



Senior Focus

AUGUST 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

A Message from Jennifer Sternberg, Program Supervisor

As the changing of the guard becomes complete (and we wish Bonnie all the best in her retirement) it is my bittersweet pleasure to write this month's SENIOR FOCUS front page. While we welcome our new Director, please keep in mind all of the wonderful services and programs that we offer you throughout the year...

From home shopping to individual counseling and satellite surrogate services, our Outreach program is here for you when you need it most. Feel free to contact Susan Schwartz or Scott Friedman to learn more about these offerings in addition to our information/referrals regarding home health care and other entitlement programs.

Besides a variety of exercise classes and live musical performances, our Center is a host to specific support groups. These groups provide resources and coping skills for the following conditions: Diabetes, Parkinson's, Cancer, and Alzheimer's Support for the Caregiver.

Speaking of support, our Project Healthy Bones program has been supporting healthy bones for the past 18 years. With the help of our peer leaders, this evidence-based program helps individuals who have or who are at risk of getting osteoporosis through strength training. While a new class will begin in September, we encourage interested members to register for the open session this month on Wednesday, August 22, at 9 a.m. Please read more about Healthy Bones in this newsletter.

To honor our volunteers who support us

QUOTE OF THE MONTH

"It is not the strongest species that survive, nor the most intelligent, but the ones who are most responsive to change." ~ Charles Darwin

throughout the year, we celebrate their "gift-of-self" during our annual Volunteer Appreciation Luncheon. Volunteers, who have given at least 25 hours of service, between July 1, 2017, and June 30, 2018, will receive an invitation. The date to save is Friday, October 12, 2018.

Lastly, please be sure to register for ALL of our special activities each month. Free activities can be reserved over the phone. Programs with a fee require in-person registration. While this method of payment seems antiquated to some, we find it helps us avoid added costs and computer hic-ups. For us, it encourages social interaction and helps us help you in completing the registration process. Also, if your contact information has changed from the time you registered with us, please be sure to let us know. Having the correct phone number in our database certainly will make a difference when trying to reach you regarding a program change or cancellation.

Remember, the director's name will be changing, but our services and programs will remain. Here's to continued "good times, good will, and good fellowship."

See you at the Senior Center!

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

Here's to Your Health!

Exercise, My Medicine: On Thursday, August 2, at 10:30 a.m., join Joe Smeck, Personal Training manager, and Toni Visco, Wellness Coordinator, with Princeton Fitness, for this informative discussion on the aging muscle and the importance of building muscle through exercise in order to maintain an active lifestyle. *Please register in advance.*

Pain Management: On Monday, August 6, 10:30 a.m., join Monroe Village/Village Pointe for this informative talk, with health practitioners, regarding the management of pain during this interactive program. *Please register in advance.*

iPhone Basics: On Mondays, August 6 and 13, at 2 p.m., expand your iPhone know-how, with the help of Joel and Arthur, during this hands-on, interactive 2-day workshop. Designed for individuals who own an iPhone or iPad AND who have NOT yet attended this class, discover what you can do (besides calling and texting) with these "high-tech toys." *Please be sure to bring your iPhone each day! Space limited! Course fee: \$10 p.p., due upon registering, in-person, in advance.*

Insurance 101: On Friday, August 10, at 10:30 a.m., Mitch Minkowsky, from Rue Insurance, provides giveaways and this free, educational seminar on insurance basics: auto and home coverages, factors affecting premium rates and claim concerns. *Please register in advance.*

Fall Prevention: On Monday, August 13, at 10:30 a.m., join May Ginn, Director of Nursing, of Right at Home, for an informative talk about the risk factors of falling as we age as well as ways in which we can prevent falls at home and on the road. *Please register.*

AARP Drivers Safety Program: On Tuesday, August 21, at 8:45 a.m., enhance your driving skills during this AARP-sponsored class. *For class availability and AARP member/non-member fees, please contact Rosanna at the Office: 609-448-7140.*

Healthy Bones Open Session: On Wednesday, August 22, at 9 a.m., observe the class of Project Healthy Bones "Pros" to see what a session entails before the new one starts in September. Project Healthy Bones is a strength building, evidence-based program for older adults with or at risk for osteoporosis. A new beginners class (that will be a part of a National Healthy Bones study) begins on Wednesday, September 26, at 1 p.m. If you are interested in participating, please call the office to register for the open session and place your name on our wait list for the upcoming class. SPACE IS LIMITED.

