Welcome to New Vitality, your source for health and wellness programs designed specifically for adults 65+, offered through Atlantic Health System at Chilton Medical Center, Morristown Medical Center, Overlook Medical Center, Newton Medical Center and Hackettstown Medical Center.

For more information about New Vitality, visit atlantichealth.org/newvitality.

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For information on New Vitality programs and classes, call 1-844-472-8499.
**AUXILIARY EVENT**

**TREE OF LIGHTS**

To purchase a light in honor of or in memory of a special person in your life, call the Chilton Medical Center Auxiliary office at 973-831-5345.

**EXERCISE**

**AQUACISE, LEVEL 1 (JOINT-FRIENDLY)**
Cardiovascular fitness, endurance and flexibility in chest-deep water. Bring a lock, towel and swim cap.

_Mondays, October 15 to December 10 (no class November 19) AND/OR
_Wednesdays, October 17 to December 12 (no class November 21),
_Noon to 12:45pm
_$48 for each eight-week class
_New York Sports Club, 1481 Route 23 South, Butler_

**AQUACISE, LEVEL 2 (JOINT-FRIENDLY)**
Stretching and cardiovascular conditioning. Bring a lock, towel and swim cap.

_Wednesdays, October 17 to December 12 (no class November 21),
_1:00 to 1:45pm
_$48 for each eight-week class
_New York Sports Club, 1481 Route 23 South, Butler_

**BARRE METHOD**
A flowing mix of movement and floor work for total body strength, length, balance, flexibility and posture. Bring a mat and 2- to 3-pound weights.

_Tuesdays, October 16 to December 18, 5:30 to 6:15 pm
_$80 for all 10 weeks
_Atlantic Health Pavilion, 242 West Parkway, Pompton Plains_

**BETTER BONES – BEGINNER (FORMERLY MUSCLES IN MOTION – THURSDAY CLASS)**

_Thursdays, October 18 to December 20 (no class November 22),
_11:30am to 12:30pm
_$54 for all nine weeks
_Wayne Presbyterian Church, 1200 Alps Road, Wayne_

**BETTER BONES – INTERMEDIATE**
For individuals who have already completed at least two sessions of Better Bones – Beginner. Bring 1-, 2- or 3-pound handheld weights.

_Tuesdays, October 16 to December 18 (no class November 20) AND/OR
_Thursdays, October 18 to December 20 (no class November 22),
_10:15 to 11:15am
_$54 for each nine-week class
_Wayne Presbyterian Church, 1200 Alps Road, Wayne_

**DANCING THROUGH THE DECADES**
Each class will focus on giving you a good workout by learning a different style of dance. Join us on this fun, cardio dance journey through time.

_Thursdays, October 25 to December 20 (no class November 22),
_5:45 to 6:45pm
_$64 for all eight weeks
_Atlantic Health Pavilion, 242 West Parkway, Pompton Plains_

**LITE & FIT**
Light strength training, some chair exercises, no floor work. Bring a light set of handheld weights to the first class.

_Tuesdays, October 16 to December 18 AND/OR
_Thursdays, October 18 to December 27 (no class November 22),
_2:00 to 3:00pm
_$50 for each 10-week class
_Atlantic Health Pavilion, 242 West Parkway, Pompton Plains_

**MUSCLES IN MOTION**
Increase your core strength and overall muscle tone. Bring a mat and handheld weights.

_Mondays, October 15 to December 17, 4:30 to 5:30pm
_$80 for all 10 weeks
_Atlantic Health Pavilion, 242 West Parkway, Pompton Plains_

**THE POWER HOUR**
Promotes muscular endurance, balance and bone strengthening. Bring a set of handheld weights and a mat.

_Wednesdays, October 17 to December 19, 5:30 to 6:30pm
_$80 for all 10 weeks
_Atlantic Health Pavilion, 242 West Parkway, Pompton Plains_

**ZUMBA® GOLD**
Dance into shape to international rhythms. Body, mind and soul workout.

_Mondays, October 15 to December 17 (no class November 19), 1:00 to 1:45pm
_AND/OR
_Wednesdays, October 17 to December 19 (no class November 21),
_10:00 to 10:45am
_AND/OR
_Fridays, October 19 to December 21 (no class November 23), 10:00 to 10:45am
_$54 for each nine-week session
_Wayne Presbyterian Church, 1200 Alps Road, Wayne_

**ZUMBA® GOLD AT CHILTON**
_Thursdays, October 18 to December 20 (no class November 22), 1:00 to 1:45 pm
_$45 for all nine weeks
_Atlantic Health Pavilion, 242 West Parkway, Pompton Plains_

**ZUMBA® GOLD TONING AT CHILTON**
An easy-to-follow dance fitness program for active older adults who want to focus on muscle conditioning and light weight activity.

_Mondays, October 15 to December 17 (no class November 19),
_11:00 to 11:45am
_$45 for all nine weeks
_Atlantic Health Pavilion, 242 West Parkway, Pompton Plains_

**ZUMBA® TONING**
This class blends body-sculpting techniques and Zumba moves into one calorie-burning, strength-training class. Bring a set of light handheld weights.
**New Vitality**

**FOUNDETION EVENT**

**PAINT THE TOWNS PINK**

2018 marks the 10th annual Paint the Towns Pink campaign to benefit the Breast Center at Chilton. Consider supporting this incredible cause by visiting participating local businesses during the month of October. For more information, call the Chilton Medical Center Foundation at 973-831-5165.

