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Senior Center of the Chathams
Be Active. Be Connected.

Phone: 973-635-4565

58 Meyersville Rd., Chatham, NJ

Website: chathamseiorcenter.org

AUGUST 2023



Eleanor Roosevelt once wisely advised, "**Do one thing every day that scares you.**" It may sound a bit daunting initially, but her message is deeper than just facing fear; it's about embracing personal growth. By staying flexible and open to change, we can truly enrich our lives, no matter how many candles are on our birthday cake.

We often find comfort in our daily routines, but they can also stop us from experiencing the excitement that comes from trying new things. Remember that feeling of nervousness mixed with anticipation when trying something different? By shaking things up from time to time, we give ourselves a mental boost, improve our mood, and develop a more positive outlook on life.

In need of inspiration and ideas? Head over to our Senior Center. It's brimming with fun things to do and interesting people to meet, and it's where the magic happens. We offer a variety of options to suit every taste, even for those uncertain about what they're seeking! Whether your interest lies in sports and physical activity, art, intellectual book discussions, or mastering games like chess, bridge, or canasta, the opportunities are endless. The beauty of our Center is its adaptability; if we don't currently offer something you'd like to try, don't hesitate to approach us. We're open to creating new possibilities together.

Let's remember that each day presents an opportunity for growth. Pushing outside our comfort zones allows us to learn more about ourselves, gain confidence, and most importantly, have fun! Whether it's meeting new people or engaging in different activities, let's embrace these moments with openness and enthusiasm. They are a testament to our continuous growth, learning, and positive aging.

-- Julie

****The Senior Center will be closed for
Summer Break beginning
Monday, August 21.
We'll re-open after Labor Day on Tuesday,
September 5.****



Tina Leggiero



When the Senior Center of the Chathams first opened in 1988, Tina Leggiero was one of the early members. At the time, there were only a few activities offered, but Tina quickly became a fixture of the exercise class.

"You have to keep moving," she said, adding, "Motion is lotion," which is a fitting motto for the youthful looking, soft-spoken 92 year old. Tina thrives on always moving and keeping busy, a fact that makes it all the more difficult to imagine that growing up in Brooklyn, Tina considered herself a bit shy.

"I didn't really want to be noticed," she remembered. "I liked to sit in the background," although all that changed when she finally decided, as she said, "to take the bull by the horns."

"I didn't have the opportunity to go to college right after high school, but I was determined to get my degree one way or another." This determination never wavered, despite the fact the path to a college degree took a few, happy detours along the way. Those included marriage, two children, a four-year stint in England for her husband's job, a move back to the States, buying a house in Chatham, and working a variety of jobs, from Attendance Secretary at a local school to Secretary to the Assistant Superintendent of the Board of Education, to Assistant to the Controller of Westinghouse. It was at Westinghouse finally, that Tina got to enroll in college, paid for by the company. She worked during the day and attended Seton Hall at night. She graduated with a degree in English and Business Administration. "I had finally gotten my degree," Tina recalled with a smile. "I had such tremendous satisfaction that I did it on my own."

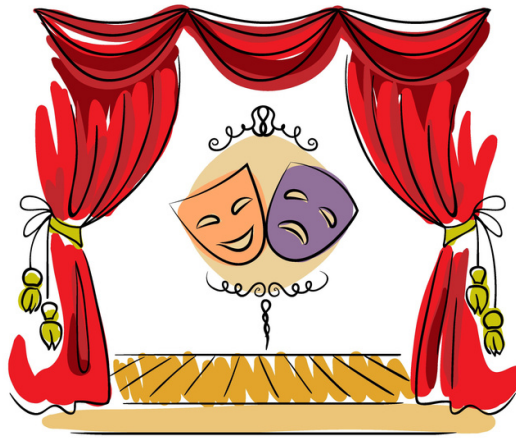
Indeed, Tina has never been one to sit back and just wait for things to happen. She has always loved new opportunities, including learning to deal with English drivers while in England ("they are polite everywhere but on the road"), traveling to the former Soviet Union with Seton Hall, skiing in the Alps, and visiting Istanbul and Sardinia. "I love the adventure of going to places where people don't usually go," she said.

