



Senior Newsletter

Timothy P. Dougherty, Mayor

200 South Street, 3rd Floor, Morristown, NJ 07960

p: 973-292-6690 | f: 973-631-5662 | www.townofmorristown.org

JULY/AUGUST 2019



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: Thursday, August 22nd and August 29th. Cash, check and money order accepted. No credit or debit cards. Reservations required – call **973-292-6690**.

MORRISTOWN COLONIAL COACH

The Colonial Coach is a FREE bus service by the Town of Morristown, consisting of one route operating in and around Morristown, serving Morristown residents, on Mondays, Wednesdays, Fridays, and Saturdays. Daily bus service confirmation: **973-267-2733**. General bus inquiries: **973- 292-6670**.



CHAIR YOGA FOR SENIORS WITH TISHA

MORRISTOWN SENIOR CENTER, 3RD FLOOR, EVERY OTHER MONDAY FROM 11:00AM – 12:00PM DATES JULY 15TH AND 29TH, AUGUST 12TH AND 26TH.
JOIN US – CLASSES FREE!!

MORRISTOWN 60 PLUS CLUB

Club will not meet in the summer. Next meetings of the club will be on September 24th and October 22nd at 1:00PM. **NEW MEMBERS WELCOME!** Minimum age to join is 55 years old. Membership fee required.



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MORRIS HABITAT FOR HUMANITY

AGING IN PLACE PROGRAM

Morris Habitat for Humanity is offering Seniors of Morris County, NJ a special home repair program that makes accessibility and energy efficiency improvements to enable senior citizens to move around safely inside their homes and complete the routines of daily living. By doing this, the program hopes to help Morris County senior citizens continue to live in their own homes longer and maintain their independence. Examples of work include modifications and improvements such as grab bars, additional handrails or securing handrails on stairs, changing faucets and doorknobs, installing hand-held shower heads, weatherization, accessibility improvements, and roof repairs. Costs to homeowner are only for purchased materials and other needed professional services such as electricians, plumbers, etc. Morris Habitat is registered with State of New Jersey as a home repair contractor. To qualify you must:

- Own and live in your home full-time
- Age 62 or older, or someone else living in home age 62 or older.
- Live in Morris County, NJ.
- City and Property taxes current.
- Mortgage current or no mortgage.
- Meet income guidelines for program.
- Homeowners insurance in place and current.

To apply call Morris Habitat for Humanity at 973-891-1934 or email: home.repair@morrihabitat.org



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FLEX & STRETCH

Join us every Tuesday & Friday - 10-11am with

Instructor Cora Terzo

FREE!!!! Come join the fun!!!

BRIDGE CLUB

Monday and Thursday - 12:30-3:30PM

NEW MEMBERS WELCOME!!!

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 Home Share bring you together. For more information, call: **908-526-4663**.

DOES YOUR HOUSE NEED WORK?

The "Morris County Housing Rehabilitation Program" could be your answer! For more information: Call Wayne Cresta: **973-292- 6709**.

FREE BLOOD PRESSURE TESTING!

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

SPIRIT OF NEW JERSEY CRUISE

Sponsored by 60+ Club of Morristown Wednesday – August 21, 2019, 12:00PM-2:00PM – Bus leaves 10:00AM Sharp from Town Hall Parking Lot. Boat leaves from Chelsea Lincoln Harbor, Weehawken, NJ. Members \$85- Non-Members \$90. Includes transportation, 3 course meal, and tour of the Hudson River, Manhattan and Brooklyn. Music, dancing, and cash bar available.



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BURNHAM PARK POOL

The Burnham Park Pool is now open from 12:00PM–8:00PM weekdays and 11:00AM-8:00PM on weekends – Membership rate for seniors 60+ \$49/resident--\$89/non-resident. Pool ½ price after August 1st. Register online: townofmorristown.org or call Recreation Office at 973-292-6717 for further information.

STAY COOL IN THE SUMMER HEAT

It is important to remember to stay hydrated (filled with fluids) when out in the summer heat. It does not matter if you are working or just lying around trying to get a tan, you need to keep your body hydrated. If you wait until you are thirsty to drink water, you are already dehydrated. The body loses water daily through water, tears, breathing, and other bodily functions. When in the heat, a person tends to sweat faster causing the body to lose water at a faster rate. The best way to replenish this lost is by drinking water. Drinking water can help keep the body hydrated when the body is working harder in the heat. Sometimes in dry heat, you do not even realize you are sweating because it evaporates so quickly. If you do not replenish with water, you will become dehydrated. If you become dehydrated, you may experience some of the following symptoms:

- Dizziness
- Thirst
- Fatigue
- Dry Skin
- Increased heart rate and breathing

So just remember when you are out in the heat this summer bring a bottle of water with you!

UPCOMING EVENTS



THURSDAY JULY 4TH
TOWNHALL WILL BE CLOSED

Morristown JAZZ & BLUES Festival

Saturday – August 17, 2019
Morristown Green
Morristown, NJ 07960

MAYOR'S ANNUAL SENIOR PICNIC

*Wednesday – August 14, 2019
Morristown Senior Center
200 South Street – 3rd Floor
12:00-3:00PM
All Morristown Seniors Invited*



**MORRISTOWN
FARMERS
MARKET**

Sundays

June 16th through November 24th
8:30AM to 2:00PM
Spring and Morris Streets, Morristown, NJ

Presented by
**M MORRISTOWN
PARTNERSHIP**

Vegetables • Flowers • Cheese • Honey
Herbs • Eggs • Fish • Meat • Fruits
Breads • Poultry • Specialties

morristownfarmersmarket.com



IMPORTANT PHONE NUMBER

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

NJT Reduced Fare Program - 973-491-7112

Attention: Morristown Senior Center does not provide transportation.

(GROCERY SHOPPING - Morristown Residents Only-

Township excluded)- Pick-up: 8:00am (1½ hour

shopping). Please note: only one family member per shopping trip and a three (3) bag limit. No exceptions!

Tuesday and Thursday: Shoprite

Wednesday: Wal-Mart

Reservations required - call 973-292-6690

Morristown Senior Center gratefully acknowledges the many donations received from the community.

**TOWN OF MORRISTOWN
SENIOR SERVICES
200 SOUTH STREET
MORRISTOWN, NJ 07960**