

MONTVILLE SENIOR HOUSE

356 Main Rd., Montville
973-299-5087

MONTHLY NEWSLETTER

It's not too late to sign up for our September Washington D.C. Trip. Trip details are posted on the board and there is still room on the bus! Initial \$100 deposits are due by August 1st. Please see Nancy or Nikki for details.



The Senior House is proud to host local piano and cello duo "The Moonlight Duo" for an afternoon of classical music and refreshments. They will be entertaining us on Friday, July 8th at 1:00pm. This is a free event and space is limited so sign up today!

NJ Senior Farmers' Market Vouchers are now available to qualifying Seniors. Vouchers are only available to Seniors who meet annual income eligibility and can be redeemed at participating farmers markets. A list of participating markets is posted on the board as well as eligibility guidelines. See Nancy today to get your vouchers!

Donations Needed!! The Senior House is happy to sponsor donation boxes for both the Girl Scouts and the Montville Women's Club. Girl Scout Troop 67 is collecting for the Montville Food Pantry and the Women's Club is collecting for our Troops overseas. The Girl Scouts are collecting canned and non-perishable foods for the Food Pantry while the Women's Club is collecting clothing, toiletries and sundries for our Troops overseas. Thank you all for your support of these great causes!

Thank you to all of the Seniors who attended our Ice Cream Social Party on Wednesday, June 29th. DJ/Performer Michael Roselli entertained our guests while we all enjoyed pizza, ice cream sundaes & coffee.

July 2011

Weekly Classes/Activities:

Tai Chi – Mondays @ 10am
Senior Exercise Class – Mondays and Wednesdays @ 11am
Line Dancing – Wednesdays @ 9:30am
Watercolor Class – Wednesdays @ 1:30pm
Mahjongg – Mondays and Thursdays @ 1:00pm
Pokeno – Mondays @ 12:30pm (Summer Only)
Poker – Tuesdays @ 1pm
Bingo – Tuesdays/Thursday @ 11am
Bridge – Thursdays 10am
"Back Room" Bingo – 2nd & 4th Fridays @ 11am
Zumba – 4th & 5th Fridays @ 11:30am

July Special Events:

July 1 – Senior Club Meeting – 12:30pm
July 4 – Independence Day - CLOSED
July 8 – Moonlight Duo Performance – 1:00pm
July 8 – Boonton Lanes Bowling - 9am
July 11 – June & July Birthday Breakfast – 9am
July 15 – Senior Club 1940's Luncheon – 12:30pm
July 18 – Hunterdon Hills Playhouse Trip – 9am
July 22 – Movie Day – 12:30pm
July 28 – Blood Pressure Screening – 11am

SENIOR HOUSE NEWS/ANNOUNCEMENTS

The Montville Township Board of Health held several free screenings last month including Blood Pressure Screenings here at the Senior House and Skin Cancer Screenings in conjunction with Affiliated Dermatology. The Board of Health works hard to provide services to Montville residents both at their offices and here at the Senior House. The next Blood Pressure Screening will be here on Thursday, July 28, 2011 at 11am. Thank you to the entire Health Department Staff!

 Happy Birthday to You! We will be celebrating June, July & August birthdays at our next Birthday Breakfast on Monday, July 11th at 9:30am. If you have a summer birthday, or if you missed our Spring celebration, please join us for a catered breakfast and celebration! Sign-up sheet is posted on the board.

Unfortunately, Pat Cavell, our Monday and Wednesday Exercise Instructor has canceled her Arthritis Exercise and Yoga Classes for the remainder of the summer. Attendance was lower than usual and she thought it best to take a small break from the old schedule. We will be filling in with new classes and activities as soon as possible and hope that we can get these two great classes back on the schedule in late September. Keep an eye out in our August Newsletter for any changes or additions to our fall schedule

Thank you to Sports Care Inc. who provided an informative talk on fall prevention and balance on Tuesday, June 28th during our lunch program. They shared helpful hints on reducing the risk of falling and injury as well as provided balance screening for seniors who attended.

We'd like to welcome back our good friend and Tai-Chi Instructor, Joe Shui. Joe had foot surgery last month and missed a few weeks of classes. Welcome back Joe!!

Correction The Annual Senior Picnic date was incorrect in this Summer's Montville Messenger. The Picnic is Wednesday, September 21, 2011. Our apologies for the confusion!!

SENIOR CLUB NEWS:

The Senior Club will be hosting a 40's Party – USO Canteen Theme Party on Friday, July 15 at 1pm. Break out your 1940's finest and come celebrate a great time in history! Entertainment and lunch will be provided. All Montville residents are invited – tickets are \$5 each. Contact Leann Zielinski for details – 973-299-8218.

There is still room to attend the July 18th Hunterdon Hills Playhouse Trip. This year's show is "Unforgettable" and tickets are \$65.50. Contact Leann Zielinski or Ceil Winters for details.

Take a trip back in history and join the Senior Club on a witch hunt to Salem Massachusetts! This 4 day/3 night trip includes a day in Boston, transportation, hotel accommodations, breakfast, dinner and all museum and activity fees. October 14th – 17th – trip details are on the Senior Club Board or call Ceil Winters for more information.

4th of July Word Search - Can you find all of the words or phrases associated with our National Holiday????

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H	Y	R	O	L	G	D	L	O	C	Y	T	R	E	B	I	L
S	D	S	T	A	R	S	A	N	D	S	T	R	I	P	E	S
F	W	O	R	C	W	E	C	N	D	A	S	U	R	J	Z	J
L	V	J	O	H	N	A	D	A	M	S	B	S	U	P	S	U
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J	P	A	R	A	D	E	N	H	I	W	Y	F	S	W	X	E
E	N	I	L	K	N	A	R	F	N	I	M	A	J	N	E	B
X	L	F	O	U	R	T	H	O	F	J	U	L	Y	Z	O	S
X	X	H	L	Z	Z	U	P	S	H	H	Q	L	I	Y	Q	O
F	K	U	Z	F	I	R	E	W	O	R	K	S	B	Z	X	C
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T	V	I	N	D	E	P	E	N	D	E	N	C	E	D	R	C
X	Y	X	C	G	N	A	Z	D	Z	Q	P	I	C	N	I	C
H	H	M	U	C	N	K	I	V	G	A	P	W	H	B	M	X