

COUNTY OF MORRIS
DEPARTMENT OF HUMAN SERVICES
DIVISION ON AGING, DISABILITIES & VETERANS

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FEBRUARY – MARCH 2009 CALENDAR OF EVENTS

FEBRUARY

1 – 15/ “The Importance of Being Earnest,” starring Lynn Redgrave at Paper Mill Playhouse, Brookside Drive, Millburn. Box Office (973) 376-4343.

1 thru March 31/ “The Music of America,” at Hunterdon Hills Playhouse, Hampton, a fun, fast-paced and uplifting musical with a full course meal and dessert buffet. Box Office (800) 447-7313.

2 thru April 15/ Free Federal and State Volunteer Income Tax Assistance (VITA) for preparation of simple returns is available at various locations, dates and times (no weekends or holidays) for seniors, disabled and low income workers. (973) 784-4900 for appointment.

3/ “Food for Thought,” exhibit opens for one year at Museum of Early Trades & Crafts, 9 Main Street, Madison. Learn about food and cooking in Colonial America. (973) 377-2982 Ext. 12.

4/ “Lowering your Numbers with Food,” by clinical dietitian at Chilton Memorial, Collins Pavilion, 7 – 8 pm. (973) 831-5367 to register.

8/ Cat Society Afternoon Tea at St. Hubert's Auditorium, 575 Woodland Avenue, Madison, 2 – 4 pm with proceeds to benefit homeless pets. (973) 377-7094 Ext. 229 for reservations.

10/ “Heart Health: Men vs. Women,” by Chilton Memorial Cardiologist at Cedar Crest PAC, The Belmont, 1 Cedar Crest Village Drive, Pompton Plains, 2 pm. (973) 831-5367 to register.

12/ “Changing the Dialogue in your Head: Learning to Love and Accept Yourself,” at Temple Shalom, 215 South Hillside Avenue, Succasunna, 7:15 pm. (973) 647-8082.

12-15/ NJ Flower & Garden Show at NJ Convention & Exposition Center, Sunfield Avenue, Edison. Beautiful gardens, seminars and shopping. Thursday 1 – 9 pm; Friday and Saturday 10 am – 9 pm; Sunday 10 am – 6 pm. (800) 332-3976. Tickets at door.

13,20,27, March 6, March 13, March 20/ "Morris County Prevention Is Key," program covering a wide range of topics and issues of interest to seniors on 6 consecutive Fridays, CareOne at Morris, 200 Mazdabrook Road, Parsippany, 11 am – 1:30 pm. (973) 625-1998.

14/ Cardiovascular Health Fair at Morristown Memorial, Malcolm Forbes Amphitheatre, Auditoriums A and B, back end of employee cafeteria, 8:30 am – 1 pm. Enjoy a heart healthy breakfast, presentations by top experts, explore exhibits and join in raffle for great prizes. (800) 247-9580.

14/ Christine Ebersole performs "A Romantic Valentine," a special evening of romantic music at The Community Theatre, Morristown, 8 pm. Box Office (973) 539-8008.

17/ "How to Cope with Stress," presentation at SAGE Eldercare, 290 Broad Street, Summit, 1 – 3 pm. Free. (908) 598-5548 to register.

18/ Museum of Early Trades & Crafts, 9 Main Street, Madison, celebrates 40th birthday with light refreshments and free admission from 10 am – 4 pm. (973) 377-2982 Ext. 12.

20/ COPD (Chronic Obstructive Pulmonary Disease) support group at Chilton Memorial, Board Room, 2 – 3 pm. (973) 831-5070.

22/ "Mended Hearts," support group with guest speaker for those with heart disease and caregivers at Morristown Memorial, B level, Auditorium B, 1 – 2:30 pm. (800) 247-9580.

22/ "Winter Cooking Series: Making Maple Syrup," at Frelinghuysen Arboretum, 53 East Hanover Avenue, Morristown, 1 – 3 pm. Learn how syrup is collected and enjoy sampling. (973) 326-7603 to register. Another class on March 22.

23/ "Look Good... Feel Better," program that teaches female cancer patients beauty techniques to help restore their appearance and self-image at Chilton Memorial, Collins Pavilion Cancer Center Conference Room, 10 am – 12 noon. Free. (973) 831-5311 or (973) 831-5306 to register.

26/ "Coping with Loss," at SAGE Eldercare, 290 Broad Street, Summit, 1 – 3 pm. Free. (908) 598-5548 to register.

28/ The Irish Rovers entertain at Shea Center for the Performing Arts at William Paterson University, 300 Pompton Road, Wayne, 8 pm. Box Office (973) 720-2371.

28 and March 1/ The Morristown Armory Antiques Show, 430 Western Avenue, with over 100 exhibitors. Saturday 10 am – 6 pm; Sunday 11 am – 5 pm. Tickets at door. (973) 927-2794.

Free screenings by Morristown Memorial (800) 247-9580 – no registration or fasting required.

6/ Blood pressure, Parsippany ShopRite, 12 noon – 3 pm

13/ Blood pressure, Succasunna ShopRite, 12 noon – 3 pm

\$10 cholesterol screenings by Morristown Memorial (800) 247-9580 to register - but no fasting required.

10/ Morris Center YMCA, 9 – 11 am

11/ Madison YMCA, 9 – 11 am

12/ Lakeland Hills YMCA, 10 am – 1 pm

19/ West Morris YMCA, 10 am – 12 noon

MARCH

2,9,16,23/30/ "Tai Chi in the Moment with Brian Coffey," to help you start a new healthy cycle or continue your path to health at Frelinghuysen Arboretum, 53 East Hanover Avenue, Morristown, 10:30 – 11:30 am. Register by calling (973) 326-7603 before February 23.

