



Phone: 973-635-4565
58 Meyersville Rd., Chatham, NJ
Open: 9AM-3PM, until 4PM on Tues.
Website: chathamseiorcenter.org

SEPTEMBER 2026

September is a busy month at the Senior Center, and we are excited to offer a wide variety of programs. Two of our programs this month focus on something that is important to all of us as we get older: staying safe and maintaining our independence.

Even though falls and scams are two very different things, they actually have a lot in common. Both can happen unexpectedly. Both can happen to anyone, including people who are smart, independent and experienced. And both can have a real impact on our lives. The good news is that there are things we can do to reduce our risk.

On September 23, we are pleased to welcome the Crimes Against Retired and Elderly (CARE) Unit of the Morris County Prosecutor's Office. They will talk about scams and crimes that target older adults, including warning signs to look out for and what to do if something does not feel right. We will also talk about protecting our personal information and how some of the details we share without thinking can be useful to scammers.

The next day, September 24, Ivy Rehab will join us for a program on fall prevention and balance assessments. Although falls are the leading cause of injury for adults age 65 and older, falling does not have to be an inevitable part of getting older. There are many things we can do to lower our risk. During the program, you will learn practical ways to improve strength and balance, make your home safer and make small changes that can make a big difference.

I think these two programs are a good reminder that staying independent is not just about what we do when something happens. It is also about being informed, paying attention and taking steps to prevent problems before they happen.

And then there is improv!

Let's face it, many of you are characters, and I know there is an inner actor in there somewhere! This October, we are offering a free five-week improv class. Improv is a great way to try something new, have fun, meet people and step outside your comfort zone. No acting experience is needed. Join us on September 30 for a Morristown Improv performance and introduction to the new class. Come see what it's all about and maybe let that inner actor out!

-- Julie

Spotlight: Bart Zoni



It's always amazing to learn how active and engaged our members are both here and outside the center. **Bart Zoni** is one of the most active. He joined the senior center in 2023. He plays pickleball regularly, attends a grief support group, plays chess and cornhole, participates in playreading, and frequently attends special events. He's also one of our most dedicated jigsaw puzzle solvers! He says "you come to the center for one thing," in his case, pickleball "and see other things to participate in."

This summer for the first time, Bart spent a week volunteering for Appalachia Help Weeks, a program run by Certain Place Ministries. High school students, college students, and adults travel with their church's youth ministry to rural communities in places like Preston County, West Virginia to repair homes lived in by impoverished people.

Bart learned about the opportunity during a service at St. Patrick's Church Of Chatham. The priest asked parishioners to contribute their time and skills to the program the youth ministry would be attending in the summer. "My wife had worked at the church. She was very focused on helping people. After she passed away, I just sort of morphed into volunteering like she had. I'm very handy and knew I could be helpful." He signed up and went to West Virginia in July.

His team of one adult and three teenage girls was assigned to repair a faulty drainage system that heavily flooded a grandmother's basement every time it rained. Among other work he did there, Bart taught the team how to install a French drain.

Volunteering "was so much more than I imagined," he said. He describes a week marked by purpose, truly helping someone, hard work, fun, camaraderie, and fellowship. "Working with the kids was a great thing for me. They included me. Our team even wound up winning the dessert-making contest. I was also impressed to meet the three women who started the program back when they were high school students and to see them still participating today."



We all know volunteering can be good for the soul. It keeps you active, gives you purpose, and can even trigger that feel good chemical, dopamine. Take a page from Bart and offer your time and talents to a cause you find worthwhile!



Christmas at the Playhouse

**Tuesday, December 15
9:30 AM - 4:30 PM**

Celebrate Hunderdon Hill's 50th anniversary with their newest holiday show. Enjoy timeless music, breathtaking dance numbers, heartfelt comedy, dazzling costumes, and holiday cheer!

Package includes: Motor Coach Transportation, Theater Seats, Lunch, Driver's Gratuity, and Trip Leader.

Bus departs from the Chatham Senior Center at 9:30 AM with an approximate 4:30 PM return.

This program is run by Garden State Getaways.

