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**Paper Shred Fundraiser to benefit the Senior Center of the Chathams**  
**Saturday, October 22, 9 AM-Noon, rain or shine at**  
**Chatham Middle School, 480 Main Street. Information on page 9.**

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**Nutrition Program: Healthy Eating, Wednesday, Oct. 12, 1:30 PM**

Learn about healthy eating with Atlantic Health Dietitian, Jamie Mansing. She'll teach us how to improve your health with proper nutrition and learn ways to make healthy meals without the use of a stove or oven. Please sign up.



**Pet Therapy Dog Visit, Thursday, Oct. 13, 11:00 AM**

Enjoy the companionship of a pet therapy dog that will be visiting us with his volunteer, Robert.



**Bingo, Fridays, Oct. 14 and Oct. 21, 10:00 AM**

Bingo is back. Cards are provided. Bring your own dimes; \$2 suggested. Please sign up.



**Writing Workshop, Fridays, 11:00 AM, starting Oct. 14**

Have you ever wanted to write the story you have to tell but don't know how to get started? Try this introductory workshop open to all types of aspiring writers. Through class discussion and writing exercises, participants will explore setting, character, plot development, theme, dialogue and more. No previous experience needed. Instructor: Jenny Tananbaum. Six weeks through Nov. 18.



**AARP Safe Driver Program: Two-Parts**

**Mondays, Oct. 17 & Thursday, Oct. 20, 9:30 AM-12:30 PM**

The Senior Center will host the AARP Safe Driver Course again. Learn proven driving techniques to help keep you and your loved ones safe on the road, and you could become eligible to save some money on your car insurance. Fee is \$20 for AARP members; \$25 for non-members. You must attend both sessions. Spots are limited. Sign up required by October 14.



**Script Reading, Tuesday, Oct. 18, 12:45 PM**

Join the table read and show off your acting chops. Facilitated by Judy French. Scripts handed out and roles assigned on the day of the program. Please sign up.



**See the next pages for more Special Programs.**



### **Oktoberfest Party, Wednesday, Oct. 19, 1:00 PM**

Show off your lederhosen and dirndls and listen to music by accordionist Eric Kerssen while enjoying some German snacks. Space is limited. Free event but sign up is required. Sponsored by Hospice of New Jersey.

### **Free Blood Pressure Screening, Thursday, Oct. 20, 11:45 AM**

Walk-ins welcome. No appointment required. Sponsored by Affirmed Home Care.



### **Marlene Dietrich: Glamour is My Stock in Trade Friday, Oct. 21, 1:30 PM**

Entertainment historian, John Kendrick, returns to tell us about the famous German-born American actress, Marie Magdalene "Marlene" Dietrich whose career spanned the stage, silent films, and movies.

### **Reminiscence Group, Monday, October 24, 11:00 AM**

This is an informal get-together where all participants have a chance to share their good memories and personal stories. Come meet new friends, learn more about the people you've already met here, and enjoy a great cup of coffee.



## **Medicare**

### **Medicare Program, Monday, October 24, 1:00 PM**

Open Enrollment starts on October 15. Learn about the Medicare program for 2023. Please call the Center to sign up. Sponsored by NORWESCAP.

### **Fiction Book Group, Tuesday, Oct. 25, 12:45 PM**

All are welcome to join the discussion. Call Center for title.



### **Coffee & Apple Strudel, Wednesday, Oct. 26, 11:30 AM**

October's Germany theme continues with coffee and apple strudel. Event sponsored by Allaire Health. Please call the Center to sign up.

### **Travel to Germany, October 26, 12:00 PM**

Nish Verma, Travel Advisor, will be here to talk about traveling to Germany. Please call the Center to sign up.



### **Dental Health, October 27, 11:30 AM**

Learn from Dr. Ramnik Singh, Chatham Dental Boutique, about dental health and how it is related to your general health. Please call the Center to sign up.

