



Senior Center of the Chathams

Be Active. Be Connected.

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

July 22, 2022, Vol. 54

The Center will be closed Friday, August 5 for maintenance work in the building. We'll be back on Monday, August 8.

****Upcoming Special Programs****



Pokeno & Bagels, Tuesday, July 26, 10:00 AM

Juniper Village at Chatham will be back to lead us in games of Pokeno *and* they'll be bringing bagels! Please sign up.



Beginner Bridge Classes, Wednesday, July 27, 10:00 AM

Registration is now open for Beginner Bridge Instruction. Those truly new to the game, or just rusty at it, will learn the elements of modern bidding and play of the hand. The cost is \$7 per class, and the recommended instruction book is \$15. Instructor: Rick Hartley. Call the Center to sign up.



Celebrate Birthdays, Thursdays, July 28, August 11, Noon

Wish a happy birthday to those with a birthday during the month, and enjoy some cake before the movie begins. Sponsored by Sunrise of Madison.

Garden State Landmarks & Amazing Places, Monday, August 1, 11:00 AM

Historian Paul White will be here to talk about the wonderful landmarks and amazing places in our state. Please sign up.



Grief Support Group, Tuesdays Through August 16, 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.

See the next pages for more programs.

Script Reading, Tuesday, August 16, 12:45 PM

Join us for the popular script reading group facilitated by Judy French.

Scripts and roles assigned at the session. Sign up required. This program is made possible by a grant from the Investors Foundation.



Recent Retirees Group, Wednesdays Through August 17, 10:30AM-Noon

Retiring from a job or career often leads to a shift in identity. There are certain expectations about how you are supposed to feel. But many find they miss the camaraderie of colleagues, are bored, or are not sure what to do with their day. Retirees may also feel a loss of professional identity and have questions about the future. These are all very normal parts of the transition to retirement. If you are struggling to define your next step and looking to connect with others in the same transition, please join our new support group facilitated by Claire Solu-Burd, LCSW. Please sign up.



Free Blood Pressure Screening, Thursday, August 18, 11:45 AM-12:30 PM

Get your blood pressure checked for free here at the Senior Center. No appointments needed; walk-ins welcome.
Sponsored by Bayada Home Health Care.

From a few of our recent programs



See the next pages for our ongoing programs.

Mondays

Men's Basketball, 10:00 AM

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

Gentle Balance & Flex, 12:20 PM

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

Table Tennis/Experienced Players, 12:30 PM

Play competitive games of table tennis with other experienced players.

Tuesdays

Intermediate Balance & Flex, 9:00 AM

Call Center for fee information.

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

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 July-September.

DVD Documentary Series, 10:30 AM

The Great Courses series, "Music as the Mirror of History" examines the surprising and fascinating connections between famous music and historic events. Lectures are closed-captioned. Sponsored by Brandywine Living at Summit.

Gentle Stretch & Alignment - 12:20 PM

Call Center for fee information and to sign up. 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 Downton.

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 interested players. We supply the cards.

Wednesdays, cont.d

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 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 July-September.

Free Paint, 10:00 AM

The Art Room is open for you to work on your own paintings. Bring your own supplies and projects.

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.

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 Brandywine Living at Summit

7/28 - Untouchables
8/4 - The Money Pit
8/11 - High Society

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 for July-September.

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.

Fridays, cont'd.

Beginner Knitting Classes, 11:30 AM

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.

Table Tennis/Experienced Players, 12:30 PM

Play games of competitive table tennis with other experienced players.

Foreign Film, July 29, 12:30 PM

Sponsored by Brandywine Living at Summit

Sarah's Key (French)

Nonfiction Book Group, August 12, 1:00 PM

All are welcome to join the discussion. The group will discuss "The Snow Leopard" by Peter Matthiessen.

Medicare Minute

Understanding Part B Premium Waivers

For certain low-income households Medicare may waive the Part B premium, which is currently \$170.10 per month and usually deducted from one's Social Security payment. Qualification for a premium waiver includes both income and asset maximums with monthly income having to be less than \$1,529 (if single) or \$2,060 (if married). Additionally, the applicant's wealth assets must be \$8,400 or less (if single) and \$12,600 (if married). Importantly, certain assets such as your home residence and your car are excluded from your asset total.

The Chatham Senior Center has access to a volunteer S.H.I.P. counselor who can help with the application for this waiver and answer other Medicare-related questions. Call the Center at 973-635-4565 for more information on how to be connected to the S.H.I.P. counselor.

See next page for monthly calendar & more information.

