

June and July  
2022



205 Claremont Avenue • Montclair, NJ 07042 | [lifelongmontclair.org](http://lifelongmontclair.org)

**TABLE OF CONTENTS**

MILL Class Descriptions.....2  
June Calendar ..... 3  
July 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](http://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.

**Covid Testing**

Montclair Health Department, in conjunction with MediStation, will be providing COVID-19 testing for Montclair residents only every Mon. and Tues. 8:30 AM – 12:30pm in the Montclair Municipal Building 1<sup>st</sup> Floor; Council Chambers 205 Claremont Ave, Montclair. Bring ID and insurance card.

**Swing into Summer with Lifelong Montclair and The MILL**

Greetings and Happy Summer!



We've got lots of great programs and events scheduled this summer and we hope that you will join us. In June, we will kick off Pride Month with a cabaret style sing along with singer and pianist Jim Keefe on June 9th at 3pm at the Edgemont Parkhouse. Refreshments will be served. Get ready to "SING OUT LOUISE"! Later in June, we will celebrate Juneteenth and learn about the African-American community that helped to build and influence the NYC we know today. Archeologist Patty Hamrick will present a 90 minute lecture which will discuss one of the most significant American archaeological finds of the twentieth century, the African Burial Ground. This program will be presented in our virtual classroom Wednesday, June 22nd at 1:30pm. Finally, on Wednesday, June 29th at 1:30pm, Patty will be back to help us conclude Pride Month and present another fascinating lecture entitled 4000 Years of Same Sex Marriage. And that is just the beginning. A new summer semester of MILL classes begins on July 11th with new virtual and in person classes for your enjoyment and enrichment. The registration opens on June 27th and most classes run from July 11-August 12th. All of our classes are open to seniors 55+ and are free of charge. For more info and to sign up, go to <http://schedulesplus.com/montclair/kiosk> or call 973-744-3278. We hope to see you either online or in person this summer!!

**DIGITAL EQUITY SURVEY**

Are you 55+ and interested in contributing to Montclair's community knowledge about technology use? Lifelong Montclair, Montclair State University and Montclair Gateway to Aging in Place is inviting you to participate in a survey about your use and knowledge of technology so that we all can better assess the needs of our community. If you would like to participate, stop by the Edgemont Park house at 274 Valley Road in Montclair for a paper survey or email us at [mdewitt@montclairnjusa.org](mailto:mdewitt@montclairnjusa.org) for a link to an online survey.



**SISTER ACT at the PAPERMILL**

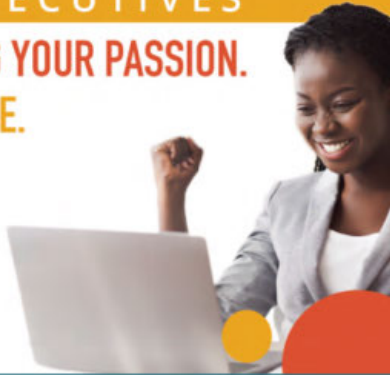
A limited number of tickets are available for *Sister Act* June 16th at 1:30pm at the Papermill Playhouse in Millburn. Orchestra seats are \$36 and bus is included. Call Michelle at 973-744-3278 or email [mdewitt@montclairnjusa.org](mailto:mdewitt@montclairnjusa.org) for more info.

# WE'RE HIRING

## AD SALES EXECUTIVES

**BE YOURSELF. BRING YOUR PASSION.  
WORK WITH PURPOSE.**

- Paid Training
- Some Travel
- Work-Life Balance
- Full-Time with Benefits
- Serve Your Community



Contact us at [careers@4lpi.com](mailto:careers@4lpi.com)  
[www.4lpi.com/careers](http://www.4lpi.com/careers)

## In-Home Care Services

### Dependable Care With a Comforting Touch

Our experienced *Comfort Keepers*® provide support and compassion to families by:

- Preparing meals
- Running errands/transportation
- Light housekeeping
- Personal and Companion Care

Schedule a **FREE**  
In-Home Consultation  
**(973) 707-2310**



# Comfort Keepers®



@ComfortKeepersEssexCountyNJ

a *sodexo* brand

45 Park Street, Suite 6 • Montclair, NJ 07042  
©2016 CK Franchising, Inc. • Most offices independently owned and operated.

