

Happy Thanksgiving!

The staff at the Senior Center of the Chathams wishes you a very happy Thanksgiving. While this has been a year like no other, we hope you have an opportunity to catch up with family and friends. The Center will be closed this Thursday and Friday for the holiday and will re-open on Monday, November 30. In the meantime, see the results of our informal Thanksgiving Favorites Poll on page 5 and find out if they match your own.



Special Programs in December



Holiday Tunes & Sing-A-Long with Piano Man Joe Regan Friday, December 11, 2:00-3:00PM

Get in the holiday spirit with this **Zoom** concert hosted by our sponsor Sunrise Senior Living of Summit. Join piano man Joe Regan and sing along to festive holiday tunes.

To participate, register at:

<https://us02web.zoom.us/j/7188590315>



Surviving the Holiday Blues, Tuesday, December 8, 1:00-2:00PM

Join Claire Solu-Burd, LCSW, a local clinician shares tips for managing the holidays during the time of COVID-19. Her presentation on **Zoom** begins promptly at 1:00PM and includes time for discussion and questions. If you do not have access to the internet, please consider joining by phone. Call the Center at 973.635.4565 for that phone number.

To register:

<https://us02web.zoom.us/meeting/register/tZMl-uisqz4uHd1jCuVDcouCfGbbZLZL0eSA>

New Programs in 2021: Sign Up Now!

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

Start your week off on the right foot as our group looks for the silver linings in our lives. Participants will connect with other seniors looking for support as we continue to manage our complicated world. Together we will tap into our inner strengths and find hope. This **Zoom** program will be facilitated by Claire Solu-Burd, LCSW, who will offer a new activity each week. The group meets 6 times, starting January 4 and running through February 22. (Sessions will not take place on MLK Day or Presidents' Day.) Participants may call in on the phone or connect using their computer, iPad, or other device.

To register: <https://us02web.zoom.us/meeting/register/tZUud-Chrz4rE9W2u1VpNMwrMee79c7OxCxf>

[Connections: Recent Retirees Group, Thursdays, 12:15-1:45PM](#)

Participants will receive support and connection from other recent retirees who are open to exploring their new identity. Together we will tap into new interests, ways to define this new phase of your life, and express your intentions for what's next. This **Zoom** program is facilitated by Claire Solu-Burd, LCSW who will provide the framework and activities each week. There are 6 sessions beginning January 7 through February 11. No sessions held on MLK Day or President's Day.

To register: <https://us02web.zoom.us/meeting/register/tZAKcOCopjKvE9yVIXSN8rLaGZDcEhdSpdG3>



Ongoing Programs

A REMINDER: For the health, safety, and wellbeing of everyone, requirements for our indoor programming are:

- Pre-registration for each program in which you'd like to participate
- Mandatory screening before entering the building (arrive a few minutes early to complete this process)
- Proper hand washing
- Wearing masks at **all** times, including during exercise classes
- Maintaining social distance of 6 feet or more
- No food or beverages, although you may bring your own covered drink
- Staggered program scheduling to allow for cleaning and sanitizing protocols
- Participants must leave the building once their program has ended

Indoor class schedules are subject to change if at any time CDC guidelines or recommendations change, or if the safety of members or staff is determined to be at risk. Our virtual programs and activities go on as scheduled, and we continue to create new on-line programming. Read on to see what we already have planned.

[Fiction Book Club, Monday, 12:45-2:00PM - December 14](#)

This monthly book group takes place on **Zoom**. In this session, the group will discuss the classic, "A Christmas Carol" by Charles Dickens. All are welcome to join the discussion.

To participate: <https://us02web.zoom.us/j/81410650534?pwd=RjRsl2NnNXJreXVBZlhpEg5SXVWUT09>

[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. 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: there is a fee for this class and it is strictly limited to 7 participants so you must call the Center to register. A minimum of 5 participants is required for this class to take place. 973.635.4565.

Please see next pages for more programs.

Balance, Flexibility, and Stretch, Mondays, 12:45-1:30PM

This is an **indoor** fitness class taught by Donna Sue Downton, and begins promptly at 12:45PM. The class provides training on a mix of strength, balance, and flexibility exercises. It is necessary to bring a resistance band to class. Should you need one, the instructor sells bands for \$12 payable to her. Please note: there is a fee for this class which is strictly limited to 7 participants so you must call the Center to register. A minimum of 5 participants is required for this class to take place. 973.635.4565.

