



Phone: 973-635-4565

58 Meyersville Rd., Chatham, NJ

Website: chathamseiorcenter.org

January 2023

I went for a walk in the woods this year with my dogs. Lo and behold, one of my dogs (yes, I have no idea how I ended up with two), Boomer, met his soul mate Dobby, with his matching color and similar build. Turns out, Dobby's mom (or for you non-dog people, Dobby's 'owner') and I began talking during our dogs' regular romps through the woods. What started as a casual acquaintance, has now expanded into a full-on friendship, including trips with the dogs to the beach as well as having dinner without the dogs there. We have spoken about how happy we are and how refreshing it is to make a new friend and recognized that it is not as easy to do as you get older.

There is no doubt that social attachments are pivotal to happiness and personal fulfillment. According to a 2016 study, once we turn 25, the number of friends we have starts to plateau and can slowly diminish over the years. Although past research has focused on the positive benefits of relationships with close friends and family, a new wave of research shows that well-being is correlated not only to interactions with these specific relationships but also extends to connections with more casual social ties.

Certainly, as we age, we navigate several life transitions, and we need to get a little more proactive and creative about finding the many connections that are still out there waiting for us. You probably know where I'm heading with this: the Senior Center of the Chathams is all about expanding your circle and meeting new people. It truly is that simple! Meeting new people is good for all of us. Whether interactions with people stay on a more casual basis or blossom into closer friendships, there is no doubt there are immense benefits to building new relationships.

This newsletter is full of opportunities to meet people and socialize. We hope you'll start building some new connections here in 2023. Happy New Year!

-- Julie

To kick off your health resolutions for the New Year, see page 3 for details on how to enroll in the evidence-based Eat Smart, Move More, Weigh Less program and the Put Life Back in Your Life: Take Control of Your Health program.



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

Protecting Your Wealth from Healthcare Costs in Retirement

Monday, Jan. 9, 12:00 PM

Jeff Condit of Merrill Lynch will be here to talk about this important topic. Presentation followed by a light lunch.

The Life & Music of Elvis Presley

Wednesday, Jan. 11, 1:00 PM

Elvis Presley's dynamic story from his humble beginnings through his rise to stardom is a fascinating journey. Presented by rock historian Vinnie Bruno.

Sponsored by Delaney at the Green.



Monday, Jan. 16

Bagel Breakfast, 10:30 AM

Sponsored by ArosaCare

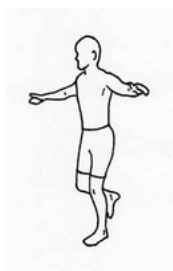
Presentation: Celebrating the Life of MLK, 11:00 AM

At the age of 35, Martin Luther King, Jr. was the youngest man to have received the Nobel Peace Prize. When notified of his selection, he announced he would turn over the prize money of \$54,123 to the furtherance of the civil rights movement. Learn more about the Life and Work of MLK during an educational presentation by historian, Paul White.

Acrylic Painting on Canvas

Wednesday, Jan. 18, 10:00 AM

Participants will paint a snow cabin in the wintery mountains. Instructor: J. Robinson Art. No Fee. Sponsored by The Senior Company and Chatham Hills Subacute Rehabilitation Center.



Balance Focus Presentation & Lunch

Wednesday, Jan. 18, 11:30 AM

In this talk, you will learn about 10 light balance exercises that you can do at home, tips on safety rules in your house, and how to be mindful of your balance in your daily life. Sponsored by Generations Home Health Care.

Tech Support, Thursday, Jan. 19, 3:15 PM

Chatham High School students will be here to help you with your technology issues. Bring your laptop, smart phone, or tablet.



Pokeno & Bagels, Friday, Jan. 20, 12:00 PM

Play some fun games of Pokeno and enjoy a bagel.

Sponsored by Juniper Village.

New Member Welcome Social & Live Entertainment

Monday, Jan. 23, 11:30 AM

Help us greet and get to know the newest members of the Center! Refreshments and live entertainment will be provided by singer, Mike Simon. Sponsored by Promedica.



Chinese Take-Out Lunch, Wednesday, Jan. 25, Noon

Join us for a take-out lunch from Good Taste Chinese Restaurant in Chatham. A lunch menu will be available to choose from and we'll enjoy our delivered lunches together. Prepay with Jane in advance.

Pizza Party, Monday, Jan. 30, Noon

Enjoy some pizza for lunch. Sponsored by Allaire.



Gordon Granger, Senior Center Founder

Gordon Granger, one of our beloved trustees, passed away in late November. Gordon was a founder of the Senior Center of the Chathams over 34 years ago and served as treasurer for many years. He remained an active board member and was a valued contributor during his years of service. Our love and support go out to Marilyn and the Granger family. He is greatly missed.



When shopping on Amazon, add the Senior Center of the Chathams to your account and earn money for us when you purchase for yourself. Please let us know if you need help with this.

Our **Holiday Appeal** began last month. No donation is too small! You can make a donation on our website at <https://chathamseiorcenter.org/donate/>

Are you an adult age 55 or older with an ongoing health condition? You'll get the support you need, find practical ways to deal with pain and fatigue, discover better nutrition and exercise choices, understand new treatment choices, and learn better ways to talk with your doctor and family about your health.

