

# MADISON PRIME TIMES

MADISON CIVIC CENTER 28 WALNUT STREET MADISON, NJ 07940

Phone: 973-593-3095 Fax: 973-593-4945

[www.rosenet.org/347/Senior-Services](http://www.rosenet.org/347/Senior-Services)

Senior Centers: Find Balance at Your Center

DECEMBER 2016

## WHAT'S INSIDE?

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## SENIOR CENTER NEWS



### MORRIS HABITAT FOR HUMANITY HOME SUPPORT FOR SENIORS

Morris Habitat for Humanity was recently awarded a Capacity Building Grant from Habitat for Humanity International to expand its Neighborhood Revitalization Program to include a new Aging in Place program.

This program offers households with a member 62 and over, a home repair program targeted at mobility, accessibility and energy efficiency improvements that enable senior residents to continue to live in their own homes longer and to be able to maintain their independence.

Morris Habitat is a state licensed general contractor and provides the labor using volunteers and staff construction supervisors to undertake repairs like correcting code violations, simple water leaks, adding grab bars and handrails, and roof repairs. Basic landscaping projects like yard clean-up and sidewalk repairs can also be done. While the labor is free, the home owner pays for purchased materials unless they have been donated. State-licensed electricians and plumbers often participate at cost to help keep the homeowner's expenses to a minimum. Eligibility is based on age, income guidelines, home ownership and being current with tax and mortgage payments.

For more information or to receive an application, please call or email, Richard B. Cooke, Homeownership Sustainability Coordinator for Morris Habitat for Humanity. He can be reached at 845-797-2213 or [rich.cooke@morrhishabitat.org](mailto:rich.cooke@morrhishabitat.org). The office is located at 274 South Salem Street, Randolph NJ, 07869. Information can also be found on their website: [www.MorrisHabitat.org](http://www.MorrisHabitat.org).

The Madison Senior Center is a community-based organization providing activities, services and resources which enhance the quality of life and diverse needs and interests of older adults and their families.

### Staff

#### Senior Citizen Coordinator

Edna Ierley-Byrne

973-593-3094

E-mail: [ierleybyrne@rosenet.org](mailto:ierleybyrne@rosenet.org)

#### Staff Assistant/

#### Meals on Wheels Coordinator

Helene Corlett

E-mail: [corletth@rosenet.org](mailto:corletth@rosenet.org)

973-593-3096

#### Van Drivers

Mark Spinner

David Elliot

Jim Kling

### WANT TO KNOW MORE?

Join us on Wednesday, December 7 at 1:00 when Richard Cooke visits us to describe the Habitat's Home Support for Seniors program. Find out more about aging in place. No sign-up required.



# Health & Wellness for the Mind

## \*At the Center...

### **Bridge Workshop:**

Fridays, 1:00  
Bridge review for long-ago  
players, newcomers welcome.

### **Progressive Bridge:**

2nd and 4th Mondays,  
12:30pm



### **Wednesday Bridge:**

Wednesdays at 12:30

### **Open Mah Jongg**

Tuesdays, 12:30



### **Intermediate**

### **Mah Jongg:**

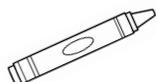
Fridays, 12:30

### **Modern American Canasta:**

Tuesdays, 9:30am

### **Coffee, Tea & Coloring Books:**

Monday, Dec. 19. 10:30am  
Colored pens and pencils, pictures  
provided.



### **Pinochle:**

Fridays, 12:30pm

### **Poker:**

Mondays, 12:00-4:00  
Wednesdays, 12:00-4:00

### **Pool:**

Tuesdays, 1:00  
Wednesdays, 3:00  
Fridays, 1:00



### **Rummikub:**

Mondays, 12:30pm

### **World & Domestic Affairs Discussion Group:**

Fridays, 10:00am-12:00pm  
Weekly discussion of headline  
news and world events. Refresh-  
ments served. Newcomers  
always welcome.



