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FIRST B.I.G. (BELIEVE INSPIRE GROW) WOMEN IN BIZ EXPO

Submitted by Valeria Aloe

B.I.G. (Believe Inspire Grow) successfully held its First Chatham Women Entrepreneur Expo on September 21, 2018, attracting a large crowd from Chatham and nearby towns.

A total of 45 women small business owners showcased their products and services across a range of industries that included wellness and nutrition, fitness and personal care, educational services, professional organizing, books, gifts and jewelry, mortgage services, marketing services, bookkeeping and tax services, among others.

Exhibitors are members of B.I.G., a women empowerment organization founded by Tara Gilvar, that exists to help women unlock their true potential and that has touched the lives of more than 3,000 women across 75 different towns in NJ, NY, CT and MA since 2009.

After the success of its first Chatham Expo, the organization plans to continue to offer this event annually, as a way to support its members in their efforts to network and expand their business opportunities.

ABOUT B.I.G.:

By providing the inspiration, tools and community to help women every day become the best versions of themselves, B.I.G. creates safe environments and offers face-to-face support from a like-minded tribe of peers. The fundamental belief in every B.I.G. chapter (called PODs) is that every woman has special gifts and talents, and that the power of a community of women working together is an unstoppable force in making the world a better place.

The B.I.G. Chatham/Madison POD, comprised of 25 women from our community, gets together one Friday a month at the Chatham Methodist Church. In a typical meeting, women will have the opportunity to connect with one another, learn more about their aspirations and businesses, and discuss a current challenge there are experiencing, all in a supportive environment. In mostly every meeting, a guest speaker will share her expertise on a certain educational topic.

To learn more, please visit BelieveInspireGrow.com

(below) 45 women small business owners showcased their products and services at the first Women Entrepreneur Expo in Chatham put on by B.I.G.



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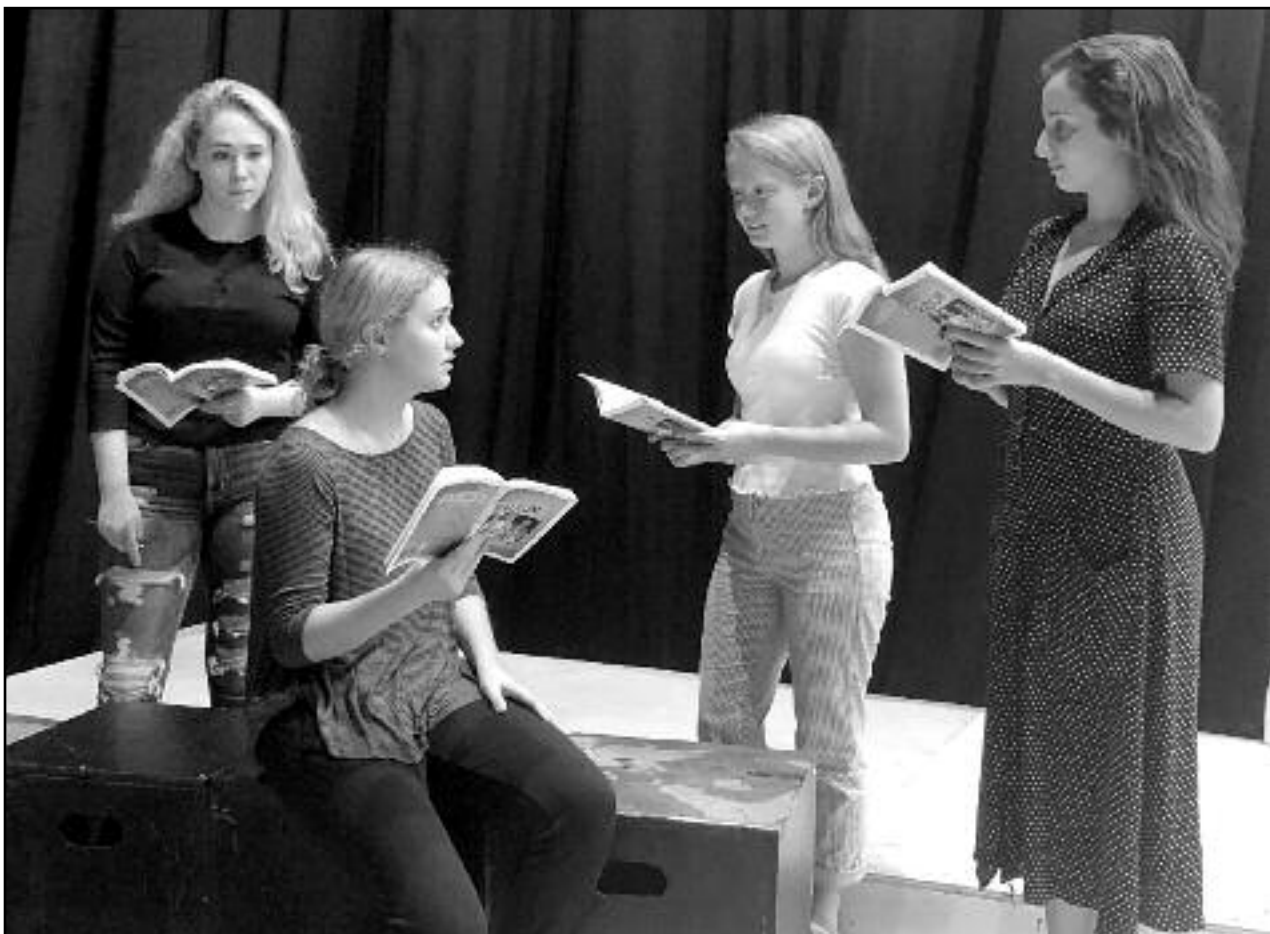
CHATHAM HIGH PRESENTS RADIUM GIRLS

