



Senior Focus

Happy New Year, 2019!



Monroe Township Office of Senior Services & Senior Center

12 Halsey Reed Road, Monroe Township, NJ 08831
Monday thru Friday, 8:30 a.m. to 4:30 p.m.

609-448-7140
www.monroetwp.com

A Message from Karen Theer, Director

Did you know that January is the least productive month of the year? Everyone is experiencing that “post-holiday low;” winter is entrenched with cold temps; and, daylight hours are in short supply. Instead of hunkering down at home, we hope to see you at the Senior Center for a bunch of our upcoming (and great) programs! I hope you will join us!

Speaking of wintertime, it is possible that some of our activities could be cancelled due to inclement weather. Should an emergency or weather closing occur, please consider the following policy:

- *Our Office/Senior Center follows the Township Administration schedule with regard to either a delayed opening, early dismissal, or inclement weather closure. Staff will be notified and all necessary preparations and communications will commence.*
- *Should a decision be made before or after operating hours, this information can be obtained via the Township website, cable channels (Comcast Channel 28 and FiOS Channel 32) and the Senior Center’s special voice message alert by calling 609-448-7140.*

In addition, if you are participating in any of our art or exercise classes, please note that, while make-up days are factored into the schedule, the Office/Township is NOT responsible to provide refunds for any missed classes due to inclement weather closings.

Before we know it, the AARP Tax-Aide Program will be here. From February 4 through April 11, low-to-moderate-income taxpayers will receive free tax counseling with the assistance of trained volunteers who will ensure they receive applicable tax credits and deductions. The income tax refund information is for

Federal and the State of New Jersey; and, this program is offered in cooperation with the IRS.

To make an appointment, starting on January 23, you have two options this year:

- 1) please call Rosanna at 609-448-7140, at extension 215;
- 2) visit the Township website (www.monroetwp.com) to access our Office’s webpage. Once there, please scroll down until you see the “TAX TIME” icon. Click the link to make your appointment online.

Please note the following:

- You are not allowed to make an appointment in person. The only two options are by phone or online.
- If you need transportation, you must call to make an appointment.
- Please note that Rosanna will take calls and messages in the order that they are received.

And, please be sure to read this month’s insert about all of our NEW Thursday evening and Saturday morning activities.

***Wishing You and Yours
A Happy and Healthy 2019!***

QUOTE OF THE MONTH

“There is nothing magical about the flip of the calendar, but it represents a clean break, a new hope, and a blank canvas.” — Jason Soroski

***First Day of Registration?
Mark Your Calendar for December 18, 2018.***

Here's to Your Health!

Family Relations: On Thursday, January 3, at 10:30 a.m., Dr. Gregory Moore explores the many dynamics of family relationships, from discussing sensitive issues to the differences between helping and enabling.

Bagels Plus: On Friday, January 4, at 10:00 a.m., join Linda M., from The Gardens at Monroe, and Kate Jenkins, from Care Street Home Care Agency, as they discuss the cost of Home Care with the focus on Long Term Care and Catastrophic Insurance .

The Bulging Bagel and Other Tales: On Monday, January 7, at 10:30 a.m., join Caren Alter, RD, CentraState, as she puts portion distortion in its place and provides helpful tips on avoiding portion pitfalls while eating at home and out.

Preventive Health Challenge: On Wednesday, January 9, at 10:30 a.m., Vinny Smith, Horizon NJ Health Educator, discusses how to stay healthy and enjoy life. Find out what to do to prevent disease and illness. Free cholesterol screenings available after the presentation.

Inflammation Top 10: On Wednesday, January 9, at 1:30 p.m., join Dr. Dave Wendel, D.C., Natural Health and Wellness, as he discusses how inflammation happens in the body and the most common causes of it.

Mindfulness Benefits: On Thursday, January 10, at 1:30 p.m., join Surbhi Saini as she discusses the benefits of staying positive, in the moment, and how making simple changes can bring peace and joy to your life.

Singing Bowls: On Friday, January 11, at 1:30 p.m., Nadine Roberts, Certified Practitioner, via RWJUH, brings Himalayan Singing Bowls to the Center to demonstrate the healing benefits of vibrational medicine. *Space limited.*

Rewire Your Brain: On Monday, January 14, at 10:30 a.m., join Clarisa Romero, from Mindful Consultants, as she explores how to keep your mind razor-sharp and stress at bay with the use of the 4-Step Brain H.A.C.K. to cultivate more awareness of thought.

Drivers' Safety Class: On Tuesday, January 15, at 8:45 a.m., enhance your driving skills during this AARP-sponsored program. For pricing and space availability, please call the Office.

Release Negativity: On Tuesday, January 15, at 10:30 a.m., Dr. Anna Kress focuses on positive and practical ways of minimizing worry to improve your health and lift your spirits.

Hormones to Blame: On Wednesday, January 16, at 10:30 a.m., join Dr. Dave Wendel explores belly fat and how hormonal imbalances can lead to unwanted weight gain and ill-health.

Got Five Wishes?: On Wednesday, January 16, at 1:30 p.m., discover why your "Five Wishes" are an important step to self-exploration and to meaningful conversations about advance care planning with your loved ones.

