

# Senior Center of the Chathams

*Be Active. Be Connected.*

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

May 13, 2022, Vol. 49

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

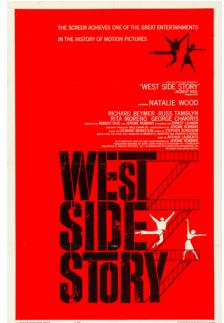
### **Watercolor Workshop, Thursday, May 19, 10:00AM-Noon**

Philla Barkhorn will be teaching "Detailed Painting of Cosmos" working from a drawing she'll be sharing with participants. The fee is \$7 per person. Sign up is required by May 16.

### **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 16.

Sponsored by Lantern Hill Senior Living & Unicity Healthcare.



### **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 by May 17.

Sponsored by Runnells Center for Rehabilitation & Healthcare.



### **Celebrate ALL MAY Birthdays, Thursday May 26, Noon**

We'll be celebrating this month's birthdays before the movie begins.

Join us for cake. Sponsored by Sunrise of Madison, Sunrise of Summit, and Brighton Gardens of Florham Park. Please contact the Center and let us know that you'll be attending.

### **Tech Support, Thursday, May 26, 3:15 PM**

Students from the CHS Robotics team will be here after school to help you with your devices, like cell phone, tablet, and laptop. Sign up is required. Let us know which devices/programs you need help with at time of sign up.



***See next page for more special programs coming up next month.***

## \*\*Special Programs in June\*\*

### Watercolor Workshop: Sunflowers, June 2, 10:00 AM



Working from a photo reference or a drawing, students will create a beautiful watercolor painting of sunflowers. For a greater challenge, real flowers will be available and students may compose the arrangement to their liking and work from that. The instructor, Philla Barkhorn, will discuss drawing flowers in perspective, color choices, and the use of thumbnail sketches to develop compositions. Painting demonstration will include tips on painting leaves and the importance of size, shape and color variety in depicting nature. Fee is \$7 per person. Sign up by May 24.

### Turtle Back Zoo, Friday, June 3, 1:00 PM

In this educational program, Turtle Back Zoo will explain how the keepers work with their animals to keep them mentally and physically healthy. They will also discuss the different types of enrichment and training and how both contribute to the animals' wellbeing. They'll also present some of their animal ambassador 'in person'! Space is limited. Sign up is required by May 27. Sponsored by Sonny's Indian Kitchen, Chatham



Join us for a performance by 13 year-old Audrey Lee. State Champion of the NJ Music Teacher Association Young Musician Competition. She will perform pieces by Bruch, Bach, and Mendelssohn. Please sign up to attend.

### Estate Planning 101, Tuesday, June 14, 11:00 AM

Robert Murray, Principal, The Murray Firm, LLC will be here to present an overview of basic estate planning documents, wills, types of trusts, asset preservation techniques, and probate matters, among other topics. A light lunch will be served following the presentation. This program is made possible by a grant from the NJ State Bar Foundation. Must sign up to attend.



### Dinner with Friends, Wednesday, June 15, 5:00 PM

Have dinner with us and friends at Sonny's Indian Kitchen in Chatham. Enjoy a three-course meal where you'll choose among 2 appetizers, 4 entrees, and 3 desserts. Food will be mild, not be spicy. BYOB. Space is limited. Price: \$35 per person (including tax and gratuity). Deadline to sign up, pay, and provide your menu selections is June 8. See page 6 of this newsletter for menu options.

### Watercolor Workshop: Animal Painting, Thursday, June 23, 10:00 AM

Students will copy a painting of their choice in this workshop on loose watercolor animals. Students may draw or transfer the image onto their paper, and then, working wet into wet, create a loose impressionistic piece. No experience necessary. Materials provided to those who need them, or you may bring your own. Fee: \$7 per person. Sign up by June 13.

## **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. Contact Center to sign up.

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**

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 Dowton.

### **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>

### **Grief Support Group, Tuesdays, 10:00 AM**

This new support group runs Tuesdays through May 31. It 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, a local social worker. Call Center to sign up.

### **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, "Music as the Mirror of History" begins May 17 and examines the surprising and fascinating connections between famous music and historic events.

## Tuesdays, cont'd.

### 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.

### 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 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 players. We supply the cards.

### 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.

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

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

## **Thursdays, cont'd.**

### **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.

### **Free Blood Pressure Screening, May 19, 11:45AM-12:30 PM**

Sponsored by Ascend Healthcare

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

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

May 19 - West Side Story (2021 version)

May 26 - Call Center for title

June 2 - An American in Paris

Jun 16 - Death on the Nile (2022)

## **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: The Intouchables (French)

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### **Did You Know?**

It is not necessary to be a resident of Chatham to participate here in our programs and events 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. Donate if you can; take what you need. No questions asked.

### **Free Weight Loss Program for Morris County Residents**

There are just a few spots left to Morris County residents for the Eat Smart, Move More, Weigh Less evidence-based weight loss program. Call the Center to sign up.



