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, call 1-844-472-8499 or visit atlantichealth.org/newvitality.
ANNUAL WOMEN’S EVENT: LIVE YOUR LIFE WITH LAUGHTER
We all need a lot more laughter in our lives, so join us for a fun-filled evening as comedians Karen Krents and Marion Grodin entertain us with their 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.

**Thursday, October 17, 5:30pm**
$50
Preakness Hills Country Club, 1050 Ratzer Road, Wayne

SPECIAL EVENT

**ANNUAL WOMEN’S EVENT: LIVE YOUR LIFE WITH LAUGHTER**

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**Thursday, October 17, 5:30pm**
$50
Preakness Hills Country Club, 1050 Ratzer Road, Wayne

**EXERCISE**

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

**Mondays, July 22 to September 16 (no class September 2); AND/OR Wednesdays, July 24 to September 18 (no class September 4), Noon to 12:45pm**
$48 for each eight-week session
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, July 24 to September 18**

**BARRE METHOD**
Not ballet! A flowing mix of core techniques and floor work for total body strength, length, balance, flexibility and posture. Bring a mat and 2- to 3-pound weights.

**Tuesdays, July 23 to September 24 (no class August 13 and September 10), 5:30 to 6:15pm**
$64 for all eight weeks
New York Sports Club, 1481 Route 23 South, Butler

**BEST BONES – BEGINNER**
Work your muscles to increase core strength, overall muscle tone and improve balance. Bring a mat and handheld weights.

**Thursdays, August 1 to September 26 (no class August 22), 11:30am to 12:30pm**
$48 for all eight weeks
Wayne Presbyterian Church, 1200 Alps Road, Wayne

**BEST 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, July 30 to September 24 (no class September 4); AND/OR Thursdays, August 1 to September 26 (no class August 22), 10:15 to 11:15am**
$48 for each eight-week session
Wayne Presbyterian Church, 1200 Alps Road, Wayne

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

**Tuesdays, July 30 to October 8 (no class August 6, September 3 and 10); AND/OR Thursdays, August 1 to October 10 (no class August 8, September 5 and 12), 2:00 to 3:00pm**
$40 for each eight-week session

**MUSCLES IN MOTION**
Increase your core strength and overall muscle tone. Bring a mat and handheld weights. Resistance equipment will be provided.

**Mondays, July 29 to October 7 (no class August 5, September 2 and 9), 4:30 to 5:30pm**
$64 for all eight weeks

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

**Wednesdays, July 31 to October 9 (no class August 7, September 4 and 11), 5:30 to 6:30pm**
$64 for all eight weeks

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

**Mondays, August 5 to October 14 (no class August 12, 19 and September 2), 1:00 to 1:45pm; AND/OR Wednesdays, August 7 to October 16 (no class August 14, 21 and September 4), 10:00 to 10:45am; AND/OR Fridays, August 9 to October 18 (no class August 16, 23 and September 6), 10:00 to 10:45am**
$48 for each eight-week session
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. From shimmying in the 1920s to disco dancing in the 1970s, all the way up to modern-day music and dance.

**Thursdays, July 25 to September 19 (no class August 1), 5:45 to 6:45pm**
$64 for all eight weeks

Unless otherwise noted, all Chilton programs take place at Atlantic Health Pavilion, First Floor Conference Room, 242 West Parkway, Pompton Plains.

Call 1-844-472-8499.

Preregistration is required for all programs.
ZUMBA® GOLD AT CHILTON
Thursdays, August 8 to October 17 (no class August 15, 22 and September 5), 1:00 to 1:45 pm
$40 for all eight weeks

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, August 5 to October 14 (no class August 12, 19 and September 2), 11:00 to 11:45 am
$40 for all eight weeks

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.
Wednesdays, July 31 to October 2, 7:00 to 8:00 pm
$80 for all 10 weeks

FREE MALL WALKER PROGRAM
Participants may walk from 7:00 to 10:00 am, Monday through Saturday, and 9:00 to 11:00 am 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.

INTEGRATED WELLNESS

ARTHURIS AQUATICS PROGRAM (JOINT-FRIENDLY)
Exercise without putting excess strain on your joints. Bring a lock, towel and swim cap to the class.
Thursdays, July 25 to September 19 (no class September 5), Noon to 12:45 pm
$48 for all eight weeks
New York Sports Club, 1481 Route 23 South, Butler

ARTHURIS EXERCISE PROGRAM (JOINT-FRIENDLY)
Gentle activities help increase joint flexibility and maintain range of motion.

