

Senior Center of the Chathams

Be Active. Be Connected.

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

June 10, 2022, Vol. 51

Upcoming Special Programs

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

Robert Murray, Principal, The Murray Firm, LLC will 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 by June 13.



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

Have dinner with 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 13. See page 6 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. 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 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.



Continues on next pages...

Special Programs in June - Cont'd.



Celebrate ALL June Birthdays, June 30, Noon

Have a slice of birthday cake and cheer on all those with June birthdays before enjoying the movie. Sponsored by Sunrise of Madison, Sunrise of Summit, and Brighton Gardens of Florham Park.

Live Entertainment & Lunch, Friday, July 8, Noon



The multi-talented Richard Stillman, musician and actor, who plays 12 instruments and has performed on Broadway, will be here to entertain us. Lunch will also be served. Bring a lawn chair as the event may take place outdoors weather-dependent. Sign up required by July 1. Free event sponsored by Arbor Terraces of Mountainside & Morris Plains, TheKey, The Murray Firm, and Chatham Hills Subacute Care Center.

Script Reading, Tuesday, July 12, 12:45 PM

Join us for the next popular script reading facilitated by Judy French. Scripts and roles assigned at the session. Sign up by July 8.



Grief Support Group, Tuesdays, 10:00-11:15AM, starting July 12

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 group runs July 12-August 16. Sign up by July 8.

New! Recent Retirees Group, Wednesdays, 10:30AM-Noon Starting July 13

Retiring from a job or career often leads to a shift in identity. There are certain expectations about how you are 'supposed' to feel. But many find they miss the camaraderie of colleagues, are bored, or are not sure what to do with their day. Retirees also may feel a loss of professional identity and have questions about the future. These are all very normal parts of the transition to retirement. If you are struggling to define your next step and looking to connect with others in the same transition, please join our new support group facilitated by Claire Solu-Burd, LCSW. At least 4 participants are needed for the group to take place. The group will run for 6 sessions from July 13-August 17. Please sign up by July 8.



"The Beatles: From Liverpool to Abbey Road," Thursday, July 14, 1:00 PM

This program will follow in the footsteps of the Beatles as they embark on their historic journey starting from their early days as a cover band in Liverpool and Hamburg into the excitement of Beatlemania, including concert performances, film, and their groundbreaking studio albums, to the formation of Apple Corps and finally, to their remarkable final recordings at Abbey Road studio. Presented by Victor Bruno, Beatles Scholar & 60s Rock Historian. Sponsored by Brightview Senior Living. Sign up required.

See next pages for more 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 closed-captioned.

Tuesdays, cont'd.

Gentle Stretch & Alignment - 12:20 PM

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.

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.

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.

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.

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 Downton.

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 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 Downton.

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.

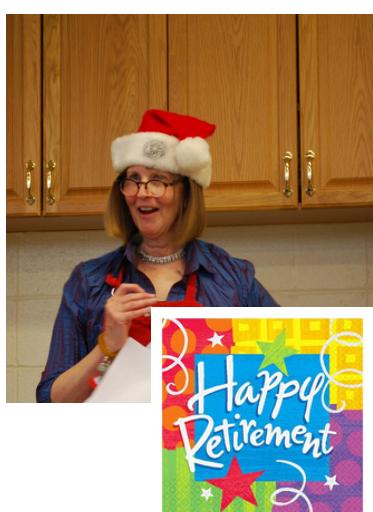
Table Tennis/Experienced Players, 12:30 PM

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)



Please join us in wishing our friend and colleague, **Kristin Jones**, a happy retirement later this month. She has worked at the Senior Center for the past 10 years starting out as Program & Administrative Coordinator and moving up to Program Director. Kristin has planned and implemented the great programs, events, and activities you've enjoyed here. Our huge thanks for all of her hard work and contributions to the Senior Center.

A few of the thoughts from Center members shared with us so far:

"Hearing your humor and witnessing your energy were always rewarding parts of any time I spent at the center..."

"Whatever Kristin was working on always went well..."

"You were always there to help everyone with a well thought-out solution..."

"Sparky, keep on dancing..."

Best Wishes Kristin!



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 Monday, June 13.

MID-JUNE TO MID-JULY 2022

Monday	Tuesday	Wednesday	Thursday	Friday
JUNE 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	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 12:00 June Birthdays Celebration 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
4 INDEPENDENCE DAY CENTER CLOSED 	5 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	6 9:00 Mat Stretch/INT 10:00 Open Bridge 10:00 Beg. Bridge 12:30 Table Tennis 1:00 Nifty Knitters	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	8 9:00 Low Impact Cardio/INT 10:00 Men's Bsktball 10:30 Men's Disc. Grp 12:00 Entertainment & Lunch Event 12:30 Table Tennis
11 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	12 9:00 Balance & Flex-INT 9:45 Writing Wksp 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 12:45 Script Reading 1:00 Women's Circle	13 9:00 Mat Stretch/INT 10:00 Open Bridge 10:00 Beg. Bridge 10:30 Recent Retirees Grp. 12:30 Table Tennis 1:00 Nifty Knitters	14 10:00 Pickleball 10:00 Dup. Lite 10:00 Free Paint 12:20 Balance & Flex—GENTLE 12:30 Table Tennis/NEW 1:00 Beatles Program	15 9:00 Low Impact Cardio/INT 10:00 Men's Bsktball 10:30 Men's Disc. Grp 12:30 Table Tennis 12:30 Movie

Information & Resources

Did You Know?

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

Community Food Pantry in Chatham

The Community Food Pantry in Chatham 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.

Donate if you can or 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 evidence-based 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



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CONTACT US & LEARN MORE:

• Judy: (908) 447-4081

• Meg: (908) 358-5307

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jmmovemanagers.com



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