[EssexCounty948.ComfortKeepers.com](http://EssexCounty948.ComfortKeepers.com)

### Place Your Ad Here and Support our Community!

Instantly create and  
purchase an ad with



[lpicommunities.com/adcreator](http://lpicommunities.com/adcreator)

### COVERAGE FOR THE THINGS YOU CARE ABOUT

Auto Insurance • Home Insurance • Life Insurance



**Jahn Camac**, Your Local Agent

727 Harrison Ave., Harrison, NJ 07029



Call 201.499.5353 today! For a no-obligation quote.

[JCamac@FarmersAgent.com](mailto:JCamac@FarmersAgent.com) | [Agents.Farmers.com/JCamac](http://Agents.Farmers.com/JCamac)

Restrictions apply. Discounts may vary. Not available in all states. See your agent for details. Insurance is underwritten by Farmers Insurance Exchange and other affiliated insurance companies. Visit farmers.com for a complete listing of companies. Not all insurers are authorized to provide insurance in all states. Coverage is not available in all states. Life insurance issued by Farmers New World Life Insurance Company, a Washington domestic company. 1/1/15 1/1/16 Rev. 15, Ch. 100 Bellevue, WA, 98003.

## GROW YOUR BUSINESS

### BY PLACING AN AD HERE!

**CONTACT US!**

Contact Jules Rosenman  
to place an ad today!

[jrosenman@lpicommunities.com](mailto:jrosenman@lpicommunities.com)

or (800) 477-4574 x6421



A life of possibilities.

A retirement community like no other.

Green Hill.



# Green Hill

Discover new styles of senior living.



Assisted Living • Skilled Nursing • Catered Living  
Rehabilitation • Respite & Staycation • Lifestyle

## Call Us Today For A Free Tour

(973) 731-2300 • [www.green-hill.com](http://www.green-hill.com)

103 Pleasant Valley Way West Orange, NJ 07052



Ad info. 1-800-477-4574 • Publication Support 1-800-888-4574 • [www.lpicommunities.com](http://www.lpicommunities.com) Township of Montclair, Montclair, NJ 06-5268

# SPRING/EARLY SUMMER MILL CLASSES 2022

## Mondays

### **MILL Global Current Events**

**VIRTUAL**

June 6, 13, 20 10:30am-12:00noon

Instructor: Pierre Fabian

Lecture and talk back on geopolitical issues.

### **MILL Sit Stretch and Tone**

**HYBRID at Edgemont**

June 6, 13, 20 11:30am-12:30pm

Instructor: Teresa Bury Maerson

Exercises that will build your strength, improve core from a chair.

### **MILL History: Politics, Power and Impeachment**

**VIRTUAL** June 6, 13, 20, 27th

Historians Barry Bradford and Chuck

DeWitt presents lectures on

6/6 Johnson Impeachment (DeWitt)

6/13 25th Amendment, (Bradford)

6/20 Election of 1876 (DeWitt)

6/27 Election of 20/20 (Bradford)

## Tuesdays

### **MILL Journal Writing**

**VIRTUAL** Limit 12

June 7, 14th 10:00am

Writing for stress relief and clarity.

Peer leader: Patti Donohoe and guests

### **MILL Zumba Gold**

**HYBRID at Edgemont** Limit 12

June 7, 14, 21 11:00am

Instructor: Katterine Gadoy

Dance-exercise designed for seniors.

### **MILL MAM Tours**

June 7, 14, 21st **VIRTUAL** 1:30pm

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

Sign up for each individually

Capacity: 30 each docent led virtual tour.

Capacity: 15 spots docent led in person tour

### **MILL Robbie's Flower Show**

June 21

**IN PERSON** 3:00pm

Limit: 25 people

Learn how to make unique arrangements

## Wednesdays

### **MILL Chair Yoga 4 Everybody**

**HYBRID at Edgemont**

June 1, 8, 15, 22 10:00am

Instructor: Pammi Anandani

Chair class focuses on posture, breathing, meditation and supported standing poses.

