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MADISON HOUSING AUTHORITY, FRIENDS GIVE SCHOOL SUPPLIES TO LOW-INCOME KIDS

When it comes to "back-to-school" events, the Madison Housing Authority is happy to get into the act.

The Family Self-Sufficiency (FSS) program in Madison, a grant-based program offered to families living in federally assisted housing, held its seventh annual "Back to School Bash" Wednesday, Aug. 22, 2018 at the Madison Housing Authority's headquarters at 24 Central Ave. The event was generously supported by the Rotary Club of Madison.

School-age children of all families assisted through the Madison Housing Authority were invited to select a colorful backpack and a wide range of school supplies.

'Tools They Need'

"FSS is very grateful for the continued support from generous community partners. Education is the key to greater opportunities; the annual Back to School Bash assists students to maximize their academic success. Our Madison Housing Authority students have the tools they need to excel in school," said FSS Service Coordinator Jessica Kirchenbauer of the Northwest New Community Action Jersey Partnership (NORWESCAP), the Madison Housing Authority's partner in administering the FSS program.

"Our families are deeply appreciative; they look forward to this event every year. It's always a joy to see the children's delight picking out their new backpack and school supplies. Not only they are well prepared for the new school year, they are also excited to go back to school," Kirchenbauer said.

A private, nonprofit corporation established in 1965, NORWESCAP works to provide economic services for low-income residents in Morris, Somerset, Hunterdon, Sussex and Warren counties.

In Madison, the nonprofit community action agency NORWESCAP is contracted by the Madison Housing Authority to administer the U.S. Department of Housing and Urban Development (HUD) grant for the Family Self-



(above, l-r) T Jessica Kirchenbauer of Northwest New Jersey Community Action Partnership (NORWESCAP), the Service Coordinator for the Madison Housing Authority's Family Self-Sufficiency program; and Yeshi Mitiku of NORWESCAP AmeriCorps VISTA and Madison Housing Authority summer intern.

Sufficiency program. The FSS Service Coordinator assists participants in setting long-term goals and creating a financial plan to increase income and build assets, thus becoming more self-reliant.

Additionally, the FSS program provides direct services and community referrals, and supports residents in overcoming challenges common to low-income families, such as affordable childcare, transportation, and budgeting.

Decent Housing

The Madison Housing Authority was created by municipal ordinance 47 years ago to provide safe, decent and affordable housing to low-income families. The Authority, which is entirely funded through the U.S. Department of Housing and Urban Development — not municipal taxes — provides 134 units of senior citizen and family affordable housing, as well as 190 rental assistance vouchers used in private apartments throughout the community.

NORWESCAP offers over 50 years of experience working with lowincome individuals, providing an array of social service programs to meet the agency's mission: "Strengthening communities by creating opportunities that impact poverty."



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MADISON MONTHLY,

Madison Monthly is published by Renna Media. 6,300 newspapers are printed monthly and mailed to every business and resident in Madison.

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2018 WAVERLY TO BE DECORATED WITH SCARECROWS AND CORNSTALKS The Madison Area Chamber of Commerce in Chamber supplied scarecrows in their

partnership with the Garden Club of Madison will once again dress up the downtown business district with cornstalks and family-friendly scarecrows decorated by Chamber-member businesses and organizations.

Local Chamber members will decorate

Chamber supplied scarecrows in their own way denoting their own brands. The scarecrows will be on display on the lampposts on Waverly Place beginning October 18th and will remain through Halloween. All are visible from the sidewalks so children, parents and shoppers can enjoy them up close.



The Many Scarecrows of Waverly Place.







2018 HALLOWEEN PARADE & MAGIC SHOW

The Madison Area Chamber of Commerce 2018 Halloween Parade & Magic Show is scheduled for Saturday, October 27, 2018 and is sponsored by Beneath the Surface Spa, 19 Waverly Pl., Hat Shop Madison, 81 Main St. and Woodland Bakery & Cafe, 650 Shunpike Rd., Chatham Township.

Children and their parents are invited to attend a Halloween costume parade followed by a magic show and trick-or-treating in the downtown business area. Trick or Treating will not be permitted before the end of the magic show.

