

April and May
2022



205 Claremont Avenue • Montclair, NJ 07042 | lifelongmontclair.org

TABLE OF CONTENTS

MILL Class Descriptions.....	2
April Calendar	3
May Calendar	4
Class Descriptions continued	5
Contacts	6

Senior Services

Transportation:

Rides provided by EZRide are free for Montclair residents 55+ and those with disabilities, both within Montclair and within Essex County through a partnership with Essex Co Community Transportation and Montclair Division of Senior Services. No advance reservation needed. Call 201-939-4242 ext. 4 or visit ryde4life.org Monday-Friday 8am-8pm and Sat. 8am-5

Food Distribution:

Older adults living in Montclair who are in need of weekly food assistance, call 973-509-4974 to sign up for this free service. *In partnership with Toni's Kitchen*

MPL's Home Assisted Services

delivers books, audiobooks, DVDs, CDs, and Wi Fi hotspots, to those who are housebound. If you are a Montclair resident and are not able to leave your home, please call 973-744-0500 ext. 2232 for more info.

Free Covid Testing

Montclair Health Department, in conjunction with MediStation, will be providing free COVID-19 testing beginning March 28th, 2022 for Montclair residents only every Mon. and Tues. 8:30 AM – 12:30pm in the Montclair Municipal Building 1st Floor; Council Chambers 205 Claremont Ave, Montclair. Bring ID and insurance but no insurance necessary to be tested.

Celebrate Older Americans

Every year in May, Older Americans Month recognizes the contributions of older adults across the nation. This year's Older Americans Month theme of "Age My Way" explores the many ways older adults remain in and involved with their communities. Check out some of these valued members of our community on Montclair's Senior of the Month program shown on [youtube.com/montclairtv34](https://www.youtube.com/montclairtv34). Finally join us in celebrating our vibrant community at these events:



Wednesday May 11th from 11:30-1pm Walk My Way

Lifelong Montclair's will kickoff a new monthly senior walking club to celebrate Older American's Month. Each month, neighboring towns will sponsor a senior friendly walk in a treasured park. To start, Lifelong Montclair will host a 1 mile walk round Edgemont Park 274 Valley Road, Montclair followed by a boxed luncheon generously provided by our friends at *Homewatch Caregivers*.

Tuesday, May 24th from 1:30-3:30pm Montclair Early Music Concert/Tea Party at Edgemont Park

Montclair Early Music Ensemble will be performing music ranging from Medieval times to the European Renaissance to the turn of the century. Members of MEM will be playing soprano, alto, tenor and bass recorders as well as guitar and vocals. Tea and refreshments will be provided for your enjoyment.

RSVP to either of these events by calling 973-509-4974 or sign up online at <http://schedulesplus.com/montclair/kiosk>.

WELCOME BACK.....AGAIN

As we once again gradually begin the process of opening Edgemont Park House to IN PERSON programs, we want to assure you we are providing a safe environment for our clients. We ask that you adhere to the following safety measures:

- Please stay home if you have fever, cough, cold/flu-like symptoms
- You must register for all IN PERSON classes/clubs in advance either online at <http://schedulesplus.com/montclair/kiosk> or by calling 973-744-3278 No walk ins are permitted. Restrooms for program participants only.
- For now, we are asking that masks that cover the nose and mouth are worn by visitors and staff while inside the building regardless of your vaccination status. Surgical masks are available.
- Limit 12 participants for most in person, indoor classes and club sessions.
- All activities will be socially distanced as allowed. Please adhere to staff's table/chair placements. Staff will sanitize surfaces/equipment between use.

PAPERMILL TRIPS RESUME

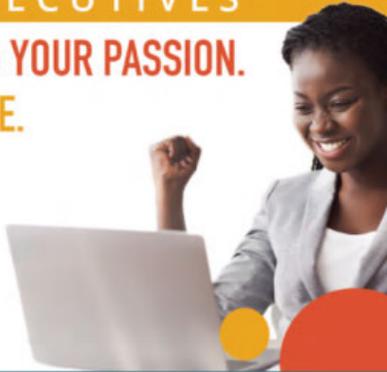
A limited number of tickets are available for *The Wanderer*, April 13th 7:30pm (on sale 4/1) and *Sister Act* June 16th at 1:30pm (on sale on 5/16) at the Papermill Playhouse in Millburn. Orchestra seats are \$36 and bus is included. Call Michelle at 973-744-3278 or email mdewitt@montclairnjusa.org for more info.