**See the next pages for more Special Programs.**

### **Tech Support, Thursday, October 27, 3:30 PM**

Students from Chatham High School will be here to help you with your iPhone, tablet, or laptop issues. Please call the Center to sign up.



### **Magic Show on Halloween, Monday, October 31, 1:00 PM**

Be amazed by the magic tricks at this show on Halloween Day. Please call the Center to sign up.

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### **Flu Shots/COVID-19 Booster Clinic** **Monday, Oct. 24 - 2:00-5:30 PM**

A flu/COVID-19 booster shot clinic will be held in the Municipal Gym. Free and open to all. Please bring your Medicare card if you have one.



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## **Vincent Volpicelli**

### **Senior Center Community Ambassador**



We bid a sad farewell to long-time Senior Center Community Ambassador Vince Volpicelli, who passed away last month. We're very grateful for his contributions to the Senior Center over the years. Our deepest sympathies and condolences to his wife Odile and family.

Beloved trustees, **Gordon Granger** and **Ruth Mirrer** attended their final board meeting on October 8. How lucky the Senior Center is to have had the benefit of their many valuable contributions during their tenures; both helped to build and shape this wonderful place. Our thanks to Ruth and Gordon.

We will miss them dearly.



## **Mondays**

### **\*Ongoing Programs\***

#### **Gentle Balance & Flex, 12:20 PM**

Call Center to sign up and for fee information. Instructor: Donna Sue Dowton.

#### **Table Tennis/Experienced Players, 12:30 PM**

Play competitive games of table tennis with other experienced players.

#### **Line Dancing, Mondays, 1:30 PM**

Get some not-too-strenuous exercise and have fun while you're at it. Instructor Linda Hyland will teach line dancing using all kinds of music, not just country music. Wear sneakers and loose clothing. Classes are free but sign up is required. No classes held 10/31, 11/7, 11/14. Classes resume on 11/21.

## **Tuesdays**

#### **Intermediate Balance & Flex, 9:00 AM**

Call Center for fee information and to sign up.

Instructor: Donna Sue Dowton.

#### **Rummikub, 9:30 AM**

All Rummikub game materials are supplied and lessons are taught by avid Senior Center staffers, Julie Reich and Marci Silbert. Please sign up.

#### **Grief Support Group, 10:00-11:15AM**

This support group provides a safe and welcoming space to explore your experience with loss. Come to receive support and care as we share and learn about the stages of grief. Group facilitated by Claire Solu-Burd, LCSW. Please call the Center to sign up.

#### **Pickleball, 10:00AM-Noon**

Contact Center to sign up. You must scan in at the kiosk before heading up to the gym to play. Fee: \$20 for October-December.

#### **DVD Lecture Series, 10:30 AM**

*Sponsored by Pine Healthcare & Rehabilitation Center*

The month's lectures will feature "Return to Space," "The Last Blockbuster," and "Fantastic Fungi." Sign-up is not necessary.

#### **Gentle Stretch & Alignment - 12:20 PM**

Improve your alignment and posture and reduce pain. This class is designed to gently move all of your joints and stretch the entire body leaving you feeling relaxed and rejuvenated. Call Center to sign up. Instructor: Donna Sue Dowton.

#### **Table Tennis/New Participants, 12:30 PM**

Play table tennis and get some lessons from veteran players while you're at it. Please call the Center a day or two in advance if interested in instruction or play.

## **Tuesdays, cont'd.**

### **Beginner Knitting Classes, 12:30 PM. NEW DAY & TIME**

Learn how to knit from Center staffer Carol Eisenhardt. Participants will learn various cast-on methods, the knit and purl stitches, how to increase and decrease, and how to choose yarn and needles for projects. Materials provided for initial classes. Purchase will be necessary as class advances.

### **Fiction Book Group, 12:45 PM, Oct. 25**

Join other readers in the discussion. Call Center for title. All are welcome.

### **The Women's Circle, 1:00-2:00PM**

This Women's Circle is a social discussion group where women get to know one another by talking about issues of the day and other topics of interest to them.

