

Senior Center of the Chathams

Be Active. Be Connected.

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

November 5, 2021, Vol. 37

New Programs & Special Events

Meet Your Neighborly Travel Guy Over Coffee, Monday, November 8, 10:00 AM



Meet Nish Verma, Travel Guru & Guide who believes everyone should travel with ease in affordable comfort. He can help you remove the complexities of travel planning & booking; understand changes in global health & safety protocols due to the pandemic; and plan a senior-specific travel adventure. Coffee & light breakfast will be served. Sign up by Friday, Nov. 5.

"Casablanca: An Accidental Masterpiece", Friday, November 12, 1:00 PM

The screenwriters, directors, and stars all wanted to work on other projects. Entertainment historian and popular speaker John Kenrick shares rare photos, film clips, and behind-the-scenes stories to show how these unwilling talents combined to create one of the most beloved films of all time, and a still-powerful attack on fascism. We also learn how "As Time Goes By" became the film's unintended theme song and a popular classic.

Sponsored by: Sunrise Senior Living of Summit.



Fire Safety Presentation, Monday, November 15, 11:00 AM



Join us for a very important presentation on fire safety. Captain Ed Nunn from the Madison Fire Department and Fire Marshall Walter Nugent from the Borough of Chatham Bureau of Fire Safety will talk about simple measures that can be taken in your home to keep you safe. recent fires that occurred in Madison and the surrounding area that involved seniors, and ways to prevent falls. Pre-registration is required. Caregivers welcome too. **Lunch served following the program.**



Play Reading Circle, Monday, November 15, 1:00 PM

Have you ever been in a play or wished you could be on one? Now's your chance to release your inner actor! Join us for our very first Play Reading Circle. Parts will be assigned and scripts handed out to you at this event. Sign up by Wednesday, Nov. 10.



Free Blood Pressure Screening, Thursday, November 18, 11:00 AM-12:30 PM

Come get your blood pressure checked at the Center. No appointment necessary; walk-ins welcome.
Sponsored by Ascend Health.



Come Celebrate the Holidays with Us!

Friday, Dec. 3 OR Friday, Dec. 10 at Noon

We're happy to announce we'll be celebrating the holiday season again this year! To ensure everyone's safety, we're intentionally holding identical events on two different dates with space strictly limited each day. A hot Italian buffet will be served and holiday music will be performed by Michael Armeno. Proof of vaccination must be shown in order to attend. You may share proof of vaccine with us prior to the event, while you're here at the Center or via email to info@chathamseniorcenter.org. Seating will be limited to 4 people per table and moving tables and chairs from their original positions on the day of the event will not be allowed. You must sign up in advance for only one of these dates. This celebration is free thanks to our generous sponsors: Arbor Terrace Mountainside and Morris Plains (sponsor of the musical performance) and Fellowship Village, Seniors in Place, Chatham Hills Subacute Care, and The Murray Law Firm (catering sponsors).

The deadline to sign up is Wednesday, Nov. 24.

The Center will be closed for Thanksgiving Break Thursday, Nov. 25 & Friday, Nov. 26

Please see next pages for our ONGOING PROGRAMS.



Mondays

Men's Basketball, 10:00 AM-Noon

Contact Center to sign up. You must scan in at the kiosk before heading up to the gym to play. Fee is \$20 through December 2021.

Non-Fiction Book Group - 11:00 AM, November 29

The group will be discussing "My Beloved World" by Sonia Sotomayer.

Open Bridge Practice, 10:00 AM-Noon beginning Nov. 15

This session is open to those who want to practice playing bridge. Call ahead and let us know which version of the game you play.

Gentle Balance & Flex- 12:30 PM

Contact 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.

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. The class is free but you must sign up to attend. Classes on 11/15, 11/22 and 11/29. Instructor: Linda Hyland

Tuesdays

Intermediate Balance & Flex- 9:00 AM

Contact Center for payment information and to sign up. Instructor: Donna Sue Downton.

