

# Senior Center of the Chathams

*Be Active. Be Connected.*

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

April 26, 2022, Vol. 48

## \*\*Upcoming Special Programs\*\*

### 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, 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. Must sign up if you wish to attend.

Sponsored by Juniper Village of Chatham.

## MINDFULNESS

### 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 4/29.

### 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.



### Grief Support Group, Tuesdays, Starting May 10, 10:00 AM

The Center is holding a 4-week Grief Support Group starting May 10. The group will provide a safe and welcoming space to explore your experience with loss. The loss could be of your health, a cherished person, a beloved pet, a meaningful relationship, and even the sense of a happy future. Please come to receive support and care as we share and learn about the stages of grief. The group will be facilitated by Claire Solu-Burd, LCSW, a local Social Worker.

### Watercolor Classes, Thursdays, May 12 & May 19, 10:00AM-Noon

Philla Barkhorn will be teaching two watercolor classes next month, the first, "Spring Florals" using a photograph by Charlotte Pritchard for inspiration, and the second "Detailed Painting of Cosmos," working from a drawing she'll be sharing with participants. The fee is \$7 per class.

Sign up required by May 5.



### 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 the Center to take us behind the scenes of 'West Side Story,' the original film, the Broadway play, and the recent re-make. Sign up by May 13.



### Script Reading Group, Tuesday, May 24, 12:45 PM

Unleash your inner actor and join the group in reading a play. Roles will be assigned and scripts distributed on the day of the event. Facilitated by Judy French.

Must sign up to participate.

***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, May 23**

The group will discuss "Killing the SS" by Bill O'Reilly and Martin Dugard. All are welcome to join the conversation.

### **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 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. Instructor: Linda Hyland

## **Tuesdays**

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

Call Center for fee information.

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

### **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**

The Great Courses series, "The Scientific Wonder of Birds" began on April 19. This 12-part series explores birds' origins, biology and behavior. The following series will be "Music as the Mirror of History."

### **Gentle Stretch & Alignment - 12:20 PM**

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

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

### **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.

### **Book Group, 12:45 PM, May 17**

The group will be discussing "The Story of Edgar Sawtelle" by David Wroblewski.

### **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.

### **Caregiver Support Group Wednesday, May 11, 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 co-ed group experience as we endeavor learning, fun, self-discovery, and mutual support. The group is facilitated by Claire Solu-Burd, LCSW. New members are always welcome. 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.

## **Thursdays**

### **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***

4/28 - Just Mercy

May 5 - Hope & Glory

May 12 - Catch Me if You Can

May 19 - West Side Story

May 26 - TBA

## **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, May 27, 12:30 PM**

#### ***Sponsored by Spring Hills Livingston***

Film: TBA

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### **Did You Know?**

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

### **Community Food Pantry in Chatham**

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.

# More Information

The Senior Center of the Chathams  
is Offering a Wellness Program **Free**  
to Morris County Residents Ages 60 and Over



- **Eat Smart, Move More, Weigh Less** is a 15-week, **online** evidence-based weight management program delivered live by Registered Dietitian Nutritionists (RDNs)
- This is a **free** program; funding provided, in part, by the Morris County Board of Commissioners
- Call the Senior Center of the Chathams at 973-635-4565 to register

*During the program, participants:*



*Weekly sessions teach participants to:*



*Find more information at: <https://esnmweighless.com/>*



Senior Center of the Chathams \* 58 Meyersville Road (lower level),  
Chatham \* 973-635-4565 \* chathamseniorcenter.org

**A few spots are still available to Morris County residents for the Eat Smart, Move More, Weigh Less program. Call the Center if you're interested in participating.**

## Please Complete the Wellbeing Community Survey by Sunday, May 8

Four Morris County non-profit organizations, including the Senior Center of the Chathams, are collaborating to determine how to make this region of Morris County more welcoming and livable for residents who are 60 years of age and older. The group is conducting a Wellbeing Community Survey to assess existing needs and priorities of Morris County seniors. Results will help the organizations work together on strengthening programs and services with the identified needs. We would greatly appreciate your time to complete the Lifelong Wellbeing Community Survey. The deadline has been extended to Sunday, May 8. Your responses will be kept confidential.

To complete the survey on-line, click here: <https://www.surveymonkey.com/r/LifelongWellbeing>

If you'd prefer to fill out a paper survey, you can pick one up at the Senior Center Mondays-Fridays from 9AM-3PM.

Thank you in advance for your input!

## Your POLST Form

During our last Legal Forum, speakers discussed the importance of completing a POLST form as part of your document preparations, along with wills and power of attorney, etc. The Practitioner Orders for Life Sustaining Treatment (POLST) form enables patients to indicate their preferences regarding life-sustaining treatment. This **green** form, signed by a patient's attending physician, advanced practice nurse or physician's assistant, provides instructions for healthcare personnel to follow for a range of life-prolonging interventions. The form becomes part of a patient's medical record, following the patient from one healthcare setting to another, including hospital, nursing home, or hospice. To print out a copy of the POLST form, click here:

<https://www.state.nj.us/health/advancedirective/polst/POLST-Fillable-Form-Green.pdf>