### **Knitting & Crocheting:**

Thursdays, 10:45am  
Beginner and experi-  
enced knitters and  
crocheters welcome.  
Knit here or use do-  
nated yarn to create  
projects at home for Carol  
Simon Cancer Center, Bridges,  
Lyons Veterans Hospital and  
the Goryeb Children's Hospi-  
tal.



### **Get help with lap tops, Ipads, cell phones and more:**

Local resident Michelle Yates  
meets by appointment with  
computer users who would like  
to become more comfortable  
using their computers, Ipads,  
cell phones, cameras and other  
technology. Call 973-593-3095  
to schedule a free session.

### **Remember!**



You can drop off used eye-  
glasses for New Eyes for the  
Needy at the senior center.

## \*and Around Town

### **Bowling:**

Tuesdays, 11:00-4:00  
**Stryxe** at Madison  
Plaza. Seniors 62+  
receive 20% senior discount on  
Tuesdays



### **North Jersey Stroke Discussion Group**

2nd Tuesday of each month  
1:00-2:30pm  
Location varies  
Contact George Witterschein  
973-543-6386 or email  
grbwitt@gmail.com

### **Rose City Songsters:**

Rehearsals Mondays, 1:30  
Madison Community House  
25 Cook Avenue  
Performances are given at area  
agencies. Call Angela Notari for  
details, 973-377-3106.



\* All activities FREE  
unless otherwise noted.

# Health & Wellness for the Body

## Balance & Stability:

**Wednesdays** at 1:15

4th Quarter ends Dec. 21, 2016

\$60.00/12 classes

Simple low-level exercises and stretches to improve stability, posture, balance and gait.

## Not Your Daughter's Yoga:

**Tuesdays** at 11:30

4th Quarter ends Dec. 20, 2016

\$60.00/12 classes.

Yoga done standing, or seated on a chair. Wear comfortable clothing and bring yoga mat. See instructor if you need a yoga mat.

## Stretch & Flex:

**Mondays** at 10:30

4th Quarter ends Dec. 19, 2016

\$55.00/11 classes

**Thursdays** at 9:00

3rd Quarter Oct. 6-Dec. 22, 2016

\$50.00/11 classes. Improve strength, posture, balance, gait and flexibility. Exercise balls, bands and balance pads provided.

## Meditation:

4th Quarter ends Dec. 20, 2016

1st & 3rd **Tuesdays**, 12:45-1:45

New students \$15.00

Returning students \$5.00/class

Guided relaxation, breathing

## T'ai Chi:

**Thursdays**, 10:30-11:30

Fall session - 8 classes \$50.00

or \$8/class

A dance, a meditation, an exercise known for its many health benefits from increasing strength and flexibility to lowering blood pressure.

Instructor: Ayriel Germanton

## Advanced Ping Pong:

Experienced players welcome

**Mondays**, 12:00am

**Wednesdays**, 11:00am

**Fridays**, 11:00am

## Health Calendar

### Stay Healthy:

Sandra Fiolo, RN, EdD, Certified Gerontological Nurse.

Free help with staying well, home safety assessment, manage illness/medications.

Tuesday, December 27 in Senior Center Studio. Call for appointment, 973-593-3095

### Madison Health Department:

28 Walnut Street, Madison. Call 973-593-3079, ext. 1 for information or to pre-register for screenings

- **Adult Health Screening/CMP Analysis** on Wednesday, Dec. 7 8:00am, \$25.00 fee for CMP test
- **Men's Cancer Screening** on Monday, Dec. 5 6:00-8:00pm
- **Free Rabies Clinic** on Saturday, Dec. 10 10:00-12:00

### Health Tips

DECADENT  
DESSERTS



No one said you can't enjoy a decadent dessert on occasion. In fact, the best desserts are homemade, using the healthiest ingredients possible. Here are some delicious ideas to help make your favorite desserts diet-friendly.

