

**\*\*Please sign up at least three (3) business days before an event's scheduled date.\*\***

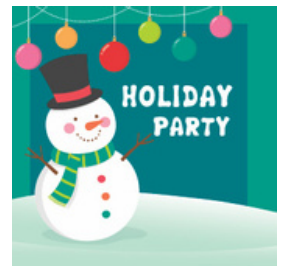


### **Caregiver Support Group, Thursday, Dec. 1, 1:00 PM**

The Senior Center of the Chathams, in affiliation with Alzheimer's New Jersey, offers this group to provide caregivers with the emotional support and education they need to better understand Alzheimer's disease and other forms of dementia. The group meets the first Thursday of each month. Sign-up is required.

### **Holiday Concert & Luncheon, Friday, Dec. 2 or Dec. 9, Noon**

We're holding two holiday parties this month. Seating is limited; you may sign up to attend one of the two parties. Musical entertainment, food & dessert will be provided. Free event sponsored by Sunrise of Madison, Sunrise of Summit, Brighton Gardens at Florham Park, Lantern Hill, Fellowship Village, The Murray Firm, Atlantic Rehabilitation Institute.



### **Baking Club, Monday, Dec. 5, 9:30 AM**

Do you like to bake? Would you like to share your creations with friends at the Senior Center? We're starting a baking club and looking for volunteers to bring in their delicious homemade goodies to share along with their recipes. We may create a cookbook if there is enough interest! Please sign up.

### **Painting on Canvas Workshop, Monday, Dec. 5, 11:00 AM**

Participants will paint a snowman on a wintry background using a Peiloff Kit as the starting point. Come try this fun and easy way to paint with acrylics. No prior experience is necessary. Instructor: J. Robinson Art. The fee is \$10 per person. Sign up is required. Sponsored by The Senior Company and Arden Courts.



### **Organizing & Decluttering, Wednesday, Dec. 7, 12:30 PM**

Presenters will provide tips to start decluttering and organizing your home on your own, along with ways to save money while doing so. A light lunch will be provided at the end of the presentation. Sponsored by JM Movers. Sign-up is required.

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

### **Ornament Painting & Pizza, Monday, Dec. 12, 11:00 AM**

Participants will paint two ornaments, one to keep and one to donate. Pizza will be served after the workshop. Sign-up is required. Sponsored by Allaire Health Services.



Example purposes only.

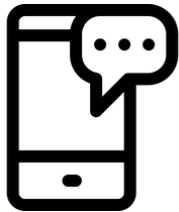
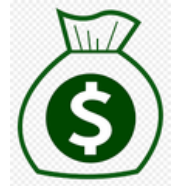


### **Holiday Cookie Decorating, Wednesday, Dec. 14, 11:00 AM**

Get a start on the holiday season by learning how to decorate some tasty cookies. Center Volunteer, Rosemary Biggs will show you how! Sign-up is required.

### **Protecting Your Wealth from Healthcare Costs in Retirement, Wednesday, Dec. 14, Noon**

Jeff Condit of Merrill Lynch will be here to talk about this important topic. Sign-up is required.



### **Tech Support, Thursday, Dec. 15, 3:30 PM**

Chatham High School student volunteers will be here to help with cellphone, tablet, and laptop issues. Sign-up is required.

### **A Christmas Carol: How Dickens Reshaped Christmas with a Ghost Story, Friday, Dec. 16, 1:00 PM**

Entertainment historian John Kenrick returns to explain how this holiday story came to be and will share video clips of the various iterations of "A Christmas Carol" in film, TV, and theater. Sign-up is required. Sponsored by Chatham Hills Subacute Care Center.



### **Sweet Prize Bingo, Monday, Dec. 19, 11:00 AM**

A gift bag of candy or a sweet treat could be yours when you win! Bingo cards and chips are provided. Sign-up is required.



### **Welcome Winter Chocolate Fondue Party, Wednesday, Dec. 21, 1:00 PM**

Come out of the cold and welcome winter with warm chocolate fondue! Sign-up is required. Sponsored by CareOne Hanover, CareOne Parsippany, CareOne Madison, and The Senior Company.



**The Center will be closed for the holidays starting Friday, Dec. 23. We'll re-open on Monday, Jan. 2. Happy New Year!**



***See the next pages for more programs.***

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

### **Mondays**

#### **Canasta Lessons, 10:00 AM**

Call Center to sign up. Instructor: Judy French.

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

Please sign up and scan in before heading to the gym.

#### **Reminiscence Group, Monday, Dec. 19, Noon**

This is an informal get-together where 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 at the Center, and enjoy a great cup of coffee. Please sign-up.

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

Call Center to sign up. Classes are \$8 each. 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.

