

"What a long strange trip it's been." - Jerry Garcia

When I think about all the twists and turns during the last two years, I feel exhausted. Now that spring has sprung, I am feeling re-energized as we are seeing more and more people come to the Center. Many are familiar faces we haven't seen since the beginning of the pandemic. We are also seeing new faces, people ready to seek new connections and activities. We have people from 6 counties, and we continue to grow.

Not only has the Center remained open, but we continue to flourish and expand our programming.

Some of the highlights:

- We introduced a 12-part arts and crafts series
- We connected the first two sessions of our three-part Legal Forum Workshop on Advance Planning
- We secured a grant from Morris County to promote and enroll Morris County seniors in the evidence-based Eat Smart, Move More, Weigh Less program
- The Center also added a third support group called Self-Discovery, started a play reading group, and thanks to the initiative of members, added Table Tennis to the calendar
- We were excited to reintroduce Golf Lessons and Tech Support as well

While the programs are broad in nature, it is our participants that make our Center exceptional. Maybe I'm biased, but I think our members are incredibly interesting in terms of life experience as well as being extremely welcoming and kind. It is so gratifying to see people get back to routines and see connections re-established and new friendships formed. I'm very proud to be part of this amazing community.

Best,

Julie

ANNOUNCEMENTS

- We're starting a **Grief Support Group** on Tuesdays, May 3-24 from 10:00-11:00 AM, facilitated by Claire Solu-Burd, LCSW. Four participants are needed for the program to move forward. If you would like to participate, please call the Center (973-635-4565) by Friday, April 15.
- Payments are now due for **Q2 Pickleball & Basketball** - \$20 per person for April-June.
- **Exercise Classes:** there will be no gentle exercise class on 3/31. All other classes will take place and be taught by a substitute on 3/28, 3/29, and 3/30. Please wear a mask to these classes.

Please see the next pages for our Upcoming Special Programs, Events and Ongoing Classes.



Senior Center of the Chathams

Be Active. Be Connected.

Upcoming Special Programs

NJ Intergenerational Orchestra Outreach Ensemble, Tuesday, March 29, 1:00 PM

The NJIO Outreach Ensemble will be here to perform light classical fare and arrangements of more popular music. This is a free event but sign-up is required. Due to the anticipated number of attendees, masks must be worn at this event. Sponsored by HomeWell Care Services.



Senior Travel Presentation, Wednesday, March 30, 12:00 PM

Join Nish Verma and his guest from Viking Cruises, Shannon Tiger, to learn about Viking & River Cruise options for 2022 and 2023 and their safety programs; the launch of the Mississippi River Cruise, and how they can help you plan a senior-specific travel adventure. Door prizes and light lunch provided. Must sign up by March 25 to attend.

Double The Chocolate: Chocolate Fondue & 'Chocolat', Tuesday, April 5, 12:30 PM

Satisfy your sweet tooth and enjoy a great film. Come in for free fondue and watch the film "Chocolat" after. Sign up required by March 30. Sponsored by: Care One of Madison.

Tech Support, Thursdays, April 7 & April 21, 3:15 PM

Students from the Chatham High School Robotics Team will be here after school to help you figure out your mobile phone, laptop, or tablet. Spaces are limited; sign-up is required. Let us know when you call which device(s) you need help with.



Caregiver Support Group Wednesday, April 13, 10:30 AM

Join others who care for loved ones experiencing dementia. Moderated on Zoom and in person by Phyllis Flemming, former Executive Director, Victorian Adult Day Care Center and experience dementia support group leader. Contact Center for Zoom link.

Watercolor Workshops, Thursdays, April 14 & April 21, 10:00 AM-Noon

April 14: Loose Floral Bouquet. We will create loose impressionistic paintings of a variety of flowers.

Utilizing the skills of softening off and negative painting, we will aim for a dynamic result.

April 21: Detailed Painting of Cosmos. We will learn how to paint in layers creating a soft and precise piece. The workshop is based on the YouTube video by Emma Lefebvre which participants may want to watch in advance of the class. Fee is \$7 per person per class. Materials provided to those who need them or feel free to bring your own. Sponsored by Care One of Livingston.



Free Blood Pressure Screening, Thursday, April 21, 11:30AM-12:30PM

Get your blood pressure checked here at the Center. Walk-ins welcome.