## **Wednesdays**

### **Intermediate Mat Stretch & Alignment - 9:00 AM**

Class is taught on mats. Call Center to sign up.

Instructor: Donna Sue Downton.

### **Open Bridge Practice, 10:00 AM-Noon**

This session is open to those who want to practice playing bridge. Foursomes welcome. Contact Center to connect with other interested players. We supply the cards.

### **Table Tennis/Experienced Players, 12:30 PM**

Play competitive games of table tennis with other experienced players.

### **Nifty Knitters, 1:00 PM**

The Nifty Knitters have been busy at the Center for a number of years creating thousands of caps, blankets, and other items for donation to local hospitals and organizations. An active and social bunch, they welcome all knitters interested in participating in their cause.

## **Thursdays**

### **Pickleball, 10:00 AM-Noon**

Contact Center to sign up. You must scan in at the Center's kiosk before heading up to the gym to play. Fee is \$20 for October-December.

### **Watercolor Classes, Thursdays, 10:00 AM**

Classes will be taught by Philla Barkhorn. The price per class is \$10. No experience necessary. Materials provided to those who need them but feel free to bring your own materials if you have them. Please sign up.

Painting subjects: 10/13 - Ralph Buehr Fruit Painting

10/20 - Watercolor Monochromatic Portraits

10/27 - Halloween Cards

### **Bridge/Experienced Players, 10:00AM-12:30PM**

This class is for experienced players and alternates between lessons and duplicate lite.

Instructor: Rick Hartley. Cost is \$7 per class.

## **Thursdays, cont'd.**

### **Gentle Balance & Flex, 12:20 PM**

Contact Center for fee information and to sign up. Instructor: Donna Sue Dowton.

### **Table Tennis/New Participants, 12:30 PM**

Play games of table tennis and get some lessons from veteran players while you're at it!  
Please call Center a day or two before if interested in instruction.

### **Celebrate the Month's Birthdays, Noon, Oct. 27**

Enjoy some cake before the movie starts. Sponsored by Sunrise of Summit.

#### **Movie - 12:30 PM**

*Sponsored by Pine Acres Healthcare & Rehabilitation Center*

10/13 - The Monuments Men

10/20 - Cyrano

10/27 - Queen Bees

## **Fridays**

### **Intermediate Low Impact Cardio, 9:00 AM**

Contact Center to sign up. Instructor: Donna Sue Dowton.

### **Connections Self Discovery Group, Fridays, 10:00 AM**

Participants endeavor fun, self-discovery, and mutual support in this group  
facilitated by Claire Solu-Burd, LSW. No session on Sept. 23.

Call the Center to sign up.

### **Men's Basketball, 10:00 AM**

Fee is \$20 for October-December.

### **Men's Discussion Group, 10:30 AM**

Join the friendly, lively conversation about current events, issues, useful information,  
and share in the laughs over coffee and pastries.

### **Table Tennis/Experienced Players, 12:30 PM**

Play games of competitive table tennis with other experienced players.

### **Foreign Film, 12:30 PM**

*Sponsored by Pine Acres Healthcare & Rehabilitation Center*

10/14 - Seventeen (Spanish. Subtitles.)

### **Nonfiction Book Club, 1:00 PM, Oct. 28**

The group will discuss "Fly Girl" by Ann Hood. Copies of the book are available at the  
Center to borrow. All are welcome to join the conversation.

