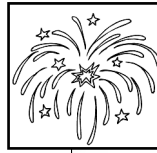




Senior Focus

JULY 2018



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

Message from Bonnie Leibowitz, Director

This is the last front page of the *Focus* I will be writing.... Once again, thank you for the love and support that you have given me during my tenure here at the Office/Senior Center. Thirteen years ago, we started together in the lower level of the Municipal Building. Now, it is hard to believe that we have been at *12 Halsey Reed Road* for five years (on June 26th) and have grown in membership and programming ever since. You are our inspiration and motivation in all that we do here. Thank you for your involvement and the beautiful memories that I will take with me.

It is my hope that you will embrace the new Director of the office as I am confident this new leader will bring fresh ideas that will benefit you and the community. Please remember that the remaining team is here to assist you. We may not be perfect and we won't have all the answers; but, we know that we can make a difference together and strive to ensure meaningful moments for you at the Senior Center.

Speaking of making a difference, please remember that we offer Home Food Shopping to those who are interested. Please contact Scott Friedman for assistance. He will explain the process to you and help you secure your order.

In addition, a meaningful moment for our dedicated volunteers is our annual Volunteer

QUOTE OF THE MONTH

"How lucky I am to have something that makes saying goodbye so hard..."

~ A.A. Milne (Winnie The Pooh)

Appreciation Luncheon. Please be sure to mark your calendar for Friday, October 12, 2018. Invitations will be sent in early September to volunteers who have earned (at least) 25 hours of service, from July 2017 to June 2018. This is a special day; and, it is our way of saying *"Thank You"* for your support and assistance throughout the year.

Finally, I raise my virtual glass of cheer to each and everyone of you. May you be surrounded by the love of family and friends, good health, and special moments. Be good to yourself and always believe that today is a good day...and tomorrow will be even better. So long, dear Monroe! I will miss you; but, you will always be a part of my heart!

Please Call the Senior Center to Find Out When Program Registration Begins for this Month.

Happy Fourth of July! *Let us not forget the brave men and women who fought and continue to fight for our freedom. Independence Day reminds us of our rights for "Life, Liberty, and the Pursuit of Happiness." As you pursue.... please be sure to have a safe holiday!*



Here's to Your Health!

Bagels Plus: On Friday, July 6, at 10 a.m., join Linda (The Gardens at Monroe) as she hosts this emergency friendly program, *WHEN TO CALL 9-1-1?* Barbara Vaning, EMT Instructor at Penn Medicine Princeton Medical Center, provides this interactive discussion designed to teach you when to call for help. Topics include: finding out what constitutes an emergency, what to tell the dispatcher, what to do if you cannot speak, and what to do when while waiting for help to arrive. *Please register in advance.*

Balance Build-up: On Monday, July 9, at 10:30 a.m., in honor of Arthritis Awareness Month, join Monroe Village/Village Pointe representatives for a special presentation on fall prevention. Discover how core strength and posture play a role in your balance; take a mini balance test; and, learn effective exercises and home modifications to reduce falls. *Please register in advance.*

Heart Health & Cholesterol: On Monday, July 9, at 1:30 p.m., join Dr. Spencer Kroll, from CentraState Medical Center, for an update on heart disease - its causes and relationship with cholesterol levels. Lifestyle changes and medications will also be discussed. *Please register in advance.*

Pain, Problems, and Solutions: On Tuesday, July 10, at 1:30 p.m., Anthony Alfieri, D.C., M.S., from AllCure Spine and Sports Medicine, focuses on various conditions that can cause pain and/or neuropathy with possible solutions for low back pain, spinal conditions, and pain associated with diabetes, chemotherapy, and thyroid. *Please register in advance.*

Pain Management: On Monday, July 16, at 10:30 a.m., join Mary Ginn, Director of Nursing for Right at Home, for an informative discussion on current pain modalities and the importance of speaking with your primary care physician. *Please register.*

Wellness Workshop: On Monday, July 30, from 9:30 to 11:30 a.m., join Liz Allen, Fitness Instructor, for this lively and informative workshop on lifestyle changes for your overall well-being. Discover the six elements of wellness as you delve into chronic disease, healthy food preparation and an interactive exercise session. *Please register early. Space limited.*

Laughs, Lyrics, & Lectures

Musically Yours Concert: On Monday, July 2, at 2 p.m., enjoy the musical stylings of John DeRosalia, an innovative singer/songwriter/guitarist, with 48 years of experience. From original music to cover songs of the 40's to the present, join us for a musical-ly appealing afternoon. *Please register in advance.*

