

**Mailing Address &
Program Information**

**Parsippany LIVE
UJC MetroWest
901 Route 10 East
Whippany, NJ 07981
Phone: 973-263-7043
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Calendar Key

BO = Baldwin Oaks Apts.

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. 101 for more information.

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



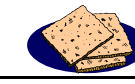


VMC = Friendship at Heart Program including: Phone Buddies, Friendly Visitor and Telephone Reassurance (973) 538-7200 x12

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

*Please note, schedule
subject to change.*

See back for detailed information or call
973-263-7043

MARCH 2010

| | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | |
|--|--|--|---|---|---|
| | <p>1 Lifelong Employment @ SC, call for appt, (973) 263-7043</p> | <p>2 Gentle Yoga for Seniors @ ML, 10-11:00</p>  | <p>3 Postmaster @ Baldwin Oaks, 9-10:30</p> <p>Healthy Bones @ SC, 1-2:30</p> <p>Male Continenence: Keeping You Dry @ Morristown Memorial Hospital, 7 PM</p> | <p>4 Walking Clubs @ BO, 9:30 - 10:30; @ PAL, 11 - 12</p> | <p>5 T'ai Chi Ch'uan @ SC New Students 10-10:30 Practice 10:30-11:15</p> |
| | <p>8 Lifelong Employment @ SC, call for appt, (973) 263-7043</p> <p>JCC Bus Trip to Mohegan Sun Casino</p> | <p>9 Gentle Yoga for Seniors @ ML, 10-11:00</p> <p>JFS Social Worker @ SC, call for appt, (973) 263-7043</p> | <p>10 Healthy Bones @ SC, 1-2:30</p> <p>NEW! Ballroom Dancing @ SC, 2:45-3:45</p>  | <p>11 Walking Clubs @ BO, 9:30 - 10:30; @ PAL, 11 - 12</p> | <p>12 T'ai Chi Ch'uan @ SC New Students 10-10:30 Practice 10:30-11:15</p> |
| | <p>15 Lifelong Employment @ SC, call for appt, (973) 263-7043</p> <p>Passover: More than Matzoh @ JCC, 10:30</p>  | <p>16 Gentle Yoga for Seniors @ ML, 10-11:00</p> | <p>17</p>  <p>Healthy Bones @ SC, 1-2:30</p> <p>Advisory Council Meeting @ SC, 3:00-4:30</p> | <p>18 Walking Clubs @ BO, 9:30 - 10:30; @ PAL, 11 - 12</p> | <p>19 T'ai Chi Ch'uan @ SC New Students 10-10:30 Practice 10:30-11:15</p> |
| | <p>22 Lifelong Employment @ SC, call for appt, (973) 263-7043</p> <p>Big Read Kickoff Celebration @ ML, 6:30 PM</p> | <p>23 Gentle Yoga for Seniors @ ML, 10-11:00</p> <p>JFS Social Worker @ SC, call for appt, (973) 263-7043</p> | <p>24 Healthy Bones @ SC, 1-2:30</p> <p>NEW! Ballroom Dancing @ SC, 2:45-3:45</p>  <p>Passover Seder @ JCC, 11—1:30</p> | <p>25 Walking Clubs @ BO, 9:30 - 10:30; @ PAL, 11 - 12</p> <p>RSVP Volunteer Coordinator @ SC, 11:30-</p> | <p>26 T'ai Chi Ch'uan @ SC New Students 10-10:30 Practice 10:30- 11:15</p> |
| | <p>29 Lifelong Employment @ SC, call for appt, (973) 263-7043</p> <p>FREE Hearing Screening @ ML, 6-8 PM</p> | <p>30 Gentle Yoga for Seniors @ ML, 10-11:00</p> | <p>31 Healthy Bones @ SC, 1-2:30</p> | <p>THE BIG READ 2010</p> <p>Pick up a copy of <u>The Age of Innocence</u> at the Main Library or at the Parsippany LIVE office after March 15th</p> <p>Book discussion to be held in April</p> | |



MARCH 2010 LIVING AND LEARNING -- SPECIAL COMMUNITY PROGRAMS
CALL PARSIPPANY LIVE @ 973-263-7043 FOR MORE INFORMATION

VISIT THE BOOK NOOK, located on the lower level of the Community Center. The Book Nook is open Tuesdays, Wednesdays, and Thursdays from 11 AM—4:30 PM. Support the Friends of The Library.