LATE JULY TO MID-AUGUST 2022

Monday	Tuesday	Wednesday	Thursday	Friday
25 10:00 Silver Linings 10:00 Men's Bskball 12:20 Balance & Flex—GENTLE 12:30 Table Tennis	26 9:00 Balance & Flex-INT 9:45 Writing Wkshp 10:00 Pickleball 10:00 Grief Support Grp. 10:00 Pokeno & Bagels 10:30 DVD Series 12:20 GENTLE Stretch 12:30 Table Tennis/NEW 1:00 Women's Circle	27 9:00 Mat Stretch/INT 10:00 Open Bridge 10:00 Beg. Bridge 10:30 Recent Retirees Grp. 12:30 Table Tennis 1:00 Nifty Knitters	28 10:00 Pickleball 10:00 Dup. Lite 10:00 Free Paint 12:00 July B-Days 12:20 Balance & Flex—GENTLE 12:30 Table Tennis/NEW 12:30 Movie	29 9:00 Low Impact Cardio/INT 10:00 Men's Bskball 10:30 Men's Disc. Grp 11:30 Beg. Knitting 12:30 Table Tennis 12:30 Foreign Film
AUGUST 1 10:00 Silver Linings 10:00 Men's Bskball 11:00 Garden State Program 12:20 Balance & Flex—GENTLE 12:30 Table Tennis	2 9:00 Balance & Flex-INT 10:00 Pickleball 10:00 Grief Support Grp. 10:30 DVD Series 12:20 GENTLE Stretch 12:30 Table Tennis/NEW 1:00 Women's Circle	3 9:00 Mat Stretch/INT 10:00 Open Bridge 10:00 Beg. Bridge 10:30 Recent Retirees Grp. 12:30 Table Tennis 1:00 Nifty Knitters	4 10:00 Pickleball 10:00 Dup. Lite 10:00 Free Paint 12:20 Balance & Flex—GENTLE 11:30 Beg. Knitting 12:30 Table Tennis/NEW 12:30 Movie	5 CENTER CLOSED
8 10:00 Silver Linings 10:00 Men's Bskball 12:20 Balance & Flex—GENTLE 12:30 Table Tennis	9 9:00 Balance & Flex-INT 10:00 Pickleball 10:00 Grief Support Grp. 10:30 DVD Series 12:20 GENTLE Stretch 12:30 Table Tennis/NEW 1:00 Women's Circle	10 9:00 Mat Stretch/INT 10:00 Open Bridge 10:00 Beg. Bridge 10:30 Recent Retirees Grp. 12:30 Table Tennis 1:00 Nifty Knitters	11 10:00 Pickleball 10:00 Dup. Lite 10:00 Free Paint 12:00 August B-Days 12:20 Balance & Flex—GENTLE 12:30 Table Tennis/NEW 12:30 Movie	12 9:00 Low Impact Cardio/INT 10:00 Men's Bskball 10:30 Men's Disc. Grp 11:30 Beg. Knitting 12:30 Table Tennis 1:00 NF Book Group
15 10:00 Silver Linings 10:00 Men's Bskball 12:20 Balance & Flex—GENTLE 12:30 Table Tennis	16 9:00 Balance & Flex-INT 10:00 Pickleball 10:00 Grief Support Grp. 10:30 DVD Series 12:20 GENTLE Stretch 12:30 Table Tennis/NEW 12:45 Script Reading 1:00 Women's Circle	17 9:00 Mat Stretch/INT 10:00 Open Bridge 10:00 Beg. Bridge 10:30 Recent Retirees Grp. 12:30 Table Tennis 1:00 Nifty Knitters	18 10:00 Pickleball 10:00 Dup. Lite 10:00 Free Paint 12:20 Balance & Flex—GENTLE 12:30 Table Tennis/NEW 12:30 Movie	19 9:00 Low Impact Cardio/INT 10:00 Men's Bskball 10:30 Men's Disc. Grp 11:30 Beg. Knitting 12:30 Table Tennis
22	23	24	25	26
Center closed for Summer Break; re-opens Tuesday, Sept. 6., 9AM.				

Information & Resources

Did You Know?

It is not necessary to be a resident of Chatham to participate in our programs and events here at the Senior Center of the Chathams. We have members from many other towns. Everyone is welcome. There is no membership fee to join. Come and bring your friends!

Community Food Pantry in Chatham

The Community Food Pantry in town is 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. Donate if you can or take what you need.

Free Weight Loss Program for Morris County Residents

There are a few spots left for Morris County residents ages 60 or over in the evidence-based

Eat Smart, Move More, Weigh Less weight management program.

Call the Center to sign up.

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.

Summer Pools

Senior memberships are offered at local community pools. If you'd like to participate, you can join online or contact your local government for assistance.

Here are public pools in the Chatham and Madison areas.

Chatham Borough: Memorial Park Pool - <https://chathamborough.org/recreation-page-list/250-swimming-pool>, 22 N. Passaic Avenue (behind Library of the Chathams)

Chatham Township: The Colony Pool Club - <https://chathamtownship-nj.gov/colony>, 55 School Avenue. Admission is free to TWP. seniors when the temperature is over 90 degrees.

Madison: Madison Community Pool - <https://madisonpool.org/about-1>, 105 Rosedale Avenue



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