



**Events by, for and of interest to older residents. Open to residents of both towns, and free unless otherwise noted.**

## **November 2017**

### **Medicare Open Enrollment**

Medicare Open Enrollment is between October 15 and December 7th. Any changes in your Medicare coverage during this time will take effect on January, 2018. Things to keep in mind about Open Enrollment:

- You do not have to make changes to your Medicare. To keep your Medicare as it presently is, no action is required. You will again be able change your Medicare during Open Enrollment next year.
- Keep in mind that the Medicare coverage you presently have may change in the New Year. Your present insurer has mailed you notification of any changes that will take effect in 2018.
- The Medicare changes made most frequently are in Part D or prescription coverage. You will need a list of all of your prescription medications you take, the dosage of each and how many of each are prescribed for you each day. To learn about Part D costs:
  1. visit [medicare.gov](http://medicare.gov) on the internet and click on “find health and drug plans.” Follow directions to enter your prescription medication information.
  2. contact your pharmacy and request that they check out which of the Part D plans is best for you.
  3. call the NJ SHIP (see below) agency near you for assistance.

For more information about your Medicare coverage and choices, the NJ Senior Health Insurance Assistance Program (SHIP) can help. Call (973) 637-1717.

### **Volunteers Needed**

- Volunteers needed to collect unopened milk from local day care centers and deliver to the food pantries. To sign up, call Bob Roe at (973) 762-8120 x4400.
- Volunteers needed for the Holiday Tree Lighting, Sunday, December 10, 1pm to 5pm at the Springfield Avenue Gazebo.
- If you would like to be a volunteer for the Maplewood Recreation Department, for various special events and activities, please contact Ronnie at (973) 762-8120 x 4004 or email [RQuacquareini@twp.maplewood.nj.us](mailto:RQuacquareini@twp.maplewood.nj.us)

### **Need Help Raking Leaves?**

Seton Hall's Habitat for Humanity project will take your leaves for a donation to their spring trip. Email [HabitatforHumanity@shu.edu](mailto:HabitatforHumanity@shu.edu) with your preferred date - Saturdays and Sundays, November 4,5,11 & 12.

### **Museum Passes**

Both the Maplewood and South Orange libraries have museum passes that can be checked out by residents for free admission to nearby museums and art centers. To borrow a card, resident can go to their town's library with a valid library card.

### **Daylight Savings and Smoke Detectors**

Daylight savings time ends Sunday, November 5. This is a good time to check the batteries in your smoke detectors. If you need assistance, call your local fire department's non-emergency number: South Orange – (973) 762-3200; Maplewood – (973)-762-6500 x10.

## Recurring, Weekly Events

### Tuesdays

**Digital Device Clinics**, Hilton Library, 5-7pm

- Drop in for free one-on-one support for using your e-reader, tablet, smartphone, or other electronic device. Open to adults, teens and children.

### Thursdays

**International Folk Dancing**, Burgdorff Center, 8-10:15pm

- Sponsored by the Maplewood Recreation Department, admission \$5.
- Sign-up by calling (973) 376-7568.

## November Events

For the most up-to-date information on events, go to our website [www.SOMATwotownsforallages.org](http://www.SOMATwotownsforallages.org)

### Wednesday, November 1

**Wednesdays at the Movies**, South Orange Library, 1pm

- "The Big Sick"

### Thursday, November 2

**South Orange Library Lecture Series** - 1 pm

- Andy Lehen, Investigative Reporter for the New York Times

**Seminar: Be Heart Failure Aware** - Dehart Community Center, 10am

- By Novartis. Register online at [HFaware.com](http://HFaware.com) or call 1-866-218-5602, or 973-763-0750

**Seton Hall University's Slavic Club** - Fahy Hall Room 236 Seton Hall University, 6:30pm

- Musician Howard Fishman will perform music from his travels in Romania
- Free. Slavic food will be served

**“You have Diabetes? Are you my Type?”**- Bouras Auditorium, Overlook Medical Center, 6 -9pm

- This special event features cooking demonstrations (with taste testing), a group dance lesson, and glucose and HgA1C screenings.
- You will also have the opportunity to interact with healthcare professionals and diabetes champions to learn more about how to manage diabetes and reduce health risks.
- FREE but register by calling Alexandra at 908-522-5355.

**Thursday Night Book Club: “The Leavers” by Lisa Ko** - Maplewood Main Library, 7pm

- A vivid and moving examination of borders and belonging, *The Leavers* is the story of how one boy comes into his own when everything he’s loved has been taken away—and how one woman learns to live with the mistakes of her past.

### Saturday, November 4

**Care, the Documentary** - Maplewood Main Library 10:30 am

- *Care* pulls back the curtain on the poignant and largely hidden world of in-home elder care. This deeply moving film reveals the bonds that form between paid care workers and elders while exposing the cracks in the U.S. care system. Through personal stories, *Care* reveals the deep humanity of care work, as well as the challenges faced by elders, their families and their care workers. It also reveals the beginning of a movement to improve how we care—both for the growing number of older adults and for those who

make their lives livable. A discussion will follow the screening, facilitated by Edgar A Brisbon, Certified Senior Advisor.

