Senior Center of the Chathams

Be Active. Be Connected.

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

January 14, 2022, Vol. 41

Announcements

The Senior Center will be closed on Martin Luther King Day, Monday, January 17.







Due to the recent surge in COVID cases, special programs and events originally scheduled for January have been postponed. Masks must be worn at the Center at all times regardless of vaccination status.

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

Upcoming Programs

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

AARP Foundation TAX-AIDE

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.

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.

Please see next pages for PROGRAMS as currently scheduled.

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.

Nonfiction Book Group, January 24, 11:00 AM

Contact Center for title. All are welcome to join in the discussion.

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.

Beginner Knitting Classes, 1:00 PM

Learn how to knit from Center staffer Carol Eisenhardt. Series of 4 classes ends Feb. 7. All materials are provided and the class is free but you must sign up.

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. Classes run through Jan. 31.
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 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.

Programs continue on next pages.

Wednesdays

Intermediate Chair Yoga - 9:00 AM
Call Center for fee information.
Contact Center 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.

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.

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. Please see emails from Rick about whether class will take place that week.

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
1/20 - The Courier - Drama/Thriller
1/27 - Call Center for Title
2/3 - State Fair
2/10 - Double Jeopardy

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.
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.

Please see next pages for our monthly calendar and other information.

JANUARY TO EARLY FEBRUARY 2022

Monday	Tuesday	Wednesday	Thursday	Friday
17 **MLK DAY** **CENTER CLOSED**	18 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	19 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	20 10:00 Pickleball 10:00 Bridge/EXP. 10:00 Free Paint 12:20 Balance, Flex, Yo-ga—GENTLE 12:30 Table Tennis/NEW 12:30 Movie	21 9:00 Low Impact Cardio/INT 10:30 Men's Disc. Grp 10:30 Self-Discovery Grp 12:30 Table Tennis
24 10:00 Silver Linings 10:00 Open Bridge **11:00 NF Book Grp** 12:20 Balance & Flex, —GENTLE 12:30 Table Tennis 1:00 Beg. Knitting 1:30 Line Dancing	25 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	26 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	27 10:00 Pickleball 10:00 Dup. Lite 10:00 Free Paint 12:20 Balance, Flex, Yo-ga—GENTLE 12:30 Table Tennis/NEW 12:30 Movie	28 9:00 Low Impact Cardio/INT 10:30 Men's Disc. Grp 10:30 Self-Discovery Grp 12:30 Table Tennis
31 10:00 Silver Linings 10:00 Open Bridge 12:20 Balance & Flex, —GENTLE 12:30 Table Tennis 1:00 Beg. Knitting 1:30 Line Dancing	Feb. 1 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**	Feb. 2 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	Feb. 3 10:00 Pickleball 10:00 Bridge/EXP. 10:00 Free Paint 12:20 Balance, Flex, Yo-ga—GENTLE 12:30 Table Tennis/NEW 12:30 Movie	Feb. 4 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
Feb. 7 10:00 Silver Linings 10:00 Open Bridge 12:20 Balance & Flex, —GENTLE 12:30 Table Tennis 1:00 Beg. Knitting 1:30 Line Dancing	Feb. 8 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	Feb. 9 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	Feb. 10 10:00 Pickleball 10:00 Dup. Lite 10:00 Free Paint 12:20 Balance, Flex, Yo-ga—GENTLE 12:30 Table Tennis/NEW 12:30 Movie	Feb. 11 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

Sign up for the new Beginner Bridge Lessons series this month.
Classes begin on Wednesday, February 23.

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