

# THE SENIOR ENRICHMENT CENTER OF THE CHATHAMS

## LEISURE PURSUITS

*Over 20 Years of Enrichment Activities for Active Adults*



### FEBRUARY 2012

#### Free Tax Aide at the Senior Center...

...from February 2nd until April 12th. Chatham resident Harvey Diamond and his group of trained volunteers from AARP will complete your tax return and send it in for you electronically. This "E-filing" insures greater accuracy and processing speed. They will do tenant rebate and property tax rebate forms in addition to Federal and NJ income tax returns. Participants do not need to be residents of Chatham or have an AARP membership.

Call Sr. Center for an appointment.

Appointments will be taken for Thursdays beginning at 9:30 am.

#### House Call Groceries for Seniors

Available through the Visiting Nurse Association for any Morris County resident 60 yrs and older who is homebound and has limited access for assistance from family or friends.

Volunteers generally shop once a week or every 2 weeks depending on needs and schedule.

There is an administrative fee of \$5 per trip.

The volunteer will contact you to schedule a mutually convenient time to shop for you and will come to your home to collect your grocery shopping list, coupons and your form of payment for the groceries. Call 1-800-WEVISIT (938-4748) or

[www.VNANNJ.org](http://www.VNANNJ.org)

#### Breakfast & Balance Screening

**Fri Feb 24 10:30 am**

**Conducted by Physical Therapist**

**Matthew Riordan**

**~Improve your balance**

**~Tips on fall prevention**

**~Exercises to maintain mobility**

**It's never too late to improve your balance!**



#### Vial of Life

*An identification for emergency use by rescue squad.*

A small plastic cylinder is put in your refrigerator containing vital information about the resident that is needed by the rescue squad, such as medical history and medications, contact info of relatives or friends and physician, etc.

The Senior Center has a supply of the "Vial of Life." The Chatham Rescue Squad encourages everyone to pick one up and place in your home. This is very helpful for the squad to best help you in an emergency.

The Center also has medical information cards to carry in your wallet that can be used at the physician's office or in an emergency.

**OPERATION REASSURANCE for Chatham Twp and Boro residents.** In light of the crazy weather we have experienced, consider registering for this safety program. You call the police each morning before 10 am to check in. If they don't hear from you they will call you. Call your local police station to register.

#### Newsletter Mailing

The cost of mailing out our monthly newsletter is going up again as the price of stamps went up this month. In addition, we can no longer send our bulk mail from Chatham but have to bring it to Union. Please let us know if you would like to get your newsletter emailed to you in lieu of the paper copy or simply access the newsletter on our website--[www.chathamseiorcenter.org](http://www.chathamseiorcenter.org)-- The newsletter is available on the website at least a week earlier than by mail. In addition you can always pick up a copy at the Center.

#### Wii Bowl

*It's here*

**WEDNESDAYS 12:30 - 2:30**

Stop by for a fun afternoon, a few laughs, "fierce competition" and a little exercise. Non-bowlers encouraged to try it as well. It is very easy to learn, has no heavy ball to worry about lifting and the system does the scoring for you. You can bowl sitting down or in full bowling alley form! Come out and give it a try!

**Thanks to Madison Honda for donating the game set**



#### Woman's friendship groups

**REFLECTIONS I - Fridays from 10 - 11:30 am**

**REFLECTIONS II - EVERY (new) Tuesday 2 - 3 pm**

Please call for information



Check for **Emergency Closings or class cancellations** due to snow or ice. Call 973-635-0831 for taped message by 8:30 a.m.

# Senior Transportation



**“Van-Go” reservations: (973)635-4565**  
 YOU MUST CALL BY 2 PM THE DAY BEFORE YOUR TRIP.  
**Tuesdays, Thursdays and Fridays 9 am to 2 pm**  
*within the Chathams and Madison* Cost: \$1 per day  
**Use MAPS for medical transportation outside of Chatham or Madison (see below)**

Our Senior Bus provides curb-to-curb service to Chatham Twp & Boro residents age 60 and up, able to board and exit the bus unassisted. The bus travels to any destination in Chatham Twp, Chatham Boro, Green Village & Madison.