The schedule of events is as follows:

12:30 p.m.: The Annual Halloween Parade will start promptly in front of the Hartley Dodge Memorial Bldg., 50 Kings Rd. Participants will march to Green Village Rd. to Main St. and finish on Waverly Pl. and Lincoln Pl.

1:00-1:30 p.m.: The Joe Fischer Magic Show will be held on the corner of Lincoln Pl. and Waverly Pl. In case of rain, the show will be held inside the gym at Central Avenue School, 50 Central Ave.

1:30-3:00 p.m.: Children in costume are invited to trick-or-treat through the downtown business district. Participating stores will display a bright orange and black jack-o'lantern in their windows.

Madison PhotoPlus, 40 Main St. has generously offered to take a free photo of each child in their costume from 1:30-3:00 p.m. Details will be available at Madison PhotoPlus the day of the event.

For more information about Joe Fischer and his magic shows please visit JoeFischerMagic.com or

facebook.com/JoeFischerMagic.

Please contact Frank Iannarone at the Madison Pharmacy at 973-377-0075 or by email at madisonpharmacy@optonline.net for more information.



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(above) Joe Fischer hands out fun money to the crowd.

TRUNK OR TREAT & PUMPKIN ILLUMINATION FRIDAY, OCTOBER 26

Downtown Development Commission and the Madison Volunteer Ambulance Corp invite you to an evening of Spooky fun for the entire family on Friday, October 26, 2018 from 6:00 p.m. -7:00 p.m. at the Hartley Dodge Memorial Bldg. located at 50 Main Street, Madison, NJ.

Families are invited to bring their carved pumpkins to the front steps of the Hartley Dodge Memorial Bldg. where they will be displayed and illuminated at 6:45 p.m. Battery operated candles will be provided for illuminating. Pumpkins will be returned to their owners after the event.

In addition to the Pumpkin Illumination, please join the members of Madison Volunteer Ambulance Corp for the third annual Trunk or Treat to include a trunk decorating competition,

The Madison Area Chamber of Commerce, the trick or treating, games, pumpkin painting and more.

> Please note parents are responsible for checking all candy for children with allergies.

> For more information and registration at please visit madisonems.org.

> All proceeds from the Trunk or Treat event will benefit the Madison Volunteer Ambulance

> Corps. The Madison Volunteer Ambulance Corps (MVAC) responds to over 1,200 emergency calls annually.

> The MVAC's annual budget is used to cover the cost of operating the building, maintaining the 3 ambulances, and for the purchase of necessary medical supplies. The majority of the budget is provided from donations and fund-raising events held throughout the year.





of ordinary people doing extraordinary things to serve humanity in our local and global communities. We have 88 members and are inviting like-minded individuals to join our successful and vibrant club. President Michel Belt encourages you to come learn about Rotary by attending any one of our three weekly meetings as our guest.

> You have your choice of three weekly meetings:

THURSDAYS, 7:47 AM **BREAKFAST AT THE YMCA**, **12:15 PM LUNCH AT THE MADISON HOTEL** or

6 PM THE 1ST AND 3RD THURSDAYS AT **CHARLIE BROWN'S** IN CHATHAM.

For questions or additional information, contact Barry Kroll, at barrykroll@aol.com or 973-476-2772.

DINNER AND SPEAKER KICKS OFF THURSDAY MORNING CLUB YEAR

welcome to join the Thursday Morning Club, 25 Cook Ave., Madison, NJ, for the first dinner/program of the new club year. Thursday evening, October 4, 2018 at 5:30 p.m. a buffet dinner will be served, followed at 6:30 p.m. by a multimedia presentation entitled, "Musical Appeals to Emotion in TV Political Ads for Presidential Campaigns." With mid-term elections on the horizon and political ads filling TV advertising time, what better time is there to actively listen to music in campaign ads?

Dr. Paul Christiansen, Associate Professor of Music at Seton Hall University and author of, "Orchestrating Public Opinion: How Music Persuades in Television Political Ads for U.S. Presidential Campaigns, 1952-2016", will help develop one's ability to hear how music can be the dominant factor in a campaign ad, due to its ability to set a mood and influence the viewer's perceptions. Christiansen has shared his expertise on electoral research with NPR and BBC Radio 3.