### **MILL Journaling Watercolor**

**VIRTUAL:** June 8th

**IN PERSON:** June 1, 15 11:15am

Instructor: Karen DeLuca

Karen leads virtual class with full watercolor demo and meets at various locations for in person guidance and instruction.

### **MILL Italian Authentico**

**IN PERSON at Edgemont**

June 1 1:00-2:00pm

June 8 & 15 12:30-1:30pm **Time change**

Instructor: Benedetta Balsemelli

Learn practical Italian language with a native speaker for travel, dining etc.

### **MILL Mtc Film & Conversation**

**IN PERSON at Clairidge Theater**

June 8, 15 @ 2:00pm

Instructor: Ken Ronkowitz

Cost: \$10.00 at the box office

Join us for a special screening of a current movie (TBA) with fellow film lovers and followed by a LIVE discussion with Ken.

Check portal for details on movies and to sign up. 486 Bloomfield Ave Montclair

### **MILL Broadway Composers**

**VIRTUAL**

June 1 1:30pm

Instructors: Sam and Candy Caponegro

Learn about the life and work of the greats.

### **MILL African Burial Ground**

**VIRTUAL**

June 22 1:30 Instructor Patty Hamrick

the African Burial Ground which is one of the most significant American archaeological finds of the 20th C.

### **MILL Celebrates Pride: 4000 Years of Same Sex Marriage**

**VIRTUAL**

June 29 1:30pm

Instructor Patty Hamrick

Pride Month lecture filled with stories of same-sex romance, resistance, and love.

## Thursdays

### **MILL Core Workout with AJ**

**HYBRID at Edgemont**

June 2, 9, 16, 23 10:15am

Instructor: AJ Roney

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

### **MILL In the Garden @ Van Vleck**

**HYBRID at Van Vleck**

June 2, 9 11:30am

Sign up for each session individually

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**

**VIRTUAL**

June 2, 9, 16 1:30pm

Instructor Maggie Rothman

### **MILL Just Sing with Jim**

June 2 **HYBRID @Senior Building TBA**

June 9th **HYBRID @ Edgemont**

3:00pm Instructor: Jim Keefe

Join pianist Jim as he leads us in song

'cabaret' style—Join us on June 9th at Edgemont for a special FINALE Celebrating **PRIDE**

## Fridays

### **MILL Yoga for Healthy Aging**

**HYBRID at Edgemont**

June 3, 10th,

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**

**VIRTUAL**

June 3 11:15am-12:45pm

Instructor: Vincent Bruno Listen to Vinnie weave stories of American music in the 60's

### **MILL MAM presents:**

#### **Mixed Media and Printmaking**

Session 2 June 3, 10, 24th

**HYBRID at MAM**

Instructor: Nanci Iovino

Learn the art of print making using prints in mixed media works of art.