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/j/88681595862?pwd=SVROMFJwdTVHczlHc2xqNk9SNE12UT09>

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 taught by Bianca Godoy. Please note: there is a fee for this class which is strictly limited to 7 participants so you must call the Center to register. This class requires a minimum of 5 participants to take place. Call Center at 973-635-4565.

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/tZcoduiqqjgtEtCAL7MbTZCrYdlGuAth6r37>

Men's Discussion Group, Wednesdays, 11:00AM-12:30PM

Join the friendly, lively conversation about current events, issues and 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.

Reflections, Wednesdays, 1:30-2:30PM

'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, to close friendships. Please note: **this a new day and time**. This is both an

indoor and a **Zoom** group facilitated by Claire Solu-Burd, LCSW. To register:

https://us02web.zoom.us/meeting/register/tZApceChqDkiHtPnsgygFmFDHd_daY9xKfVD

Short Story Discussion Group, Thursday, December 10, 12:45-1:45PM

Join us to discuss the short story 'Safari' by Jennifer Egan. Moderated on **Zoom** by Julie Reich, Executive Director of the Senior Center, 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 at:

https://us02web.zoom.us/meeting/register/tZAscuuhrT0rG9IIVxGuP6-IVBIQhaw_o9kX

Please see next pages for more programs.

[Creative Writing Class, Fridays, 9:45-11:30AM](#)

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. There is a fee for this class; if new, please call Center for information - 973.635.4565.

To participate: <https://us02web.zoom.us/j/89012065157?pwd=WIRMRzFaOTFhVTRsWDBKakJsRU1XQT09>

[Gentle Chair Yoga, Fridays 10:00AM-11:00AM](#)

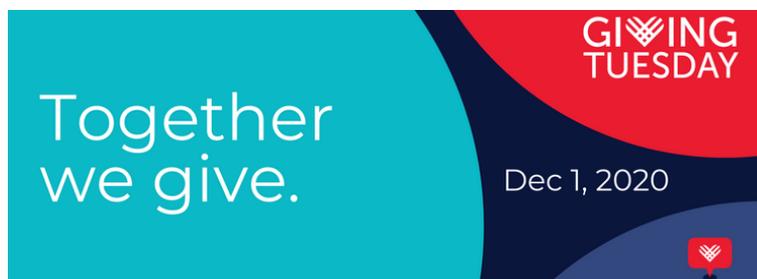
Gentle Chair Yoga is a great way to get the health benefits of yoga, loosen and stretch muscles, reduce stress, and improve circulation while sitting down. This is an **indoor** program taught by fitness instructor Donna Sue Dowton. Class begins promptly at 10:15AM. Please arrive a few minutes early 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 requires a minimum of 5 participants to go forward next month. Please call the Center for fee information and to sign up, 973-635-4565.

[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 requires a minimum of 5 participants to go forward next month. Please call the Center for fee information and to sign up, 973-635-4565.

[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.



Tuesday, December 1 is GivingTuesday, a global day of generosity that unleashes the power of people and organizations to transform their communities. We are seeking 50 donors to help us continue offering our wide array of programs and activities. Please consider making a donation in any amount to benefit the Senior Center of the Chathams.

Thank you!

To donate: <https://chathamseiorcenter.org/donate/>

Please see next page for more programs.

Thanksgiving Favorites

Here are the results of our Thanksgiving Favorites poll. How do yours match up?

Turkey



White meat: 55%
Both types: 23%
Dark meat: 18%
Neither: 5%

Stuffing



Traditional: 64%
With Additions: 23%
Corn Bread: 14%

Cranberry Sauce



Homemade: 65%
Canned: 35%

Vegetables



Green Bean Casserole: 39%
Squash: 29%
Brussel Sprouts: 25%
Creamed Corn: 7%

Starches



Mashed Potatoes: 64%
Sweet Potatoes: 21%
Mac 'n Cheese: 14%

Bread



Rolls: 71%
Biscuits: 29%

Pie



Pumpkin: 41%
Apple: 36%
Pecan: 23%

"My Most Favorite Dish of All" included:

Gravy, Stuffing, Onion Pie, Lobster, Mac 'n Cheese, Berry Pie, Ambrosia, Sandwiches the Next Day, and...Everything!

Happy Thanksgiving Everyone!

Please see next page for other information

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.



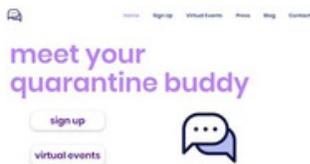
Claire Solu-Burd, LCSW

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>