1. **Skip the full-fat whip.** Whipped cream is a common dessert topping. Leaving it off your desserts will significantly cut down on fat and calories. Instead, use non-fat plain Greek yogurt sweetened with a little natural no-calorie sweetener.

2. **Avoid the sugar.** Replace the sugar you would use in baked goods with monk fruit all-natural no-calorie sweetener or with stevia. You may have to experiment to get the taste you like.

3. **Cut the butter.** Butter enriches many baked desserts, but it's also high in saturated fat. If a recipe calls for butter, try replacing it with trans-fat-free margarine (vegetable-oil spread) or in some cases with olive oil or canola oil. Keep in mind that you may need to experiment with the recipe to achieve the taste and texture you like with the substitution.

4. **Avoid "à la mode."** We all know the pleasure of pie with a scoop of ice cream — it's a common temptation that really shouldn't be indulged in and then only occasionally. You can easily avoid this double whammy by enjoying a few bites of just one or the other. Another solution: Have a small slice of pie with a little nonfat plain yogurt on top instead.

5. **Consider healthy flour options.** Use whole-wheat, white whole-wheat, or whole-wheat pastry flour instead of white all-purpose, bread, or cake flour to prepare baked desserts. In addition, you can experiment with gluten-free flour options, such as almond, hazelnut, or coconut flour, buckwheat, cornmeal, garbanzo or other bean flour, and sorghum flour. Mixing a few of these grains is quite common in gluten-free baking.

*-Tips from Frances Boardman*

# Senior Center Resources

## DIAL-A-RIDE VAN TRANSPORTATION

Handicapped-accessible van available to Madison residents, Monday through Friday, 9:15-2:30, in Madison only. Call **973-593-3095** between 8:30-9:00am day of trip. Scheduled daily stops at Chateau Thierry housing, 10:30am and 1:00pm. **No van service: Dec. 23, 26**

### Supermarkets

**Stop & Shop** : Monday through Friday, 10:30am drop-off - 11:30 pick-up & 1:00pm drop-off - 2:00pm pick-up.

**Shop Rite** : Mondays & Thursdays, 10:00am drop-off - 11:00am pick-up. Chateau residents call for ride.

### Monthly Mall Trip

**Walmart**, Wednesday, December 14

Drop-off 9:45am, pick-up 12:15pm. Call 973-593-3095 for a reservation. No reservations before first of month

## MEALS ON WHEELS

Morris County Nutrition Project provides meals delivered by volunteers Mondays, Wednesdays & Fridays. Call 973-593-3096. Eligibility based on medical need Allow 2 weeks for processing. \$2 donation/meal

**No Meals on Wheels: Monday, Dec. 26**

Congregate meals provided at 15 Chateau Thierry, 10pm-1pm Monday, Wednesday & Friday. \$2.00 donation per meal. Call 973-822-3129 one day in advance to reserve a meal. Meals are also served at the Presbyterian Church of Chatham, 240 Southern Boulevard, on Tuesdays and Thursdays. Call 973-879-7665 to reserve a space.

## ALTERNATIVE TRANSPORTATION

**MAPS** (Morris Area Paratransit System) Weekday medical transportation service in Morris and Union County. Call 973-829-8103 at least one week in advance; leave date, time & destination. Pre-registration required.

**Access Link-NJ Transit** Transportation service for disabled comparable to the local fixed route bus system. Must apply for eligibility. Call 800-955-2321 for guidelines and application.

## MEDICARE COUNSELING (SHIP)

Wednesday afternoons by appointment. Free and confidential assistance with Medicare and medical billing. 973-593-3095

## TELEPHONE REASSURANCE

Daily phone calls to Morris County homebound seniors. Register with NORWESCAP/RSVP 973-784-4900. Volunteers welcome, call 973-593-3095. Training provided.

