

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

Senior Centers: Find Balance at Your Center

JANUARY 2017

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SENIOR CENTER NEWS



THURSDAY, JANUARY 19
is the date for



Our first venture into creating t-shirt caps for the Carol G. Simon Cancer Center was so successful that we have scheduled a second session this month. Join us in cutting, stitching and decorating easy-to-make turbans for patients undergoing chemotherapy. Donations of clean t-shirts and decorative embellishments (costume jewelry, flowers, ribbons) are welcome too.

Bring a portable sewing machine if possible. Volunteers will be on hand to provide instruction. Lunch will be available to all participants. The program begins at 10:00 and pre-registration is appreciated by calling 973-593-3095. In the event of inclement weather the workshop will be held on Thursday, January 26.



Mannequins model finished turbans

TAX ASSISTANCE RETURNS

January is an ideal time to start looking through your files and collecting statements, bills, and the records you need to file your income tax forms.

Make a note on the calendar to call for an appointment with our AARP/VITA tax volunteers who will be returning to the Madison Senior Center on Wednesdays from February 8 - April 12 to assist with tax preparation. The service is free and is offered to low and moderate income area residents.

The program is sponsored by the AARP Foundation Tax Aide program in collaboration with the IRS VITA program.

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

Staff Assistant/

Meals on Wheels Coordinator

Helene Corlett

E-mail: corletth@rosenet.org

973-593-3096

Van Drivers

Mark Spinner

David Elliot

Jim Kling

Snow in the Forecast?

In case of inclement weather go to the Madison Borough website www.rosenet.org or call 973-593-3094 to check on closing of the Senior Center and availability of the senior van.



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

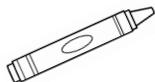
Mah Jongg:
Fridays, 12:30

Modern American Canasta:

Tuesdays, 9:30am

Coffee, Tea & Coloring Books:

Monday, Jan. 16 10:30am
Colored pens and pencils, pictures provided.



Pinochle:

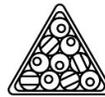
Fridays, 12:30pm

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. Refreshments served. Newcomers always welcome.



Knitting & Crocheting:

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



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 1:30

1st Quarter starts Jan. 4, 2017

\$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

1st Quarter starts Jan. 3, 2017

\$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

1st Quarter starts Jan. 9, 2017

\$55.00/11 classes

Thursdays at 9:00

1st Quarter starts Jan. 5, 2017

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

Meditation:

1st Quarter starts Jan. 3, 2017

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

Winter 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, January 31 in Senior Center Studio. Call for appointment, 973-593-3095

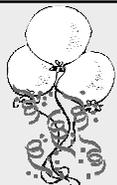
Madison Health Department:

28 Walnut Street, Madison. Call 973-593-3079.

Health Education, Environmental Health, Public Health Nursing, Cat & Dog Licensing, and Registrar of Vital Statistics (Birth, Death and Marriage Licenses)

Health Tips

7 HEALTHY DO'S
FOR THE NEW YEAR



The time has come when summer and fall are over and a long winter has arrived. You know what that means? If you fell off track in nice weather, the time is now to turn it around! Master these 7 key points with me, and you will be back to a healthy lifestyle in no time!

Don't Skip Any Meals. Believe it or not, if you want to lose weight, it is important to eat. Schedules can be hard, but try your best to not skip a meal. Skipping meals

can leave you feeling weak and hungry, which leads straight to overeating

Include a Variety of Foods. You've heard of diets that focus on one food, or that exclude whole categories of food from your life. Go for balance instead. Moderation is KEY! Sweets, pasta, and breads have a place in your eating plan. Make healthy foods the foundation of your meals.

Quench Your Thirst. Water helps you burn calories, boosts your metabolism, and fills you up. How's that for multitasking?

Concentrate on Your Health. A slow, steady, balanced weight-loss plan is the most effective and safest. You'll feel great, and you'll protect your health too.

Make it a Team Effort. Staying motivated is so imperative. Find an exercise buddy in your neighborhood or ask a friend or family member to help you stay on track.

Get Moving. If you're already eating healthy, exercise can tone muscle and give you lots of energy. Even just a few minutes a day can make a huge difference. Give it a try!

Put YOU at the Top of your Daily To-Do List. It can get hard juggling everyday life. It's easy to let go of ourselves in the process. However, we have to make time for ourselves! Shift your priorities so that you can make time for yourself without feeling guilty. Health is wealth!

And there you have it! Follow these 7 healthy 'dos' with me and let's get back on track! You can do it! You are worth it!

-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 Monday, Jan 2 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

Livingston Mall - Wednesday, Jan. 11
Drop-off 9:45am, pick-up 12:15pm. Call 973-593-3095 for a reservation. No reservations before first of month

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.

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 deliveries Mon. Jan. 2 & Mon. Jan. 16

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.

