



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

August 20, 2021 Vol. 33

THE CENTER WILL BE CLOSED MONDAY, AUG. 23 THROUGH LABOR DAY FOR OUR ANNUAL SUMMER BREAK. WE WILL RE-OPEN TUESDAY, SEPT. 7 AT 9AM.

****New Programs & Special Events****

Intermediate Exercise: Balance & Flex, Yoga, Low Impact Cardio - Tuesdays, Wednesdays, Fridays, 9:00 AM

Intermediate class session begins Tuesday, Sept. 7 with Balance & Flex, followed by Chair Yoga on Wednesday, and Low Impact Cardio on Friday. Instructor: Donna Sue Downton. Fees: 12-class session: \$72, 8-class session: \$56, individual class: \$8.

Gentle Exercise: Balance & Flex, Chair Yoga - Mondays, Tuesdays, Thursdays, 12:20 PM

Gentle class session begins Tuesday, Sept. 7 starting with Chair Yoga. The regular class sequence is Mondays: Balance & Flex; Tuesdays: Chair Yoga, Thursdays: Balance & Flex. Instructor: Donna Sue Downton. Fees: 12-class session: \$72, 8-class session: \$56; individual class: \$8

Line Dancing - Mondays, 1:00-2:00PM, Sept. 13 and Sept. 20

Want to get some good (but not too strenuous) exercise and have lots of fun? Instructor Linda Hyland will teach you the steps with all kinds of music, not just country. Please wear sneakers and loose clothing. Don't need a partner to participate. Classes are free but must sign up to attend. If you wish to participate, please contact the Center when we re-open on Sept. 7.

Writing Workshop - 9:45 AM, Tuesdays, Starting Sept. 14

Grab paper and a pen and join us as we explore the beauty of writing. This class is for new and returning students and will focus on all genres of writing, including personal memoirs, creative fiction, and poetry. Topics to be covered include character and narrative development, dialogue, plot, and much more. Each week we will read a short story or short memoir piece, share written homework assignments, have a lesson on writing techniques, and tackle a brief in-class prompt. No experience needed - just a willingness to learn, laugh and write! Six-class session meets remotely on Zoom and ends Oct. 19. Instructor: Jenny Tannenbaum.

Fee is \$30 for the entire session. Must register on Zoom in advance to participate at:
<https://us02web.zoom.us/join/zoom/register/tZcuce-trT8jH9Ep6gTQjOHs6pMuFXMcpXOV>

Fall Prevention Presentation - Wednesday, Sept. 22, 9:30-11:30 AM

A fall can impact the rest of your life. Come learn how you can modify your lifestyle and home environment to reduce your risk of falling. Panel discussion preceded by light breakfast. Presenters include Julie Reich, Executive Director, Senior Center of the Chathams, Back Home Safely, and RWJ/Barnabas Health Retail Pharmacy. Must register to attend by Friday, Sept. 17. If you wish to participate in this event, please contact the Center when we re-open on Sept. 7.

Movies on Thursdays; Foreign Films Once a Month on a Friday - 12:30 PM

Sponsored by Chelsea at Warren

Sept. 9 - "A Lady in the Van" - Comedy-drama starring Maggie Smith

Sept. 16 - "News of the World" - Western drama starring Tom Hanks

Sept. 23 - "What About Bob?" - Comedy starring Bill Murray, Richard Dreyfuss

Sept. 24 - Foreign Film - Title to be Announced

Welcome Back Jazz Concert & Boxed Lunch - Thursday, Sept. 30, 12:30 PM

Bring your lawn chair and listen to live music while enjoying a boxed lunch. Duo Vinnie Cutro and Mitch Schecter will entertain us with a musical tribute to jazz great Duke Ellington. Must sign up no later than Friday, Sept. 24. Please indicate if you would prefer a vegetarian lunch selection. The program will move indoors in the event of inclement weather.

Free event courtesy of TD Bank, Chatham. If you wish to participate, please contact the Center when we re-open on Sept. 7.

\$20 fee for Men's Basketball & Pickleball covering play for Sept.-Dec. Begins when we re-open.

****Visit us at the Senior Pub at the Fishawack Festival - Saturday, September 25.****

Please see next pages for ongoing programs.

Mondays

NEW! **Connections Silver Linings Support Group - Mondays, Starting September 13, 10:00-11:30 AM**

This confidential support group's purpose is to provide support for its members as they share their thoughts and feelings about life's ongoing challenges. If you are looking to share in a safe and supportive environment, consider joining this group facilitated on Zoom by Claire Solu-Burd, LCSW, a local social worker. Sessions will include a group activity and time for discussion. The program runs through October 25. Pre-registration is required and attendance at the first meeting is mandatory. Please register using this Zoom link:

<https://us02web.zoom.us/join/zoom-join-link>

Men's Basketball, 10:00 AM-Noon

Contact Center to sign up. You must scan in at the kiosk before heading up to the gym to play. Fee is \$20 for September through December 2021.

Gentle Balance & Flex- 12:30 PM

See fee information on page 1.

Non-Fiction Book Group - 11:00 AM, September 27

The group will be discussing *'The Day the World Came to Town: 9/11 in Gander'* by Jim DeFede.