A particularly special trip was when she traveled back to England with her daughter and visited the town where she and her family lived for four years. It had been fifty years since they left, but they were able to see old friends and neighbors. "My daughter had been keeping in touch with them all those years and it was wonderful to connect with them again."

It is this sort of connection that is truly important to Tina, and it is, she said, one of the wonderful aspects of the Chatham Senior Center. Thirty years ago, when she first started coming to the Center, she was dealing with the illnesses of both her mom and

her son, and the Center gave her a safe place to be with others, a respite from dealing with the difficulties of her daily routine. Today, it continues to be, in Tina's words, a "life line." Whether she is attending Exercise Class with Donna Sue, one of the craft workshops, documentaries, or movie showings, Tina remains grateful for the Center.

"I love coming here because it's the place to see my friends. We connect and laugh and joke. When you come in, you have a community." Nothing sums up the Chatham Senior Center better than *Community*, and Tina, without a doubt, is a welcome member!



PADD Program - Live Performance!

Tuesday, August 15, 10AM-Noon

Students in the Playwriting, Acting, Directing & Designing (PADD) Program have been hard at work on Part 1 of this two-part theater arts program, made possible by a grant from the Grotta Foundation for Older Adults. They will perform their monologues in this live show. Refreshments will be served. Sign up to support and watch our talented friends show off their work here at the Center!

Special programs for August begin on the next page.

AUGUST SPECIAL PROGRAMS

****All programs require a sign-up unless otherwise noted.****



Summer Craft: Modern Decoupage Seashell Trinket Dish

Wednesday, August 2, 11:00 AM

Transform a scallop shell into a decorative trinket dish with tissue paper and Modge Podge - useful as a catchall for jewelry and loose change, and lovely to display on its own. Limited number of spaces available. Free program. Instructor: Penny Sullivan

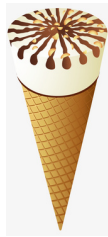
Alzheimer's Caregiver Support Group

Thursday, August 3, 10:30 AM-Noon



This group meets on the first Thursday of each month and provides families and caregivers with the emotional support and education they need to better understand Alzheimer's disease and other forms of dementia. A trained facilitator guides the group. Visit www.alznj.org to register and learn about additional programs and call 973-635-4565 to sign-up.

Please note: this group is only for family/friends who care for someone experiencing dementia.



Ice Cream Social

Friday, August 4, 12:15 PM

Relive those summer days of childhood while enjoying a delicious ice cream treat. Sponsored by Brandywine Mountain Ridge

Jeopardy Games

Fridays, August 4 & August 11, 1:00 PM

Test your smarts by playing America's favorite quiz show with Chatham High School volunteers.



Paper Collage Workshop

Monday, August 7, 12:30 PM

Try your hand at paper collage art by making an image of a Victorian lady and her beau taking a stroll. Fee: \$10 per person.

Instructor: Danielle D'Amico.

Summer Tiki Party

Wednesday, August 9, 12:30 PM

It's time to pull out your Hawaiian shirt or hula skirt!

Entertainment and food. Seats are limited.

Sponsored by Care-One Livingston



B	I	N	G	O
14	20	32	52	71
10	27	42	55	64
7	23	FREE	58	69
11	28	34	56	72
15	25	33	53	66

Prize Bingo

Thursday, August 10, 11:00 AM

You could win a 'Cup of Luck' by playing 'Prize Bingo.'

Sponsored by Harmony Village.

Free Hearing Test - Very Limited Number of Spots Available

Monday, August 14, 10:00 AM-Noon

Get your hearing checked for free; limited number of spots. If you sign up and find you are no longer able to make it, please notify us so we can give the spot to someone on the waiting list.

Tests conducted by Hearing Light.



Do Your Children Know About These Services?