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>HE</b>- Hybrid Edgemont Park House  <b>HM</b>-Hybrid Montclair Art Museum  <b>HV</b>-Hybrid Van Vleck</p>	<p><b>V</b>-Virtual only  <b>IPE</b>-In Person Edgemont  <b>IPC</b> In Person Clairidge Theater  <b>IPN</b> In Person Nishuane Park</p>	<p><b>I</b>  <b>10:00</b>MILLChairYoga<b>HE</b>  <b>11:15</b>MILLWatercolor <b>IPE</b>  <b>11:15</b> Wellness Wed <b>V</b>  <b>1:00</b> MILL Italian <b>IPE</b>  <b>1:30</b>MILLComposers <b>V</b>  <b>3:30</b> Stoop Time <b>V</b></p>	<p><b>2</b>  <b>10:15</b> MILLCoreAJ <b>HE</b>  <b>11:30</b>MILLVanVleck <b>HV</b>  <b>1:30</b>MILL Italian Art <b>v</b>  <b>3:00</b> MILL Just Sing <b>H?</b></p>	<p><b>3 10:15</b> MILL Yoga FHA <b>HE</b>  <b>11:30</b> MILL Music of the 60's <b>V</b>  <b>12-3</b>Mah Jong <b>IPE</b>  <b>1:30</b>MILLMixMedia <b>HM</b>  <b>4:00</b> Musical Memories w/Clint <b>V</b></p>
<p><b>6</b>  <b>10:30</b>MILL Global Current Events <b>V</b>  <b>11:30</b> MILL Sit Stretch Tone <b>HE</b>  <b>2:30</b> MILL Johnson Impeachment <b>V</b></p>	<p><b>7</b>  <b>10:00</b> MILL Journal <b>V</b>  <b>11:00</b> MILL Zumba<b>HE</b>  <b>1:00</b>Pinocle Club <b>IPE</b>  <b>1:30</b> MILL MAM Tours <b>V</b></p>	<p><b>8</b>  <b>10:00</b>MILLChairYoga<b>HE</b>  <b>11:15</b>MILLWatercolor <b>IPE</b>  <b>12:30</b> MILL Italian <b>IPE</b>  <b>2:00</b>MILL FILM and Conversation <b>IPC</b>  <b>3:30</b> Stoop Time <b>V</b></p>	<p><b>9</b>  <b>10:15</b> MILLCoreAJ <b>HE</b>  <b>11:30</b>MILLVanVleck <b>HV</b>  <b>12:30</b> Car Fit <b>IPN</b>  <b>1:30</b>MILL Italian Art <b>v</b>  <b>3:00</b> MILL Just Sing <b>HE</b></p>	<p><b>10</b>  <b>10:15</b> MILL Yoga FHA <b>HE</b>  <b>12-3</b>Mah Jong Club <b>IPE</b>  <b>1:30</b>MILLMixMedia <b>HM</b></p>
<p><b>13</b>  <b>10:30</b>MILL Global Current Events <b>V</b>  <b>11:30</b> MILL Sit Stretch Tone <b>HE</b>  <b>2:30</b> MILL 25th Amendment <b>V</b></p>	<p><b>14</b>  <b>10:00</b> MILL Journal <b>V</b>  <b>11:00</b> MILL Zumba<b>HE</b>  <b>1:00</b> Qi Gong <b>HE</b>  <b>1:30</b> MILL MAM Tours <b>V</b>  <b>2:00</b> FiberArts <b>IPE</b></p>	<p><b>15</b> <b>9:30</b> Walk My Way meets in West Orange  <b>10:00</b>MILLChairYoga<b>HE</b>  <b>11:15</b>MILLWatercolor <b>IPE</b>  <b>12:30</b> MILL Italian <b>IPE</b>  <b>2:00</b>MILL FILM <b>IPC</b>  <b>3:30</b> Stoop Time <b>V</b></p>	<p><b>16</b>  <b>10:15</b> MILL Core AJ <b>HE</b>  <b>12:15</b> Trip: Sister Act at Papermill Playhouse  <b>1:30</b>MILL Italian Art <b>v</b></p>	<p><b>17</b>  <b>Closed for Juneteenth Holiday</b></p>
<p><b>20</b>  <b>10:30</b>MILL Global Current Events <b>V</b>  <b>11:30</b> MILL Sit Stretch Tone <b>HE</b>  <b>2:30</b> MILL Election of 1876 <b>V</b></p>	<p><b>21</b>  <b>11:00</b> MILL Zumba<b>HE</b>  <b>1:00</b> Qi Gong <b>HE</b>  <b>1:30</b>MILLMAMTour <b>V</b>  <b>3:00</b>MILLFloral Design with Robbie <b>IPE</b></p>	<p><b>22</b>  <b>10:00</b>MILLChairYoga<b>HE</b>  <b>11:15</b> Wellness Wed: AARP Live Longer <b>HE</b>  <b>1:30</b> MILL Juneteenth: African Archeology Site NYC  <b>3:30</b> Stoop Time <b>V</b></p>	<p><b>23</b>  <b>10:15</b> MILL Core AJ <b>HE</b>  <b>11:30</b> MILL In Person MAM Tour <b>IPM</b>  <b>2:00</b> Texas Hold Em Poker Club <b>IPE</b></p>	<p><b>24</b>  <b>10:15</b> MILL Yoga FHA <b>HE</b>  <b>12-3:00</b> Mah Jong Club <b>IPE</b>  <b>1:30</b>MILLMixMedia <b>HM</b></p>
<p><b>27</b>  <b>10:00</b> Summer MILL Registration begins  <b>2:30</b> MILL Election of 2020 <b>V</b></p>	<p><b>28</b>  <b>11:00</b> Move &amp; Groove <b>HE</b>  <b>1:00</b> Qi Gong <b>HE</b>  <b>2:00</b> Pinocle Club <b>IPE</b>  <b>6:00</b> Game Night <b>IPE</b></p>	<p><b>29</b> <b>11:15</b> Wellness Wed  <b>1:30</b> MILL Pride Month Program-4000 Years of Same Sex <b>V</b>  <b>3:00</b> Book Club <b>HE</b>  <b>3:30</b> Stoop Time <b>V</b></p>	<p><b>30</b>  No programs scheduled</p>	<p>To sign up go to <a href="http://schedulesplus.com/montclair/kiosk">http://schedulesplus.com/montclair/kiosk</a></p>

