

# MORRISTOWN SENIOR NEWSLETTER



## JULY/AUGUST 2016

Timothy Dougherty, Mayor

Publication of the Morristown Senior Center  
200 South Street, 3<sup>rd</sup> Floor  
Morristown, NJ 07963  
Phone: 973-292-6690 – Fax: 973-631-5662

## MAYOR'S SUMMER SHINDIG

WEDNESDAY - AUGUST 24, 2016  
Morristown Senior Center – 3<sup>rd</sup> Floor  
200 South Street – 12:00-3:00PM  
Morristown Seniors Invited



### AARP SMART DRIVER COURSE

Learn defensive driving techniques and evidenced-based strategies to keep you safe on the road, and reduce your overall maintenance and car insurance costs. \$15 AARP members/\$20 non-members – Course given in two sessions on two separate days from 9-12PM each day – Must complete both sessions. Next course dates: July 11<sup>th</sup> and 18<sup>th</sup> and August 15<sup>th</sup> and 22<sup>nd</sup>- cash, check and money order accepted. Reservations required – call 973-292-6690.



The COLONIAL COACH is a free transportation service for MORRISTOWN RESIDENTS – Bus operates Monday, Wednesday and Friday only. Call 973-267-2733 for confirmation of bus service. For specific questions, please call: 973-292-6670 or go to: [www.townofmorristown.org](http://www.townofmorristown.org).

### CHESS CLUB

Open to beginners and those who want to freshen up their skills. Seeking volunteer instructor - Thursdays – 11:00 -1:00pm - CALL 973-292-6690 IF INTERESTED!

### BRIDGE CLUB

Monday and Thursday - 12:30-3:30PM  
NEW MEMBERS WELCOME!!!

### MORRISTOWN 60 PLUS CLUB

Club will not meet in July and August, 2016. Next meetings of the club will be September 27<sup>th</sup> and October 25<sup>th</sup> - 1:00PM. NEW MEMBERS WELCOME! (Minimum age to join is 55 years old – Membership fee required).

### FREE BLOOD PRESSURE

Every Third Friday of the Month  
Time: 9:15-10:00AM – Senior Center  
3<sup>rd</sup> Floor – Call Judi at 973-796-1975 for further information.



Sundays – June 19<sup>th</sup> through November 20<sup>th</sup>



Monday - July 4<sup>th</sup> (Building Closed)



### CHAIR YOGA

Chair Yoga, presented by Be Well Morristown Health & Wellness Services, is a yoga class that is practiced by sitting on a chair or standing. Classes will meet on Thursday, July 14<sup>th</sup> and August 4<sup>th</sup>, 11:30-12:30PM. CLASS IS FREE! For more information, contact Ruby at 973-292-6690.



Saturday August 20<sup>th</sup>  
Noon - 10 PM



### BUS TRIP TO YANKEE STADIUM

Yankees vs. Cleveland Indians  
Sunday, August 7, 2016 – 1:00pm  
Great Seats, Main level-Section 234.  
Coach Bus Transportation to and from game, bus departs from Morristown Town Hall, 200 South Street at 11:00am. Fee: \$65 per person includes ticket, transportation, and refreshments. Children under 18 must be accompanied by parent/guardian. Tickets limited, sold first come, first served. You can reserve online at [www.townofmorristown.org](http://www.townofmorristown.org) or go to Recreation Office, 200 South Street, 3<sup>rd</sup> floor, Monday-Friday, 8:30am-4:30pm. For more information call Recreation Office at 973-292-6717.

### “WHO DO I CALL?”

If you have a problem or question and are not sure what Town Department to call, contact Wayne Cresta at 973-292-6709 or [w-cresta@townofmorristown.org](mailto:w-cresta@townofmorristown.org) He will make all attempts to sort it out.

### DOES YOUR HOUSE NEED WORK?

The “Morris County Housing Rehabilitation Program.” Could be your answer! For more information: Call Wayne Cresta: 973-292-6709.

### FLEX & STRETCH



Join us every Tuesday & Friday  
10-11am with Instructor Irene Phelan –  
FREE! JOIN IN THE FUN!!!!

