

Senior Center of the Chathams

Be Active. Be Connected.

Senior Center: 973-635-4565
58 Meyersville Rd, Chatham, NJ
chathamseniorcenter.org

April 8, 2022, Vol. 47

Upcoming Special Programs



Watercolor Workshops, Thursdays, April 14 & April 21, 10:00 AM-Noon

April 14: Loose Floral Bouquet. We will create loose impressionistic paintings of a variety of flowers.

Utilizing the skills of softening off and negative painting, we will aim for a dynamic result.

April 21: Detailed Painting of Cosmos. We will learn how to paint in layers creating a soft and precise piece. The workshop is based on the YouTube video by Emma Lefebvre which participants may want to watch in advance of the class. Fee is \$7 per person per class. Materials provided to those who need them or feel free to bring your own. Sponsored by Care One of Livingston.

Free Blood Pressure Screening, Thursday, April 21, 11:30AM-12:30PM

Get your blood pressure checked here at the Center. Walk-ins welcome.



Sponsored by Chatham Hills Subacute Care Center.



Tech Support, Thursdays, April 21, 3:15 PM

Students from the Chatham High School Robotics Team will be here after school to help you figure out your mobile phone, laptop, or tablet. Spaces are limited; sign-up is required. Let us know when you call which device(s) you need help with.

Paper Shred & Sneaker Drive on Sat. April 23 at Chatham Middle School, 9AM-Noon

Celebrate April Birthdays with Us, Thursday April 28, Noon



Starting this month, we'll be celebrating each month's birthdays before the Thursday movie begins. Join us for cake. Sponsored by Sunrise of Madison, Sunrise of Summit, and Brighton Gardens of Florham Park.



Pokeno & Bagels, Friday, April 29, 10:00 AM

If you haven't played it, Pokeno is similar to Bingo but poker chips are used to match spots on a board of playing cards. This is a free event with bagels. Sign up is required by 4/22.

Sponsored by Juniper Village of Chatham.

Grief Support Group, Tuesdays, May 3-24, 10:00AM



We're starting a Grief Support Group to be facilitated by Claire Solu-Burd, LCSW. Four participants are needed for the sessions to take place. Please call the Center by April 15 to sign up if you'd like to participate.

How Mindfulness Makes You Happier, Tuesday, May 3, 1:30 PM

Mindfulness is a popular word today, but what is it? And how is it linked to our happiness? Curious to learn more? Participate in a workshop facilitated by Karen Frank, RN, Homewatch CareGivers of South Orange. Sign up by 4/26.

Thinking About Decluttering, Organizing, Moving? Friday, May 6, Noon

Need to declutter or organize your current home? Ready to move but feeling overwhelmed? JM Move Managers will be here to discuss what to consider and how to start the process.

Light lunch will be served. Sign up by 4/29.

A Safe Drive Through the Aging Process, Friday, May 13, Noon

This presentation takes a direct, yet compassionate, approach to the sensitive subject of recognizing that someday it may be time to relinquish some of that treasured driving independence. The ultimate goal is not to take away driving opportunities, but rather to offer suggestions on how to recognize and compensate for diminishing skills so that older adults may remain on roadways as safe drivers. Presented by David Stemberg, Certified Dementia Practitioner, Senior Care Authority in partnership with HomeWell Care Services. Light lunch served. Sign up by 5/6.

Behind the Scenes of 'West Side Story', Friday, May 20, 1:00 PM

Always-popular entertainment historian, John Kenrick, returns to take us behind the scenes of 'West Side Story.' Sign up by May 13.

Please see the next pages for more programs.

Mondays

Open Bridge Practice, 10:00 AM-Noon

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

Men's Basketball, 10:00 AM

Fee is \$20 for April-June. Games are played upstairs in the Municipal Gym.

Nonfiction Book Group, 11:00 AM, April 25

The group will discuss "The Stranger in the Woods: The Extraordinary Story of the Last True Hermit" by Michael Finkel. You can pick up a copy of the book at the Center.

Beginner Knitting Classes, 12:00 PM

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.

Gentle Balance & Flex, 12:20 PM

Call Center to sign up and for fee information. See the first page for an announcement about classes the week of 3/28. Contact Center to sign up. 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

Want to get some exercise and have fun while you're doing it? In this line dancing class you'll learn the steps with all kinds of music, not just country music. Wear loose clothing and sneakers. You don't need a partner to participate. Instructor: Linda Hyland

Tuesdays

Intermediate Balance & Flex, 9:00 AM

Call Center for fee information.

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

Writing Workshop - 9:45 AM

Instructor: Jenny Tananbaum.

Contact Center for fee information. Must register on Zoom in advance to participate at: <https://us02web.zoom.us/meeting/register/tZwofu2spjgtG93KV9tj10svkqkRzeIM3P7g>

Open Bridge Practice, 10:00 AM-Noon

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

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 April-June.

DVD Documentary Series, 10:30 AM

Call Center for topic on April 12. The Great Courses series, "The Scientific Wonder of Birds" begins on April 19. This 12-part series explores birds' origins, biology and behavior.

