

Senior Center of the Chathams

Be Active. Be Connected.



Senior Center: 973-635-4565

June 18, 2021 Vol. 29

****Special Events****



MEN'S BASKETBALL RETURNS, Mondays & Fridays, 10:00AM-Noon, starting June 21 & June 25

Call Center to sign up.



PICKLEBALL RETURNS, Tuesdays & Thursdays, 10:00 AM-Noon, starting June 22 and June 24

Call Center to sign up.

MAH JONGG RETURNS - Wednesdays, 10:00 AM, starting June 23

Call Center to sign up.



Bagels & Bingo - Wednesday, June 30, 10:30 AM - Summer's here. Let's have some fun. Come in to eat and play. Juniper will provide the bagels, coffee, game supplies, and prizes. Must sign up by June 23 to attend. This is an outdoor event sponsored by Juniper Communities.



Outdoor Entertainment and Lunch - Tuesday, July 6, Noon. Rain Date: Thursday, July 8, Noon

Bring your lawn chair and sit out on the grass. Enjoy a boxed lunch and be entertained by singer/musician, Michael Armeno. This free event is sponsored by Arbor Terrace of Morris Plains and Mountainside, Chatham Hills Subacute Care, and Seniors in Place. *Deadline to sign up is June 29*

BRIDGE LESSONS, Wednesdays & Thursdays, beginning July 14 and July 15, 10:00AM-12:30PM

Wednesday classes are for true beginners, rusty players, or those wanting to learn modern bidding. Thursday classes are for experienced players and will alternate between lessons and duplicate lite. Cost is \$7 per class, plus purchase of recommended book at \$15.

Instructor: Rick Hartley. Class sizes are limited. Must sign up by emailing kristin@chathamseiorcenter.org.

DRUM CIRCLE, Thursday, July 22, 1:00 PM

People all over are waking up to the powerfully positive effect of participating in a drum circle! Jazz musician Richard Reiter returns to the Center to lead the noisy fun. No experience necessary. The deadline to sign up is July 15.



****The Center will be closed Monday, July 5 in Observance of Independence Day****

****We have eased restrictions in accordance with the latest CDC guidelines and the Governor's recent Executive Order. Adults who are fully vaccinated are no longer required to wear a mask at the Center. Those who are not fully vaccinated must continue to wear masks.****

Please see next pages for more programs.

Ongoing Activities

Mondays

Connections: Silver Linings, 9:45-11:30 AM, June 28-August 2

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. [https://us02web.zoom.us/meeting/register/tZUgcOygpi0oGtbztMgzas70IijMyleZ7uD](https://us02web.zoom.us/join/join?from=addon=us02web.zoom.us/meeting/register/tZUgcOygpi0oGtbztMgzas70IijMyleZ7uD)

Men's Basketball, 10:00 AM-Noon, starting June 21

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

Co-Ed Conversation Group, 10:30 AM-Noon

This is an indoor discussion group. Men and women come together to talk about topics of interest to everyone in the group. Call the Center with any questions: 973-635-4565.

Easy Balance, Strength & Stretch, 11:30 AM-12:15 PM, June 14-August 16

This is an indoor fitness class taught by Donna Sue Dowton. This class features simple exercises designed to improve brain/body connection (neuroplasticity) and improve activities of daily living. Light hand weights and resistance bands will be used in class. Fees for this session: 9-classes @ \$54; 5-classes @ \$35; individual class @ \$8.

Please arrive on time and be ready for the scheduled start as a courtesy to others.

Fiction Book Group, 12:45-2:00 PM, June 21

The group will discuss "The Plot" by Jean Hanff Korelitz. This discussion takes place outdoors or on Zoom depending on the weather. Discussion moderated by Center staffer Kristin Jones. Link if needed due to weather:

<https://us02web.zoom.us/j/82197913890?pwd=bUJaQ01lcWV3L09Oc1RlSTBMdGtRQT09>

Non-Fiction Book Club, 11:00 AM, June 28

This group will discuss "How to be a Good Creature: A Memoir in Thirteen Animals" by Sy Montgomery. This is an indoor event moderated by staffer Carol Eisenhardt.

Tuesdays

Enhanced Balance and Strength, 9:00-9:45 AM, June 15-August 17

This is an indoor fitness class taught by Donna Sue Downton. Training is provided on more complex brain exercises and balance combined with more challenging strength and flexibility exercises. Light hand weights and resistance bands will be used in class. Fees for this session: 10-classes @ \$60; 5-classes @ \$35; individual class @ \$8.

Please arrive on time and be ready for the scheduled start as a courtesy to others.

Pickleball, 10:00AM-Noon, starting June 22

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

Great American Music: Broadway Musicals, Tuesdays, 10:30 AM

"Great American Music: Broadway Musicals." This Great Courses DVD lecture series covers the 200-year history of American musical theater. Each of the shows discussed represents important links in the musical beginning with the minstrel era, vaudeville, ragtime, and more. This is an indoor program.

The Women's Circle, 1:30-2:30PM

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. This is an indoor session.

Wednesdays

Tai Chi, 9:30 AM, June 9-August 11

Tai Chi consists of a series of slow-flowing movements that gently stretch muscles, tendons, and ligaments. These low-impact exercises heighten awareness of the mind-body-breath connection and help to improve balance and coordination, enhance mental focus and relaxation and increase energy levels. All movements performed while sitting/standing near a chair. Instructor: Bianca Gody. 10 classes @\$60; 5 classes @ \$35; individual class @ \$8.

Please see next pages for more programs.

Wednesdays, continued

Mah Jongg, 10:00 AM, starting June 23

All game supplies provided. Contact Center to sign up.