## Community Resources

- **Cornerstone Family Services** - Adult care center. 973-538-5260 [www.cornerstonefamilyprograms.org](http://www.cornerstonefamilyprograms.org)
- **Harmony House Adult Day Center**  
4 Division Ave. 973-514-1400  
[www.HarmonyHouseAdultCare.org](http://www.HarmonyHouseAdultCare.org)
- **Hope House Operation Fix-It** - Health and safety assessment and minor home repairs. 973-361-5555 [www.hopehousenj.org](http://www.hopehousenj.org)
- **Madison Fire Department** - Free smoke detectors and batteries 973-593-3021  
[www.rosenet.org/gov/fire/](http://www.rosenet.org/gov/fire/)
- **Madison Housing Authority** - Senior and low-income housing options 62+, maximum gross income \$44,750/one, \$51,150/two people. Preference to Madison residents or their parents. 973-377-0258  
[www.rosenet.org/gov/housing-authority](http://www.rosenet.org/gov/housing-authority)
- **Madison Police Dept.** - "MedReturn" disposal for expired/unused prescription drugs in lobby of Police Dept. 24hr/day, 7 days/week
- **New Jersey EASE Information Hotline** - Morris County Senior Services 1-800-564-4656  
[www.nj.gov/health/contact.shtml](http://www.nj.gov/health/contact.shtml)
- **Office of Support Services for the Aged** - Benefit programs including PAAD and Lifeline Utility Assistance 1-800-792-9745  
[www.morrishumanservices.org/aging.asp](http://www.morrishumanservices.org/aging.asp)
- **Sage Eldercare** - Resources including Spend-a-Day and Help at Home 908-598-5550  
[www.sagenj.org](http://www.sagenj.org)
- **Senior Cents** - Money management assistance. RSVP/NORWESCAP 973-784-4900  
[www.norwescap.org](http://www.norwescap.org)
- **Veterans benefits** - Mark Bolitho, details of VA program 908-647-0180, ext. 4931  
[www.va.gov](http://www.va.gov); or Ken Brenzel, Morris County Veterans Services Office, 973-285-6866
- **VNA House Call Groceries** - Volunteers shop \$5 administrative fee 973-451-4119

# Looking Back at Christmas past



## SWEATERS

Always make nice gifts for Christmas, and we have already sold a great number for this purpose. Our stock is the most complete in this section. Every correct style and color.

Men's Sweaters, 39c and up.  
Ladies' Sweaters, 59c and up.  
Boys' Sweaters, 19c and up.  
Girls' Sweaters, 19c and up.  
Men's or Ladies' Angora Sweaters in leather mixtures, one of the finest sweater coats made. Regular \$15.95 and up.  
Men's extra quality Jersey Coats Special at 99c and up.  
Osman's

Our stock abounds in goods that will give service as well as pleasure

### For the Children

HOUSE SLIPPERS, EDUCATOR SHOES, WALTON SHOES, or perhaps a Pair of RUBBER BOOTS for snow or rain. These things will bring them more real pleasure than toys and be of constant and real service.

### For Mother

A PAIR OF HOUSE SLIPPERS will be just what she will enjoy. They come in Gray, Brown, Purple, Red or White. She might also like a pair of the MITCHELL NOWBET KITTIE SHOES.



Let Santa Claus Be a Practical Sabel and Bear Practical Gifts.

### For Father

MAKE DICK OUR DICK "Caddy" at any cost. How he will enjoy a pair of HORTON SLIP-SPERS, ARCTIC or HEDDEN BOOTS. He's sure to be delighted with any of those carried in our business stock.

### For the Young Man

HALSTON HEALTHY SHOES, W. L. DOUGLAS SHOES, ROCK & HUTCHINS SHOES and EDUCATOR The Shoe for \$2.00.

"BRING THE CHILDREN TO SEE SANTA CLAUS IN OUR WINDOW"

## E. H. MITCHELL

JAMES BUILDING MADISON, N. J.

A FULL LINE OF STORM PROTECTORS—INCLUDING RUBBERS, ARTICS AND BOOTS—BOTH MEN, WOMEN AND CHILDREN.



