

A Reminder

The Senior Center of the Chathams has brought a limited number of programs indoors this month. These programs have smaller capacities due to social distancing requirements and are offered on Mondays, Wednesdays, and Fridays. This schedule is subject to change if at any time, CDC safety guidelines or recommendations change, or if the safety of members or staff is determined to be at risk. Our virtual programs and activities continue as scheduled, and we are continuing to create new on-line programming so please read on to see what we have scheduled!

As a reminder, and for the health, safety, and wellbeing of everyone, new requirements for our indoor programming include:

- Pre-registration for each session or class in which you'd like to participate
- Mandatory screening before entry to the Center
- Adherence to proper hand washing protocols
- Wearing masks at **all** times, including during exercise classes
- Maintaining social distance of 6 feet or more
- No food or beverages to be served by the Center, although you may bring your own covered drink
- Staggered program scheduling to allow for cleaning and sanitizing protocols
- Participants are asked to leave once their program has ended to accommodate cleaning regimens

We thank you again for your patience and compliance with these requirements. If you have any questions, please feel free to contact us at 973-635-4565.

Upcoming Programs

[Connections - Fall Silver Linings Support Group, Mondays, 9:45-11:30AM](#)

Participants will explore their feelings about hope and connect with their inner resilience together on **Zoom**. Each week there will be a new topic or activity led by Claire Solu-Burd, LCSW. This group runs once a week through Dec. 14.

Participants can call in on the phone or connect using their computer, iPad, or other device. To register: <https://us02web.zoom.us/meeting/register/tZcldOuprDgrHtZLRThx5-ObWNryutV6poB>

[Gentle Chair Yoga, Mondays, 11:30AM-12:30PM](#)

Gentle Chair Yoga is a great way to get the health benefits of yoga, loosen and stretch muscles, reduce stress, and improve circulation while sitting down. This is an **indoor** program taught by fitness instructor Donna Sue Dowton, and begins promptly at 11:45AM. Please note: this class is currently full. However, there is space in the Friday class.

See below for more information.

[Fiction Book Club, Monday, 12:45-2:00PM - November 16](#)

This monthly book group takes place on **Zoom**. In this session, the group will discuss the quirky and upbeat books participants have read. All are welcome to join the discussion!

To participate: <https://us02web.zoom.us/j/88632977976?pwd=aytTMG11eDB2c2JwbVFnOGNqdVlxQT09>

[Balance, Flexibility, and Stretch, Mondays, 12:45-1:45PM](#)

This is an **indoor** fitness class taught by Donna Sue Dowton, and begins promptly at 1:00PM. The class provides training on a mix of strength, balance, and flexibility exercises. Please note: this class is currently full. However, there is space in Friday class. See below for more information.

[Memoir Writing Workshop, Tuesdays, 9:45-11:30AM](#)

Learn how to write your life story. Classes are held on **Zoom**. All are welcome to participate.

Instructor: Jenny Tananbaum. There is a fee for this class which runs through Dec. 15. Please contact the Center at 973-635-4565 if you wish to join this on-going program.

To register: <https://us02web.zoom.us/meeting/register/tZUufuigqTgvGtjRIlvP5c6yDaRJ91-VDuO>

NEW!

[Surviving the Holiday Blues, Tuesday, December 8, 1:00-2:00PM](#)

Please join Claire Solu-Burd, LCSW, a local clinician on **Zoom** as she shares tips for managing the holidays during the time of COVID-19. Program will begin at 1:00PM and includes a presentation and time for discussion and questions. If you do not have access to the internet, please consider joining via phone. Call the Center at 973.635.4565 for that number.

To register: <https://us02web.zoom.us/meeting/register/tZMLduisqz4uHd1jCuVDcouCfgBbZLZL0eSA>

[Tai Chi Qi Gong, Wednesdays, 9:15-10:15AM](#)

Tai Chi and Qi Gong combine slow, deliberate movements, meditation and breathing exercises. The postures flow together without pause keeping your body in constant motion, benefiting your circulation, balance, and alignment. This is an **indoor** class that begins promptly at 9:30AM and is instructed by Bianca Godoy. Please arrive a few minutes early to complete the required pre-screening process. Please note: this class is strictly limited to 7 participants and is currently full. Please contact the Center if you wish to be placed on a wait list.