Book Group, 12:45 PM, April 19

The group will be discussing "Music of Bees" by Eileen Garven. All are welcome to join the discussion.

Tuesdays, cont'd.

Gentle Stretch & Alignment - 12:20 PM

Call Center for fee information. Contact Center to sign up. See announcement on first page about classes the week of 3/28. Instructor: Donna Sue Downton.

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.

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 that interest them.

Wednesdays

Intermediate Mat Stretch & Alignment - 9:00 AM

Class is taught on mats. Call Center for fee information and to sign up. . Instructor: Donna Sue Dowton.

Open Bridge Practice, 10:00 AM-Noon

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

Mah Jongg, 10:00 AM

Mah Jongg is a stimulating game of strategy that helps people enhance cognitive ability and improve planning, memory, and calculation skills - all while having fun. If you're an existing player or beginner with knowledge of the game looking for a few tips, join our group in a no-pressure environment. All game supplies provided. Everyone is welcome. Call ahead to confirm players will be playing that week.

Caregiver Support Group Wednesday, April 13, 10:30 AM

Join others who care for loved ones experiencing dementia. Moderated on Zoom and in person by Phyllis Flemming, former Executive Director, Victorian Adult Day Care Center and experience dementia support group leader. Contact Center for Zoom link.

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 more for donation to local hospitals and organizations. An active and social bunch, they welcome all knitters interested in contributing to their cause.

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.

Connections Self Discovery Group, 10:30AM

Join this in-person group experience as we endeavor learning, fun, self-discovery, and mutual support. This group is facilitated by Claire Solu-Burd, LCSW. New members are always welcome but space is limited. In this session, the group will be working on a Tree of Life project. Call the Center to sign up.

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 April-June.

Free Paint, 10:00 AM

The Art Room is open for you to work on your own paintings when there is no other art class scheduled. Bring your own supplies and projects.

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.

Movie - 12:30 PM

Sponsored by Spring Hills Livingston

4/14 - On the Town

4/21 - Belfast

4/28 - Just Mercy

Fridays

Intermediate Low Impact Cardio, 9:00 AM

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

Men's Basketball, 10:00 AM

Fee is \$20 April-June.

Men's Discussion Group, 10:30 AM

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

Table Tennis/Experienced Players, 12:30 PM

Play games of competitive table tennis with other experienced players.

Foreign Film, April 22, 12:30 PM

Sponsored by Spring Hills Livingston

Film: The Gods Must Be Crazy (South Africa)

Did You Know?

There is a Community Food Pantry in Chatham located behind the Chatham United Methodist Church on 460 Main Street, across from CVS. The Pantry is accessible 24 hours a day, 7 days a week. The Drive-Through Food Distribution Line takes place on Wednesdays, 3:00-4:00 PM.

No questions asked.

It is not necessary to be a resident of Chatham to participate at the Senior Center of the Chathams. We have members from many other towns. Everyone is welcome.

