

February 12, 2021 Vol. 20

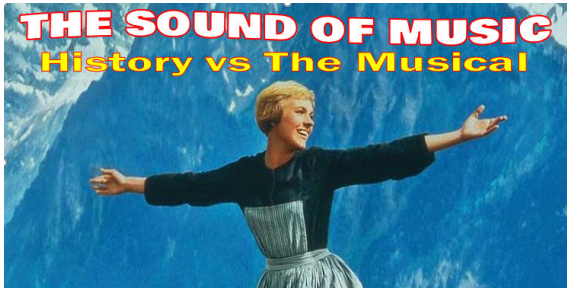
****Special Programs****

The Hills are Alive with 'The Sound of Music,' Friday, 1:30-2:30PM, February 19

Entertainment historian, John Kenrick, has worked in the theatre at every level from amateur to Broadway and has taught musical theatre history in area universities. He speaks on hundreds of topics relating to musical theatre and classic films. In this popular presentation about "The Sound of Music," Kenrick will talk about the real-life adventures of the Von Trapp Family singers that inspired what came to be one of the most beloved stage and screen hits of all time. The talk on **Zoom** will include a PowerPoint slide show, video clips, and Q&A time. **Sponsored by Unicity**

Homecare and Chatham Hills Subacute Care Center. You must register to participate in this free program:

<https://us02web.zoom.us/meeting/register/tZMofuCrpzMpE91yn1rc-kNIdNUYblpCZyNP>



Ageless Grace Demonstration - Tuesday, Feb. 16, 1:00-1:45PM

Ageless Grace is a cutting-edge brain fitness program based on neuroplasticity that activates all 5 functions of the brain - analytic, strategic, kinesthetic learning, memory/recall, creativity and learning - and simultaneously addresses all 21 physical skills needed for lifelong optimal functioning. Register to participate in a free demonstration on **Zoom** by Kara Hodes-Wechsler, certified educator & trainer at: <https://us02web.zoom.us/meeting/register/tZAufu6srz4uHNSbNuFT0Uur3cK-5taUJP2X>



Make a Terrarium - Free Tutorial With All Supplies Provided - Thursday, March 11, 11:00 AM

It's cold and snowy outside, so let's bring a little green into your life! Terrariums are great for people living in small spaces or who just love to garden. They are low maintenance, space-saving, and simply beautiful, making them great additions to any home. Join Robert L. Mayes, of JCHCorp, in a one-hour remote tutorial. All supplies will be sent to you upon registration. **Deadline to register is Mar. 1** Contact Kristin Jones at kristin@chathamsseniorcenter.org for further details about the program, or call 973-635-4565.

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Co-Ed Conversation Group, Mondays, 9:45-11:15AM

This is an **indoor** discussion group. Participation is limited to 8 attendees. Drop-ins cannot be accommodated due to social distancing requirements. You must call the Center no later than the Friday before to let us know you would like to participate and you must receive confirmation there is sufficient space before attending. 973-635-4565.

Gentle Chair Yoga, Mondays, 11:45AM-12:30PM

Gentle Chair Yoga is a great way to get the health benefits of yoga, loosen and stretch muscles, reduce stress, and improve circulation while sitting down. This is an **indoor** class taught by fitness instructor Donna Sue Downton and begins promptly at 11:45AM. Please arrive a few minutes early for screening. Bring a cloth, flexible strap such as a bathrobe belt (no leather belts please). The instructor sells yoga straps for \$12 payable to her should you need one. \$6 per class in February. Class is strictly limited to 7 participants.

Please see the next pages for programs and more information.

Balance, Flexibility, and Stretch, Mondays, 12:45-1:30PM

This is an **indoor** fitness class taught by Donna Sue Downton, and begins promptly at 12:45PM. Please arrive a few minutes early for screening. The class provides training on a mix of strength, balance, and flexibility exercises. It is necessary to bring a resistance band to class. Should you need one, the instructor sells bands for \$12 payable to her. Please note: this class is strictly limited to 7 participants. \$6/class in February. 973-635-4565.

Fiction Book Group, Monday, 12:45-2:00PM, February 22

The group will discuss "Strong Poison" by Dorothy Sayers. This is a **Zoom** session moderated by Kristin Jones.