[Short Story Discussion Group, Wednesday, November 18, 9:45-11:00AM](#)

Join us to discuss the short story 'Confido' by Kurt Vonnegut. Moderated on **Zoom** by Julie Reich, Executive Director, and Jenny Tananbaum, Instructor, Memoir Workshop & Creative Writing class. No need to purchase the short story. It will be emailed to you after you register for this session at:

<https://us02web.zoom.us/meeting/register/tZ0oduCvqTMvHNOLHmbrKek49uWamnjfQ9MS>

[Caregivers' Support Group, Wednesday, December 9, 10:30-11:30AM](#)

Join others who care for loved ones experiencing dementia. This monthly meeting is moderated on **Zoom** by Phyllis Flemming, former Executive Director of Victorian Garden Adult Day Care Center, and experienced dementia support group leader. To register:

<https://us02web.zoom.us/meeting/register/tZcoduiqjgtEtCAL7MbTZCrYdIGuAth6r37>

[Men's Discussion Group, Wednesdays, 11:00AM-12:30PM](#)

Join the friendly, lively conversation about current events, issues & useful information, and share in the laughs.

This is an **indoor** program strictly limited to 8 participants due to social distance requirements. Masks must be worn throughout the entire session. Drop-ins cannot be accommodated so be sure to call the Center no later than Tuesday to indicate that you would like to participate. You must receive confirmation that there is sufficient space before attending. 973-635-4565.

Please see next pages for more programs.

Reflections, Thursdays, 10:15-11:30AM

'Reflections' is a group of women who come together to express friendship, support and care for one another.

The ladies reflect on their lives, what is happening today, events in the past, life's joys and its sorrows. They recognize that sharing leads to strength of body and spirit and that shared wisdom finds working solutions to tough problems - and most of all, close friendships. This **Zoom** session begins at 10:30AM and is facilitated by Claire Solu-Burd, LCSW. The last session in this series is on Nov. 19. To register:

<https://us02web.zoom.us/j/84451220663>

Please Note: After a short break, the group will resume on Wednesdays from 1:30-2:30PM, starting December 2 and running through December 16.

Creative Writing Class, Fridays, 9:45-11:30AM, New Session Starts Nov. 20

Have you ever wanted to write a novel? A short story? Poem? Screenplay? Join our new Creative Writing class.

Each week on **Zoom** we will explore different techniques to get you started, from understanding structure, developing characters, exploring plot lines, and more. Each class will include a short lesson, a writing prompt, time for peer review, and one longer at-home assignment per week. No writing experience required. All you need is a desire to write. Instructor: Jenny Tananbaum. The fee is \$20 for 4 classes, 11/20, 12/4, 12/11 & 12/18.

To participate: <https://us02web.zoom.us/j/84451220663>

Gentle Chair Yoga, Fridays 10:00AM-11:00AM

Gentle Chair Yoga is a great way to get the health benefits of yoga, loosen and stretch muscles, reduce stress, and improve circulation while sitting down. This is an **indoor** program taught by fitness instructor Donna Sue Dowton. Class begins promptly at 10:15AM. Please arrive a few minutes early to complete the pre-screening process. Bring a cloth, flexible strap such as a bathrobe belt (no leather belts please). The instructor sells yoga straps for \$12 payable to her should you need one. Please note: this class is strictly limited to 7 participants. Please call the Center for fee information and to let us know that you would like to participate.

Balance, Flexibility, and Stretch, Fridays 11:15AM-12:15PM

This is an **indoor** fitness class taught by Donna Sue Dowton. The class provides training on a mix of strength, balance, and flexibility exercises. It is necessary to purchase your own exercise band to use during class. The instructor sells resistance bands for \$12 payable to her should you need one. Class begins promptly at 11:30AM. Please arrive a few minutes early to complete the pre-screening process. Please note: this class size is strictly limited to 7 participants.