Writing Workshop - 9:45 AM, Tuesdays

Instructor: Jenny Tananbaum. The fee is \$30.

Must register on Zoom in advance to participate at:

<https://us02web.zoom.us/meeting/register/tZEqc-6tpzwGtJOHPlm4M9QCeuC39TTRgE>

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 September through December.

Documentary DVD Series, Tuesdays, 10:30 AM

Sponsored by: The Chelsea at Warren

The following documentary movies will be shown this month:

11/9 - Maiden - award winning documentary about an all-female crew who entered the Whitbread Round the World Race by finishing second and permanently transformed the all-male province of deep-water yacht racing

11/16 - Pavarotti - an intimate portrait of the great tenor directed by Ron Howard

11/23 - RGB - Oscar-nominated film about trailblazer Ruth Bader Ginsburg

11/30 - Call Center for title

Gentle Chair Yoga - 12:20 PM

Contact Center for payment 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.

Fiction Book Group, 12:45 PM, November 30

All are welcome. Group is doing some independent reading - something new or something you want to return to - and coming together to discuss selections.

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 Chair Yoga - 9:00 AM

Contact Center for payment information and to sign up. Instructor: Donna Sue Downton.

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 friendly group in a no-pressure environment. All game supplies provided. Everyone is welcome.

Wednesdays, Cont'd.

Caregiver Support Group, 10:30-11:30AM, November 10

Join others who care for loved ones experiencing dementia. This monthly meeting takes place in person here at the Center and on Zoom and is moderated by Phyllis Flemming, former Executive Director, Victorian Garden Adult Day Care Center, Chatham, and experienced support group moderator. To join the discussion remotely:

<https://us02web.zoom.us/meeting/register/tZcoduiggjtEtCAL7MbTZCrYdIGuAth6r37>

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.

Thursdays

Free Paint, 10:00 AM-Noon

The art room is open for you to work on your own creations with your own supplies. Sessions held on Nov. 11 & 18, and Dec. 2.

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. Call Center to sign up.

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 through December.

Gentle Balance & Flex- 12:20 PM

Call Center for payment information. 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 The Chelsea at Warren
11/11 - "Casablanca"
11/18 - "Yankee Doodle Dandy"
11/25 - No film/Thanksgiving Day

Fridays

Intermediate Low Impact Cardio - 9:00 AM

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

Men's Basketball, 10:00AM-12:00 PM

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 through December.

Connections Self Discovery Group, 10:30-11:45 AM

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 session dates: Nov. 12, 19, Dec. 3, 10 & 17. New members always welcome but space is limited. Call the Center to sign up if interested: 973-635-4565.

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, November 19, 12:30 PM

Sponsored by: The Chelsea at Warren
"Mostly Martha" - German comedy romance

Please note: this calendar has been updated since our last issue.

