

****Upcoming Special Programs****

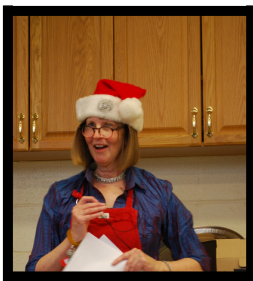
Watercolor Workshop: Sunflowers, June 2, 10:00 AM



Working from a photo reference or a drawing, students will create a beautiful watercolor painting of sunflowers. For a greater challenge, real flowers will be available and students may compose the arrangement to their liking and work from that. The instructor, Philla Barkhorn, will discuss drawing flowers in perspective, color choices, and the use of thumbnail sketches to develop compositions. Painting demonstration will include tips on painting leaves and the importance of size, shape and color variety in depicting nature. Fee is \$7 per person. Sign up required.

Turtle Back Zoo, Friday, June 3, 1:00 PM

In this educational program, Turtle Back Zoo will explain how the keepers work with their animals to keep them mentally and physically healthy. They will also discuss the different types of enrichment and training and how both contribute to the animals' wellbeing. They'll also present some of their animal ambassador 'in person'! Space is limited. Sign up is required by May 27. Sponsored by Sonny's Indian Kitchen, Chatham.



Wish a Happy Retirement to Kristin Jones!

Thursday, June 9, Noon

Join us to celebrate our Program Director and colleague, Kristin Jones, and wish her a happy retirement!
Cheers and cake all around!

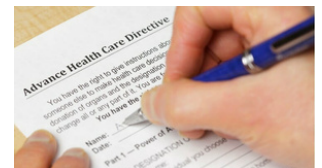
Performance by Solo Violinist, Friday, June 10, 11:00 AM

Join us for a performance by 13-year-old Audrey Lee, State Champion of the NJ Music Teacher Association Young Musician Competition. She will perform pieces by Bruch, Bach, and Mendelssohn. Please sign up to attend.



Estate Planning 101, Tuesday, June 14, 11:00 AM

Robert Murray, Principal, The Murray Firm, LLC will be here to present an overview of basic estate planning documents, wills, types of trusts, asset preservation techniques, and probate matters, among other topics. A light lunch will be served following the presentation. This program is made possible by a grant from the NJ State Bar Foundation. Must sign up to attend.



See next page for more special programs coming up next month.

****Special Programs in June - cont'd.****



Dinner with Friends, Wednesday, June 15, 5:00 PM

Have dinner with us and friends at Sonny's Indian Kitchen in Chatham. Enjoy a three-course meal where you'll choose among 2 appetizers, 4 entrees, and 3 desserts. Food will be mild, not be spicy. BYOB. Space is limited. Price: \$35 per person (including tax and gratuity). Deadline to sign up, pay, and provide your menu selections is June 8. See page 5 of this newsletter for menu options.



Free Blood Pressure Screening, Thursday, June 16, 11:45 AM-12:30 PM

Get your blood pressure checked for free here at the Senior Center. No appointments needed; walk-ins welcome.

Sponsored by Chatham Hills Subacute Care Center.

Flower Arranging & Charcuterie, Tuesday, June 21, 1:00 PM

Master the art of flower arranging and enjoy refreshments and a charcuterie board while you're at it!. Must sign up by June 14 to attend.

Free event sponsored by Brandywine, Living at Summit.



Watercolor Workshop: Animal Painting, Thursday, June 23, 10:00 AM

Students will copy a painting of their choice in this workshop on loose watercolor animals. Students may draw or transfer the image onto their paper, and then, working wet into wet, create a loose impressionistic piece. No experience necessary. Materials provided to those who need them, or you may bring your own. Fee: \$7 per person. Sign up by June 13.

Sponsored by Ascend Health.



Marketing, Misinformation & the Changing Role of Women: Life Along the Passaic in Late 19th Century Chatham Township.

Friday, June 24, 1:00 PM

Dr. Maria Masucci, Associate Dean for Faculty Arts & Sciences, Professor, Anthropology and Archaeology, Drew University will discuss archaeological findings found at the Stanley Mill site in Chatham Township. Attendees are invited to participate in analyzing recovered artifacts which offer insights into the products available and product choices made by families in the 19th century. The artifacts also reveal early marketing practices aimed particularly at women and mothers in the home. Sign up is required.



****Save the Date: Friday, July 8****

Outdoor Food & Entertainment event. Details to follow.

Please see the next pages for our ongoing 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.

Men's Basketball, 10:00 AM

Fee is \$20 for April-June. Games are played upstairs in the Municipal Gym.

Nonfiction Book Group, 11:00 AM, June 27

The group will discuss "The Devil's Highway: A True Story" by Luis Alberto Urrea. All are welcome to join the conversation.