## UMBRELLAS

As usual, we had made especially for us the entire stock of Umbrellas for the holiday season, and offer you the best Umbrella made at the price. Everyone is fully warranted for one year—no matter what the price.

Men's Umbrellas at 49c and up.  
Ladies' Umbrellas this season are unusually nice—not so much metal as in other seasons but rich wood nicely carved and rich colors; we show very special values at 39c and up.

Children's Umbrellas in two very good qualities at the prices—29c and up.

Osman's

## SLIPPERS

The Gift for All



Slippers for everyone offer gifts with which to complete your Christmas list. We carry a complete line for Men, Women and Children. Rubber Slippers and Bedroom Slippers, in felt and Leather. 60c each delivery and postal.

### HOSIERY FOR CHRISTMAS

Our large holiday stock invites your attention. NEW TRENDS PAID SLIP HOSE for LADIES, in all colors, also FOR THE HOUSE WEL, LIGHT HOSE in CHECKS AND OTHER PATTERNS, IN SILK, 139c each and wool.

55 Cents Per Pair

### Walk-Over Shoes for Men and Women

Nunn-Bush Ankle Fashioned Shoes

One of the leading makes for durability and price. The Method quality in all styles of moderate prices.

Rubber Arctic

## George Scinto

5 Waverly Place Phone 44-M



## Be a man with money in the Bank

### Life's December Comes.

"Down and out" that's what you hear them say.

Will they say it about YOU when you have grown old and feeble? The SURE way to have money for your old age is to begin NOW and bank it. Remember, your earning power grows less as age creeps on. The time to bank your money is when you are making money.

Put YOUR money in Savings Department. We pay four per cent. interest.

## Madison Trust Company

## Bottle Hill Tavern

Madison, N. J.

TELEPHONE 213

Christmas Dinner  
\$2.00 per plate

FROM

12 to 8:30 P. M.



### NIGHT SHIRTS AND PAJAMAS

Pajamas from 69c and up.  
Night Shirts from 37c and up.  
Fine quality of materials, made by people who know how.

Osman's

## See Our 6.50 Breech Loading Gun

We have other that Cost More and are Better Guns See them.

Shells and Ammunition of all kinds  
Horse Blankets

We Have a fine Line of Jardines that are worth your inspection.

Full line of Household and Iron, Steel and Blacksmith's Builders Hardware. Supplies.

Gravel and Sand for sale at \$1 per load delivered.

## JAMES E. BURNET,

Telephone Call No. 54

BURNET BUILDING.

Main Street

Madison

# SHOP EARLY and SHOP HERE



## Osman's HATS

Stetson, John Ward and Gal Hats in Stiff and Soft Shapes.

\$1.50 Hat, now 99c  
2.00 Hat, now \$1.29  
2.50 Hat, now 1.89  
3.50 Hat, now 2.49

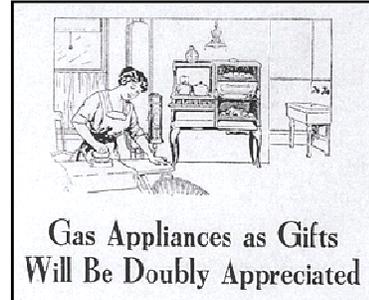
### SOFT FELT HATS

In Grays, Brown, Tans and Fancy Mixtures.  
\$2.25 Hats, our price \$1.29



### PRESIDENT SUSPENDERS

50c Suspenders, our price 39c  
25c Police Suspenders, price 19c  
Others at 12c and 15c



Gas Appliances as Gifts  
Will Be Doubly Appreciated

Go Combine Sentiment and Service—Give

## Waterman's Ideal Fountain Pen

Those who give and those who receive, a Waterman's Ideal, know its quality even before it begins its years of efficient work.

