

# New Providence Senior Citizens Newsletter

## "Good things happen here!"



SEPTEMBER 2020



Vol. 20, No. 8

### COORDINATORS' CORNER

*"THESE are the times that try men's souls." ~ Thomas Paine*

Could that quote above be any more true? I try to pivot and go with these changing times, but there are many days that I feel dizzy from pivoting so much!

In the spirit of change, we have been trying some small **outdoor only** gatherings at the center – e.g. knitting, book group, bingo once, etc. The tricky part is tracking the weather – who knew that would be my next career?! Sometimes we cannot plan a month in advance when we would meet, so I encourage you to reach out to us either via phone or email and let us know if you are interested in any group gathering. We will then keep you up to date with the gatherings.

We are going to try (weather dependent) having a couple informal outside social gatherings – September 9<sup>th</sup> and 23<sup>rd</sup> at 11am. The intention is for people to reconnect in person. There is no formal program. To participate:

1. RSVP by calling the center – 908-665-0046 or email [decorsocenter@newprov.org](mailto:decorsocenter@newprov.org)
2. Meet outside at the picnic tables, or bring your own chair if you prefer
3. Wear your mask
4. Water available
5. Because the building is currently closed, there is no access to restrooms

Please know that the choice is yours! We each have our own level of comfort in social situations, and I know my comfort level changes daily. If you feel comfortable to come to something, I would love to see you. If you are not comfortable, please know that both Michelle and I are thinking of each of you.

The center was fortunate to offer two "special" exercise classes this summer - "Stretch and Strength" on Mondays in August and "Exercises for Arthritis" on Thursdays in July and August. As most of you know, our exercise classes are all paid for by a grant we receive from Union County. With the allocated monies, we try to offer exercise classes for everyone.

To that end, beginning in September, we return to our regular exercise class schedule which can be found on page 2. Please remember, **all participants must re-register for classes by e-mailing [Decorsocenter@newprov.org](mailto:Decorsocenter@newprov.org)**. See page 2 for exercise class descriptions.

**The Center will be closed on Monday, September 7 for Labor Day.**

### 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 Felezolla  
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-ordinators

Therese Dalton  
Michelle Zack

#### Public Health Nurse

Jenn Aranda, 908-743-1049

### Bus Service

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

### VIRTUAL EXERCISE CLASSES

We plan to continue virtual exercise classes via Zoom in September. **All participants must re-register at [Decorsocenter@newprov.org](mailto:Decorsocenter@newprov.org).** The exercise class schedule is as follows:

- **In Control** with Myriam. Weights and floor exercises develop arm, chest, inner core, and leg muscles. Stretches body and improves balance. Mondays at 9:30am (new time) beginning September 14<sup>th</sup>.
- **Chair Yoga** with Judy. Improves flexibility and muscle strength while reducing stress and increasing relaxation. Mondays at 11:00am.
- **Balance and Conditioning** with Mike. Light weight training, balance, and coordination drills. Helps range of motion, confidence, and energy levels. Tuesdays at 9:45am.
- **Tai Chi** with Ayriel. Slow, fluid movements. Relaxes body and mind Increases balance control, flexibility, and cardiovascular fitness. Tuesdays at 1:00pm.
- **Strong YOU** with Myriam. Circuit training method alternates strength building movements with bouts of cardio. Thursdays at 9:30am.
- **Zumba** with Donna. Latin dance inspired fitness program. Improves strength, posture, and flexibility. Fridays at 9:00am.

### “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. 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](http://www.atlantichealth.org/newvitality) to become a member and view a full list of upcoming programs. Free virtual programs being offered in September include:

THE ABCDs OF MEDICARE – Virtual program – September 9 at 10:00-11:00a.m. Register in advance.

ARTHRITIS 101 – Virtual program – September 25 at 10:00-11:00a.m. Register in advance.

### NEW PROVIDENCE MEMORIAL LIBRARY NEWS

NPML has a new drop box in their parking lot which you can use to donate books any time. The library is closed on Monday, September 7<sup>th</sup>. They are offering the following programs in September!

**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!

**New Tools for the iPad/iPhone** – Virtual workshop with the Adult School over Zoom. Email [npmlref@yahoo.com](mailto:npmlref@yahoo.com) to register and receive the link. Tuesday, September 1, 7pm.

**Library closed, Monday, September 7<sup>th</sup>.**

**Baseball Discussion** - Virtual Meeting — Discussion will take place over Zoom or call in on the phone. Email [npmlref@yahoo.com](mailto:npmlref@yahoo.com) to join. Monday, September 14, 7pm.

**New Jersey, Pre & Post Revolution** – Talk by Dr. Jonathan Mercantini of Kean University over Zoom. Email [npmlref@yahoo.com](mailto:npmlref@yahoo.com) to register and receive the link. Thursday, September 17, 7pm.

Note: There's a drop box in the library parking lot which you can use to donate books any time. The box is affiliated with Better World Books, a for-profit company that collects and sells books online. Each sale generates income for the library and books that are not sold are donated to literacy initiatives around the world or recycled.

### CLASSICAL STRETCH ON PBS

Phyllis DiSturco has told us about an exercise program called Classical Stretch. The program airs weekdays on PBS Channel 13 at 6:00am. (If you are not an early bird, use your DVR to record the program and save it for a later hour.)