Chatham High School presents *Radium Girls* – an early 20th Century female empowerment story about how a group of young woman forever changed U.S. labor laws. Performances are Friday, November 16 and Saturday, November 17, 2018 at 7:30 p.m. at the newly renovated CHS auditorium. *Radium Girls*, by D.W. Gregory, is a powerful contemporary play based on the true story of young factory workers in Orange, New Jersey battling the U.S. Radium Corporation in the 1920's. It is a fast-moving, theatrical ensemble piece about greed, wealth, science, justice and above all else, courage.

Local senior citizens are invited to the final dress rehearsal on Thursday, November 15 at 3:30 p.m. at the CHS auditorium. Immediately

following the performance, seniors are invited to stay for a complimentary dinner. Seating for the dress rehearsal is unrestricted, however, dinner reservations are limited to 80. To RSVP for the senior dinner, please call Debbie Haeringer at (973)701-8037 or email debbie.haeringer@gmail.com by Thursday, November 8. Diners will receive a confirmation call or email.

Tickets are \$12, or \$10 with a Chatham student I.D. Tickets can be purchased in advance online at chsradiumgirls.brownpapertickets.com. Tickets will also be sold at the door before each performance in the CHS auditorium lobby. For more ticket information please email Jill Horowitz at jhorowitz@chatham-nj.org.



(above l-r) Marie Curie and the dial-painters haunt Grace Fryer in Chatham High School's production of *Radium Girls*. Roma Welsh (Kathryn Schaub), Laney Andreychuk (Grace Fryer), Colleen Rauch (Irene Rudolph), Sasha Jacobs (Marie Curie)

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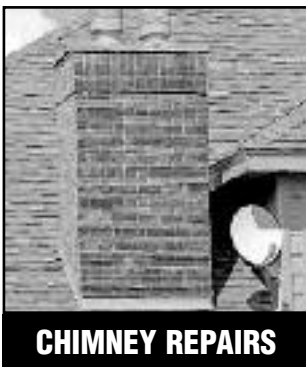
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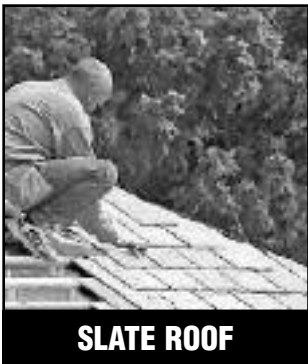
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FOOD DRIVE NETS 1600 LBS OF GROCERIES

Volunteers from the Rotary Clubs of Madison and Chatham collected 1600 lbs of groceries at the Chatham Shoprite on Sunday, September 23, 2018. The food was delivered to the Interfaith Food Pantry in Morris Plains. As supplies at the Pantry are generally low at this time of year, this collection was particularly important.



HISTORY OF THE HOUSES OF WORSHIP OF CHATHAM TOWNSHIP AND GREEN VILLAGE

Submitted by Sheila Goggins

Please join the Chatham Township Historical Society for an informative program given by Pat Wells on the Houses of Worship of Chatham Township and Green Village. These two small towns produced 8 churches and 11 congregations. Many of the churches and congregations started out in homes, schools and shared sanctuaries. Early settlers in Chatham Township and Green Village found solace in their faith. As Chatham Township and Green Village grew, the churches became a central gathering point for the towns. The presentation will include a history of faith in Green Village and Chatham Township as well as pictures of these places of worship.