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.

Gentle Balance & Flex, 12:20 PM

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

Table Tennis/Experienced Players, 12:30 PM

Play competitive games of table tennis with other experienced players.

Line Dancing, 1:30 PM

Get exercise and have fun at the same time. You'll learn the steps with all kinds of music, not just country. Wear sneakers and loose clothing. You don't need a partner to participate. Last class before a summer break is Monday, June 13. Instructor: Linda Hyland.

Tuesdays

Intermediate Balance & Flex, 9:00 AM

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

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/meeting/register/tZEpduihpzMiHdX_0UqMKXLYhgGQcZV6NBym

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 April-June.

DVD Documentary Series, 10:30 AM

The Great Courses series, "Music as the Mirror of History" examines the surprising and fascinating connections between famous music and historic events. Lectures are close-captioned.

Gentle Stretch & Alignment - 12:20 PM

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

Tuesdays, cont'd.

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 or play.

Book Group, 12:45 PM, June 28

The group will be discussing "The Authenticity Project" by Claire Pooley.

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 Mat Stretch & Alignment - 9:00 AM

Class is taught on mats. Call Center for fee information and to sign up.

Instructor: Donna Sue Dowton.

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.

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.

Connections Self Discovery Group, 10:30AM

Join this in-person co-ed group experience as we endeavor learning, fun, self-discovery, and mutual support. The group is facilitated by Claire Solu-Burd, LCSW. New members are always welcome. In this session, the group will be working on a Tree of Life project. Call the Center to sign up. Last session before a break is Wednesday, June 22.

Caregiver Support Group, 10:30AM-Noon, June 8

Join others who care for loved ones experiencing dementia. This monthly meeting is moderated on Zoom and held in-person at the Senior Center by Phyllis Flemming, former Executive Director, Victorian Garden Adult Day Care Center, and experienced support group moderator.

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

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 April-June.

Free Paint, 10:00 AM

The Art Room is open for you to work on your own paintings when there is no other art class scheduled. Bring your own supplies and projects.

Thursdays, cont'd.

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 Spring Hills Livingston

June 2 - An American in Paris

June 9 - Rain Man

June 16 - Death on the Nile (2022)

June 23 - Miss Pettigrew Lives for a Day

June 30 - 42

Fridays

Intermediate Low Impact Cardio, 9:00 AM

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

Men's Basketball, 10:00 AM

Fee is \$20 April-June.

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, June 17, 12:30 PM

Sponsored by Spring Hills Livingston

Yesterday, Today and Tomorrow (Italian with subtitles)



The Senior Center will be closed on Monday, May 30 in observance of Memorial Day. We will re-open on Tuesday, May 31.



Three-Course Dinner with Friends
Wednesday, June 15, 5PM
Menu Options

Make One Selection For Each Course

NOTE: All selections will be mild and not spicy.

Appetizer

1 - Veg Appetizer

Onion bhajia, veg samosa & spring rolls

2 Mixed Appetizer

Onion bhajia, chicken kabab & chicken fritter

Main Course

Dinner served with naan bread, basmati rice, soda or hot beverage

1 - Sonny's Butter Chicken

(India's famous butter chicken curry)

2 - Chicken Tikka Masala

(onions & tomato creamy chicken curry)

3 - Palak Paneer

(soft cheese cubes in curried spinach)

4 - Mixed Vegetable Korma

(fresh mixed vegetables, raisins, cashews, korma masala)

Dessert

1 - Saffron Rice Pudding

2 - Mango or Lemon Sorbet

3 - Mango Ice Cream

Deadline to provide the Center with your order and payment is Wednesday, June 8.