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SPRING/EARLY SUMMER MILL CLASSES 2022

Mondays

MILL Global Current Events

8 weeks **VIRTUAL**

April 25, May 2, 9, 16, 23, (skip 30th)
June 6, 13, 20

10:30am-12:00noon

Instructor: Pierre Fabian

Join Pierre Fabian's informative lecture and talk back on geopolitical issues happening all over the world.

MILL Sit Stretch and Tone

8 weeks **HYBRID at Edgemont**

April 25, May 2, 9, 16, 23, (skip 30th)
June 6, 13, 20

11:30am-12:30pm

Instructor Teresa Bury Maerson

Teresa, an expert in senior fitness, will lead you in exercises that will build your strength, improve core and increase your stamina—mostly while sitting in a chair.

MILL Italian Authentico

8 weeks **IN PERSON at Edgemont**

April 25, May 2, 9, 16, 23, (skip 30th)
June 6, 13, 20

1:00-2:00pm

Instructor: Benedetta Balsemelli

Learn practical Italian language with a native speaker for travel, dining and the arts. Small group learning is a unique shared experience and in this course you will get to interact and converse with your fellow classmate while learning and exploring language and culture.

MILL Secrets of a

Stylist Special Event

1 session **HYBRID at Edgemont**

May 2nd

2:30pm

Robbie Amodeo, stylist for Broadway, movies and TV will be here for a LIVE demonstration on the do's and don'ts for looking your best over 50. Makeup, hair and fashion revamp on live models,

MILL History: Politics, Power and Impeachment

3 weeks **VIRTUAL**

June 6, 13, 20

Historian Barry Bradford presents lectures
6/6 History of Presidential Impeachments,
6/13 25th Amendment, 6/20 Election of
20/20

Tuesdays

MILL Journal Writing

6 weeks **VIRTUAL** Limit 12

April 26, May 3, 10, 17, 24, 31, June 7, 14th
10:00am

Write each week using a variety of writing prompts for stress relief and clarity.

Peer leader: Patti Donohoe and guests

MILL A Taste of Tai Chi

5 weeks **IN PERSON** at Montclair Public Library (this class will no longer be virtual)

April 26, May 3, 10, 17, 24

10:30am

Instructor: Lewis Freeman

Learn T'ai Chi Ch'uan (Grand Ultimate Fist) is an ancient system of self defense and exercise. This class is for ongoing learners of Taste of Tai Chi.

MILL Zumba Gold

8 weeks **HYBRID at Edgemont**

May 3, 10, 17, 24, 31, June 7, 14, 21

11:00am

Dance-exercise specifically designed for seniors.

Instructor: Katterine Gadoy

MILL Montclair Film

2 weeks **VIRTUAL**

May 3, 10 @ 1:30pm

2 weeks **IN PERSON** at Montclair Film

June 8, 15 @ 1:00pm

Instructor: Ken Ronkowitz

Details on films to be announced. There will be a nominal ticket charge for **IN PERSON** film and discussion TBA.

MILL Micky, Mel and Elvis

3 weeks **VIRTUAL**

April 26, May 3, 10th

3:00pm

Instructor: Brian Rose

Brian is back for another mini series about classic film and Hollywood.

4/26 Wonderful World of Disney

5/3 Rockin Hollywood

5/10 Genius of Mel Brooks and Carl Reiner

MILL Montclair Early Music/Tea

Special Event

1 session **IN PERSON at Edgemont**

May 24

1:30-3:30pm

Join us for a special live performance/ lecture with ensemble from Montclair Early Music. Tea and refreshments will be served.

