ballot as soon as they receive it, to ensure that it is delivered on time.

ENJOY AUTUMN AT TRAILSIDE

Seniors ages 55 and older are invited to enjoy leisurely walks with a Trailside Naturalist on Union County's award winning Sensory Friendly Trail. Small groups to accommodate social distancing and face coverings required.

Wednesdays, 11:00 AM – 12:00 PM – FREE

October 7 – Fall Nature Walk

October 14 – Mammals of the Reservation

October 21 – Autumn Tree ID

October 28 – Lenape Native American History

Register at ucnj.org/trailside

DON'T QUOTE ME

"Money can't buy you happiness...but it does bring you a more pleasant form of misery." – Spike Milligan

"I don't feel old. I don't feel anything until noon. Then it's time for my nap." – Bob Hope

"We could certainly slow the aging process down if it had to work its way through Congress." – Will Rogers

With thanks to our Sunshine Lady, Diane Melinis.

NEW PROVIDENCE SENIOR CITIZENS CLUB

~ OCTOBER 2020 ~

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Sep 27	Sep 28 9:30 In Control ² 11:00 Chair Yoga ²	Sep 29 7:00 Bus to ShopRite ¹ 9:45 Balance & Conditioning ² 11:00 Mah Jongg ⁴ 1:00 Tai Chi ²	Sep 30 11:00 Knitting ⁴	1 9:30 Strong YOU ² 11:30 Italian ⁴	2 9:00 Zumba ² 11:00 Bingo ³	3
4	5 9:30 In Control ² 11:00 Chair Yoga ² 11:00 Trustee Meeting⁴	6 7:00 Bus to ShopRite ¹ 9:45 Balance & Conditioning ² 11:00 Mah Jongg ⁴ 1:00 Tai Chi ²	7 9:30 Meditation ² 11:00 Knitting ⁴ 11:00 Social Gathering – “1950’s Music”⁴	8 9:30 Strong YOU ² 11:30 Italian ⁴	9 9:00 Zumba ² 11:00 Bingo ³	10
11	12 9:30 In Control ² 11:00 Chair Yoga ²	13 7:00 Bus to ShopRite ¹ 9:45 Balance & Conditioning ² 11:00 Mah Jongg ⁴ 1:00 Tai Chi ²	14 9:30 Meditation ² 11:00 Knitting ⁴ 11:00 Trivia⁴	15 9:30 Strong YOU ² 11:30 Italian ⁴	16 9:00 Zumba ² 11:00 Bingo ³	17
18	19 9:30 In Control ² 11:00 Chair Yoga ²	20 7:00 Bus to ShopRite ¹ 9:30 Book Club⁴ 9:45 Balance & Conditioning ² 11:00 Mah Jongg ⁴ 1:00 Tai Chi ²	21 9:30 Meditation ² 11:00 Knitting ⁴ 11:00 Social Gathering – “Sign Language”⁴	22 9:30 Strong YOU ² 11:30 Italian ⁴	23 9:00 Zumba ² 11:00 Bingo ³	24
25	26 9:30 In Control ² 11:00 Chair Yoga ²	27 7:00 Bus to ShopRite ¹ 9:45 Balance & Conditioning ² 11:00 Mah Jongg ⁴ 1:00 Tai Chi ²	28 9:30 Meditation ² 1:00 Knitting ⁴ 11:00 “Healthy Hearing/Hearing Changes as We Age”^{2 & 4}	29 9:30 Strong YOU ² 11:30 Italian ⁴	30 9:00 Zumba ² 11:00 Bingo ³	31 Happy Halloween! 

¹ Call **MONDAY MORNINGS** to reserve your spot.

² Virtual class via Zoom. **Pre-registration required.**

³ Call the Center **NO LATER THAN WEDNESDAY** to let us know you want to play.

⁴ Outside, weather dependent. **Pre-registration required.**