Table Tennis/Experienced Players, 12:30 PM

Play competitive games of table tennis with other experienced players.

Line Dancing, 1:00PM, September 13 & September 20

See page 1 for details.

Tuesdays

Intermediate Balance & Flex- 9:00 AM

See fee information on page 1.

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 September through December.

Documentary Series, Tuesdays, 10:30 AM

"Legendary Cities". This series looks at some of the most beautiful cities in the world. These majestic cities share much in common: artistic history, stunning architecture, and a rich, historic, cultural, and literary heritage. Three episodes weekly. Sponsored by: Chelsea at Warren

Gentle Chair Yoga - 12:20 PM

See fee information on page 1.

Table Tennis/New Participants, 12:30 PM

Play 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.

Fiction Book Club, 12:45 PM, September 21

The group will discuss "Last Garden in England" by Julia Kelly.

The Women's Circle, 1:30-2:30PM

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 Chair Yoga - 9:00 AM

See fee information on page 1.

Beginner Bridge Instruction, 10:00AM-12:30PM

This class is for rusty players or those wanting to learn modern bidding. Instructor: Rick Hartley. Cost is \$7 per class, plus purchase of recommended book at \$15.

Mah Jongg, 10:00 AM

All game supplies provided.

Wednesdays, Cont'd.

Caregiver Support Group, 10:30-11:30AM, September 8

Join others who care for loved ones experiencing dementia. This monthly meeting is moderated on Zoom by Phyllis Flemming, former Executive Director, Victorian Garden Adult Day Care Center, Chatham, and experienced support group moderator. To join the discussion: <https://us02web.zoom.us/join/zoom/register/tZcoduigqjgtEtCAL7MbTZCrYdIGuAth6r37>

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.

Fall Prevention Event - 9:30-11:30 AM, September 22

See page 1 for details.

Thursdays

Free Paint, 10:00 AM-Noon

The art room is open for you to work on your own creations with your own supplies. This is an indoor program.

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, plus purchase of recommended book at \$15. Call Center to sign up.

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 September through December.

Gentle Balance & Flex- 12:20 PM

See fee information on page 1.

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.

Short Story Discussion - 1:00 PM, September 23

The group will be discussing "The Lottery" by Shirley Jackson on Zoom. No need to purchase this story; it will be e-mailed to you after registering on Zoom at: <https://us02web.zoom.us/join/zoom/register/tZwpdu2ggT8uGNwXXUgaQhTdulD7f3j7U90H>

Movie - 12:30 PM

See page 1 for titles. Sponsored by: Chelsea at Warren

Welcome Back Jazz Concert & Boxed Lunch, 12:30 PM, September 30

See page 1 for details. Sponsored by TD Bank, Chatham.

Fridays

Intermediate Low Impact Cardio - 9:00 AM

See fee information on page 1.

Men's Basketball, 10:00AM-12:00 PM

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 September through December.



Connections Self Discovery Group - Fridays, beginning September 17, 10:30-11:45 AM

Join us for this in-person group experience as we endeavor 6 weeks of learning, fun, self-discovery, and mutual support. This group will be facilitated by Claire Solu-Burd, LCSW, a local Social Worker. Sessions will include a group activity and time for discussion. Program runs through October 22. Pre-registration is encouraged. Four members are necessary to run this session. Call the Center to sign up: 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.