Laughs, Lyrics, & Lectures

Thomas Elefant Presents: On Wednesday, August 1, and Thursday, August 2, both starting at 1:30 p.m., join Mr. Elefant as he looks at the splendor of American music. On Wednesday, listen to the rich American musical culture in its purest form. Then, on Thursday, enjoy patriotic and festive music by American composers. *When registering in advance, please indicate the lecture dates you wish to attend.*

Karaoke, Beat the Summertime Blues: On Monday, August 6, at 2 p.m., there is a "...cure for the Summertime Blues" and it's called, KARAOKE with RICK. Join Rick and your fellow members as they sing the songs of summer and their own personal favorites. Light refreshments, too! *Please register early.*

Fred Miller Presents: On Tuesday, August 7, at 1:30 p.m., join Mr. Miller for his "Lecture-in-Song" focusing on the lives, careers, and the enduring songs of Arthur Schwartz, Burton Lane, and Sammy Fain. The program concludes with a sing-along tribute to Al Jolson. *Please register in advance.*

The Arminio's, Live: On Wednesday, August 8, at 2 p.m., we welcome Joey and Doreen to our stage as they present their fun, witty, musical show that features oldies, standards, Broadway hits, and music from well known husband-wife singing duos. *Space limited. Please register in advance.*

Songs From Way Down Yonder: On Thursday, August 9, at 1:30 p.m., join Gordon James, and Mark Minchello, pianist, for a musical program featuring songs, musicians, and stories from Dixieland, during the 1920's thru the 1960's. From Fats Domino to Hoagy Carmichael, get ready to snap your fingers and tap your feet. *Please register in advance.*

Ted's Classic: On Friday, August 10, at 1 p.m., we welcome back Ted Shuster as he brings us his classic films to the Senior Center. This month, enjoy *CAROUSEL*. *Please register early.*

The Telegram: On Tuesdays, August 14 and 28, at 1:30 p.m., Julian Davis returns to examine "THE TELEGRAM" that brought America into the First World War. *When registering in advance, you will be automatically enrolled in both program dates.*

Movie of the Month: On Wednesday, August 15, at 1 p.m., enjoy the film, *BEYOND THE SEA*, with Kevin Spacey, Kate Bosworth, and John Goodman. (THIS MOVIE DOES NOT HAVE ENGLISH SUBTITLES.) *Please register in advance.*

Washington Irving: On Thursday, August 16, at 10:30 a.m., enjoy a live history presentation as Hal Greenberg transforms himself into Mr. Irving, the father of American letters. After some historical anecdotes, a dramatic reading of Irving's "The Devil and Tom Walker" will follow along with Q&A. *Please register early.*

Rodgers & Hammerstein: On Thursday, August 16, at 1:30 p.m., we welcome back Dr. Karen Fanta Z., as she discusses and plays the popular songs of this famous, musical theatre writing team. *Please register in advance.*

Fruit Art: On Monday, August 20, at 1 p.m., join Randi Goldberg, from Always Best Care, for an interactive afternoon creating a group masterpiece with fruit. Of course, after the "hard work", participants will literally enjoy the fruits of their labor. *Due to the nature of this program, only 15 participants are allowed. Please register in advance.*

Shakespeare's Othello: On Monday, August 20, at 2 p.m., Shirley Reich looks at the range of emotion in the play: manipulation turns passionate; devotion turns into rage. She will also examine how Paul Robeson became a star on the London stage in this dynamic play. *Please register in advance.*

What about Showboat: On Tuesday, August 21, at 1 p.m., Shirley returns to highlight the dramatic issues involved in transforming Edna Ferber's book into a musical. Paul Robeson is featured in this production of SHOWBOAT singing "Old Man River". *Please register in advance.*

Boys of Summer: On Wednesday, August 22, at 1 p.m., enjoy a DVD presentation of THE BEACH BOYS in concert, hosted by Mike Ferriera. *Please register in advance.*

Michael & Ted Present: On Thursday, August 23, at 2 p.m., join our friends from WWFM's THE CLASSICAL NETWORK, as they explore the life and works of Dorothy Fields, a remarkable lyricist, who has won a Tony Award and an Oscar. Enjoy listening to her musical genius through songs like, "The Way You Look Tonight" and more. *Please register in advance.*

Navajo Code Talkers: On Friday, August 24, at 1:30 p.m., join Don Buzney, the host for "The Veterans Corner" on Rutgers University Radio, WRSU, as he explores how the Native Americans' thousand year old language proved to be the unbreakable code that helped the U.S. Marines secure victory in WWII in the Pacific. *Please register in advance.*