Dr. Christiansen's presentation at 6:30 p.m. is free and open to the public. To attend the dinner, RSVP by Friday, September 30 to the Madison Community House, 973-377-0244, option 9, and leave a name, phone number and message. The cost of the dinner is \$20 payable at the door.

Proceeds from the program will benefit the Madison Community House which is owned and operated by the Thursday Morning Club with its Community House Nursery School, Before and

General public, members and guests are After School Child Care. Organized in 1896, the club is a member of the New Jersey State and General Federation of Women's Clubs. The club offers programs and services to support the community, and the Community House provides a home for a number of sports, recreation and civic groups.

For information about the Thursday Morning Club or membership, call the Community House at 973-377-0244 or visit TMCMCH.org.



(above) Dinner and Speaker Kicks Off Thursday Morning Club Year with Musicologist Paul Christiansen, who will speak about music in political advertisements.

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WISE WONDERFUL WOMEN PROGRAM

The Thursday Morning Club is pleased to announce the kick-off of the 2018-2019 Wise, Wonderful, Women series with Helen Raymaker presenting: "Scott Joplin: a Lecture/Demonstration of his Life and Works". The presentation will take place on Thursday, October 18, 2018 at 11:30 a.m. at the Madison Community House, 25 Cook Avenue, Madison, NJ.

Scott Joplin is known the world over as the composer to the most famous rag of all time, the Maple Leaf. However, in addition to that famous rag Joplin composed over 50 works for piano, as well as music for ballet and opera. Join Helen Raymaker and learn about Joplin's life and works, including rags, marches, the Habanera Solace, the waltz Bethena, the Maple Leaf Rag and more. Learn about the environment Joplin faced as a musician in the first generation after slavery ended. This new lecture/demonstration will include excerpts from several of Joplin's works, placed in the context of his life.

The presenter, Helen Raymaker holds music and business degrees from Northwestern University. She is accompanist for the Harmonium Choral Society, and has served as accompanist at Drew University and Light Opera of New Jersey. She loves playing live, classical music for toddlers at the Madison Library and maintains a vibrant teaching studio in Madison.

Tickets can be purchased \$35 through the Thursday Morning Club website tmc@tmcmch.org. Lunch will be served prior to the presentation. For questions please call 973-377-0244.

Organized in 1896, the Thursday Morning Club owns, operates and maintains the Madison Community House and is a member of the GFWC (General Federation of Women's Clubs) and the New Jersey State Federation of Women's Clubs (NJSFWC). The Thursday Morning Club is a non-profit service organization with over 260 members whose goal is to provide services for the town of Madison and neighboring communities. For information about the Thursday Morning Club or membership, call the Community House at (973) 377-0244 or visit TMCMCH.org



(above) Helen Raymaker wil present "Scott Joplin: a Lecture/Demonstration of his Life and Works" to start the Wise, Wonderful, Women series with The Thursday Morning Club.



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Literacy Volunteers of Morris County

September 12 - November 14, Wednesdays from 7 - 8:30 p.m. ESL classes will begin at the Library's Local History Room on Wednesday nights. These are conversation classes for intermediate English speakers. Free. Registration required through The Literacy Volunteers of Morris County, 973-984-1998, or bevin@lvmorris.org.

Chair Yoga

Monday, October 1 11:15 a.m.- 12:00 p.m. 39 Keep Street

Come join a certified yoga instructor and learn how to do yoga from the comfort of your chair. Free. No registration required.

Film: The Street with No Name

Wednesday, October 3 at 7 p.m. 1948/91min/NR

Stars Richard Widmark, Lloyd Nolan A covert FBI agent infiltrates a ruthless gangster mob, but his life is at risk from a mysterious informant who funnels inside information to the hoodlums. Free. No

registration required.

In Search of the Fountain of Youth - 4 Key **Anti-Aging Strategies**

Wednesday, October 10 at 7 p.m.

For thousands of years, tales have been told about a magical fountain that somehow restores a person's 'youth.' Since then billions of dollars have been spent trying to develop products and solutions for the age-old problem of aging. Join us as Dr. Jared Cooper, from Moment Institute, shares ways to slow the effects of aging, how to live longer and reduce your chances of developing an age-related condition. Free. No

registration required.

