

****Special Programs****

Make a Terrarium - Free Tutorial With All Supplies Provided - Thursday, March 11, 11:00 AM

It's cold and snowy outside, so let's bring a little green into your life! Terrariums are great for people living in small spaces or who just love to garden. They are low maintenance, space-saving, and simply beautiful, making them great additions to any home. Join this one-hour remote tutorial. All supplies will be sent to you following registration. Email kristin@chathamseiorcenter.org or call 973-635-4565 to register.



Golf Instruction - Wednesdays, March 10-31, 12:30-2:00PM

The instructor covers everything from basics, grips, swing review, to getting off the tee with the driver. The fee is \$75 for 4 sessions. Instructor: Lou Ruina, Golf Pro. Masks must be worn at all times; social distancing enforced. Bring your own clubs. Non-Chatham residents welcome to participate. This is an **indoor** program. Must register by emailing kristin@chathamseiorcenter.org, or calling the Center at 973-635-4565.

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Connections: Silver Linings, Mondays, 10:00-11:30AM

Start your week off on the right foot as our group looks for the silver linings in our lives. Participants will connect with others looking for support as we continue to manage our complicated world. This is a **Zoom** discussion group facilitated by Claire Solu-Burd, LCSW. To register: <https://us02web.zoom.us/join/zoom/register/tZlucu2vrDwtH9KtDITuvD1UbXo7OVpZzBPN>

Co-Ed Conversation Group, Mondays, 9:45-11:15AM

This is an **indoor** discussion group. Participation is limited to 8 attendees. Drop-ins cannot be accommodated due to social distancing requirements. You must call the Center no later than the Friday before to let us know you would like to participate and you must receive confirmation there is sufficient space before attending. 973-635-4565.

Gentle Chair Yoga, Mondays, 11:45AM-12:30PM

Gentle Chair Yoga is a great way to get the health benefits of yoga, loosen and stretch muscles, reduce stress, and improve circulation while sitting down. This is an **indoor** class taught by fitness instructor Donna Sue Dowton and begins promptly at 11:45AM. Please arrive a few minutes early for screening. Bring a cloth, flexible strap such as a bathrobe belt (no leather belts please). The instructor sells yoga straps for \$12 payable to her should you need one. \$6 per class in March.

Balance, Flexibility, and Stretch, Mondays, 12:45-1:30PM

This is an **indoor** fitness class taught by Donna Sue Dowton, and begins promptly at 12:45PM. Please arrive a few minutes early for screening. The class provides training on a mix of strength, balance, and flexibility exercises. It is necessary to bring a resistance band to class. Should you need one, the instructor sells bands for \$12 payable to her. \$6/class in February. 973-635-4565.

Book Group, Monday, 12:45-2:00PM, March 22

The group will discuss "On Writing: A Memoir of the Craft" by Stephen King. This is a **Zoom** session. To participate: <https://us02web.zoom.us/j/88068684979?pwd=ejFkNktPQ1U1QnRHRmcrMGY4N2IzUT09>

Memoir Writing Workshop, Tuesdays, 9:45-11:30AM

Learn how to write your life story. Classes are held on **Zoom**. All are welcome to participate.

Instructor: Jenny Tananbaum. New session March 2-April 6. Fee is \$30. *To register:*

<https://us02web.zoom.us/meeting/register/tZYpf-ugrTMqGtBwFRz42ZLcbEccyAdC4vL8>

Coffee & Care, Tuesday, 6:00-7:00PM - March 16

Coffee & Care was founded in 2017 based on an overwhelming need for direct caregiver support and education. Coffee & Care began in a small room with 5 people, coffee cups, and a lot of questions. A lot has changed in our world over the last few months, but the need for direct caregiver support and education has not. Join the intimate, monthly conversations with a wide range of health care professionals on **Facebook Live**. Moderated by Andi Morris, CALA, CADDCT, CDP.

Go to our Facebook page to join this live event: <https://www.facebook.com/chathamseiorcenter.org>.

Caregiver Support Group - Wednesday, 10:30AM-11:30AM - March 10

Join others who care for loved ones experiencing dementia. This monthly meeting is moderated by Phyllis Flemming, former Executive Director, Victorian Garden Adult Day Care Center, Chatham, and experienced dementia support group moderator.