<https://us02web.zoom.us/j/87313388788?pwd=R3ZpMFRQNFBHcG9qZjVWVW1piOERsUT09>

Memoir Writing Workshop, Tuesdays, 9:45-11:30AM

Learn how to write your life story. Classes are held on **Zoom**. All are welcome to participate.

Instructor: Jenny Tananbaum. New session begins Feb. 23-March 30. Fee is \$30. *To register:*

<https://us02web.zoom.us/meeting/register/tZYpf-ugrTMqGtBwFRz42ZLcbEccyAdC4vL8>

Coffee & Care, Tuesday, 6:00-7:00PM - February 16

Coffee & Care was founded in 2017 based on an overwhelming need for direct caregiver support and education. Coffee & Care began in a small room with 5 people, coffee cups, and a lot of questions. A lot has changed in our world over the last few months, but the need for direct caregiver support and education has not. Join the intimate, monthly conversations with a wide range of health care professionals in the evenings on **Facebook Live**. Moderated by Andi Morris, CALA, CADDCT, CDP. Go to our Facebook page to join this live event: <https://www.facebook.com/chathamseiorcenter.org> and to watch Andi's introductory video.

Non-Fiction Essay Discussion, Tuesday, 12:30-1:30PM - February 23

The group will discuss the essay, "CRISPR and the Splice to Survive: New Gene-Editing Technology Could be Used to Save Species from Extinction or to Eliminate Them" by Elizabeth Kolbert. This session takes place on **Zoom** and will be moderated by Center staffer, Carol Eisenhardt.

To register: <https://us02web.zoom.us/meeting/register/tZakceiorDMsGNYjSTYNaoRBMA51OjvY3gkF>

Tai Chi Qi Gong, Wednesdays, 9:30AM-10:15AM

Tai Chi and Qi Gong combine slow, deliberate movements, meditation, and breathing exercises. The postures flow without pause keeping your body in constant motion benefiting your circulation, balance, and alignment. This **indoor** class begins promptly at 9:30AM and is taught by Bianca Godoy. Please arrive a few minutes early to complete the screening process. \$6/class in February. This class is limited to 7 participants.

Men's Discussion Group, Wednesdays, 11:00AM-12:30PM

Join the friendly, lively conversation about current events, issues and useful information, and share in the laughs. This **indoor** program is strictly limited to 8 participants due to social distance requirements. Masks must be worn throughout the entire session. Drop-ins cannot be accommodated so be sure to call the Center no later than Tuesday to indicate you would like to participate. You must receive confirmation there is sufficient space before attending. 973-635-4565.

Reflections, Wednesdays, 1:30-2:30PM

'Reflections' is a group of women who come together to express friendship, support and care for one another.

The ladies reflect on their lives, what is happening today, events in the past, life's joys and its sorrows. They recognize that sharing leads to strength of body and spirit and that shared wisdom finds working solutions to tough problems - and most of all, to close friendships. This is both an **indoor** and a **Zoom** group facilitated by

Claire Solu-Burd, LCSW. To register:

https://us02web.zoom.us/meeting/register/tZApceChqDkiHtPnsygyFmFDHd_daY9xKfVD

Please see next pages for more programs.