## -----*FEbruary* Bus Schedule-----

<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>
		<u>1</u> <b>No bus today</b> MAPS has extended service for med appts	<u>2</u> <b>9 am – 2 pm</b> Senior Bus	<u>3</u> <b>9 am – 2 pm</b> Senior Bus
<u>6</u> <b>No bus today</b> MAPS has extended service for med appts	<u>7</u> <b>9 am – 2 pm</b> Senior Bus	<u>8</u> <b>9 am - 2 pm</b> Senior Bus Mall Day	<u>9</u> <b>9 am – 2 pm</b> Senior Bus	<u>10</u> <b>9 am – 2 pm</b> Senior Bus
<u>13</u> <b>No bus today</b> MAPS has extended service for med appts	<u>14</u> <b>9 am – 2 pm</b> Senior Bus	<u>15</u> <b>No bus today</b> MAPS has extended service for med appts	<u>16</u> <b>9 am – 2 pm</b> Senior Bus	<u>17</u> <b>9 am – 2 pm</b> Senior Bus
<u>20</u> <b>No bus today</b> MAPS has extended service for med appts	<u>21</u> <b>9 am – 2 pm</b> Senior Bus	<u>22</u> <b>No bus today</b> MAPS has extended service for med appts	<u>23</u> <b>9 am – 2 pm</b> Senior Bus	<u>24</u> <b>9 am – 2 pm</b> Senior Bus
<u>27</u> <b>No bus today</b> MAPS has extended service for med appts	<u>28</u> <b>9 am – 2 pm</b> Senior Bus	<u>29</u> <b>No bus today</b> MAPS has extended service for med appts		

*The bus is partially funded by the Board of Chosen Freeholders, Morris County NJ*

**MAPS—(973)829-8103 or 1-888-282-6277** will transport Chatham seniors and disabled to medical appointments in Union County on Mon. & Wed. (such as Berkeley Heights and Summit) and in Morris County 5 days a week. MAPS needs as much advance notice as possible at least one to two weeks and ask that you make appointments for late morning since the bus only runs from 9 to 2. Please try MAPS first for all your medical appts.

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### Morris County Bus Service

It is possible to travel throughout Morris County even if you can no longer drive. The Morris County Bus Service has been restructured to better meet the needs of NJ Transit customers.

Visit NJ Transit at [njtransit.com](http://njtransit.com) or call 973-275-5555 for info about routes and schedules or to use the trip planner. The Route #873 bus stops at the Chatham train station and goes to both the Short Hills and Livingston Malls. Going west, the bus stops at Morristown Memorial Hospital. Conceivably, one could take the senior bus to the train station and be picked up later for the return trip home. Bus scheduling info is available at the Senior Center.

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**S.H.I.P. Counselor - Harvey Diamond.** If you need assistance with Medicare Part D, Medigap & other Medicare issues, contact the Center and we will put you in touch with him to set up an appointment.

### FYI



We can supply **Medi Alert** buttons (PERSYS units) for Chatham residents living alone, especially those with chronic medical conditions. The cost is \$30 for installation and \$35 per month for monitoring. Sr. Services can pay the costs for those qualifying for PAAD or those unable to afford a unit. We'll order the unit for you and it will work off of the telephone line. Supplied & monitored by Amcest. Subsidized by the Chatham Jaycees.