Monday, August 14, 1:00 PM

Advanced knowledge is especially important. Help your children become aware of the types of services hospice can provide should they ever be needed.

Sponsored by Compassionate Care.

EOL



Food Truck

Wednesday, August 16, 12:00 PM

Celebrate summer with hot dogs, ice cream, lemonade, games, raffles and prizes. Seats are limited. Sponsored by Hospice of NJ, Chatham Hills Subacute Care Center, Unicity, Bradley & Son Funeral Homes.

Play Reading

Wednesday, August 16, 12:45 PM



Try your hand at acting in this play reading session. No pressure, just fun. Roles are assigned and scripts are distributed at the program. Facilitated by Judy French.

Nutrition Facts	
8 servings per container	
Serving size 2/3 cup (55g)	
Amount per serving	
Calories 230	
% Daily Value*	
Total Fat 3g	6%
Saturated Fat 1g	2%
Trans Fat 0g	0%
Cholesterol 0mg	0%
Sodium 160mg	7%
Total Carbohydrate 37g	13%
Dietary Fiber 4g	8%
Total Sugars 12g	24%
Includes 10g Added Sugars	20%
Protein 3g	6%
Vitamin D 2mcg	40%
Calcium 260mg	20%
Iron 8mg	40%
Potassium 235mg	6%

Understanding Nutrition Labels

Thursday, August 17, 10:30 AM

A Hospital Dietician will help us decipher nutrition labels and teach us what to look for and stay away from in food products.

Sponsored by Overlook Hospital.

EARLY SIGN-UP ALERTS FOR SEPTEMBER!



Beginner Mah Jongg Lessons - FREE!

Fridays, starting September 8, 1:00 PM

Start the fall off by learning the tile-based, strategy game of Mah Jongg. Taught by staffer, Penny Sullivan. Lessons are free.

Prepare Lunch & Thank You Cards for First Responders

Monday, Sept. 11, 10:00 AM

Help us thank Emergency Responders on the anniversary of 9/11 by making lunches and thank you cards that we'll deliver that day.

We are looking for 10 volunteers.



The Beach Boys Story

Friday, September 15, 1:00 PM

The Beach Boys are one of the most influential bands of the Rock Era. We will follow in their footsteps as they create their unique sound that incorporates classical and jazz elements. From surf music ('Surfin' Safari') to hot rod classics ('I Get Around') to their baroque masterpiece ('Pet Sounds'), we will travel with the band as they help to define the Sixties. Presented by Vincent Bruno, Beatles Scholar and 60s Rock Historian.

Sponsored by Bayada Home Healthcare.

Welcome Back Party!

Thursday, September 21, 12:30 PM

Sponsored by Delaney on the Green.

We're having a party to celebrate the Center's reopening after the summer break. Live music. Light lunch. Limited number of seats.



****All programs require a sign-up unless otherwise noted****

Men's Basketball

Monday, Friday, 10:00 AM

Games are played in the Municipal Gym. The fee due for Q3, July-September is \$20. Players must scan in at the kiosk before heading up to the gym.

Line Dancing

Monday, 1:30 PM

Instructor: Linda Hyland. Get some not-too-strenuous exercise and have fun while you're at it. Wear sneakers and loose clothing.

Pickleball

Tuesday, Wednesday, Thursday, 10:00 AM

Friday, 12:30 PM - Call Ahead to Check that Play is On

The fee due for Q3, July-September is \$20. Join others in playing this popular game. Rackets are available to borrow by new players. Please note: you must scan in at the kiosk before going upstairs to the gym. ***ATTENTION All Players New to the Game!*** If you'd like to play pickleball at the Center and are new, you must contact us in advance at 973-635-4565 so we can set up the required new player orientation which must be completed before you can start playing.

Gentle Exercise Classes: Monday, Tuesday, and Thursday, 12:20 PM.

\$8 per class. Instructor: Donna Sue Dowton.