Sponsored by Chatham Hills Subacute Care Center.



Celebrate APRIL Birthdays on Thursday April 28, Noon

Starting in April, we'll be celebrating each month's birthdays before the film begins. Join us for cake. Sponsored by Sunrise of Madison, Sunrise of Summit, and Brighton Gardens of Florham Park.

Pokeno & Bagels, Friday, April 29, 10:00 AM

If you haven't played it, Pokeno is similar to Bingo but poker chips are used to match spots on a board of playing cards. This is a free event but sign up is required. Sponsored by Juniper Village of Chatham.



NEW! NEW - Mat Yoga, Wednesdays, 9:00 AM

The intermediate chair yoga class has progressed to being taught on mats instead. Instructor: Donna Sue Dowton. Mats are provided. Contact Center for fee information.

Our Next Paper Shred is Sat. April 23 at Chatham Middle School, 9AM-Noon

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, April 25

The group will discuss "The Stranger in the Woods: The Extraordinary Story of the Last True Hermit" by Michael Finkel. You can pick up a copy of the book at the Center.

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. See the first page for an announcement about classes the week of 3/28. 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, 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 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/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 April-June.

DVD Documentary Series, 10:30 AM

Call Center for title.

Tuesdays, cont'd.

Gentle Chair Yoga - 12:20 PM

Call Center for fee information. Contact Center to sign up. See announcement on first page about classes the week of 3/28. 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 or play.

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 Yoga - 9:00 AM

Class is taught on mats. Call Center for fee information and to sign up. .
Instructor: Donna Sue Downton.

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 Jong, 10:00 AM

Mah Jong 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. Call ahead to confirm players will be playing that week.

Table Tennis/Experienced Players, 12:30 PM

Play competitive games of table tennis with other experienced players.

Golf Lessons, 12:30 PM

The last class of golf lessons will be held Wednesday, March 30. \$25 for the class.
Sponsored by Chelsea at Warren.

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.

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.

Programs continue on next pages.

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.

Gentle Balance & Flex, 12:20 PM

Contact Center for fee information and to sign up. See announcement on first page about classes the week of 3/28. 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

3/31 - King Richard

4/7 - Call Center for title

4/14 - TBA

4/21 - Belfast

4/28 - Just Mercy

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.

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 are always welcome but space is limited. In this session, the group will be working on a Tree of Life project. Call the Center to sign up. Please note: this class will move to Wednesdays beginning April 20.

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, April 22, 12:30 PM

Film: The Gods Must Be Crazy (South Africa)

