Senior Center of the Chathams

Be Active. Be Connected.

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

NOVEMBER 2026

From the Director

This past weekend, the Senior Center of the Chathams helped bring 50 people together at the Presbyterian Church of Chatham Township for an intergenerational dinner. The gathering included students from Chatham High School's National Honor Society and older adults from throughout the Chatham area.

We came prepared with conversation starter questions, but the discussions quickly took off on their own. Students and older adults shared stories, discovered common interests, and learned about one another. The evening was a wonderful success, with people so engaged in conversation that it was hard to get them to leave!

Bringing generations together is about more than a lovely evening. Research suggests that these connections can offer meaningful benefits for both young people and older adults. A 2023 review of 23 studies found that intergenerational programs were associated with more positive attitudes among young people toward older adults. For older adults, these programs were associated with improved quality of life and fewer depressive symptoms.

These findings reinforce what we witnessed firsthand. When people of different ages have opportunities to spend time together, they can move beyond assumptions and stereotypes and begin to see one another as individuals.

And this may be just the beginning.



Some participants at the Senior Center have expressed interest in creating more opportunities for conversations between generations, exploring topics that affect us all. From technology and loneliness to the challenges facing young people and older adults today, there is so much we can learn from one another. Stay tuned as we explore what might come next! If you would like to be part of the conversation, I would love to hear from you.

-- *Julie*

Special Programs

IMPROV WORKSHOP - CONTINUED!



Wednesdays, November 4, 11, 18, 10:30 AM

Participants are loving the free workshop taught by the Morristown Improv Group, so they decided to add more classes. Learn to create comedy on the spot through no-pressure, unscripted short-form improv games, warm-ups, and spontaneous collaboration. Here's something new and entertaining to trY. No need to have participated in the previous classes to join now.



TECH MADE EASY WITH JIN - NEW!

Wednesday, November 4, 11:00 AM

Jin, one of our wonderful volunteers, will be teaching us about a tech subject once a month. Her first presentation is about how to find, listen and enjoy podcasts.

MONTHLY CRAFT CLASS WITH THE LIBRARY OF THE CHATHAMS



Wednesday, November 4, 12:00 PM

Decorate a canvas with relaxing, continuous **Zentangles**, an easy-to-learn, meditative art method that uses structured, repeating patterns to promote relaxation and focus. A limited number of slots is available. Sign up is required.



BEGINNER MAH JONG MENTOR-GUIDED OPEN PLAY

Wednesdays, starting November 4, 1:00 PM

This group is to support those who have already taken lessons and would like to practice their new skills in a slower paced mentor-guided play. These participants are required to know the objective of the game, have familiarity with the setup, and have their own 2026 National League Mah Jong card. Please sign up. If you're interested in lessons, please let us know.

ALZHEIMER'S NJ CAREGIVER SUPPORT GROUP

Thursday, November 5, 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. **You must register at www.alznj.org in advance order to attend.** Walk-ins and late arrivals cannot be accommodated.

THE GIFT OF LIFE & CARD TRICKS



Monday, November 9, 1:00 PM

Learn about the life saving power of organ transplantation and tissue donation. Lung transplant recipient Tim OKrongly received a life saving transplant nearly 6 years ago and will be on hand to discuss his journey and meeting his donor family. Nationally, more than 110,000 men, women and children are waiting for transplants and 16 people die every day waiting for that lifesaving call. Donation gives your family a legacy they can find strength and comfort in, should the unthinkable happen. The number of senior citizen donors are increasing across the US. Earlier this year a 100-year-old veteran and proud grandfather from Nebraska was able to donate his liver. More information is available at donors1.org and you can register anytime at donors1.org/register! Tim will also be teaching us some card tricks. Learn how to wow your family with a simple deck of cards!

Special Programs

SPECIAL PROGRAMS



VETERANS DAY CELEBRATION: PIZZA & THE PETTITS

Wednesday, November 11, 11:00 AM (Pizza), 12:30 Entertainment

Join us for our annual celebration to honor the many veterans among our membership. Pizza will be served at 11:00 AM and the Pettits will entertain us with patriotic songs at 12:30 PM. Sign-up is required. Sponsored by Bradley & Son Funeral Homes, LLC and Hospice of NJ.

CRAFT CLASS WITH THE DREW UNIVERSITY SOFTBALL TEAM

Friday, November 13, 1:00 PM

The team returns to hold another fun craft class. We had a great time with them last year!



