

Read this and the following pages for the wide range of programs we offer at the Center. There's something for everyone!

****Special Events****

Free Blood Pressure Screening Returns - Wednesday, August 18, 11 AM-12:30 PM

It's always a good idea to know your blood pressure numbers. Get yours checked for free at the Center. Walk-ins welcome; no need to sign up.

Sponsored by Ascend Health.



Connections Silver Linings Support Group - Mondays, starting September 13, 10:00-11:30 AM

This confidential support group's purpose is to provide support for its members as they share their thoughts and feelings about life's ongoing challenges. If you are looking to share in a safe and supportive environment, consider joining this group facilitated on Zoom by Claire Solu-Burd, LCSW, a local Social Worker. Sessions will include a group activity and time for discussion. The program runs through October 25. Pre-registration is required and attendance at the first meeting is mandatory. Please register using this Zoom link:

<https://us02web.zoom.us/join/zoom/register/tZErdOGsqz8sHNSCQkmZtaL4cjgKlyRiaBM>

Connections Self Discovery Group - Fridays, beginning September 17, 10:30-11:45 AM

Join us for this in-person group experience as we endeavor 6 weeks of learning, fun, self-discovery, and mutual support. This group will be facilitated by Claire Solu-Burd, LCSW, a local Social Worker. Sessions will include a group activity and time for discussion. Program runs through October 22. Pre-registration is encouraged. Four members are necessary to run this session. Call the Center to sign up: 973-635-4565.

Free Educational Program for Seniors

The Wellness Initiative for Senior Education (WISE) Program celebrates healthy aging and educates older adults on a variety of topics. Sponsored by the Municipal Alliance Committee of the Chathams (MACC) and the Madison Alliance Addressing Substance Abuse (MAASA), this free program will take place at the Library of the Chathams beginning on Tuesday, September 21 at 10 AM, and is open to anyone 60 or older. This educational program offers six lessons on:



- The aging process and how to make healthy lifestyle choices
- This exciting stage of life and all the benefits that come with it
- Risk factors and behaviors older adults should avoid to stay healthy
- How alcohol, prescription medications, and over-the-counter medications affect seniors differently and how they can avoid problems
- How to use simple tools to help you feel more empowered about your health and the healthcare you receive.

Free refreshments will be served at each lesson and all program participants will be eligible for free giveaways. For more information, and to register, contact Amy Lewis directly at 908-789-4070 x. 4080 or alewis@westfieldnj.gov.

Volunteers Wanted!

The Senior Center is looking for volunteers. We have a wide range of needs involving different time requirements and skillsets. These include database and spreadsheet management, general office work, party & event set-up, library organization, teaching craft workshops, or leading talent projects.

Give us a call if you'd like to help out: 973-635-4565.

Please see next pages for ongoing programs.

Mondays

Connections: Silver Linings, 9:45-11:30 AM

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 and runs through August 2. A new program begins in September.
<https://us02web.zoom.us/join/90251234567>

Men's Basketball, 10:00 AM-Noon

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

Men and women come together to talk about topics of interest to everyone in this indoor discussion group.

Easy Balance, Strength & Stretch, 11:30 AM-12:15 PM

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. Fee: individual class @ \$8. This session ends on August 16.
Please arrive on time and be ready for the scheduled start as a courtesy to others.

Table Tennis/Experienced Players, 12:30 PM

Play competitive games with other experienced table tennis players.

Tuesdays

Enhanced Balance and Strength, 9:00-9:45 AM

This is an indoor fitness class taught by Donna Sue Dowton. 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. Fee: individual class @ \$8. This session ends on August 17. *Please arrive on time and be ready for the scheduled start as a courtesy to others.*

Pickleball, 10:00AM-Noon

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

Great Courses DVD Lecture Series, Tuesdays, 10:30 AM

The series "Museum Masterpieces: The Louvre" runs through Aug. 3. A new lecture series will begin in September.

Table Tennis/New Participants, 12:30 PM

Play table tennis with other players. Get some lessons from veteran players while you're at it!

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

Qi Gong/Tai Chi, 9:30 AM

Qi Gong 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 are performed while sitting/standing near a chair. Instructor: Bianca Godoy. Fee: individual class @ \$8. This session ends on August 11.

Beginner Bridge Instruction, 10:00AM-12:30PM

This class is for rusty players or those wanting to learn modern bidding. Instructor: Rick Hartley.
Cost is \$7 per class, plus purchase of recommended book at \$15. Call Center to sign up.

Mah Jongg, 10:00 AM

All game supplies provided.

Please see next pages for more programs.

Wednesdays, Cont'd.

Caregiver Support Group, 10:30-11:30AM, August 11

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-join-link>

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 and will not meet if weather is inclement. Bring your own lawn chair.

Easy Chair Yoga, 11:30 AM-12:15 PM

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. Fee: individual class @ \$8. Session ends August 18.

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

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 flexible yoga strap or one can be purchased from the instructor for \$12. This is an indoor class. Fee: individual class @ \$8 each. Session ends August 19. *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

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

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, plus purchase of recommended book at \$15. Call Center to sign up.