Film: Palm Beach Story Wednesday, October 17 at 7 p.m.

1942/90 min/NR

Director: Preston Sturges Joel McCrae, Claudette Colbert, Rudy Valee, Mary Astor An inventor needs cash to develop his big idea. His wife, who loves him, decides to raise it for him by divorcing him and marrying a millionaire.

Vinyl Club:

The Beatles' Sgt Pepper's Lonely Hearts Club Band Monday, October 22 at 7 p.m.

Whether or not it's your favorite Beatles album, it certainly was groundbreaking, musically-and possibly the first albums to come with printed lyrics. Come and listen to this classic with us. Check out the original album cover and cutout insert. Flowers in your hair not required. No registration. Free.

ABCs of Candy

Tuesday, October 23 at 7 p.m.

Just in time for Halloween, a representative from the Museum of Early Crafts and Trades will be hosting a lecture on the history of candy, from A to Z. The lecture will conclude with candy sampling. Free.

Online registration required. The Witchcraft Craze

Monday, October 29 at 7 p.m.

During the 16th and 17th centuries, nearly 60,000 people in Europe and the American colonies were executed for being witches. In this program several aspects of the craze will be explored, including the causes, the people who were accused, the end of the craze, and its effects on society. A look at modern-day instances of witch hunting and the efforts to eradicate the practice will also be presented. Please register online for this free program.

Film: Frankenstein

Wednesday, Oct. 31 at 7 p.m. 1931/71 min/NR Boris Karloff, Mae Clarke, Colin Clive An obsessed scientist assembles a living being from parts of exhumed corpses. Free. No registration required.

OCTOBER 2018 EVENTS FOR SENIOR CENTER OF THE CHATHAMS

58 Meyersville Rd. Chatham, NJ. Participants do not need to be Chatham residents. For more information call 973.635.4565 or email chathamseniorcenter.org.

TECH SUPPORT FOR SENIORS

Thursdays, Oct. 4 & Oct. 18, 3:15 - 4:15 p.m. Now offered twice monthly. For assistance with your

smartphone, laptop, tablet, etc. Call Center at 973.635.4565 to schedule a 1-on-1 appt with a Chatham High School student volunteer. Participants do not need to be Chatham residents.

"DO I REALLY HAVE TO REVIEW MY MEDICARE PART D PRESCRIPTION PLAN DURING ANNUAL ENROLLMENT?"

Friday, Oct. 5 at 12:30 p.m. If you have been on the same prescription plan for more than 3 years, you are probably paying too much for it! Come hear about the 5 major components of prescription plans and how you can make sure you are getting the most cost-effective plan for 2019. Presented by Mary Jeanne Cullen, MedicareAssist, LLC. Program preceded by lunch at 12 p.m. provided by Chatham Hills Subacute Care. Please sign up if you wish to participate.

NUTRITION SERIES: "Foods for Your Eyes"

Tuesday, Oct. 9 at 12:30 p.m. Our Nutrition Series continues with a discussion about foods and nutrients that are good for promoting eye health. Presented by Heather Gerding, 2nd degree student at the College of Saint Elizabeth in the Nutrition and Dietetics concentration. Sign-up required requested.

MEET US AT THE CHATHAM FARMERS' MARKET

Saturday, Oct. 13, 8 a.m.—1 p.m. Stop by our tent to say hello, meet us, and learn about our programs, newsletter, and services. The market is located in the Chatham Borough Train Station parking lot at One Railroad Plaza off Fairmount Avenue.

DEMENTIA CAREGIVERS SUPPORT GROU

Monday, Oct. 15 at 10:30 a.m. - 12 p.m. Monthly support group for caregivers of those with dementia. This group offers a safe and confidential place for caregivers to meet and develop a mutual support system. Moderated by Phyllis Flemming, former Executive Director of Victorian Garden Adult Day Center and experienced dementia support group leader.

This month's selection is EVERYBODY'S SON by Thritty Umriger. New members always welcome to join in the discussion.