Monday: Balance, Flex & Stretch - Class improves balance by increasing brain speed and eye tracking, and using a chair for stability. Seated and standing exercises improve body strength through use of hand weights and resistance bands.

Tuesday: Gentle Stretch - Class focuses on gentle stretching, improving alignment, posture, and reducing pain. The class is designed to move all your joints and stretch the entire body leaving you feeling relaxed and rejuvenated.

Thursday: Balance, Flex & Stretch - See Monday class description.

Intermediate Exercise Classes: Tuesday, Wednesday, and Friday, 9:00 AM

\$8 per class. Instructor: Donna Sue Dowton.

Tuesday: Balance, Flex & Stretch - faster-paced class improves balance by increasing brain speed, eye tracking, and standing on uneven surfaces. Full body strength is improved using a variety of equipment seated, standing, and on a mat (optional).

Wednesday: Intermediate Chair Yoga - focuses on stretching, strengthening, improving alignment and reducing pain through seated and standing poses; students must be comfortable with some single-leg poses.

Friday: Intermediate Cardio Strength - improves cardiovascular endurance and muscle tone using a variety of strength equipment paired with steady, low impact movement. Exercises are primarily done standing.

Pet Therapy Dog Visit

Thursday, August 17, 11:30 AM

Molly and her volunteer, Robert, will be here to visit with us.

Free Blood Pressure Screening

Thursday, August 17, 11:45 AM

Appointment not required; walk-ins welcome Sponsored by Atlantic Rehabilitation Center.

Table Tennis

5 Days a Week, 12:30 PM

Mondays, Wednesdays, and Fridays are for experienced players. Tuesdays and Thursdays are for those new to the game. Call in advance if you'd like lessons so we can make sure an instructor can be there on the day you want to come.

Paddles are available to borrow for the session.

*****All programs require a sign-up unless otherwise noted*****

Grief Support Group - CLOSED GROUP

Tuesday, 10:00-11:30 AM

Facilitated by Noelle Jensen, LCSW

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.

Please note: we'll be starting a second Grief Support Group beginning in September.

If you would like to join, please contact the Center.

Connections Self-Discovery

Friday, 10:00 AM

Facilitated by Noelle Jensen, LCSW

Participants have fun, learn about themselves and provide mutual support in this group.

Women's Circle

Tuesday, 1:00 PM

This 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.

Men's Discussion Group

Friday, 10:30 AM

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

Nifty Knitters

Wednesdays, 1:00 PM

This knitting group has 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 and needles are available at the Center.

Bridge Lessons

Instructor: Rick Hartley

Lessons are temporarily on hold; students continue to practice in the meantime.

Beginners, Wednesdays, 10:00 AM.

Experienced Players, Thursdays, 10:00 AM.

Canasta Lessons

Mondays, 10:00 AM

Free Play Canasta will take place this month while the instructor is away. Lessons will resume after Labor Day.

Chess Club

Mondays, 11:00 AM

Join others who love to play chess. Players of all levels are invited.

Tai Chi classes will resume after the summer break.

*****All programs require a sign-up unless otherwise noted*****

*****Italian Lessons and the Watercolor Class are taking a break for the summer.
These programs will resume when we re-open after Labor Day.*****

Book Groups

Nonfiction Book Group

The group is taking a break in August and will resume in September. Next month's book is "Prisoners of Geography: Ten Maps that Tell You Everything You Need to Know About Global Politics" by Tim Marshall. Books are available to borrow at the Center but must be signed out with a staff member first.

Fiction Book Group

Tuesday, August 8, 12:45 PM

The group will discuss "All the Broken Places" by John Boyne.

Films & Documentaries

Co-sponsored by Ascend Health & Brookdale West Orange

Call Center for titles.