The presentation will take place on Sunday, November 4, 2018 from 2:00 to 4:00 p.m. at Chatham Township Municipal Building, 58 Meyersville Road, Chatham Township, NJ. Handicap accessible. Admission is free.

For more information about the Chatham Township Historical Society, visit online at chathamtownshiphistoricalsociety.org.



(above) Picture of the original Green Village Church from The Chatham Township Historical Society Collection.

CHATHAM HISTORICAL SOCIETY PRESENTS "ORIGIN OF CHRISTMAS TRADITIONS"

Just in time for the holiday season – Chatham Historical Society's fall program features "Origin of Christmas Traditions" presented by author, photographer, and musician Kevin Woyce.

The event will take place at the Library of the Chathams on Sunday, November 11, 2018 at 3 p.m. It is expected to run about an hour.

In this new, joyous historical slideshow, Mr. Woyce includes original photographs, vintage

images, and live music. The program explores favorite Christmas Traditions, from the First Christmas to "A Christmas Carol," "White Christmas," and the Rockefeller Center Christmas Tree.

Mr. Woyce will also explain how historical figures ranging from Saint Nicholas, Martin Luther, and Queen Victoria to Charles Dickens and Thomas Nast helped shape the way we celebrate the Christmas Season.

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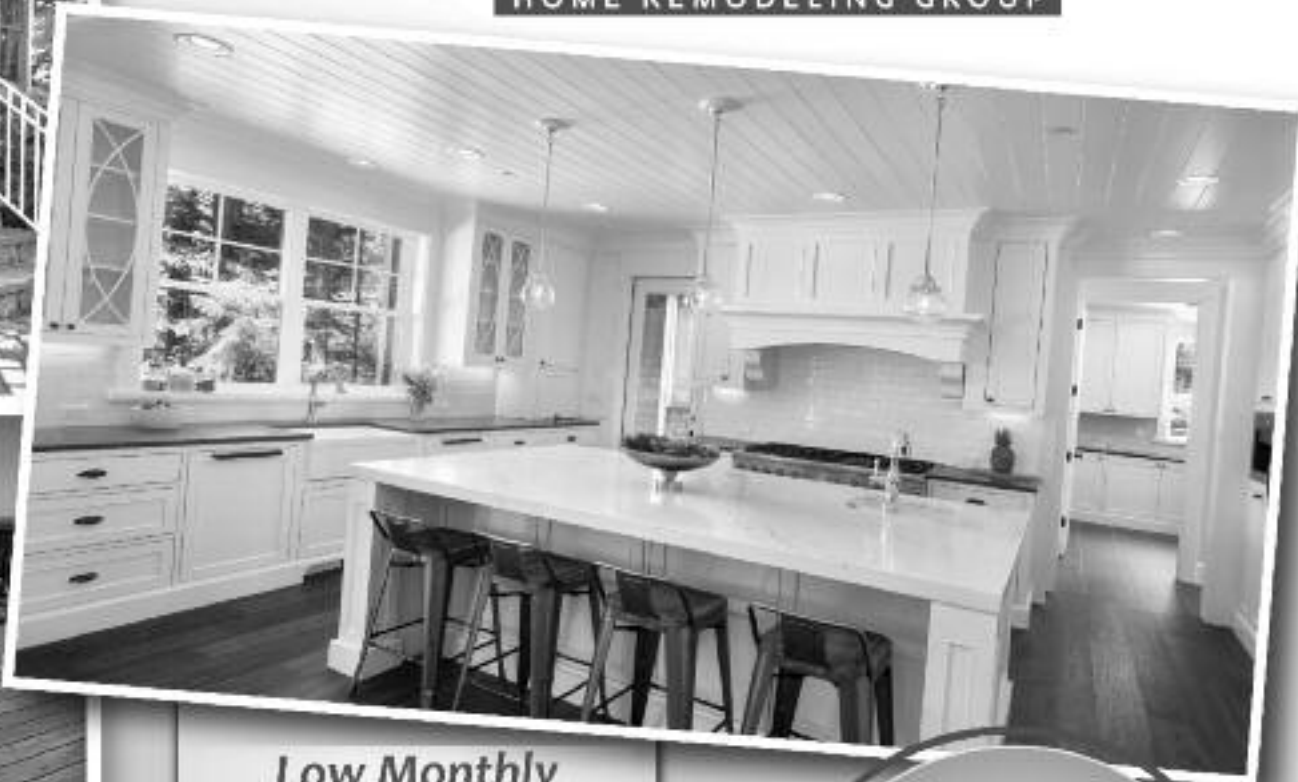


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Downtown Chatham

THURS. NOV. 15

12 noon - 9 pm

PARTICIPATING LOCATIONS

British Balloon Company – Look for our balloons at participating shops.