**HEALTHY COMMUNITIES**

Chilton Medical Center partners with many of your local health departments to provide important community health services. For information about upcoming health-related screenings, programs and events, call your town or visit your town’s website.

- Pompton Lakes 973-835-0143, ext. 225, pomptonlakesgov.com
- Ringwood 973-962-7079, ringwoodnj.net
- Wanaque 973-839-3000, ext. 7122 or 7124, wanaqueborough.com
- Wayne 973-694-1800, ext. 3241, waynetownship.com

**HEALTH**

**ARTHITIS 101: JOINT EFFORT**

More than 54 million Americans suffer from some type of joint pain or arthritis. Learn the most common types, signs and symptoms and management of arthritis.

Presented by Tim Henderson, MD. Thursday, October 25, 7:00 to 8:00pm Chilton Medical Center, Collins Pavilion, Second Floor Conference Room

**DIABETES: MYTHS AND FACTS**

Think you know the facts about diabetes? See if you can distinguish which common perceptions are facts. You can make smart choices without giving up all your favorite foods.

Presented by Dina Hulbert, RD, CDE. Thursday, November 15, 7:00pm Atlantic Health Pavilion, Second Floor Conference Room, 242 West Parkway, Pompton Plains

**DIABETES 102: MOVING ON FROM THE BASICS**

Please join us during Diabetes Awareness Month for an overview of diabetes self-management. Topics include healthy eating, activity, medications, and other issues related to an established diabetes diagnosis. Presentation also features a healthy cooking demonstration, recipes and wellness resources.

Presented by Karen Donovan, RN, CDE, Chilton Medical Center Diabetes Center, and Danielle Colombo, RD, ShopRite of Lincoln Park. Thursday, November 1, 1:00 to 3:30pm Woodland Commons Conference Center, Cedar Crest, 1 Cedar Crest Village Drive, Pompton Plains

**EMERGENCY … MAYBE?**

Knowing when a condition is serious enough to warrant a visit to your hospital’s emergency room is vital information. Learn how you can prevent an unnecessary and costly trip to the ER by knowing when it is appropriate to go or whether you can opt for a trip to an urgent care center or family physician instead.

Oakland Rehabilitation Center will provide a light, healthy breakfast. Presented by Eric Perez, MD. Wednesday, November 14, 10:00am Atlantic Health Pavilion, First Floor Conference Room, 242 West Parkway, Pompton Plains

**FREE MALL WALKER PROGRAM**

Walk from 7:00 to 10:00am, Monday through Saturday, and 9:00 to 11:00am on Sunday at Willowbrook Mall in Wayne. Call 973-831-5367 to register for an ID badge, which you will need prior to walking in the mall.

**HEALTHY BREASTS FOR LIFE**

Learn how to keep your breasts healthy, including diet, exercise, mammograms and what normal changes to expect as you go through life. Llanfair House Care & Rehabilitation Center will provide light refreshments. Presented by Margaret Mary Sacco, MD. Wednesday, October 31, 1:00pm Atlantic Health Pavilion, First Floor Conference Room, 242 West Parkway, Pompton Plains

**MANAGING DIABETES THROUGH NUTRITION AND EXERCISE**

Maintaining good blood sugar control can reduce your risk for diabetes-related complications. Learn how to better manage your diabetes through healthy eating and exercise.

Presented by Dina Hulbert, RD, CDE. Friday, November 16, 10:00am Atlantic Health Pavilion, First Floor Conference Room, 242 West Parkway, Pompton Plains

**THE PATH TO BETTER HEALTH: CHRONIC DISEASE SELF-MANAGEMENT PROGRAM**

This four-part series is geared to help those struggling with chronic illness by providing support and education around different aspects of disease (and life) management. Some of the topics covered will be managing your symptoms and emotional health, developing healthy eating and exercise habits, and improving activities of daily living. Participants must attend all four dates.

Mondays, November 12 to December 3, 10:00 to 11:30am Atlantic Health Pavilion, 242 West Parkway, Pompton Plains, Second Floor Conference Room
STROKE: AN INTERACTIVE OVERVIEW
Strokes can strike anyone, in any place, at any time. As stroke is one of the leading causes of death and disability in the U.S., knowing your risk factors, signs and symptoms can help reduce your risk. Please join us for a fun and interactive lecture so you can help not only yourself, but others as well. Milford Manor Nursing & Rehabilitation will provide a light, healthy breakfast. Presented by Fiona Ahern, Coordinator – Special Projects, Stroke Program.
**Friday, October 19, 10:00am**  
Atlantic Health Pavilion, First Floor Conference Room, 242 West Parkway, Pompton Plains

30 WAYS TO SHOW STRESS THE DOOR
We will speak about controlling stress in this interactive presentation. Come and learn some tips to help get you through this stressful life and bring home some new coping skills. Presented by Bernice Oberndorf, GCM.
**Thursday, November 29, 7:00pm**  
Atlantic Health Pavilion, Second Floor Conference Room, 242 West Parkway, Pompton Plains

UNDERSTANDING MEMORY LOSS
This program explores the difference between normal age-related memory changes and abnormal changes that are associated with Alzheimer’s disease and other forms of dementia, including some of the common warning signs. Sunrise Senior Living will provide a light breakfast. Presented by Shelley Steiner, LSW, Alzheimer’s New Jersey.
**Friday, November 2, 10:00am**  
Atlantic Health Pavilion, First Floor Conference Room, 242 West Parkway, Pompton Plains