Class size is limited – register early.

HATHA YOGA
Integration of body, mind and breath. Bring a yoga mat and two blocks. Yoga straps not required but recommended.
Mondays, July 22 to September 16 (no class September 2), 1:30 to 2:15 pm
OR 2:30 to 3:15 pm
$40 for all eight weeks

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.
Mondays, July 29 to October 7 (no class August 12, September 2 and 30), 6:30 to 7:30 pm
$64 for all eight weeks

T’AI CHI CHIH® – BEGINNER (JOINT-FRIENDLY)
A series of simple, non-martial movements that anyone can do.
Thursdays, August 8 to October 3 (no class August 22), 9:45 to 10:45 am
$40 for all eight weeks

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, August 8 to October 3 (no class August 22), 11:00 am to Noon
$40 for all eight weeks

YOGA – BEGINNER
Bring a small blanket and a mat for the floor.
Tuesdays, July 23 to September 24, 11:30 am to 12:30 pm
$50 for all 10 weeks

YOGA – INTERMEDIATE
Bring three yoga blankets and a mat. Participants must complete at least two beginner sessions prior to taking this intermediate class.
Tuesdays, July 23 to September 24, 10:00 to 11:00 am
$50 for all 10 weeks

HATHA YOGA FOR CANCER SURVIVORS
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. To register, call 973-831-5311.
Saturdays, July 27 to September 21 (no class August 31), 9:45 to 10:45 am
Chilton Medical Center, Collins Pavilion, 97 West Parkway, Pompton Plains

YOGA – BEGINNER
Bring a small blanket and a mat for the floor.
Tuesdays, July 23 to September 24, 11:30 am to 12:30 pm
$50 for all 10 weeks

YOGA – INTERMEDIATE
Bring three yoga blankets and a mat. Participants must complete at least two beginner sessions prior to taking this intermediate class.
Tuesdays, July 23 to September 24, 10:00 to 11:00 am
$50 for all 10 weeks

HATHA YOGA FOR CANCER SURVIVORS
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Saturdays, July 27 to September 21 (no class August 31), 9:45 to 10:45 am
Chilton Medical Center, Collins Pavilion, 97 West Parkway, Pompton Plains

HEALTH

Learn all about cholesterol, its function in the body, what the numbers mean, risk factors of high cholesterol in cardiovascular health and how to make sense of it all. CareOne at Wayne will provide a light, healthy breakfast. Presented by Ravi Rathi, MD, FACC.
Wednesday, September 11, 10:00 am

CHOLESTEROL: TOP FOODS TO IMPROVE YOUR NUMBERS
Genetic makeup and other factors beyond our control play a role in
high cholesterol, but diet can also play an important role in lowering cholesterol. Learn about foods to stay away from and those foods that help to improve your cholesterol. Presented by Megan Scutti, MS, RD, ShopRite of West Milford. 

**Wednesday, September 25, 10:00am**

**DIABETES: MYTHS AND FACTS**

Think you know the facts about diabetes? You can make smart choices without giving up all your favorite foods. You just need to know the truth behind the common myths. Presented by Karen Donovan, RN, CDE. 

**Thursday, August 1, 7:00pm**

**THE FACTS ABOUT CATARACTS**

Cataracts are the most common cause of vision loss in people over age 40. Join us and learn about causes, symptoms, diagnosis and the most current methods of treatment. Lakeland Health Care Center will provide a light, healthy breakfast. Presented by Eric Shnayder, MD.

**Thursday, August 15, 10:00am**

**LATEST TRENDS IN OUTPATIENT TOTAL JOINT REPLACEMENT SURGERY**

Join us for dinner, cocktails and an informative presentation on the latest trends in outpatient total joint replacement surgery. Valet parking will be available. Presented by Timothy James Henderson, MD. Preregistration is required – to register, call Katherine Spina at 973-317-7500 ext. 1740. 

**Wednesday, September 25, 5:30 to 7:30pm (physician will speak at 6:30pm) The Grove, 691 Pompton Avenue, Cedar Grove**

**Summit Medical Group**

**Sponsored by**

**UNIVERSITY OF NEW JERSEY SPACEGRANTS**

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**SUMMER EMERGENCIES**

Nothing ruins a lazy summer day quicker than a trip to the emergency room. Along with summer sun and fun comes the possibility of sunburn, heatstroke, dehydration, food poisoning and insect bites. Be prepared for these emergencies and make summer safety a priority. Milford Manor Nursing & Rehabilitation Center will provide a healthy breakfast. Presented by Eric Perez, MD. 