THIS SPACE IS  
**AVAILABLE**

Call LPi at  
**1.800.477.4574**  
for more  
information.

# JULY 2022


## Lifelong Montclair


Monday	Tuesday	Wednesday	Thursday	Friday
<b>HE</b> – Hybrid Edgemont <b>HV</b> -Hybrid-Edgemont	<b>IPL</b> -In Person Montclair Public Library <b>IPM</b> -In Person Montclair Art Museum	<b>IPE</b> -In Person Edgemont		<b>I</b> <b>No Programs</b>
<b>4</b> <b>Closed July 4th</b>	<b>5</b> <b>No Programs</b>	<b>6</b> <b>No Programs</b>	<b>7</b> <b>No Programs</b>	<b>8</b> <b>No Programs</b>
<b>11</b> Summer MILL Begins <b>10:00</b> MILL Global Current Events <b>v</b> <b>11:30</b> MILL Sit Stretch Tone <b>HE</b> <b>1:30</b> MILL Historical Travel <b>v</b>	<b>12</b> <b>11:00</b> MILL Yoga FHA <b>HE</b> <b>1:30</b> MILL Fundamentals of Drawing <b>IPE</b>	<b>13</b> <b>10:00</b> MILL Chair Yoga <b>HE</b> <b>1:30</b> Fiber Arts <b>IPE</b> <b>3:30</b> Stoop Time <b>v</b>	<b>14</b> <b>10:30</b> MILL Core Aj <b>HE</b> <b>11:30</b> MILL Van Vleck <b>HV</b> <b>1:00</b> Pinocle Club <b>IPE</b> <b>1:30</b> MILL Dream Cities <b>v</b>	<b>15</b> <b>10:15</b> MILL-Fusion Fitness <b>HE</b> <b>11:15</b> MILL British Invasion <b>v</b> <b>12-3</b> MahJong <b>IPE</b>
<b>18</b> <b>10:00</b> MILL Global Current Events <b>v</b> <b>11:30</b> MILL Sit Stretch Tone <b>HE</b> <b>3:30</b> Book Club <b>HE</b>	<b>19</b> <b>11:00</b> MILL Yoga FHA <b>HE</b> <b>1:30</b> MILL Fundamentals of Drawing <b>IPE</b>	<b>20</b> <b>10:00</b> MILL ChairYoga <b>HE</b> <b>11:00-1:00pm</b> Skin Cancer Awareness Day/Luncheon <b>1:30</b> MILL ArtCamp <b>IPE</b> <b>3:30</b> Stoop Time <b>v</b>	<b>21</b> <b>10:30</b> MILL Core Aj <b>HE</b> <b>11:30</b> MILL Van Vleck <b>HV</b> <b>1:30</b> MILL Dream Cities <b>v</b> <b>2:30</b> Poker Club <b>HE</b>	<b>22</b> <b>10:15</b> MILL-Fusion Fitness <b>HE</b> <b>11:15</b> MILL British Invasion <b>v</b> <b>12-3</b> MahJong <b>IPE</b>
<b>25</b> <b>10:00</b> MILL Global Current Events <b>v</b> <b>11:30</b> MILL Sit Stretch Tone <b>HE</b> <b>1:30</b> MILL Historical Travel <b>v</b>	<b>26</b> <b>11:00</b> MILL Yoga FHA <b>HE</b> <b>1:30</b> MILL Fundamentals of Drawing <b>IPE</b> <b>6:00</b> Game Night <b>IPE</b>	<b>27</b> <b>10:00</b> MILL Chair Yoga <b>HE</b> <b>11:15</b> Wellness: Avoiding Financial Scams <b>HE</b> <b>1:30</b> MILL ArtCamp <b>IPE</b> <b>3:30</b> Stoop Time <b>v</b>	<b>28</b> <b>10:30</b> MILL Core Aj <b>HE</b> <b>11:30</b> MILL Van Vleck <b>HV</b> <b>1:30</b> MILL Dream Cities <b>v</b>	<b>29</b> <b>10:15</b> MILL-Fusion Fitness <b>HE</b> <b>11:15</b> MILL British Invasion <b>v</b> <b>12-3</b> MahJong <b>IPE</b>