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
- **Harmony House Adult Day Center**
4 Division Ave. 973-514-1400
www.HarmonyHouseAdultCare.org
- **Hope House Operation Fix-It** - Health and safety assessment and minor home repairs. 973-361-5555 www.hopehousenj.org
- **Madison Fire Department** - Free smoke detectors and batteries 973-593-3021
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
- **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
- **Office of Support Services for the Aged** - Benefit programs including PAAD and Lifeline Utility Assistance 1-800-792-9745
www.morrishumanservices.org/aging.asp
- **Sage Eldercare** - Resources including Spend-a-Day and Help at Home 908-598-5550
www.sagenj.org
- **Senior Cents** - Money management assistance. RSVP/NORWESCAP 973-784-4900
www.norwescap.org
- **Veterans benefits** - Mark Bolitho, details of VA program 908-647-0180, ext. 4931
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

Destinations

SPRING 2017 TRIPS
Dates to be announced

Brandywine Art Museum
Chadds Ford, Pennsylvania
with tours of the N.C. Wyeth home and
studio, the Andrew Wyeth studio
& Kuerner's farm



Lower Manhattan
Whitney Museum, High Line,
& Chelsea Market



Procedures: All trips depart promptly from the Rosedale Avenue Memorial Park Parking Lot. Return time is approximate. Make checks payable to **"Madison Senior Center"** and mail reservation with **SASE** (self-addressed, stamped envelope) to Madison Senior Center, 28 Walnut Street, Madison, NJ 07940. Indicate destination and your **phone number** on your check. Fees include all expenses and gratuities unless otherwise noted. Maximum sign-up two per person. Trips are marked with the following codes:
WT – Walking Tour, **SW** – Some Walking,
NW – No Walking

Looking Back

MADISON'S FASTEST RACEHORSE



*Lithograph by Nathaniel Currier,
Fashion & Peytona racing at
Union Course, Long Island*

Foaled in 1837, Fashion was a Thoroughbred four-mile race mare, owned and bred by William Gibbons on his farm, now Drew University. Mr. Gibbons, sportsman and horse breeder, only raced horses he raised himself. Most races at that time were not run on what we consider a normal racetrack, they were run anywhere the organizers decided. There was a racetrack that was used at Union Course on Long Island, New York. Even though Gibbons was not a gambling man and never bet on a horse, he gave in to the huge public demand to race Fashion.

The news of the heat was carried to New York City newspapers by carrier pigeons. More than 70,000 people showed up at Union Course in May 1842 to see Fashion's race with a horse named Boston. In the first heat, Boston led the race for about three miles, even with a large gash on his hip from scraping a rail. Crowds started surging onto the tract, upsetting both the horses. In the end, Fashion won by 35 lengths, setting a new world record for a four-mile race.

In May 1845, an estimated 100,000 people came to see her race Peytona. It was the last race to be held at Union Course. Fashion was a slight favorite, but Peytona won the race and a huge stake, however the organizer lost money. The next time the two horses met, Fashion won. She continued racing until she was eleven years old, running a total of 68 heats and winning 55, earning \$41,500, and was considered the best race mare of her generation and all past generations.

Fashion produced seven foals in nine years; many of them were also winners. One of them was a mare named Young Fashion who produced ten foals, six of which were winners. Fashion's family continued on for several generations.

Fashion died in 1860. Men's cigars and ladies' gloves sported Fashion's name and more than one hotel and steamboat were named after her. She was inducted into the National Museum of Racing and Hall of Fame in 1980, 120 years after her death. The Gibbons' barn still remains and is listed on the National Register of Historic Places.



*183-year-old Gibbons Barn
Loantaka Way, Chatham Twp.*

Brown Bag Movies at Noon

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



Tuesday, January 10 - **Love & Friendship**

Steven Fry, Kate Beckinsale

A beautiful young widow visits her in-laws and decides to secure a new husband for herself and a future for her eligible but reluctant daughter. Complications ensue.

Drama PG 92 min.

Tuesday, January 24 - **Florence Foster Jenkins**

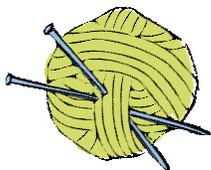
Meryl Streep, Hugh Grant

A New York City heiress aspires to sing at Carnegie Hall and wins acclaim as "the world's worst opera singer."

Biography PG-13 115 min.

DONATIONS NEEDED

The Madison Senior Center knitters and crocheters have been busy making hats, scarves and afghans for the cold weather. The items are sent to Bridges in Summit for distribution in Newark and the surrounding area. Supplies are getting low and donations of yarn, knitting needles, circular needles and crochet hooks are welcome.