NOVEMBER 2021				
Monday	Tuesday	Wednesday	Thursday	Friday
<u>8</u> 10:00 Men's Bsktball 10:00 Travel Guy & Coffee 12:20 Balance & Flex, —GENTLE 12:30 Table Tennis	<u>9</u> 9:00 Balance & Flex-INT 9:45 Writing Wksp 10:00 Pickleball 10:30 Docu. Series 12:20 Chair Yoga—GENTLE 12:30 Table Tennis/NEW 1:00 Women's Circle	<u>10</u> 9:00 Chair Yoga/INT 10:00 Mah Jongg 10:30 Caregiver Grp. 10:00 Beg. Bridge 12:30 Table Tennis 1:00 Nifty Knitters	<u>11</u> 10:00 Free Paint 10:00 Pickleball 10:00 Dup. Lite 12:20 Balance, Flex, Yoga—GENTLE 12:30 Table Tennis/NEW 12:30 Movie	<u>12</u> 9:00 Low Impact Cardio/INT 10:00 Men's Bsktball 10:30 Men's Grp 10:30 Self-Discovery Grp 12:30 Table Tennis 1:00 Casablanca Program
<u>15</u> 10:00 Men's Bsktball 10:00 Silver Linings 10:00 Open Bridge 11:00 Fire Safety Prog. 12:20 Balance & Flex, —GENTLE 12:30 Table Tennis 1:00 Play Circle 1:30 Line Dancing	<u>16</u> 9:00 Balance & Flex-INT 9:45 Writing Wksp 10:00 Pickleball 10:30 Docu. Series 12:20 Chair Yoga—GENTLE 12:30 Table Tennis/NEW 1:00 Women's Circle	<u>17</u> 9:00 Chair Yoga/INT 10:00 Mah Jongg 10:00 Beg. Bridge 12:30 Table Tennis 1:00 Nifty Knitters	<u>18</u> 10:00 Free Paint 10:00 Pickleball 10:00 Bridge/EXP. 11:00 BP Screening 12:20 Balance, Flex, Yoga—GENTLE 12:30 Table Tennis/NEW 12:30 Movie	<u>19</u> 9:00 Low Impact Cardio/INT 10:00 Men's Bsktball 10:30 Men's Grp 10:30 Self Discovery Grp. 12:30 Table Tennis 12:30 Foreign Film
<u>22</u> 10:00 Men's Bsktball 10:00 Silver Linings 10:00 Open Bridge 12:20 Balance & Flex, —GENTLE 12:30 Table Tennis 1:30 Line Dancing	<u>23</u> 9:00 Balance & Flex-INT 9:45 Writing Wksp 10:00 Pickleball 10:30 Docu. Series 12:20 Chair Yoga—GENTLE 12:30 Table Tennis/NEW 1:00 Women's Circle	<u>24</u> 9:00 Chair Yoga/INT 10:00 Mah Jongg 10:00 Beg. Bridge 12:30 Table Tennis 1:00 Nifty Knitters	<u>25</u> CENTER CLOSED THANKSGIVING	<u>26</u> CENTER CLOSED THANKSGIVING
<u>29</u> 10:00 Men's Bsktball 10:00 Silver Linings 10:00 Open Bridge 11:00 Non-Fiction Book Grp. 12:20 Balance & Flex, —GENTLE 12:30 Table Tennis 1:30 Line Dancing	<u>30</u> 9:00 Balance & Flex-INT 9:45 Writing Wksp 10:00 Pickleball 10:30 Docu. Series 12:20 Chair Yoga—GENTLE 12:30 Table Tennis/NEW 12:45 Fiction Book Grp. 1:00 Women's Circle	<u>Dec. 1</u> 9:00 Chair Yoga/INT 10:00 Mah Jongg 10:00 Beg. Bridge 12:30 Table Tennis 1:00 Nifty Knitters	<u>Dec. 2</u> 10:00 Free Paint 10:00 Pickleball 10:00 Bridge/EXP. 12:20 Balance, Flex, Yoga—GENTLE 12:30 Table Tennis/NEW 12:30 Movie	<u>Dec. 3</u> Noon—HOLIDAY CELEBRATION #1
NOTE: THE DEADLINE TO SIGN UP FOR EITHER HOLIDAY CELEBRATION IS WEDNESDAY, NOVEMBER 24.				



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Other Organization Events

"Arsenic & Old Lace" Performances

The classic comedy, 'Arsenic & Old Lace,' will be performed live at The Mitchell and Ann Sieminsky Theater at The Fellowship Cultural Arts Center in Basking Ridge on:

Saturday, Nov. 6 & 13, 7:30 PM

Sunday, Nov. 7 & 14, 2:30 PM

Friday, Nov. 12, 7:30 PM

Purchase tickets at: <https://fellowshipculturalartscenter.org/>

Cryptocurrency Presentation, Tuesday, Nov. 9, 7:00 PM

The Library of the Chathams hosts Arlene Ferris-Walks, Director of Investor Education, Bureau of Securities, Office of NJ Attorney General who will explain cryptocurrency during this program on Zoom. Registration requested at:

<https://chathamlibrary.org/events/who-wants-to-talk-cryptocurrency/>

Chatham High School Play: "Sense & Sensibility," Thursday, Nov. 18, 4:00 PM

Free performance at Chatham High School for senior adults who will receive a complimentary goodie bag. (Due to COVID, they are not able to serve dinner.)