JUNE 2022

Monday	Tuesday	Wednesday	Thursday	Friday
30 MEMORIAL DAY SENIOR CENTER CLOSED 	31 9:00 Balance & Flex-INT 10:00 Open Bridge 10:00 Pickleball 10:00 Grief Support Grp. 10:30 DVD Series 12:20 GENTLE Stretch 12:30 Table Tennis/NEW 1:00 Women's Circle	JUNE 1 9:00 Mat Stretch/INT 10:00 Open Bridge 10:00 Beg. Bridge 12:30 Table Tennis 1:00 Nifty Knitters	JUNE 2 10:00 Pickleball 10:00 Dup. Lite 10:00 Watercolor Class—Sunflowers 12:20 Balance & Flex—GENTLE 12:30 Table Tennis/NEW 12:30 Movie	JUNE 3 9:00 Low Impact Cardio/INT 10:00 Men's Bsktball 10:30 Men's Disc. Grp 12:30 Table Tennis 1:00 Turtleback Zoo
6 10:00 Silver Linings 10:00 Open Bridge 10:00 Men's Bsktball 12:00 Beg. Knitting 12:20 Balance & Flex—GENTLE 12:30 Table Tennis 1:30 Line Dancing	7 9:00 Balance & Flex-INT 9:45 Writing Wksp 10:00 Open Bridge 10:00 Pickleball 10:30 DVD Series 12:20 GENTLE Stretch 12:30 Table Tennis/NEW 1:00 Women's Circle	8 9:00 Mat Stretch/INT 10:00 Open Bridge 10:00 Beg. Bridge 10:30 Self Discovery Grp 10:30 Caregiver Support Grp 12:30 Table Tennis 1:00 Nifty Knitters	9 10:00 Pickleball 10:00 Bridge/EXP. 10:00 Free Paint 12:20 Balance & Flex—GENTLE 12:00 Celebrate Kristin 12:30 Table Tennis/NEW 12:30 Movie	10 9:00 Low Impact Cardio/INT 10:00 Men's Bsktball 10:30 Men's Disc. Grp 11:00 Solo Violin Performance 12:30 Table Tennis
13 10:00 Silver Linings 10:00 Open Bridge 10:00 Men's Bsktball 12:00 Beg. Knitting 12:20 Balance & Flex—GENTLE 12:30 Table Tennis 1:30 Line Dancing	14 9:00 Balance & Flex-INT 9:45 Writing Wksp 10:00 Open Bridge 10:00 Pickleball 10:30 DVD Series 11:00 Estate Planning 101 12:20 GENTLE Stretch 12:30 Table Tennis/NEW 1:00 Women's Circle	15 9:00 Mat Stretch/INT 10:00 Open Bridge 10:00 Beg. Bridge 10:30 Self Discovery Grp 12:30 Table Tennis 1:00 Nifty Knitters 5:00 Dinner with Friends at Sonny's	16 10:00 Pickleball 10:00 Dup. Lite 10:00 Free Paint 11:45 BP Screening 12:20 Balance & Flex—GENTLE 12:30 Table Tennis/NEW 12:30 Movie	17 9:00 Low Impact Cardio/INT 10:00 Men's Bsktball 10:30 Men's Disc. Grp 12:30 Table Tennis 12:30 Foreign Film
20 10:00 Silver Linings 10:00 Open Bridge 10:00 Men's Bsktball 12:00 Beg. Knitting 12:20 Balance & Flex—GENTLE 12:30 Table Tennis	21 9:00 Balance & Flex-INT 9:45 Writing Wksp 10:00 Open Bridge 10:00 Pickleball 10:30 DVD Series 12:20 GENTLE Stretch 12:30 Table Tennis/NEW 1:00 Women's Circle 1:00 Flower Arranging	22 9:00 Mat Stretch/INT 10:00 Open Bridge 10:00 Beg. Bridge 10:30 Self Discovery Grp 12:30 Table Tennis 1:00 Nifty Knitters	23 10:00 Pickleball 10:00 Bridge/EXP. 10:00 Watercolor Class—Animals 12:20 Balance & Flex—GENTLE 12:30 Table Tennis/NEW 12:30 Movie	24 9:00 Low Impact Cardio/INT 10:00 Men's Bsktball 10:30 Men's Disc. Grp 12:30 Table Tennis 1:00 Archaeology Presentation
27 10:00 Open Bridge 10:00 Men's Bsktball 11:00 NF Book Grp 12:00 Beg. Knitting 12:20 Balance & Flex—GENTLE 12:30 Table Tennis	28 9:00 Balance & Flex-INT 9:45 Writing Wksp 10:00 Open Bridge 10:00 Pickleball 10:30 DVD Series 12:20 GENTLE Stretch 12:30 Table Tennis/NEW 12:45 Book Grp 1:00 Women's Circle	29 9:00 Mat Stretch/INT 10:00 Open Bridge 10:00 Beg. Bridge 12:30 Table Tennis 1:00 Nifty Knitters	30 10:00 Pickleball 10:00 Dup. Lite 10:00 Free Paint 12:20 Balance & Flex—GENTLE 12:30 Table Tennis/NEW 12:30 Movie	JULY 1 9:00 Low Impact Cardio/INT 10:00 Men's Bsktball 10:30 Men's Disc. Grp 12:30 Table Tennis CENTER CLOSED ON MONDAY, JULY 4

Information & Resources

Did You Know?

It is not necessary to be a resident of Chatham to participate here in our programs and events here at the Senior Center of the Chathams. We have members from many other towns. Everyone is welcome. Tell your friends!