Fee: \$145 - Payable directly to Garden State Getaways at the link below.

Payment deadline is November 1, 2026

[Click Here to Buy
Ticket](#)

Please note: our **newsletter** is now being sent to you via the email distribution address **chathamnj.myseniorcenter.net**. Please check your spam folder *first* if you haven't received it. You may have to approve this address to allow it to reach your in box.



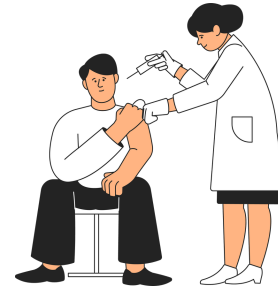
Registration opens September 23 for the **Advanced Watercolor Workshop** that begins on October 15. The \$60 fee for the 6-class series must be paid in advance to participate. A limited number of spots is available. Please see a staff member to register and pay.



FREE HIGH DOSE FLU SHOTS FOR SENIORS

Wednesday, September 30, 10:00 AM-Noon

Cooperman Barnabas Medical Center will be here to administer the high dose flu shots for seniors. Please sign up in advance if you intend to get a flu shot so we can let them know how many vaccines are needed.



****Save the Date****

Fall Paper Shred Fundraiser

Benefits the Chatham Senior Center

Saturday, October 24, 9AM-Noon

Chatham Middle School.

Rain or Shine.



Example only.

MONTHLY CRAFT CORNER CLASS WITH THE LIBRARY OF THE CHATHAMS

COLLAGED BOOKMARKS

Wednesday, September 9, 12:00 PM

Learn the technique of collage to make an artistic bookmark. Assemble and glue various materials like paper and found objects to create your design. A limited number of slots is available. Sign-up is mandatory.

Alzheimer's New Jersey* ALZHEIMER'S NJ CAREGIVER SUPPORT GROUP

Thursday, September 10, 10:30AM-Noon

This group meets on the first Thursday of each month and provides families and caregivers with the emotional support and education they need to better understand Alzheimer's Disease and other forms of dementia. A trained facilitator guides the group. Visit www.alznj.org to register and learn about additional programs, or call the Center at 973-635-4565 to sign up.

Please note: this group is only for family/friends who care for someone experiencing dementia.

SPECIAL PROGRAMS

MONTHLY BIRTHDAYS AND A GAME

Thursday, September 10, 11:00 AM

During the monthly birthday celebration, staffer Laura Riolo will lead attendees in a rotating-themed game each month. **Free BP screening** by Bayada Home Health Care available at **11:45 AM**.



MANAGING RETIREMENT INCOME

Monday, September 14, 11:00 AM

Learn practical strategies for managing savings, optimizing Social Security benefits, and creating a sustainable plan for long-term financial security through all walks of life. This presentation will keep you informed by covering key tax law updates and new legislation that may impact your financial picture. Light refreshments. Presentation by Equitable Advisors.

BINGO

Mondays, September 14 & 21, 12:00 PM



THE ROAD TO 9-11

Wednesday, September 16, 12:00 PM

The presentation will explore the events, decisions, and global conflicts that led to the terrorist attacks of September 11, 2001. Through compelling stories, historical context, and powerful visuals, you'll gain a deeper understanding of the rise of al-Qaeda and the warning signs that preceded that tragic day. This thought-provoking presentation examines one of the most significant turning points in modern history and its lasting impact on the United States and the world. Sponsored by Senior Helpers.



MONTHLY PLAY READING

Friday, September 18, 12:30 PM

Have you ever been in a play or wished you could be in one? Now's the chance to show off your acting chops. Parts will be distributed on the day of the program. **Advanced sign up is mandatory no later than the Monday before the program date.** This allows organizers time to identify a play with the right number of roles.



MAKE A FALL FLORAL ARRANGEMENT

Monday, September 21, 12:00 PM

Join us for an afternoon of creativity, connection, and fun as you design a beautiful autumn-inspired floral arrangement to take home. Whether you're a seasoned flower enthusiast or simply looking to enjoy a relaxing afternoon, come create, socialize, and welcome the fall season.

Sponsored by Life Senior Placements.

