



Senior Center of the Chathams

Be Active. Be Connected.

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

October 28, 2022, Vol. 59

****Our newsletter will now be issued once a month.
This edition contains all NOVEMBER programs.****

Sign-ups are required at least three (3) business days before an event's scheduled date unless otherwise noted. Please contact us in time!



Halloween Magic Show, Monday, October 31, 1:00 PM

Be amazed by the magic tricks at this show on Halloween Day.

There's still time to sign up!

Lunch and Learn: How to Communicate Effectively with Kids and Grandchildren in the Age of New Technology, Thursday, Nov. 3, 11:00 AM

Learn how to communicate with loved ones through texts, emails, Zoom, and Facebook. Join this informal yet informative discussion and enjoy a nice lunch. Presenter: Geriatric Specialist Wendy Sabin from Sabin Elder Care. Sign-up required.



Caregiver Support Group, Thursday, Nov. 3, 1:00 PM



The 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 meets the first Thursday of each month. Sign-up required.



Canasta Lessons Start Monday, Nov. 7, 10:00 AM

Instructor: Judy French. Sign-up required.



Pizza Party, Thursday, Nov. 9, 12:30 PM

Enjoy some pizza before the Pilgrims & Mayflower history presentation. Sign-up required. Sponsored by Allaire Health Services.

The True Story of the Pilgrims & the Mayflower, Thursday, Nov. 9, 1:30 PM

Historian Joel Farkas will be here to tell us about what really happened in this historic voyage. Sign-up required.



Veterans Day Patriotic Concert & Lunch, Friday, Nov. 11, 10:30 AM

We will be honoring those who served our country this Veterans Day with patriotic music and lunch. Please join us if you or someone you know is a veteran. Sign-up required. Sponsored by Arista Care at Norwood Terrace.

See the next pages for more Special Programs.



Bingo, Mondays, Nov. 14 and Nov. 21, 10:00 AM

Bingo is back. Cards and chips are provided. Bring your own dimes; \$2 is suggested. Sign-up is required.

Holiday Arrangement Workshop, Tuesday, Nov. 15, 10:00 AM

The Town & Country Garden Club of the Chathams will lead a hands-on workshop where participants create a small holiday arrangement in a teacup, mug, or small container to share with a friend or bring holiday cheer to their homes. Materials will be provided but participants may bring their own containers if desired. This workshop is free but sign-up is required.



Grief Support Group, Tuesdays, 10:00-11:30AM

New Session begins Nov. 15

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. Please call the Center to sign up.



Play Reading, Tuesday, Nov. 15, 12:45 PM

Show off your inner actor while reading a part in a play with the group. Facilitated by Judy French. Scripts will be handed out and roles assigned on the day of the program. Sign up required.



Fire Prevention & Safety Program, Wednesday, Nov. 16, 11:00 AM

Did you know older adults are twice as likely to be injured by fires in their homes? Madison Fire Department Captain, Ed Nunn, will be back to share important information and tips on preventing fires and staying safe. A light lunch will be served at the end of the program. Sign-up is required.



Pet Therapy Dog Visit, Thursday, Nov. 17, 11:00 AM

Enjoy the companionship of Molly, a pet therapy dog who'll be back to visit us with her volunteer, Robert.



Free Blood Pressure Screening, Thursday, Nov. 17, 11:45 AM

Walk-ins welcome. No appointment required.

Pokeno & Bagels, Friday, Nov. 18, 11:00 AM

Juniper Village returns to lead us in the fun game of Pokeno. Bagels will be served. Sign-up is required.



Collecting & Selling Postage Stamps, Monday, Nov. 21, 1:00 PM

Learn from Joe Rodman how to sell postage stamps and bring your own to evaluate the cost. Sign-up is required.

See the next pages for more Special Programs.



Thanksgiving Pies, Wednesday, Nov. 23, 1:00 PM

Holiday pies will be distributed right before the Thanksgiving break. The number is limited number; sign-up is required. Sponsored by CareOne Madison.



Classical Violin Concert, Wednesday, Nov. 23, 1:30 PM

Audrey Lee, the eighth-grade student who wowed us returns to play another selection of classical pieces, this time by Rode, Bach, and Saint Saens. Sign-up is required.



Reminiscence Group, Monday, Nov. 28, 11:00 AM

This is an informal get-together where participants have a chance to share their good memories and personal stories. Come meet new friends, learn more about the people you've already met at the Center, and enjoy a great cup of coffee. Please sign-up.



Travel to Germany, Wednesday, November 30, 2:00 PM

Nish Verma, Travel Advisor, will be here to talk about traveling to Germany. Please call the Center to sign up.



Watercolor & Writing Programs

Watercolor Classes, Thursdays, 10:00 AM

Classes are taught by Philla Barkhorn. The price per class is \$10. No experience is necessary. Materials are provided to those who need them but you may bring your own. Please sign up.