FEBRUARY 2021

Monday	Tuesday	Wednesday	Thursday	Friday
<u>1</u>	<u>2</u>	<u>3</u>	<u>4</u>	<u>5</u>
9:45 Co-Ed Discussion 9:45 Silver Linings Grp 11:45 Chair Yoga 12:45 Balance/Flex	9:45 Memoir Writing 9:45 How to Save on Prescription Meds	9:30 Tai Chi Qi Gong 11:00 Mens' Disc 1:30 Reflections	12:15 Recent Retirees Grp	9:45 Creative Writing 10:15 Chair Yoga 11:15 Balance/Flex 1:00 Co-Ed Disc
<u>8</u>	<u>9</u>	<u>10</u>	<u>11</u>	<u>12</u>
9:45 Co-Ed Discussion 9:45 Silver Linings Grp 11:45 Chair Yoga 12:45 Balance/Flex	9:45 Memoir Writing 3:00 History of Ancient Greece	9:30 Tai Chi Qi Gong 10:30 Caregiver Support Grp 11:00 Mens' Disc 1:30 Reflections	12:15 Recent Retirees Grp	9:45 Creative Writing 10:15 Chair Yoga 11:15 Balance/Flex 1:00 Co-Ed Disc
<u>15</u>	<u>16</u>	<u>17</u>	<u>18</u>	<u>19</u>
9:45 Co-Ed Discussion 11:45 Chair Yoga 12:45 Balance/Flex	9:45 Memoir Writing 1:00 Ageless Grace Demo 6:00 Coffee & Care	9:30 Tai Chi Qi Gong 11:00 Mens' Disc 1:30 Reflections	9:45 Short Story Disc.	9:45 Creative Writing 10:15 Chair Yoga 11:15 Balance/Flex 1:00 Co-Ed Disc 1:30 Great Musicals—"Sound of Music"
<u>22</u>	<u>23</u>	<u>24</u>	<u>25</u>	<u>26</u>
9:45 Co-Ed Discussion 11:45 Chair Yoga 12:45 Balance/Flex 12:45 Fiction Book Club	9:45 Memoir Writing 12:30 Essay Disc.	9:30 Tai Chi Qi Gong 11:00 Mens' Disc 1:30 Reflections		9:45 Creative Writing 10:15 Chair Yoga 11:15 Balance/Flex 1:00 Co-Ed Disc
Color Key: Indoor program Zoom Program Indoor & Zoom Program	*Links to Zoom can be found in program description in newsletter	Please arrive a few minutes early to complete mandatory screening for all indoor programs MASKS are required indoors at all times.	**The deadline to register for the free Make a Terrarium Remote Tutorial is March 1.**	

[Free Emotional Support Related to COVID-19](#)

For most, this has been a difficult time filled with great anxiety and ambiguity. Many are experiencing other types of grief, depression, or loneliness. Virtually, or by phone, the NJ Hope and Healing Crisis Counseling Program of the Mental Health Association of Morris and Essex provides individual sessions and group counseling for anyone in need of emotional support during this time. Email gpalmer@mhaessexmorris.org or call 973.509.9777 x. 151 for details on how to access their programs:

- **Free Services** (emotional support, stress management, linkage to resources, development of new coping skills and communication techniques)
- **Come Unwind With Us:** grab some yarn and join in an hour of self-care as we work, chat, and support each other. Tuesday Zoom sessions facilitated by a registered art therapist and licensed counselor.
- **Virtual Support Group** every Wednesday from 2 pm-3 pm



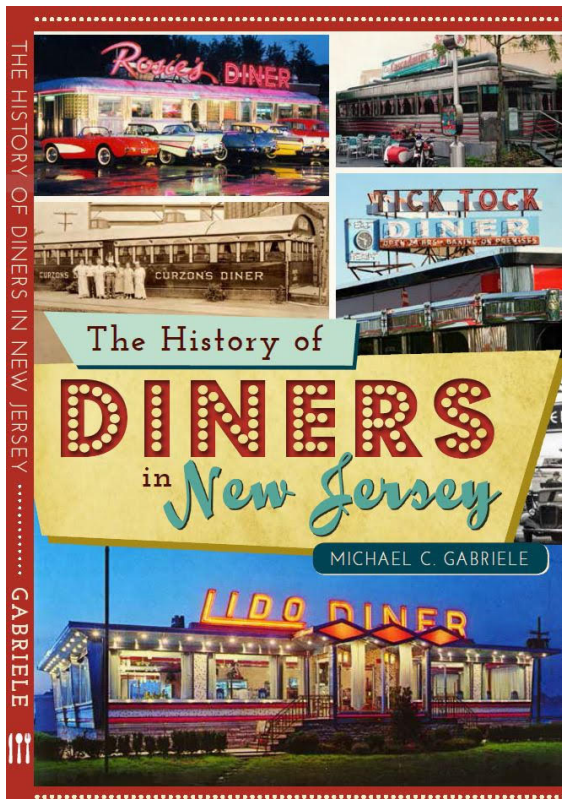
Volunteers Providing Rides to Vaccine Appointments

Senior Center volunteers are available to drive Chatham seniors who do not have access to other modes of transportation to their vaccine appointments. If you know someone in town who needs a ride to their vaccine appointment, please call the Senior Center at 973-635-4565.