If you wish to attend, RSVP directly by email to seniorfallplay@gmail.com by Nov. 10.

Advance Care Planning: Steps You Can Take to Make Sure Your Wishes are Known - a Gift of Clarity and Caring for Both You and Your Family, Friday, Nov. 19, 11:30AM-1:00 PM

The Mayors Wellness Committee of the Chathams invites you to a luncheon presentation where you'll learn about Advance Care Planning and why it's needed. It goes beyond having the right documents in place. The Conversation of Your Life (COYL) program from the New Jersey Health Care Quality Institute is for anyone, but especially older adults and those living with a serious illness, their families and caregivers. Featured speakers are: Lori Kayne, LSW, C-ASWCM, Geriatric Social Worker, Norris McLaughlin Attorneys at Law, and Maria Roseler, RN, MSN, Geriatric Services, RWJBarnabas Health. This FREE educational seminar is open to all adults and takes place at the Madison Area YMCA, 111 Kings Road, Madison. A light lunch is provided.

RSVP by November 8 to Janice Piccolo, 973-635-0674 x.200. jpiccolo@chathamborough.org.

To learn more about COYL visit: <https://www.njhcqi.org/COYL/>

Holiday Boutique, Friday, Dec. 3 & Saturday, Dec. 4, 10AM-4PM, Sunday, Dec. 5, 2PM-4PM

The Friends of the Library of the Chathams is holding a holiday boutique in the large meeting room in the basement of the Library. Masks are required. There will be a large selection of beautiful children's and adult 'giftable' books with holiday themes, best sellers, DVDs (many brand new), CDs, and puzzles and games for all ages.



Many Thanks to Our Newsletter Sponsors!



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Fellowship Village provides independent living and healthcare services for assisted living, dementia care, skilled nursing, rehabilitation and physical therapy. With Fellowship Freedom Plans, you can stay in your home with our exceptional long-term care plans. Our Helping Hands and Hospice services provide extra care and support in the comfort of your own home.



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****Masks are required at the Center for those who are not fully vaccinated. In accordance with guidelines, masks are recommended while indoors.****

Resources & Information



SHIP Counselor Services - Medicare's Annual Open Enrollment Period begins October 15 and ends December 7. The Senior Center of the Chathams has a volunteer S.H.I.P. counselor who can provide information to help you better understand Medicare Advantage as well as the Part D plan. Call the Center at 973-635-4565 and we will put you in touch with the S.H.I.P. counselor.



Morris Habitat for Humanity Offers Certain Home Improvements for Seniors Who Qualify. The special "Home Support for Seniors" program makes accessibility and energy efficiency improvements for Morris County households with a member aged 62 and over. Volunteer teams work under the direction of Habitat staff and volunteer supervisors to make changes that will enable seniors to move around safely inside their homes and complete the routines of daily living. To find out if your home qualifies, or to obtain an application, contact Richard Cook at 973-891-1934 x.135, or email rich.cook@morrishabitat.org.



Morris Area Paratransit System (MAPS) is a shared ride service available to Morris County residents who are senior citizens (60 years and older), people with disabilities, or veterans. Contact them at 888-282-6277 or 973-829-8103 or email maps@co.morris.nj.us.

Morris County Veterans Services - This department helps honorably discharged Morris County veterans and their families with their VA benefits and entitlements. Get more information and a list of resources at: <https://www.morriscountynj.gov/Departments/Veterans-Services>

Did you know? The Senior Center is also open to people who are not residents of Chatham. We have hundreds of participants from many other communities in New Jersey. Let your friends from other towns know they're welcome here too!