**Wednesday, July 17, 10:00am**

**UNDERSTANDING ATRIAL FIBRILLATION**

Please join us to learn about the signs and symptoms, causes, treatment options and cardiovascular complications of AFib, the most common type of heart arrhythmia. Milford Manor Nursing & Rehabilitation Center will provide healthy refreshments. Presented by Brandon Calenda, MD. 

**Tuesday, September 10, 2:00pm**

**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, July 17, August 21 and September 18, 9:00am Willowbrook Mall, Wayne (meet in the food court)**

**LIFE ENRICHMENT**

**GIVING IN TODAY’S CHANGING WORLD**

Join us to learn about tax-efficient giving that makes a difference. Learn strategies and how to give to the organizations that matter most to you in a way that makes sense for your overall giving plan. Also, how to direct those funds to causes that make a difference. Presented by Jennifer Polidori, ADPA, CRPC®. 

**Friday, September 20, 10:00am**

**SPACE AGE NEW JERSEY: 60 YEARS OF ACHIEVEMENT**

From NASA’s Surveyor spacecrafts to our only twin astronauts who helped weigh

**WAYNE TOWNSHIP’S 41ST ANNUAL HEALTH FAIR**

For more information about this event, call 973-694-1800, ext. 242, or visit waynetownship.com. 

**Saturday, October 12, 8:30 to 11:30am Wayne Valley High School, 551 Valley Road**

**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
- Wayne 973-694-1800, ext. 3241, waynetownship.com

**NEW VITALITY**

Preregistration is required for all programs. Call 1-844-472-8499.
the effects of living in space, New Jersey has provided technology and manpower for the exploration of space. Presented by Jim DelGiudice.  
**Wednesday, July 24, 10:00am**  
$5

**THE SPACE RACE: 1957 TO 1975**

In May 1961, President John F. Kennedy announced his daring plan for the American space program: landing a man on the moon before the end of the decade. To celebrate the 50th anniversary of the Apollo 11 moon landing on July 20, 1969, join us to relive the dramatic “Space Race,” from the pioneering Mercury and Gemini flights to the first Apollo moon landings and the missions that followed. Surely, we all remember where we were when we heard the words, “That’s one small step for man, one giant leap for mankind.” Presented by Kevin Woyce.  
**Friday, July 19, 10:00am**  
$5

**NUTRITION**

**GLUTTON FOR GLUTEN? LEARN TO LIVE GLUTEN-FREE**

Are you following a gluten-free diet or wanting to learn more about how to? Join us to learn about different ways to incorporate gluten-free foods into your lifestyle. Presented by Danielle Colombo Buonforte, RD, ShopRite of Lincoln Park.  
**Monday, August 12, 7:00pm**

**MEATLESS MEALS: MUST-TRY VEGETARIAN RECIPES**

Join us to learn about the different styles of vegetarian diets and plant-based proteins. Learn and enjoy some easy, flavorful and delicious vegetarian recipes for everyday meals. Free samples and refreshments provided. Presented by Megan Scutti, MS, RD, ShopRite of West Milford.  
**Thursday, September 26, 7:00pm**

**RECIPES FOR SIMPLE SUMMER MEAL PREP**

When the weather is warm and sunny well into the evening hours, you probably do not want to spend precious time in the kitchen. Summer offers many opportunities to relax, recharge and enjoy the great outdoors; but that does not mean your nutrition should take a vacation while you do. Learn some simple recipes that can help to make the process quick and painless. Tasting and recipes included. Presented by Heather Shasa, MS, RD, ShopRite of Little Falls.  
**Friday, August 9, 7:00pm**

**SUPERHYDRATING FOODS THAT BEAT THE SUMMER HEAT**

Hydration affects our mind, mood, memory and learning, thinking and reaction time. Learn about the best produce picks to add to your fluid intake for adequate summer hydration. Tasting and recipes included. Presented by Danielle Colombo Buonforte, RD, ShopRite of Lincoln Park.  
**Tuesday, July 16, 10:00am**

**SUMMER FOOD SAFETY AND MENU PLANNING**

The hot, summer weather is the perfect time to picnic and cook outdoors, but it also creates the perfect environment to support the growth of harmful food bacteria. Learn what you can do to keep food healthy and safe during the summer months and how to plan meals for outings, picnics and the grill that incorporate those foods that will not spoil as easily in the heat. Tasting and recipes included. Presented by Natalie Gillett, MS, RD, ShopRite of Wayne.  
**Friday, September 13, 10:00am**