SPECIAL PROGRAMS

MORRIS COUNTY PROSECUTOR'S OFFICE: TRENDING SCAMS & FINANCIAL CRIMES TARGETING OLDER ADULTS

Wednesday, September 23, 12:00 pm

Representatives from the Morris County Financial Crimes Unit will share trending scams and financial crimes currently targeting older adults. These vary from identity theft, phishing, telephone and online scams, romance scams and exploitation. Participants will gain tips to recognize warning signs, safeguard personal and financial information, and know what to do if they become the target of a scam. The Crimes Against Retired and Elderly (C.A.R.E.) Unit of the Morris County Prosecutor's Office is a specialized unit within the Specialized Crimes Division dedicated to investigating and prosecuting financial offenses targeting residents who are aged 65 and older.



FALL PREVENTION & BALANCE ASSESSMENTS

Thursday, September 24, 11:00AM-1:00PM

It's important to learn how to prevent falls and make our homes safe as we age. Presenters will provide helpful tips on how to stay safe. A light lunch will be provided.

Sponsored by Ivy Rehab Physical Therapy.

Bridge Party Tournament Fundraiser & Lunch

Monday, September 28, 9:00AM-1:00PM

Rick's Bridge Gang is holding another party with lunch to raise funds for the Senior Center! Come play a few hands and socialize with your bridge-playing friends! Cost is \$35 which must be paid in advance. Lunch sponsored by Life Home Care.

Registration is now open! See a staff member to pay.



GARDEN CLUB

Wednesday, September 30, 10:00 AM

Come learn all about **BONZAI**, the traditional Japanese art of growing and shaping normal trees in small containers to look like large mature trees in nature. Expert Fred Aufschlager will teach us about growing and caring for Bonzai plants. He has been very active at Leonard Buck Gardens with his own collection. All are welcome.

Bring your friends!

MORRISTOWN IMPROV: ENCORE PERFORMANCE!

Wednesday, September 30, 1:00 PM

The popular improv group returns to put on another show for us! They'll also be talking about the **improv Workshop** they'll be teaching here in October. Enjoy some laughs and learn about their upcoming classes!



Men's Basketball

Mondays, Fridays, 10:00 AM

Games are played upstairs in the Municipal Gym.

You must scan in at the kiosk before playing.

Quarterly fee: \$25

3rd Quarter Fee
(\$25) Due for
Basketball &
Pickleball

Line Dancing

Mondays, 1:30 PM

Instructor: Linda Hyland. Get some not-too-strenuous exercise and have fun while you're at it! Wear sneakers and loose clothing. No fee.

Pickleball

Tuesdays, 10:00 AM, 1:15 PM

Wednesdays, 10:00 AM

Thursdays, 9:30 AM, 1:15 PM

Fridays, 12:30 PM

Join others in playing this popular game. You *must* scan in at the kiosk before going upstairs to the gym. Rackets are available to borrow while playing. Fee: \$25 per quarter.

Gentle Exercise Classes

\$8 per class. Instructor: Donna Sue Dowton

Tuesdays & Thursdays: Balance, Flex & Stretch, 12:20 PM - This class improves balance by increasing brain speed and eye tracking, and using a chair for stability. Seated and standing exercises improve full body strength through use of hand weights and resistance bands.

Intermediate Exercise Classes

\$8 per class. Instructor: Donna Sue Dowton.

Tuesdays: Balance, Flex & Stretch, 9:00 AM - This faster-paced class improves balance by increasing brain speed, eye tracking, and standing on uneven surfaces. Full body strength is improved using a variety of equipment seated, standing, and on a mat (optional).

Wednesdays: Hatha Yoga, 9:00 AM - Poses are reclined, seated, kneeling and standing. Blocks, straps, and mats are provided. Bring your own blanket if desired.

Fridays: Stable and Able Exercise, 9:00 AM

30 minutes of fun and functional fitness. This quick class blends light strength training, gentle balance work, and full-body stretching to help you move with confidence and feel your best. Perfect for older adults looking to stay strong, steady, and flexible, all in a friendly, supportive environment. No experience necessary. Just bring your smile and willingness to move!