Celebrating Harrison Ford: On select days this month, at 1 p.m., we are celebrating Mr. Ford's 76th birthday with a collection of his films for your viewing pleasure. **On Tuesday, July 3, *THE FRISCO KID*** (with Gene Wilder); **on Friday, July 6, *AIRFORCE ONE*** (with Gary Oldman and Glenn Close); and **on Monday, July 30, *INDIANA JONES & THE LAST CRUSADE*** (with Sean Connery). *Please register for each movie separately. (In addition, please read about our special PIZZA PLUS event, on July 27, for a complete Harrison Ford tribute.)*

The Merry Widow: On Thursday, July 5, at 1 p.m., enjoy Franz Lehar's comic operetta, performed at the Metropolitan Opera, during this 2015 DVD presentation. *Please register in advance.*

Bee Gees Tribute, Live: On Wednesday, July 11, at 2:30 p.m., we welcome award-winning Australian entertainer, Darren Williams, to our stage as he presents his one man homage to three amazing brothers - Barry, Robyn and Maurice Gibb, who grew up singing in perfect harmony as...THE BEE GEES! *Space limited. Please register early.*

Post July 4th Celebration ~ Afternoon with Abe:

On Friday, July 13, at 1:30 p.m., join us, with the help of Parker at Monroe, for this special patriotic afternoon. After meeting Abraham Lincoln, as portrayed by actor, Robert Costello, during his "live history" performance, partake in patriotic refreshments with a chance to speak with the man himself. *Limited seating available for this special engagement. Please be sure to register in advance.*

Shakespeare's "The Taming of the Shrew": On Monday, July 16, at 1:30 p.m., we welcome back Shirley Reich as she provides an enlightening look at Shakespeare's work and answers the question: "Why is she so shrewish and why is he so bullish?" Shirley helps us tame them both. *Please register early.*

Cole Porter's "The Taming of the Shrew": On Tuesday, July 17, at 1 p.m., Shirley returns to host the updated version of *The Taming of the Shrew* with the showing of *Kiss Me Kate*, Cole Porter's take on Shakespeare's story in a new context: a play within a play. *Please register in advance.*

Movie Love Affair: On Wednesday, July 18, at 2 p.m., fall in love with the movies as Francine and Joel return to perform the magical and dynamic songs from Hollywood's most memorable productions, such as: *That's Entertainment, The Lion King, Cabaret, Goldfinger,* and many more. *Please register in advance.*

Jerry's Travels: On Friday, July 20, 1:30 p.m., the journey across the country continues as Jerry has his EYES ON AMERICA. Sit back and enjoy the jewels of our nation: Yellowstone, Grand Canyon, Hoover Dam, Napa Valley, Capital Reef, Glacier National Park, and so much more! *Please register in advance.*

MUSIC BINGO: On Monday, July 23, at 1:30 p.m., we welcome back Tara and her special, musical twist on an old favorite. Enjoy games of BINGO featuring the songs from the 50's and 60's. Light refreshments, too! *Tickets: \$3 p.p., due upon registering in-person, in advance. Space limited.*

Michael & Ted: On Tuesday, July 24, at 2 p.m., join our friends from WWFM's THE CLASSICAL NETWORK, as they examine the life and works of Stephen Schwartz, theatre composer. His latest musical, WICKED, is the one that people are talking about, but GODSPELL has proven to have the most staying power of all of his shows. *Please register in advance.*

Boardwalk Bonanza: On Wednesday, July 25, from 1:30 to 3 p.m., the Senior Center transforms into your favorite boardwalk with games of chance, prizes, and classic fare. It's a fun afternoon with friends! Come & Join Us! *Tickets: \$5 p.p., due upon registering in-person, in advance. Limited ticket*

engagement. No refunds after July 17th.

Only What You Can Carry: On Thursdays, July 19 and 26, at 1:30 p.m., Julian Davis retells the appalling chapter in American history where our government (in the early 1940's) suspended the rights of more than 100,000 (law-abiding) Japanese-American Citizens and banished them to prison camps. *When registering in advance, you will be automatically enrolled in both program dates.*

Pizza Plus Tribute: On Friday, July 27, at 11:30 a.m., this special addition of Pizza Plus looks at the life and career of Harrison Ford (whose birthday is on July 13th). After the brief Power-Point presentation, enjoy a slice or two of pizza, a drink, and dessert while the movie, *THE FUGITIVE* (starring Mr. Ford and Tommy Lee Jones) is featured. **Tickets: \$6 p.p., due upon registering in-person, in advance. No refunds after July 24th.**

Life of Samuel Morse: On Tuesday, July 31, at 2 p.m., we welcome back Jim DelGiudice as he details the life of Samuel Finley Breese Morse, who epitomized the titans of the Industrial Revolution in America with his wide-ranging accomplishments in technology and art. *Please register in advance.*

Let's Get Physical!