**SUMMERTIME NUTRITION FIXES**

Summertime, and the living is easy, that is until you notice the havoc that vacationing and all that fun in the sun have wrought on your body. Fortunately, summer also brings an abundance of fresh-tasting and nutritious foods. Learn to choose the right ones to add to your daily diet, and you can help prevent or alleviate some common hot-weather woes. Tasting and recipes included. Presented by Tara Bonanno, MPH, RD, ShopRite of Oakland.  
**Wednesday, August 21, 10:00am**

**AUXILIARY**

**DESIGNER HANDBAG BINGO AND BASKET RAFFLE**

The Chilton Medical Center Auxiliary invites you to attend a fun night out with your friends, while playing games to win fabulous designer handbags and other prizes. For tickets and more information, contact 973-845-2983 or 973-835-2630.  
**Saturday, September 14, doors open at 5:30pm**  
$30 (includes one Bingo book, door prize ticket, coffee, tea and dessert)  
Pompton Lakes Elks Lodge #1895, 15 Perrin Avenue, Pompton Lakes

**QUEEN’S TEA**

The Chilton Medical Center Auxiliary is presenting a “Queen’s Tea.” The menu includes choice of tea, quiche with soup or salad, scones, lemon curd and clotted cream, assorted savories, delectable sweets and plated dessert. There will be two seatings on each date, and proceeds from this event will benefit the Breast Center. For reservation information, contact the Auxiliary Office at 973-831-5345.  
**Thursdays, October 3 and 10, Noon and 6:00pm**  
$40  
High SocieTea House, 20 Old Newark Pompton Turnpike, Wayne

Unless otherwise noted, all Chilton programs take place at Atlantic Health Pavilion, First Floor Conference Room, 242 West Parkway, Pompton Plains.
Chilton Medical Center

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

ARTHRITIS SUPPORT GROUP
For more information, call 973-831-5367. Fourth Tuesday of the month from March to December, 10:30 to 11:30am

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

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 Wednesday of the month, 1:30 to 3:00pm
Chilton Medical Center, Collins Pavilion, Cancer Center Conference Room, 97 West Parkway,

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

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, 97 West Parkway, Pompton Plains

Unless otherwise noted, all Chilton programs take place at Atlantic Health Pavilion, First Floor Conference Room, 242 West Parkway, Pompton Plains.

MISCELLANEOUS

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

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.

FOUNDATION EVENT

2019 GOLF CLASSIC
For details, call 973-831-5165. Monday, September 9, 7:00am to 9:00pm
Preakness Hills Country Club, 1050 Ratzer Road, Wayne
**EXERCISE**

**GENTLE YOGA**
Gentle yoga class for older adults. Mostly chair and standing poses. 
*Wednesdays, July 24 to September 25 (no class August 28), 10:30 to 11:30am $45 for all nine weeks*

**INTERMEDIATE YOGA**
This yoga class is for those who are comfortable with mat and standing poses. Please bring a mat. 
*Wednesdays, July 31 to September 25 (no class August 28), 12:30 to 1:30pm $40 for all eight weeks*

**INTRODUCTION TO ZUMBA® GOLD**
Dance your way to increased stamina, balance and fitness with this fun four-session introductory class featuring international rhythms. 
*Fridays, September 6 to September 27, 1:30 to 2:30pm $25 for all four weeks*

**LITE & FIT**
Light strength training. Bring a light set of handheld weights to the first class. 
*Thursdays, July 18 to September 19 (no class August 29), 10:00 to 11:00am $45 for all nine weeks 435 South Street, Third Floor Conference Room, Morristown*

**HEALTH**

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

**EMERGENCY? MAYBE**
There are many different types of medical emergencies. This program will cover when you should go to an urgent care vs. an emergency room, and tips for care of those not-so-emergency injuries. Presented by David M. Schreck, MD.

**HEALTHY AGING SEMINAR**
Annual program in partnership with the Healthy Aging Program. Join us for a program featuring two physician speakers, a stretch intermission facilitated by a physical therapist, and resource tables. Light snacks and refreshments served. 
*Tuesday, September 17, 12:30 to 3:30pm*

**LIVING WITH ARTHRITIS**
Arthritis affects 1 in 4 U.S. adults. Learn tips and tricks for managing your joint issues and improving your mobility from a therapist from Atlantic Rehabilitation. Light refreshments provided. 
*Monday, July 22, 2:00 to 3:00pm Morris Medical Plaza, 6 Saddle Road, Community Room, Cedar Knolls*