# OCTOBER 2022

Monday	Tuesday	Wednesday	Thursday	Friday
<b>OCTOBER 3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>
10:00 Silver Linings 10:00 Men's BBall 12:20 Balance & Flex—GENTLE 12:30 Table Tennis 1:30 Line Dancing <b>1:30 Bob Dylan Program</b>	9:00 Balance & Flex-INT <b>9:30 Rummikub</b> 10:00 Pickleball 10:00 Grief Support Grp. 10:30 DVD Series 12:20 GENTLE Stretch 12:30 Table Tennis/BEG 1:00 Women's Circle 2:00 Salsa Dancing Class	9:00 Mat Stretch/INT 10:00 Open Bridge 10:00 Beg. Bridge 12:30 Table Tennis 1:00 Nifty Knitters	10:00 Pickleball 10:00 Dup. Lite <b>10:00 Watercolor Class</b> 12:20 Balance & Flex—GENTLE 12:30 Table Tennis/BEG 12:30 Movie <b>1:00 Caregiver Support Grp.</b>	9:00 Low Impact Cardio/INT 10:00 Men's BBall 10:00 Self Discovery Grp. 10:30 Men's Disc. Grp 11:30 Beg. Knitting 12:30 Table Tennis
<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>
10:00 Silver Linings 10:00 Men's BBall 12:20 Balance & Flex—GENTLE 12:30 Table Tennis 1:30 Line Dancing	9:00 Balance & Flex-INT 9:30 Rummikub 10:00 Pickleball 10:00 Grief Support Grp. 10:30 DVD Series 12:20 GENTLE Stretch 12:30 Table Tennis/BEG 1:00 Women's Circle 2:00 Salsa Dancing Class	9:00 Mat Stretch/INT 10:00 Open Bridge 10:00 Beg. Bridge 12:30 Table Tennis 1:00 Nifty Knitters <b>1:30 Healthy Eating Program</b>	10:00 Pickleball 10:00 Dup. Lite 10:00 Watercolor Class <b>11:00 Pet Therapy Program</b> 12:20 Balance & Flex—GENTLE 12:30 Table Tennis/BEG 12:30 Movie	9:00 Low Impact Cardio/INT <b>10:00 Bingo</b> 10:00 Men's BBall 10:00 Self Discovery Grp. <b>11:00 Writing Wkshp</b> 10:30 Men's Disc. Grp 11:30 Beg. Knitting 12:30 Table Tennis <b>12:30 Foreign Film</b>
<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>
<b>9:30 Safe Driving I</b> 10:00 Silver Linings 10:00 Men's BBall 12:20 Balance & Flex—GENTLE 12:30 Table Tennis 1:30 Line Dancing	9:00 Balance & Flex-INT 9:30 Rummikub 10:00 Pickleball 10:00 Grief Support Grp. 10:30 DVD Series 12:20 GENTLE Stretch 12:30 Table Tennis/BEG <b>12:30 Beginners Knitting</b> <b>12:45 Script Reading</b> 1:00 Women's Circle	9:00 Mat Stretch/INT 10:00 Open Bridge 10:00 Beg. Bridge 12:30 Table Tennis 1:00 Nifty Knitters <b>1:00 Oktoberfest</b>	<b>9:30 Safe Driving II</b> 10:00 Pickleball 10:00 Dup. Lite 10:00 Watercolor Class <b>11:45 BP Screening</b> 12:20 Balance & Flex—GENTLE 12:30 Table Tennis/BEG 12:30 Movie	9:00 Low Impact Cardio/INT 10:00 Bingo 10:00 Men's BBall 10:00 Self Discovery Grp. 11:00 Writing Wksp 10:30 Men's Disc. Grp 12:30 Table Tennis <b>1:30 Marlene Dietrich</b>  <b>PAPER SHRED SAT., 10/22 9AM-NOON, CMS</b>
<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>
10:00 Silver Linings 10:00 Men's BBall <b>11:00 Reminiscence</b> 12:20 Balance & Flex—GENTLE 12:30 Table Tennis <b>1:00 Medicare Prg.</b> 1:30 Line Dancing	9:00 Balance & Flex-INT 9:30 Rummikub 10:00 Pickleball 10:00 Grief Support Grp. 10:30 DVD Series 12:20 GENTLE Stretch 12:30 Table Tennis/BEG 12:30 Beginners Knitting <b>12:45 Fiction Book Grp.</b> 1:00 Women's Circle	9:00 Mat Stretch/INT 10:00 Open Bridge 10:00 Beg. Bridge <b>11:30 Coffee &amp; Strudel</b> <b>12:00 Travel to Germany</b> 12:30 Table Tennis 1:00 Nifty Knitters	10:00 Pickleball 10:00 Dup. Lite 10:00 Watercolor Class <b>11:30 Dental Health Prg.</b> <b>12:00 OCT B-Days</b> 12:20 Balance & Flex—GENTLE 12:30 Table Tennis/BEG 12:30 Movie <b>3:30 Tech Support</b>	9:00 Low Impact Cardio/INT 10:00 Bingo 10:00 Men's BBall 10:00 Self Discovery Grp. 10:30 Men's Disc. Grp 11:00 Writing Wksp 12:30 Table Tennis <b>1:00 NF Book Grp.</b>
<b>31</b>	<b>The Center will be closed on Election Day, Tuesday, November 8.</b>			
10:00 Silver Linings 10:00 Men's BBall 12:20 Balance & Flex—GENTLE 12:30 Table Tennis <b>1:00 Magic Show</b>				