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 9, 9:30am
Chair: Joan Cummings

Community Announcements

HEALTHY COOKING
with Jenn Luster

Winter Soups to Keep You Warm

Wednesday, January 18 1:00

Vegetables, beans and grains combine to create a nourishing dish that gets better each day



The Baroque Orchestra of New Jersey

A CLASSICAL WASSAIL

Music of Schubert, Hoffmeister, Alexander

Guest violist, Brett Deubner

Sunday, January 8, 2017 3:00p.m.
Grace Episcopal Church

Seniors \$30.00 at door

Thank you to our volunteers

To our collators: Helene Corlett, Maryann Flynn, LaJunta Hurt, Nora S. Miles, Phyllis Nunn, Sal Paoella, Mary Spagnuolo

Next collating Tuesday, January 31, 9:00am

To Spencer Reckford of Morris Habitat for Humanity for his program on Home Support for Seniors

To our loyal Telephone Reassurance callers who reach out to homebound seniors with a friendly phone call each day: Lottie Burroughs, Sandra Clark, Jodi Costello, Charlie Mae Harris, Sandy Hoeflin, Mamju Jariwala, Connie McKenna, Angie Monti, Kaye Shaler and Eunice Smith

January 2017

at the Madison Senior Center

<p>2</p> <p style="text-align: center;">SENIOR CENTER CLOSED</p> <p style="text-align: center;">HAPPY NEW YEAR</p>	<p>3 Van</p> <p>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</p>	<p>4 Van</p> <p>11:00 Ping Pong 12:00 Poker 12:30 Wed. Bridge 1:30 Bal. & Stability 3:00 Pool</p> <p style="text-align: center;">Medicare Counseling by appt.</p>	<p>5 Van</p> <p>9:00 Stretch & Flex 10:15 T'ai Chi 10:45 Knit & Crochet</p>	<p>6 Van</p> <p>10:00 Disc. Group 11:00 Ping Pong 12:30 Pinochle 12:30 Mah Jongg 1:00 Bridge Wksp 1:00 Pool</p>
<p>9 Van</p> <p>9:30 Trip Comm. 10:30 Stretch & Flex 12:00 Ping Pong 12:00 Poker 12:30 Prog. Bridge 12:30 Rummikub 12:30 Songsters</p>	<p>10 Van</p> <p>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</p>	<p>11 Van</p> <p style="text-align: center;">Livingston Mall Trip</p> <p>11:00 Ping Pong 12:00 Poker 12:30 Wed. Bridge 1:30 Bal. & Stability 3:00 Pool</p> <p style="text-align: center;">Medicare Counseling by appt.</p>	<p>12 Van</p> <p>9:00 Stretch & Flex 10:30 T'ai Chi 10:45 Knit & Crochet 2:00 SCAC mtg</p>	<p>13 Van</p> <p>9:30 FMSC mtg 10:00 Disc. Group 11:00 Ping Pong 12:30 Pinochle 12:30 Mah Jongg 1:00 Bridge Wksp 1:00 Pool</p>
<p>16 Van</p> <p>10:30 Stretch & Flex 10:30 Coloring 12:00 Ping Pong 12:00 Poker 12:30 Rummikub 12:30 Songsters</p>	<p>17 Van</p> <p>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</p>	<p>18 Van</p> <p>11:00 Ping Pong 12:00 Poker 12:30 Wed. Bridge 1:00 Winter Soups 1:30 Bal. & Stability 3:00 Pool</p> <p style="text-align: center;">Medicare Counseling by appt.</p>	<p>19 Van</p> <p>9:00 Stretch & Flex 10:00 T-CAP 2 DAY 10:30 T'ai Chi 10:45 Knit & Crochet</p>	<p>20 Van</p> <p>10:00 Disc. Group 11:00 Ping Pong 12:30 Pinochle 12:30 Mah Jongg 1:00 Bridge Wksp 1:00 Pool</p>
<p>23 Van</p> <p>10:30 Stretch & Flex 12:00 Ping Pong 12:00 Poker 12:30 Prog. Bridge 12:30 Rummikub 12:30 Songsters</p>	<p>24 Van</p> <p>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</p>	<p>25 Van</p> <p>11:00 Ping Pong 12:00 Poker 12:30 Wed. Bridge 1:30 Bal. & Stability 3:00 Pool</p> <p style="text-align: center;">Medicare Counseling by appt.</p>	<p>26 Van</p> <p>9:00 Stretch & Flex 10:30 T'ai Chi 10:45 Knit & Crochet</p>	<p>27 Van</p> <p>10:00 Disc. Group 11:00 Ping Pong 12:30 Pinochle 12:30 Mah Jongg 1:00 Bridge Wksp 1:00 Pool</p>
<p>30 Van</p> <p>10:30 Stretch & Flex 12:00 Ping Pong 12:00 Poker 12:30 Rummikub 12:30 Songsters</p>	<p>31 Van</p> <p>9:00 Collating 9:00 Stay Healthy 9:30 Canasta 10:00 Healthy Bones 11:30 NYD Yoga 12:30 Bowling 12:30 Open Mah Jongg 1:00 Pool</p>			

Mark Your Calendar:

Monday, January 2, 2017 - Senior Center closed for New Year's Day

Tuesday, January 10 - Movie, *Love & Friendship*, see page 6

Wednesday, January 11 - Livingston Mall trip, see page 4

Wednesday, January 18 - Winter Soups, see page 6

Thursday, January 19 - T-Cap 2 Day, see page 1

Tuesday, January 24 - Movie, *Florence Foster Jenkins*, see page 6

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.

Madison Senior Center

Madison Civic Center

28 Walnut Street

Madison, New Jersey 07940

973-593-3095

Return service requested.