Drip Coffee & Reasons Wine – Coffee, wine and music until 10pm.

Chatham Sports Shop - 20% off "Chatham" printed gear.

Jabberwocky - Customer Appreciation Cards.

Legends Gallery / Frames on Main - 20% off sports memorabilia custom framing.

Les Cheveux Salon – 30% off hair products until 7pm.

Pour Homme - Special discounts on selected apparel, gifts and accessories. Also, beer & bubbled!

Purple Aardvark - Spirits & refreshments for all.

Quartet - 20% off store-wide, excluding consignment items. Open 10am – 5pm & 6pm – 9pm, with libations and light fare.

Scooch A Mi Boutique - Enjoy cuisine, pottery and accessories from India.

T.M. Ward Coffee – 20% off tabletop items.

Refreshments and more!

TREE LIGHTING AND SANTA'S ARRIVAL TOO!

Please join us for the Annual Holiday Tree Lighting and Santa's Arrival, hosted by Turpin Realtors at Reasoner Park and Fire House Plaza on Saturday, December 1st from 5 – 7 pm, rain or shine.

The event supported by the Chatham PBA # 226 will feature performances by the School District of Chatham's Third Grade Chorus singing holiday carols, and Dance Invocations. Chatham Historical Society will provide hot chocolate and Turpin Realtors will offer yummy treats. The Chatham Girls Scouts and the Town & Country Garden Club will provide the holiday décor with a special holiday tree lighting. Tracy & Brian Ness depicting Mr. and Mrs. Claus will light the tree and visit with willing youth. Local shops like Scooch A Mi and organizations such as the Rotary Club of Chatham will join in the festivities. Why not purchase your holiday luminaries that evening?

For more information contact
communityservcies@chathamborough.org
or 973-635-0674 x 200.



Holiday TREE LIGHTING
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Chatham Historical Society Dance Innovations Scooch A Mi
Chatham Girl Scouts Town & Country Garden Club

GIVE THE GIFT OF INDEPENDENCE THIS HOLIDAY SEASON

Looking for the perfect gift idea for the holidays or a way to give back to the community? The Tri-Town 55+ Coalition's Rides for Seniors Gift-A-Ride program is a great gift for loved ones or neighbors who can't drive or choose not to drive.

The Gift-A-Ride program enables family or friends to purchase trips for their loved ones to use for shopping, dining, medical appointments or a night on the town.

To purchase trips for a registered rider's account through Gift-A-Ride, log onto tritown55plus.org or call GoGoGrandparent at 855-464-6872. For individuals and organizations who wish to make a tax deductible donation to the program, rather than to a specific rider, Tri-Town 55+ Coalition has established a fund through the Community Foundation of New Jersey at cfjn.org/rides or visit tritown55plus.org or call Tri-Town 55+

Coalition at (862) 246-6065.

Rides for Seniors, in partnership with GoGoGrandparent, offers subsidized, on-demand car service via Uber and Lyft to those 65 and older living in Chatham Borough, Chatham Township and Madison. With over 300 registered riders and over 2800 rides provided since launching in April 2017, the program is bringing newfound independence and enhanced quality of life to older adults in the community. It also provides much-needed stress relief for loved ones and caregivers.

While GoGoGrandparent is available nationwide, the Tri-Town 55+ Coalition is one of the first organizations in the country to pilot a subsidized program for riders through grant and fundraising support.

To register for Rides for Seniors, contact GoGoGrandparent at 855-464-6972 or visit tritown55plus.org.

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'TIS THE SEASON! JUNIOR LEAGUE THRIFT SHOP'S HOLIDAY BOUTIQUE NOV 29 – DEC 1ST

The Junior League of Summit Thrift Shop is excited to announce its annual Holiday Boutique. The highly anticipated event features a wide selection of brand new toys, as well as new and gently used men's, women's, and children's holiday items and seasonal decorations. The event will be held at Parish Hall, Calvary Church (next to the Thrift Shop, 37 Deforest Ave., Summit) on Thursday, November 29, 2018 from 9:30 a.m. to 8:00 p.m.; Friday, November 30 from 9:30 a.m. to 5:00 p.m.; and Saturday, December 1 from 9:30 a.m. to 5:00 p.m. The Thrift Shop will also remain open during regular business hours throughout the event.