WALK WITH A DOC
On the third Wednesday of each month, participants will hear a short presentation on a health topic offered by a physician from the Chilton community, and then go for a walk together. The program is open to all levels and abilities. Preregistration is recommended; call 973-831-5475.
**Wednesdays, October 17, November 21, and December 19, 9:00am**  
Willowbrook Mall, Wayne (meet in the food court)

INTEGRATED WELLNESS

ARThRITIS AQUATICS PROGRAM (JOINT-FRIENDLY)
Exercise without putting excess strain on your joints. Bring a lock, towel and swim cap to the class. Class is limited to 20 participants.
**Thursday, October 18 to December 13 (no class November 22), Noon to 12:45pm**  
$48 for all eight weeks  
New York Sports Club, 1481 Route 23 South, Butler

ARThRITIS EXERCISE PROGRAM (JOINT-FRIENDLY)
Gentle activities help increase joint flexibility and maintain range of motion. Class size is limited – register early.
**Mondays, October 15 to December 10, 1:30 to 2:15pm**  
OR 2:30 to 3:15pm  
$45 for all nine weeks  
Atlantic Health Pavilion, 242 West Parkway, Pompton Plains

HATHA YOGA
Integration of body, mind and breath. Bring a yoga mat.
**Tuesdays, October 16 to December 18, 6:30 to 7:30pm**  
$80 for all 10 weeks  
Atlantic Health Pavilion, 242 West Parkway, Pompton Plains

MEDITATION FOR MINDFUL WELL-BEING
The art of meditation is to center the mind toward one focus. Come experience various mindful contemplative exercises to discover what a sense of well-being means to you.
**Tuesdays, October 16 to December 18, 10:00 to 11:00am**  
$50 for all 10 weeks  
Atlantic Health Pavilion, 242 West Parkway, Pompton Plains

T’AI CHI CHIH® – BEGINNER (JOINT-FRIENDLY)
A series of simple, non-martial movements that can be done by anyone.
**Thursdays, October 18 to December 27 (no class November 22), 9:45 to 10:45am**  
$50 for all 10 weeks  
Atlantic Health Pavilion, 242 West Parkway, Pompton Plains

T’AI CHI CHIH® – INTERMEDIATE (JOINT-FRIENDLY)
This class will introduce Seijaku (advanced T’ai Chi Chih). Participants must complete at least two beginner sessions prior to taking this intermediate class.
**Thursdays, October 18 to December 27 (no class November 22), 11:00am to Noon**  
$50 for all 10 weeks  
Atlantic Health Pavilion, 242 West Parkway, Pompton Plains

YOGA – BEGINNER
Bring a small blanket and a mat for the floor.
**Tuesdays, October 16 to December 18, 11:30am to 12:30pm**  
$50 for all 10 weeks  
Atlantic Health Pavilion, 242 West Parkway, Pompton Plains

YOGA – INTERMEDIATE
Bring three yoga blankets and a mat. Participants must complete at least two beginner sessions prior to taking this intermediate class.
**Tuesdays, October 16 to December 18, 10:00 to 11:00am**  
$50 for all 10 weeks  
Atlantic Health Pavilion, 242 West Parkway, Pompton Plains

**Preregistration is required for all programs. Call 1-844-472-8499.**
HATHA YOGA FOR CANCER PATIENTS
Reduce stress, strengthen your body, boost your immune system and minimize physical discomfort during your cancer treatment. This complimentary eight-week program is funded by Chilton Medical Center Foundation. For information and to register, call 973-831-5311.
Saturdays, October 13 to December 1, 9:00 to 10:00am
Chilton Medical Center, Collins Pavilion

THE HEALING ART OF WRITING
In this five-week workshop, allow the creative process to work its magic in a safe and supportive environment as we explore aspects of finding our own style and voice. Course is limited to 10 participants. Led by Dianne Herald DiMella.
Mondays, October 29 to December 3 (no class November 26), 11:00am to 12:30pm
$25 for all five weeks
Atlantic Health Pavilion, Second Floor Community Outreach Conference Room, 242 West Parkway, Pompton Plains

MEDICARE UPDATE 2019
Join us for this educational seminar on 2019 Medicare information updates, proposed payment and policy changes, and Medicare Advantage coverage and regulatory changes. Medicare’s open enrollment period is October 15 to December 7, when everyone with Medicare can make changes to their coverage. Presented by Shirley Force, County of Passaic Division of Senior Services.
Wednesday, October 24, 1:00pm
Wayne YMCA, 1 Pike Drive, Wayne

FREE SLEEP HEALTH SCREENINGS
Visit chiltonhealth.org.

PULMONARY REHABILITATION PROGRAM
This nine-week program is for people with various lung conditions. For information, call 973-831-5427.

SMOKING CESSATION PROGRAM
This FREE six-week program meets on Tuesdays, from 6:30 to 7:30pm. For information, call 973-831-5427.

DIABETES SELF-MANAGEMENT EDUCATION PROGRAM
For information or to schedule an appointment, call 973-831-5216.

GUIDE TO FALL PRODUCE
Just because summer is over does not mean you have to stop enjoying nature’s harvest. Learn the health benefits of the season’s squashes, pears, figs and more. Learn how to prepare them and enjoy the produce that makes this season so tasty. Presented by Natalie Nachef, RD, ShopRite of Wayne.
Monday, October 15, 7:00pm
$5
Atlantic Health Pavilion, First Floor Conference Room, 242 West Parkway, Pompton Plains

WELCOME TO NEW VITALITY
The New Vitality program is sponsored by the Chilton Medical Center Foundation.

