

## RECREATIONAL OPPORTUNITIES FOR SENIORS

### **SOCIALIZATION**

Midday Friendship Centers - lunch and socialization: (973) 285-6856

Senior Citizen Clubs - Call Morris County Division on Aging, Disabilities and Veterans

for information: (800) 564-4656 or (973) 285-6848

Watch local newspapers for club information in neighboring communities. Clubs planning trips may take out of towners if there is room on the bus (charging a few dollars more)

### **HEALTH & WELLNESS**

Hospital Senior Clubs: Education - health screenings - fitness programs - social activities

Chilton Hospital - New Vitality: (973) 831-5167

[www.chiltonmemorial.org/gerontology.shtml](http://www.chiltonmemorial.org/gerontology.shtml)

Hackettstown Regional Hospital – Center for Healthier Living – Health Link

[www.hackettstownhospital.org](http://www.hackettstownhospital.org) (908) 850-6872

### **SPORTS AND RECREATION; CULTURE AND EDUCATION**

Morris County Park Commission - For information and Visitor's Guide:

[www.Morrisparks.net](http://www.Morrisparks.net) (973) 326-7600

State Parks, Forests and Historic Sites:

Those 62+/  
or disabled can apply for a Senior Citizen Pass (free entry and free parking) – may also get application same day at park.

NJ Division of Parks and Forestry: (800) 843-6420 or (609)984-0370

[www.njparksandforests.org](http://www.njparksandforests.org)

Hunting/Fishing Discount: Fish and Wildlife: (609) 292-2965-general information

Clam/Oyster Fishing: Fish and Wildlife: (609) 984-5546

[www.state.nj.us/dep/fgw/forms.htm](http://www.state.nj.us/dep/fgw/forms.htm) - Hunting/Fishing/Clam/Oyster Fishing info.

Senior Citizen Fishing License (fresh water): May purchase at bait and tackle shops, sporting and fishing stores, etc. additional information for fishing licenses view:

[www.state.nj.us/dep/fgw/njregs.htm](http://www.state.nj.us/dep/fgw/njregs.htm)

Museums/Historical Sites: Call your Municipal Building for information

YMCA - Recreational Programs - Senior fitness, swimming, etc.:

YMCA Lakeland Hills (Mountain Lakes): (973) 334-2820

[www.lakelandhillsymca.org](http://www.lakelandhillsymca.org)

YMCA Morris Center (Cedar Knolls): (973) 267-0704

[www.morriscenterymca.org](http://www.morriscenterymca.org)

YMCA Madison Area (Madison): (973) 377-6200

[www.madisonymca.org](http://www.madisonymca.org)

YMCA West Morris Area (Randolph): (973) 366-1120

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

Local Libraries - meetings/programs/lectures, etc.

Morris County Library (973) 285-6970

[www.mclib.info](http://www.mclib.info)

Adult Education Classes - Contact your local high school

### Continuing Education Classes - reduced fee:

College of St. Elizabeth - Convent Station: (973) 290-4600  
[www.cse.edu](http://www.cse.edu)  
Fairleigh Dickinson University - Madison: (973) 443-8500  
[www.fdu.edu](http://www.fdu.edu)  
Drew University - Madison: (973) 408-3000  
[www.drew.edu](http://www.drew.edu)  
County College of Morris - Randolph: (973) 328-5000  
[www.ccm.edu](http://www.ccm.edu)

### **TRAVEL**

AARP - Travel discounts, etc. Membership Services: (888) 687-2277 or (888) Our AARP  
[www.aarp.org](http://www.aarp.org)  
AAA - Motor trip assistance - travel discounts - other benefits - also provides bus trips for members  
[www.AAA.com](http://www.AAA.com)  
Branch Offices: Florham Park: (973) 377-7200  
Randolph: (973) 361-0900  
Elderhostel - 75 Federal Street, Boston, MA 02110  
National/international travel - educational/recreational programs at low cost.  
Seniors only: (877) 426-7788  
[www.elderhostel.org](http://www.elderhostel.org)

### **VOLUNTEERING**

Volunteer Management Center - all kinds of volunteer opportunities for seniors:  
[www.vmcnj.org](http://www.vmcnj.org) (973) 538-7200  
NORWESCAP – opportunities for those 55 and over to utilize their skills and knowledge to make a difference in their community: (973) 989-5773  
[www.norwescap.org](http://www.norwescap.org)

### **EMPLOYMENT**

Part-Time Employment - doing something you enjoy could turn into an income opportunity  
Employment Assistance:  
Employment & Training: (800) 870-3478 or (973) 285-6880  
Workforce Morristown: (973) 631-6321  
Workforce Dover: (973) 361-9050  
[www.mswwib.qti.net](http://www.mswwib.qti.net)-Employment/Training/Workforce  
National Council on Aging-Workforce Development (888) 802-6262 or (973) 829-8400  
[www.ncoa.org](http://www.ncoa.org)  
The Women's Center at County College of Morris: (973) 328-5025  
[www.ccm.edu/womenscenter/](http://www.ccm.edu/womenscenter/)

This is only suggested list of recreational opportunities. Be Creative. This list can be endless!!