3/ "Us, Too," prostate cancer support group at Morristown Memorial, Malcolm Forbes Amphitheater, 7:30 pm. (908) 879-0635.

3/ "Stroke: Every Second Counts!" presentation outlining stroke risk factors, signs and symptoms of stroke, prevention and newest treatments at County College of Morris, Cohen Hall, B206, Randolph, 6 – 9 pm. Call (973) 328-5187 for brochure to register or at www.ccm.edu/conted.

4,11,18,25/ "Healthy Active Minds," program consisting of four interactive and enjoyable workshops to improve memory and other cognitive skills at Washington Township Senior Center, Rock Spring Park, Long Valley, 10 – 11 am. (908) 850-5536 or eva@boostyourmind.com to register.

4 thru April 5/ "Master Class," at Paper Mill Playhouse, Brookside Drive, Millburn. Opera diva Maria Callas starts teaching this master class and before long tells an intimate story of her life, and sings arias that made her an international star. Box Office (973) 376-4343.

6/ Diabetes education and support group at Chilton Memorial, 10 – 11:30 am. (973) 831-5216.

9/ Well Spouse support group for spouses and partners of the chronically ill and/or disabled at Chilton Memorial, Collins Pavilion, 1:30 – 3 pm. (973) 831-5311.

10,17,24,31, April 7/ "Your Aging Parent and You," five-week course addressing concerns about aging parents, at Chilton Memorial, Cafeteria Conference Room, 6:30 – 8:30 pm. \$15 per person; light dinner included. (973) 831-5367 to register.

12/ "Mind/Body Psychotherapy—What it is, what it does and how it can help," at Temple Shalom, 215 South Hillside Avenue, Succasunna, 7:15 pm. (973) 647-8082.

12-15/ Springfest Flower and Garden Show at Sussex County Fairgrounds, 37 Plains Road, Augusta, a showcase of beautifully landscaped gardens and much more. Gates open at 10 am. (973) 948-9448.

12,19,26/ "Three Joisey Tenors," sing the best of Tom Jones, Elvis, Sinatra, Dean Martin, etc., and showstoppers from Broadway at Morris Museum's Bickford Theatre, 6 Normandy Heights Road, Morristown, 2 pm. Box Office (973) 971-3706.

13/ "Uncle Floyd Comedy Show," at Arts off Main Art Gallery, 128 Willow Grove Street, Hackettstown, 7:30 pm and 9:30 pm shows. (908) 684-4278 to reserve.

13-15/ Sugarloaf Crafts Festival at Garden State Exhibit & Convention Center, 50 Atrium Drive, Somerset, with 300 fine artists and craft designers. Friday and Saturday 10 am – 6 pm; Sunday 10 am – 5 pm. \$8 admission good all 3 days. (800) 210-9900.

- 14/ "Celtic Crossroads," world-class musicians and dancers perform music from around Europe and the world at The Theatre at Raritan Valley Community College, Campus Drive, Somerville, 8 pm. Box Office (908) 725-3420.
- 14/ "Veterans Benefits and Financial Planning for Seniors," an informative event to learn what financial options you have as a senior especially if you are a veteran or widow of a veteran at SAGE Eldercare, 290 Broad Street, Summit, 11 am – 1 pm. Free. (908) 598-5548 to register.
- 14/ St. Patrick's Day Parade in Morristown begins 12 noon at the corner of South and James Streets.
- 15/ Jackie Mason, performs his hilarious one-man show at The State Theatre, New Brunswick, 3 pm. Box Office (732) 246-7469.
- 17/ "Back Roads of Morris County," presentation at County College of Morris, Student Community Center, Davidson Rooms, 10 – 11 am. Learn the history of 10 major roads that cover many Morris County municipalities and famous and infamous buildings and landmarks. Free. (973) 328-5187.
- 19/ "Get a Grip on What Stresses You," at The Steeplechase Cancer Center of Somerset Medical Center, 30 Rehill Avenue, Somerville, 6:30 – 8:30 pm. (908) 203-6234 to register.
- 23/ Alzheimer's support group at Alzheimer's Association, 400 Morris Avenue, Suite 251, Denville, 10 am. (800) 883-1180.
- 26/ "The Healing Power of Music – for Seniors," at Steeplechase Cancer Center of Somerset Medical Center, 30 Rehill Avenue, 11 am. (908) 685-2814 to register.
- 27,28/ "Hairspray," Broadway musical-comedy at The State Theatre, New Brunswick. Box Office (732) 246-7469.
- 27-29/ Spring Home Show at the Birchwood Manor, 111 North Jefferson Road, Whippany, with ideas to enhance your home's comfort, beauty, functionality and value. Friday 3 – 9 pm; Saturday 10 am – 8 pm; Sunday 11 am – 5 pm. Tickets at door. (973) 927-2794.
- 31/ "Medication Management," informative discussion by geriatrician at SAGE Eldercare, 290 Broad Street, Summit, 1 – 3 pm. Free. (908) 598-5548 to register.
- Free screenings by Morristown Memorial (800) 247-9580 – no registration or fasting required.
- 6/ Blood pressure and diabetes, Parsippany ShopRite, 12 noon – 3 pm
- 11/ Colorectal testing kit, Madison YMCA, 9 – 11 am
- 12/ Diabetes, Morris Center YMCA, 9 – 11 am
- 13/ Blood pressure and diabetes, Succasunna ShopRite, 12 noon – 3 pm
- 18/ Colorectal testing kit, West Morris YMCA, 11 am – 1 pm
- 30/ Diabetes, Somerset Hills YMCA, 9 – 11 am