Subjects to be painted:

11/3 - Mountains & Pines in a Landscape

11/10 - Thanksgiving Cards

11/17 - Copying a Loose Watercolor Animal in the Style of Dean Crouser

Writing Workshop, Fridays, 11:00 AM

Have you ever wanted to write the story you have to tell but don't know how to get started? Try this fun, introductory workshop which is open to all types of aspiring writers. Through class discussion and writing exercises, participants will explore setting, character and plot development, theme, dialogue, and more. Absolutely no previous experience is needed. All aspiring writers are welcome.

There is no fee but sign-up is required.



Ongoing Programs

Mondays

Men's Basketball, 10:00 AM

Call Center to sign up. Fee is \$20 through December.

Gentle Balance & Flex, 12:20 PM

Call Center to sign up. Classes are \$8 each. Instructor: Donna Sue Downton.

Table Tennis/Experienced Players, 12:30 PM

Play competitive games of table tennis with other experienced players.

Line Dancing, Mondays, 1:30 PM

Get some not-too-strenuous exercise and have fun while you're at it. Instructor Linda Hyland will teach line dancing using all kinds of music, not just country music. Wear sneakers and loose clothing. Classes are free but sign up is required. No classes on 11/7, 11/14. Classes resume on 11/21.

Tuesdays

Intermediate Balance & Flex, 9:00 AM

Call Center to sign up. Classes are \$8 each.

Instructor: Donna Sue Downton.

Rummikub, 9:30 AM

All Rummikub game materials are supplied and lessons are taught by Senior Center staff members. Please sign up.

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 December.

Documentaries, 10:30 AM

Sponsored by Pine Healthcare & Rehabilitation Center

Call Center for documentary topics. Sign-up is not necessary.

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 to sign up. Classes are \$8 each. 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. Paddles available.

Beginner Knitting Classes, 12:30 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. Sign-up required.

Fiction Book Group, 12:45 PM, Nov. 22

Join other readers in the discussion. Call Center for title. All are welcome.

See the next pages for ongoing programs.

Tuesdays, cont'd.

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 of interest to them.

Wednesdays

Intermediate Mat Stretch & Alignment - 9:00 AM

Class is taught on mats. Call Center to sign up. Classes are \$8 each.
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. 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 other items 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 through December.

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 to sign up. Classes are \$8 each. 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.

Celebrate the Month's Birthdays, Noon, Nov. 17

Enjoy some cake before the movie starts and wish a happy birthday to those with birthdays this month. Sponsored by Sunrise of Summit.

Movie - 12:30 PM

Sponsored by Pine Acres Healthcare & Rehabilitation Center
Call Center for titles.

See the next pages for ongoing programs.

Fridays

Intermediate Low Impact Cardio, 9:00 AM

Contact Center to sign up. Classes are \$8 each. Instructor: Donna Sue Dowton.

Connections Self Discovery Group, Fridays, 10:00 AM

Participants endeavor fun, self-discovery, and mutual support in this group facilitated by Claire Solu-Burd, LSW. No session Nov. 18 or Nov. 25.

Call the Center to sign up.

Men's Basketball, 10:00 AM

Fee is \$20 through December.

Men's Discussion Group, 10:30 AM

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

Table Tennis/Experienced Players, 12:30 PM

Play games of competitive table tennis with other experienced players.

Golden Classics Film, 12:30 PM, Nov. 18

Sponsored by Pine Acres Healthcare & Rehabilitation Center

We will be showing a classic film once a month. Call the Center for title.

Nonfiction Book Club, 1:00 PM, Nov. 18

The group will discuss "Life on the Mississippi: An Epic Adventure" by Rinker Buck.

Copies of the book are available at the Center to borrow.

All are welcome to join the conversation.

We will be closed:

Election Day, Tuesday, November 8

**Thanksgiving Break, Thursday, November 24 &
Friday, November 25.**



See the next pages for Monthly Calendar and more Information.