Phyllis Haldeman, RN, MPH
Program Director
Chilton Medical Center Foundation
HEALTHIER HOLIDAY CHOICES
Don’t let holidays be your excuse to overindulge on unhealthy foods. Learn to lighten up your favorite holiday dishes and enjoy seasonal favorites without packing on the pounds. Samples and recipes will be included. Presented by Heather Shasa, MS, RD, ShopRite of Little Falls.
Friday, December 7, 10:00am
$5
Atlantic Health Pavilion, First Floor Conference Room, 242 West Parkway, Pompton Plains

HEALTHY THANKSGIVING NUTRITION TIPS
Learn tips and tricks to balance out your Thanksgiving favorites and even try a sample of a better-for-you holiday dish. Presented by Megan Scutti, RD, ShopRite of West Milford.
Thursday, November 8, 7:00pm
$5
Atlantic Health Pavilion, Second Floor Conference Room, 242 West Parkway, Pompton Plains

POWER FOODS THAT BOOST IMMUNITY
You can ensure that your body and immunity run smoothly by rounding out your plate with plenty of colorful servings of fruits and veggies. Learn how to add an extra flu-fighting punch to your winter meal plan. Presented by Heather Shasa, MS, RD, ShopRite of Little Falls.
Wednesday, November 14, 2:00pm
$5
Atlantic Health Pavilion, First Floor Conference Room, 242 West Parkway, Pompton Plains

RISE AND SHINE FOR BREAKFAST
Breakfast helps to kick-start metabolism and get hormones working. Learn why breakfast is important along with some easy and delicious options so you will never miss out on this important meal. Recipes and tasting included. Presented by Danielle Colombo, RD, ShopRite of Lincoln Park.
Wednesday, October 17, 10:00am
$5
Atlantic Health Pavilion, First Floor Conference Room, 242 West Parkway, Pompton Plains

SPECIAL EVENTS
WAYNE TOWNSHIP’S 40TH ANNUAL HEALTH FAIR
For more information, call 973-694-1800, ext. 3242, or visit waynetownship.com.
Saturday, October 13, 8:30 to 11:00am
Wayne Valley High School, 551 Valley Road, Wayne

ANNUAL WOMEN’S EVENT – LAUGH HEARTY, LIVE HEALTHY
We all need a lot more laughter in our lives, so join us for a fun-filled evening as comedian Robin Fox entertains us with her hilarious stories and experiences. Enjoy a full-course dinner, spend time shopping with our boutique vendors for your holiday gifts, and enjoy a night out for yourself. A glass of wine is included and cash bar is available. Limited 50/50 cash raffle. Register early, as seating is limited.
Presented by comedian Robin Fox (visit roinfboxcomedy.com).
Thursday, October 18, 5:30pm
$50 per person
Preakness Hills Country Club, 1050 Ratzer Road, Wayne

SUPPORT GROUPS
ALZHEIMER’S DISEASE CAREGIVERS SUPPORT GROUP
For more information, call 973-831-5367.
Second Wednesday of the month from September to June, 7:00 to 8:30pm
242 West Parkway, Pompton Plains

ARTHRTIS SUPPORT GROUP
For more information, call 973-831-5367.
Fourth Tuesday of the month from March to December, 10:30 to 11:30am
242 West Parkway, Pompton Plains

BEREAVEMENT SUPPORT GROUP
Funded by Chilton Medical Center Auxiliary. For more information, call 973-831-5367.
Fourth Tuesday of the month, 1:00 to 2:30pm
Chilton Medical Center, Collins Pavilion, Cancer Center Conference Room

CANCER SUPPORT GROUP
For men and women who are newly diagnosed, in treatment and up to two years post treatment. For more information, call 973-831-5311.
Second Tuesday of the month, 1:30 to 3:00pm
Chilton Medical Center, Collins Pavilion

DIABETES EDUCATION AND SUPPORT GROUP
For more information, call 973-831-5229.
First Thursday of the month, 10:00 to 11:00am
OR
Third Wednesday of the month, 7:00 to 8:30pm
242 West Parkway, Pompton Plains

OSTOMY SUPPORT GROUP OF NORTH JERSEY
For more information, call JoAnn Coar, RN, CWOCN, at 973-831-5168 or Susan Becker, RN, WOCN, at 973-831-5303.
Second Monday of the month, 7:00 to 8:30pm
Chilton Medical Center, Board Room
**TO REGISTER FOR ALL CLASSES:**
1. Tear out and complete this registration form. Check box for class(es) desired.
2. Make your check payable to **Atlantic Health System**. Mail the completed form along with your check to:
   Chilton Medical Center
   **ATTN: NEW VITALITY**
   97 West Parkway
   Pompton Plains, NJ 07444
   (You will **not** receive a confirmation notice – be sure to mark your calendar accordingly.)

3. If you are registering for other people, please list their addresses and telephone numbers as well. If you are only registering for FREE classes, call the **New Vitality office** at 1-844-472-8499.
4. Exercise classes are nonrefundable after the first class and subject to change without notice due to weather or other issues beyond our control. New Vitality will make every effort to make up a cancelled class but reserves the right not to refund the class if a makeup date cannot be scheduled.

