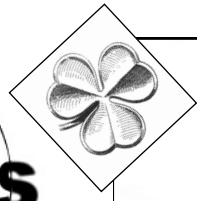




Senior Focus

March 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

Goodbye, Winter! Hello, Spring! Spring is in the air; you can smell it coming: the flowers are blooming, the leaves are budding, and the birds are singing. For many, springtime means love, hope, joy and growth. Spring is a very uplifting season; and, there are scientific reasons for it being the most beloved season of the year. Open your windows; enjoy the outdoors; and, soak up that Vitamin D!

SCAM ALERT: Financial scams targeting the older adult have become so prevalent now that they are considered, *'The Crime of the 21st Century.'* Con artists employ a wide variety of tactics to get older people to fall for their schemes; and, unfortunately, these scams often work. **ALWAYS** be aware of anyone and anything trying to get money or personal information from you. **Never give out your personal information!** If you think you might be a victim of a scam, reach out to someone you trust such as your friend, family member, or police. Don't be afraid or embarrassed to speak with someone as doing nothing could make the situation worse.

Join us for our annual Empty Bowls kick-off brunch on Friday, March 8, at 10:00 a.m. Fifth grade students, from Brookside Elementary School, will discuss their involvement in this interna-

tional initiative to fight hunger in America. Hunger is not only a universal struggle but it is also the most relatable. This event supports five different food pantries in the area, including our Township's. Pre-registration is necessary with your payment of \$5.00 p.p. Proceeds directly support the Empty Bowls Project. Hope to see you then!

You will be **"Green with Envy"** if you miss our St. Patrick's Day-inspired events. During the day, enjoy our "No Blarney Breakfast" on Thursday, March 7, complete with a breakfast buffet and music by DJ Anthony. Then, come dance a jig with us on **Friday night, March 15**, for our **GO GREEN DANCE PARTY**. *Please read more about these ditties in the newsletter.* Pre-registration is necessary for these events as well as for all classes and programs available this month.

QUOTE OF THE MONTH

*"As you slide down the banister of life,
May the splinters never point in the wrong direction.*

~ An Irish Saying



First Day of Registration?
Mark Your Calendar for FEBRUARY 19, 2018.

Here's to Your Health!

Bridge Workshops: Starting on Friday, March 1, Rosalie Slutsky, certified Master Teacher, provides two different classes. The beginners class starts at 9:45 a.m. and is geared toward the true novice. The intermediate class starts at 11:00 a.m. and is geared toward players who understand the basic concepts of the game and wish to improve their skills. **Each class consists of 6-sessions and costs \$15 p.p. Limited seats available per class.**

Income Tax Assistance: On Mondays and Wednesdays, by appointment, trained AARP-volunteer tax counselors will help you with your income tax return. Transportation is available on select days and times. ***NO in-person appointments.***

Art of Forgiveness: On Monday, March 4, at 10:30 a.m., Dr. Anna Kress discusses the health benefits of forgiveness and offers some practical ways to start letting go of resentment and guilt.

Aging in Place: On Tuesday, March 5, at 10:30 a.m., join Mary Piirsalu, from Humana at Home, as she discusses what it means to “age in place” and its current trends. Learn how medical conditions can affect aging at home as well as the importance of planning to maximize staying at home, financially.

Brain Injury Support Group: On the first Tuesday of the month at 1:30 p.m., join Tom Smith, who suffered a stroke over three decades ago, as he facilitates this group for individuals (who had a stroke or TBI) to share their experiences and ways to cope.

Green for Green Tea: On Tuesday, March 5, at 2:00 p.m., Deborah Raab, from Tea-for-All, explores the world of green teas from China, Korea, and more, as she turns your preconceptions about this tea around. Sample and taste various teas as well.

Go Nuts for Nuts: On Wednesday, March 6, at 10:30 a.m., join Kelly, from Independence Home Care, as she discusses the healthy benefits of some of the most popular nuts being offered in the United States. Find out which nut packs the most protein.

Blood Pressure: On Tuesday, March 12, from 1:00 to 3:00 p.m., keep your blood pressure in check with this free screening. ***Please be sure to set-up your appointment time early!***

Food as Medicine: On Tuesday, March 12, at 1:30 p.m., discover how degenerative diseases (like heart disease, type 2 diabetes, and several forms of cancer) could possibly be thwarted and/or reversed by implementing a whole-foods, plant-based diet, during the enlightening documentary, *Forks Over Knives*.

Adaptive Equipment: On Wednesday, March 13, at 10:30 a.m., discover the benefits of occupational therapy that will help you perform those daily activities in life that are giving you trouble. Presented by Centrastate, learn how special modifications make daily tasks, from reaching down to put on your shoes to reaching up for a glass, much easier.