Sold at the Best Stores

Researched by staff assistant Helene Corlett

## Brown Bag Movies at Noon

Bring a sandwich and we'll provide the popcorn. Free.



Tuesday, December 13 - *Being Canadian*

Ben Stiller, Morley Safer & many more...

There is more to Canada than ice hockey, moose and maple syrup, as Robert Cohen finds out on his journey to learn what it means to be a Canadian.

Comedy NR 90 min.

Tuesday, December 27 - *Wild Oats*

Shirley MacLaine, Jessica Lange

An unexpected windfall from a misdirected life insurance check convinces Eve and her best friend to take a road trip, but things get complicated.

Comedy PG-13 86 min.

As the holidays wind down, consider taking up a new art, T'ai Chi. Ayriel Germanton, an instructor with 40 years experience, teaches a class here on Thursday mornings at 10:30 -11:30am. This Taoist art is described as a dance, a meditation, an exercise, that can increase strength, flexibility, balance and coordination to reduce stress, tension and lower blood pressure. T'ai Chi is used in hospitals and wellness centers to promote stamina and alleviate symptoms from arthritis to Parkinson's disease. The cost is \$8/ classes or 8 classes for \$50.00



## Committee Meetings

### Friends of the Madison Senior Center Board:

Friday, January 13, 9:30am

President: Lou Gaburo

### SCAC (Senior Citizens Advisory Committee):

Thursday, January 12, 2:00pm

Chair: John Hoover

### Trip Committee:

Monday, January 4, 9:45am

Chair: Joan Cummings

## Community Announcements

### AMERICAN LEGION AUXILIARY UNIT #43 CHRISTMAS EVERGREENS FUNDRAISER



DECEMBER 4, 10 & 11  
10:00-3:00



For items and prices go to  
[www.americanlegionpost43nj.org](http://www.americanlegionpost43nj.org)

American Legion Auxiliary  
20 Ridgedale Avenue, Florham Park, NJ

### Opera at Florham presents "HOLIDAY CELEBRATION"

Sunday, December 4 2:00

Lenfell Hall, Fairleigh Dickinson University  
seniors \$25, children under 12 free

Call 973-443-8620 or go to  
[www.operaatflorham.org](http://www.operaatflorham.org)

**WAIT!!** Don't throw away those holiday stamps! Local resident Bernadine Barilla collects envelopes with cancelled stamps in exchange for payment which she uses to make donations to local charities. Stamps must carry a postmark and can be left at the senior center.

## Thank you to our volunteers

**To our collators:** Maryann Flynn, LaJunta Hurt, Hank Knobloch, Nora S. Miles, Phyllis Nunn, Mary Spagnuolo, Nora Stewart, Ruth Tranberg

*Next collating Tuesday, Dec. 27 9:00am*

**To the Friends of the Madison Senior Center** volunteers and guests for their efforts in making the Open House a success

