



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



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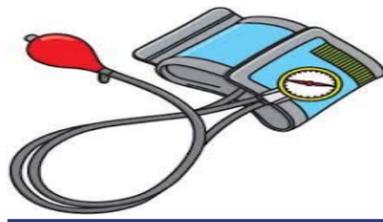
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SEPTEMBER/OCTOBER 2019

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FREE BLOOD PRESSURE TESTING!

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

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**.
!!!! Come join the fun!!!!

FLEX & STRETCH

Join us every Tuesday & Friday - 10-11am with Instructor Cora Terzo FREE

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**.



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, October 24th and October 31st. Cash, check and money order accepted. No credit or debit cards. Reservations required – call **973-292-6690**.



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



CHAIR YOGA FOR SENIORS WITH TISHA

MORRISTOWN SENIOR CENTER, 3RD FLOOR, EVERY OTHER MONDAY FROM 11:00AM – 12:00PM DATES SEPTEMBER 9TH AND 23RD, OCTOBER 7TH AND 21ST.

JOIN US – CLASSES FREE!!



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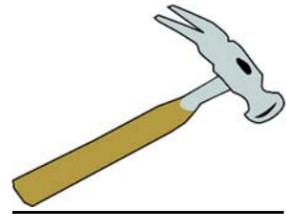
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love to share, let Home Share bring you together. For more information, call: 908-526-4663.

MORRISTOWN
FESTIVAL OF BOOKS
 WHERE READERS & AUTHORS MEET
OCTOBER 11 & 12, 2019
www.morristownbooks.org

MORRISTOWN RECREATION DEPT.
AND SENIOR CENTER PRESENT:

Senior Trip to Turtle Back Zoo, Wednesday, October 2, 2019. **Departure:** 9:30AM Town Hall Parking Lot, 200 South Street. Must call Morristown Recreation to register at 973-292-6717. **Tickets free, but space limited!** Last day to register October 1, 2019.

UPCOMING EVENTS



Monday – September 2nd
TOWNHALL BUILDING CLOSED



Sunday – September 29, 2019
12:00-5:00pm



Monday – October 14th
TOWNHALL BUILDING CLOSED



DIVISION OF HEALTH 2019 SENIOR CITIZEN FLU CLINIC

Free with Medicare Part B, (bring Medicare card) \$15 all others. Please contact the Senior Center at 973-292-6690 for more information.

DOES YOUR HOUSE NEED WORK?

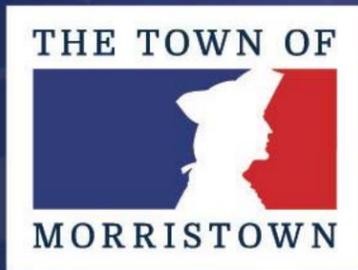
The "Morris County Housing Rehabilitation Program" could be your answer! For more information: Call Wayne Cresta: 973-292-6709.

MORRISTOWN 60 PLUS CLUB

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

Presented by
MORRISTOWN PARTNERSHIP

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

morristownfarmersmarket.com

24th Annual Community Health Day

Saturday, September 7, 2019 • 9:00am to 1:00pm

Headquarters Plaza, Speedwell Avenue, Morristown

Join us for a day of FREE screenings and wellness information!

Nutritional Information

Healthy Snacks

Children's Activities

Balloons

Face Painting

LGBTQ+ Services

Presentations



Senior Resources

Prayer Room

Zumba Demonstration

Raffle Prizes

Music

Workshops

HENRY The Dentist

And much more...

Be an active participant!

Join the Links for the annual *Walkathon* in support of Community Health Day. Walkers leave from Goryeb Children's Hospital, Morristown Medical Center (Franklin Street) at 8:00am and will arrive at Headquarters Plaza by 9:00am. Transportation will be provided for walkers from Headquarters Plaza to Morristown Medical Center.

Sponsored By: Morristown Medical Center, Church of God In Christ For All Saints, Calvary Baptist Church, Union Baptist Church, St. Margaret's Catholic Church, First Baptist Church of Madison, Angels in Action, Morris County Chapter of The Links Inc., Alpha Kappa Alpha Sorority Inc., Delta Sigma Theta Sorority, Inc., Alpha Phi Alpha Fraternity, Inc., Bethel AME Church of Morristown, Gay Activist Alliance in Morris County (GAAMC)

Supported By: Foundation for Morristown Medical Center
Hosted By: Olinick-Fisher Development; Newmark Grubb Knight Frank, Hyatt Hotel

For more information, call Dwight Peavy: 973-462-9962
Email: Peavdad@aol.com

Free Health Screenings

Glucose	Foot
Cholesterol	Vision
Blood pressure	HIV
Hearing	Bone density
Oral cancer	Wheel of Health
Respiratory	Dermaview

No registration required

SATURDAY
Sept. 21, 2019
Rain Date Sept. 28
Noon to 5pm

Cauldwell
Playground
Flagler Street
Morristown

17th Annual
**MORRISTOWN
COMMUNITY
FAMILY DAY**

PRESENTED BY:
TOWN OF MORRISTOWN, CORNERSTONE FAMILY PROGRAMS
& MORRISTOWN NEIGHBORHOOD HOUSE

cornerstone family programs
& morristown neighborhood house
Better Lives. Stronger Communities

THE TOWN OF
MORRISTOWN



Join Morris County at the remembrance ceremony as we honor those lost on 9/11.

September 8, 2019

6:00pm

Morris County 9/11 Memorial, West Hanover Avenue, Parsippany, NJ

www.morriscountynj.gov/gov/9-11 for more information.



The Morristown Recreation Trick or Treat with Mayor Dougherty & The Morristown Partnership's Downtown Trick or Treat will both be held Thursday, October 31, 2019, 3:00pm – 5:00pm



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IMPORTANT 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

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

TOWN OF MORRISTOWN

SENIOR SERVICES

200 SOUTH STREET

MORRISTOWN, NJ 07960