## MAY 2022

Monday	Tuesday	Wednesday	Thursday	Friday
<b>APRIL 25</b>	<b>APRIL 26</b>	<b>APRIL 27</b>	<b>APRIL 28</b>	<b>APRIL 29</b>
10:00 Silver Linings 10:00 Open Bridge 10:00 Men's Bsktball <b>11:00 NF Book Grp</b> 12:00 Beg. Knitting 12:20 Balance & Flex—GENTLE 12:30 Table Tennis 1:30 Line Dancing	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	9:00 Mat Stretch/INT 10:00 Open Bridge 10:00 Beg. Bridge 10:30 Self Discovery Grp 12:30 Table Tennis 1:00 Nifty Knitters	10:00 Pickleball 10:00 Bridge/EXP. 10:00 Free Paint <b>12:00 April Birthdays</b> 12:20 Balance & Flex—GENTLE 12:30 Table Tennis/NEW 12:30 Movie	9:00 Low Impact Cardio/INT 10:00 Men's Bsktball <b>10:00 Pokeno &amp; Bagels</b> 10:30 Men's Disc. Grp 12:30 Table Tennis
<b>MAY 2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>
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	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 <b>1:30 Mindfulness</b>	9:00 Mat Stretch/INT 10:00 Open Bridge 10:00 Beg. Bridge 10:30 Self Discovery Grp 12:30 Table Tennis 1:00 Nifty Knitters	10:00 Pickleball 10:00 Dup. Lite 10:00 Free Paint 12:20 Balance & Flex—GENTLE 12:30 Table Tennis/NEW 12:30 Movie	9:00 Low Impact Cardio/INT 10:00 Men's Bsktball 10:30 Men's Disc. Grp <b>12:00 Decluttering</b> 12:30 Table Tennis
<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>
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	9:00 Balance & Flex-INT 9:45 Writing Wksp 10:00 Open Bridge 10:00 Pickleball <b>10:00 Grief Support Grp.</b> 10:30 DVD Series 12:20 GENTLE Stretch 12:30 Table Tennis/NEW 1:00 Women's Circle	9:00 Mat Stretch/INT 10:00 Open Bridge 10:00 Beg. Bridge <b>10:30 Caregivers Support Grp.</b> 10:30 Self Discovery Grp 12:30 Table Tennis 1:00 Nifty Knitters	10:00 Pickleball 10:00 Bridge/EXP. <b>10:00 Watercolor Class—Spring Florals</b> 12:20 Balance & Flex—GENTLE 12:30 Table Tennis/NEW 12:30 Movie	9:00 Low Impact Cardio/INT 10:00 Men's Bsktball 10:30 Men's Disc. Grp <b>12:00 Safe Driving</b> 12:30 Table Tennis
<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>
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	9:00 Balance & Flex-INT 9:45 Writing Wksp 10:00 Open Bridge 10:00 Pickleball 10:00 Grief Support Grp. 10:30 DVD Series 12:20 GENTLE Stretch 12:30 Table Tennis/NEW <b>12:45 Book Grp.</b> 1:00 Women's Circle	9:00 Mat Stretch/INT 10:00 Open Bridge 10:00 Beg. Bridge 10:30 Self Discovery Grp 12:30 Table Tennis 1:00 Nifty Knitters	10:00 Pickleball 10:00 Dup. Lite <b>10:00 Watercolor Class—Detailed Cosmos</b> 12:20 Balance & Flex—GENTLE 12:30 Table Tennis/NEW 12:30 Movie	9:00 Low Impact Cardio/INT 10:00 Men's Bsktball 10:30 Men's Disc. Grp 12:30 Table Tennis <b>1:00 West Side Story</b>
<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>
10:00 Silver Linings 10:00 Open Bridge 10:00 Men's Bsktball <b>11:00 NF Book Grp</b> 12:00 Beg. Knitting 12:20 Balance & Flex—GENTLE 12:30 Table Tennis 1:30 Line Dancing	9:00 Balance & Flex-INT 9:45 Writing Wksp 10:00 Open Bridge 10:00 Pickleball 10:00 Grief Support Grp. 10:30 DVD Series 12:20 GENTLE Stretch 12:30 Table Tennis/NEW <b>12:45 Script Reading</b> 1:00 Women's Circle	9:00 Mat Stretch/INT 10:00 Open Bridge 10:00 Beg. Bridge 10:30 Self Discovery Grp 12:30 Table Tennis 1:00 Nifty Knitters	10:00 Pickleball 10:00 Bridge/EXP. 10:00 Free Paint 12:20 Balance & Flex—GENTLE 12:30 Table Tennis/NEW 12:30 Movie	9:00 Low Impact Cardio/INT 10:00 Men's Bsktball 10:30 Men's Disc. Grp 12:30 Table Tennis <b>12:30 Foreign Film</b>  <b>**CENTER CLOSED ON MONDAY, MAY 30 FOR MEMORIAL DAY**</b>

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### CONTACT US & LEARN MORE:

• Judy: (908) 447-4081

• Meg: (908) 358-5307

[jmmovemanagers@gmail.com](mailto:jmmovemanagers@gmail.com)

[jmmovemanagers.com](http://jmmovemanagers.com)



Senior Center of the Chathams \* 58 Meyersville Road (lower level), Chatham, NJ 07928 \* 973.635.4565  
[https://chathamseniorcenter.org/](http://chathamseniorcenter.org/)

Senior Center of the Chathams  
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