Table Tennis

Mondays, Wednesdays, Thursdays, Fridays, 12:30-2:30 PM

Tuesdays, 2:00-4:00 PM

Mondays, Wednesdays, and Fridays are for experienced players. Tuesdays and Thursdays are for those new to the game. Call in advance if you'd like lessons so we can make sure an instructor can be there on Tuesdays/Thursdays. Paddles are available to borrow.

Tai Chi

Mondays, 12:00 PM

Instructor: David Halpin

Tai Chi combines gentle physical movements, deep breathing, and meditation. It originated as a martial art but has evolved into a popular exercise form for health and wellness.

Fee per class is \$8.

Support Groups

Grief Support Group - Tuesdays, 10:00 AM

Facilitated by Noelle Jensen, LCSW

This support group provides a safe and welcoming space to explore your experience with loss. Come to receive support and care as we learn about the stages of grief. If you would like to participate, please call the Center at 973-635-4565 so we know you'll be attending.

Connections Self-Discovery

Fridays, 10:00 AM

Facilitated by Noelle Jensen, LCSW

Participants have fun, learn about themselves, and provide mutual support in this group.

Women's Circle

Tuesdays, 1:00 PM

This is a social discussion group where women get to know one another by talking about topics of interest to them.

Men's Discussion Group

Fridays, 10:30 AM

Join the friendly, lively conversation about current events and other issues, and share in the laughs over coffee and pastries.

Nifty Knitters

Wednesdays, 1:00 PM

This knitting group has been busy at the Center for a number of years creating thousands of caps, blankets, and other items for donation to local hospitals and organizations. An active and social bunch, they welcome all knitters interested in participating in their cause. Yarn and needles are available at the Center.

Canasta

Mondays, 9:30 AM & Lessons at 10:00 AM

Join other experienced Canasta players at 9:30. Those **new to the game** or who want to learn how to play should come at 10:00 AM but be sure to call in advance to confirm lessons will be taught that day.

Chess Club

Mondays, 10:30 AM

Join others who love to play this classic game of strategy.

Advanced Bridge Open Play

Mondays, 12:30 PM

This session is for players who have completed the Center's Beginner Bridge lesson series and are currently active in the Thursday Intermediate Bridge/Duplicate Lite program.

Scrabble

Tuesdays, 11:00 PM

Join Center member Lee Corcoran in games of scrabble. All are welcome!

Backgammon

Tuesdays, 12:00 PM

Join Center member Lee Corcoran in games of backgammon. All are welcome!

Open Cards**Tuesdays, 2:00-4:00 PM**

Come and play bridge or other card games. Bring your friends!

BRIDGE

Instructor: Rick Hartley

\$8 per class, plus cost of recommended text book(s) if desired.

Beginner Lessons, Wednesdays, 10:00 AM - Please call the Center first if you are interested in these lessons. 973-635-4565.***Duplicate Lite Games & Intermediate Lessons alternate on Thursdays, 10:00 AM*****Advanced Mahjong****Fridays, 12:45 PM**

This group is for experienced Mahjong players only.

BOOK GROUPS

All are welcome to join the book group discussions.

Fiction Book Group**Tuesday, September 29, 1:00 PM**

The group will discuss "Culpability" by Bruce Holsinger.

Nonfiction Book Group**Last Friday of the Month, 1:00 PM**

No meeting in September.

FILMS & DOCUMENTARIES

Call Center for titles, 973-635-4565.

Documentaries, Tuesday, 10:30 AM**Weekly Movie**, Thursday, 12:30 PM**Classic Movie Club**, Third Thursday, 11:00 AM, followed by a group discussion.**WRITING WORKSHOPS****Via Zoom - Tuesdays, 10:00 AM****In Person - Fridays, 11:00 AM - FUNDAMENTALS OF STORYTELLING**

Have you ever wanted to write a story, but don't know where to begin? Each week we will cover a variety of topics, including: How to Hook the Reader, How to Combat Writer's Block, How to Effectively Use Dialogue, Creating Imagery, and more. New writers who are just starting out and experienced authors who have already started to tackle a story or personal memoir are welcome.