MILL MAM Tours

4 weeks May 31, June 7, 14, 21st

VIRTUAL 1:30pm

1 week June 23 **N PERSON** 11:30am

Sign up for each individually

Capacity: 30 each docent led virtual tour.

Capacity: 15 spots docent led in person tour

Wednesdays

MILL Chair Yoga 4 Everybody

9 weeks **HYBRID at Edgemont**

April 27, May 4, 11, 18, 25, June 1, 8, 15, 22
10:00am

Instructor: Pammi Anandani

Pammi is a certified yoga teacher specializing in this chair style class which focuses on basic posture, breathing with some supported standing poses.

MILL Journaling Journeys with Watercolor

8 weeks

VIRTUAL: April 27, May 11, 25, June 8th

IN PERSON: May 4, 18, June 1, 15

11:15am

Instructor: Karen DeLuca

This class will be a virtual demo every other week alternating with a journey en plein aire with your watercolors and Karen. Learn how to focus in on the key elements in painting /sketch in a personal journal. In person class spots are limited to 12 and will take place outdoors at Van Vleck and Edgemont weather permitting.

MILL Broadway Composers

6 weeks **VIRTUAL**

April 27, May 4, 11, 18, 25, June 1

1:30pm

Instructors: Sam and Candy Caponegro

Go back to Broadway with an in depth look at great composers:

4/27 Jerry Herman; 5/4 and 5/11 Rogers

and Hammerstein 5/18 Andrew Lloyd Webber 5/25 and 6/1 Sondheim

Thursdays

MILL Core Workout with AJ

9 weeks **HYBRID at Edgemont**

April 28, May 5, 12, 19, 26, June 2, 9, 16, 23
10:15am

Instructor: AJ Roney

Enjoy this core workout with fitness coach who combines cardio/strength training.

Monday	Tuesday	Wednesday	Thursday	Friday
<p>HE– Hybrid Edgemont Park House HM-Hybrid Montclair ArtMusum</p>	<p>V-Virtual only</p>	<p>IP-In Person only IPE-In Person Edgemont IPL-In Person Library</p>	<p>To sign up go to http://schedulesplus.com/montclair/kiosk</p>	<p>I 10:00 Gentle Yoga HE 12-3Mah Jong Club IPE</p>
<p>4 10:00 News&Views HE 11:30 Sit Down Shape Up HE 1:30 Art Club IPE</p>	<p>5 11:00 Move & Groove HE 1:00 Qi Gong HE 2:30 Fiber Arts Club IPE</p>	<p>6 10:15 Fusion Yoga HE 12:30 Fundraiser Luncheon at Napoli 3:30 Stoop Time V</p>	<p>7 10:15 AM Boot Camp HE 11:15 Ulysses S Grant Part 2 V 12:30 Lunch Bunch V 2:00 Writing Wkshp V</p>	<p>8 10:00 Gentle Yoga HE 12-3 Mah Jong Club IPE 4:00 Musical Memories Happy Hour w/Clint V</p>
<p>11 REG FOR MILL 10:00 MILL Registration Begins 10:00News &Views HE 1:30 Spring Craft Club IPE</p>	<p>12 11:00 Move & Groove HE 1-3:00 Pincle Club IPE</p>	<p>13 10:15 Fusion Yoga HE 11:15 Wellness Wednesday: Coping w/ Crisis Overload HE 3:30 Stoop Time V 7:30 Papermill Trip: The Wanderer IPE</p>	<p>14 11:00 Community Talk: Telling Fact/ Fiction on Internet V 12:30 Lunch Bunch V 2:00 Writing Wkshp V</p>	<p>15 Closed Good Friday Passover begins at sundown</p>
<p>18 10:00News &Views HE 1:30 Art Club IPE</p>	<p>19 11:00 Move & Groove HE 1:00 Qi Gong HE 2:30 Fiber Arts Club IPE</p>	<p>20 10:15 Fusion Yoga HE 11:15 Wellness Wed: SeniorLivingAdvisors HE 1:30 Texas Hold Em IPE 3:30 Stoop Time V</p>	<p>21 11:00 Art Talk: World of Prints V 12:30 Lunch Bunch V 2:00 Writing Wkshp V</p>	<p>22 MILL BEGINS 10:15 MILL Yoga FHA HE 12-3:00 Mah Jong Club IPE</p>
<p>25 10:00MILLGlobal Current Events V 11:30 MILL Sit Stretch Tone HE 1:00 MILL Italian IPE</p>	<p>26 10:00MILLJournaling V 11:00 Move & Groove HE 10:30 MILLTai Chi IPL 1-3 Pincle Club IPE 3:00 MILL History of Walt Disney V</p>	<p>27 10:00MILLChair Yoga- HE 11:15 MILL En Plein Air Watercolor V 1:30MILLComposers V 3:30 Stoop Time V</p>	<p>28 10:15 MILL Core AJ HE 11:00 Community Talk: Compulsive Gambling HE</p>	<p>29 10:15 MILL Yoga FHA HE 12-3 Mah Jong Club IPE 1:30 MILL Mixed Media/Print at MAM HM</p>

