

November 2016

Senior Programs at Edgemont Park House

Monday	Tuesday	Wednesday	Thursday	Friday
	Montclair Knitting Circle 9-10:30AM AARP - Healthy Self 1PM-3:30PM	No scheduled activities.	MILL: Art Sampler 10:30AM-12PM MILL: Resistance Training 4:15-5:15PM	Fire Safety 10:30-11:30AM Stoop Time 11AM-12PM
Matter of Balance 10:30AM-12:30PM Qi Gong 1-2PM MILL: Sing-A-Long Chorus 4:15-5:30PM	Closed for Election Day 	No scheduled activities.	MILL: Art Sampler 10:30AM-12PM MILL: Resistance Training 4:15-5:15PM	Closed for Veterans Day 
Matter of Balance 10:30AM-12:30PM Qi Gong 1-2PM MILL: Sing-A-Long Chorus 4:15-5:30PM	Montclair Knitting Circle 9-10:30AM AARP - Healthy Self 1-3:30PM	Pinochle Club 12-3PM	MILL: Art Sampler 10:30AM-12PM Lunch, Learn, Ask 12:15-1:30PM MILL: Resistance Training 4:15-5:15PM	Stoop Time 11AM-12PM The New Tradition is Good Nutrition 1-2PM
Matter of Balance 10:30AM-12:30PM Movie: Brooklyn 1PM MILL: Sing-A-Long Chorus 4:15-5:30PM	Montclair Knitting Circle 9-10:30AM SHIP Medicare Open Enrollment Event and WAVE 10AM-3PM	Closed for Thanksgiving 	Closed for Thanksgiving 	Closed for Thanksgiving 
Qi Gong 1-2PM MILL: Sing-A-Long Chorus 4:15-5:30PM	Montclair Knitting Circle 9-10:30AM AARP - Healthy Self 1PM-3:30PM	No scheduled activities.		

Open hours for seniors Monday through Friday, 9am to 3pm

November is Diabetes Awareness Month

One in 11 Americans has diabetes. Another 86 million adults in the United States are at high risk of developing type 2 diabetes. The good news? People who are at high risk for type 2 diabetes can lower their risk by more than half if they make healthy changes. These changes include: eating healthy, increasing physical activity, and losing weight.

It's a balancing act—food, activity, medicine, and blood sugar levels—but one you can master. Manage your diabetes throughout the day by:

- **Following a healthy eating plan**, including eating more fruits and vegetables and less sugar and salt.
- **Getting physically active**—10 to 20 minutes a day is better than only an hour once a week.
- **Taking diabetes medicine** as prescribed by your doctor.
- **Testing your blood sugar** regularly to understand and track how food, activity, and medicine affect your blood sugar levels.

THE MILL - The Montclair Institute for Lifelong Learning is part of Lifelong Montclair's aging in place initiative and is funded by the Partners for Health Foundation. The MILL is a collaborative effort by the Montclair Public Library and its Adult School of Montclair Department, the Montclair Art Museum, the Montclair Historical Society, Montclair State University and community seniors. **To register, please contact the Adult School Dept. of the Library at (973)744-0500, ext 2224 before the first day of class.**

AARP- Healthy Self - Come discuss self-help strategies for your health. No registration required. **Fee: FREE**

Fire Safety - Learn about fire safety approaches. No registration required. **Fee: FREE**

Lunch, Learn, Ask Program - A monthly program cohosted by Matthews & Company Realty and Lifelong Montclair offering the chance to learn about what's going on in Montclair, ask questions, and enjoy a complimentary lunch. Each month will focus on one of the World Health Organization's 8 Domains of Livability, a framework that is guiding Montclair's age-friendly efforts. Registration preferred; call Edgemont Park House at 973-744-3278. **Fee: FREE**

Matter of Balance - Registration is closed.

Montclair Knitting Circle - For people who love knitting and want to sharpen their skills, and those who want to learn more about it. Come and knit or crochet! No registration needed. **Fee: FREE**

Movie - Come and enjoy a movie and popcorn. No registration needed. **Fee: FREE**

Pinochle Club - Play a game of pinochle and practice your pinochle skills. No registration needed. **Fee: FREE**

Qi Gong - Qi Gong is a form of exercise using gentle, slow movements. Each 1-hour session begins with a short meditation, followed by 40 minutes of Qi Gong. This form of exercise can be adapted to meet the needs of each senior. To register please contact Edgemont Park House at 973-744-3278. **Fee: \$5.00/class**

SHIP Medicare Open Enrollment Event/WAVE - Get your Medicare questions answered in person with free, objective advice by counselors from the Essex County State Health Insurance Assistance Program (SHIP). Registration required; call 973-637-1717 to schedule an appointment with a SHIP counselor. You can also get your **no-cost Medicare Annual Wellness Visit** at this event! The WAVE program (Wellness Assessment Van for Elders) brings important, no-cost Medicare preventive health services to area seniors. To pre-register for WAVE, call Denise at 973-450-2573.

Stoop Time - Stoop Time is a place for "mature" women to discuss the ups and downs of life throughout its different phases with a small group of others who are experiencing similar change. To register, please contact Edgemont Park House at 973-744-3278. **Fee: FREE**

The New Tradition is Good Nutrition - Learn how to read and understand nutrition facts labels, what food should be eaten regularly and what should only be eaten occasionally, ways to add more fruits and vegetables to your diet, and ideas for being more physically active. To register, please contact Edgemont Park House at 973-744-3278. **Fee: FREE**