**Art & Music: Audrey Yankielun** – Maplewood Main Library, 3 -4 pm

- Self-taught artist Audrey Yankielun walked away from a corporate position to pursue her creative side. Delving into the art of handmade paper was a first step into creating unique paper art and sculptures.
- Artist's talk at 3:20. Live music will be provided by Ben Morris and Aaron Yanda

**The Westfield Weavers 2017 Holiday Show and Sale**, Springfield Public Library, 66 Mountain Ave., Springfield, 10am - 4pm

- Weaving and Spinning Demonstrations, One of a kind gifts
- Admission is free.
- For more information: (908) 397.8130 or [Contact@westfieldweavers.org](mailto:Contact@westfieldweavers.org)

**Daylight Savings Time** – set your clocks back before you go to bed!

**Sunday, November 5**

**South Orange Symphony, Susan Haig, Conductor** - South Orange Middle School, 3pm

- Ravel Piano Concerto. Kevin Lee, soloist. Brahms, Tchaikovsky & Bernstein

**The BAR : Book Arts Roundtable - Opening reception** - 1978 Arts Centre (1978 Springfield Avenue Maplewood) 2-5pm

- The Book Arts Roundtable is open to anyone who can't resist the feel of paper, the wonder of books and excitement of creativity. Their passion always translates into magical shows, where you can actually touch some of the art.

**Monday, November 6**

**Maplewood Garden Club, "From Flowers to Fragrances"**- Maplewood Main Library, 7:30pm

- Speaker Bruno Leysse, senior perfumer for Takasago, Japan's largest fragrance company, will give an overview of the perfume industry; the people who create the distinctive fragrances; and the various flowers, herbs, spices, woods, and fruit that are used to make beautiful scents. Flower oils will be available for sampling.

**Tuesday, November 7**

**Election Day**

**Wednesday, November 8**

**Creative Writing Workshop**, South Orange Library, 1pm

**Computer Explorations: now in the morning** - Hilton Branch, 10 -11am, Drop in.

- Get the help YOU need! For beginner and intermediate computer users

**Preventing Personal Bankruptcy** - Hilton Branch, 2 -3pm

- Presenter Shelley Slafkes and her husband and law partner, Bruce Levitt have over 30 years' experience in bankruptcy and debtor/consumer rights.

**Read Around the World: Italy** –Maplewood Main Library, 7pm

- “My Brilliant Friend by Elena Ferrante”
- This first in a series follows two friends in Naples from their first fateful meeting as ten-year-old girls through their school years and adolescence.

**Thursday, November 9**

**South Orange Library Lecture Series** - Kirk Barrett, Profesor of Civil and Environmental Engineering, Manhattan College, South Orange Library, 1pm

- Topic: "Perspective on Environmental Issues Relevant to New Jersey"

**Monday, November 13**

**Organized Enough** - Maplewood Main Library, 7pm

- Author talk and book signing with Amanda Sullivan
- Looking to declutter but not throw out most of your stuff? Just want to find what you’re looking for? This proven approach will show you how to make cleaning up effortless and automatic. Organized Enough offers concepts to define your goals and habits to keep clutter at bay. Books will be available for sale.

**Tuesday, November 14**

**Plant Party**, Maplewood Senior Center, 1pm

- Create a terrarium with a festive fall theme.
- \$5
- (973) 763-0750 or online at <https://maplewood.recdesk.com/Community/Program>

**Wednesday, November 15**

**Wednesdays at the Movies**, South Orange Library, 1pm

- "The Immortal Life of Henrietta Lacks"

**Harvest Dance with Swing town**, Dehart Center, Mini Concert 7:30- 8:30pm; open rehearsal 8:30-10pm

- free but please register by calling (973) 763-0750 or online at <https://maplewood.recdesk.com/Community/Program>

**Free Adult Health Screenings** - Hilton Branch, 3:30-5pm

- Blood pressure and carotid bruit screening, medication, weight & health counseling
- Open to residents 18 and older.
- For questions or to schedule an appointment, call 973-762-8120 ext. 4300 Drop-ins are also welcome.

**Thursday, November 16**

**\*\*\*Change of Date\*\*\* Maplewood Adult Health Clinic**, Municipal Building, 574 Valley St., 10am-12pm

- Check your blood pressure, speak with the township nurse, ask for health resources and receive nutritional and health and wellness counseling. Assess your risk of diabetes and carotid bruits screening available. This service is free and open to residents, 18 years of age and over.

**Overlook Van Blood Glucose and Blood Pressure Screening** - Hilton Branch, 1 -3pm

- Find out if you are at risk for diabetes or high blood pressure with a free screening. Individual counseling is also provided.
- Drop in. No appointment needed.