WEDNESDAY, MARCH 3, 7 PM Male Continence: Keeping You Dry will be presented at Morristown Memorial Hospital, Auditorium A and B. Experts in the field will provide information on medications, special devices and procedures to control your bladder. Light refreshments will be served. Call 1-800-247-9580 or visit atlanticealth.org to register.

MONDAY, MARCH 8, JCC trip to Mohegan Sun Casino in Wilkes Barr, PA. Fee: \$30 JCC members; \$40 guests. For more information contact Gina Goldman at 973-530-3448.

WEDNESDAYS, MARCH 10 and 24, 2:45-3:45 Volunteer-led ballroom dancing in the Senior Center dance studio. No experience or partner needed. For more information call 973-263-7043.

MONDAY, MARCH 15, 10:30 AM Sheryl Intrator Urman will lecture at the JCC on the social and cultural connection to Egyptian life. Call Jill Felton at 973-929-2926 to register and for fee information.

MONDAY MARCH 22, 6:30 PM The Main Library will host the Big Read kickoff featuring a performance by the Adelphi Chamber Ensemble. For more information or to register contact Corinne Oravits at 973-887-5150 x215 or Corinne.oravits@parsippanylibrary.org. Join the town of Parsippany in reading The Age of Innocence. There will be events, food, book clubs, discussions, movies, and more.

WEDNESDAY, MARCH 17, 3-4:30 PM Monthly Resident Advisory Council Meeting. New members are always welcome. Please contact Rachel Cohen at 973-263-7043 if you are interested in attending.

WEDNESDAY, MARCH 24, 11 AM—1:30 PM Traditional Passover Seder led by Cantor Joel Caplan at the JCC. Call Jill Felton at 973-929-2926 to register and for fee information.

THURSDAY, MARCH 25, 11:30 AM—1:30 PM. Meet Stan Gabay, Volunteer Coordinator from RSVP— Volunteer Resource Center to discuss potential volunteer opportunities. NO APPOINTMENT IS NECESSARY. If you are unable to come on this date call Stan at 973-784-4900 x 102 to get connected.

MONDAY, MARCH 29, 6 PM, Total Hearing Care of Denville will be providing FREE hearing screenings at the Main Library. To register call 973-887-5150, x 211.

ONGOING ACTIVITIES AND PROGRAM DESCRIPTIONS

Social Work Services: Need help filling out forms? Want information about services? Call or drop in on Tuesdays to talk with social worker, Karen Brand. Visits can be arranged for homebound residents.

Home Maintenance and Repair: Contact JVS Home Maintenance Solutions at 973-674-2415, ext. 296 for a FREE handyman appointment. Services may include installing grab bars, repairing railings, changing light bulbs, and safety assessments. Parsippany residents will only be charged for materials. Non-residents may use the service for a fee.

Lifelong Employment – Thinking about going back to work? Call or drop in on Mondays to speak with an employment counselor. For more information call 973-263-7043 or email ikramers@jvsnj.org.

Gentle Yoga for Seniors – Tuesdays at 10 AM at the Main Library - OPEN REGISTRATION. New students are always welcome! Poses may be done seated. \$3 fee per class.

Project Healthy Bones – Wednesdays from 1 to 2:30 PM at the Senior Center. Low impact exercise program, designed for both women and men who have been diagnosed with or are at risk for osteoporosis. There is a registration fee for each series. Contact Nancy Hess at 973-784-4900, ext. 101, or email hessn@norwescap.org for information or registration.

FREE Walking Clubs—Thursdays at 9:30 AM for residents of Baldwin Oaks and 11 AM at the Police Athletic League for ALL PARSIPPANY RESIDENTS! Take a brisk walk without having to leave the building! **NEW WALKERS ALWAYS WELCOME!** Contact Sharon Rogovin at 973-929-2917 or email srogovin@jccmetrowest.org for more information.

Volunteer-Led T'ai Chi Ch'uan Program - Fridays at the Senior Center. 10 AM for new students; Open Practice from at 10:30—11:15. FREE program. Reduce tension, enhance balance, improve health and peace of mind! **NEW MEMBERS ALWAYS WELCOME.** Call Richard at 973-257-1257 or email RJCDK@verizon.net for information or to register.

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.