



Senior Center of the Chathams

Be Active. Be Connected.

Senior Center: 973-635-4565
58 Meyersville Rd, Chatham, NJ
chathamseniorcenter.org

August 16, 2022, Vol. 55

****The Center will be closed for our annual summer break
Monday, Aug. 22 through Labor Day, Monday, Sept. 5.
We'll re-open Tuesday, Sept. 6.****



September: "Under the Tuscan Sun"

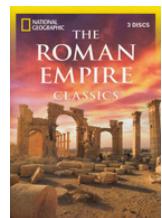


We're excited to announce the start of theme-oriented months when we return. September's theme is "Under the Tuscan Sun" and special programming will include a celebration of all things Italian. We look forward to saying 'Benvenuti' and sharing these great new programs.

DVD Lecture Series, Tuesdays, 10:30 AM, starting Sept. 6

Sponsored by Brandywine Senior Living at Summit

The month's lectures will feature National Geographic's "The Roman Empire Classics" and "Treasures of Sacred Art: Florence." Sign-up is not necessary.



Welcome Back Pizza Lunch, Thursday, Sept. 8, 11:45 AM

Enjoy some 'welcome back' pizza when we return from the break, and stay to watch the Thursday movie, "Under the Tuscan Sun."

Sponsored by Morris View. Sign up required.

Senior Travel to Italy, Wednesday, Sept. 14, 2:00 PM

This presentation by Nish Verma, Travel Advisor, will explore travel to Italy, best places to visit, as well as important travel tips, COVID requirements and precautions. Call the Center to sign up.



Italian Dinner Outing, Wednesday, Sept. 14, 5:00 PM

Join us for a dinner outing to Natale's Italian Restaurant in Gillette. Prix-fixe menu will include choice of an appetizer, choice of a main course, dessert, coffee/tea, tax and tip. Price per person: \$36 due at time of sign-up. Payable by cash or check.

Romantic Italian Songs, Wednesday, Sept. 21, 1:00 PM

Enjoy wonderful singer and entertainer Bob Marino who will transfer you to the Italian Riviera with his romantic and popular Italian songs. Sponsored by Livia. Sign-up required.



Ice Cream/Gelato Truck Wednesday, Sept. 21, 2:00 PM

Stay after the Italian songs performance and have some gelato!

Sponsored by Care-One. Sign-up required.

See the next pages for more Special Programs.

****Upcoming Special Programs****



Grief Support Group, Tuesdays Starting Sept. 6, 10:00-11:15AM

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. Group facilitated by Claire Solu-Burd, LCSW. This program requires 4 participants to take place. Please call the Center to sign up.

Caregiver Support Group, Thursday, Sept. 8, 1:00 PM

This Senior Center of the Chathams, in affiliation with Alzheimer's New Jersey, offers this group to provide caregivers with the emotional support and education they need to better understand Alzheimer's disease and other forms of dementia. The group will meet the first Thursday of each month. To register, call the Center at 973-635-4565 or email facilitator, Carol Eisenhardt at carol@chathamseniorcenter.org.



Connections Self Discovery Group, Fridays, starting Sept. 9, 10:00 AM

Participants endeavor fun, self-discovery, and mutual support in this group facilitated by Claire Solu-Burd, LSW. This group requires 4 participants to take place. Call the Center to sign up.

Calling All Aspiring Writers!

Writing Workshop for New Participants, Monday, Sept. 12, 11:00 AM

Have you ever wanted to write the story you have to tell but don't know how to get started? Try out this writing workshop. This fun, introductory class is open to all types of writers including memoir, short story, poems, or longer fiction. Through class discussion and writing exercises, we will explore setting, character, plot development, theme, dialogue and more. Absolutely no previous experience needed. Instructor: Jenny Tananbaum. This program is free but sign up is required.



Postage Stamp Collecting, Monday, Sept. 12, 1:00 PM

Joe Rodman has collected postage stamps since he was a child. His presentation will include how postage stamps are collected, stored, evaluated, traded, bought and sold. He will have examples of some of his stamps and albums. Please bring any questions you have. There will be a sign-in sheet for attendees interested in exchanging duplicates in the future. Sign up is required.

Line Dancing, Monday, Sept. 12, 1:30 PM

Get some not-too-strenuous exercise and have fun while you're at it. Instructor Linda Hyland will be back to teach line dancing using all kinds of music. Wear sneakers and loose clothing. Classes are free but sign up is required.



See the next pages for our ongoing programs.

Salsa Dancing Classes, Tuesdays, starting Sept. 13, 2:00 PM

Designed by Salsa aficionado Maria Andrew, CDP, Salsa for Life is specifically intended for older adults and meant to be enjoyed by all who are able to dance, or those who simply want to enjoy the music. The goal of the classes is to create mindfulness, increase blood flow and energy, and create a positive, fun atmosphere. Five classes will be taught through Oct. 11. Sponsored by Life Home Care. Classes are free but sign up is required.