Please call the Center (973-635-4565) for fee information and to let us know that you would like to participate.

Co-Ed Conversation Group, Fridays, 1:00-2:30PM

This is an **indoor** discussion group. Participation is limited to 8 attendees. Drop-ins cannot be accommodated due to social distancing requirements. You must call the Center no later than the Thursday before to let us know you would like to participate and you must receive confirmation that there is sufficient space before attending. 973-635-4565.



Thank you to Chatham Hills Subacute Care Center for once again donating apple pies to honor the veterans who attend the Senior Center of the Chathams!

Please see next page for more programs.

Thank you to everyone who attended our paper shred fundraiser last Saturday!

We're very grateful to our community, Board members, and volunteers for your the generosity and support! We look forward to seeing everyone at our 2021 shreds!



November 2020 Paper Shred Fundraiser: It takes a village!

Diagnosis Alzheimer's Disease: How Do You Afford Quality Care? Tuesday, November 18, 10:30-11:30AM

Unicity Healthcare hosts this **Zoom** presentation featuring Laurie Hauptman, Esq. and Andi Cohn-Morris, Unicity Healthcare. They will address concerns about paying for Alzheimer's care, a diagnosis that can be psychologically and financially draining to a family. They will review the cost of care and criteria for when a person can no longer execute legal documents due to his/her level of mental capacity. They will also review the financial planning process that should take place at diagnosis.

To participate, **RSVP to** Andi Cohn-Morris at amorris@unicityhomecare.com to receive your Zoom code.

Resources & Information



Do you, a neighbor, or a loved one living in the Chathams need help with **grocery shopping** during this time? The Senior Center is coordinating a wonderful group of volunteers who will shop and deliver groceries to your home. Call the Center at 973.635.4565 or email info@chathamseiorcenter.org for details.



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>



Tri-Town 55+ Coalition Rides for Seniors Program - Register to get on-demand car service to run errands, go to doctor's appointments, go shopping or visit loved ones. The Coalition's Rides for Seniors program offers a subsidy for Chatham and Madison residents 65 and older. Eligible riders receive \$5 off each ride up to four rides per month. Tri-Town works in partnership with GoGoGrandparent which accesses Uber and Lyft using an 800 number instead of a smartphone. For more information, visit <https://www.tritown55plus.org/rides-for-seniors>



Need Help With Zoom? It's a good idea to make sure you can get onto Zoom well before one of our remote programs begins. If you need assistance, please call the Center at 973.635.4565. Leave a message telling us the type of device you're using and we'll connect you with a tech volunteer who can help you.



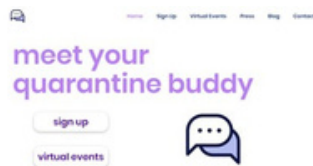
Claire Solu-Burd, LCSW

Claire Solu-Burd, LCSW is a local social worker who has worked with the Senior Center for the past two years. She continues to facilitate our Reflections and Connections Support Groups. This summer, Claire received her clinical license and has opened a private practice in Chatham to offer individual counseling to older adults. She is a Medicare provider and eager to support seniors who may be experiencing grief, loss, sadness, isolation, or anxiety over health concerns. Claire also has a website if you would like to get to know a little bit more about her or her practice. Please visit www.cir-counseling.com



Donna Sue Dowton

Donna Sue Dowton, one of our fitness instructors, has produced a series of YouTube videos demonstrating exercises you can do at home to stay fit. <https://www.youtube.com/channel/UCWPse6PQN6JvSYmQBespBkw>



Quarantine Buddy Program. This is a website started by college students to help people stay connected from home. They host weekly virtual events to meet new people and get to know others over a shared activity or topic. They offer current events conversations, book clubs, friend finder events, and more. Events can be accessed at: <https://www.qtinebuddy.com/virtual-events>