



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

FRIDAY, JULY 16, 1:00, Stay cool with *Dr. Zhivago* (film presentation) at the Main Library. Iced tea and refreshments will be served at intermission.

THURSDAYS, 1:30-2:30, *BACK BY POPULAR DEMAND*. Volunteer-led ballroom dancing in the Senior Center dance studio located on the lower level. No partner or experience required.

WEDNESDAY, JULY 21 , 3-4:30, Monthly Resident Advisory Council Meeting will be held at the Senior Center. Please contact Rachel Cohen at 973-263-7043, if you are interested in attending.

SUMMER FILM SERIES : JCC MetroWest will be hosting a summer film series at the Lautenberg Campus located at 901 Route 10 East, Whippany. The series features three films about the sometimes difficult father-son relationship. Movies will be shown at 10:30. Bring a bag lunch and the JCC will provide coffee and dessert after the movie. For fee information or to register contact Jill Felton at 973-929-2938 or jfelton@jccmetrowest.org. Movie schedule: July 12: *Shine*; July 19: *The Jazz Singer*; July 26: *The Chosen*.

ONGOING ACTIVITIES AND PROGRAM DESCRIPTIONS

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. 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. TAI CHI IS OFF FOR THE SUMMER AND WILL RESUME IN SEPTMEBER.

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.