## Three-Course Dinner with Friends

### Wednesday, June 15, 5PM

### Menu Options

**Make One Selection For Each Course**

**NOTE: All selections will be mild and not spicy.**

#### Appetizer

1 - *Veg Appetizer*

Onion bhajia, veg samosa & spring rolls

2 *Mixed Appetizer*

Onion bhajia, chicken kabab & chicken fritter

#### Main Course

Dinner served with naan bread, basmati rice, soda or hot beverage

1 - Sonny's Butter Chicken

(India's famous butter chicken curry)

2 - Chicken Tikka Masala

(onions & tomato creamy chicken curry)

3 - Palak Paneer

(soft cheese cubes in curried spinach)

4 - Mixed Vegetable Korma

(fresh mixed vegetables, raisins, cashews, korma masala)

#### Dessert

1 - Saffron Rice Pudding

2 - Mango or Lemon Sorbet

3 - Mango Ice Cream

***Deadline to provide the Center with your order and payment is Wednesday, June 8.***

# Activities for Madison Senior Residents

## Madison High School **Day of Service**

### Friday, May 27th

#### Pickleball Lessons

Hours 10:00 AM-1:00 PM

Want to learn to play the new game in town? Join student instructors and learn the basics or sharpen your skills. Equipment will be available for use.

#### Spring Yard Maintenance

Hours 9:00 AM-12:30 PM

Need spring cleanup in your yard or small jobs around your home? Let us help. Students with faculty mentors will come and help you get your jobs done.

#### Musical Showcase

Show Starts at 10:00 AM

Come see a variety of performances by our talented High School students. They will be performing musical routines at Rose Hall.

**Call Diane Fastiggi at the High School to reserve your spot for all events.**

**973-593-3146.**

*Call 973-593-3095 x. 1 to reserve a spot on the Madison Senior Bus.*

# LATE MAY-MID-JUNE 2022

Monday	Tuesday	Wednesday	Thursday	Friday
<b>16</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	<b>17</b> 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>	<b>18</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	<b>19</b> 10:00 Pickleball 10:00 Dup. Lite <b>10:00 Watercolor Class—Detailed Cosmos</b> <b>11:45—BP Screening</b> 12:20 Balance & Flex—GENTLE 12:30 Table Tennis/NEW 12:30 Movie	<b>20</b> 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> 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	<b>24</b> 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	<b>25</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	<b>26</b> 10:00 Pickleball 10:00 Bridge/EXP. 10:00 Free Paint <b>12:00 MAY Birthdays Celebration!</b> 12:20 Balance & Flex—GENTLE 12:30 Table Tennis/NEW 12:30 Movie <b>3:15 Tech Support</b>	<b>27</b> 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>30</b> <b>MEMORIAL DAY</b> <b>SENIOR CENTER CLOSED</b> 	<b>31</b> 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 1:00 Women's Circle	<b>JUNE 1</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	<b>JUNE 2</b> 10:00 Pickleball 10:00 Dup. Lite <b>10:00 Watercolor Class—Sunflowers</b> 12:20 Balance & Flex—GENTLE 12:30 Table Tennis/NEW 12:30 Movie	<b>JUNE 3</b> 9:00 Low Impact Cardio/INT 10:00 Men's Bsktball 10:30 Men's Disc. Grp <b>1:00 Turtleback Zoo</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	<b>7</b> 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>8</b> 9:00 Mat Stretch/INT 10:00 Open Bridge 10:00 Beg. Bridge 10:30 Self Discovery Grp <b>10:30 Caregiver Support Grp</b> 12:30 Table Tennis 1:00 Nifty Knitters	<b>9</b> 10:00 Pickleball 10:00 Bridge/EXP. 10:00 Free Paint 12:20 Balance & Flex—GENTLE 12:30 Table Tennis/NEW 12:30 Movie	<b>10</b> 9:00 Low Impact Cardio/INT 10:00 Men's Bsktball 10:30 Men's Disc. Grp <b>11:00 Solo Violin Performance</b> 12:30 Table Tennis
<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	<b>14</b> 9:00 Balance & Flex-INT 9:45 Writing Wksp 10:00 Open Bridge 10:00 Pickleball 10:30 DVD Series <b>11:00 Legal Forum</b> 12:20 GENTLE Stretch 12:30 Table Tennis/NEW 1:00 Women's Circle	<b>15</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 <b>5:00 Dinner with Friends at Sonny's</b>	<b>16</b> 10:00 Pickleball 10:00 Dup. Lite 10:00 Free Paint <b>11:45 BP Screening</b> 12:20 Balance & Flex—GENTLE 12:30 Table Tennis/NEW 12:30 Movie	<b>17</b> 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>

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**CONTACT US & LEARN MORE:**

• Judy: (908) 447-4081

• Meg: (908) 358-5307

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