Palliative Care: On Thursday, January 17, at 10:30 a.m., learn more about the importance of and differences between hospice and palliative care programs. Amelia Vastola, MSW, Princeton HomeCare, will address your questions about this support.

ClearCaptions: On Tuesday, January 22, at 10:30 a.m., join BJ Thomas as he discusses this phone and captioning service that is provided at NO COST through a federally-funded program.

Eat Well, Age Well: On Wednesday, January 23, at 10:30 a.m., join Mary W. Myers, RDN, for an informative discussion

on the 2019 recommendations for nutritional needs as we age. As the old Tibetan proverb states: "Eat half, Laugh triple and Love without measure."

Mindful Stretching: On Thursday, January 24, at 1:00 p.m., Lori Morell, Parker at Monroe, provides an interactive chair program that incorporates range of motion movement and flexibility to maintain a healthier body. Light refreshments, too.

Rotator Cuff: On Monday, January 28, at 10:30 a.m., Dr. V. Sathyendra, St. Peter's University Hospital, discusses the symptoms of and treatment options for rotator cuff tears.

Life's Support: On Monday, January 28, at 2:00 p.m., join Andrea Casey, Certified Life Coach, for this introductory, group coaching session. Discover how "The Wheel of Life" will target areas in your life that need nourishing.

Anxious to Awesome: On Tuesday, January 29, at 10:30 a.m., Shelly Botwinick, Holistic Health Educator, explores simple, but powerful techniques to promote peace of mind and lower harmful hormones caused by stress.

Laughs, Lyrics, & Lectures

Music of Puccini: On Wednesday, January 2, at 1:00 p.m., enjoy this musical performance featuring Jonas Kaufmann, German Tenor, at his 2015 concert on the La Scala stage in Milan.

Trivia Time with Karen: On Thursday, January 3, at 1:30 p.m., rev up your competitive edge and have some fun with our very own Karen Theer. Keep your mind sharp and your reflexes quick with trivia, quizzes, games and puzzles. Prizes, too!

Mandolin Intro and Class: On Thursday, January 3, at 2:00 p.m., if you are interested in learning how to play via the tablature method, join Jerry Sperling for this introductory session. The class commences on January 10, for 10 sessions. *Students must purchase their own instrument; and, information will be provided.*

Ringin' in 2019 with the Jimmy Givens Trio: On Friday, January 4, at 2:00 p.m., get ready to dance or sway in your seat as the Jimmy Givens Trio fills the room with hip music.

Between the Covers: On the second Tuesday of every month, at 10:30 a.m., book lovers unite, with Barbara Hughes, from the Monroe Township Library. *20 participants, maximum.*

iPhone Basics: On Thursdays, January 10 and 24, at 10:00 a.m., join Joel and Art for this helpful, hands-on 2-day workshop about the many uses of an iPhone. (Not For Android Users!) Course fee: \$10 p.p., due upon registering in advance.

Cozy Cuisine Demo: On Friday, January 11, at 1 p.m., enjoy this tasty demonstration, presented by The Chelsea Senior Living Chef, that will help you stay warm this winter. *Space limited.*

The Frozen North: On Monday, January 14, at 1:30 p.m., join Chris Kosseff, photographer, as he explores the far ends of our planet with photos of Greenland, Alaska, and the high Canadian artic. See rare wildlife and remote landscapes.

NOVA Knows: On Tuesday, January 15, at 1:30 p.m., explore the mysteries of the universe during this enlightening presentation that ponders the question: *Are We Alone?*

Time to Declutter: On Wednesday, January 16, at 2:30 p.m., Alexa Amato, VP, from Right at Home, shares the health benefits of decluttering your environment. Find out how you can get started to clear your space and give yourself peace of mind.

Worldly Book Tour: On Thursday, January 17, at 10:30 a.m., it's time to discuss the book, "Midwinter Break" by Bernard MacLaverty (Ireland) with Monica, from the Library. *Space limited. Only for members who have read the book.*

1920's Berlin: On Thursdays, January 17 and 24, at 1:30 p.m., Julian Davis returns to provide an enlightening look at Berlin, post World War I, featuring its political and economic climate as well as the artists and intellectuals who provided a new form of expressionism in the film industry. *When registering, you will be automatically enrolled in both sessions.*

Music of Webber: On Friday, January 18, at 10:30 a.m., enjoy this star-studded tribute to Andrew Lloyd Webber's songs as Glenn Close, Antonio Bandaras, and others perform memorable melodies from CATS, SUNSET BOULEVARD, and more.

Poems of Significance: On Tuesday, January 22, at 2:00 p.m., Vijay Joshi, author of three poetry books, explores poems and their historical significance, with a focus of Japanese poetry genres and glimpses of historical landmarks.