*Classical Stretch: The Esmonde Technique focuses on overall wellness and physical fitness. It features a graceful, fluid, and controlled method of stretching the entire body. It combines yoga, tai chi, Pilates and ballet techniques, plus specific movements and stretches that reach muscles and ligaments not normally targeted in the average fitness programs.*  
<https://www.thirteen.org/schedule/?program=23156>

### CORONAVIRUS SCAMS

Beware of the following scams:

1. Medicare scams. Fraudsters are making calls posing as Medicare representatives.
2. Investment scams. Con artists are claiming that the products or services of publicly traded companies can prevent, detect, or cure coronavirus, and that the stock of these companies will dramatically increase in value as a result. The promotions often take the form of so-called "research reports" and make predictions of a specific "target" price.
3. Stimulus check scams. Con artists are ramping up coronavirus phishing scams and targeting older adults. The IRS isn't going to call you asking to verify or provide your financial information so you can get an economic impact payment or your refund faster.
4. Coronavirus prevention scams. Some unethical companies are making deceptive claims that their products can treat or prevent the virus.

*Erickson Living Tribune, 2020, Issue 5*

### COMMUNITY EVENTS

The New Providence Business Community has cancelled the Street Fair, Downtown Trick or Treating, and the Holiday Festival this year due to COVID-19. The Scarecrow Stroll and Contest will still take place. They will also be sponsoring a "Where's the Chair?" promotion and a "Golden Ticket" promotion this year. Details to follow.

### MORE VIRTUAL TOURS

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

**National Museum of Natural History** – Virtual tours allow visitors to take self-guided room-by-room tours of select exhibits and areas within the museum.

<https://naturalhistory.si.edu/visit/virtual-tour>

**Smithsonian Museum** – The Smithsonian Institution offers a wealth of online resources including virtual tours, online lectures, programs, and classes. <https://www.si.edu/online>

**Google Arts and Culture** – Includes the British Museum in London, the Van Gogh Museum in Amsterdam, the Guggenheim in NYC, and hundreds of more places where you can gain knowledge about art, history, and science.

<https://artsandculture.google.com/>

### NOVEMBER ELECTION

The November 3rd General Election will primarily be held through vote-by-mail. All active registered New Jersey voters will automatically receive a prepaid return-postage vote-by-mail ballot from their County Clerks. All ballots will be mailed by Monday, October 5th.

A new online voter registration system will be up and running effective September 4th, giving new voters an added ability to ensure they get registered.

All ballots being returned through the US Postal Service must carry a postmark by November 3rd and be received by the County Clerk no later than 8 p.m. Tuesday, November 10th. Ballots which lack postmarks due to postal error received by 8 p.m. Thursday, November 5th will be considered valid.

In addition to mailing in their ballot, every voter will also have the option to either return their ballot through a secure drop box or to hand it directly to a poll worker at a polling place on Election Day.

In-person polls will also be open. Each municipality will be required to open at least one in-person polling site, and all counties must ensure that at least 50 percent of their total polling places are open. Any voter who chooses to cast their vote in-person will do so on a provisional ballot, and all individuals with disabilities will have access to an ADA-conforming voting machine.

<https://covid19.nj.gov/NJfaqs?query=mail+in+voting&Facets.filter0=%5B%5D>

### TRICENTENNIAL EVENTS CANCELLED

The New Providence Tricentennial Committee has decided that the public gathering of many people at the future Tricentennial events scheduled for 2020 would create an unreasonable risk to residents, visitors, and volunteers. Therefore, the Committee has decided that both Tricentennial Day scheduled for September 26<sup>th</sup> and the Turkey Dinner planned for October 17<sup>th</sup> are canceled.

### ONLY IN THIS STUPID WORLD...

...do drugstores make the sick walk all the way to the back of the store to get their prescriptions while healthy people can buy their cigarettes at the front.

...do banks leave vault doors open and then chain the pens to the counters.

...do we leave cars worth thousands of dollars in the driveway and put our useless junk in the garage.

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

**NEW PROVIDENCE SENIOR CITIZENS CLUB**  
**~ SEPTEMBER 2020 ~**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Aug 30	Aug 31	1 7:00 Bus to ShopRite* 9:45 Balance & Conditioning** 1:00 Tai Chi**	2	3 9:30 <u>NO</u> Strong YOU**	4 9:00 Zumba** 11:00 Call-In Bingo***	5
6	7 Happy Labor Day!	8 7:00 Bus to ShopRite* 9:45 Balance & Conditioning** 1:00 Tai Chi**	9 Social Gathering****	10 9:30 Strong YOU**	11 9:00 Zumba** 11:00 Call-In Bingo***	12
13	14 9:30 In Control** 11:00 Chair Yoga**	15 7:00 Bus to ShopRite* 9:45 Balance & Conditioning** 1:00 Tai Chi**	16	17 9:30 Strong YOU**	18 9:00 Zumba** 11:00 Call-In Bingo***	19
20	21 9:30 In Control** 11:00 Chair Yoga**	22 7:00 Bus to ShopRite* 9:30 Book Club**** 9:45 Balance & Conditioning* 1:00 Tai Chi**	23 Social Gathering****	24 9:30 Strong YOU**	25 9:00 Zumba** 11:00 Call-In Bingo***	26
27	28 9:30 In Control** 11:00 Chair Yoga**	29 7:00 Bus to ShopRite* 9:45 Balance & Conditioning** 1:00 Tai Chi**	30	Oct 1 9:30 Strong YOU**	Oct 2 9:00 Zumba** 11:00 Call-In Bingo***	Oct 3

\* Call on Monday mornings to reserve your spot.

\*\*Virtual exercise class via Zoom. Pre-registration required.

\*\*\*Call the Center no later than Tuesday to let us know you want to play.

\*\*\*\*Outside, weather dependent, pre-register.