FREE BLOOD PRESSURE SCREENING

Thursday, Oct. 18 at 11 a.m. - 12:30 p.m. Blood pressure screening will be provided at the Center by Villa of Florham Park. Walk-ins welcome



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CELEBRATING NANCY DREW

Friday, Oct. 19 at 12:30 p.m.

In celebration of national book month, come and hear Teri Passarello's presentation about Nancy Drew, the beloved sleuth featured in the mystery series created by publisher Edward Stratemeyer. Refreshments follow program.

COMMUNITY PAPER SHRED

Saturday. Oct. 20, 9 a.m. - 12 p.m. at the Lafayette Avenue School circle. All your confidential papers safely shredded. \$10/box, \$5/grocery bag. 221 Lafayette Avenue, Chatham. Proceeds to benefit the Senior Center of the Chathams. Call the Center at 973.635.4565 for further information.

MEDICATION & SAFETY MANAGEMENT

Monday, Oct. 22 at 12:30 p.m. Learn how to properly store and take your medications. Sponsored by the VNA of Somerset Hills.

COMMUNITY IMMUNIZATION

Wednesday, Oct. 24 at 12:30 p.m. Presented by the Visiting Nurses Association of Northern NJ. Discussion of the importance/benefits of certain vaccines that affect public health.

FREE FLU SHOTS

Wednesday, Oct. 24 at 1:30-3 p.m. The Madison Health Department will be at the Center to administer free flu shots in the municipal building gym at 58 Meyersville Rd., Chatham, NJ.

NONFICTION BOOK GROUP

Friday, Oct. 26 at 11a.m. This month's selection is BY WAY OF DECEPTION by Victor Ostrovsky and Claire Hoy. New members welcome!

PAINTING WITH ACRYLICS: Pumpkin

Monday, Oct. 29, 10:30 a.m. - 12:30 p.m. Be creative and paint a masterpiece! All supplies provided. All levels of ability welcome. Limited class size. Sign-up required.

Fee: \$15. Instructor: Annette Lissy.

TROUBLE IN DREAMLAND (SLEEP ISSUES) Monday, Oct. 29 at 12:30 p.m.

Pharmacy students from Robert Wood Johnson Barnabas Health will discuss a variety of sleep issues particular to the senior community and offer recommendations on how to get a better night's sleep. Sign-up required.

CHRISTOPHER G. NUGENT, Ph.D. WRITING EXPERT TUTORING, EDITING, AND PROOFREADING

chrisnugent269@yahoo.com 201-323-5827



FICTION BOOK CLUB Tuesday, Oct. 16 at 12:00 p.m.

26TH ANNUAL MADISON CAR SHOW

The Madison Area Chamber of Commerce and Madison P.B.A. #92 is hosting their 26th Annual Madison Car Show on Saturday, October 6, 2018. This popular event runs in conjunction with Madison's Bottle Hill Day street festival. Madison Tire & Auto Repair, 285 Main St. is the events main sponsor.

The Madison Car Show is held in the parking lot of the Madison Volunteer Ambulance Corps headquarters at the corner of Kings Road and Prospect Street. The event site is a short walk from the Bottle Hill Day festivities, which are centered in Madison's business district.

One of the most prestigious automotive events in New Jersey, the Madison Car Show features many vehicles in several classes, including hot rods, trucks, customs, antiques, classics and street machines. There is no set price for fan admission, but donations are encouraged and generously accepted at the gate.

Peter Daniele, the proprietor of Rose City Collision, 291 Main Street, is the long-time chair of the Madison Car Show committee. Daniele is also a vice president of the Madison Area Chamber of Commerce, an independent, non-profit business league.

"We have organized this car show for 26 years and we're expecting several hundred car enthusiasts to enjoy the sparkle, shine and spectacle of dozens and dozens of unique automobiles and trucks right here in our hometown, the Rose City, for one day only," said Daniele. "The site of the car show is located between the Madison's Borough Hall and the Madison Public Safety Building on the corner of Prospect St."

"Along with attracting great cars and producing a very festive atmosphere the day of

the event, the Madison Car Show showcases the businesses of our local automotive industry and helps to raise the prestige of the community," said John Morris, co-owner of Stewart-Morris Awards, Gifts & Flags, of 71 Kings Road. Morris is also the president of the Madison Area Chamber of Commerce.