## THANK YOU TO OUR VOLUNTEERS

Collators of the May/June 2016 Newsletter

Joan Cooper  
Gail DeCicco  
Sheila Marzloff  
Donna Parris  
Mahesh Sapra

## WISH LIST

Times are Lean for Us Too!!!!

The Senior Center can use the following items:

- Packaged cookies and candy
- Coffee, coffee creamer, milk
- Office supplies or just surprise us

MORRISTOWN SENIOR CENTER  
GRATEFULLY ACKNOWLEDGES  
THE MANY DONATIONS  
RECEIVED FROM THE  
COMMUNITY

## MORRISTOWN online web-sites

For local news and events visit

<https://www.morristown.patch.com>

<https://www.morristowngreen.com>

<https://www.Morristownpartnership.org>

## TOWN OF MORRISTOWN "website"

<https://www.townofmorristown.org>

## STATE HEALTH INSURANCE ASSISTANCE PROGRAM (SHIP) – Please Note:

Appointment must be made by telephone –  
Call: 973-796- 1988.

## BURNHAM POOL PARK

The Burnham Park Pool officially opened on May 28th – 12:00 – 8:00PM - seniors 60 years and over: Resident: \$49 -- Non-resident: \$89. Pool ½ price after August 1<sup>st</sup>. Register online: [www.townofmorristown.org](http://www.townofmorristown.org) or call Recreation Office at 973-292-6717 for further information.



## HOMESHARE PROGRAM

Housing Alternative for Morris County

If you or someone you know need an affordable place to live, help with home or mortgage payments, extra help around the house or companionship and you or someone you know has room to spare, time to care and love to share, let HomeShare bring you together. For more information, call: 908-526-4663.

SPECIAL THANKS TO THE  
MORRIS PHOTOCOLOR CLUB  
FOR THE BEAUTIFUL PRINTS  
AND PHOTOGRAPHS THAT  
GRACE THE WALLS OF THE  
MORRISTOWN SENIOR CENTER.  
FOR MORE INFORMATION,  
CONTACT THE CLUB AT  
[www.morrisphotocolor.com](http://www.morrisphotocolor.com)



HAPPY BIRTHDAY IRENE PHELAN  
OUR BELOVED FITNESS INSTRUCTOR  
CELEBRATED HER 96<sup>th</sup> BIRTHDAY ON  
JUNE 12<sup>th</sup>

**IMPORTANT PHONE NUMBERS**

Police (Non-Emergency) - 973-292-6614

Police/ Fire (Emergency) - 911

Property Maintenance - 973-292-6700

(Sidewalk issues)

Veterans Issues - 973-285-6866

MAPS (Medical Transportation) 973-829-8103

(Call at least one week in advance)

Morristown Housing Authority –

VNA House Call Groceries – 973-539-1216

(Volunteers shop. \$5 administrative fee)

New Jersey EASE information Hotline

(1-800-564-4656 – Senior services in

Morris County)

Office of Support Services for the Aged

(1-800-792-9745 (Benefit programs including PAAD and lifetime)

Midday Friendship Center – 973 285-6856

Meals provided to those over 60 years old

Morristown Partnership – 973-455-1133

Morris County Division on Aging,  
Disabilities & Veterans Services –  
973-285-6848

Legal Aid - 973-285-6911

Family Service of Morris County

973-538-5260

To obtain a Morris County Photo ID card:  
contact Office of the Clerk: 973-285-6160 or

[www.morriscountyclerk.org](http://www.morriscountyclerk.org)

NJT Reduced Fare Program – 973-491-7112

Attention: Morristown Senior Center does not provide transportation.

(GROCERY SHOPPING – Morristown Residents Only)- Pick-up: 8:00pam (one-hour shopping). Please note: only one family member per shopping trip and a three (3) bag limit. No exceptions!

Tuesday and Thursday: Shoprite

Wednesday: Acme

Reservations required – call 973-292-6690

**TOWN OF MORRISTOWN**

**DIV. OF AGING/SENIOR CENTER**

**200 SOUTH STREET, P.O. BOX 914**

**MORRISTOWN, NJ 07963-0914**