**To view the New Vitality calendar of events or to fill out a membership application, visit atlantichealth.org/newvitality.**

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**Name(s)**

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**Address(es)**  
City/State/ZIP

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**Daytime Phone**  
**Cellphone**

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**Email Address**  
**Total Enclosed $**

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**RELEASE OF RESPONSIBILITY FOR PARTICIPATION IN ATLANTIC HEALTH SYSTEM’S NEW VITALITY EXERCISE PROGRAMS**

I, ________________________, hereby consent to become a participant in the New Vitality class offered by Chilton Medical Center, Hackettstown Medical Center, Morristown Medical Center, Newton Medical Center and/or Overlook Medical Center. I understand that this program is centered on exercise and health.

As with any exercise, there is a slight possibility of injury and I understand that if I am concerned about the appropriateness of these exercises, I will inform the instructor, consult my physician and follow his/her instructions.

I recognize that there is a possibility that I may incur some injury or develop or aggravate some medical problem as a result of my participation in the session(s) and I wish to assume the risk. Accordingly, I agree that I will not hold New Vitality, or Atlantic Health System (Chilton Medical Center, Hackettstown Medical Center, Morristown Medical Center, Newton Medical Center and Overlook Medical Center) or the instructor liable or seek any legal recourse of any kind for any injury or aggravation of a pre-existing condition resulting from my participation in this program.

I have read this Consent and Waiver carefully, I understand it, and I have signed it with the understanding that it is legally binding upon me.

**Witness**

**Signature of Participant**  
**Date**
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**REGISTRATION FORM**

**Fall 2018**
BUILDING A BETTER BREAKFAST
FEE: $5
CARFIT FOR ADULTS
(APPOINTMENTS REQUIRED — CALL 1-844-472-8499)
DIABETES 102: MOVING ON FROM THE BASICS
GENTLE YOGA
FEE: $50
HEALTHY AGING SEMINAR
HEALTHY HOLIDAY SIDES
FEE: $5
LINE DANCING
FEE: $30
LITE & FIT
FEE: $50
THE PATH TO BETTER HEALTH
TEA AND TALK: CORONARY HEART DISEASE REQUIRES TLC

DIABETES 102: MOVING ON FROM THE BASICS
HEALTHY HOLIDAYS
IMMUNE-BOOSTING FOODS
FEE: $5
INTRODUCTION TO T’AI CHI CHIH®
FEE: $40
INTRODUCTION TO ZUMBA® GOLD
FEE: $48
MEDICARE UPDATE 2019
NORMAL AGING AND THE BRAIN
THE PATH TO BETTER HEALTH
RISE AND SHINE FOR BREAKFAST
STEPS TOWARD A HEALTHY YOU

PLEASE REFER TO CALENDAR FOR CLASS DATES, TIMES AND LOCATIONS, AND MAKE SURE TO COMPLETE ALL REGISTRATION INFORMATION. FOR DIRECTIONS OR INFORMATION ABOUT ANY OF THESE CLASSES, CALL THE NEW VITALITY OFFICE AT 1-844-472-8499.

IN CASE OF SEVERE INCLEMENT WEATHER, IT IS THE RESPONSIBILITY OF THE REGISTRANT TO CALL 1-844-472-8499 FOR A RECORDED MESSAGE INDICATING CANCELLATION OF CLASS/PROGRAM.

UNLESS OTHERWISE NOTED, MOST CLASSES ARE FREE.
new vitality is Atlantic Health System’s unique health and wellness program tailored to meet the needs of today’s adults 65 and over. At Atlantic Health System, our vision is to improve lives and empower communities through health, hope and healing.

For more information about New Vitality, call toll-free 1-844-472-8499 or visit atlantichealth.org/newvitality.
**EXERCISE**

**GENTLE YOGA**  
Gentle yoga class for older adults. Preregistration is required.  
*Wednesdays, October 17 to December 19 (no class December 12), 10:30 to 11:30am*  
*$50 for all nine weeks*  
Morristown Medical Center Health Pavilion, 333 Mount Hope Avenue, Third Floor, Rockaway

**LINE DANCING**  
Dance your way to increased stamina, flexibility, balance and fitness. Preregistration is required.  
*Fridays, October 19 to November 16, 3:00 to 4:00pm*  
*$30 for all five weeks*  
Morristown Medical Center Health Pavilion, 333 Mount Hope Avenue, Third Floor, Rockaway

**LITE & FIT**  
Light strength training. Bring a light set of handheld weights to the first class. Preregistration is required.  
*Thursdays, October 11 to December 13 (no class November 22), 10:00 to 11:00am*  
*$50 for all nine weeks*  
Municipal Complex, 50 Woodland Avenue, Morris Township

**HEALTH**

**CAREGIVER EDUCATION SERIES**  
Monthly group meetings to discuss issues related to caregiving. Topics vary month to month. For more information regarding dates, times and locations, call Rebecca at 973-971-5839

**DIABETES 102: MOVING ON FROM THE BASICS**  
Please join us during Diabetes Awareness Month for an overview of diabetes self-management. Topics include healthy eating, activity, medications, and other issues related to an established diabetes diagnosis. Presentation also features a healthy cooking demonstration and wellness resources.  
*Tuesday, November 13, 6:00 to 8:00pm*  
Lakeland Hills Family YMCA, 100 Fanny Road, Mountain Lakes

**HEALTHY AGING SEMINAR**  
Join us for this panel presentation. Topics include understanding Medicare updates, estate planning, and preparing for medical appointments. Refreshments provided.  
*Friday, November 9, 8:45am to Noon*  
Morristown Medical Center Health Pavilion, 333 Mount Hope Avenue, Third Floor Community Room, Rockaway