### 4 | LIFELONG MONTCLAIR

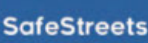
**ADT-Monitored Home Security**  
 Get 24-Hour Protection From a Name You Can Trust

- Burglary
- Fire Safety
- Flood Detection
- Carbon Monoxide





Authorized Provider



**1-855-225-4251**

# MILL SUMMER SEMESTER 2022

## Mondays

### **MILL Global Current Events**

#### **VIRTUAL**

July 11, 18, 25, Aug 1, 8th

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**

#### **HYBRID at Edgemont**

July 11, 18, 25, Aug 1, 8th 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 Armchair History**

#### **VIRTUAL**

July 11, 25, Aug 1, 8th 1:30pm

Join historian Evan Weiner on an unusual history tour of: Nova Scotia-14th Colony, Almost Paradise: Hawaii's Dark Underbelly, Boston, Where America Began and Florida-Where Culture Changed in the 60's.

## Tuesdays

### **MILL Yoga for Healthy Aging**

#### **HYBRID at Edgemont**

July 12, 19, 26, Aug 2, 9th

11:00am Instructor: Jean Lyons

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

### **MILL Fundamentals of Drawing**

#### **IN PERSON at Edgemont**

July 12, 19, 26, Aug 2 1:30pm

Instructor: Marco Munoz Jamarillo

Lesson #1; space

Lesson #2 drawing essentials

Lesson #3 Framing/centering

Lesson 4 simple still life

### **MILL Montclair Film**

#### **IN PERSON @ Clairidge Theater**

August 9, 16 2:00pm Cost: \$10

Join fellow film buffs for matinee showings of curated films at the Clairidge Theater.

## Wednesdays

### **MILL Chair Yoga 4 Everybody**

#### **HYBRID at Edgemont**

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 MAM presents: Art Camp for Adults**

July 20, 27, August 3, 10th 1:30pm

#### **HYBRID at Edgemont**

Nanci will lead students painting projects using alcohol ink. Bring your own non porous objects to paint such as phone cases, tiles etc.

## Thursdays

### **MILL Core Workout with AJ**

#### **HYBRID at Edgemont**

June 2, 9, 16, 23 10:15am

Instructor: AJ Roney

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

### **MILL In the Summer Garden @ Van Vleck**

#### **HYBRID at Van Vleck 11:30am**

Sign up for each session individually

July 14<sup>th</sup> – Butterflies in the Garden

July 21 - Seasonal Interest Walk

July 28 - Tree ID

August 4 - Fragrance Beyond Flowers

August 11 - Flower Anatomy

Check sign up portal for more detailed information regarding site policies, meeting location, and program descriptions.