APRIL-EARLY MAY 2022

Monday	Tuesday	Wednesday	Thursday	Friday
APRIL 11 10:00 Open Bridge 10:00 Men's Bsktball 12:00 Beg. Knitting 12:20 Balance & Flex—GENTLE 12:30 Table Tennis 1:30 Line Dancing	APRIL 12 9:00 Balance & Flex-INT 9:45 Writing Wksp 10:00 Open Bridge 10:00 Pickleball 10:30 DVD Documentary 12:20 GENTLE Stretch 12:30 Table Tennis/NEW 1:00 Women's Circle	APRIL 13 9:00 Mat Stretch/INT 10:00 Mah Jongg 10:00 Open Bridge 10:30 Caregiver Support Group 12:30 Table Tennis 1:00 Nifty Knitters	APRIL 14 10:00 Pickleball 10:00 Watercolor Wksp—Floral Bouquet 12:20 Balance & Flex—GENTLE 12:30 Table Tennis/NEW 12:30 Movie	APRIL 15 9:00 Low Impact Cardio/INT 9:30 AARP Taxes 10:00 Men's Bsktball 10:30 Men's Disc. Grp 12:30 Table Tennis
APRIL 18 10:00 Silver Linings 10:00 Open Bridge 10:00 Men's Bsktball 12:00 Beg. Knitting 12:20 Balance & Flex—GENTLE 12:30 Table Tennis 1:30 Line Dancing	APRIL 19 9:00 Balance & Flex-INT 9:45 Writing Wksp 10:00 Open Bridge 10:00 Pickleball 10:30 DVD Series 12:20 GENTLE Stretch 12:30 Table Tennis/NEW 12:45 Book Group 1:00 Women's Circle	APRIL 20 9:00 Mat Stretch/INT 10:00 Mah Jongg 10:00 Open Bridge 10:00 Beg. Bridge 10:30 Self Discovery Grp—NOTE: NEW DAY 12:30 Table Tennis 1:00 Nifty Knitters	APRIL 21 10:00 Pickleball 10:00 Dup. Lite 10:00 Watercolor Wksp—Cosmos 11:30—BP Screening 12:20 Balance & Flex—GENTLE 12:30 Table Tennis/NEW 12:30 Movie 3:15 Tech Support	APRIL 22 9:00 Low Impact Cardio/INT 10:00 Men's Bsktball 10:30 Men's Disc. Grp 12:30 Table Tennis 12:30 Foreign Film **PAPER SHRED/ SNEAKER DRIVE, SAT. APRIL 23, 9AM-NOON**
APRIL 25 10:00 Silver Linings 10:00 Open Bridge 10:00 Men's Bsktball 11:00 NF Book Grp 12:00 Beg. Knitting 12:20 Balance & Flex—GENTLE 12:30 Table Tennis 1:30 Line Dancing	APRIL 26 9:00 Balance & Flex-INT 9:45 Writing Wksp 10:00 Open Bridge 10:00 Pickleball 10:30 DVD Series 12:20 GENTLE Stretch 12:30 Table Tennis/NEW 1:00 Women's Circle	APRIL 27 9:00 Mat Stretch/INT 10:00 Mah Jongg 10:00 Open Bridge 10:00 Beg. Bridge 10:30 Self Discovery Grp 12:30 Table Tennis 1:00 Nifty Knitters	APRIL 28 10:00 Pickleball 10:00 Bridge/EXP. 10:00 Free Paint 12:00 April Birthdays 12:20 Balance & Flex—GENTLE 12:30 Table Tennis/NEW 12:30 Movie	APRIL 29 9:00 Low Impact Cardio/INT 10:00 Men's Bsktball 10:00 Pokeno & Bagels 10:30 Men's Disc. Grp 12:30 Table Tennis
MAY 2 10:00 Silver Linings 10:00 Open Bridge 10:00 Men's Bsktball 12:00 Beg. Knitting 12:20 Balance & Flex—GENTLE 12:30 Table Tennis 1:30 Line Dancing	3 9:00 Balance & Flex-INT 9:45 Writing Wksp 10:00 Open Bridge 10:00 Grief Support 10:00 Pickleball 10:30 DVD Series 12:20 GENTLE Stretch 12:30 Table Tennis/NEW 1:00 Women's Circle 1:30 Mindfulness	4 9:00 Mat Stretch/INT 10:00 Mah Jongg 10:00 Open Bridge 10:00 Beg. Bridge 10:30 Self Discovery Grp 12:30 Table Tennis 1:00 Nifty Knitters	5 10:00 Pickleball 10:00 Bridge/EXP. 10:00 Free Paint 12:20 Balance & Flex—GENTLE 12:30 Table Tennis/NEW 12:30 Movie	6 9:00 Low Impact Cardio/INT 10:00 Men's Bsktball 10:30 Men's Disc. Grp 12:00 Decluttering 12:30 Table Tennis
9 10:00 Silver Linings 10:00 Open Bridge 10:00 Men's Bsktball 12:00 Beg. Knitting 12:20 Balance & Flex—GENTLE 12:30 Table Tennis 1:30 Line Dancing	10 9:00 Balance & Flex-INT 9:45 Writing Wksp 10:00 Open Bridge 10:00 Grief Support 10:00 Pickleball 10:30 DVD Series 12:20 GENTLE Stretch 12:30 Table Tennis/NEW 1:00 Women's Circle	11 9:00 Mat Stretch/INT 10:00 Mah Jongg 10:00 Open Bridge 10:00 Beg. Bridge 10:30 Self Discovery Grp 12:30 Table Tennis 1:00 Nifty Knitters	12 10:00 Pickleball 10:00 Bridge/EXP. 10:00 Free Paint 12:20 Balance & Flex—GENTLE 12:30 Table Tennis/NEW 12:30 Movie	13 9:00 Low Impact Cardio/INT 10:00 Men's Bsktball 10:30 Men's Disc. Grp 12:00 Safe Driving 12:30 Table Tennis



Bring gently-used
sneakers &
rubber-bottom
cleats to shred

PAPER SHRED & SNEAKER DRIVE

SATURDAY, APRIL 23, 9AM-NOON

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

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480 MAIN STREET, CHATHAM**

Proceeds benefit:



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Chatham Hills Subacute Care Center

\$5 per grocery bag, \$10 per medium box, \$15 per large box or large trash bag.

Payable by cash or check.

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

Sneaker recycling by GotSneakers.com.



Meet **Robert Wilson**, affectionately known around here as Pickleball Bob. Bob comes to the Center regularly to play on

Tuesdays and Thursdays to play Pickleball. He says "the people here are very friendly. (Pickleball) is a nice group, they're active, and we have lots of fun and lots of laughs."

He also plays Table Tennis and has attended our travel seminars. Robert is from Florham Park and started coming to the Center two years ago.

Come see what might interest you at the Senior Center of the Chathams among our wide range of programs and activities!

Many Thanks to Our Newsletter Sponsors!



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- CMS FIVE STAR RATING -



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Senior Center of the Chathams
Bringing Life to Community.