Improving Sleep and Mood, Thursday, Sept. 15, Noon

Representatives from the Mt. Sinai School of Medicine will be here to talk about how to improve sleep and mood with the power of light. Please call the Center to sign up.

Reminiscence Group: "Question in the Jar," Monday, Sept. 19, 10:00 AM

This is a very informal get-together where all participants will have a chance to share their good memories and personal stories based on the mystery question they pull from a jar. Come meet new friends, learn more about the people you've already met here, and enjoy a great cup of coffee.



Fall Prevention Program, Thursday, Sept. 22, 10:30 AM

A fall can impact the rest of an older adult's life. Learn how lifestyle and home environment can be modified to reduce the risk of a fall. This program will include an overview of fall-related topics by a physical therapist, a balance exercise demonstration, and a balance assessment by representatives of St. Barnabas Medical Center. Sign-up is required.

Short Story Reading Club, Friday, Sept. 23, 10:00 AM

Join this in-person discussion group about an assigned short story moderated by Center instructor Jenny Tananbaum. The story is "The Lesson" by Toni Cade Bambara. Sign-up required.

Click on the link below to retrieve the story.

https://www.cengage.com/custom/static_content/OLC/s76656_76218/f/bambara.pdf

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Ongoing Programs

Mondays

Men's Basketball, 10:00 AM

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

Gentle Balance & Flex, 12:20 PM

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

Table Tennis/Experienced Players, 12:30 PM

Play competitive games of table tennis with other experienced players.

Tuesdays

Intermediate Balance & Flex, 9:00 AM

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

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 for July-September.

Gentle Stretch & Alignment - 12:20 PM

Improve your alignment and posture and reduce pain. This class is designed to gently move all of your joints and stretch the entire body leaving you feeling relaxed and rejuvenated. Call Center for fee information and 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 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 Stretch & Alignment - 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 interested players. We supply the cards.

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 participating in 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 for July-September.

Thursdays, cont'd.

Free Paint, 10:00 AM

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

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.

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 Brandywine Living at Summit

9/8 - Under the Tuscan Sun

9/15 - Letters to Juliet

9/22 - Eat, Pray, Love

9/29 - The Two Popes

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 for July-September.

Men's Discussion Group, 10:30 AM

Join the friendly, lively conversation about current events, issues, useful information, and share in the laughs over coffee and pastries.

Beginner Knitting Classes, 11:30 AM

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.

Table Tennis/Experienced Players, 12:30 PM

Play games of competitive table tennis with other experienced players.

Foreign Film, 12:30 PM

Sponsored by Brandywine Living at Summit

9/23 - Marriage Italian Style

Nonfiction Book Club, 1:00 PM, Sept. 30

The group will discuss "On Call in the Arctic" by Thomas J. Sims. The Center will provide copies of the book. All are welcome to join the conversation.