Community Food Pantry in Chatham

There is a Community Food Pantry in Chatham located behind the Chatham United Methodist Church on 460 Main Street, across from CVS. The Pantry is accessible 24 hours a day, 7 days a week. The Drive-Through Food Distribution Line takes place on Wednesdays, 3:00-4:00 PM. Donate if you can; take what you need. No questions asked.

Free Weight Loss Program for Morris County Residents

There are a few spots left to Morris County residents for the Eat Smart, Move More, Weigh Less evidence-based weight loss program. Call the Center to sign up.

The State Health Insurance Assistance Program (SHIP)

SHIP Counseling is available through the Senior Center of the Chathams. SHIP is a New Jersey State-supported program that provides free information on Medicare-related topics through trained volunteer counselors. Call the Senior Center at 973-635-4565 to get connected to a SHIP counselor.

Summer & Pools

Senior memberships are offered at local community pools. If you'd like to participate, you can join online or contact your local government for assistance. Here are the pools in the Chatham and Madison areas.

Chatham Borough: Memorial Park Pool - <https://chathamborough.org/recreation-page-list/250-swimming-pool>, 22 N. Passaic Avenue (behind Library of the Chathams)

Chatham Township: The Colony Pool Club - <https://chathamtownship-nj.gov/colony>, 55 School Avenue

Madison: Madison Community Pool - <https://madisonpool.org/about-1>, 105 Rosedale Avenue



Many Thanks to Our Newsletter Sponsors!



More reasons to trust.



An abundance of choices — on our campus or in your home.

Fellowship Village provides independent living and healthcare services for assisted living, dementia care, skilled nursing, rehabilitation and physical therapy. With Fellowship Freedom Plans, you can stay in your home with our exceptional long-term care plans. Our Helping Hands and Hospice services provide extra care and support in the comfort of your own home.



**FELLOWSHIP
SENIOR LIVING**
The Trusted Choice

FellowshipSeniorLiving.org



8000 Fellowship Road | Basking Ridge, NJ 07920

877-758-2115



The RightCare, Right at Home

Right at Home of Chatham offers caregiving services for almost any family and practically any situation.

In-home care is the perfect choice for those who want to remain independent, but are challenged by activities of daily living. Let our family owned and operated office in Chatham help!

Services We Provide

- Safety Supervision
- Respite Care
- Daily Health Reminders
- Meal Preparation
- Fall Prevention
- Memory Care
- Light Exercise
- Bathing Assistance
- Shopping & Errands
- Light Housekeeping
- Toileting Assistance



973.701.9832

www.rightathome.net/morris-union



PINE ACRES
REHAB + HEALTHCARE

51 Madison Ave., Madison, NJ

973-377-2124

www.PineAcresRehab.com

Sub-Acute Care · Respite

Long Term Care

Skilled Nursing

- CMS FIVE STAR RATING -



CareOne Livingston,
76 Passaic Avenue, Livingston
973-758-4100

Please see the next page for our additional sponsors.

Many Thanks to Our Newsletter Sponsors!

It's one of the
greatest gifts
you can give to
your family.

www.BradleyAdvancePlanning.com
Call Ron Mowad at (973) 635-2428, ext.139
in-person and virtual appointments available



BRADLEY
& SON FUNERAL HOMES, LLC

Serving Chatham Families Since 1943

SimpleCremationNJ.com • TwilightDoneRight.com

SENIOR LIVING

For a greater quality of life



THE CHELSEA AT WARREN

ASSISTED LIVING • INDEPENDENT LIVING • MEMORY CARE

274 KING GEORGE ROAD, WARREN, NJ 07059

Call today to arrange your visit!
908-833-4200

Outstanding Subacute & Long Term Care!

Therapy 7 Days a Week • Skilled Nursing
Renal Care • Respiratory Care • Wound Care
Dementia Unit • Respite Stays • Telemedicine



MORRIS VIEW

HEALTHCARE CENTER

Revolutionizing Care Delivery™

540 W. Hanover Avenue, Morristown, NJ
(973) 285-2800 • morrisview.com



JM Move Managers

Downsize, Declutter, Organize

JM Move Managers provides moving, decluttering, and organizing services to seniors. During our free home consultation, we tailor a plan that is specific to you:

- declutter rooms and closets
- disposal of unwanted items
- box up + drop off items
- prepare items for consignment
- package items for shipment
- unpack + set up your new home
- create floorplans for your new home

We will help you every step of the way, JM will be there from the first donation to the last box packed!

CONTACT US & LEARN MORE:

📞 Judy: (908) 447-4081

📞 Meg: (908) 358-5307

jm.movemanagers@gmail.com

jmmovemanagers.com



Senior Center of the Chathams * 58 Meyersville Road (lower level), Chatham, NJ 07928 * 973.635.4565
<https://chathamseiorcenter.org/>