**WALK WITH A HEALTH CARE PROFESSIONAL**
Join us for an informal educational program followed by a Q&A walk around the mall with a medical professional. Light breakfast will be provided. Call to register and for topic information. 
*Friday, September 27, 8:30 to 9:30am Rockaway Townsquare Mall, Food Court, Rockaway OR Friday, October 4, 9:00am to Noon 435 South Street, Front Parking Lot, Morristown*

**TEA AND TALK: RELAXATION TECHNIQUES**
Sip some tea (or coffee) and enjoy an educational program. This program will focus stress management and relaxation techniques. 
*Thursday, September 12, 1:00 to 2:00pm Randolph YMCA, 14 Dover Chester Road, Randolph*

**NUTRITION**

**GOOD BONES**
Join us for a talk on the importance of calcium and exercise for better bone health. Presented by Amanda Fano, RD, ShopRite of Wharton. 
*Tuesday, July 30, 1:00 to 2:00pm*

**OODLES OF ZOODLES**
Looking to add something new to meals? This program will explore the popular veggie noodle trend and rice alternatives, how to prepare them, and delicious recipes. Presented by Monica Hansen, RD, ShopRite of Greater Morristown. 
*Friday, September 13, 1:00 to 2:00pm 435 South Street, Third Floor Conference Room, Morristown*

**DIABETES SELF-MANAGEMENT EDUCATION PROGRAM**
For information or to schedule an appointment, call 973-971-5524.
**EXERCISE**

**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, July 11 to August 29, 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, July 9 to August 27 11:30am to 12:45pm*
$48 for all eight weeks
*Susie Carlick’s Dance Sensation, 1049 Stuyvesant Avenue, Union*

**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*

**READY STEADY: FALL PREVENTION FAIR**
Join us for a fun wellness fair focused on how to prevent falls. Screenings around balance, medications, foot, and more will all be available, along with a wealth of information and presentations by various professionals.
*Thursday, September 26, 10:00am to Noon*
*SAGE Eldercare, 290 Broad Street, Summit*

**NICHE FAIR**
This health fair celebrates the Nurses Improving Care for Healthsystem Elders (NICHE) and will offer screenings, resources, education and a chance to meet the nurses and clinicians supporting the community. All are welcome. Preregistration is not necessary.
*Wednesday, August 21, 9:00am to 3:00pm*
*Overlook Medical Center, Bouras Auditorium, 99 Beauvoir Avenue, Summit*

**LISTEN UP! HEARING SCREENINGS**
Hearing loss affects people of all ages. Atlantic Hearing Center invites you to take advantage of a FREE hearing screening to make sure you are fully experiencing all life has to offer. Register for your free hearing screening today by calling 973-971-4659.
*Wednesdays, July 17 OR August 21, 11:00am to 2:00pm*
*Union Campus, 100 Galloping Hill Road, Suite 100, Union (Green Awning Entrance)*

**LIFE ENRICHMENT**

**ASK THE PHARMACIST**
Questions about your medications? Join us for a talk on medication safety, how certain foods interact with select medications, and what to look for in supplements. Presented by Amulya Uppala, Clinical Pharmacist, Overlook Medical Center.
*Wednesday, October 16, 11:00am to 12:30pm*
*New Providence Senior Center, 15 East 4th Street, New Providence*

**CAREGIVERS PROGRAMS**
Are you caring for a loved one? The Thomas Glasser Caregiver Center at Overlook offers free programs for caregivers, including QiGong, art, and music therapy. Call 908-522-6348 for more information.

**THE SPACE RACE**
Surely, we all remember where we were when we heard the words, “That’s one small step for man, one giant leap for mankind.” Join us to relive the dramatic “Space Race,” from the pioneering Mercury and Gemini flights to the first Apollo moon landings and the missions that followed.
*Tuesday, September 24, 2:00 to 3:00pm*
*$5*
*SAGE Eldercare, 290 Broad Street, Summit*

**SUMMER BEAUTY AND HYDRATION**
Make a splash this summer with an update to your beauty and nutrition game. Join us for a program with a registered dietitian and beauty consultant on how to hydrate your skin with both food and products.
*Tuesday, July 30, 11:00am to Noon*
*Clark Public Library, 303 Westfield Avenue, Clark*

**OODLES OF ZOODLES**
Looking to add something new to meals? This program will explore the popular veggie noodle trend and rice alternatives, how to prepare them, and delicious recipes.
*Tuesday, September 10, 12:30 to 1:30pm*
*Chatham Senior Center, 58 Meyerville Road, Chatham*
**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, July 29 to September 30 (no class August 19 and September 2), 1:00 to 2:00pm
$48 for all eight weeks
Sunrise Studio, 6 Main Street, Branchville