THIS SPACE IS
AVAILABLE

Call LPi at
1.800.477.4574
 for more
 information.

MAY 2022

Lifelong Montclair

Monday	Tuesday	Wednesday	Thursday	Friday
2 10:00 MILL Global Current Events ▼ 11:30 MILL Sit Stretch Tone HE 1:00 MILLItalian IP 2:00 MILL Makeover Secrets HE	3 10:00 MILL Journal ▼ 10:30 MILLTai Chi IPE 11:00 MILL ZumbaGold HE 1-3:00 Pinocle Club IPE 1:30 MILL MTC Film ▼ 3:00 MILLRockin Movies ▼	4 10:00 MILL Yoga HE 11:15 Wellness Wed: Brain Health HE 11:15 MILL En Plein Aire Watercolor IP 1:30 MILLComposers ▼ 2:30 Fiber Arts IPE 3:30 Stoop Time ▼	5 10:30 MILLCore Aj HE 11:30 MILL Van Vleck HV 1:30 MILL Italian Art ▼ 3:00 MILL Just Sing HE	6 12-3 Mah Jong IPE 1:30 MILL Mixed Media/Print HM 4:00 Musical Memories Happy Hour ▼
9 10:00 MILL Global Current Events ▼ 11:30 MILL Sit Stretch Tone HE 1:00 MILLItalian IP 2:30 TableGames IPE	10 10:00 MILL Journal ▼ 10:30 MILLTai Chi IPL 11:00 MILL ZumbaGold HE 1:30 MILL MTC Film ▼ 3:00 MILL Reiner/Brooks ▼	11 10:00 MILLYoga HE 11:15 MILLEn Plein Aire Watercolor ▼ 11:30 OEM Walk My Way Walk/Luncheon 1:30 MILLComposers ▼ 3:30 Stoop Time ▼	12 10:30 MILLCore Aj HE 11:30 MILLVan Vleck HV 1:30 MILL Italian Art ▼ 3:00 MILL Just Sing HE	13 10:15 MILL-Yoga FHA HE 11:15 MILL60's ▼ 12-3 Mah Jong IPE 1:30 MILL Mixed Media/Print HM
16 10:00 MILL Global Current Events ▼ 11:30 MILL Sit Stretch Tone HE 1:00 MILLItalian IPE 2:30 Book Club IPE	17 10:00 MILL Journal ▼ 10:30 MILLTai Chi IPL 11:00 MILL ZumbaGold HE 1-3:00 Pinocle Club IPE	18 10:00 MILL Yoga HE 11:15 Wellness Wed: Aging Wisely HE 11:15 MILL En Plein Aire Watercolor IP 1:30 MILLComposers ▼ 2:30 Fiber Arts IPE 3:30 Stoop Time ▼	19 10:30 MILL Core Aj HE 11:30 MILLVan Vleck HV 1:30 MILL Italian Art ▼ 3:00 MILL Just Sing HE	20 10:15 MILLYoga FHA HE 11:15 MILL 60's ▼ 12-3 MahJong IPE
23 10:00 MILL Global Current Events ▼ 11:30 MILL Sit Stretch Tone HE 1:00 MILLItalian IPE 2:30 TableGames IPE	24 10:00 MILL Journal ▼ 10:30 MILLTai Chi IPL 11:00 MILL ZumbaGold HE 1:30 MILL Celebrating Older American's Month Early Music Concert/Tea IPE	25 10:00 MILL Yoga HE 11:15 MILL Wellness: Medicare w/SHIP HE 11:15 MILL En Plein Aire Watercolor ▼ 1:30 MILLComposers ▼ 3:30 Stoop Time ▼	26 10:30 MILL Core Aj HE 11:30 MILLVan Vleck HV 1:30 MILL Italian Art ▼ 3:00 MILL Just Sing HE	27 10:15 MILLYoga FHA HE 11:15 MILL60's ▼
30 Memorial Day Closed	31 10:00 MILL Journal ▼ 11:00 MILL ZumbaGold HE 1:30 MILL MAM Tour ▼ 2:30 Poker Club IPE	HE – Hybrid Edgemont HV -Hybrid-Edgemont	IPL -In Person Montclair Public Library IPM -In Person Montclair Art Museum	IPE -In Person Edgemont
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MILL CONTINUED/EDGEMONT CLASSES AND CLUBS