### **Tuesdays**

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

Call Center to sign up. Classes are \$8 each.  
Instructor: Donna Sue Dowton.

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

All Rummikub game materials are supplied and lessons are taught by Senior Center staff members. Please 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.

#### **Grief Support Group, Tuesdays, 10:00-11:30AM**

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.

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

### **Play Reading, Tuesday, Dec. 6, 12:45 PM**

Show off your inner actor while reading a part in a play with the group. Facilitated by Judy French. Scripts will be handed out and roles assigned on the day of the program. Sign up is required in advance to allow time for preparation.

### **Documentaries, 10:30 AM**

*Sponsored by Pine Healthcare & Rehabilitation Center*

Call Center for documentary topics. 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. Classes are \$8 each. 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 you're interested in instruction or play. Paddles available.

### **Fiction Book Group, 12:45 PM, Dec. 20**

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. Classes are \$8 each. 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.

### **Pickleball, 10:00AM-Noon - *NEW DAY ADDED!***

Contact the Center to sign up. You must scan in at the kiosk before heading up to the gym to play.

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

Play competitive games of table tennis with other experienced players.

## **Wednesdays, cont'd.**

### **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. Yarn & needles are available at the Center.

## **Thursdays**

### **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.

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

Classes are taught by Philla Barkhorn. The price per class is \$10. No experience is necessary. Materials are provided to those who need them but you may bring your own. Please sign up.

Subjects to be painted:

12/1 - Wreath Elements

12/8 - Holiday Cards

12/15 - Happy New Year Cards

### **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.

### **Nonfiction Book Club, 11:00 AM, Dec. 8**

The group will discuss "Life on the Mississippi: An Epic Adventure" by Rinker Buck.

Copies of the book are available at the Center to borrow.

All are welcome to join the conversation.

### **Pet Therapy Dog Visit, Dec. 15, 11:00 AM**

Enjoy the companionship of Molly, a pet therapy dog who'll be back to visit us with her volunteer, Robert.

### **Free Blood Pressure Screening, Dec. 15, 11:45 AM**

Get your blood pressure checked while you're here for the movie. Walk-ins welcome. No appointment necessary.

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

Contact Center to sign up. Classes are \$8 each. 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.

## Thursdays, cont'd.

### **Celebrate the Month's Birthdays, Noon, Dec. 22**

Enjoy some cake before the movie starts and wish a happy birthday to those with birthdays this month. Sponsored by Sunrise of Summit.

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

*Sponsored by Pine Acres Healthcare & Rehabilitation Center*

Call Center for titles.

## **Fridays**

### **Balance, Flex & Stretch with Cardio, 9:00 AM**

New format. Contact Center to sign up. Classes are \$8 each.

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. Call the Center to sign up.

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

Please sign up and scan in before heading to the gym.

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

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

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

Play games of competitive table tennis with other experienced players.

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## **Put Life Back in Your Life & Take Control of Your Health**

Are you an adult age 55 or older with an ongoing or long-term health condition, or their caregiver? **Put Life Back into your Life and Take Control of Your Health.** Sponsored by Westfield Regional and Bloomfield Health Departments, you'll get the support you need, find practical ways to deal with pain and fatigue, discover better nutrition and exercise choices, understand new treatment choices, and learn better ways to talk with your doctor and family about your health. If you have conditions such as diabetes, arthritis, high blood pressure, heart disease, chronic pain, or anxiety, join this **FREE program** at the Library of the Chathams, 214 Main Street Chatham beginning on Tuesday, January 10 at 1 PM or 5:30 PM. This educational program offers six free 2.5-hour lessons that help you learn how to: manage your symptoms; get started with healthy eating and exercise; communicate effectively with your doctor; manage fear, anger, and frustration; make daily tasks easier. Free refreshments will be served at each lesson. **For more information or to register**, contact Amy Lewis at 908-789-4070 x. 4080 or alewis@westfieldnj.gov.