Table Tennis/New Participants, 12:30 PM

Play games of table tennis with other players. Get some lessons from the veteran players while you're at it!

Fridays

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

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.

Table Tennis/Experienced Players, 12:30 PM

Play games of competitive table tennis with other experienced players.



AUGUST 2021

Monday	Tuesday	Wednesday	Thursday	Friday
<u>2</u> 10:00 Silver Linings 10:00 Men's Bsktball 10:30 Co-Ed Discussion 11:30 Easy Balance, Strength & Stretch 12:30 Table Tennis/ADV	<u>3</u> 9:00 Enhanced Balance & Strength 10:00 Pickleball 10:30 DVD Series 12:30 Table Tennis/NEW 1:30 Women's Circle	<u>4</u> 9:30 Qi Gong 10:00 Mah Jongg 10:00 Beg. Bridge 10:45 Men's Discussion 11:30 Easy Chair Yoga 1:00 Nifty Knitters	<u>5</u> 9:00 INT Chair Yoga 10:00 Free Paint 10:00 Pickleball 10:00 Dup. Lite 12:30 Table Tennis/NEW	<u>6</u> 10:00 Men's Bsktball 12:30 Movie 12:30 Table Tennis/ADV
<u>9</u> 10:00 Men's Bsktball 10:30 Co-Ed Discussion 11:30 Easy Balance, Strength & Stretch 12:30 Table Tennis/ADV	<u>10</u> 9:00 Enhanced Balance & Strength 10:00 Pickleball 12:30 Table Tennis/NEW 1:30 Women's Circle	<u>11</u> 9:30 Qi Gong 10:00 Mah Jongg 10:00 Beg. Bridge 10:30 Caregiver Support Grp 10:45 Men's Discussion 11:30 Easy Chair Yoga 12:30 Table Tennis/ADV 1:00 Nifty Knitters	<u>12</u> 9:00 INT Chair Yoga 10:00 Free Paint 10:00 Pickleball 10:00 Exp. Bridge 12:30 Table Tennis/NEW	<u>13</u> 10:00 Men's Bsktball 12:30 Movie 12:30 Table Tennis/ADV
<u>16</u> 10:00 Men's Bsktball 10:30 Co-Ed Discussion 11:30 Easy Balance, Strength & Stretch 12:30 Table Tennis/ADV	<u>17</u> 9:00 Enhanced Balance & Strength 10:00 Pickleball 12:30 Table Tennis/NEW 1:30 Women's Circle	<u>18</u> 10:00 Mah Jongg 10:00 Beg. Bridge 10:45 Men's Discussion 11:00 BP Screening 11:30 Easy Chair Yoga 1:00 Nifty Knitters	<u>19</u> 9:00 INT Chair Yoga 10:00 Free Paint 10:00 Pickleball 10:00 Dup. Lite 12:30 Table Tennis/NEW	<u>20</u> 10:00 Men's Bsktball 12:30 Movie 12:30 Table Tennis/ADV
<u>23</u>	<u>24</u>	<u>25</u>	<u>26</u>	<u>27</u>
<u>30</u>	<div style="border: 2px solid black; background-color: #e6f2ff; padding: 10px; text-align: center;"> <p>The Center will be closed for summer break starting Monday, August 23 through Labor Day.</p> <p>We will re-open on Tuesday, September 7.</p> </div>			



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*****In accordance with the latest CDC guidelines and the Governor's Executive Order, adults who are fully vaccinated are no longer required to wear a mask at the Senior Center. Those who are not fully vaccinated must continue to wear masks. We continue to monitor the latest guidance and will make updates as warranted.*****

Resources & Information



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>

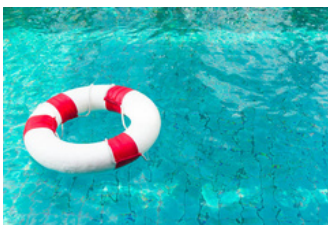


Morris Habitat for Humanity Offers Certain Home Improvements for Seniors Who Qualify. The special "Home Support for Seniors" program makes accessibility and energy efficiency improvements for Morris County households with a member aged 62 and over. Volunteer teams work under the direction of Habitat 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.



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>



Beat the Heat - Senior residents in Chatham Borough and Chatham Township may use certain pools near where they live for free when the temperature reaches 90 degrees and higher: Memorial Park Pool at 22 North Passaic Avenue is open to Borough seniors age 65 and up and The Colony Club Pool at 55 School Avenue is open to Township seniors ages 62 and up. Residents are asked to bring identification. If you don't live in Chatham, please check with your town government for similar options.



Heat-Related Emergency Safety Tips from NJ Office of Emergency Management

- Stay indoors in air conditioning as much as possible
- If you do go outside, stay in the shade
- If your home is not air-conditioned, spend at least two hours daily in an air-conditioned mall, library, or another public place
- Wear sunscreen and loose-fitting light-colored clothing that covers as much skin as possible outside
 - Avoid exertion during the hottest part of the day
 - Take a cool shower or bath
 - Stay well-hydrated
- Contact your local and/or county offices of emergency management for information about cooling stations