**THE PATH TO BETTER HEALTH**  
This four-part series is geared to help those struggling with chronic illness. Participants must attend all four dates.  
*Mondays, October 29 to November 19, 2:30 to 4:00pm*  
435 South Street, Third Floor Conference Room, Morristown

**NUTRITION**

**BUILDING A BETTER BREAKFAST**  
Get tips for understanding why breakfast is so important and how to make the most out of it. Presented by Amanda Fano, RD, ShopRite of Wharton.  
*Tuesday, October 16, 11:00am*  
*Morristown Medical Center Health Pavilion, 333 Mount Hope Avenue, Third Floor Community Room, Rockaway*  
*$5*

**HEALTHY HOLIDAY SIDES**  
Join us for a presentation by a registered dietitian on creating and/or choosing healthier options for sides so that you eat well and feel good for the holidays. Presented by Monica Hansen, RD, ShopRite of Greater Morristown.  
*Thursday, November 1, 10:30am*  
*Morristown Medical Center Health Pavilion, 333 Mount Hope Avenue, Third Floor Community Room, Rockaway*  
*$5*

**LIFE ENRICHMENT**

**CARFIT FOR ADULTS**  
A FREE safety check for your car. A technician will help make adjustments and recommendations to keep you comfortable in your car. To make an appointment, call 1-844-472-8499.  
*Monday, October 22, 10:00am to 12:30pm*  
Morristown Medical Center Health Pavilion, 333 Mount Hope Avenue, Rockaway

**CAREGIVER CAFÉ**  
United Way Caregivers Coalition offers the program. Light dinner is served. To register, call 973-993-1160, ext. 534.  
*Tuesday, December 11, 6:00 to 7:30pm*  
Morristown Medical Center Health Pavilion, 333 Mount Hope Avenue, Third Floor, Rockaway

**MALE CAREGIVER SUPPORT GROUP**  
Meets the first Thursday of every month at 111 Madison Avenue, Morristown. For more information, call Peter at 973-214-1572.

**TEA AND TALK: CORONARY ARTERY DISEASE REQUIRES TLC**  
Join us to socialize, enjoy an educational program, and sip some tea. This program is FREE for members and nonmembers.  
*Thursday, November 8, 10:00 to 11:30am*  
Randolph YMCA, The Program House, 14 Dover Chester Road, Randolph

**LIFE ENRICHMENT**

**CARFIT FOR ADULTS**  
A FREE safety check for your car. A technician will help make adjustments and recommendations to keep you comfortable in your car. To make an appointment, call 1-844-472-8499.  
*Monday, October 22, 10:00am to 12:30pm*  
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*Thursday, November 8, 10:00 to 11:30am*  
Randolph YMCA, The Program House, 14 Dover Chester Road, Randolph
INTRODUCTION TO T’AI CHI CHIH®
A series of simple, non-martial movements that are slow, gentle and can be done by anyone regardless of age or physical condition. 
**Thursdays, October 25 to December 20 (no class November 22), 1:00 to 2:00pm**
$40 for all eight weeks
**Summit YMCA, 67 Maple Street, Summit**

INTRODUCTION TO ZUMBA® GOLD
Zumba Gold is perfect for anyone looking for a modified Zumba class that re-creates the moves you love at a lower intensity with a focus on balance and range of motion.
**Tuesdays, October 23 to December 11, 11:30am to 12:15pm**
$48 for all eight weeks
**Susie Karlik’s Dance Sensation, 1049 Stuyvesant Avenue, Union**

NEW VITALITY WELLNESS AND PERFORMANCE EXERCISE PROGRAM
An exercise physiologist will develop a customized exercise program for you. Call 908-522-2215 for an appointment.
$65 per month
**Atlantic Rehabilitation, 550 Central Avenue, New Providence**

STEPS TOWARD A HEALTHY YOU
During this six-week program led by an exercise physiologist, participants will meet once a week to discuss exercise guidelines, safety, general tips, and engage in light exercise to help make physical activity part of their daily routine. Participants will receive a free workout kit and a T-shirt. Preregistration is required. Please call 1-844-472-8499 for dates and times.
**Atlantic Rehabilitation, 550 Central Avenue, New Providence**

DIABETES 102: MOVING ON FROM THE BASICS
Please join us during Diabetes Awareness Month for an overview of diabetes self-management. Topics include healthy eating, activity, medications, and other issues related to an established diabetes diagnosis. Presentation also features a healthy cooking demonstration and wellness resources. Presented by Patrice Paolella, CDN, and Nicole O’Brien, RD, ShopRite of Chatham.
**Monday, November 26, 12:30 to 2:30pm**
**Chatham Senior Center, 58 Meyersville Road, Chatham**

HEARING SCREENINGS
Atlantic Hearing Center invites you to take advantage of a FREE hearing screening. Call 1-800-247-9580 to schedule an appointment.
**Wednesdays, October 17, November 14 and December 12, 8:00am to 4:00pm**
**Atlantic Rehabilitation, 550 Central Avenue, New Providence**

NORMAL AGING AND THE BRAIN
Come learn about the differences between normal aging and symptoms that may need further evaluation. Presented by Anjali Patel, MD.
**Tuesday, October 23, 2:00 to 3:00pm**
**Millburn Library, 120 Glen Avenue, Millburn**