Show participants are eligible to win awards and door prizes. The Best in Show award is sponsored by Pine Manor Associates, Painting & Wallcovering Specialists, 22 Drew Place, Madison. The grand door prize is a \$500.00 Stop & Shop Gift Card donated by Stop & Shop, of 133 Main Street, Madison. All car show entrants are eligible to enter the drawing.

The Madison Car Show features eight top awards, twelve special awards, which include categories for engine, paint, type of vehicle and more, and "Top 50" awards for the best fifty entries. All awards are sponsored by local the local businesses.

The Madison Car Show begins at 9 a.m. The awards ceremony starts at 3:00 p.m. To be eligible for judging and prizes, all cars must arrive at the show no later than 11:00 a.m.

D.J. "Wolfman Jerry" will spin the music of the 50's, 60's and 70's. A volunteer cooking crew from the Madison Fire Department will provide the refreshments. On-street parking is free in Madison.

The car show committee invites all car show enthusiasts to pre-register their vehicles by Friday, September 30 for the discounted fee of \$15.00 and to guarantee participation. The dayof-registration is \$20.00.

Registration forms may be obtained by calling Peter Daniele at 973-377-4037. On the day of the show please call 201-924-2209 with questions or concerns.

SHREDDING DAY WITH THE ROTARY CLUB

Submitted by Carmela Moeller

Just in time for the upcoming Holidays, the Madison Rotary Club will host another Community Shredding Day, joined by Habitat for Humanity's ReStore truck. The event will take place on Saturday, October 20, 2018 from 9 a.m. to 12 noon at Municipal parking lot #1, at the corner of Prospect Street and Kings Road by the Ambulance Squad IN Madison, NJ. The event is open to the public. It is not necessary to be a Madison resident.

Security Shredding, Inc. will provide secure destruction of sensitive documents, after which the shredded papers will be recycled into other paper products. Stay and watch your documents being destroyed on the truck mounted shredder. Cost is \$5 per box or grocery bag. Larger containers will be priced accordingly. As this service is also a fundraiser, all proceeds from the shredding event will be "recycled" by the Madison Rotary for future community projects.

Also on hand will be a truck from Habitat for Humanity's ReStore, which will gratefully accept area residents' new or very gently used home building materials, lighting and plumbing fixtures, hardware items in original packaging, fine art and collectibles, and furniture and other home furnishings in excellent condition. Proceeds are used to build affordable homes in Morris County and surrounding areas. According to Jeannie Tsukamoto, former President of both Madison Rotary and Morris Habitat for Humanity, "donations to ReStore have built 25 homes in Morris County and have kept over 8,000 tons of reusable materials out of landfills since 2007."

For further information, contact Carmela Moeller at carmoeller@aol.com.

URBAN FIRE IS A STAPLE IN DOWNTOWN MADISON

Nothing signals the change of season like the sight of the leaves turning colors and the crisp chill of the wind that whispers Autumn is here. Equally as captivating are the scents and smells that come from the freshly grown ingredients straight off the farm and into the oven. The savory aromas and crackling sounds popping out of the wood burning oven hit you before you even walk through the door. Urban Fire pizzas are cooked to order in a wood burning oven made from volcanic brick from Mt. Vesuvius, fired up at temps over 1000 degrees and cooked in just 90 seconds; just like pizza from Italy.

Started by two local friends who wanted to share their passion for food and love of the local community, Urban Fire has become a staple in the Downtown Madison food scene, serving up authentic Naples style pizza. "It's not just about the food", says owner/operator, Anthony Saporito, "it's about the total experience. We want our customers to enjoy themselves and always remember their first great pizza."

If there is anything more apparent about Urban Fire's mission statement it is that the customers are family. "You become a part of the special memories people hold on to forever. You become a part of



their story, and THAT's special. Of course, having some of the best pizza around doesn't hurt either!"

Unlike any other pizzeria around, at Urban Fire you customize your own pie right in front of you in an assembly line style by then adding on the toppings of you're choosing. Base pies like the Margherita and Tomato Pie start off with San Marzano tomatoes that are hand cranked through a food mill. Healthy slices of fresh "fior di latte" mozzarella are placed onto the pies, but just enough to bring out the true taste of the sauce. There is even a special delivery of sweet fennel sausage and chopped meat and brisket for meatballs from the Pat LaFrieda Meat Company.