Dumplings Demo: On Wednesday, January 23, at 2:00 p.m., Chef Lori, from Brandywine, returns to celebrate the Chinese New Year early with a dumplings demonstration. *Space limited.*

Winter Wonderland: On Friday, January 25, 2:00 p.m., its a festive event featuring dancing and music by Jerry Castaldo as well as assorted sweet treats to celebrate the season, courtesy of Care One of East Brunswick. *Pre-registration is a must for this space limited and FREE afternoon.*

Country Jamboree: On Friday, January 25, at 7:00 p.m., get ready to slap your knees for this FREE event featuring classic country music. Pre-registration and membership are a must!

Music by Bobby Kulik: On Tuesday, January 29, at 2:00 p.m., enjoy an entertaining afternoon with Bobby, former member of the 1960's pop vocal group, The Happenings. This musical program will get you swaying in your seats.

TED Talks with Susan: On Wednesday, January 30, at 10:30 a.m., join our very own Susan Schwartz for an enlightening TED Talk session and discussion. The topic: "Try Something New in the New Year".

The Highwaymen: On Wednesday, January 30, at 1:00 p.m., enjoy the legendary sound of Johnny Cash, Waylon Jennings, Willie Nelson, and Kris Kristofferson, with Mike Feirerra hosting.

Judge for Yourself: On Thursday, January 31, at 10:30 a.m., after a very long hiatus, "Judge Jen" returns to share true and, sometimes, controversial cases and their outcomes.

Top Broadway Musicals: On Thursday, January 31, at 1:30 p.m., Don Buzney, along with co-presenter, Danny Scott, present some of the greatest and longest running Broadway musicals as well as the performers who thrilled us.

Let's Get Physical!

All exercise classes start the week of January 7, and run for ten (10) sessions. If you would like information on each class, please pick-up an "Exercise Classes" flyer at the Senior Center. **CLASS FEE: \$40 p.p. Pre-registration is required, in advance:**

◇ **MONDAYS:** *Shape It Up* (9:00 a.m.) *Move & Groove* (10:00 a.m.) and *Yang Tai Chi** (11:15 a.m.)

◇ **TUESDAYS:** *Body Works* (9:00 a.m.) *Triple 15* (10:15) *POUND* (11:15 a.m.) and *Pilates* (3:30 p.m.)

◇ **WEDNESDAYS:** *Total Toning* (9:00 a.m.) *Bodies in Motion* (10:15 a.m.) and *Breathe & Stretch** (11:15 a.m.)

◇ **THURSDAYS:** *Chair Yoga* (9:00 a.m.) *Body Works* (10:15 a.m.) and *Core Fusion** (11:15 a.m.)

◇ **FRIDAYS:** *Zumba Gold* (9:00 a.m.) *Boot Camp* (10:00 a.m.) and *Up to Barre* (11:00 a.m.)

The (*) indicates new workouts for 2019!

Artistically Speaking

No Press Printing: Starting on Monday, January 7, from 9:30 to 11:30 a.m., we welcome Deirdre Sheean, exhibiting artist, as she brings printing without a press to the Senior Center. This six-session class focuses on collograph prints, creating your own stencils, and making your own stamps. Most materials are provided by the instructor. *Students are asked to bring:* an 11" x 14" multi-media pad, pencils, magic markers/pens, and a small acrylic paint set. **COURSE FEE: \$30 p.p., due upon registering in person, in advance.**

Collage w/ Karen: On Tuesdays, January 8 and 15, join Karen Starrett for this 2-session workshop where you create a personalized collage using various mediums and inspired by different artistic styles. *Pre-registration fee of \$10 p.p. is required in advance.*

Mixed Watercolor: Starting on Thursday, January 10, at 12:30 p.m., join Jeremy Taylor, watercolorist, for this 10-session multi-level watercolor class which uses other mediums as well as natural and synthetic papers. Demos, one-on-one critiques, and special exercises will enhance your own personal style and technique. **Course Fee: \$100 p.p., due upon registering in-person, in advance.** Ask for a supply list when you register.

Dabble & Do: Starting on Friday, January 11, from 10:00 to 11:00 a.m., join Andrea for this eight-session, stress-free art class where you will have different mediums to use as you learn simple techniques in acrylics, watercolor, pastels, inks, etc. No experience necessary. Most supplies provided. Old cloths and/or apron a must. **Course Fee: \$50 p.p., due upon registering in advance.**

Watercolor Experience: Starting on Friday, January 11, at 12:30 p.m., join watercolorist, Jeremy Taylor, for this 10-session class for beginners/advance beginners. Explore watercolor technique and develop your own style. Demos, personal critiques, and exercises, designed by Jeremy, will be provided. **Course Fee: \$100 p.p., due upon registering in advance.** Supply list available.

Beads & Weaves: Starting on Wednesday, January 30, at 1:00 p.m., join Cheryl Kaplan for this 10-session, custom jewelry-making class as you create necklaces, earring, bracelets, etc. that are uniquely yours, with beadwork, weaving, embroidery, and chainmaille. **Course fee: \$50 p.p., due upon registering in advance.**

3-D Art: Starting on Monday, January 14, from 1:30 to 3:30 p.m., join Vicki Saltzman on the second, third, and fourth Mondays of the month to create your own 3-D masterpiece. A one-time toolkit fee of \$95 as well as photo-kit fee of \$45 (per kit) are paid directly to the instructor.