

MORRISTOWN SENIOR NEWSLETTER



JANUARY/FEBRUARY 2015

Timothy Dougherty, Mayor

*Publication of the Morristown Senior Center
200 South Street, 3rd Floor
Morristown, NJ 07960
Phone: 973-292-6690 – Fax: 973-631-5662*



**Thursday - January 1st
(Building Closed)**

AARP Tax Counseling

*AARP Foundation with the IRS is again providing FREE Income Tax counseling and preparation at the Morristown Senior Center. Counselors will be available on Mondays only, February 2nd through April 13th. Return preparation includes NJ State return and free electronic filing **IMPORTANT: Must bring following items: (1) Photo ID, (2) Social Security Card, (3) Copy of last year's Tax Return, and (4) Evidence of Health Insurance Coverage. By appointment only! Call: 973-292-6690***

CHESS CLUB

Open to beginners and those who want to freshen up their skills. Seeking volunteer instructor - Thursdays - 10-12PM - CALL 973-292-6690 IF INTERESTED

MORRISTOWN 60 PLUS CLUB

Next meetings of the club will be on January 27th and February 24th at 1:00PM. NEW MEMBERS WELCOME! (Minimum age to join is 55 years old - Membership fee required.

NEW 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 for 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: January 15th & 22nd and February 12th & 19th - cash, checks 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

BRIDGE CLUB

*Monday and Thursday - 12:30-4:00pm
NEW MEMBERS WELCOME!!!*

FREE BLOOD PRESSURE

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

Martin Luther King Day

Monday - January 19th
(Building Closed)



FLEX & STRETCH

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

“New Jersey Shore Trivia”

1. Who was the first European to reach New Jersey?
2. Who sold his rights to half of New Jersey to the Quakers in 1674?
3. What is the motto of New Jersey?
4. Which ocean is to the east of New Jersey?
5. What is the capital city of New Jersey?
6. Which is the largest lake in New Jersey?
7. Which river separates New York from New Jersey?
8. When was College of New Jersey’s name changed to Princeton University?
9. Who established a research laboratory in Menlo Park in 1876?
10. In what year did New Jersey ratify the U.S. Constitution?

SPECIAL THANKS TO THE STAFF,
VOLUNTEERS, AND BUSINESS
ESTABLISHMENTS OF MORRISTOWN FOR
THE SUCCESS OF OUR ANNUAL SENIOR
HOLIDAY PARTY OF 2015

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
<http://www.morrisphotocolor.com>

DOES YOUR HOUSE NEED WORK?
The “Morris County Housing Rehabilitation
Program.” Could be your answer! Contact
Wayne Cresta: 973-292-6709 for more
information



Saturday – February 14th

STATE HEALTH INSURANCE ASSISTANCE
PROGRAM (SHIP) – Please Note:
Appointments must be made by telephone –
please call: 973-796- 1988 – Appointments
scheduled for the 2nd or 4th Thursday of the
month – 10-2pm (in the Senior Center)

“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
E-Mail w-cresta@townofmorristown.org
He will make all attempts to sort it out.

Health Matters: Arthritis Awareness & Action
Arthritis is the most common cause of disability among U.S. adults. Nearly half of adults 65 years of age and older have the condition. Arthritis can make it difficult for people to do everyday activities, but, there are effective strategies to improve quality of life, as well as reduce symptoms and disability. Self-management education classes, such as the Chronic Disease Self-Management Program, or Take Control of Your Health classes offered in Morris County, have been proven to increase exercise, confidence in making healthy lifestyle changes, and the ability to do household and social activities, and decrease depression, pain, and frustration about health. These classes' help people learn techniques to reduce pain and improve function and develop skills that make it easier to age well with arthritis. For a list of classes in Morris County go to:

<http://www.state.nj.us/humanservices/doas/home/tchagencies.html>

The Arthritis Foundation lists programs in New Jersey on their website and is a great resource: <http://www.arthritis.org/new-jersey>

WISH LIST

Times are Lean for Us Too!!!!