THE PATH TO BETTER HEALTH
This four-part series is geared to help those struggling with chronic illness by providing support and education around different aspects of disease (and life) management. Participants must attend all four dates.
**Tuesdays, November 13 to December 4, 10:30am to Noon**
**Overlook Union Campus, ED Conference Room, 1000 Galloping Hill Road, Union**

RISE AND SHINE FOR BREAKFAST
Breakfast is how you jump-start your day and is often the most skipped. Join us for an interactive workshop and store tour to help you understand what makes this meal so important. Presented by Lauren Faella, RD, ShopRite of Clark.
**Friday, October 19, 10:00am**
**ShopRite of Clark, 76 Central Avenue, Clark**

HEALTHY HOLIDAYS
Join us for an interactive workshop and store tour about making healthy choices around the holidays, recommendations for portions, and other healthful tips that can impact your well-being! Presented by Lauren Faella, RD, ShopRite of Clark.
**Thursday, November 8, 10:00am**
**ShopRite of Clark, 76 Central Avenue, Clark**

MEDICARE UPDATE 2019
Join us for this educational seminar on 2019 Medicare information updates, proposed payment and policy changes, and Medicare Advantage coverage and regulatory changes. Medicare’s open enrollment period is October 15 to December 7 when everyone with Medicare can make changes to their coverage. Presented by Elyse Drucker, SHIP Coordinator, Union County.
**Thursday, October 25, 12:30pm**
**SAGE Eldercare, 290 Broad Street, Conference Room, Summit**

IMMUNE-BOOSTING FOODS
Stop those sniffles. Join us for a presentation discussing foods that can help your immune system keep fighting during this cold and flu season. Presented by Megan Hewitt, RD, ShopRite of Union.
**Wednesday, November 28, 10:00am**
**$5**
**Overlook Union Campus, 1000 Galloping Hill Road, ED Conference Room, Union**
EXERCISE

MOVING MINDFULLY
Learn ways to calm the mind and nervous system while increasing your range of motion, flexibility and strength with gentle movement and stretching.  
Mondays, October 15 to November 19, 1:00 to 2:00pm  
American Legion Post 86, 20 Yates Avenue, Newton  
$36 for all six weeks

NON-CONTACT BOXING
This non-contact class will teach the basics of boxing to help increase cardiovascular health, strength, balance and coordination, as well as decrease stress levels.  
Tuesdays, October 23 to November 27, 10:30 to 11:30am  
$36 for all six weeks  
American Legion Post 86, 20 Yates Avenue, Newton

YOGA
A gentle practice that combines breath work and postures for balance, meditation and relaxation.  
Mondays, October 15 to November 19, 10:00 to 11:00am  
$30 for all six weeks  
Sparta Health and Wellness Conference Room, 89 Sparta Avenue, Sparta

HEALTH

DIABETES 102: MOVING ON FROM THE BASICS
Please join us during Diabetes Awareness Month for an overview of diabetes self-management. Topics include healthy eating, activity, medications, and other issues related to an established diabetes diagnosis. Presentation also features a healthy cooking demonstration and wellness resources. Presented by Leigh B. Kramer, MS, RDN, CDE, Nutrition/Diabetes Educator, and John Condon, Food Services Coordinator.  
Wednesday, November 14, 10:00am to Noon  
Newton Medical Center, 175 High Street, Romano Conference Center

MANAGING YOUR MEDICATIONS AT HOME
Learn why it is important to manage your medications at home, how to make a plan for your medicines and when to seek professional help.  
Friday, December 7, 10:00 to 11:00am  
Newton Medical Center, 175 High Street, Romano Conference Center

THE PATH TO BETTER HEALTH
This four-part series is geared to help older adults struggling with chronic illness by providing support and education around different aspects of disease (and life) management. Participants must attend all four dates. Preregistration is required.  
Thursdays, November 8 to December 6 (no class November 22), 10:00 to 11:30am  
Newton Medical Center, 175 High Street, Romano Conference Center

LIFE ENRICHMENT

AARP SAFE DRIVER COURSE
This is a state-recognized driving class for adults age 50 plus. Completion of this course may qualify you for a reduction in your insurance cost and a two-point reduction in points once in five years. Preregistration is required. Call 1-844-472-8499 to register.  
Monday, November 12, 8:30am to 3:00pm  
$15 for AARP members; $20 for all others  
Newton Medical Center, 175 High Street, Romano Conference Center

EARLY BIRD DINNER LECTURE: UNDERSTANDING MEMORY LOSS
This program explores the difference between normal age-related memory changes and abnormal changes that are associated with Alzheimer’s disease and other forms of dementia. Presented by Alzheimer’s New Jersey.  
Thursday, October 18, 4:30pm – light dinner, 5:00 to 6:00pm – lecture  
$3 for dinner  
Newton Medical Center, 175 High Street, Romano Conference Center

EATING SMART FOR HEART HEALTH DURING THE HOLIDAY SEASON
It can be difficult to resist tempting, unhealthy foods during the holiday season. Learn how to stay heart healthy and enjoy your favorite traditional foods.  
Tuesday, December 4, 10:00 to 11:00am  
Newton Medical Center, 175 High Street, Romano Conference Center

FLAVOR YOUR LIFE WITH HERBS AND SPICES
Learn about the many important health benefits of herbs and spices and how to incorporate them into your recipes and regular diet.  
Friday, October 12, 10:00 to 11:00am  
Newton Medical Center, 175 High Street, Romano Conference Center