Example from last year's event.

CHATHAM TOWN & COUNTRY GARDEN CLUB: ANNUAL HOLIDAY MUG FLORAL ARRANGEMENT WORKSHOP

Wednesday, November 18, 11:00 AM

This always-popular event by the Chatham Town & Country Garden Club returns once again! Learn how to make a fragrant and beautiful arrangement in a holiday mug to add to your home decor or to give as a gift. Space is limited; sign-up is required.

MONTHLY PLAY READING

Friday, November 20, 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.



GARDEN CLUB

Wednesday, November 25, 10:00 AM

Attention plant lovers and gardeners! The Garden club meets the last Wednesday of the month. This month's topic is caring for indoor plants in winter followed by a Q&A session. The purpose of the club is to educate, have fun, and bring plant-loving people together.

SUPER AGERS

This lecture will explore 'Super Agers,' brain resilience, cognitive health, and longevity strategies for adults over 80. The physician's presentation is provided by the Community Health & Outreach Department at Cooperman Barnabas Medical Center. Please call 973-635-4565 to let us know if you're interested in attending.





THE CENTER WILL BE CLOSED FOR THANKSGIVING

Thursday, November 26

Friday, November 27

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

4th 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
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 & Connection

Cards & Games

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, 1:00 PM
No meeting in November. Group will meet in December.

Nonfiction Book Group
Friday, November 20, 1:00 PM
Call the Center for title.

FILMS & DOCUMENTARIES
Call Center for titles, 973-635-4565.
Documentaries, Tuesday, 10:30 AM
Weekly Movie, Thursday, 12:30 PM
Classic Movie Club, 3rd Thursday, 12:30 PM, followed by 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
Instructor: Philla Barkhorn
For advanced students only. This workshop is currently at capacity.

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.

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November

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2 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** 12:30 Table Tennis (exp.) 12:30 Advanced Bridge Open Play 1:30 Line Dancing	**3** 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	**4** 9:00 Hatha Yoga (int.) 10:00 Beginner Bridge 10:00 Pickleball 10:00 Tech Support **10:30 IMPROV WORKSHOP** **11:00 Tech Made Easy with Jin - New!** **11:45 Free BP Screening** **12:00 CRAFT CLASS: Zentangles on Canvas** 12:30 Table Tennis (exp.) 1:00 Nifty Knitters **1:00 BEGINNER MAHJONG MENTOR-GUIDED OPEN PLAY**	**5** 10:00 Pickleball 10:00 Intermediate Bridge 10:00 Advanced Watercolor Class** **11:00 ALZHEIMER'S NJ Caregiver Support Group***** 12:20 Balance, Flex & Stretch (gentle) 12:30 Table Tennis (beg.) 12:30 Movie	**6** 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
9 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 **1:00 THE GIFT OF LIFE & CARD TRICKS** 1:30 Line Dancing	**10** 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	**11** 9:00 Hatha Yoga (int.) 10:00 Beginner Bridge 10:00 Pickleball 10:00 Tech Support **10:30 IMPROV WORKSHOP** **11:00 VETERANS DAY CELEBRATION: PIZZA & THE PETTITS** 12:30 Table Tennis (exp.) 1:00 Nifty Knitters 1:00 Beginner Mahjong Mentor-Guided Open Play	**12** 10:00 Pickleball 10:00 Duplicate Lite 10:00 Advanced Watercolor Class** 12:20 Balance, Flex & Stretch (gentle) 12:30 Table Tennis (beg.) 12:30 Movie	**13** 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 **1:00 CRAFT CLASS WITH DREW UNIVERSITY SOFTBALL TEAM**

*This support group is at capacity. Please call to sign up for the morning session.
**Class is at capacity.
***Must register first at www.alznj.org to attend. No walk-ins.

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58 Meyersville Road (lower level), Chatham, NJ
973-635-4565
chathamseniorcenter.or
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23 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	**24** 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	**25** 9:00 Hatha Yoga (int.) 10:00 Beginner Bridge 10:00 Pickleball 10:00 Tech Support **10:00 Garden Club** 12:30 Table Tennis (exp.) 1:00 Nifty Knitters 1:00 Beginner Mahjong Mentor-Guided Open Play	**26** **CENTER CLOSED** **THANKSGIVING** 	**27** **CENTER CLOSED** **MONDAY, 11/30** 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** 12:30 Table Tennis (exp.) 12:30 Advanced Bridge Open Play 1:30 Line Dancing

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