MILL CLASSES CONTINUED

Thursdays

MILL In the Spring Garden at Van Vleck

6 weeks **HYBRID at Van Vleck**

May 5, 12, 19, 26, June 2, 9

11:30am

Sign up for each session individually

May 5th: Seasonal Interest Walk

May 12th: Tomatoes and their Friends

May 19th: Vines

May 26th: Shadow Drawing in Nature

June 2nd: Pollinator Friendly Plants

June 9th: Garden Invaders- Pests

Check sign up portal for more detailed information regarding site policies.

MILL Art History: Italian Superheroes of High Renaissance

7 weeks **VIRTUAL**

May 5, 12, 19, 26 June 2, 9, 16

1:30pm

Instructor Maggie Rothman

Italian artists of the High Renaissance

Learn more about Leonardo, Michelangelo, Raphael, and Titian, all of them admired in their own day and viewed as superheroes by later generations.

MILL Just Sing with Jim

6 weeks **HYBRID at Edgemont**

May 5, 12, 19, 26 June 2, 9th

3:00pm

Instructor: Jim Keefe

Join pianist Jim as he leads us in song 'cabaret' style—each week focusing on a different category of music starting with Swing music, then 50's, 60's, music from movies, patriotic tunes in time for Memorial Day and finally Broadway tunes. We will have refreshments or bring your own.

Fridays

MILL Yoga for Healthy Aging

8 weeks **HYBRID at Edgemont**

April 22, 29, (skip May 6), May 13, 20, 27, June 3, 10th, (skip 18th, 24th,)

10:15am Instructor: Jean Lyons

Bring mat, towel and block; Jean teaches yoga focused on older adults need for balance, strength, flexibility and agility.

MILL Music of the 60's

4 weeks **VIRTUAL**

May 13, 20, 27, June 3

11:15am-12:45pm

Instructor: Vincent Bruno

Music of the 60's 4 session course will focus on many artists that created new sounds that captivated a generation including The Byrds, The Four Seasons, The Doors, The Mamas & The Papas, CCR and more!

MILL MAM presents:

Mixed Media and Printmaking

Session 1 April 29, May 6, 13

Session 2 June 3, 10, 24th

HYBRID at MAM

Nanci will lead students in the art of making your own print plates and using them in mixed media works of art. Sign up for one session. Check sign up portal for details regarding site policies.

Go to <http://schedulesplus.com/montclair/kiosk> to sign up for classes. For more info please call 973-744-3278.

CLUBS and Non MILL Classes at Edgemont Park House

Mondays

News and Views HYBRID

April 4, 10, 18th 10:00am-10:50am

Discuss what's happening with your peers

Art/Craft Club IN PERSON

April 4, 11, 18 1:30pm

Make art together and inspire each other.

