



Older American's Month – May 2017

To celebrate Older Americans Month, we have a variety of activities, speakers and events by, for or of interest to residents over 60. Activities are open to residents of both towns. We hope you can join in!

Sunday, April 30 - Senior Care Fair sponsored by Susie Adamson, Keller Williams

- The Woodland, 60 Woodland Rd, Maplewood 1-5pm

Wednesday, May 3rd – The first Wednesday Weekly Walks at the parks

- Join in weekly walks using the new Maplewood Department of Health walking /jogging maps. Call 973-558-0863 if weather is questionable.
- May 3rd, 10 am - Borden Park (Orchard Rd., off Parker Ave, meet near restrooms)
- May 10th, 10am - Maplecrest Park (meet in park near intersection of Oakland and Oakview)
- May 17th, 10 am – Memorial Park (meet directly across from Maplewood Town Hall)
- May 24th, 10am – Dehart Park (106-120 Burnett Ave, meet behind Community Center)

Wednesday, May 10 –Medicare Options

- Presentation on how to choose the right options for you.
- Maplewood Memorial Library, 1:00 pm.

Thursday, May 11 – Senior Seminar on Cyber Security

- Noon, Maplewood Memorial Library.
- Free and Open to the public.
- Sean Bailey, Editor in Chief of *Horseshmouth* will give advice and strategies to keep your information safe online.

Saturday, May 13 – Seton Hall University's College of Communication & Arts and South Orange Seniors present the film "SEVEN" Seven life stories of South Orange seniors

- SOPAC, 1:00 – 3pm. Admission is free.
- Panel discussion with the filmmakers and stars to follow.

Thursday, May 18 – Ashton Applewhite, "This Chairs Rocks: a Manifesto Against Ageism"

- Author, advocate and speaker Ashton Applewhite will speak about ageism and how we can shift our cultural views towards "olders." Book signing afterwards.
- The Woodland, 6:30 pm.
- Free and open to the public

Thursday, May 18 – Spring Soiree at The Baird

- S. Orange Recreation & Cultural Affairs and the S. Orange Library will host the 7th annual luncheon for ages 50 and up. Enjoy lunch and special guest Dave DeLuca performing “That’s Amore: A century of Dean Martin.” Begins at noon.
- Registration deadline is May 11, \$5 for Senior Circle Members, \$8 non-members. Pay by cash, check or credit card in person at The Baird or by calling 973-378-7754 ext. 1.

Sunday, May 21 – MayFest -Springfield Avenue between Indiana and Oberlin

- Come and enjoy food, crafts and fun at the annual MayFest and take a break from walking to enjoy refreshments at the Senior Rest Tent. Festival runs 11am- 5pm.

Sunday, May 21 - SOPAC Staged Reading of “A MIND OUT OF THE GUTTER”

- Local playwright Erin Mallon tells the story of a senior citizen who learns about life and forgiveness from his new neighbor – a precocious 9 year-old.
- Tickets: \$10 in advance | \$15 at the door. Box Office: (973) 313-2787.
- Meet the playwright at the Maplewood Senior Share meeting on **May 20, 1:00 pm** at the Maplewood Memorial Library.

Wednesday, May 24- Senior Fitness Day, Dehart Park and Community Center, 106 Burnett Ave

- Fitness classes from both towns’ instructors. Join us for coffee, lunch and exercise.
- 9:00am – 1:00 pm.
- Free and open to all residents over 60.

Monday, May 29 – Memorial Day Parade

- Seniors can meet at 8:30 am in the CHS STUDENT parking lot (W. Parker Ave, between Valley and the train tracks) and join the parade through town. No registration necessary. For more information, contact Joan Crystal at jsckittle@gmail.com.

Thursday, June 1 – Repair Café information session

- South Orange Library Meeting Room, 7pm
- Come and learn about Repair Café, a growing movement which draws on the expertise of older residents to help communities repair items, instead of throwing things away.

If you would like to receive information, mailings and emails from **SOMA Two towns for all ages**, please email Crowe@twp.maplewood.nj.us or leave a message at (973)558-0863.