

MONTVILLE SENIOR HOUSE

356 Main Rd., Montville
973-299-5087

MONTHLY NEWSLETTER



The Senior House enjoyed a summer full of great activities, fun trips and exciting events. From the Senior Club's trip to Wildwood to our September weekend in Washington D.C. there was always something to do! Our members learned to Hula at our Summer Beach Bash and the Senior Picnic ended the season with a great barbecue lunch and carnival. This fall the fun continues as we make plans for our Halloween and Holiday celebrations! Keep an eye on the bulletin board for upcoming events!

Our Landmark Luncheon featuring the Jersey Dreamer's "Vegas" Review is booked and ready to go on Wednesday, October 26th. If you have not made your final payment please see Nancy asap! Our next Senior House sponsored Luncheon Trip is being planned for March. We'll keep you posted!

SPECIAL ANNOUNCEMENT: Don't forget to come try out our new *Balance & Strength Class* on Wednesdays at 12:15pm. This class is designed specifically for senior citizens and incorporates balance techniques with strength exercises so over time you will notice that you feel steady and more confident when you move and engage in daily activities. This new class is being offered by our Senior Exercise Instructor, Pat Cavell. We will also be resuming our Arthritis Exercise class on Mondays at 12:00pm beginning October 10th!

October 2011



Weekly Classes/Activities:

Tai Chi – Mondays @ 10am
Senior Exercise Class – Mondays and Wednesdays @ 11am
Balance & Strength Class – Wednesdays @ 12:15pm
Arthritis Exercise Class – Mondays @ 12pm
Beginning Line Dancing – Wednesdays @ 9:30am
Intermediate Line Dancing – 2nd & 4th Fridays @ 9:30am
Watercolor Class – Wednesdays @ 1:30pm
Mahjongg – Mondays and Thursdays @ 1:00pm
Pokeno – Wednesdays @ 12:30pm
Poker – Tuesdays @ 1pm & Wednesday Nights @ 6:30pm
Bingo – Tuesdays/Thursday @ 11am
Back-Room Bingo – 2nd & 4th Fridays @ 11am
Zumba – 2nd and 4th Fridays @ 11:30am
Knitting Club – Tuesdays @ 1pm

October Special Events:

October 7 – Senior Club Meeting – 12:30pm
October 10 – CLOSED – Columbus Day
October 12 - Senior Club Anniversary Party – Hanover Manor
October 14 - Movie Day – 1pm
October 17 – Senior Club Mt. Airy Trip
October 20 – Blood Pressure Screening – 11am
October 21 – Senior Club Meeting – 12:30pm
October 26 – Landmark Luncheon Trip – 10am
October 28 – Movie Day – 1pm
October 31 – Happy Halloween!!

SENIOR HOUSE NEWS/ANNOUNCEMENTS

HEALTH CLINIC/FLU SHOTS – The Montville Township Health Department held a Flu Shot Clinic here at the Senior House on September 14th. If you did not make it to the clinic the Health Department is still offering free shots to seniors 65 and over at Town Hall. Call 973-331-3312 to set up an appointment today!

Our Alzheimer Support Group meets the 2nd Thursday of each month at 10:00am. Family and caretakers of Alzheimer patients are encouraged to join our monthly meetings led by our licensed therapist.

 Happy Birthday to You! October & November Birthdays are being celebrated at our Fall Birthday Breakfast. Monday, October 24, 2011 at 9:30am. Sign-up sheet is posted.

SENIOR HOUSE TRIP NEWS!!! Plans are in the works for two new trips in 2012. First, we are looking at a trip to Northern Florida, visiting St. Augustine and Amelia Islands. Air Fare/Accommodations/Meals included. March 5-9, 2012. If interested see Nancy. Also, on the bulletin board we are taking registrations for our June 18-22, 2012 Cape Cod Trip. Sign-up today as space is limited!



PARTY NEWS! Mark your calendars for Wednesday November 2nd and come join us for our Haunted Halloween Party! Lunch, costumes and more! See Nancy for ticket and sign-up information.

Introducing the **Senior House Theater Project!** We are looking for interest participants to help put on our first Annual Senior House Musical Review! Singers, musicians, dancers, costume makers, stage crew and scenery creators are needed. If you would like to help, or have any other hidden talent that you would like to share, please see Nancy or Nikki and sign-up today.

SENIOR CLUB NEWS:

The Senior Club will be meeting on Friday October 7 and Friday October 21st at 1pm. Come early for coffee and cake! New members always welcome! The Senior Club has a full schedule of activities and events for their members upcoming this fall.

- The Senior Club Anniversary Party is being held on Wednesday, October 12 at the Hanover Manor at 1:00pm. For more information call LeAnn Zielinski @ 973-299-8218.
- Sign-up today for the Senior Club Thanksgiving Party being held on Friday, November 18 – tickets are \$5 each. Call JoAnn Casazza @ 973-227-3616 for more details.
- The Senior Club Annual Christmas Party has been scheduled for Sunday December 11th, at the Hanover Manor. Watch the bulletin board for details as we get closer.

Did you know????? **Halloween Fun Facts:**

- Orange and black are Halloween colors because orange is associated with the fall harvest and black is associated with darkness and death.
- Jack o’lanterns originated in Ireland where people placed candles in hollowed-out turnips to keep away evil spirits and ghosts on the Samhain holiday.
- Halloween was brought to No. America by immigrants from Europe who would celebrate the harvest around a bonfire, share ghost stories, sing, dance and tell fortunes.
- The ancient Celts thought that spirits and ghosts roamed the countryside on Halloween night. They began wearing wearing masks and costumes to avoid being recognized as human.
- Halloween candy sales average about 2 billion dollars annually in the United States.
- Chocolate candy bars top the list as the most popular candy for trick-or-treaters with Snickers #1.
- Halloween is the 2nd most commercially successful holiday, with Christmas being the first.