If pizza isn't your thing, they offer plenty of "Street Eats." Their signature "Porchetta" sandwich is a heritage raised, pork shoulder slowed cooked for 4 hours and rubbed down with a house blend of spices. For those with a sweet tooth for nostalgia, what meal wouldn't be complete without everyone's favorite street food, homemade zeppoles, that instantly transport you back to the Jersey boardwalk or San Gennaro feast.

In 2017 Urban Fire was named one of "The Top 15 Places in Morris County to Eat Before You Die" by Spoon University, an online food site.

So, this fall, give Urban Fire a try; it welcomes you in, and invites you back.

Urban Fire is located at 6 Main Street, Madison, NJ. It is open seven days a week: 11 am to 9 pm on Sunday through Thursday and 11 am to 10 pm on Fridays and Saturdays. Take out orders can be placed by phone by calling 973-845-6330. Deliveries are done by doordash, which can be found on our website, www.urbanfirepizza.com. Uban Fire can also be found on Facebook and on Instagram.

FREE SEASONAL INFLUENZA (FLU) IMMUNIZATIONS

Seasonal influenza (FLU) immunizations will be administered by the Madison Health Department to Madison, Chatham Township, Springfield and Cranford residents on the following dates and at the locations at right.

No appointments are necessary. The immunizations are free to all, but seniors with a Medicare Part B card are requested to bring it with them. All are reminded to wear short sleeves if possible when they come for their flu shot. Seasonal flu vaccine is recommended by Centers for Disease Control and Prevention (CDC) for everyone over the age of 6 months. According to the CDC, vaccination is especially important for people at higher risk of severe influenza and their close contacts, including healthcare personnel and close contacts of children younger than 6 months. Everyone is encouraged to receive the 2018-2019 flu vaccine. Most people are ill with flu for only a few days, but some get much sicker and may need to be hospitalized.

The 2018-19 flu vaccine offers protection against A/Michigan, A/Singapore B/Phuket, and B/Maryland, the expected strains of seasonal flu. It takes up to two weeks for protection to develop after the shot and protection may last for up to one year. Since most influenza occurs from November through May, peaking between December and February, now is the best time to get a flu shot to insure full protection for the whole season. However, vaccinations may be given any time during the flu season. Protect yourself, your family and those in your community by getting your flu vaccine at this year's clinic.

Any questions may be directed to the Madison Health Department at 973-593-3079 ext.9.

FREE WISE PROGRAM

The Wellness Initiative for Senior Education (WISE) Program celebrates healthy aging and educates older adults on a variety of topics. This free program will take place at the Madison Senior Center beginning on November 1, 2018 at 12 noon and is open to anyone 60 or older.

The educational program offers six lessons that cover a wide range of topics. Participants will have an opportunity to meet new people and:

- Learn about the aging process and how to make healthy lifestyle choices
- Celebrate this exciting stage of life and all the benefits that come with it
- Discuss risk factors and behaviors older adults should avoid to stay healthy
- Examine how alcohol, prescription medications and over-the-counter medications affect seniors differently and how they can avoid problems
- Learn how to use simple tools to help you feel more empowered about your health and the healthcare you receive

Free refreshments will be served at each lesson, and all program participants will be eligible to receive gift certificates and other free giveaways.

For more information, please contact Sara Keffer at (973) 593-3094.

Tuesday, Oct 16 3:30- 6:00pm	Cranford Community Center	220 Walnut Ave., Cranford
Wednesday, Oct 17 9:00-11:00 am	Madison Civic Center	28 Walnut St., Madison
Wednesday, Oct 17 12:30-2:00 pm	Chisholm Community Center	100 S. Springfield Ave., Springfield
Wednesday, Oct 24 9:00-11:00 am	Madison Civic Center	28 Walnut Street Madison
Wednesday, Oct 24 1:30-3:00 pm	Chatham Township Senior Center	58 Meyersville Rd. Chatham Twp.
Tuesday, Oct 30 6:00-7:30 pm	Chisholm Community Center	100 S. Springfield Ave., Springfield





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