Open Table Games IN PERSON

May 9, 23 2:30-4:30pm

Sign up for a game table invite your friends and play game of choice.

Book Club HYBRID

May 16 2:30pm

Peer leaders discuss chosen book TBA

Tuesdays

Move & Groove Dance Club HYBRID

April 5, 12, 19, 26th 11:00am

Dance freestyle to great music!

Pinocle Club IN PERSON

April 12, 26, May 3, 17th 1-3pm

No instruction; Email group leader David at dwrauschenberger@aol.com

Qi Gong

April 5, 19 1:30pm **HYBRID**

Stanley leads breathing and movement.

Fiber Arts Club IN PERSON

April 5 and 19th 2:30-4:30pm

May 4 and 18th 2:30-4:30pm

Sew, knit, quilt and needlework together. Peer leader: Beth Pugh

Poker Club

April 20th 1:30 **IN PERSON**

May 31st 2:30 **IN PERSON**

Leader: Chuck D. Limit 6 players

Wednesdays

Fusion Yoga HYBRID

April 6, 13, 20 10:15am

Instructor: Rasheeda Sampson

Mix of yoga/gentle stretch

Wellness Wednesdays

April 13 11:15am Crisis Counseling **V**

April 20 11:15am Senior Living Advisor **V**

May 4 11:15am 6 Pillars BrainHealth **V**

May 18 11:15 Aging Wisely **HE**

May 25 11:15 Medicare/SHIP **HE**

Thursdays

Profiles in History VIRTUAL

April 7 11:15am

Ulysses S Grant is the focus of this talk. Instructor: Charles DeWitt

Art Talks VIRTUAL

April 21 Princeton University Museum:

World of Prints 11:30am

Lunch Bunch VIRTUAL

April 7, 14, 21 12:30pm

Michelle shares and cooks her favorite healthy dishes.

Poetry/Writing VIRTUAL

April 7, 14, 21 2:00pm

Writing prompts/share. Limit 12

Community Talks HYBRID

4/14 Internet Fact or Fiction 11:00am

4/28 Compulsive Gambling 11:00am

Fridays

Gentle Yoga w/Jim HYBRID

April 1, 8 10:00am Easy yoga for all!

Happy Hour w/Clint VIRTUAL

April 8, May 6 4:00pm

Clint Edwards plays songs from the American Songbook.

Mah Jong Club IN PERSON

April 1, 8, 22 May 6, 13, 20 Please contact Michelle by calling 973-744-3278 or mdewitt@montclairnjusa.org if you are interested in signing up.

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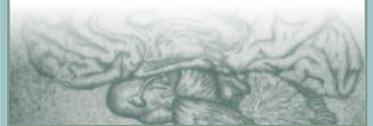
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Senior Programs

For Montclair Institute for Lifelong Learning (MILL) and Edgemont classes contact:

Michelle DeWitt
Senior Citizens Program
Coordinator
mdewitt@montclairnjusa.org

973-744-3278 Edgemont
Hours M-F 9am-5pm

Senior programs are now being offered both in person and virtually on our Zoom platform. In person class locations vary.

TAG SALE SATURDAY MAY 7th 9am-3pm Edgemont Park

Once again we will be holding a community Tag Sale to benefit senior programs and initiatives. Please consider donating unwanted, gently used, sellable items such as housewares, artwork, books, jewelry, accessories, sporting goods, and knick knacks and collectables. No clothing. Donations accepted May 2-6th only!

For latest updates and to sign up for programs please visit:

<http://schedulesplus.com/montclair/kiosk>

or call: 973-744-3278

MILL Programs are brought to seniors in our community free of charge in thanks to a generous grant from the Partners for Health

Senior Services

If you are a senior and need help, call 973-509-4974 to get connected to agencies that may be able to assist you.

Linda Tate
Secretary/Bookkeeper
973-509-4974

Margaret Church, LSW
Director of Senior Services/
Lifelong Montclair
mchurch@montclairnjusa.org
973-509-4967

Dept. of Health & Human Services...973-509-4970