# PAPER SHRED FUNDRAISER

**SATURDAY, OCT, 22, 9AM-NOON**

**\*OR UNTIL SHRED TRUCKS ARE FULL. RAIN OR SHINE.**

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Payable by cash or check.

Open to the public; not necessary to be a Chatham resident to participate

# Information & Resources

## *Did You Know?*

It is not necessary to be a resident of Chatham to participate in programs and events here at the Senior Center of the Chathams. In addition to Chatham, members come from Madison and many other NJ towns. Everyone is welcome. There's no membership fee to join.

Find out what we have to offer, and come enjoy!

## ***Free Weight Loss Program for Morris County Residents: One Spot Left!***

There is one spot left for Morris County residents ages 60 or over in the free evidence-based **Eat Smart, Move More, Weigh Less** weight management program. Call the Center to get registered.

## ***The State Health Insurance Assistance Program (S.H.I.P.)***

SHIP Counseling is available through the Senior Center of the Chathams. SHIP is a New Jersey State-supported program that provides free information on Medicare-related topics through trained volunteer counselors. Call the Senior Center at 973-635-4565 to get connected to a SHIP counselor.

**Annual Fall Enrollment in Medicare begins on October 15 and ends on December 7.**

## ***Morris Area Paratransit System (MAPS)***

MAPS is a curb-to-curb shared ride transportation service available to Morris County residents. The service is for senior citizens (age 60 and over), people with disabilities, and veterans. Use MAPS for medical transportation, social services, and grocery shopping. Contact MAPS for the application and more information at 973-829-8103, 888-282-6277 or email [maps@co.morris.nj.us](mailto:maps@co.morris.nj.us).

## **ANCHOR**

### ***(Affordable New Jersey Communities for Homeowners & Renters)***

The ANCHOR program replaces the Homestead Benefit program. It provides property tax relief to NJ residents who owned or rented their principal residence (main home) on Oct. 1, 2019, and met income limits. Eligibility is as follows: homeowners with incomes of \$150,000 or less will receive \$1,500; homeowners with incomes of more than \$150,000 and up to \$250,000 will receive \$1,000; renters with incomes of \$150,000 or less will receive \$450. **The deadline to apply is December 30, 2022.** ANCHOR benefit information mailers are being sent to homeowners and tenants.

Visit the NJ Division of Taxation's ANCHOR page for filing information.

<https://www.state.nj.us/treasury/taxation/anchor/index.shtml>

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#### CONTACT US & LEARN MORE:

📞 Judy: (908) 447-4081

📞 Meg: (908) 358-5307

[jm.movemanagers@gmail.com](mailto:jm.movemanagers@gmail.com)

[jmmovemanagers.com](http://jmmovemanagers.com)

**The Senior Center will be closed  
Tuesday, November 8 for Election Day and re-open  
on Wednesday, November 9.**