<https://us02web.zoom.us/meeting/register/tZcoduiqqjgtEtCAL7MbTZCrYdIGuAth6r37>

Tai Chi Qi Gong, Wednesdays, 9:30AM-10:15AM

Tai Chi and Qi Gong combine slow, deliberate movements, meditation, and breathing exercises. The postures flow without pause keeping your body in constant motion benefiting your circulation, balance, and alignment. This **indoor** class begins promptly at 9:30AM and is taught by Bianca Godoy. Please arrive a few minutes early to complete the screening process. Fee is \$30/session for 5 classes.

Men's Discussion Group, Wednesdays, 11:00AM-12:30PM

Join the friendly, lively conversation about current events, issues and useful information, and share in the laughs. This **indoor** program is strictly limited to 8 participants due to social distance requirements. Masks must be worn throughout the entire session. Drop-ins cannot be accommodated so be sure to call the Center no later than Tuesday to indicate you would like to participate. You must receive confirmation there is sufficient space before attending. 973-635-4565.

Reflections, Wednesdays, 1:30-2:30PM

'Reflections' is a group of women who come together to express friendship, support and care for one another.

The ladies reflect on their lives, what is happening today, events in the past, life's joys and its sorrows. They recognize that sharing leads to strength of body and spirit and that shared wisdom finds working solutions to tough problems - and most of all, to close friendships. This is both an **indoor** and a **Zoom** group facilitated by Claire Solu-Burd, LCSW.

To register: <https://us02web.zoom.us/meeting/register/tZ0qcOCogTsqGtS9v-kdCHFcEy4VQO7AiRt>

Short Story Discussion Group, Thursday, 1:00-2:00, March 18

The group will discuss 'The Swimmer' by John Cheever. No need to purchase this story; it will be emailed to you following registration. Moderated by Jenny Tananbaum, Instructor, Creative Writing Class & Memoir Writing Workshop, This program is on **Zoom**.

To register: <https://us02web.zoom.us/meeting/register/tZwvcOCpqjkrHNzPTdxPg6yJBuB-fX4k7eMB>

Please see next pages for more programs.

Creative Writing Class, Fridays, 9:45-11:30AM

Have you ever wanted to write a novel? A short story? Poem? Screenplay? Join our Creative Writing class. Each week on **Zoom** we explore different techniques to get you started, from understanding structure, developing characters, exploring plot lines, and more. Each class will include a short lesson, a writing prompt, time for peer review, and one longer at-home assignment per week. No writing experience required. All you need is a desire to write. Instructor: Jenny Tananbaum. The session runs through Mar. 19. The fee is \$30. 973-635-4565. To participate: <https://us02web.zoom.us/join/join?secret=973-635-4565>

Gentle Chair Yoga, Fridays 10:15AM-11:00AM

Gentle Chair Yoga is a great way to get the health benefits of yoga, loosen and stretch muscles, reduce stress, and improve circulation while sitting down. This is an **indoor** program taught by fitness instructor Donna Sue Dowton. Class begins promptly at 10:15AM. Please arrive a few minutes early to complete the screening process. Bring a cloth, flexible strap such as a bathrobe belt (no leather belts please). The instructor sells yoga straps for \$12 payable to her should you need one. \$6/class in March.

Balance, Flexibility, and Stretch, Fridays 11:15AM-12:00PM

This **indoor** fitness class is taught by Donna Sue Dowton. The class provides training on a mix of strength, balance, and flexibility exercises. It is necessary to bring your own exercise band to use during class. The instructor sells resistance bands for \$12 payable to her should you need one. Class begins promptly at 11:15AM. Please arrive a few minutes early to complete the screening process. Please note: this class is limited to 7 participants. \$6/class in March.

Co-Ed Conversation Group, Fridays, 1:00-2:30PM

This is an **indoor** discussion group. Participation is limited to 8 attendees. Drop-ins cannot be accommodated due to social distancing requirements. You must call the Center no later than the Thursday before to let us know you would like to participate and you must receive confirmation there is sufficient space before attending. 973-635-4565.