### **MILL Dream Cities: A Look at Architectural Genius**

#### **VIRTUAL**

July 21, 28, Aug 4th 1:30pm

Instructor: Maggie Rothman

## Fridays

### **MILL Friday Fusion Yoga**

#### **HYBRID at Edgemont**

July 15, 22, 29, Aug 5, 12

Lissy is back with her blend of yoga, cardio dance, stretching and smiles.

## **CLUBS and Non MILL Classes at Edgemont**

### **Book Club HYBRID**

June 29 3:00pm Secret Life of Sam Hell

July 18 3:30pm TBA

Participants discuss chosen book

### **Pinocle Club IN PERSON**

June 7, 1-3pm June 28 2-4pm

July 14 1:00-3pm

No instruction; Email group leader

David at dwrauschenberger@aol.com

### **Qi Gong Club HYBRID**

June 14, 21, 28 1:00pm

Stanley leads breathing and movement.

### **Fiber Arts Club IN PERSON**

June 14th 2:00-4:00pm

July 13th 1:30-3:30pm

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

### **Poker Club (Texas Hold Em)**

June 23 2:00-4:00pm **IN PERSON**

July 21 2:30-4:30pm **IN PERSON**

Leader: Chuck D. Limit 6 players

### **Game Night**

June 28 6:00-7:30pm **IN PERSON**

July 26 6:00-7:30pm **IN PERSON**

Bring your dinner and picnic with friends then play a group game with Michelle hosting and providing dessert.

### **Wellness Wednesdays**

June 1 11:15am Acupuncture **V**

June 22 11:15am AARP presents: Living Longer and Wiser **HE**

June 29 11:15am Ask A Cardiologist **V**

July 20 11:00am-1pm Skin Cancer

Screenings/Luncheon **HE**

July 27 11:15 Investment Fraud **V**

### **Mah Jong Club IN PERSON**

June 3, 10, 24 July 15, 22, 29 from

12noon-3pm Please contact Michelle

by calling 973-744-3278 or

mdewitt@montclairnjusa.org if you

are interested in signing up.

To sign up for classes and clubs go to <http://schedulesplus.com/montclair/kiosk> OR call 973-744-3278 if you do not have access to a computer.



Certified Home Health Aides  
 Rehabilitation Nursing • 24-Hour Care Available  
 Companionship & Personal Care • RN Supervised  
 Alzheimer's & Dementia Care • Medication Reminder  
 Private/Self-Pay & Long-Term Care • Fall Prevention

Bonded and Insured; A Trusted Agency

**Faith Cole, CEO & Founder - Cell: 718-810-4875**

339 Main St., Suite 2A, Orange, NJ 07050

973-419-0191 or 862-233-6956

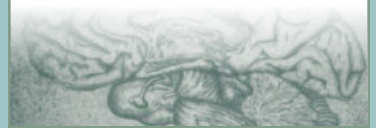
**Website:** [www.alayahelpinghands.com](http://www.alayahelpinghands.com) | **E-mail:** [customerservice@alahelpinghands.com](mailto:customerservice@alahelpinghands.com)

**NJ MEMORY CENTER**

Neuropsychology Evaluations  
 80 Pompton Avenue | Verona NJ 07044

**201-577-8286**

[www.njmemorycenter.com](http://www.njmemorycenter.com)



**NEVER MISS  
 A NEWSLETTER!**

Sign up to have our newsletter  
 emailed to you at

[www.mycommunityonline.com](http://www.mycommunityonline.com)



**If you've been putting off planning  
 your service because of the expense,  
 we have good news...**



Making arrangements  
 in advance doesn't have  
 to cost anything.

What many people don't know is that  
 you need not prepay when you plan your  
 arrangements. We're specialists at recording  
 your wishes and holding them on file at  
 no charge. Call us for assistance.

*Levandoski-Grillo*  
**FUNERAL HOME & CREMATION SERVICE**

44 Bay Ave • Bloomfield, NJ 07003  
 (973) 743-6969  
[LevandoskiGrillo.com](http://LevandoskiGrillo.com)



**support our  
 ADVERTISERS**

**Lifelong Montclair**  
205 Claremont Ave.  
Montclair, NJ 07042

## 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.

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

[http://schedulesplus.com/  
montclair/kiosk](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**