*Feel better.
Be in control.
Do the things
you want to
do.*

If you have conditions such as diabetes, arthritis, high blood pressure, heart disease, chronic pain, or anxiety, join us for a FREE 2 1/2 hour program held each week for 6 weeks to take charge of your life.

Put Life Back in Your Life: Take Control of Your Health

Sessions begin on Tuesday, January 10 at 1 pm at Library of the Chathams, 214 Main St, Chatham. Refreshments will be served!



To register or get more information, please call or email Amy Lewis at 908-789-4070 ext. 4080, alewis@westfieldnj.gov



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:

- Connect with others working on similar goals
- Participate in weekly lessons that inspire and motivate
- Receive one-on-one support from your instructor, a Registered Dietitian Nutritionist (RDN)
- Attend live, interactive classes online from your computer or mobile device
- Overcome barriers to healthy eating and physical activity

Weekly sessions teach participants to:



Find more information at: <https://esmmweighless.com/>

*Participants may choose to make a contribution to the Eat Smart program but this is not mandatory or a requirement for participation.

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

Men's Basketball

Monday, Friday, 10:00 AM,
Games are played in the Municipal Gym.
The fee is \$20 for Jan-Mar.

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.

Gentle Exercise: Balance, Flex & Stretch

Monday, Tuesday, and Thursday, 12:20 PM.
\$8 per class.

Instructor: Donna Sue Dowton.

Classes focus 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.

Intermediate Exercise: Balance, Flex & Stretch

Tuesday, Wednesday, and Friday, 9:00 AM
\$8 per class

Instructor: Donna Sue Dowton. Wednesday's class is intermediate chair yoga, seated and standing poses. Students must be comfortable with some single-leg poses. Friday's class includes some low impact cardio.

Pickleball

Tuesday, Wednesday, Thursday, 10:00 AM

The fee is \$20 for Jan-Mar. Join others in playing this popular game. Rackets are available to borrow by new players. Call in advance if you are interested in a lesson.

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. Rackets are available to borrow.

Free Blood Pressure Screening

Thursday, Jan. 19, 11:45 AM
Walk-ins welcome. Sponsored by Ascend.

Pet Therapy Dog Visit

Thursday, Jan. 19, 11:00 AM
Spend a little time with Molly, a pet therapy dog, who'll be here to visit with her volunteer, Robert. No sign-up required.



Grief Support Group

Tuesday, 10:00-11:30 AM

Facilitated by Claire Solu-Burd, 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.

Connections Self-Discovery

Friday, 10:00 AM

Facilitated by Claire Solu-Burd, 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

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 & needles are available at the Center.

Reminiscence Group

Thursday, Jan. 4, 11:00 AM

An informal get-together where participants share good memories and personal stories. Come meet new friends, learn more about the people you already know here, and enjoy a great cup of coffee!

Bingo

Mondays, Jan. 9 & 30, 11:00 AM

Cards and chips provided.

Bridge Lessons

Instructor: Rick Hartley

Fee: \$7 per class

Beginners, Wednesday, 10:00 AM. If you are rusty or have had a lesson or two, try this class.

Experienced Players, Thursday, 10:00 AM. Class alternates between lessons and duplicate light.

Canasta Lessons

Monday, 10:00 AM

Instructor: Judy French

Rummikub

Tuesday, 9:30 AM

Watercolor Class,

Thursday, 10:00 AM

Instructor: Philla Barkhorn

The fee is \$10 per class. No experience is necessary. Materials are provided for those who need them; feel free to work on your own projects during the class.

Subjects:

1/5 - Color Workshop

1/12 - Wintery Landscape

1/19 - Sunflowers, Part 1

1/26 - Sunflowers, Part 2

Writing Workshop,

Friday, 11:00 AM

Instructor: Jenny Tananbaum

Have you ever wanted to write the story you have to tell but don't know how to get started? Try this fun, introductory class open to all types of writers. Through class discussion and writing exercises, setting, character, plot development, theme, dialogue, and more are explored. No previous experience needed.

Play Reading

Tuesday, Jan. 17, 12:45 PM

Facilitator: Judy French

Read a part in a play and show off your acting talents with the group. Scripts will be handed out and roles assigned on the day of the program

Book Groups

Fiction - Tuesday, Jan. 24, 12:45 PM

The book is "The Girl with the Louding Voice" by Abi Dare

Nonfiction - Friday, Jan. 27, 1:00 PM

The book is "Just Mercy" by Bryan Stevenson. Copies are available to borrow at the Center.

Films & Documentaries

Sponsored by Brookdale Senior Living & Serenity Hospice Care
Call Center for titles.

