MORRISTOWN SENIOR NEWSLETTER
JULY/AUGUST 2018
Timothy Dougherty, Mayor

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

Wednesday - July 4th (Building Closed)

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 date: August 23rd and 30th - 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, Friday and Saturday. Call 973-267-2733 for confirmation of bus service. For specific questions, please call: 973-292-6670 or go to: www.townofmorristown.org.

MAYOR’S ANNUAL SENIOR PICNIC
Wednesday – August 15, 2018
Morristown Senior Center
200 South Street – 3rd Floor
12:00-3:00PM
Morristown Seniors Invited

JAZZ & BLUES Festival
Saturday – August 18, 2018
Morristown Green
Morristown, NJ 07960
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 door knobs, 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@morrishabitat.org

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

MORRISTOWN 60 PLUS CLUB
Club will not meet in the summer.
Next meetings take place September 25th and October 23rd at 1:00P.M. NEW MEMBERS WELCOME! (Minimum age to join is 55 years old – Membership fee required).

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

“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
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 Cora Terzo.
FREE! JOIN IN THE FUN!!!!!!

THANK YOU TO OUR VOLUNTEERS
Collators of the May/June 2016 Newsletter

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 60 PLUS CLUB COMING EVENTS
Lake Hopatcong Buffet Lunch Cruise
Friday, August 31, 2018, 12:00pm to 2:00pm
$65 (club members) - $70 (non-members)
Bus leaves at 11:00 from Town Hall Parking Lot. Full payment due Tuesday July 31, 2018. Cost is NON-REFUNDABLE.
Gospel Review at Hunterdon Hills Playhouse.
Sunday, October 21, 2018 at 2:00pm
$75 (club members) – $80 (non-members)
Bus leaves at 1:00pm from Town Hall Parking Lot
Payment due on Tuesday, September 18, 2018
For further information on both events contact Sandy Shruby at 201-887-9217 or Dolores Gibson at 973-224-8784

BURNHAM POOL PARK
The Burnham Park Pool officially opened on Sat. May 26th – 12:00–8:00PM – Membership rate for seniors 60 plus: $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.

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

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!

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.

MORRISTOWN SENIOR CENTER
GRATEFULLY ACKNOWLEDGES
THE MANY DONATIONS
RECEIVED FROM THE
COMMUNITY
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
Morristown Housing Authority –
VNA House Call Groceries – 973-539-1216
(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)- 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
DIV. OF AGING/SENIOR CENTER
200 SOUTH STREET, P.O. BOX 914
MORRISTOWN, NJ 07963-0914