

To check for Center closings or class cancellations due to inclement weather, call 973-635-4565 after 8:30 AM for a message or check our website and Facebook page.

****Upcoming Programs****

Rescheduled: Nonfiction Book Group, Monday, Jan. 31, 11:00 AM

Come join the discussion facilitated by Carol Eisenhardt. Call Center for title.

Rescheduled: Play Reading Circle, Tuesday, Feb. 1, 1:00 PM

Join us for our second play reading and show off your inner actor. Parts will be assigned and scripts distributed on the day of the program.



Facilitated by Judy French. Sign up is required.



AARP Tax Preparation, Fridays starting February 4, 9:30 AM-3:00 PM

The Senior Center will again provide space for the AARP Free Tax-Aide Preparation program. Please note that Center staff do not schedule appointments; that process is managed directly by AARP. This year more sites will be open so you may be directed to a location closer to where you live.



Valentine's Day: Piano Music & Chocolate, Monday, February 14, 1:30 PM

Joe Regan, singer and pianist will be back to entertain us with popular songs that celebrate love and romance on Valentine's Day. Chocolate candy included.

Sign up by Feb. 9 if you wish to participate.

Free event sponsored by Sunrise Senior Living of Summit.



Free Blood Pressure Screening, Thursday, February 17, 11:00 AM-12:30 PM

Get your blood pressure checked for free here at the Center.

No appointment needed. Sponsored by Brandywine Senior Living.

Beginner Bridge Instruction Begins Wednesday, February 23, 10:00 AM

For the true beginner, rusty player, or anyone who wants to learn modern bidding. Fee: \$7/class. Plus recommended book, \$15. Instructor: Rick Hartley Class size is limited; early registration is recommended.



'Singin' in the Rain: What a Glorious Feeling!', Friday, Feb. 25, 1:00 PM

A producer/songwriter at MGM wanted a film cataloguing his old hits. Gene Kelly and company came up with one of the best movie musicals of all time. Which star nearly quit because Kelly was so demanding? How did they manage the downpour during the title song? Entertainment historian John Kenrick returns to answer these questions and take us behind the scenes of this Hollywood classic. Must sign up to attend.

Sponsored by Pine Acres Rehab & Healthcare, Madison.

The Senior Center is excited to offer **Eat Smart, Move More, Weigh Less** to residents of Morris County who are ages 60 and over. See next page to learn more about this free wellness initiative.

The Senior Center is Offering a Free Wellness Program to Morris County Residents



Eat Smart, Move More, Weigh Less is a 15-week, **online** weight management program delivered live by Registered Dietitian Nutritionists (RDNs). This evidence-based program was developed by North Carolina State University and the NC Division of Public Health and uses strategies proven to work for weight loss and maintenance. Each week's lesson is delivered in an interactive, real-time format with a live instructor and informs, empowers, and motivates participants to live mindfully as they make choices about eating and physical activity. One-on-one support outside of class is also provided. Participants can conveniently attend classes from home using a computer or mobile device. (Access to a computer or mobile device is necessary.) This is a free program available to residents of Morris County ages 60 or older.

Call the Senior Center at 973-635-4565 if interested in registering.

Learn more about the program at
www.esmmweighless.com.

See the next pages for information about the Center's other programs.

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.

Gentle Balance & Flex, 12:20 PM

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

Table Tennis/Experienced Players, 12:30 PM

Play competitive games of table tennis with other experienced players.

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.

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 Downton.

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/join/zoom/register/tZYucO2gpjsuGtDQlw5o_H8h6_cr501VWDVh

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 through March.

DVD Documentary Series, 10:30 AM

Sponsored by: Bradley Funeral Homes
We are currently showing the Great Courses series, "Ancient Civilizations of North America" comprised of 24 lectures, 30 minutes each. Three lectures are screened at each session.

Gentle Chair Yoga - 12:20 PM

Call Center for fee information.
Contact Center 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.

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 Chair Yoga - 9:00 AM

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

Programs continue on next pages.

Wednesdays, cont'd.

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.

Mah Jongg, 10:00 AM

Mah Jongg is a stimulating game of strategy that helps people enhance cognitive ability and improve planning, memory, and calculation skills - all while having fun. If you're an existing player or beginner with knowledge of the game looking for a few tips, join our group in a no-pressure environment. All game supplies provided. Everyone is welcome.

Caregiver Support Group, 10:30 AM, Feb. 9

Moderated on Zoom and in-person at the Center by Phyllis Flemming, former Executive Director, Victorian Garden Adult Day Center and experienced dementia support group leader. New participants always welcome.

Contact Center for Zoom link.

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.

Thursdays

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.

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 through March.

Free Paint, 10:00 AM

The Art Room is open for you to work on your own paintings. Bring your own supplies and projects.

Gentle Balance & Flex, 12:20 PM

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

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.

Movie - 12:30 PM

Sponsored by Bradley Funeral Homes

2/3 - State Fair

2/10 - Double Jeopardy

2/17 - '10'

2/24 - Singin' in the Rain

Fridays

Intermediate Low Impact Cardio, 9:00 AM

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

Connections Self Discovery Group, 10:30AM

Join this in-person group experience as we endeavor learning, fun, self-discovery, and mutual support. This group is facilitated by Claire Solu-Burd, LCSW. New members always welcome but space is limited. New session begins Feb. 25. Call the Center to sign up if interested: 973-635-4565.