**YOGA**
A gentle practice that combines breath work and postures for balance. 
Mondays, July 29 to September 23 (no class September 2), 10:00 to 11:00am
$48 for all eight weeks
First United Methodist Church, 111 Ryerson Avenue, Newton

**ZUMBA GOLD®**
This class introduces easy-to-follow Zumba choreography that focuses on balance, range of motion and coordination. 
Thursdays, August 1 to September 19, 10:00 to 11:00am
$48 for all eight weeks
First United Methodist Church, 111 Ryerson Avenue, Newton

**HEALTH**

**THE ABC’S OF DEMENTIA AND CAREGIVING**
Learn about the brain changes and symptoms associated with the most common types of dementia, the importance of an accurate diagnosis and how changes in the brain can impact function and behavior. The presenter will demonstrate techniques and strategies when caring for someone with dementia. Session is interactive, providing valuable insight into the caregiver’s role in dementia care, thus creating more positive interactions with those living with dementia. Presenter: Teepa Snow, MS, OTR/L, FAOTA. 
Tuesday, October 1, 1:00 to 3:30pm
To register for this special presentation, call 1-800-247-9580.

**CHOLESTEROL: WHAT YOU NEED TO KNOW**
Learn all about cholesterol, its function in the body, what the numbers mean and the risk factors of high cholesterol in cardiovascular health. 
Friday, September 20, 12:30 to 1:30pm

**DEMENTIA: WHOSE AGENDA IS IT ANYWAY?**
Learn the behaviors that occur with dementia and identify techniques that can be used in caring for an individual living with dementia.
Wednesday, August 28, 10:00 to 11:00am

**MEDICATION SAFETY**
Join us for a talk on medication safety, including timing and storage.
Wednesday, July 24, 10:30 to 11:30am

**LIFE ENRICHMENT**

**KEEPING YOUR MIND SHARP**
This program helps to facilitate the integration of exercises into the learning process in order to demonstrate key points about memory and aging. Presented by Diane M. Friedberg, Senior Program Development Specialist – Aging.
Friday, August 9, 11:00am to Noon

**LIVING MORE MINDFULLY: A DAILY LIVING PRACTICE**
Learn tools to help you access and cultivate a greater sense of peace, wisdom and connection to yourself and others. Presented by Julie Lain, E-RYT.
Monday, July 15, 1:00 to 2:00pm

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**NUTRITION**

**EAT SMART, LIVE LONG**
In this FREE, four-session workshop, enjoy fun and lively activities while learning easy ways to make smart food choices and exercise more. Space is limited.
Fridays, September 27 to October 18, 10:30 to 11:30am

**HEALTHY FOOD SHOPPING TOUR**
Join us for a store tour that will focus on label reading as well as some of the better-for-you options on the shelves.
Wednesday, August 14, 10:00 to 11:00am
ShopRite of Newton, 125 Water Street, Newton

**SHOP WITH A NURSE PRACTITIONER AND DIETITIAN – HEART HEALTH**
Hear directly from a nurse practitioner and dietitian and ask questions while you tour the ShopRite of Newton. Get hands-on advice in the real-life environment where important food choices are made.
Monday, September 23, 1:00 to 2:00pm
ShopRite of Newton, 125 Water Street, Newton

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**COMMUNITY RESOURCE**
Sussex County Division of Senior Services
One Spring Street, Newton, NJ 07860
973-579-0555
sussex.nj.us/seniorservices

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*New Vitality* | Preregistration is required for all programs. Call 1-844-472-8499. Summer 2019 | 9
**Exercise**

**Chair Yoga**
Uses a chair to help open, align, stretch and strengthen your body. Heavy emphasis on breathing techniques and relaxation.

*Tuesdays, July 30 to September 17, 2:00 to 3:00pm*

*40 for all eight weeks*

**Introduction to T’ai Chi**
Gentle on the joints while working to improve balance and overall fitness.

*Wednesdays, July 31 to September 18, 11:00am to Noon*

*40 for all eight weeks*

**Qigong**
Focus on health, wellness, increased energy and stress management while also improving mobility and flexibility.

*Tuesdays, July 30 to September 17, 11:00am to Noon*

*40 for all eight weeks*

**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. Call 1-844-472-8499 for pricing and availability.

*Mondays and Thursdays, 2:00 to 3:15pm*

**Health**

**Cholesterol: What You Need to Know**
Learn all about cholesterol, its function in the body, what the numbers mean and the risk factors of high cholesterol in cardiovascular health.