**To the All of the Above** a cappella group from Drew University for bringing their music to the Open House

**To Jenn Luster** for a year of wonderful recipes, tasty samples and healthy eating

# December 2016

## at the Madison Senior Center

			<b>1 Van</b> 9:00 Stretch & Flex 10:15 T'ai Chi 10:45 Knit & Crochet	<b>2 Van</b> 10:00 Disc. Group 11:00 Ping Pong 12:30 Pinochle 12:30 Mah Jongg 1:00 Bridge Wksp 1:00 Pool
<b>5 Van</b> 10:30 Stretch & Flex 12:00 Ping Pong 12:00 Poker 12:30 Rummikub 12:30 Songsters	<b>6 Van</b> 9:30 Canasta 10:00 Healthy Bones 11:30 NYD Yoga 12:30 Bowling 12:30 Open Mah Jongg 12:45 Meditation 1:00 Pool	<b>7 Van</b> 11:00 Ping Pong 12:00 Poker 12:30 Wed. Bridge <b>1:00 Habitat Program</b> 1:15 Bal. & Stability 3:00 Pool  Medicare Counseling by appt..	<b>8 Van</b> 9:00 Stretch & Flex 10:30 T'ai Chi 10:45 Knit & Crochet	<b>9 Van</b> 10:00 Disc. Group 11:00 Ping Pong 12:30 Pinochle 12:30 Mah Jongg 1:00 Bridge Wksp 1:00 Pool
<b>12 Van</b> 10:30 Stretch & Flex 12:00 Ping Pong 12:00 Poker 12:30 Prog. Bridge 12:30 Rummikub 12:30 Songsters	<b>13 Van</b> 9:30 Canasta 10:00 Healthy Bones 11:30 NYD Yoga 12:00 Movie 12:30 Bowling 12:30 Open Mah Jongg 2:15 Pool	<b>14 Van</b> <b>Walmart Trip</b> 11:00 Ping Pong 12:00 Poker 12:30 Wed. Bridge 1:15 Bal. & Stability 3:00 Pool  Medicare Counseling by appt.	<b>15 Van</b> 9:00 Stretch & Flex 10:30 T'ai Chi 10:45 Knit & Crochet	<b>16 Van</b> 10:00 Disc. Group 11:00 Ping Pong 12:30 Pinochle 12:30 Mah Jongg 1:00 Bridge Wksp 1:00 Pool
<b>19 Van</b> 10:30 Stretch & Flex 10:30 Coloring 12:00 Ping Pong 12:00 Poker 12:30 Rummikub 12:30 Songsters	<b>20 Van</b> 9:30 Canasta 10:00 Healthy Bones 11:30 NYD Yoga 12:30 Bowling 12:30 Open Mah Jongg 12:45 Meditation 1:00 Pool	<b>21 Van</b> 11:00 Ping Pong 12:00 Poker 12:30 Wed. Bridge 1:15 Bal. & Stability 3:00 Pool  Medicare Counseling by appt.	<b>22 Van</b> 9:00 Stretch & Flex 10:30 T'ai Chi 10:45 Knit & Crochet	Happy Holidays to All! 
 & Best Wishes for the New Year!	<b>27 Van</b> 9:00 Collating 9:00 Stay Healthy 9:30 Canasta 10:00 Healthy Bones 11:30 NYD Yoga 12:00 Movie 12:30 Bowling 12:30 Open Mah Jongg 1:00 Pool	<b>28 Van</b> 11:00 Ping Pong 12:00 Poker 12:30 Wed. Bridge 1:15 Bal. & Stability 3:00 Pool  Medicare Counseling by appt.	<b>29 Van</b> 9:00 Stretch & Flex 10:30 T'ai Chi 10:45 Knit & Crochet	<b>30 Van</b> 10:00 Disc. Group 11:00 Ping Pong 12:30 Pinochle 12:30 Mah Jongg 1:00 Bridge Wksp 1:00 Pool

### **Mark Your Calendar:**

December 1 - T'ai Chi classes every Thursday, see pages 3 and 6  
December 7 - Morris Habitat for Humanity Home Support for Seniors, see page 1  
December 13 - Movie, *Being Canadian*, see page 6  
December 23 & December 26—Senior Center closed for Christmas  
December 27 - Movie, *Wild Oats*, see page 6  
&  
“Looking Back at Christmas Past”, see page 5

**Do you know someone who would like to receive Madison Prime Times? Call 973-593-3096.**

The Madison Senior Center is a department of the Borough of Madison. No dues or membership are required for participation. To learn about upcoming events, subscribe to the *Madison Prime Times* by calling 973-593-3096. The newsletter is free to Madison residents and \$7.50 per year for non-residents. Copies are also available at the senior center, Borough Hall and the Madison Public Library. Please consider subscribing to the newsletter via e-mail to save postage and paper. Call 973-593-3096 to register.

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#### **Madison Senior Center**

Madison Civic Center  
28 Walnut Street  
Madison, New Jersey 07940  
973-593-3095

**Return service requested.**