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****Save the Date****

Saturday, April 24

Paper Shred Fundraiser to benefit the
Senior Center of the Chathams
9AM-Noon at Chatham Middle School

****Save the Date****

Saturday, June 5

Our popular **Garden Tour** is
back! Tour eight special
gardens and support the
Senior Center while you're at it!



MARCH 2021

Monday	Tuesday	Wednesday	Thursday	Friday
<u>1</u> 9:45 Co-Ed Discussion 10:00 Silver Linings 11:45 Chair Yoga 12:45 Balance/Flex	<u>2</u> 9:45 Memoir Writing	<u>3</u> 9:30 Tai Chi Qi Gong 11:00 Mens' Disc 1:30 Reflections	<u>4</u>	<u>5</u> 9:45 Creative Writing 10:15 Chair Yoga 11:15 Balance/Flex 1:00 Co-Ed Disc
<u>8</u> 9:45 Co-Ed Discussion 10:00 Silver Linings 11:45 Chair Yoga 12:45 Balance/Flex	<u>9</u> 9:45 Memoir Writing	<u>10</u> 9:30 Tai Chi Qi Gong 10:30 Caregiver Support Grp 11:00 Mens' Disc 12:30 Golf 1:30 Reflections	<u>11</u> 11:00 Terrarium Tutorial	<u>12</u> 9:45 Creative Writing 10:15 Chair Yoga 11:15 Balance/Flex 1:00 Co-Ed Disc
<u>15</u> 9:45 Co-Ed Discussion 10:00 Silver Linings 11:45 Chair Yoga 12:45 Balance/Flex	<u>16</u> 9:45 Memoir Writing 6:00 Coffee & Care	<u>17</u> 9:30 Tai Chi Qi Gong 11:00 Mens' Disc 12:30 Golf 1:30 Reflections	<u>18</u> 1:00 Short Story Disc.	<u>19</u> 9:45 Creative Writing 10:15 Chair Yoga 11:15 Balance/Flex 1:00 Co-Ed Disc
<u>22</u> 9:45 Co-Ed Discussion 10:00 Silver Linings 11:45 Chair Yoga 12:45 Balance/Flex 12:45 Fiction Book Club	<u>23</u> 9:45 Memoir Writing	<u>24</u> 9:30 Tai Chi Qi Gong 11:00 Mens' Disc 12:30 Golf 1:30 Reflections	<u>25</u>	<u>26</u> 9:45 Creative Writing 10:15 Chair Yoga 11:15 Balance/Flex 1:00 Co-Ed Disc
<u>29</u> 9:45 Co-Ed Discussion 10:00 Silver Linings 11:45 Chair Yoga 12:45 Balance/Flex	<u>30</u> 9:45 Memoir Writing	<u>31</u> 9:30 Tai Chi Qi Gong 11:00 Mens' Disc 12:30 Golf 1:30 Reflections	Color Key: Indoor program Zoom Program Indoor & Zoom Program Facebook Live Event	**SAVE THE DATE** PAPER SHRED FUND-RAISER SATURDAY, APRIL 24, 9AM—NOON CHATHAM MIDDLE SCHOOL

Free Emotional Support Related to COVID-19

For most, this has been a difficult time filled with great anxiety and ambiguity. Many are experiencing other types of grief, depression, or loneliness. Virtually, or by phone, the NJ Hope and Healing Crisis Counseling Program of the Mental Health Association of Morris and Essex provides individual sessions and group counseling for anyone in need of emotional support during this time. Email gpalmer@mhaessexmorris.org or call 973.509.9777 x. 151 for details on how to access their programs:

- **Free Services** (emotional support, stress management, linkage to resources, development of new coping skills and communication techniques)
- **Come Unwind With Us:** grab some yarn and join in an hour of self-care as we work, chat, and support each other. Tuesday Zoom sessions facilitated by a registered art therapist and licensed counselor.
- **Virtual Support Group** every Wednesday from 2 pm-3 pm



Volunteers Provide Rides to Vaccine Appointments

Senior Center volunteers are available to drive Chatham seniors who do not have access to other modes of transportation to their COVID vaccine appointments. If you know someone in town who needs a ride to their appointment, please call the Senior Center at 973-635-4565.