The Senior Center can use the following items:

- Packaged cookies and candy
- Coffee
- Office supplies or just surprise us



Monday – February 16th
(Building Closed)

THANK YOU TO OUR VOLUNTEERS

Collators of the November/December 2014 Newsletter

*Joan Cooper
Shelia Marzloff
Joyce Small
Sande Shruby
Ruth Grimm*

Answers to Trivia

1. Giovanni da Verrazano
2. John Berkeley
3. Liberty and prosperity
4. Atlantic
5. Trenton
6. Lake Hopatcong
7. Hudson
8. 1896
9. Thomas Alva Edison
10. 1787

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>

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

973-538-6343

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)

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

NJT Reduced Fare Program – 973-491-7112

Attention: Morristown Senior Center does not provide transportation.

(GROCERY SHOPPING – Morristown

Residents Only) - Pick-up: 8:00AM (one hour

shopping). Please note: only one family

member per shopping trip and 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

MORRISTOWN ANNUAL SENIOR HOLIDAY PARTY 2014

*MANY THANKS TO THE FOLLOWING ESTABLISHMENTS FOR THEIR GENEROUS
AND CONTINUOUS CONTRIBUTIONS*



DOOR PRIZES AND GIFTS

<i>23 South Gift Shop</i>	<i>BC Salon</i>
<i>Braunsweiger Jewelers</i>	<i>Century 21 Department Store</i>
<i>Collins Pub</i>	<i>Community Theatre</i>
<i>Connect One Bank</i>	<i>EmbroidMe</i>
<i>Enjou Chocolat</i>	<i>Golden Pineapple Gift Shop</i>
<i>Grassroots Market</i>	<i>Hyatt Morristown</i>
<i>Jets Football Team</i>	<i>Lakeland Bank</i>
<i>Monark Salon & Spa</i>	<i>Morris County Tourism Bureau</i>
<i>Morristown Partnership</i>	<i>New Jersey Devils</i>
<i>Peapack Gladstone Bank</i>	<i>Plaza Barber Shop</i>
<i>Provident Bank</i>	<i>Run-A-Thon</i>
<i>Shoprite</i>	<i>Taste of Turkey</i>
<i>TD Bank</i>	<i>Thee Nail Salon</i>
<i>Valley National Bank</i>	<i>Walmart</i>
<i>Wells Fargo Bank</i>	<i>Whole Foods Market</i>

MORRISTOWN ANNUAL SENIOR HOLIDAY PARTY 2014

**MANY THANKS TO THE FOLLOWING ESTABLISHMENTS FOR THEIR GENEROUS
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FOOD DONATIONS

<i>AJ's</i>	<i>Anthony's Pizza & Pasta</i>
<i>Cappia Cafe</i>	<i>Chef Fredy's Table</i>
<i>Chinatown Chinese Restaurant</i>	<i>Cluck-U-Chicken</i>
<i>Cosi, Inc.</i>	<i>Cottage II Hunan & Szechuan Cuisine</i>
<i>Dublin Pub</i>	<i>El Encuentro Centro Americano Restaurant</i>
<i>End of Elm</i>	<i>Famished Frog</i>
<i>Fiore's Italian Restaurant</i>	<i>George & Martha's American Grille</i>
<i>Grasshopper Off The Green</i>	<i>Guerriero's Restaurant</i>
<i>Hunan Wok</i>	<i>Iron Bar</i>
<i>Jersey Boy Bagels</i>	<i>Kings</i>
<i>Lins Palace</i>	<i>Longfellows Deli</i>
<i>Long Johns Sandwich Shop</i>	<i>Malay</i>
<i>Milano's Gourmet Pizzeria</i>	<i>Morristown Bagels and Deli</i>
<i>Morristown Deli</i>	<i>Morris Diner</i>
<i>Morris Pizzeria</i>	<i>Mr. Chung's</i>
<i>Office Beer Bar & Grille</i>	<i>Olive Lucy's Kitchen Table</i>
<i>Morristown Pancake House</i>	<i>Panera Bread</i>
<i>Pete's Tavern</i>	<i>Portofino's Restaurant</i>
<i>Raul's Empanada</i>	<i>Rod's Steak and Seafood Grille</i>
<i>SmartWorld Coffee</i>	<i>Top's China</i>
<i>Swiss Chalet Bakery</i>	<i>Mara's Gourmet Bakery</i>
<i>Artist Bakery</i>	<i>Edible Arrangements</i>
<i>South Street Creamery</i>	<i>Grand Café</i>
<i>Dunkin' Donuts</i>	