"The Holiday Boutique is a well awaited annual event within our community. This year especially, we have a large selection of toys, gifts, holiday decorations, clothing and other gift ware items. This year features a large selection of new, unused items in addition to our carefully selected gently used inventory. The boutique is a festive way to start out the holiday shopping season and a great way to help give back to the community! So mark your calendars, it's a must attend event!" says Thrift Shop Manager Marie Avagliano.

As with all Shop sales, all proceeds from the Holiday Boutique will directly fund the League's programming, community grants, and projects.

"The Junior League of Summit truly enjoys this annual event as a way to connect with our community and spread some holiday spirit. We thank our customers and the community for your ongoing support," said Junior League of Summit President Erika Melchiorre.

The Junior League of Summit Thrift Shop in Summit was established in 1934 and offers new and gently used clothing and shoes for men, women and children, toys, decorative items for the home, housewares, and furniture that is deeply discounted. It is the primary fundraiser for the Junior League of Summit and has provided the resources for the League's many grants, projects, programs, and scholarships over the years. Since its inception, the Shop has raised over \$3,000,000 to benefit Summit and surrounding communities.

The Junior League of Summit is a nonprofit, charitable and educational organization of women who are committed to promoting voluntarism, developing the potential of women, and improving the communities through the effective action and leadership of trained volunteers.

For more info about the Junior League of Summit, please visit the website at jlsummit.org or contact the office at 908-273-7349.

HICKORY TREE CHORUS

Hickory Tree Chorus is 50 and Fabulous! Join us as we celebrate with a special 50th anniversary show - Back to the Future, on Saturday, November 17, 2018. We'll take you on a musical journey through the decades from Aquarius to Weekend in New England to At the Beginning to Seasons of Love and many songs in between. Our featured guest quartet is Martini, Sweet Adelines 2012 International Champions! Also appearing will be HTC's own quartet, Take Note! and student singers from West Morris Mendham H.S.

One performance will be held at West Morris Mendham High School — 65 E Main St Mendham, NJ 07945 at 3 p.m. Advanced tickets are available online at hickorytreechorus.org/tickets through Nov. 14 for \$22 adults/\$17 for students. After that any remaining tickets will be available at the door for an additional \$5/ticket.

The Hickory Tree Chorus, an award-winning chapter of Sweet Adelines International, performs fun-filled popular music in four-part a cappella harmony, barbershop style. Founded in 1968 in the Hickory Tree section of Chatham Township, NJ, HTC currently rehearses in Stirling, NJ. Rehearsals are open to guests and auditions are held year 'round. For more information visit hickorytreechorus.org.

SAME WORKSHOP -2 DIFFERENT NIGHTS!



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Thursday, November 15, 2018 / 7:00PM - 8:00PM Pre-registration -6:45 PM
VFW Post 6259 / 15 Locust Ave., Berkeley Heights, NJ 07922

Tuesday, November 20, 2018 / 7:00PM - 8:00PM Pre-registration -6:45 PM
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CHATHAM SHOP SMALL SATURDAYS - AND EVERY DAY LEADING UP TO THE HOLIDAYS WIN DOWNTOWN DOLLARS TOO!

Beginning on November 24th, 2018 Shop Small Saturday pronounced by American Express, Chatham Borough merchants will be ready to share holiday inventory. In support of this local shopping day the Department of Community Services is running a Creative Package Contest. Entering as many times as you want, package uniquely a needed pantry item that will be donated to the Interfaith Food Pantry.

Such needed items include: canned fruit, pasta, sauce and tomato products, oatmeal, dried beans, diapers – all sizes, baby wipes, reusable grocery shopping bags. Once your item has been creatively prepared, deposit it at the Gazebo while shopping downtown from 10 am to 2pm and register to WIN DOWNTOWN DOLLARS.

The Random winner will receive \$100 DOWNTOWN DOLLARS, and on the November 24th only, that amount could double if spent downtown on Shop Small Saturday 11-24-18.

EACH Saturday after, 12/1, 12/8, 12/15, 12/22 and during the week, continue to register, in your favorite shops, to be eligible to win \$100 DOWNTOWN DOLLARS, with weekly random winners.

It's important to shop local, it's fun to support your community, and YOU could be a winner!