*Monday, September 30, 11:00am to Noon*

**Healthy Aging: Wise Program**
During this six-week lunch-and-learn participants will learn about the aging process, risk factors and behaviors to avoid in order to stay healthy, examine how alcohol and medications affect older adults, and empower participants with simple tools to manage their health. Lunch will be provided. Space is limited.

*Tuesdays, September 24 to October 29, 12:30 to 2:30pm*

**Lifestyle Changes for Prediabetes and Diabetes**
Information on what you can do to help prevent, postpone or manage diabetes.

*Thursday, September 12, 1:00 to 2:00pm*

**Medication Safety**
Join us for a talk on medication safety, including timing and storage.

*Tuesday, July 16, 11:00am to Noon*

**Total Knee and Hip Replacement**
Learn the reasons for total knee and total hip replacement and the process of determining candidates for surgery.

*Wednesday, July 31, 10:00 to 11:00am*

**Life Enrichment**

**AARP Safe Driver Course**
For adults over 50. Completion of this course may qualify you for a reduction in your insurance cost and a two-point reduction on your driver’s license. Participants must attend both dates to qualify for the discount.

*Tuesday AND Wednesday, August 20 and 21, OR Monday AND Tuesday, September 16 and 17, 9:00am to Noon*

*15 for AARP members; 20 for all others, payable to AARP at the door*

**Back in Time: Operation Linebacker – 1972**
Operation Linebacker II was an aerial bombardment campaign that targeted major logistical and infrastructure sites in and around Hanoi and Haiphong. It was the first full-scale employment of B-52 aircraft over North Vietnam, and resulted in the signing of the Paris Peace Accords in 1973, bringing U.S. involvement in the Vietnam conflict to an end.

*Wednesday, July 10 OR Friday, July 12, 10:30 to 11:30am*

**Embracing Aging: Finding Your Path to Aging Well**
Please join us to find out what it means to “age well.” This presentation will help you find your own unique path to aging well and resources available to help you along the way.

*Thursday, July 11, 2:00 to 3:00pm*

Heath Village, 430 Schooley’s Mountain Road, Hackettstown

**Community Resource**
Warren Co. Office on Aging and Disability Services
Wayne Dumont Jr Administration Bldg.,
165 Co Rt. 519 S, Belvidere, NJ 07823
908-475-6591
cowarren.nj.us
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, you may 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.

Name(s)

Address(es) City/State/ZIP

Daytime Phone Cellphone

Email Address Total Enclosed $

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 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
AQUACISE
- Mondays AND/OR Wednesdays
  FEE: $48 per session

- AQUACISE, LEVEL 2
  FEE: $48

- ARTHRITIS AQUATICS PROGRAM
  FEE: $48

ARTHRITIS EXERCISE PROGRAM
- 1:30pm OR (check one)
- 2:30pm
  FEE: $40

BARRE METHOD
  FEE: $64

- BETTER BONES – BEGINNER
  FEE: $48

- BETTER BONES – INTERMEDIATE
  Tuesdays AND/OR Thursdays
  FEE: $48 per session

DANCING THROUGH THE DECADES
  FEE: $64

- HATHA YOGA
  FEE: $80

LITE & FIT
- Tuesdays AND/OR Thursdays
  FEE: $40 per session

- MEDITATION FOR MINDFUL WELL-BEING
  FEE: $64

- MUSCLES IN MOTION
  FEE: $64

- THE POWER HOUR
  FEE: $64

- T’AI CHI CHIH® – BEGINNER
  FEE: $40

- T’AI CHI CHIH® – INTERMEDIATE
  FEE: $40

- YOGA – BEGINNER
  FEE: $40

- YOGA – INTERMEDIATE
  FEE: $40

ZUMBA® GOLD
- Pompton Plains FEE: $40
  Wayne FEE: $48 per session

- ZUMBA® GOLD TONING
  FEE: $40

- ZUMBA® TONING
  FEE: $80


- CHOLESTEROL: TOP FOODS TO IMPROVE YOUR NUMBERS

- DIABETES MYTHS AND FACTS

- THE FACTS ABOUT CATARACTS

- GIVING IN TODAY’S CHANGING WORLD

- GLUTTON FOR GLUTEN? LEARN TO LIVE GLUTEN-FREE

- LIVE YOUR LIFE WITH LAUGHTER
  FEE: $50

- MEATLESS MEALS: MUST-TRY VEGETARIAN RECIPES

- LATEST TRENDS IN OUTPATIENT TOTAL JOINT REPLACEMENT SURGERY
  TO REGISTER, CALL 973-317-7500 EXT. 1740.