****For Help Booking a COVID Vaccine Appointment****

**NEW JERSEY SENIORS
(65+): REQUEST HELP
TO FIND AN
APPOINTMENT FOR
THE COVID-19
VACCINE**



Volunteers from wgirls.org can help book a COVID vaccine appointment. Click on the link below to complete the form that will connect you with a volunteer who will try to help you book an appointment for the Covid-19 vaccine. Their form is for seniors (65+) who are struggling with the tech-heavy process. Please note that there are no guarantees beyond the promise that their volunteers will do their best to secure you an appointment. Someone will be in touch over email or by phone to get the information required to help book your appointment. ***As a reminder, NO volunteer will ever ask you for your Social Security Number on Insurance details.***

Request their help at

<https://wgirls.org/requestforhelp/>

Here's the information we currently have about ways to register for the COVID-19 vaccine. It is our understanding that it's best to register at as many sites as you can to increase the potential for available appointments.



COVID VACCINE REGISTRATION NJ VACCINATION SCHEDULING SYSTEM (NJVSS)

Schedule online or pre-register by visiting:
covidvaccine.nj.gov

ATLANTIC HEALTH/MORRIS COUNTY VACCINATION CENTER

Sign up for appointment alerts
and schedule appointments by visiting:
atlanticealth.org/covidvaccine

CALL CENTERS

For phone assistance to receive help in scheduling a vaccine
appointment:

NJ COVID-19 VACCINATION CALL CENTER:

1-855-568-0545, 7 Days a Week, 8AM-8PM

MORRIS COUNTY COVID CALL CENTER:

973-829-8250, 7 Days a Week, 9AM-4PM

CVS

<https://www.cvs.com/immunizations/covid-19-vaccine>

Resources for Recent Retirees

Members of our Recent Retirees Group compiled a list of resources, programs, and activities retirees may enjoy exploring. The list includes virtual concerts, museum tours, classes, volunteer opportunities, and much more! See the list here:

<https://drive.google.com/file/d/1IG7E-a3gnc6S4hJ4PFRYIGZkXzwYPb16/view?usp=sharing>



Wednesday, March 17

Many Thanks to Our Newsletter Sponsors!



*Ascend Health,
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For more information visit
AscendHealth.com or
call 866.821.1212

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908-833-4200

Resources & Information



Do you, a neighbor, or a loved one living in the Chathams need help with **grocery shopping** during this time? The Senior Center is coordinating a wonderful group of volunteers who will shop and deliver groceries to your home. Call the Center at 973.635.4565 or email info@chathamseiorcenter.org for details.



Tri-Town Cares - For a list of this organization's helpful mental health resources to look to during this time, please, go to: <https://www.rosenet.org/1269/Tri-Town-Cares>



Tri-Town 55+ Coalition Rides for Seniors Program - Register to get on-demand car service to run errands, go to doctor's appointments, go shopping or visit loved ones. The Coalition's Rides for Seniors program offers a subsidy for Chatham and Madison residents 65 and older. Eligible riders receive \$5 off each ride up to four rides per month. Tri-Town works in partnership with GoGoGrandparent which accesses Uber and Lyft using an 800 number instead of a smartphone. For more information, visit <https://www.tritown55plus.org/rides-for-seniors>



Need Help With Zoom? It's a good idea to make sure you can get onto Zoom well before one of our virtual programs begins. If you need assistance, please call the Center at 973.635.4565. Leave a message telling us the type of device you're using and we'll connect you with a tech volunteer who will help you.



Claire Solu-Burd, LCSW

Claire Solu-Burd, LCSW is a local social worker who has worked with the Senior Center for the past two years. She continues to facilitate our Reflections and Connections Support Groups. Claire received her clinical license in 2020 and has opened a private practice in Chatham to offer individual counseling to older adults. She is a Medicare provider and eager to support seniors who may be experiencing grief, loss, sadness, isolation, or anxiety over health concerns. Claire also has a website if you would like to get to know a little bit more about her or her practice. Please visit www.cir-counseling.com



Donna Sue Dowton

Donna Sue Dowton, one of our fitness instructors, has produced a series of YouTube videos demonstrating exercises you can do at home to stay fit. <https://www.youtube.com/channel/UCWPse6PQN6JvSYmQBespBKw>



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.