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, Feb. 18, 12:30 PM

Sponsored by Bradley Funeral Homes

Film: Farewell My Concubine - Chinese

FEBRUARY 2022

Monday	Tuesday	Wednesday	Thursday	Friday
<u>31</u> 10:00 Silver Linings 10:00 Open Bridge 11:00 NF Book Grp 12:00 Beg. Knitting 12:20 Balance & Flex—GENTLE 12:30 Table Tennis 1:30 Line Dancing	<u>1</u> 9:00 Balance & Flex-INT 9:45 Writing Wksp 10:00 Open Bridge 10:00 Pickleball 10:30 DVD Series 12:20 Chair Yoga—GENTLE 12:30 Table Tennis/NEW 1:00 Women's Circle 1:00 Play Reading	<u>2</u> 9:00 Chair Yoga/INT 10:00 Mah Jongg 10:00 Open Bridge 10:00 Beg. Bridge 12:30 Table Tennis 1:00 Nifty Knitters	<u>3</u> 10:00 Pickleball 10:00 Bridge/EXP. 10:00 Free Paint 12:20 Balance & Flex—GENTLE 12:30 Table Tennis/NEW 12:30 Movie	<u>4</u> 9:00 Low Impact Cardio/INT 9:30 AARP Taxes 10:30 Men's Disc. Grp 10:30 Self-Discovery Grp 12:30 Table Tennis
<u>7</u> 10:00 Silver Linings 10:00 Open Bridge 12:00 Beg. Knitting 12:20 Balance & Flex—GENTLE 12:30 Table Tennis 1:30 Line Dancing	<u>8</u> 9:00 Balance & Flex-INT 9:45 Writing Wksp 10:00 Open Bridge 10:00 Pickleball 10:30 DVD Series 12:20 Chair Yoga—GENTLE 12:30 Table Tennis/NEW 1:00 Women's Circle	<u>9</u> 9:00 Chair Yoga/INT 10:00 Mah Jongg 10:00 Open Bridge 10:00 Beg. Bridge 10:30 Caregiver Group 12:30 Table Tennis 1:00 Nifty Knitters	<u>10</u> 10:00 Pickleball 10:00 Dup. Lite 10:00 Free Paint 12:20 Balance & Flex—GENTLE 12:30 Table Tennis/NEW 12:30 Movie	<u>11</u> 9:00 Low Impact Cardio/INT 9:30 AARP Taxes 10:30 Men's Disc. Grp 10:30 Self-Discovery Grp 12:30 Table Tennis
<u>14</u> 10:00 Silver Linings 10:00 Open Bridge 12:00 Beg. Knitting 12:20 Balance & Flex—GENTLE 12:30 Table Tennis 1:30 Line Dancing 1:30 Valentine's Day Piano Music	<u>15</u> 9:00 Balance & Flex-INT 9:45 Writing Wksp 10:00 Open Bridge 10:00 Pickleball 10:30 DVD Series 12:20 Chair Yoga—GENTLE 12:30 Table Tennis/NEW 1:00 Women's Circle	<u>16</u> 9:00 Chair Yoga/INT 10:00 Mah Jongg 10:00 Open Bridge 10:00 Beg. Bridge 12:30 Table Tennis 1:00 Nifty Knitters	<u>17</u> 10:00 Pickleball 10:00 Bridge/EXP. 10:00 Free Paint 11:00 BP Screening 12:20 Balance & Flex—GENTLE 12:30 Table Tennis/NEW 12:30 Movie	<u>18</u> 9:00 Low Impact Cardio/INT 9:30 AARP Taxes 10:30 Men's Disc. Grp 12:30 Table Tennis
<u>21</u> CENTER CLOSED PRESIDENTS DAY	<u>22</u> 9:00 Balance & Flex-INT 9:45 Writing Wksp-NEW Session 10:00 Open Bridge 10:00 Pickleball 10:30 DVD Series 12:20 Chair Yoga—GENTLE 12:30 Table Tennis/NEW 1:00 Women's Circle	<u>23</u> 9:00 Chair Yoga/INT 10:00 Mah Jongg 10:00 Open Bridge 10:00 Beg. Bridge—NEW SESSION 12:30 Table Tennis 1:00 Nifty Knitters	<u>24</u> 10:00 Pickleball 10:00 Dup. Lite 10:00 Free Paint 12:20 Balance & Flex—GENTLE 12:30 Table Tennis/NEW 12:30 Movie	<u>25</u> 9:00 Low Impact Cardio/INT 9:30 AARP Taxes 10:30 Men's Disc. Grp 10:30 Self-Discovery Grp 12:30 Table Tennis 1:00 Singin' in the Rain
<u>28</u> 10:00 Silver Linings 10:00 Open Bridge 11:00 NF Book Grp 12:00 Beg. Knitting 12:20 Balance & Flex—GENTLE 12:30 Table Tennis 1:30 Line Dancing	Sign up Now for Golf Lessons Wednesdays at 12:30PM March 9-30			

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