Resources for Recent Retirees

Members of our Recent Retirees Group compiled a list of resources, programs, and activities people may enjoy exploring. It includes virtual concerts, museum tours, classes, volunteer opportunities, and more! See the list here:

<https://drive.google.com/file/d/1IG7F-a3gnc6S4hj4PFRYIGZkXzwYPb16/view?usp=sharing>



Feb. 21 2 PM - History of Diners in New Jersey

Program hosted on **Zoom** by the Chatham Township Historical Society
Michael Gabriele is a historian, author, and connoisseur of diners. He has written two books about New Jersey diners. During this presentation, Michael will tell of New Jersey's major role in the production of the classic diners that appeared across the nation during the first half of the 1900s. New Jersey is still the home of some wonderful diners, including the 90-year-old Summit Diner. Michael has great stories to share.

To join this presentation:

<https://us02web.zoom.us/j/84799124859?pwd=dnNRNzFkS2lOTkQycDlDWi9za1NDUT09>

Meeting ID: 847 9912 4859

Passcode: 783540

Here's the information we currently have about ways to register for the COVID-19 vaccine. It is our understanding that it's best to register at as many sites as you can to increase the potential for appointment availability.



COVID VACCINE REGISTRATION NJ VACCINATION SCHEDULING SYSTEM (NJVSS)

Schedule online or pre-register by visiting:
covidvaccine.nj.gov

ATLANTIC HEALTH/MORRIS COUNTY VACCINATION CENTER

Sign up for appointment alerts
and schedule appointments by visiting:
atlanticealth.org/covidvaccine

CALL CENTERS

For phone assistance to receive help in scheduling a vaccine
appointment:

NJ COVID-19 VACCINATION CALL CENTER:

1-855-568-0545, 7 Days a Week, 8AM-8PM

MORRIS COUNTY COVID CALL CENTER:

973-829-8250, 7 Days a Week, 9AM-4PM

CVS

<https://www.cvs.com/immunizations/covid-19-vaccine>



Best Foods to Preserve Brain Power

Thursday, February 18 | 11:00 a.m.

Speaker: Joyce Lin, RD, Geriatric Dietitian/Nutritionist

Sunrise of Summit invites you to an educational webinar, presented by Joyce Lin, where we'll be discussing the impact of diet and nutrition on brain function and health. Joyce is a Registered Dietitian with Crandall, a beloved partner of Sunrise's. She has an extensive education in Foods & Nutrition and has worked in health care for 35 years in both clinical as well as operational positions. Her nutrition philosophy is that "it is a lifelong learning education and experience". Registration is required to receive the virtual meeting information.

To learn more and register, contact us at **908-673-1400**
or **Summit.DOS@sunriseseniorliving.com**.

Sunrise of Summit
26 River Road
Summit, N.J. 07901

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Resources & Information



Do you, a neighbor, or a loved one living in the Chathams need help with **grocery shopping** during this time? The Senior Center is coordinating a wonderful group of volunteers who will shop and deliver groceries to your home. Call the Center at 973.635.4565 or email info@chathamseiorcenter.org for details.



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>



Tri-Town 55+ Coalition Rides for Seniors Program - Register to get on-demand car service to run errands, go to doctor's appointments, go shopping or visit loved ones. The Coalition's Rides for Seniors program offers a subsidy for Chatham and Madison residents 65 and older. Eligible riders receive \$5 off each ride up to four rides per month. Tri-Town works in partnership with GoGoGrandparent which accesses Uber and Lyft using an 800 number instead of a smartphone. For more information, visit <https://www.tritown55plus.org/rides-for-seniors>



Need Help With Zoom? It's a good idea to make sure you can get onto Zoom well before one of our virtual programs begins. If you need assistance, please call the Center at 973.635.4565. Leave a message telling us the type of device you're using and we'll connect you with a tech volunteer who will help you.



Claire Solu-Burd, LCSW

Claire Solu-Burd, LCSW is a local social worker who has worked with the Senior Center for the past two years. She continues to facilitate our Reflections and Connections Support Groups. Claire received her clinical license in 2020 and has opened a private practice in Chatham to offer individual counseling to older adults. She is a Medicare provider and eager to support seniors who may be experiencing grief, loss, sadness, isolation, or anxiety over health concerns. Claire also has a website if you would like to get to know a little bit more about her or her practice. Please visit www.cir-counseling.com



Donna Sue Dowton

Donna Sue Dowton, one of our fitness instructors, has produced a series of YouTube videos demonstrating exercises you can do at home to stay fit. <https://www.youtube.com/channel/UCWPse6PQN6JvSYmQBespBKw>



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@morrihabitat.org.