All you need is a pen, a piece of paper, and the willingness to write!

TECH SUPPORT**Wednesdays, 10:00-11:00AM**

Get help with your smart phone, tablet or laptop from our wonderful volunteer, Jin. Bring the device you need assistance with.

**ADVANCED WATERCOLOR WORKSHOP**

Call Center or see staff to registering and pay in advance for the new session beginning in October.

CONVERSATIONAL SPANISH**Fridays, 12:15 PM**

Instructor: Center Member, Marcello Teutli

Learn Spanish conversation, focusing on pronunciation, vocabulary, and grammar enrichment. All levels welcome. Free class.

Monday	Tuesday	Wednesday	Thursday	Friday
7 LABOR DAY CENTER CLOSED	8 9:00 Balance, Flex & Stretch (Int.) 10:00 Pickleball 10:00 Grief Support Group 10:00 Writing Wksp (Zoom) 10:30 Documentary 11:00 Scrabble 12:00 Backgammon 12:20 Balance, Flex & Stretch (gentle) 12:30 Grief Support* 1:00 Women's Circle 2:00 Table Tennis (beg.) 2:00 Open Cards	9 9:00 Hatha Yoga (int.) 10:00 Beginner Bridge 10:00 Pickleball 10:00 Tech Support 12:00 CRAFT CLASS: COLLAGED BOOKMARKS 12:30 Table Tennis (exp.) 1:00 Nifty Knitters	10 10:00 Pickleball 10:00 Intermediate Bridge 10:30 Alzheimer's NJ Caregiver Support Group 11:00 Monthly Birthday & Game 11:45 Free BP Screening 12:20 Balance, Flex & Stretch (gentle) 12:30 Table Tennis (beg.) 12:30 Movie 1:15 Pickleball	11 9:00 Stable & Able Exercise (int.) 10:00 Men's Basketball 10:00 Self Discovery 10:30 Men's Disc. Group 11:00 Fundamentals of Writing Workshop 12:15 Conversational Spanish Lessons 12:30 Table Tennis (exp.) 12:30 Pickleball 12:45 Advanced Mahjong
14 9:30 Canasta - Experienced 10:00 Canasta - New to Game 10:00 Men's Basketball 10:30 Chess Club 11:00 MAXIMIZING RETIREMENT INCOME 12:00 Tai Chi 12:00 Bingo 12:30 Table Tennis (exp.) 12:30 Advanced Bridge Open Play 1:30 Line Dancing	15 9:00 Balance, Flex & Stretch (Int.) 10:00 Pickleball 10:00 Grief Support Group 10:00 Writing Wksp (Zoom) 10:30 Documentary 11:00 Scrabble 12:00 Backgammon 12:20 Balance, Flex & Stretch (gentle) 12:30 Grief Support* 1:00 Women's Circle 2:00 Table Tennis (beg.) 2:00 Open Cards	16 9:00 Hatha Yoga (int.) 10:00 Beginner Bridge 10:00 Pickleball 10:00 Tech Support 12:00 THE ROAD TO 9-11 12:30 Table Tennis (exp.) 1:00 Nifty Knitters	17 10:00 Pickleball 10:00 Duplicate Lite 11:00 Classic Movie & Group Discussion 12:20 Balance, Flex & Stretch (gentle) 12:30 Table Tennis (beg.) 1:15 Pickleball	18 9:00 Stable & Able Exercise (int.) 10:00 Men's Basketball 10:00 Self Discovery 10:30 Men's Disc. Group 11:00 Fundamentals of Writing Workshop 12:15 Conversational Spanish Lessons 12:30 Table Tennis (exp.) 12:30 Pickleball 12:30 Play Reading 12:45 Advanced Mahjong

Senior Center of the Chathams
 58 Meyersville Road (lower level), Chatham, NJ
 973-635-4565
chathamseniorcenter.org
 Weekdays, 9AM-3PM, Tuesdays until 4PM