Foreign Film, 12:30 PM, September 24

Contact Center for title. Sponsored by: Chelsea at Warren

SEPTEMBER 2021

Monday	Tuesday	Wednesday	Thursday	Friday
<u>6</u> LABOR DAY CENTER CLOSED	<u>7</u> 9:00 Balance & Flex-INT 10:00 Pickleball 10:30 Docu. Series 12:20 Chair Yoga/GENTLE 12:30 Table Tennis/NEW 1:30 Women's Circle	<u>8</u> 9:00 Chair Yoga/INT 10:00 Mah Jongg 10:00 Beg. Bridge 10:30 Caregiver Support Grp 12:30 Table Tennis 1:00 Nifty Knitters	<u>9</u> 10:00 Free Paint 10:00 Pickleball 10:00 Bridge/EXP. 12:20 Balance & Flex—GENTLE 12:30 Table Tennis/NEW 12:30 Movie	<u>10</u> 9:00 Low Impact Cardio/INT 10:00 Men's Bsktball 10:30 Men's Grp 12:30 Table Tennis
<u>13</u> 10:00 Men's Bsktball 10:00 Silver Linings 12:20 Balance & Flex—GENTLE 12:30 Table Tennis 1:00 Line Dancing	<u>14</u> 9:00 Balance & Flex-INT 9:45 Writing Wksp 10:00 Pickleball 10:30 Docu. Series 12:20 Chair Yoga—GENTLE 12:30 Table Tennis/NEW 1:30 Women's Circle	<u>15</u> 9:00 Chair Yoga/INT 10:00 Mah Jongg 10:00 Beg. Bridge 12:30 Table Tennis 1:00 Nifty Knitters	<u>16</u> 10:00 Free Paint 10:00 Pickleball 10:00 Dup. Lite 12:20 Balance, Flex, Yoga—GENTLE 12:30 Table Tennis/NEW 12:30 Movie	<u>17</u> 9:00 Low Impact Cardio/INT 10:00 Men's Bsktball 10:30 Men's Grp 10:30 Self-Discovery Grp 12:30 Table Tennis
<u>20</u> 10:00 Men's Bsktball 10:00 Silver Linings 12:30 Table Tennis 1:00 Line Dancing	<u>21</u> 9:45 Writing Wksp 10:00 Pickleball 10:30 Docu. Series 12:30 Table Tennis/NEW 12:45 Fiction Book Grp 1:30 Women's Circle	<u>22</u> 9:30 Fall Prevention Program 10:00 Mah Jongg 10:00 Beg. Bridge 12:30 Table Tennis 1:00 Nifty Knitters	<u>23</u> 10:00 Free Paint 10:00 Pickleball 10:00 Bridge/EXP. 12:30 Table Tennis/NEW 12:30 Movie 1:00 Short Story Discussion Grp	<u>24</u> 10:00 Men's Bsktball 10:30 Men's Grp 10:30 Self-Discovery Grp 12:30 Table Tennis 12:30 Foreign Film **Come see us at the Fishawack Festival n Saturday, 9/25!**
<u>27</u> 10:00 Men's Bsktball 10:00 Silver Linings 11:00 Non-Fiction Book Grp 12:20 Balance & Flex, —GENTLE 12:30 Table Tennis	<u>28</u> 9:00 Balance & Flex-INT 9:45 Writing Wksp 10:00 Pickleball 10:30 Docu. Series 12:20 Chair Yoga—GENTLE 12:30 Table Tennis/NEW 1:30 Women's Circle	<u>29</u> 9:00 Chair Yoga/INT 10:00 Mah Jongg 10:00 Beg. Bridge 12:30 Table Tennis 1:00 Nifty Knitters	<u>30</u> 10:00 Free Paint 10:00 Pickleball 10:00 Dup. Lite 12:20 Balance, Flex, Yoga—GENTLE 12:30 Table Tennis/NEW 12:30 Jazz Concert & Lunch	<u>OCT.1</u> 9:00 Low Impact Cardio/INT 10:00 Men's Bsktball 10:30 Men's Grp 10:30 Self-Discovery Grp 12:30 Table Tennis
<div> <div>SAVE-THE-DATES</div> <div> TUESDAY, OCT. 19—PREPARING FOR SENIOR CARE: UNDERSTANDING GOVERNMENT HEALTH BENEFITS </div> <div> SATURDAY, OCT. 23—COMMUNITY PAPER SHRED FUNDRAISER </div> </div>				



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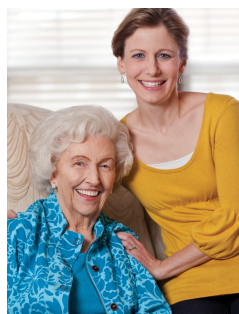
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*****Masks are required at the Center for those who are not fully vaccinated. In accordance with guidelines, masks are recommended while indoors.*****

Resources & Information



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>



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.



Morris Area Paratransit System (MAPS) is a shared ride service available to Morris County residents who are senior citizens (60 years and older), people with disabilities, or veterans. Contact them at 888-282-6277 or 973-829-8103 or email maps@co.morris.nj.us.

Morris County Veterans Services - This department helps honorably discharged Morris County veterans and their families with their VA benefits and entitlements. Get more information and a list of resources at:
<https://www.morriscountynj.gov/Departments/Veterans-Services>



Beat the Heat - Senior residents in Chatham Borough and Chatham Township may use certain pools near where they live for free when the temperature reaches 90 degrees and higher: Memorial Park Pool at 22 North Passaic Avenue is open to Borough seniors age 65 and up and The Colony Club Pool at 55 School Avenue is open to Township seniors ages 62 and up. Residents are asked to bring identification. If you don't live in Chatham, please check with your town government for similar options.



Free Educational Program for Seniors - The Wellness Initiative for Senior Education (WISE) Program celebrates healthy aging and educates older adults on a variety of relevant topics. Sponsored by the Municipal Alliance of the Chathams (MACC) and the Madison Alliance Addressing Substance Abuse (MAASA), this free program is open to anyone 60 or older. The program begins on Tuesday, Sept. 21 at 10 AM at the Library of the Chathams, 214 Main Street, Chatham and includes 6 sessions through Oct. 26. Free refreshments will be served and all program participants will be eligible for free giveaways. To register, contact Amy Lewis at 908-789-4070 x. 4080 or alewis@westfield.gov.

Volunteers Wanted!

The Senior Center of the Chathams is looking for volunteers for when we re-open after Labor Day. We have a wide range of needs involving different time requirements and skillsets. These include database and spreadsheet management, general office work, party & event set-up, library organization, teaching craft workshops, or leading a passion project. Give us a call if you'd like to help out: 973-635-4565.

Did you know? The Senior Center is also open to non-residents of Chatham. We have hundreds of participants from many other NJ communities. Let your friends from other towns know they're welcome here too!