Documentaries, Tuesday, 10:30 AM

Weekly Movie, Thursday, 12:30 PM

Golden Class Movie - Friday, Jan. 13, 12:30 PM (once a month)



JANUARY 2023

Monday	Tuesday	Wednesday	Thursday	Friday
2 CENTER CLOSED	3 9:00 Balance & Flex-INT 9:30 Rummikub 10:00 Pickleball 10:00 Grief Support Grp 10:30 Documentary 12:20 GENTLE Stretch 12:30 Table Tennis/NEW 1:00 Women's Circle	4 9:00 Chair Yoga/INT 10:00 Open Bridge 10:00 Beg. Bridge 10:00 Pickleball 11:00 Reminiscence Grp 12:30 Table Tennis 1:00 Nifty Knitters	5 10:00 Pickleball 10:00 Exp. Bridge 10:00 Watercolor Class 12:20 Balance & Flex—GENTLE 12:30 Table Tennis/NEW 12:30 Movie	6 9:00 Balance, Flex & Stretch –INT 10:00 Men's Bsktball 10:00 Self Discovery Grp 10:30 Men's Disc. Grp 11:00 Writing Wksp 12:30 Table Tennis
9 10:00 Men's Bskball 10:00 Canasta Lessons 11:00 Bingo 12:00 Protecting Your Wealth from Healthcare Costs 12:20 Balance & Flex—GENTLE 12:30 Table Tennis 1:30 Line Dancing	10 9:00 Balance & Flex-INT 9:30 Rummikub 10:00 Pickleball 10:00 Grief Support Grp 10:30 Documentary 12:20 GENTLE Stretch 12:30 Table Tennis/NEW 1:00 Women's Circle	11 9:00 Chair Yoga/INT 10:00 Open Bridge 10:00 Beg. Bridge 10:00 Pickleball 12:30 Table Tennis 1:00 Nifty Knitters 1:00 The Life & Music of Elvis Presley	12 10:00 Pickleball 10:00 Dup. Lite 10:00 Watercolor Class 12:20 Balance & Flex—GENTLE 12:30 Table Tennis/NEW 12:30 Movie	13 9:00 Balance, Flex & Stretch –INT 10:00 Men's Bsktball 10:00 Self Discovery Grp 10:30 Men's Disc. Grp 11:00 Writing Wksp 12:30 Table Tennis 12:30 Golden Classic Movie
16 10:00 Men's Bskball 10:00 Canasta Lessons 10:30 Bagel Breakfast 11:00 Celebrating the Life of MLK 12:20 Balance & Flex—GENTLE 12:30 Table Tennis 1:30 Line Dancing	17 9:00 Balance & Flex-INT 9:30 Rummikub 10:00 Pickleball 10:00 Grief Support Grp 10:30 Documentary 12:20 GENTLE Stretch 12:30 Table Tennis/NEW 12:45 Play Reading 1:00 Women's Circle	18 9:00 Chair Yoga/INT 10:00 Open Bridge 10:00 Beg. Bridge 10:00 Pickleball 10:00 Canvas Painting 11:30 Balance Focus Presentation & Lunch 12:30 Table Tennis 1:00 Nifty Knitters	19 10:00 Pickleball 10:00 Exp. Bridge 10:00 Watercolor Class 11:00 Pet Therapy 11:45 BP Screening 12:20 Balance & Flex—GENTLE 12:30 Table Tennis/NEW 12:30 Movie 3:15 Tech Support	20 9:00 Balance, Flex & Stretch –INT 10:00 Men's Bsktball 10:00 Self Discovery 10:30 Men's Disc. Grp 11:00 Writing Wksp 12:00 Pokeno & Bagels 12:30 Table Tennis
23 10:00 Men's Bskball 10:00 Canasta Lessons 11:30 New Member Social & Live Entertainment 12:20 Balance & Flex—GENTLE 12:30 Table Tennis 1:30 Line Dancing	24 9:00 Balance & Flex-INT 9:30 Rummikub 10:00 Pickleball 10:00 Grief Support Grp 10:30 Documentary 12:20 GENTLE Stretch 12:30 Table Tennis/NEW 12:45 Fiction Book Group 1:00 Women's Circle	25 9:00 Chair Yoga/INT 10:00 Open Bridge 10:00 Beg. Bridge 10:00 Pickleball 12:00 Chinese Take-Out Lunch 12:30 Table Tennis 1:00 Nifty Knitters	26 10:00 Pickleball 10:00 Dup. Lite 12:00 Jan. Birthdays 12:20 Balance & Flex—GENTLE 12:30 Table Tennis/NEW 12:30 Movie	27 9:00 Balance, Flex & Stretch –INT 10:00 Men's Bsktball 10:00 Self Discovery 10:30 Men's Disc. Grp 11:00 Writing Wksp 12:30 Table Tennis 1:00 NF Book Group
30 10:00 Men's Bskball 10:00 Canasta Lessons 11:00 Bingo 12:00 Pizza Party 12:20 Balance & Flex—GENTLE 12:30 Table Tennis 1:30 Line Dancing	31 9:00 Balance & Flex-INT 9:30 Rummikub 10:00 Pickleball 10:00 Grief Support Grp 10:30 Documentary 12:20 GENTLE Stretch 12:30 Table Tennis/NEW 1:00 Women's Circle			

Key:
Red = one-time event
Blue Bold = new session for a continuing program or recurring once-a-month event

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