



JANUARY 2019 EVENTS

NEW! WINTER SUPPORT GROUP – Fridays, Jan. 11 through Feb. 22, 10:30-11:45am. January and February can be challenging months for seniors. The holidays are over and post-holiday blues can set in for many. Bad weather may keep people stuck at home, and feelings of sadness, loneliness and isolation may surface. If you would like to explore these feelings and receive support, fellowship, and compassion from other members of our community, please call the Center to sign up for this 7-week session. Facilitated by Claire Solu-Burd, MSW.

DEMENTIA CAREGIVERS SUPPORT GROUP – Monday, Jan. 14, 10:30am – 12pm. Moderated by Phyllis Flemming, former Executive Director of Victorian Garden Adult Day Center and experienced dementia support group leader.

ACRYLIC PAINTING CLASS – Monday, Jan. 14, 10:30am-12:30pm. Learn how to paint a beautiful red cardinal. All levels of ability welcome, and all necessary supplies provided. Fee: \$17.50. Instructor: Annette Lissy. Limited class size. Must sign up.

NUTRITION SERIES: The Benefits of Prebiotics & Probiotics – Tuesday, Jan. 15, 12:30-1:30pm. Learn more about these gut-friendly bacteria, the microbiome, and how to support a healthy gut by what you eat. Presented by In-Store Dietitian, Shop Rite of Chatham. Please contact the Center to sign up.

FREE BLOOD PRESSURE SCREENING – Thursday, Jan. 17 at 11am - 12:30pm. Provided by Right at Home In Home Care & Assistance, Chatham. Walk-ins welcome.

TECH SUPPORT FOR SENIORS – Thursday, Jan. 17, 3:15 – 4:15pm. For assistance with your smartphone, laptop, tablet, etc. Call the Center to schedule a one-on-one appointment with a Chatham High School student volunteer.

PRESENTATION: CHATHAM BOROUGH DOWNTOWN REVELOPMENT PLAN – Friday, Jan. 18, 12:30pm. Speaker: Will Kurzenberger, Topology. A light lunch beginning at noon will precede the program. Please call Center to sign up.

NEW! MEN'S FITNESS CLASS – Wednesdays, Jan. 23 through Feb. 17, 10:15-11:15am. A weekly one-hour class addressing cardio, strength, balance, and flexibility. Instructor: Donna Sue Dowton. Call Center to sign up and for fee information.

HOW TO STAY YOUNG: THE FIRST 100 YEARS! – Monday, Jan. 28, 12:30pm. Americans are living longer but many suffer from painful conditions that limit mobility. Tina Hong, Practice Representative with New Providence Chiropractic will tell us how we can stay active for a lifetime. Sign-up required.

THE SENIOR CENTER IS LOCATED AT 58 MEYERSVILLE ROAD, CHATHAM, NJ. OPEN MONDAYS-FRIDAYS FROM 9AM-3PM. PHONE: 973.635.4565. PLEASE VISIT WEBSITE FOR MORE INFORMATION: CHATHAMSENIORCENTER.ORG.

NON-CHATHAM RESIDENTS ALSO WELCOME!