Caregiver Support Group, 10:30-11:30AM, July 14

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

<https://us02web.zoom.us/join/zoom/register/tZcoduiqgjtEtCAL7MbTZCrYdIGuAth6r37>

Men's Discussion Group, 10:45 AM

Join the friendly, lively conversation about current events, issues, useful information, and share in the laughs. This is an outdoor program unless weather is inclement. Bring your own lawn chair.

Easy Chair Yoga, 11:30 AM-12:15 PM, June 23-August 18

Gentle seated and standing yoga poses focusing on flexibility, alignment, and breath are taught in this class. Please bring a yoga strap or one can be purchased from the instructor for \$12. This is an indoor class. Fees for this session: 10-classes @ \$60; 5-classes @ \$35; individual class @ \$8.

Please arrive on time and be ready for the scheduled start as a courtesy to others.

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

Intermediate Chair Yoga, 9:00-9:45 AM, June 17-August 19

Seated and standing yoga poses designed to improve strength, flexibility, and balance. Class will include some single leg poses and beginner inversion poses. Please bring a yoga strap or one can be purchased from the instructor for \$12. This is an indoor class. Fees for this session: 10-classes @ \$60; 5-classes @ \$35; individual class @ \$8 each. *Please arrive on time and be ready for the scheduled start as a courtesy to others.*

Free Paint, 10:00 AM-Noon

The art room is open for you to work on your own creations with your own supplies. This is an indoor program.

Pickleball, 10:00 AM-Noon, starting June 24

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

Fridays

Men's Basketball, 10:00AM-12:00PM, starting June 25

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

Movies Are Back! Fridays, 12:30 PM

Call the Center for film title: 973-635-4565.



LATE JUNE-EARLY JULY 2021

Monday	Tuesday	Wednesday	Thursday	Friday
<u>21</u> 10:00 Men's Bsktball 10:30 Co-Ed Discussion 11:30 Easy Balance, Strength & Stretch 12:45 Fiction Book Club	<u>22</u> 9:00 Enhanced Bal- ance & Strength 9:45 Memoir Writing 10:00 Pickleball 10:30 Greeting Card Wkshp (FULL) 10:30 DVD Series 1:30 Women's Circle	<u>23</u> 9:30 Tai Chi 10:00 Mah Jongg 10:45 Men's Disc. 11:30 Easy Chair Yoga 1:00 Nifty Knitters	<u>24</u> 9:00 INT Chair Yoga 10:00 Free Paint 10:00 Pickleball	<u>25</u> 10:00 Men's Bsktball 12:30 Movie
<u>28</u> 10:00 Silver Linings 10:00 Men's Bsktball 10:30 Co-Ed Discussion 11:00 NF Book Club 11:30 Easy Balance, Strength & Stretch	<u>29</u> 9:00 Enhanced Bal- ance & Strength 10:00 Pickleball 10:30 DVD Series 1:30 Women's Circle	<u>30</u> 9:30 Tai Chi 10:00 Mah Jongg 10:30 Bagels & Bingo 10:45 Men's Disc. 11:30 Easy Chair Yoga 1:00 Nifty Knitters	<u>July 1</u> 9:00 INT Chair Yoga 10:00 Free Paint 10:00 Pickleball	<u>July 2</u> 10:00 Men's Bsktball 12:30 Movie
<u>5</u> CENTER CLOSED INDEPENDENCE DAY OBSERVED	<u>6</u> 9:00 Enhanced Bal- ance & Strength 10:00 Pickleball 10:30 DVD Series 12:00 Outdoor Music & Lunch Event 1:30 Women's Circle	<u>7</u> 9:30 Tai Chi 10:00 Mah Jongg 10:45 Men's Disc. 11:30 Easy Chair Yoga 1:00 Nifty Knitters	<u>8</u> 9:00 INT Chair Yoga 10:00 Free Paint 10:00 Pickleball 12:00 Rain Date: Outdoor Music & Lunch Event	<u>9</u> 10:00 Men's Bsktball 12:30 Movie
<u>12</u> 10:00 Silver Linings 10:00 Men's Bsktball 10:30 Co-Ed Discussion 11:30 Easy Balance, Strength & Stretch	<u>13</u> 9:00 Enhanced Bal- ance & Strength 10:00 Pickleball 10:30 DVD Series 1:30 Women's Circle	<u>14</u> 9:30 Tai Chi 10:00 Mah Jongg 10:00 Beg. Bridge 10:30 Caregiver Grp 10:45 Men's Disc. 11:30 Easy Chair Yoga 1:00 Nifty Knitters	<u>15</u> 9:00 INT Chair Yoga 10:00 Free Paint 10:00 Pickleball 10:00 Exp. Bridge	<u>16</u> 10:00 Men's Bsktball 12:30 Movie
<u>19</u> 10:00 Silver Linings 10:00 Men's Bsktball 10:30 Co-Ed Discussion 11:30 Easy Balance, Strength & Stretch	<u>20</u> 9:00 Enhanced Bal- ance & Strength 10:00 Pickleball 10:30 DVD Series 1:30 Women's Circle	<u>21</u> 9:30 Tai Chi 10:00 Mah Jongg 10:00 Beg. Bridge 10:45 Men's Disc. 11:30 Easy Chair Yoga 1:00 Nifty Knitters	<u>22</u> 9:00 INT Chair Yoga 10:00 Free Paint 10:00 Pickleball 10:00 Dup. Lite 1:00 Drum Circle	<u>23</u> 10:00 Men's Bsktball 12:30 Movie



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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@chathamsseniorcenter.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>



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.



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@morris Habitat.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>



INDEPENDENCE DAY
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