For more information about the Shop Small Saturdays contact the Community Services Department at communityservices@chathamborough.org or 973-635-0674 x 200.



Beginning November 24th

Chatham Shop Small Saturdays

and every day leading up to the holidays.

WIN CHATHAM DOWNTOWN DOLLARS*

Pantry Items Needed

- Canned Fruit
- Pasta, Sauce and Tomato Products
- Oatmeal
- Dried Beans
- Diapers – all sizes
- Baby Wipes
- Reusable Grocery Shopping Bags

Contest November 24th

Enter to win \$100 Downtown Dollars

- Creatively "package" a Pantry-needed item for the  Interfaith Food Pantry Serving Morris County
- Register and deposit it at the gazebo between 10am – 2pm.
- Enter as many times as you want!
- Random winner announced at 2:30pm at the gazebo.
- Use your Downtown Dollars to shop at any participating downtown retail shop.
- Spend your 11/24/18 winnings ON 11/24/18 and DOUBLE its value, with verifiable receipt 11/24/18 only, for \$200 Downtown Dollars.

Win \$100 Downtown Dollars

EACH Saturday on 12/1, 12/8, 12/15, 12/22

- While shopping in local downtown businesses, register EACH week.
- Random winner will be notified on or about 2:30pm EACH Saturday.




Info: CommunityServices@ChathamBorough.org
 Janice Piccolo, director
 973-635-0674 x200




Random Winners are the sole responsibility of the Department of Community Services and are final. Entries will become the property of the Department of Community Services and will be distributed to the Interfaith Food Pantry. Winners agree to have their name, and/or their photo published in local newspapers and included in subsequent Community Services publications (e.g. web site, pamphlets) without compensation or reimbursement to the owner. Participants agree to receive subsequent information about shopping local from the Department of Community Services or local businesses, or will be individually responsible to opt out of future emails.

SEPTUAGENARIAN PUBLISHES BOOK OF BLOGS

Helene Shalotsky has just published her first book, "The Sunny Side." A Chatham resident for 42 years, Shalotsky had the great joy of teaching sixth grade in Madison's Kings Road School for 26 of those 42 years. Both of these experiences were especially wonderful and are now reflected in her book.

The book addresses Parents, Children, Teachers, Thankfulness, Blessings, Word Power, Friendships and many more topics that aim to shine a light on life's sunnier side. This was Helene Shalotsky's aim as a wife, mother, teacher, and friend, and it is now her aim as a writer.

The author graduated Cum Laude from Queens College and taught for four years in Brooklyn, New York. By the 1970's, she was a New Jersey resident and began her career as a sixth grade teacher in Madison.

During her Madison teaching years, she added two graduate degrees to her resume, one of which came from St. Elizabeth College where she was inducted into the Kappa Gamma Pi Honor Society.

This 78 year old's book can be ordered on amazon.com. She hopes this collection of essays will leave the reader happy and smiling.



EXHIBIT BY THE ART LEAGUE OF THE CHATHAMS

Submitted by Ann Frommer

The Art League of the Chathams' fall exhibit will remain at the Chatham Twp. Municipal Building until December 4, 2018. The Municipal Building is located at 58 Meyersville Road,



(above) Len Resto, President of the Chatham Borough Council and a sustaining member of the art league, is pointing to the twin towers in one of the exhibit's peices. He worked in one of the towers and the reason he was not at work on 9/11 was because it was his sister Iris's birthday. Councilman Resto is pointing to the proximity of his office.

Chatham Twp and is open during normal business hours.

Member artists exhibit 78 pieces of art throughout the strolling gallery. A special show by Trois Artists, Larry Kerner, June Benedelic, and June Fisher-Moskowitz, is exhibited in the Lundt-Glover Gallery.



(above) The Trois Artists: Larry Kerner, June Benedelic, and June Fisher-Moskowitz.

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GRACE CENTER STAFF GIVING FREE WORKSHOPS

Helping members of the community achieve that goal is the motivation behind a new round of informational workshop Grace Counseling would like to announce its next round of informational workshops underway, led by the staff of the nonprofit, non-denominational Grace Counseling Center at 16 Madison Ave, in Madison.

All of the workshops are being held at the Grace Counseling Center and are free of charge. Reservations are requested by calling 973-822-0707.

The series of free workshops will continue through early 2019.

**NOVEMBER 5, 2018
7:00PM-8:00PM
AND NOVEMBER 9,
10:00AM-11:00AM**

Tips for managing Emotional Eating: Emotional Eating is eating to soothe or stifle unpleasant feelings. In this workshop we will explore some ways to manage this and promote healthy eating practices. All based on sound research.