# DECEMBER 2022

Monday	Tuesday	Wednesday	Thursday	Friday
<b>NOVEMBER 28</b> 10:00 Men's Bskball 10:00 Canasta Lessons 12:20 Balance & Flex—GENTLE 12:30 Table Tennis 1:30 Line Dancing	<b>29</b> 9:00 Balance & Flex-INT 9:30 Rummikub 10:00 Pickleball 10:00 Grief Support Grp 10:30 Documentary 12:20 GENTLE Stretch 12:30 Table Tennis/NEW 1:00 Women's Circle	<b>30</b> 9:00 Mat Stretch/INT 10:00 Open Bridge 10:00 Beg. Bridge <b>10:00 Pickleball</b> 12:30 Table Tennis 1:00 Nifty Knitters	<b>DECEMBER 1</b> 10:00 Pickleball 10:00 Exp. Bridge 10:00 Watercolor Class 12:20 Balance & Flex—GENTLE 12:30 Table Tennis/NEW 12:30 Movie <b>1:00 Caregiver Support Grp.</b>	<b>2</b> 9:00 Balance, Flex & Stretch –INT 10:00 Men's Bsktball 10:00 Self Discovery Grp 10:30 Men's Disc. Grp 11:00 Writing Wksp 12:30 Table Tennis <b>12:00 Holiday Luncheon &amp; Concert</b>
<b>5</b> <b>9:30 Baking Club</b> 10:00 Men's Bskball 10:00 Canasta Lessons <b>11:00 Painting on Canvas</b> 12:20 Balance & Flex—GENTLE 12:30 Table Tennis 1:30 Line Dancing	<b>6</b> 9:00 Balance & Flex-INT 9:30 Rummikub 10:00 Pickleball 10:00 Grief Support Grp 10:30 Documentary 12:20 GENTLE Stretch 12:30 Table Tennis/NEW <b>12:45 Play Reading</b> 1:00 Women's Circle	<b>7</b> 9:00 Mat Stretch/INT 10:00 Open Bridge 10:00 Beg. Bridge 10:00 Pickleball 12:30 Table Tennis <b>12:30 Organizing &amp; Decluttering &amp; Lunch</b> 1:00 Nifty Knitters	<b>8</b> 10:00 Pickleball 10:00 Dup. Lite 10:00 Watercolor Class <b>11:00 NF Book Group</b> 12:20 Balance & Flex—GENTLE 12:30 Table Tennis/NEW 12:30 Movie	<b>10</b> 9:00 Balance, Flex & Stretch –INT 10:00 Men's Bsktball 10:00 Self Discovery Grp 10:30 Men's Disc. Grp <b>12:00 Holiday Luncheon &amp; Concert</b> 12:30 Table Tennis
<b>12</b> 10:00 Men's Bskball 10:00 Canasta Lessons <b>11:00 Ornament Painting &amp; Pizza</b> 12:20 Balance & Flex—GENTLE 12:30 Table Tennis 1:30 Line Dancing	<b>13</b> 9:00 Balance & Flex-INT 9:30 Rummikub 10:00 Pickleball 10:00 Grief Support Grp 10:30 Documentary 12:20 GENTLE Stretch 12:30 Table Tennis/NEW 1:00 Women's Circle	<b>14</b> 9:00 Mat Stretch/INT 10:00 Open Bridge 10:00 Beg. Bridge 10:00 Pickleball <b>11:00 Holiday Cookie Decorating</b> <b>12:00 Protecting Your Wealth in Retirement</b> 12:30 Table Tennis 1:00 Nifty Knitters	<b>15</b> 10:00 Pickleball 10:00 Exp. Bridge 10:00 Watercolor Class <b>11:00 Pet Therapy</b> <b>11:45 BP Screening</b> 12:20 Balance & Flex—GENTLE 12:30 Table Tennis/NEW 12:30 Movie <b>3:30 Tech Support</b>	<b>16</b> 9:00 Balance, Flex & Stretch –INT 10:00 Men's Bsktball 10:00 Self Discovery 10:30 Men's Disc. Grp 12:30 Table Tennis <b>1:00 A Christmas Carol Presentation</b>
<b>19</b> 10:00 Men's Bskball 10:00 Canasta Lessons <b>11:00 Sweet Prize Bingo</b> <b>12:00 Reminiscence Grp</b> 12:20 Balance & Flex—GENTLE 12:30 Table Tennis	<b>20</b> 9:00 Balance & Flex-INT 9:30 Rummikub 10:00 Pickleball 10:00 Grief Support Grp 10:30 Documentary 12:20 GENTLE Stretch 12:30 Table Tennis/NEW <b>12:45 Fiction Book Grp</b> 1:00 Women's Circle	<b>21</b> 9:00 Mat Stretch/INT 10:00 Open Bridge 10:00 Beg. Bridge 10:00 Pickleball 12:30 Table Tennis 1:00 Nifty Knitters <b>1:00 Welcome Winter Chocolate Fondue Party</b>	<b>22</b> 10:00 Pickleball 10:00 Dup. Lite <b>12:00 Dec. Birthdays</b> 12:20 Balance & Flex—GENTLE 12:30 Table Tennis/NEW 12:30 Movie	<b>23</b> <b>CENTER CLOSED</b>
<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>
<b>CENTER CLOSED FOR THE WINTER HOLIDAYS.</b> <b>See you Monday, January 2!</b>				

Programs in **red** are new this month. Programs **bolded in blue** are one-time events that recur each month.

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