



Monthly Newsletter

Montville Senior House

March 2022

March News & Information

It seems like the closures and cancelations from the Omicron Variant are finally slowing down and everything is opening back up and safer again! We are taking advantage of that here at the Senior House and are working hard at putting together an exciting calendar for 2022! Please remember to check the bulletin board in the main room regularly for sign-up sheets, trip information and special notices! You can also find our updated calendar and Newsletter on the Township website www.montvillenj.org and check out our Facebook page for news and information.

We are pleased to announce that the Morris County Nutrition Program has lifted their suspension of congregate gatherings beginning March 1st and we are opening our doors to in-person lunches again! Please sign up for our Tuesdays and Thursdays BINGO & lunch and take advantage of this program designed to offer a social atmosphere for our seniors. Grab your friends and join us for lunch and laughs. If you are new to the program or have questions give Nettie a call at 973-316-8560.

We also wanted to let our members know that we have availability for the back room on Wednesday and Thursday afternoons for small group gatherings. We ask that when you use the room to please sign-in as we are now reporting exact numbers of attendees to the Township and need an accurate count of people in the building.

Senior Club News

The Montville Senior Citizen Club is open to Montville Township residents 60+ and offers a wide variety of programs, parties & social events, 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. If you would like more information on the Senior Citizen Club contact Membership Director, Bob Domenick at 973-227-3011.

The club held a small Valentine's Day Celebration at their February 18th meeting and emphasized Heart Health with a guest speaker discussing proper nutrition for a healthy heart friendly diet. The club and the Senior House Staff will be hosting a light St. Patrick's Day Luncheon at the March 18th meeting. Please sign up asap with the Club Board to guarantee your spot.



Senior Club Spring Meeting Schedule:

Friday 3/4/22 1pm
Friday 3/18/22 1pm – St Pat’s Party
Friday 4/1/22 1pm
Friday 4/22/22* 1pm

*please note that this is a special date as the building will be closed 4/15/22 for Good Friday.

Education Spotlight

The Senior House is pleased to announce that our Line Dancing Class is back on the

calendar for March and that our new Chair Yoga Class has been very well received. We strongly encourage trying this class as it is safe and appropriate for members who are less agile or at risk of fall. Unfortunately, we did not get enough interest in our new Art Class. We will try again to put a Watercolor Class together as soon as possible. If you are interested in attending please let Dana know.

Monday	9:30am	Tai Chi	\$3 p/c
Monday	11:30am	Sr Aerobics	\$3 p/c
Monday	1:00pm	Chair Yoga	\$3 p/c
Wednesday	9:30am	Line Dancing	N/C
Wednesday	11:30am	Sr. Aerobics	\$3 p/c

Upcoming Events

Friday, 3/11/22 – 1pm -“Irish Origins” presentation. Walter C presents the story of Ireland and its people who descended from waves of migrants that found their way to Ireland over the last 12,000 years, from early hunter-gatherers, Celts and Gaels to Vikings and Normans.

Friday, 4/8/22 – Spring Concert featuring the amazing ANTHONY DUKE CLAUS! 1pm

Friday, 5/13/22 – “Jazz, Pop & Rock – The NJ Connection”. Walter C celebrates NJ’s contributions to American Music of the 20th Century

Friday, 5/27/22 – Senior House Memorial Day Celebration – 12:30pm – Details to follow.

Friday, 6/10/22 – Monmouth Park Raceway Trip. A day at the races! Includes coach transportation, private climate controlled room, private betting window, lunch & open bar. \$50 p/p

Friday, 7/8/22 – “The Booming 50’s” presentation. Details to follow.

MARK YOUR CALENDARS! The Senior House will be closed Friday, April 15, 2022 in observance of Good Friday and Monday, May 30, 2022 in observance of Memorial Day.