Healthy Eating Options: On Monday, August 20, at 12:30 p.m., Randi Goldberg, Always Best Care, provides a tasty discussion on developing your own healthy eating initiative complete with a tasting of her favorite spinach salad. Enjoy your brown bag lunch as you discuss food labels, healthy eating on a budget, and options for eating well on-the-go. *Due to the nature of this program, only 20 participants are allowed. Please register.*

Jerry's Travels: On Monday, August 27, 1:30 p.m., the journey across the country concludes this month 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.*

History of 1950's Music, Live: On Wednesday, August 29, at 1:30 p.m., join Joey G. as he takes you on a musical journey through the "Fabulous 50's". This show includes stories about each musical artist, their famous hits, and facts about that era. *Please register in advance.*

International Cooking Demo: On Thursday, August 30, at 2 p.m., join Chef Lori, from Brandywine Assisted Living, as she prepares and demonstrates a Quinoa side dish for your summer BBQ as a lighter alternative to the usual. Quinoa is a native crop of Bolivia and Peru that has grown in popularity in the U.S.A. *Space limited. Please register in advance.*

Johnny Mercer: On Friday, August 31, at 2 p.m., we welcome back Patty Carver as she pays tribute to the life and career of Johnny Mercer by singing some of his greatest hits and sharing nostalgic stories. *Please register in advance.*

Let's Get Physical!

Bodies in Motion (W): Starting on Wednesday, August 1, at 10:15 a.m., join Georgeann for this 10-session, weight resistance class featuring light hand weights, spikey balls, and

resistance bands. (No Class: 9/19; Last Class: 10/10.) *Course fee: \$40 p.p., due in-person, in advance. Space limited. Previous enrollment does not guarantee placement in this class.*

Up to Barre: Starting on Friday, August 17, at 11 a.m., join Sarah for the 8-session, ballet-inspired exercise program that focuses on core, balance, and flexibility. (Last Class: 10/5.) *Course fee: \$40 p.p., due in-person, in advance. Space limited.*

Chair Yoga: Starting on Thursday, August 30, at 9 a.m., join Eileen for this modified, 8-session yoga class with all yogic exercises performed while sitting. Relax your mind and improve your flexibility. (Last Class: 10/18.) *Course fee: \$40 p.p., due in-person, in advance. Space limited.*

Artistically Speaking

Chinese Art: Starting on Friday, August 3, for two different levels, join Roberta during this 6-session class for **beginners at 10 a.m., and intermediates at 10:45 a.m.** Beginners learn basic techniques of Chinese-Style Watercolor Painting using a bamboo brush and rice paper to create beautiful greeting cards and small paintings. No experience needed. Intermediate students will use advanced techniques to paint a realistic bamboo plant on bamboo paper. *Course fee: \$60 p.p., due in-person, by July 24th. An additional \$10 is paid directly to the instructor for all materials. Space limited per skill level.* Stop by the Senior Center to see samples.

Decorative Glassware: On Monday, August 6, at 10 a.m., join Andrea for this fun, one-time class where you hand paint your own set of wine glasses. Project Fee: \$25 p.p. (includes instruction and all supplies). *Please register in-person by July 23rd.*

Marc Chagall: On Monday, August 13, at 1 p.m., we welcome back Professor Mahler for an enlightening discussion and DVD presentation on Marc Chagall, one of the most influential modernist artists of the 20th Century. *Please register in advance.*

Art of the Masters: On Monday, August 27, at 10 a.m., join Cristina as she discusses the life and works of Jackson Pollack, during a brief lecture. Then, participants who have requested a Project Coupon (*while supplies last*) will create a personal masterpiece in the artist's style using tempera gloss. *Lecture only? Feel free to register by phone. Need a coupon? Registration is required in-person. Space limited.*

Floral Hoop Decor: On Tuesday, August 28, at 10:30 a.m., Barbara and Samantha, from PaperTrails, provide this one-session craft where each student creates their own door/wall floral hoop decoration. Learn how to add depth and dimension to your paper plants to make those petals pop! All supplies and instruction are provided for this 1 hour class. *Project Fee: \$20 p.p., due upon registering in-person, before or by July 10th. Space limited.* Stop by the Senior Center to see a sample.

ATTENTION: SINGERS

JOIN THE MONROE TOWNSHIP CHORUS. Rehearsals held in the Senior Center on Tuesday mornings at 9 a.m. For more information, please contact Sheila Werfel, Director, at 609 619-3229.