

THE SENIOR ENRICHMENT CENTER OF THE CHATHAMS

LEISURE PURSUITS

Over 20 Years of Enrichment Activities for Active Adults



MARCH 2012

Attention Senior Citizens -

You may attend a free final dress rehearsal of Chatham High School's musical, *The Drowsy Chaperone*, on **Wednesday, Feb. 29, at 3:30 p.m.** You're also invited to stay for a complementary dinner immediately following the show, but seating is limited. To RSVP for the senior dinner, e-mail christinenewes@verizon.net or call 973-635-0737 by Feb. 22.



St Patrick's Day Luncheon

Wed March 14 - 12 o'clock

Sign up for a side dish (to serve 8) or \$5 donation
We'll supply the corned beef; Key club will provide cookies; and Tim Jones, music

Free Tax Aide at the Senior Center...

...every Thursday 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.

Appointments will be taken for Thursdays beginning at 9:30 am - Call Senior Center

Golf Instruction with Lou Ruina

Thursdays March 1 - 29

12:30 - 1:45

5 classes (1 hr-15 min each)

Lou will offer tips to improve your stroke. He is the pro at Millburn Par 3 and a Chatham-Madison Adult School instructor and has been conducting this clinic at the Senior Center for over a decade. Classes are held in the gym using wiffle balls. Early sign up is encouraged as the class size is limited.



Mark your calendar for a Senior Dance

Sunday April 22, 2 - 6 pm

Chatham High School Gym

Diana Singh is a CHS student working on a project to receive her Gold Award, the equivalent of an Eagle Scout Award. Senior Services is working with Diana on her project and will be taking reservations, helping with publicity and advising her as she moves along. One of Diana's ideas is to have free dance lessons in advance of the date. She is also working on providing transportation to the event. More details to follow.



Save the date for our Garden Tour - Thurs June 7 (rain 6/8)
We have 5 gardens, one of which has been designed by Bruce Springsteen's and Jon Bon Jovi's landscaper.



Nifty Knitters Statistics for 2011

Newborn hats - 1018

Blankets - 171

A special thank you to Bea Makara for helping with the organization of the group as well as her contribution of 200 hats and 9 blankets! Congratulations to all !



Vial of Life



An identification for emergency use by rescue squad. 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.

OPERATION REASSURANCE for Chatham Twp and Boro residents. 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.

MAPS is now accepting e-mail reservations
maps@co.morris.nj.us

E-mail is checked daily and responded to within 24 hrs. Also used to alert riders of delays/cancellations.

It's here

Wii Bowl

WEDNESDAYS 12:30 - 2:30

Get a group together or come alone
A fun and easy activity that anyone can do.



Woman's friendship & support 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.

-----MARCH Bus Schedule-----

Monday	Tuesday	Wednesday	Thursday	Friday
			<u>1</u> 9 am – 2 pm Senior Bus	<u>2</u> 9 am – 2 pm Senior Bus
<u>5</u> No bus today MAPS has extended service for med appts	<u>6</u> 9 am – 2 pm Senior Bus	<u>7</u> No bus today MAPS has extended service for med appts	<u>8</u> 9 am – 2 pm Senior Bus	<u>9</u> 9 am – 2 pm Senior Bus
<u>12</u> No bus today MAPS has extended service for med appts	<u>13</u> 9 am – 2 pm Senior Bus	<u>14</u> 9 am – 2 pm Senior Bus Mall Day	<u>15</u> 9 am – 2 pm Senior Bus	<u>16</u> 9 am – 2 pm Senior Bus
<u>19</u> No bus today MAPS has extended service for med appts	<u>20</u> 9 am – 2 pm Senior Bus	<u>21</u> No bus today MAPS has extended service for med appts	<u>22</u> 9 am – 2 pm Senior Bus	<u>23</u> 9 am – 2 pm Senior Bus
<u>26</u> No bus today MAPS has extended service for med appts	<u>27</u> 9 am – 2 pm Senior Bus	<u>28</u> No bus today MAPS has extended service for med appts	<u>29</u> 9 am – 2 pm Senior Bus	<u>30</u> 9 am – 2 pm Senior Bus

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

MAPS—(973)829-8103 or 1-888-282-6277. Email - maps@co.morris.nj.us 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.

*_*_*_*_*_*_*_*_*_*_*_*



Morris County Bus Service

Visit NJ Transit at njtransit.com or call 973-275-5555 for info about routes and schedules or to use the trip planner.
Bus scheduling info is available at the Senior Center.

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.

~~~~~

**House Call Groceries for Seniors** -Volunteers shop once a week or every 2 weeks. There is an administrative fee of \$5 per trip. Call 1-800-WEVISIT (938-4748) or [www.VNANNJ.org](http://www.VNANNJ.org)

## 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 will 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 & St Patrick Party**  
Wed March 14

Make a reservation for either the Short Hills or Livingston Malls or Sr Center 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 March 13, 10 am  
New members welcome  
Call Center for selection

FOR MEN ONLY

## An Interactive Review of Current Events

Tri. March 9, 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 re-opened 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

Ballroom Dance Instruction - Tuesdays 12:45



Are you interested in learning the basic steps of ballroom dancing? We are exploring if there is an interest. We have 2 ladies who would like to teach and you do not need a partner. You are also welcome to just listen and watch, and....tap your foot.

Movie Marquee



FRIDAYS 12:30 pm

- **2nd...**"Arranged" *Drama* - Zoe Lister Jones, Francis Benhamou. When an Orthodox Jew and a Muslim meet as new teachers at a Brooklyn school, co-workers and students expect friction. But the women discover they have a shared expectation of entering into arranged marriages.
- **9th...**"Bill Cunningham New York" *Documentary* - Living simply and using a bicycle to get around New York, 80-year-old photographer Bill Cunningham tirelessly records what people are wearing in the city -- both out on the sidewalk and in the salons of the wealthy.
- **16th...**"The Ides of March" *Thriller* - George Clooney, Ryan Gosling. Dirty tricks stand to soil an ambitious young press spokesman's idealism in a cutthroat presidential campaign where "victory" is relative.
- **23rd...**"Midnight in Paris" *Romantic comedy* - Owen Wilson, Rachel McAdams. Legendary director Woody Allen focuses his lens on a young engaged couple whose experiences traveling together in Paris make them begin to question the kind of life they want to live as a couple.
- **30th...**"Moneyball" *Drama* - Brad Pitt, Phillip Seymour Hoffman. The true story of Billy Beane, a former jock turned general manager who uses unconventional methods to bring the best players to the Oakland A's, a major league baseball team struggling against financial hardship.