Total Toning: Starting on Wednesday, July 11, at 9 a.m., join Mardi for this 10-session, "No-Aerobics" workout using light hand weights to build core strength, balance, and flexibility. *(Last Class: 9/12).* Proper footwear, water, and 1 to 3 lb. weights are needed. **Course fee: \$40 p.p., due in-person, in advance. Space limited to ensure safety.**

Line Dancing: Starting on Wednesday, July 11, at 10:15 a.m., join Leslie for this 8-session line dancing class that features a wide variety of different styles of music and dance steps. *(No Class: 8/29; Last Class: 9/5.) Course fee: \$40 p.p., due in-person, in advance. (Must have at least 10 students enrolled.)*

Zumba Gold: Starting on Friday, July 20, at 9 a.m., get your hips moving to the Latin beat during this fun, 5-session exercise class. (Instructor TBD.) **Course fee: \$30 p.p., due upon registering in-person, in advance. Space limited. (Last Class: August 17.) Space limited as per program guidelines.**

Move & Groove: Starting on Monday, July 23, at 10 a.m., join Sarah to get you moving and grooving during her 10-session, dancercise workout. *(No Class: 9/3, 9/10, 10/8; Last Class: 10/15.) Course fee: \$40 p.p., due in-person, in advance. Space limited.*

Boot Camp: On Friday, July 27, at 10 a.m., join Julie for this 10-session, circuit-style workout that focuses on group specific activities to enhance endurance, strength, and flexibility. *(Last Class: 9/28.) Course fee: \$40 p.p., due in-person, in advance. Space limited.*

Artistically Speaking

Collage with Karen: Starting on Tuesday, July 10, at 2 p.m., join Karen for this 2-session workshop (July 10 and 24) where you create a personalized collage using various mediums,

inspired by different artists. **Course fee: \$20 p.p., due in-person, before or by March 8th.**

Pop-Up Cards: On Tuesday, July 17, from 10:30 to 11:30 a.m., PaperTrails provides this one-session craft project where each student creates a unique occasion card that "pops". Learn how to line an envelope as well to enhance any card. All supplies and instruction are provided for this 1 hour class. **Project Fee: \$10 p.p., due upon registering in-person, before or by July 10th. Space limited.**

Charcoal & Soft Pastels Demo and Class: On Tuesday, July 17, at 2 p.m., Shelly Wish wishes to share his love of charcoals and soft pastels with you during this free demonstration. For beginners and more advanced students interested in drawing and sketching, this demo will help you **determine your interest in the 5-session class, starting on Tuesday, July 31 (at 2 p.m.). Feel free to sign-up for the class after the demonstration.** **Course fee: \$50 p.p., due upon registering in-person.**

Mixed Watercolor: Starting on Thursday, July 19, at 12:30 p.m., join Jeremy Taylor, watercolorist, for this 5-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: \$50 p.p., due upon registering in-person, in advance.** Ask for a supply list when you register. *(Last Class: August 16.)*

Watercolor Experience: Starting on Friday, July 20, at 12:30 p.m., join watercolorist, Jeremy Taylor, for this 5-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: \$50 p.p., due upon registering in-person, in advance. Space limited.** Supply list available. *(Last Class: August 17.)*

Fun with Alcohol Inks: On Tuesday, July 23, at 10 a.m., join Andrea for this fun craft where you will design and decorate three beautiful ceramic coasters with alcohol ink. Be sure to wear old clothes! All supplies and instruction included. **Class Fee: \$25 p.p., due upon registering in-person, before or by July 18th.**

Art of the Masters: On Monday, July 30, at 10 a.m., join Cristina as she discusses the life and works of Albrecht Durer, during a brief lecture. Then, participants who have requested a Project Coupon *(while supplies last)* will create a personal, copper relief masterpiece in the artist's style. **Lecture only? Feel free to register by phone. Need a coupon? Registration is required in-person. Space limited.**



Office Closed on Wednesday, July 4, 2018.

HAPPY INDEPENDENCE DAY!



On-Going Programs are Listed in the Calendar. Learn More About Them by Calling the Office.



ATTENTION: SOPRANOS, ALTOS, TENORS OR BASS, SING WITH THE MONROE TOWNSHIP CHORUS. Rehearsals on Tuesday mornings at 9 a.m., in the Senior Center. For more information, please contact Sheila Werfel, Director, at 609 619-3229.