Documentaries, Tuesday, 10:30 AM

Weekly Movie, Thursday, 12:30 PM

Foreign Film - No foreign film in August



AUGUST 2023

Monday	Tuesday	Wednesday	Thursday	Friday
	1	2	3	4
	9:00 Balance, Flex & Stretch-INT 10:00 Grief Support Grp-CLOSED Group 10:00 Playwrighting, Acting, Directing & Designing Workshop (PADD) - Block 1 10:00 Pickleball 10:30 Documentary 12:20 Balance, Flex & Stretch-GENTLE 12:30 Table Tennis/NEW 1:00 Women's Circle	9:00 Chair Yoga-INT 10:00 Beg. Bridge 10:00 Pickleball 11:00 Decoupage Seashell Craft 12:30 Table Tennis 1:00 Nifty Knitters	10:00 Pickleball 10:00 Dup. Lite 10:30 Alzheimer's Care-giver Support Group 12:20 Balance, Flex & Stretch—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 10:00 Self Discovery 11:00 Writing Wksp 12:15 Ice Cream Social 12:30 Table Tennis 12:30 Pickleball 1:00 Jeopardy Game
7	8	9	10	11
10:00 Men's Bsktball 10:00 Canasta—Free Play 11:00 Chess Club 12:30 Paper Collage Workshop 12:20 Balance, Flex & Stretch—GENTLE 12:30 Table Tennis 1:30 Line Dancing	9:00 Balance, Flex & Stretch-INT 10:00 Grief Support Grp-CLOSED Group 10:00 Playwrighting, Acting, Directing & Designing Workshop (PADD) - Block 1 10:00 Pickleball 10:30 Documentary 12:20 Balance, Flex & Stretch-GENTLE 12:30 Table Tennis/NEW 12:45 Fiction Book Grp. 1:00 Women's Circle	9:00 Chair Yoga-INT 10:00 Beg. Bridge 10:00 Pickleball 12:30 Table Tennis 12:30 Summer Tiki Party 1:00 Nifty Knitters	10:00 Pickleball 10:00 Exp. Bridge 11:00 Prize Bingo 12:20 Balance, Flex & Stretch—GENTLE 12:30 Table Tennis/NEW 12:30 Movie	9:00 Low Impact Cardio—INT 10:00 Men's Bsktball 10:00 Self Discovery 11:00 Writing Wksp 10:30 Men's Disc. Grp 12:30 Table Tennis 12:30 Pickleball 1:00 Jeopardy Game
14	15	16	17	18
10:00 Men's Bsktball 10:00 Canasta—Free Play 10:00 Hearing Tests 11:00 Bingo 11:00 Chess Club 12:20 Balance, Flex & Stretch—GENTLE 12:30 Table Tennis 1:00 Do Your Children Know About EOL Services? 1:30 Line Dancing	9:00 Balance, Flex & Stretch-INT 10:00 Grief Support Grp-CLOSED Group 10:00 Playwrighting, Acting, Directing & Designing Workshop (PADD) - LIVE SHOW! 10:00 Pickleball 10:30 Documentary 12:20 Balance, Flex & Stretch—GENTLE 12:30 Table Tennis/NEW 1:00 Women's Circle	9:00 Chair Yoga-INT 10:00 Beg. Bridge 10:00 Pickleball 12:00 Food Truck 12:30 Table Tennis 12:45 Play Reading 1:00 Nifty Knitters	10:00 Pickleball 10:00 Exp. Bridge 10:30 Understanding Nutrition Labels 11:30 Pet Therapy 11:45 BP Screening 12:00 August B-Days 12:20 Balance, Flex & Stretch—GENTLE 12:30 Table Tennis/NEW 12:30 Movie	9:00 Low Impact Cardio—INT 10:00 Men's Bsktball 10:00 Self Discovery 10:30 Men's Disc. Grp 11:00 Writing Wksp 12:30 Table Tennis 12:30 Pickleball LAST DAY BEFORE THE SUMMER CLOSE
21	22	23	24	25
28	<div style="border: 2px solid black; padding: 10px; text-align: center;"> The Center is closed for Summer Break August 21-September 4. We reopen on Tuesday, September 5. Enjoy the rest of the summer! </div>			Sept. 1

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