

# MONTVILLE SENIOR HOUSE

356 Main Rd., Montville  
973-299-5087

## MONTHLY NEWSLETTER



It's hard to believe that Summer is almost over! Welcome back to all of our summer travelers! The Senior House was hopping all season long. Our Summer Beach Party last month was a great success and the Senior House would like to extend our appreciation to the Chelsea at Montville for providing the guitarist and delicious cookies for the event. Pictures from the party will be up on the Back Room Bulletin Board next week. Our surprise Hula Dancer had our seniors up and dancing!

We are happy to announce that we will be adding some new exercise and dance classes to our Fall schedule. Starting in October we will be introducing our new Balance & Strength Class on Wednesdays at 12pm. This class is designed specifically for senior citizens to improve, balance, strength and mobility. On Mondays at noon we will be restarting our Arthritis Exercise Class. Both classes are being taught by lincensed instructor, Pat Cavell. Check the board for more details. We have also added a new Intermediate Level Line Dancing Class on the 2<sup>nd</sup> and 4<sup>th</sup> Fridays of each month at 9:30am.

Tickets are now available for our Annual Senior Picnic being held on Wednesday, September 21<sup>st</sup> at the Montville Community Park Pavilion. This picnic includes food, entertainment, games and some special surprises. Please see Nancy for tickets as space is limited. In case of inclement weather the party will be moved to the Senior House. All classes will be canceled that day so mark your calendars!

# September 2011

### Weekly Classes/Activities:

Tai Chi – Mondays @ 10am  
Senior Exercise Class – Mondays and Wednesdays @ 11am  
Beginning Line Dancing – Wednesdays @ 9:30am  
Intermediate Line Dancing – 2<sup>nd</sup> & 4<sup>th</sup> Fridays @ 9:30am  
Watercolor Class – Wednesdays @ 1:30pm  
Mahjonn – Mondays and Thursdays @ 1:00pm  
Pokeno– Wednesdays @ 12:30pm  
Poker – Tuesdays @ 1pm & Wednesday Nights @ 6:30pm  
Bingo – Tuesdays/Thursday @ 11am  
Bridge – Thursdays 10am  
“Back Room” Bingo – 2<sup>nd</sup> & 4<sup>th</sup> Fridays @ 11am  
Zumba – 2<sup>nd</sup>, 4<sup>th</sup> and 5<sup>th</sup> Fridays @ 11:30am  
Knitting Club – Tuesdays @ 1pm

### September Special Events:

September 2 – Senior Club Meeting – 12:30pm  
September 5 – CLOSED FOR LABOR DAY  
September 9 – Movie Day – 1pm - “127 Hours”  
September 14 – FLU SHOTS 9:30am-- NO CLASSES  
September 16 – Senior Club Meeting – 12:30pm  
September 21 – Senior Picnic- 12:30pm @ Township Park  
September 21 – NO CLASSES  
September 23 – Stroke Screening @ Town Hall – 11am  
September 23-25 – Washington D.C. Trip  
September 30 – Movie Day – 1pm

## SENIOR HOUSE NEWS/ANNOUNCEMENTS

**HEALTH CLINIC/FLU SHOTS** – The Montville Township Health Department will be giving free Flu Shots to Montville Residents here at the Senior House Wednesday, September 14 from 9:30am-12pm. Appointments must be scheduled in advance. Please call the Health Department at 973-331-3312 to schedule your time today. All classes and activities will be canceled for that day.

Our Alzheimer Support Group will resume their monthly meetings in September. This group meets the 2<sup>nd</sup> Thursday of each month at 10:00am. Family of Alzheimer patients are encouraged to join our monthly meetings.

There are still a few spots available for our Day Trip to the Landmark in East Rutherford on October 26<sup>th</sup>. Join Joe Zisa & Friends in their Las Vegas review, featuring the sounds of Connie Francis, Barry Manilow & Dean Martin, with a special tribute to Elvis. \$40p/p includes transportation, show, lunch and one complementary drink. See Nancy to sign-up today!

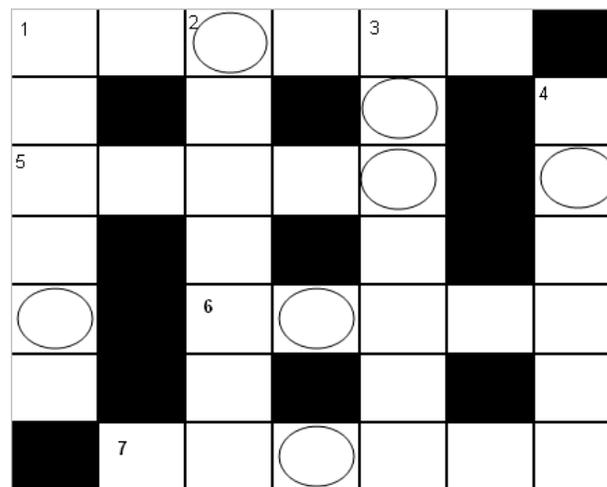
 Happy Birthday to You! August and September Birthdays are being celebrated at our Early Fall Birthday Breakfast. Monday, September 12, 2011 at 9:30am. Sign-up sheet is posted.

### SENIOR CLUB NEWS:

The Senior Club fall schedule is starting so don't miss out on the great trips and parties planned for the upcoming months! In September the Club is sponsoring a Trolley Ride trip to the Delaware Water Gap on September 19 and in October they are holding their Annual Anniversary Party on Wednesday October 12 at the Hanover Manor. Please contact Ceil or LeAnn with any questions.

Mark Your Calendars! The Senior Club Annual Christmas Party has been scheduled for Sunday December 11<sup>th</sup>, at the Hanover Manor. Watch the bulletin board for details as we get closer. The Club has also added a day trip to Mt. Airy Casino on October 17<sup>th</sup> and a luncheon at the Lakeside manor on Wednesday, November 9<sup>th</sup>. Details to follow.

### JUMBLE CROSSWORD CHALLENGE



Across:

Down:

- |                          |                          |
|--------------------------|--------------------------|
| 1. Even _____ (BMUERN)   | 1. Sweet liquid (ERNTAC) |
| 5. Belief (EDERC)        | 2. Conductor (SMTAROE)   |
| 6. _____ Song (CRTOH)    | 3. Suffered (EDRNUDE)    |
| 7. _____ Bridge (NDOOLN) | 4. _____ Lane (TANHAN)   |



This pop star was born in 1958.