### Special days for our Senior Bus:

**Mall Day--Wed Feb 8**  
 Make a reservation for either the Short Hills or Livingston Malls by 2 pm the day before

# ~~~HIGHLIGHTS~~~

## Leisure Interests....

### "A History of Britain"



DVD series - Mondays 10 am - Starting Feb 6

This fascinating documentary discards timelines and tiresome lineages for a lively look at the personalities and cultures that infuse England's past. Hosted by noted historian **Simon Schama**, the series travels from India to Ireland, and from the Norman Invasion to the American Revolution, spotlighting the epic themes and towering figures that transformed an island at the edge of the world into the greatest empire on earth. This 20-hour series covers a staggering amount of ground, including the Norman invasion, Roman Britain, Elizabeth I, Queen Victoria, the American Revolution, and Winston Churchill. Schama has been lauded for focusing more on individual personalities than straightforward historical chronology, and the result is a colorful, viewer-friendly narrative.  
No need to sign up

## Book Club

Tues Feb 14, 10 am  
New members welcome  
Call Center for selection

FOR MEN ONLY

## An Interactive Review of Current Events

Fri. Feb 17, 11 am

Jack McCoy leads our Men's Group in a discussion of sports, politics, local and international events, entertainment, and more. Always interesting and informative.

## Watercolor Workshop

Thursdays 10 am -12

Accomplished watercolorist, Ed Schuh will instruct all levels of ability.

\$40 (\$50 for under age 60)  
For 6-class session

## TRIP PLANNING...

### Macy's Flower Show & New-York Historical Society

Tues March 27 - 8:30 am - 5 pm

Guided tour of Macy's with splendid floral architecture, magnificent rolling landscapes and specialty gardens. Lunch on your own in one of Macy's restaurants. We'll then take a guided tour of the **New-York Historical Society**, where four centuries of history, artifacts and art tell the story of America through the eyes of New Yorkers. NYC's oldest museum, recently reopened after a 3-year renovation, boasts a revolutionary permanent exhibition on NY's central role in establishing the U.S., several special exhibits and an orientation film. *Be prepared for a lot of walking.*

**Cost: \$50 - (bus & 2 tours) Payment is due before March 12**

Looking at for late Spring/Summer - **Snug Harbor & Chinese Scholar's Garden** - Staten Island

## Exercise opportunities:

**Kati's Yoga** 11:30 am Tues

**Tone & Flex** 9 am, M W & F

**Tai Chi/Qi Gong** 11 am, T-Th

All classes are open to new students. Instructors work with all levels of ability & fitness. Try a class at no cost or obligation.

*All classes work to improve balance, strength and flexibility*

## "Soup"erbow! - Fri Feb 3rd, 12 o'clock

Sign up to bring a pot of soup (or \$5 donation)  
Bread, dessert and beverages included



Pick up an Academy Award Ballot at the Senior Center

and return it by Feb 24 with your guesses.

Winner will be notified on Mon Feb 27. Prize TBD



## Movie Marquee



### FRIDAYS 12:30 pm

- **3rd...**"Water For Elephants" *Drama* - Reese Witherspoon, Robert Pattinson. In this captivating Depression-era melodrama, impetuous veterinary student joins a celebrated circus as an animal caretaker but faces a wrenching dilemma when he's transfixed by angelic married performer. An affinity for elephants brings together the young pair, but the warmth between them sends her cruel husband, animal trainer into a fury.
- **10th...**"Leap Year" *Romantic comedy* - Amy Adams, Matthew Goode. Girl chooses February 29 to propose marriage to her "perfect" boyfriend, sure he'll accept because of an Irish custom. But after meeting charming innkeeper en route to Dublin, she must evaluate her original plans.
- **17th...**"The Conspirator" *Drama*. James McAvooy, Robin Wright Penn, Tom Wilkinson, Kevin Kline. Robert Redford directs this gripping historical drama that follows the efforts of young lawyer as he defends a Confederate sympathizer accused of conspiring to assassinate Abraham Lincoln. Realizing that Surratt may in fact be innocent, he defies public opinion and risks everything to get her acquitted.
- **24th...**"The Help" *Drama*. Emma Stone, Viola Davis. In 1960s Jackson, Miss., aspiring writer crosses taboo racial lines by conversing with housekeeper about her job, and their ensuing friendship upsets the fragile dynamic between the haves and the have-nots.