NOVEMBER 2022

Monday	Tuesday	Wednesday	Thursday	Friday
OCTOBER 31	NOVEMBER 1	2	3	4
10:00 Men's Bskball 12:20 Balance & Flex—GENTLE 12:30 Table Tennis 1:00 Halloween Magic Show 1:30 Line Dancing	9:00 Balance & Flex-INT 9:30 Rummikub 10:00 Pickleball 10:30 Documentary 12:20 GENTLE Stretch 12:30 Table Tennis/NEW 12:30 Beginner Knitting 1:00 Women's Circle	9:00 Mat Stretch/INT 10:00 Open Bridge 10:00 Beg. Bridge 12:30 Table Tennis 1:00 Nifty Knitters	10:00 Pickleball 10:00 Dup. Lite 10:00 Watercolor Class 11:00 Social Media Lunch & Learn 12:20 Balance & Flex—GENTLE 12:30 Table Tennis/NEW 12:30 Movie 1:00 Caregiver Support Grp.	9:00 Low Impact Cardio/INT 10:00 Men's Bskball 10:00 Self Discovery Grp 10:30 Men's Disc. Grp 11:00 Writing Wksp 12:30 Table Tennis
7	8 ELECTION DAY CENTER CLOSED	9	10	11
10:00 Men's Bskball 10:00 Canasta Lessons 12:20 Balance & Flex—GENTLE 12:30 Table Tennis		9:00 Mat Stretch/INT 10:00 Open Bridge 10:00 Beg. Bridge 12:30 Table Tennis 12:30 Pizza Party 1:00 Nifty Knitters 1:30 Pilgrims & the Mayflower	10:00 Pickleball 10:00 Dup. Lite 10:00 Watercolor Class 12:20 Balance & Flex—GENTLE 12:30 Table Tennis/NEW 12:30 Movie	9:00 Low Impact Cardio/INT 10:00 Men's Bskball 10:00 Self Discovery Grp 10:30 Veterans Day Patriotic Concert & Lunch 11:00 Writing Wksp 12:30 Table Tennis
14	15	16	17	18
10:00 Men's Bskball 10:00 Bingo 12:20 Balance & Flex—GENTLE 12:30 Table Tennis	9:00 Balance & Flex-INT 9:30 Rummikub 10:00 Pickleball 10:00 Grief Support Grp 10:00 Holiday Arrangement Workshop 10:30 Documentary 12:20 GENTLE Stretch 12:30 Table Tennis/NEW 12:30 Beginner Knitting 12:45 Play Reading 1:00 Women's Circle	9:00 Mat Stretch/INT 10:00 Open Bridge 10:00 Beg. Bridge 11:00 Fire Prevention & Safety 12:30 Table Tennis 1:00 Nifty Knitters	10:00 Pickleball 10:00 Dup. Lite 10:00 Watercolor Class 11:00 Pet Therapy Visit 11:45 BP Screening 12:00 Nov. Birthdays 12:20 Balance & Flex—GENTLE 12:30 Table Tennis/NEW 12:30 Movie	9:00 Low Impact Cardio/INT 10:00 Men's Bskball 10:00 Pokeno & Bagels 10:30 Men's Disc. Grp 11:00 Writing Wksp 12:30 Table Tennis 12:30 Golden Classics Movie 1:00 NF Book Group
21	22	23	24 CENTER CLOSED THANKSGIVING DAY	25 CENTER CLOSED
10:00 Men's Bskball 10:00 Bingo 12:20 Balance & Flex—GENTLE 12:30 Table Tennis 1:00 Postage Stamp Collecting 1:30 Line Dancing	9:00 Balance & Flex-INT 9:30 Rummikub 10:00 Pickleball 10:00 Grief Support 10:30 Documentary 12:20 GENTLE Stretch 12:30 Table Tennis/NEW 12:30 Beginner Knitting 12:45 Fiction Book Group 1:00 Women's Circle	9:00 Mat Stretch/INT 10:00 Men's BBall 10:00 Open Bridge 10:00 Beg. Bridge 12:30 Table Tennis 1:00 Nifty Knitters 1:00 Thanksgiving Pies 1:30 Classical Violin Concert by Audrey		
28	29	30		
10:00 Men's Bskball 11:00 Reminiscence 12:20 Balance & Flex—GENTLE 12:30 Table Tennis 1:30 Line Dancing	9:00 Balance & Flex-INT 9:30 Rummikub 10:00 Pickleball 10:00 Grief Support 10:30 Documentary 12:20 GENTLE Stretch 12:30 Beginner Knitting 12:30 Table Tennis/NEW 1:00 Women's Circle	9:00 Mat Stretch/INT 10:00 Open Bridge 10:00 Beg. Bridge 12:30 Table Tennis 1:00 Nifty Knitters 2:00 Travel to Germany		

Thank You for Supporting our Paper Shred Fundraiser!



Many thanks to everyone who supported the Senior Center of the Chathams at our Fall Paper Shred fundraiser on October 22. Thanks also to our wonderful Board members, staff, Chatham High School Key Club volunteers, and our

Sponsors:

Aquinas Healthcare

The Chelsea at Warren

Nish Verma, Travel Advisor

Harmony Village at CareOne Hanover Township

Information & Resources

Did You Know?

It is not necessary to be a resident of Chatham to participate in programs and events here at the Senior Center of the Chathams. In addition to Chatham, members come from Madison and many other NJ towns. Everyone is welcome. There's no membership fee to join.

Find out what we have to offer, and come enjoy!

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

There is one 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 get registered.

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 in Medicare began 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 email maps@co.morris.nj.us.

ANCHOR

(Affordable New Jersey Communities for Homeowners & Renters)

The ANCHOR program replaces the Homestead Benefit program. It provides property tax relief to NJ residents who owned or rented their principal residence (main home) on Oct. 1, 2019, and met income limits. Eligibility is as follows: homeowners with incomes of \$150,000 or less will receive \$1,500; homeowners with incomes of more than \$150,000 and up to \$250,000 will receive \$1,000; renters with incomes of \$150,000 or less will receive \$450. **The deadline to apply is December 30, 2022.** ANCHOR benefit

information mailers are being sent to homeowners and tenants.

Visit the NJ Division of Taxation's ANCHOR page for filing information.

<https://www.state.nj.us/treasury/taxation/anchor/index.shtml>

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