EMBRACING AGING: FINDING YOUR PATH TO AGING WELL
Learn how you can find your own path to aging well and resources available to help you along the way. Presented by Rebecca Abenante, MA, MSW, LSW, ASW-G, Healthy Aging Coordinator.  
Wednesday, October 17, 10:00am  
Newton Medical Center, 175 High Street, Romano Conference Center

EMBRACING AGING: FINDING YOUR PATH TO AGING WELL
Learn how you can find your own path to aging well and resources available to help you along the way. Presented by Rebecca Abenante, MA, MSW, LSW, ASW-G, Healthy Aging Coordinator.  
Wednesday, October 17, 10:00am  
Newton Medical Center, 175 High Street, Romano Conference Center

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Tuesday, December 4, 10:00 to 11:00am  
Newton Medical Center, 175 High Street, Romano Conference Center

FLAVOR YOUR LIFE WITH HERBS AND SPICES
Learn about the many important health benefits of herbs and spices and how to incorporate them into your recipes and regular diet.  
Friday, October 12, 10:00 to 11:00am  
Newton Medical Center, 175 High Street, Romano Conference Center
**EXERCISE**

**INTRODUCTION TO T’AI CHI**
Gentle on the joints while working to improve balance and overall fitness.
*Wednesdays, October 17 to November 21, 11:00am to Noon*
$36 for all six weeks
Classic Ballroom, 6 Hastings Square Mall, Hackettstown

**QIGONG**
Focus on health, wellness, increased energy and stress management while also improving mobility and flexibility.
*Mondays, October 15 to November 19, 11:45am to 12:45pm*
$30 for all six weeks
Center for Healthier Living, Hackettstown Medical Arts Building, 108 Bilby Road, Suite 101

**SHAKE IT UP**
An exercise program for older adults with a focus on stamina, flexibility, balance and strength, using low-impact and low-intensity exercises. Medical clearance and preregistration are required. For more information, call 1-844-472-8499.
*Mondays and Thursdays, 1:00 to 2:15pm*

**EATING SMART FOR HEART HEALTH DURING THE HOLIDAY SEASON**
It can be difficult to resist tempting, unhealthy foods during the holiday season. Learn how to stay heart healthy and enjoy your favorite traditional foods.
*Friday, December 14, 10:00am*
Center for Healthier Living, Hackettstown Medical Arts Building, 108 Bilby Road, Suite 101

**LIFESTYLE CHANGES FOR PREDIABETES AND DIABETES MANAGEMENT**
Information on what you can do to help prevent, postpone or manage diabetes.
*Wednesday, November 7, 1:00pm*
Center for Healthier Living, Hackettstown Medical Arts Building, 108 Bilby Road, Suite 101

**THE PATH TO BETTER HEALTH**
This four-part series is geared to help older adults struggling with chronic illness. Participants must attend all four dates.
*Tuesdays, November 20 to December 11, 10:00 to 11:30am*
Center for Healthier Living, Hackettstown Medical Arts Building, 108 Bilby Road, Suite 101

**UNDERSTANDING MEMORY LOSS**
Memory loss that disrupts everyday life is not a normal part of aging. This program explores the difference between normal age-related memory changes and abnormal changes that are associated with Alzheimer’s disease and other forms of dementia, including some of the common warning signs. Presented by Alzheimer’s New Jersey.
*Wednesday, October 10, 10:30 to 11:30am*
Center for Healthier Living, Hackettstown Medical Arts Building, 108 Bilby Road, Suite 101

**VIRTUAL GROCERY STORE TOUR**
Learn supermarket strategies, how to compare food labels, and meal planning and preparation tips.
*Wednesday, October 24, 10:00am*
Center for Healthier Living, Hackettstown Medical Arts Building, 108 Bilby Road, Suite 101

**LIFE ENRICHMENT**

**BACK IN TIME: Pickett’s Charge – Battle of Gettysburg**
A discussion of the history of Pickett’s Charge at the Battle of Gettysburg during the American Civil War. Presented by Bob Stead.
*Wednesday, December 5 OR December 12, 10:30 to 11:45am*
Center for Healthier Living, Hackettstown Medical Arts Building, 108 Bilby Road, Suite 101

**CARFIT PROGRAM FOR ADULTS**
CarFit is a FREE interactive program that teaches participants how to make their personal vehicle “fit” them to increase safety and mobility. To make an appointment, call 1-844-472-8499.
*Friday, October 19, 10:00am to Noon*
Bentley Commons at Paragon Village, 425 US Highway 46 East, Hackettstown

**EMBRACING AGING: FINDING YOUR PATH TO AGING WELL**
Learn how you can find your own path to aging well and resources available to help you along the way. Presented by Rebecca Abenante, MA, MSW, LSW, ASW-G, Healthy Aging Coordinator.
*Tuesday, October 16, 10:00am*
Center for Healthier Living, Hackettstown Medical Arts Building, 108 Bilby Road, Suite 101

**TECHNOLOGY FOR SENIORS**
Learn more about your cellphone, computer or tablet. Work one-on-one with a student from Hackettstown High School.
*Tuesday, October 23, 11:00am to Noon*
Hackettstown High School, 599 Warren Street, Hackettstown
Now in its third year, #AskHer is a movement that has impacted hundreds of lives in our communities. Speak up and start the conversation now about breast health. Ask your loved ones to schedule their annual mammogram. Or, take the initiative and do it for yourself. When it comes to breast cancer, early detection literally saves lives.

Call 973-829-4263 or visit AtlanticHealth.org/askhernow.