Presenter: Joanne Miller, M. Div.

**DECEMBER 10, 2018
7:00PM-8:00PM**

Challenges of Parenting: Problem behaviors with children are frustrating. Learn how to understand these behaviors and respond to them. This workshop will give opportunities to share and learn interventions to use with your child.

Presenter: Ryan Williams, MA

**JANUARY 16, 2019
7:00PM-8:00PM**

Communication Skills for Parents: Join us for a discussion about communication with children in today's world. This workshop is designed to introduce skills that can improve your family life.

Presenter: Catherine Morrisett D. Min.

**FEBRUARY 11, 2019
7:30PM-8:30 PM**

Your relationship can thrive in retirement!

Retirement is a new chapter in your life in many ways. You're saying goodbye to your old job, but you're also juggling new interests and different responsibilities... and beginning a new phase of your most significant relationship. Just in time for Valentine's Day, this workshop will help you learn how to deal with the pitfalls and opportunities of your new life together.

Presenter: Susan Chrystal, M.Div.

The mission of GCC is to relieve emotional suffering and empower positive change in the lives of individuals, couples, families, and groups. We are a non-sectarian center providing professional, affordable therapy which values all faith perspectives. Visit gracecounseling.org.

AUDITIONS FOR MAMMA MIA COMING UP AT CDC THEATRE IN CRANFORD

Don't miss the chance to be part of history! Audition to be part of the 100th Season at CDC Theatre, 78 Winans Ave. in Cranford. Auditions for Mamma Mia are set for Wed., Nov. 14, 2018 at 7 p.m. and Sat., Nov. 12 at Noon.

ABBA's hits tell the hilarious story of a young woman's search for her birth father. This sunny and funny tale unfolds on a Greek island paradise. On the eve of her wedding, a daughter's quest to discover the identity of her father brings three men from her mother's past back to the island they last visited 20 years ago.

The story-telling magic of ABBA's timeless songs propels this enchanting tale of love,

laughter and friendship, creating an unforgettable show. A large cast, non-stop laughs and explosive dance numbers combine to make Mamma Mia! a guaranteed smash hit for any theatre. A mother. A daughter. Three possible dads. And a trip down the aisle you'll never forget!

Please prepare 16-32-bars in the style of the show or any 70s disco era song and bring sheet music in the appropriate key. An accompanist will be provided. Rehearsals will start Dec. 10 with performances running from Feb. 15 to March 2, 2019. Additional details can be found by visiting cdctheatre.org.

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FOR ADULTS

CALL: Truthiness, Fake News, and Alternative Facts:

Ethics in Journalism in an Age of Polarized Politics
News reporting in a polarized society is leading to journalism itself being a frequent subject of the news. Four journalists will talk about the ethics of journalism and the quest for faithful reporting of facts. See library website for more information. All events start at 7 p.m.

Thursday, November 1.

Eric Alterman/The Nation

Wednesday, November 7.

Mark DiIunno/The Star-Ledger

Monday, November 12.

William Westhoven/Daily Record

Monday, November 26.

Nick Corasaniti/The New York Times

Art Show Featuring Vital Hues

Opening reception Sunday,

November 4 – 2:15 to 4 p.m.

Vital Hues is a group of professional New Jersey artists featuring Ritika Gandhi, Joan Hain and Jill Sluka. The group will show their silk paintings, acrylics, and mixed media through November. Reception sponsored by

Friends of the Library

Gen Y Networking Group and Other Job Seekers

Wednesdays, November 7 & 21 – 7 p.m.

Gen Y Networking Group is a forum dedicated to job searching, networking, and career development. The group is open to all job seekers.

CALL: Introduction to Drawing

Thursdays, November 8, 15 & 29;

December 6 – 12 p.m.

Peggy Dressel, a graduate of Pratt Institute and an instructor at the Ridgewood Art Institute and the Art Center of Northern New Jersey, will offer a four-week beginner's drawing class. Students will be required to bring a fine art pencil set or a few different soft pencils such as HB, 2B, 4B, 6B, and 8B; a white drawing paper pad 11" x 14" or larger; and erasers – kneaded or Staedtler Mars (plastic). The class is limited to 15 students. Registration required.

Computer Classes for Adults

With over 20 years of industry experience, Chatham-based "T in STEM Education" offers various coding programs to prepare and enrich students in technological advances.

Website Workshop for Local Businesses

November 8 – 6 to 8 p.m.

