



January 2022

Monthly Newsletter

Montville Senior House

What's Happening

Since reopening our doors in August, we have been slowly reintroducing programs, meetings and special events while trying to adhere to COVID safety recommendations and considerations. Keeping in mind the vulnerability of our membership and building attendees, we are strongly recommending that our seniors not let their guards down and get their COVID Booster and wear masks when shopping, meeting with large groups, or in new social situations. Please be patient as we continue to navigate these uncertain times and do our best to come to the best options for our center.

As of January 3rd, the Morris County Nutrition Program has temporarily suspended congregate gatherings on Tuesdays and Thursdays due to the surge in COVID Omicron numbers. We hope this will change in February and in the interim Meals on Wheels will continue to operate and people who normally attend are welcome to pick-up lunches on these days.

Senior Club News

The Montville Senior Citizen Club is open to Montville Township residents 60+ and offers a wide variety of programs, social opportunities and trips at an affordable and appropriate cost. They normally meet at 1pm on the 1st and 3rd Friday of each month at the Montville Senior House located at 356 Main Road, Montville. The club had suspended its meetings during the COVID shut-down and

held its first post-COVID meeting on Friday, September 17th. Originally capping attendance at 55 people they began normal meetings in November. They held their annual Holiday Party at the Hanover Manor on December 11th and their 2022 Executive Board was installed by Mayor Cooney at the luncheon.

We offered a boxed Thanksgiving Luncheon for our members at their November 20th meeting and surprised our members with a Holiday BINGO event at the December 17th meeting.

The Club canceled their January 7th meeting due to surge in COVID numbers but continues to work on their program, trip and special event calendar for 2022. If you would like more information on the Senior Citizen Club contact Membership Director, Bob Domenick at 973-227-3011.



Mayor Frank Cooney swearing in the 2022 Montville Senior Club Board of Directors at the December 11th Holiday Luncheon.

Over 

Exercise Spotlight

The Senior House is pleased to announce that our Senior Aerobics Instructor Linda Ryan has returned to teaching her Monday and Wednesday classes here at the Senior House. This popular exercise class is offered at 11:30am both days for a \$3 donation at the door. We are also happy to have our Tai Chi group back on Monday mornings at 10:30. In addition to these long-standing classes we are thrilled to add our new Chair Yoga class on Mondays at 1:00pm. This class is taught by Rebecca Mancini who teaches at many other local facilities including our own Montville Township Library. We hope to add our Senior Yoga and Line Dancing classes back to the schedule soon.

Staff's Notes

Both Dana and Nancy are thrilled to be back and to be able to provide a safe and happy destination for our Seniors. The COVID Pandemic took its toll on us all, least not our older residents, and we are hopeful that the worst is behind us and we can continue to move towards a normal calendar and more diverse programming. We ask that our members be patient during our transition back to full time operations as we are subject to the ever-changing status of the COVID variants and comfort level of our seniors, outside vendors and Health Department.

We are working hard on getting our records better updated to assist us in the unfortunate case of another closure or emergency. We have asked seniors using the facility to register with staff and to provide a valid Emergency Contact. For contact-tracing purposes, with the exception of the County sponsored luncheon, we are limiting use of the building to Township residents only and are asking that we continue to wear masks

indoors whenever possible. We are looking to protect our most vulnerable members and help keep the spread of COVID down.

On a serious note...

We would like to acknowledge the people that we lost during or closure and extend our heartfelt condolences to their loved ones. It was a very difficult time for us all and these members have left an indelible mark on our hearts. If there is anyone we have overlooked on this list please let us know.

Elizabeth Gemian	Cleve Ledford
Phyllis Rypkema	Nick Berrecchia
Judy Estabrook	Debbie Klein
Betty Menzies	Ann Gass
Barbara Vreeland	Mary Hruby
Lovey Heminuk	

"There are no goodbyes for us. Wherever you are, you will always be in my heart." – **Mahatma Gandhi**

We also would like to acknowledge the unexpected passing of our own Alan "Al" Huber in March of 2020. Al's presence was a constant and comforting part of our every day here at the Senior House. His commitment and pride to the maintenance and bettering of this facility is unmatched and we miss him dearly. The Montville Senior House will never quite be the same without him.



Alan "Al" Huber