- RECIPES FOR SIMPLE SUMMER MEAL PREP

- SPACE AGE NEW JERSEY: 60 YEARS OF ACHIEVEMENT
  FEE: $5

- SPACE PROGRAM
  FEE: $5

- THE SPACE RACE: 1957 TO 1975
  FEE: $5

- SUMMER EMERGENCIES

- SUMMER FOOD SAFETY AND MENU PLANNING

- SUMMERTIME NUTRITION FIXES

- SUPERHYDRATING FOODS THAT BEAT THE SUMMER HEAT

- UNDERSTANDING ATRIAL FIBRILLATION

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.
MUST REGISTER IN ADVANCE FOR ALL EXERCISE CLASS DATES – NO DROP-INS.

- GENTLE YOGA
  FEE: $45

- INTERMEDIATE YOGA
  FEE: $40

- INTRODUCTION TO ZUMBA® GOLD
  FEE: $25

- LITE & FIT
  FEE: $45

- GOOD BONES

- CARFIT FOR ADULTS
  TO SCHEDULE AN APPOINTMENT, CALL 1-844-472-8499.

- EMERGENCY? MAYBE

- HEALTHY AGING SEMINAR

- LIVING WITH ARTHRITIS

- OODLES OF ZOODLES

- TEA AND TALK: RELAXATION TECHNIQUES

- WALK WITH A HEALTH CARE PROFESSIONAL

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.
Newton Medical Center

- MOVING MINDFULLY
  Fee: $48
- YOGA
  Fee: $48
- ZUMBA® GOLD
  Fee: $48
- THE ABC’S OF DEMENTIA AND CAREGIVING
- CHOLESTEROL: WHAT YOU NEED TO KNOW
- DEMENTIA: WHOSE AGENDA IS IT ANYWAY?
- EAT SMART, LIVE LONG
- HEALTHY FOOD SHOPPING TOUR
- KEEPING YOUR MIND SHARP
- LIVING MORE MINDFULLY: A DAILY LIVING PRACTICE
- MEDICATION SAFETY
- SHOP WITH A NURSE PRACTITIONER AND DIETITIAN

Hackettstown Medical Center

- CHAIR YOGA
  Fee: $40
- INTRODUCTION TO T’AI CHI
  Fee: $40
- QIGONG
  Fee: $40
- SHAKE IT UP
- TO REGISTER, CALL 1-844-472-8499.

AARP Safe Driver Course

Fee: $15 FOR AARP MEMBERS; $20 FOR ALL OTHERS, PAYABLE TO AARP AT THE DOOR
- AUGUST 20 AND 21 (check one)
- SEPTEMBER 16 AND 17

Back In Time: Operation Linebacker II - 1972
- JULY 10 OR (check one)
- JULY 12

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.

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.
feel better, no appointment necessary

ATLANTIC HEALTH SYSTEM AND MEDEXPRESS COLLABORATE TO OFFER URGENT CARE SERVICES AT 12 SITES IN NORTHERN NJ

Unexpected illnesses and injuries are inconvenient, but getting great care doesn’t have to be. That’s why MedExpress is open 8-8 every day – so you never have to wait long to feel better.

Each center offers walk-in treatment for everyday illnesses and injuries such as colds and flu, breaks, sprains, and cuts. On-site services include X-rays, IVs, and stitches. These complement the primary and specialty care services offered by area care providers.

LOCATIONS:
Bloomfield – 135 Bloomfield Ave.
Cedar Knolls – 118 E. Hanover Ave.
East Brunswick – 418 State Route 18
Hackettstown – 228 Mountain Ave.
Ledgewood – 501 State Route 10
Linden – 415 W. Saint Georges Ave.
Lodi – 184 Essex St.
Nutley – 124 Washington Ave.
Rockaway – 346 Route 46
Springfield – 200 US Highway 22
Totowa – 225 US Highway 46
Watchung – 1569 US Highway 22

JUST WALK IN  FULL MEDICAL TEAM  8-8 EVERY DAY
Atlantic Health System
475 South St.
Morristown, NJ 07960-6459

For a referral to
an Atlantic Health System
doctor, call 1-800-247-9580
or visit atlantichealth.org/doctors.

MyChart GIVES YOU ONLINE
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- Access on your computer or mobile devices

To learn more, go to atlantichealth.org/mychart