APRIL 2022

Monday	Tuesday	Wednesday	Thursday	Friday
MARCH 28 10:00 Silver Linings 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 1:30 Line Dancing	MARCH 29 9:00 Balance & Flex-INT 9:45 Writing Wksp 10:00 Pickleball 10:30 DVD Series 12:20 Chair Yoga—GENTLE 12:30 Table Tennis/NEW 1:00 Women's Circle 1:00 NJ Orchestra	MARCH 30 9:00 Mat Yoga/INT 10:00 Mah Jongg 10:00 Open Bridge 10:00 Beg. Bridge 12:00 Sr. Travel 12:30 Table Tennis 12:30 Golf Lessons 1:00 Nifty Knitters	MARCH 31 10:00 Pickleball 10:00 Bridge/EXP. 10:00 Free Paint 12:30 Table Tennis/NEW 12:30 Movie	APRIL 1 9:00 Low Impact Cardio/INT 9:30 AARP Taxes 10:00 Men's Bsktball 10:30 Men's Disc. Grp 10:30 Self-Discovery Grp 12:30 Table Tennis
APRIL 4 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	APRIL 5 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 12:30 Fondue & Film	APRIL 6 9:00 Mat Yoga/INT 10:00 Mah Jongg 10:00 Open Bridge 10:00 Beg. Bridge 12:30 Table Tennis 1:00 Nifty Knitters	APRIL 7 10:00 Pickleball 10:00 Dup. Lite 10:00 Free Paint 12:20 Balance & Flex—GENTLE 12:30 Table Tennis/NEW 12:30 Movie 3:15 Tech Support	APRIL 8 9:00 Low Impact Cardio/INT 9:30 AARP Taxes 10:00 Men's Bsktball 10:30 Men's Disc. Grp 10:30 Self-Discovery Grp 12:30 Table Tennis
APRIL 11 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	APRIL 12 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	APRIL 13 9:00 Mat Yoga/INT 10:00 Mah Jongg 10:00 Open Bridge 10:00 Beg. Bridge 10:30 Caregiver Support Group 12:30 Table Tennis 1:00 Nifty Knitters	APRIL 14 10:00 Pickleball 10:00 Bridge/EXP. 10:00 Watercolor Wksp—Floral Bouquet 12:20 Balance & Flex—GENTLE 12:30 Table Tennis/NEW 12:30 Movie	APRIL 15 9:00 Low Impact Cardio/INT 9:30 AARP Taxes 10:00 Men's Bsktball 10:30 Men's Disc. Grp 12:30 Table Tennis
APRIL 18 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	APRIL 19 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	APRIL 20 9:00 Mat Yoga/INT 10:00 Mah Jongg 10:00 Open Bridge 10:00 Beg. Bridge 10:30 Self Discovery Grp—NOTE:NEW DAY 12:30 Table Tennis 1:00 Nifty Knitters	APRIL 21 10:00 Pickleball 10:00 Dup. Lite 10:00 Watercolor Wksp—Cosmos 11:30—BP Screening 12:20 Balance & Flex—GENTLE 12:30 Table Tennis/NEW 12:30 Movie 3:15 Tech Support	APRIL 22 9:00 Low Impact Cardio/INT 9:30 AARP Taxes 10:00 Men's Bsktball 10:30 Men's Disc. Grp 12:30 Table Tennis 12:30 Foreign Film **PAPER SHRED/SNEAKER DRIVE, SAT. APRIL 23, 9AM-NOON**
APRIL 25 10:00 Silver Linings 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 1:30 Line Dancing	APRIL 26 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	APRIL 27 9:00 Mat Yoga/INT 10:00 Mah Jongg 10:00 Open Bridge 10:00 Beg. Bridge 10:30 Self Discovery Grp 12:30 Table Tennis 1:00 Nifty Knitters	APRIL 28 10:00 Pickleball 10:00 Bridge/EXP. 10:00 Free Paint 12:00 April Birthdays 12:20 Balance & Flex—GENTLE 12:30 Table Tennis/NEW 12:30 Movie	APRIL 29 9:00 Low Impact Cardio/INT 10:00 Men's Bsktball 10:00 Pokeno & Bagels 10:30 Men's Disc. Grp 12:30 Table Tennis



PAPER SHRED FUNDRAISER

SATURDAY, APRIL 23, 9AM-NOON

***OR UNTIL SHRED TRUCKS ARE FULL. RAIN OR SHINE.**

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\$5 per grocery bag, \$10 per medium box, \$15 per large box or large trash bag.

Payable by cash or check.

Open to the public; not necessary to be a Chatham resident to participate.

Also At The April 23 Paper Shred: Sneaker Recycling!



Our Spring Shred will include a **sneaker recycling drive** to help keep sneakers out of landfills and put them on the feet of less fortunate people across the world. Bring your gently used sneakers or rubber-bottomed soccer and baseball cleats to the shred. Tie sneakers/cleats together with their shoelaces. Footwear that cannot be accepted: boots, sandals, flats, heels, dress shoes, canvas sneakers (except for Converse), or any type of baby or toddler footwear (including sneakers). The Center is partnering with GotSneakers, a sneaker recycling organization on this eco-friendly fundraiser.

Proceeds will benefit the programs of the Senior Center of the Chathams.

Morris County Survey & Other Information

Four Morris County non-profit organizations, including the Senior Center of the Chathams, are collaborating to determine how to make this region of Morris County more welcoming and livable for adults 60 and older. The group is conducting a survey to assess existing needs and priorities of older adults. Results will help us work together on strengthening programs and services that align with identified needs. We would greatly appreciate your time in completing the

Lifelong Wellbeing Community Survey. Your responses will be kept confidential.

Please click here to take the survey: <https://www.surveymonkey.com/r/LifelongWellbeing>

Did You Know?

There is a **Community Food Pantry** in Chatham located behind the Chatham United Methodist Church 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, from 3:00-4:00 PM
No questions asked.

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