SEPTEMBER 2022

Monday	Tuesday	Wednesday	Thursday	Friday
SEPTEMBER 5 CENTER CLOSED LABOR DAY	6 9:00 Balance & Flex-INT 10:00 Pickleball 10:00 Grief Support Grp. 10:30 DVD Series 12:20 GENTLE Stretch 12:30 Table Tennis/BEG 1:00 Women's Circle	7 9:00 Mat Stretch/INT 10:00 Open Bridge 10:00 Beg. Bridge 12:30 Table Tennis 1:00 Nifty Knitters	8 10:00 Pickleball 10:00 Dup. Lite 10:00 Free Paint 11:45 Welcome Back Pizza Lunch 12:20 Balance & Flex—GENTLE 12:30 Table Tennis/BEG 12:30 Movie 1:00 Caregiver Support	9 9:00 Low Impact Cardio/INT 10:00 Men's Bskball 10:00 Self Discovery Grp. 10:30 Men's Disc. Grp 11:30 Beg. Knitting 12:30 Table Tennis
12 10:00 Silver Linings 10:00 Men's Bskball 11:00 Writing Demo 12:20 Balance & Flex—GENTLE 12:30 Table Tennis 1:00 Stamp Collecting Club 1:30 Line Dancing	13 9:00 Balance & Flex-INT 10:00 Pickleball 10:00 Grief Support Grp. 10:30 DVD Series 12:20 GENTLE Stretch 12:30 Table Tennis/BEG 1:00 Women's Circle 2:00 Salsa Dancing Class	14 9:00 Mat Stretch/INT 10:00 Open Bridge 10:00 Beg. Bridge 12:30 Table Tennis 1:00 Nifty Knitters 2:00 Travel Program 5:00 Italian Restaurant Outing to Natale's, Gillette, NJ	15 10:00 Pickleball 10:00 Bridge/EXP. 10:00 Free Paint 12:00 Sleep Disorders Program 12:20 Balance & Flex—GENTLE 12:30 Table Tennis/BEG 12:30 Movie	16 9:00 Low Impact Cardio/INT 10:00 Men's Bskball 10:00 Self Discovery Grp. 10:30 Men's Disc. Grp 11:30 Beg. Knitting 12:30 Table Tennis
19 10:00 Silver Linings 10:00 Reminiscence Group 10:00 Men's Bskball 12:20 Balance & Flex—GENTLE 12:30 Table Tennis 1:30 Line Dancing	20 9:00 Balance & Flex-INT 10:00 Pickleball 10:00 Grief Support Grp. 10:30 DVD Series 12:20 GENTLE Stretch 12:30 Table Tennis/BEG 12:45 Fiction Book Grp. 1:00 Women's Circle 2:00 Salsa Dancing Class	21 9:00 Mat Stretch/INT 10:00 Open Bridge 10:00 Beg. Bridge 12:30 Table Tennis 1:00 Nifty Knitters 1:00 Romantic Italian Songs 2:00 Ice Cream Truck	22 10:00 Pickleball 10:00 Dup. Lite 10:00 Free Paint 10:00 Fall Prevention Prog. 11:45 BP Screening 12:20 Balance & Flex—GENTLE 12:30 Table Tennis/BEG 12:30 Movie	23 9:00 Low Impact Cardio/INT 10:00 Men's Bskball 10:00 Short Story Reading Club 10:30 Men's Disc. Grp 11:30 Beg. Knitting 12:30 Table Tennis
26 10:00 Men's Bskball 12:20 Balance & Flex—GENTLE 12:30 Table Tennis 1:30 Line Dancing	27 9:00 Balance & Flex-INT 10:00 Pickleball 10:30 DVD Series 12:20 GENTLE Stretch 12:30 Table Tennis/BEG 1:00 Women's Circle 2:00 Salsa Dancing Class	28 9:00 Mat Stretch/INT 10:00 Open Bridge 10:00 Beg. Bridge 12:30 Table Tennis 1:00 Nifty Knitters	29 10:00 Pickleball 10:00 Bridge/EXP. 10:00 Free Paint 12:00 Sept. Birthdays 12:20 Balance & Flex—GENTLE 12:30 Table Tennis/BEG 12:30 Movie	30 9:00 Low Impact Cardio/INT 10:00 Men's Bskball 10:00 Self Discovery Grp. 10:30 Men's Disc. Grp 11:30 Beg. Knitting 12:30 Table Tennis 1:00 NF Book Group
OCTOBER 3 10:00 Silver Linings 10:00 Men's Bskball 12:20 Balance & Flex—GENTLE 12:30 Table Tennis 1:30 Line Dancing	4 9:00 Balance & Flex-INT 10:00 Pickleball 10:00 Grief Support Grp. 10:30 DVD Series 12:20 GENTLE Stretch 12:30 Table Tennis/BEG 1:00 Women's Circle 2:00 Salsa Dancing Class	5 9:00 Mat Stretch/INT 10:00 Open Bridge 10:00 Beg. Bridge 12:30 Table Tennis 1:00 Nifty Knitters	6 10:00 Pickleball 10:00 Dup. Lite 10:00 Free Paint 12:20 Balance & Flex—GENTLE 12:30 Table Tennis/BEG 12:30 Movie	7 9:00 Low Impact Cardio/INT 10:00 Men's Bskball 10:00 Self Discovery Grp. 10:30 Men's Disc. Grp 11:30 Beg. Knitting 12:30 Table Tennis

Information & Resources

Did You Know?

It's not necessary to be a resident of Chatham to participate in the programs and events at the Senior Center of the Chathams. Members also come from Madison and many other NJ towns. Everyone is welcome. There's no membership fee to join. Come to the Center, find out what we have to offer, and enjoy!

Community Food Pantry in Chatham

The Community Food Pantry is 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. No questions asked. Donate if you can or take what you need. The pantry is urgently seeking donations of pasta, cereal, canned protein, canned beans, diapers, feminine care products, and personal care items right now. Please help if you can.

Free Weight Loss Program for Morris County Residents: One Spot Left!

There is one few spot left for Morris County residents ages 60 or over in the free evidence-based **Eat Smart, Move More, Weigh Less** weight management program. Call the Center to sign up.

The State Health Insurance Assistance Program (S.H.I.P.)

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. Annual Fall Enrollment begins on October 15 and ends on December 7.

Morris Area Paratransit System (MAPS)

MAPS is a curb-to-curb shared ride transportation service available to Morris County residents. The service is for senior citizens (age 60 and over), people with disabilities, and veterans. Use MAPS for medical transportation, social services, and grocery shopping. Contact MAPS for the application and more information at 973-829-8103, 888-282-6277 or maps@co.morris.nj.us.

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 public 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). Admission is free to Borough seniors when the temperature is over 90 degrees.

Chatham Township: The Colony Pool Club - <https://chathamtownship-nj.gov/colony>, 55 School Avenue. Admission is free to TWP. seniors when the temperature is over 90 degrees.

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

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