**South Orange Senior Circle Thanksgiving Lunch**, The Baird, 11am-2pm

- Members \$9.00 Nonmember \$12.00
- reservations required (973) 762-8534

**South Orange Library Lecture Series** -John Wargacki, Prof. of English at Seton Hall University, South Orange Library, 1pm

- Topic: "I Hear America Singing": The American Experience in Verse

**Friday, November 17**

**Friendsgiving**, Maplewood Senior Center, 11am-2pm

- A Thanksgiving celebration with motivational speaker Scott Chesney. Bring a dessert to share.
- free but space is limited
- Register at (973) 763-0750 or online at <https://maplewood.recdesk.com/Community/Program>

**Saturday, November 18**

**Yarn and Fiber Arts Group with Amy Zorn** – Maplewood Main Library, 10am to Noon

- A gathering for people who knit, crochet, quilt, sew, embroider or do other creative things with yarn or fabric. Get feedback & advice.
- Bring your own supplies.
- All skill levels are welcome

**Saturday, November 18 – Sunday November 19**

**Friends of the Maplewood Library Book Sale** – Saturday, 10am -5pm and Sunday, 11am-5pm.

**Sunday, November 19**

**Our Lady of Sorrows Thanksgiving Lunch for Seniors** – OLS Church, Prospect & Fourth St, 2-4pm

- Reserve your seat for the delicious annual feast by calling Margaret at (973) 763-9128 or emailing [the7grays@verizon.net](mailto:the7grays@verizon.net).

**Monday, November 20**

**Knitting Workshop** - South Orange Library, 1pm

**Tuesday, November 21**

**Jersey Shore Premium Outlets**, 9am-3pm

- A free ride to the Jersey Shore Premium Outlets.
- free but seats limited., call (973) 763-0750

**Wednesday, November 22**

**Creative Writing Workshop**, South Orange Library, 1pm

**Tuesday, November 28**

**Holiday Wreath Making**, Maplewood Senior Center, 1pm

- Wreaths, decorations and refreshments supplied
- \$5
- (973) 763-0750 or online at <https://maplewood.recdesk.com/Community/Program>

**SOMA Series - Helping your aging parents, Winchester Gardens, 7 - 9pm**

- Part 2 in the series: Bethany Joseph, LSW, MPH will facilitate a discussion on self-determination, legal issues, housing, Medicare, Medicaid, home safety and more.
- Questions? Bjosepheldercare@gmail.com
- Not required but suggested: <http://Homesweetsoma.eventbrite.com>

**Wednesday, November 29**

**Wednesdays at the Movies, South Orange Library, 1pm**

- "Paris Can Wait"

**Free Morning at Indoor Greens Golfing simulator – 97 Baker St., Maplewood**

- Space limited, rsvp to Cathy at (973) 762-8120 x 4005.
- First come first served - 3 time slots: 10-12 for the Pebble Beach Course; 12-2 St. Andrews simulator; 2-4pm, random course
- 2 simulators, 4 players on each

**Thursday, November 30**

**South Orange Library Lecture Series -Amy Nyberg, Prof. of Communications at Seton Hall University and award-winning Journalist, South Orange Library, 1pm**

- Topic: Controversy Over Comic Books in the '40's and '50's

**How to Read the News by Stephanie Schwartz - Maplewood Main Library, 7pm**

- Learn all about how the news media operates and get an introduction to news literacy tools.
- Learn strategies for wading through dubious information to discern the difference between marketing messages and propaganda and factual information.
- This presentation is nonpolitical and nonpartisan.

**Foreign Film Series featuring Women Film Directors, South Orange Library, 7pm**

- "Mustang" by Director Deniz Gamze Erguven, Turkey.
- Gerard Amsellem, noted educator, artist and filmmaker, will lead the discussion.

**Location Guide:**

The Baird – 5 Mead St, S. Orange (973) 378-7754

Burgdorff Center – 10 Durand Rd, Maplewood

Dehart Community Center – 120 Burnett Ave, Maplewood (973) 763- 0750

Maplewood Main Library – 51 Baker St., Maplewood (973) 762-1622

Maplewood Hilton Library – 1688 Springfield Ave., Maplewood (973) 762-1688

Maplewood Senior Center – 106 Burnett Ave., Maplewood (973) 763- 0750

Maplewood Municipal Building – 574 Valley St., Maplewood, (973) 762-8120

The Pierro Gallery – inside the Baird, 5 Mead St., S. Orange (973) 378-7754

South Orange Public Library (South Orange Library) – 65 Scotland Rd., S. Orange (973) 762- 0230

South Orange Village Hall – 76 S. Orange Ave., (973) 378-7715

Winchester Gardens – 333 Elmwood Ave., Maplewood (973) 762-5050

If you would like to receive information, mailings and emails from SOMA Two towns for all ages, or post an event in our calendar, please email [Crowe@twp.maplewood.nj.us](mailto:Crowe@twp.maplewood.nj.us) or leave a message at (973) 762-8120 x 4005.