This is a workshop for local businesses to learn how to manage their website, use it to grow the business and share experiences. There will be a Q&A session to discuss individual websites and get tips to improve them. A business website is required.

Create Your First Blog

November 13 & 15 – 6 to 8 p.m.

In this two-day boot camp you will create your first blog using WordPress. Participants will get a working knowledge of how to create a blog site and at least one blog. Basic understanding of Microsoft Word is required.

Meditation Class with Jean Leigh

Saturday, November 10 – 10 to 11 a.m.

Jean Leigh, a practiced meditation teacher, will present a guided meditation class on the concepts of harvest and the completion of a life-cycle. Participants will learn to recognize gratitude and thankfulness in their lives. Pre-registration is requested.

Italian Conversation Group

Friday, November 16 – 1 p.m.

Tuesday, November 27 – 7:15 p.m.

Luciana Santoriello will moderate Italian discussion groups with help from other fluent speakers.

Pattern and Process Print Workshop with

Vital Hues Art Group

Saturday, November 17 – 2 p.m.

Ritika Gandhi, Joan Hain and Jill Sluka will offer a hands-on workshop instructing a simple printing process using water-soluble inks and plants such as leaves and dried flowers on paper. All are welcome to attend; however, pre-registration is requested.

Taxation University

The NJ State Library and the NJ Division of Taxation will offer two courses at the library.

Online Business and New Jersey Sales Tax

Friday, November 30 – 1 to 2:45 p.m.

This course will teach topics such as the taxability of products and services; sales inside and outside of the state; the basics of shipping products; the collecting and reporting of NJ Sales Tax; and filing Sales and Use Tax returns.

Business Registration and Reporting Business Income

Friday, November 30 – 4 to 5:45 p.m.

This course will teach different business structures; registering a small business in New Jersey; legal entity vs. individual business; and how to report your income.

SENIOR CENTER OF THE CHATHAMS EVENTS

Senior Center of the Chathams

58 Meyersville Rd., Chatham, NJ.

For more information call 973-635-4565 or visit online at ChathamSeniorCenter.org.

TECH SUPPORT FOR SENIORS

Thursdays, November 1 &

November 15, 3:15 – 4:15 p.m.

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CAROL'S & ROB'S EXCELLENT AFRICAN ADVENTURE

Friday, November 2 at 12:30 p.m.

A Center staff member will share wildlife photos and insights from her recent safari in beautiful Zimbabwe.

ASK THE ATTORNEY: WHAT YOU NEED TO KNOW ABOUT YOUR LEGAL DOCUMENTS, POWER OF ATTORNEY, HEALTH CARE DIRECTIVE, WILLS, AND TRUSTS

Friday, November 9 at 12:30 p.m.

Elder law attorneys from Hauptman & Hauptman, PC will be here to present and answer questions about these important legal documents. Sign-up required.

DEMENTIA CAREGIVERS SUPPORT GROUP

Monday, November 12, 10:30 a.m. – 12 p.m.

Monthly support group for caregivers of those with dementia. Caregivers to develop a support system.

FREE BLOOD PRESSURE SCREENING

Thursday, November 15 at 11 a.m. - 12:30 p.m.

Blood pressure screening will be provided by Runnells Center for Rehabilitation & Healthcare, Berkeley Heights. Walk-ins welcome.

SURVIVING THE HOLIDAY BLUES

Friday, November 16 at 12:30 p.m.

Claire Solu Burd, MSW will present ways to recognize and employ techniques to overcome the blues during the upcoming holiday season.

FICTION BOOK CLUB

Tuesday, November 20 at 12:00 p.m.

The Children's Crusade by Ann Packer. New members always welcome to join in the discussion.

DIABETES 102: MOVING ON FROM THE BASICS

Monday, November 26, 10:30 a.m. - 2:00 p.m.

An overview of diabetes self-management.

NONFICTION BOOK GROUP

Friday, November 26 at 11 a.m.

This month's selection is Educated: A Memoir by Tara Westover. New members welcome.

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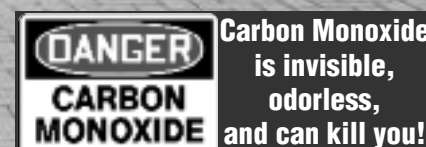
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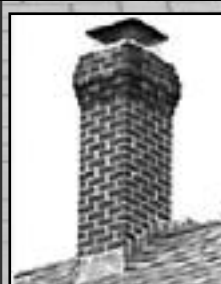
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