

# MORRISTOWN SENIOR NEWSLETTER



## JULY/AUGUST 2018

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



*Wednesday - July 4<sup>th</sup> (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 23<sup>rd</sup> and 30<sup>th</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, 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](http://www.townofmorristown.org).

### MAYOR'S ANNUAL SENIOR PICNIC

*Wednesday – August 15, 2018  
Morristown Senior Center  
200 South Street – 3<sup>rd</sup> Floor  
12:00-3:00PM  
Morristown Seniors Invited*



### Morristown JAZZ & BLUES Festival

*Saturday – August 18, 2018  
Morristown Green  
Morristown, NJ 07960*



Sundays – June 18<sup>th</sup> through November 20<sup>th</sup>

### **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](mailto: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 25<sup>th</sup>  
and October 23<sup>rd</sup> 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  
3<sup>rd</sup> 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](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 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 Shrubby at 201-887-9217 or  
Dolores Gibson at 973-224-8784

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

## BURNHAM POOL PARK

The Burnham Park Pool officially opened on  
Sat. May 26<sup>th</sup> – 12:00–8:00PM – Membership  
rate for seniors 60 plus: \$49/resident--  
\$89/non-resident. Pool ½ price after August  
1<sup>st</sup>. Register online: [townofmorristown.org](http://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>

## 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.

## 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!



**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: 8:00am (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**