Monday	Tuesday	Wednesday	Thursday	Friday
21 9:30 Canasta - Experienced 10:00 Canasta - New to Game 10:00 Men's Basketball 10:30 Chess Club 12:00 Tai Chi 12:00 Bingo 12:00 FALL FLORAL ARRANGEMENTS 12:30 Table Tennis (exp.) 12:30 Advanced Bridge Open Play 1:30 Line Dancing	22 9:00 Balance, Flex & Stretch (Int.) 10:00 Pickleball 10:00 Writing Workshop (Z) 10:00 Grief Support Group 10:30 Documentary 11:00 Scrabble 12:00 Backgammon 12:20 Balance, Flex & Stretch (gentle) 12:30 Grief Support* 1:00 Women's Circle 1:15 Pickleball 2:00 Table Tennis (beg.) 2:00 Open Cards	23 9:00 Hatha Yoga (int.) 10:00 Beginner Bridge 10:00 Pickleball 10:00 Tech Support 12:00 MORRIS COUNTY PROSECUTOR'S OFFICE: SCAM TRENDS TARGETING OLDER ADULTS 12:30 Table Tennis (exp.) 1:00 Nifty Knitters	24 10:00 Pickleball 10:00 Intermediate Bridge 11:00 FALL PREVENTION WORKSHOP & BALANCE ASSESSMENTS WITH LIGHT LUNCH 12:20 Balance, Flex & Stretch (gentle) 12:30 Table Tennis (beg.) 12:30 Movie 1:15 Pickleball	25 9:00 Stable & Able Exercise (Int.) 10:00 Men's Basketball 10:00 Self Discovery 11:00 Fundamentals of Storytelling Writing Workshop 10:30 Men's Disc. Group 12:15 Conversational Spanish Lessons 12:30 Table Tennis (exp.) 12:30 Pickleball 12:45 Advanced Mahjong
28 9:00 BRIDGE PARTY FUNDRAISER & LUNCH 9:30 Canasta - Experienced 10:00 Canasta - New to Game 10:00 Men's Basketball 10:30 Chess Club 12:00 Tai Chi 12:30 Table Tennis (exp.) 12:30 Advanced Bridge Open Play 1:30 Line Dancing	29 9:00 Balance, Flex & Stretch (Int.) 10:00 Pickleball 10:00 Grief Support Group 10:00 Writing Wksp (Zoom) 10:30 Documentary 11:00 Scrabble 12:00 Backgammon 12:20 Balance, Flex & Stretch (gentle) 12:30 Grief Support* 1:00 Women's Circle 1:00 Fiction Book Group 2:00 Table Tennis (beg.) 2:00 Open Cards	30 9:00 Hatha Yoga (int.) 10:00 Beginner Bridge 10:00 Pickleball 10:00 Garden Club 10:00 Tech Support 10:00 FREE HIGH DOSE FLU SHOTS FOR SENIORS 12:30 Table Tennis (exp.) 1:00 Nifty Knitters 1:00 MORRISTOWN IMPROV - ENCORE PERFORMANCE	1 10:00 Pickleball 10:00 Duplicate Lite 10:30 Alzheimer's NJ Caregiver Support Group 11:00 Monthly Birthdays & Game 11:45 Free BP Screening 12:20 Balance, Flex & Stretch (gentle) 12:30 Table Tennis (beg.) 12:30 Movie 1:15 Pickleball 	2 9:00 Stable & Able Exercise (Int.) 10:00 Men's Basketball 10:00 Self Discovery 10:30 Men's Disc. Group 11:00 Fundamentals of Storytelling Writing Workshop 12:15 Conversational Spanish Lessons 12:30 Table Tennis (exp.) 12:30 Pickleball 12:45 Advanced Mahjong

****PAPER SHRED SATURDAY, OCTOBER 24,
9AM-NOON, CHATHAM MIDDLE SCHOOL
RAIN OR SHINE****



Senior Center of the Chathams
58 Meyersville Road (lower level), Chatham, NJ
973-635-4565
chathamsseniorecenter.or
Weekdays, 9AM-3PM, Tuesdays until 4PM

*This group is at capacity. Please call to sign up for the morning session: 973-635-4565.

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