

**Mailing Address & Program Information**  
 Parsippany LIVE  
 UJC MetroWest  
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# Parsippany LIVE

Lifelong Involvement for Vital Elders

## JANUARY 2012

THURSDAY

FRIDAY

**Calendar Key**

**JCC** = Jewish Community Center of MetroWest, 901 Route 10 East, Whippany, (973) 428-9300

**LH** = Lake Hiawatha Branch Library, 68 Nokomis Road, (973) 335-0952

**ML** = Main Library, 449 Halsey Road, (973) 887-5150.

**PAL** = Police Athletic League, 33 Baldwin Road, just South of Rte. 46, (973) 335-0555




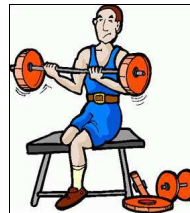



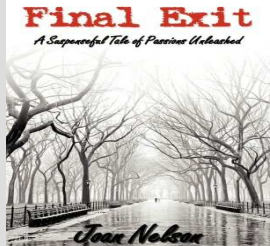
**RSVP** = The volunteer program for people age 55+. (973) 784-4900, ext. 202 for more information.

**SC** = Senior Center, 1130 Knoll Road, (973) 263-7351

**VMC** = Friendship at Heart Program including: Phone Buddies, Friendly Visitor and Telephone Reassurance (973) 538-7200 x12

**ALL residents age 60+ are welcome to participate!**

*Please note, schedule subject to change.*

		THURSDAY	FRIDAY	
<b>2 Please Note</b> <u>Senior Center Closed</u> 	<b>3 Gentle Yoga for Seniors @ PAL, 10 - 11</b> 	<b>4 Healthy Bones @ SC, 1- 2:30 @ PAL, 7 - 8:30</b>	<b>5 Walking Club @ PAL, 11 - 12 Mah Jong @ ML, 2-4:30</b> 	<b>6 Blood Pressure Screening @ Shop Rite, 808 Rt. 46, Parsippany, 12 - 3:00</b>
<b>9</b>	<b>10 Gentle Yoga for Seniors @ PAL, 10 - 11</b>	<b>11 Healthy Bones @ SC, 1- 2:30 @ PAL, 7 - 8:30</b> 	<b>12 Walking Club @ PAL, 11 - 12 All about E-Books/Readers @ ML, 7 - 8:15 Mah Jong @ ML, 2 - 4:30</b>	
<b>16 Please Note</b> <u>Senior Center Closed</u> <u>Martin Luther King Junior Day</u>	<b>17 Gentle Yoga for Seniors @ PAL, 10 - 11</b>	<b>18 Healthy Bones @ SC, 1- 2:30 @ PAL, 7 - 8:30</b>	<b>19 Walking Club @ PAL, 11 - 12 Mah Jong @ ML, 2 - 4:30</b>	
<b>23</b>	<b>24 Gentle Yoga for Seniors @ PAL, 10 - 11</b>	<b>25 Healthy Bones @ SC, 1- 2:30 @ PAL, 7 - 8:30</b> 	<b>26 Walking Club @ PAL, 11 - 12 Mah Jong @ ML, 2 - 4:30</b>	<b>27</b>
<b>30</b>	<b>31 Gentle Yoga for Seniors @ PAL, 10 - 11</b> 	<b>COMING IN FEBRUARY AT THE MAIN LIBRARY</b> <b>Saturday, February 11th, 2:00-3:30pm, Group Study Room 1.</b> <b>Joan Nelson, a Romance writer, discusses how to write a romance novel as well as her latest book, "Final Exit" ... A Suspenseful Tale of Passions Unleashed.</b>  <b>Call Judy at 973-887-5150, ext. 211 for details.</b>		



## **ACTIVITIES AND PROGRAM DESCRIPTIONS**

**Project Healthy Bones:** A NORWESCAP/RSVP program. This low impact exercise program is designed for men and women diagnosed with or are at the risk of osteoporosis. The class meets on Wednesdays from 1:00 - 2:30PM at the Senior Center. Project Healthy Bones also meets on Wednesdays at the PAL Building from 7 - 8:30PM. There is a suggested donation for the series which includes weights and a manual. Contact Ethel Simmons @ 973-784-4900 ext. 203, or email [simmonse@norwescap.org](mailto:simmonse@norwescap.org).

**FREE Walking Club For Seniors:** The club meets every Thursday at the PAL Building located at 33 Baldwin Rd. from 11 - 12. FREE FOR ALL PARSIPPANY RESIDENTS! NEW WALKERS ARE ALWAYS WELCOME! Volunteer leaders also wanted. Contact Ethel Simmons @ 973-784-4900 ext. 203, or email [simmonse@norwescap.org](mailto:simmonse@norwescap.org).

**Lifelong Employment:** Thinking about going back to work? Call 973-929-3197 for information or to schedule an appointment with a JVS Employment Counselor in Whippany.

### **OTHER EVENTS:**

Contact Senior Librarian Judith Fenelon at 973-887-5150, ext. 211 or [judith.fenelon@parsippanylibrary.org](mailto:judith.fenelon@parsippanylibrary.org) for details and registration for the following programs:

Tuesdays, January 3, 10, 17, 24, 31, 10 - 11: **Gentle Yoga for Seniors**. Join instructor Ann Hirsh at the PAL Building. Poses may be done seated. Fee \$3.00 per class.

Thursdays, January 5, 12, 19, 26, 2 - 4:30: **Open Mah Jong** at the Main Library, Group Study Room 2.

Thursday, January 12, 7 - 8:15: **All About E-Books/Readers**. Registration is strongly suggested.

### **UPCOMING IN FEBRUARY at the Main Library, Group Study Room 1:**

Contact Senior Librarian Judith Fenelon at 973-887-5150, ext. 211 or [judith.fenelon@parsippanylibrary.org](mailto:judith.fenelon@parsippanylibrary.org) for details and registration.

**Saturday, February 11, 2:00-3:30pm:** Joan Nelson, a Romance writer, discusses how to write a romance novel as well as her latest book "Final Exit" ... A Suspenseful Tale of Passions Unleashed.

### **MEDICAL CAMPS:**

Friday, January 6, 12 - 3:30: **Blood Pressure Screening** @ Shop Rite. Call Susan Zolandz, RN 973-971-7215 for details.

### **PARSIPPANY LIVE @ 973-929-3109**

United Jewish Communities of MetroWest New Jersey serves as lead agency for Parsippany LIVE. Partners include: JVS - Jewish Vocational Service of MetroWest, Jewish Family Service of MetroWest, JCC MetroWest, Parsippany - Troy Hills Public Library, NORWESCAP-RSVP, VMC - Volunteer Management Centers, Inc., Daughters of Israel, the Morris County Division on Aging, and the Township of Parsippany - Troy Hills. Program support has been provided by the U.S. Administration on Aging, State of New Jersey, Wallerstein Foundation for Geriatric Life Improvement, Grotta Fund for Senior Care, Kiwanis Club of Greater Parsippany Foundation, and the United Jewish Appeal.