Balance Screening: On Thursday, March 14, by appointment, starting at 9:30 a.m., receive a FREE balance screening to determine your risk of falling. A physical therapist, from Atlantic Physical Therapy Center, will perform the screenings which include various positions that are graded and scored.

Cooking for One: On Thursday, March 14, at 10:30 a.m., join Alyssa Luning, RD, Penn Medicine Dietary General Services, for this informative session on the importance of making homemade

meals, for one or two, that will yield more nutritious and healthier results. Your overall health depends on cooking for you (or two).

Hip Innovations: On Friday, March 15, at 10:30 a.m., join Dr. Donald Polakoff, Clinical Associate Professor, Department of Orthopaedic Surgery at Rutgers-RWJ medical School, as he discusses the latest innovations and proven gold standard interventions in relieving hip pain.

Drivers' Safety Class: On Tuesday, March 19, at 8:45 a.m., enhance your driving skills during this AARP-sponsored program. For pricing and space availability, please call the Office.

Dance for Your Health: On Thursday, March 21, at 2:30 p.m., join Marlo Sutphin, Horizon Community Health, for an afternoon of line dancing fun through the “*Dancing for Your Health*” program. This consists of popular music and dance routines in order to boost your physical activity for overall health.

Life's Support Series: On Monday, March 25, at 1:00 p.m., join Andrea Casey, Certified Life Coach, for this coaching session where “feeling fabulous” is the key. She provides simple tips on how to boost your confidence, feel great, and be a better you.

Right-Sizing: On Tuesday, March 26, at 10:30 a.m., Annette Rion, CRTS, from Tranquil Transitions, LLC, provides an upbeat and interactive presentation on keeping what matters most. Using actual household items as visual aids, her presentation will leave you with a new sense of what “right-sizing” means.

The MIND Diet: On Thursday, March 28, at 10:30 a.m., join Centrastate Registered Dietitian, Caryn Alter, and Speech Pathologist, Marilyn Abrahamson, as they explore cutting-edge research on the lifestyle approach that can change your life. The MIND Diet may improve brain health and reduce the risk of dementia.

Bad Brain Habits: On Friday, March 29, at 10:30 a.m., join Marilyn Abrahamson, MA, CCC-SLP, CentraState Medical Center, as she discusses bad habits that affect your brain's health. Find out what habits are detrimental and need to be avoided.

Laughs, Lyrics, & Lectures

Karaoke with Rick: On Monday, March 4, at 2:00 p.m., join Rick for a fun afternoon as he sings some Irish classics and you get to pick your favorite songs to sing along, karaoke-style.

Jazz It Up with Jerry: On Wednesday, March 6, at 2:00 p.m., we welcome Jerry Mokar, professional musician who recorded with The Rascals and The Del Vikings. He jazzes up our stage with his sax while performing standards with a little Mardi Gras thrown in.

No Blarney Breakfast: On Thursday, March 7, at 10:30 a.m., it's no blarney when we serve up some yummy corned beef (*hash*) eggs, breakfast potatoes and more, during this festive event. Enjoy music and dancing with DJ Anthony Tabish while you socialize with friends. (Open seating.) Please be sure to wear your green and register early as space is limited. ***Event fee: \$10 p.p. (No Refunds.)***

iPhone Basics: Starting on Thursday, March 7, at 10:30 a.m., join Joel and Art for this helpful 2-day course (March 7 and 14) on the iPhone. Discover all the amazing things that you can do with this hand-held item. ***Fee: \$10, due upon registering. Space limited.***

(This class is not intended for Android users.)

Webber's CATS: On Thursday, March 7, at 1:00 p.m., enjoy our "Afternoon of Broadway" with the viewing of Andrew Lloyd Webber's *CATS*, one of the longest running shows on stage. (Subtitles.)

Empty Bowls Brunch: On Friday, March 8, at 10:00 a.m., find out how you can stop hunger in America as students, from Brookside, share the importance of the Empty Bowls Project. *Pre-registration fee of \$5 p.p. is necessary.*

Spinning Stories: On Friday, March 8, at 2:00 p.m., we welcome Garden State Storytellers League for "Springtime & Storytelling". This volunteer, non-profit organization brings us storytellers who will tell tales that celebrate all things Spring!

Saturday "Financial" Pop-Up: On Saturday, March 9, at 10:00 a.m., join Thomas Casey, Certified Financial Planner, for an informative discussion on *Wealth Management Strategies for Women*. In this seminar, the focus is on the economic power and influence that women have gained over the years and how to create goals throughout one's life journey.

An Age of Light: On Monday, March 11, at 10:30 a.m., explore the paradoxical period of enlightenment during the dark ages during this documentary that focuses on Islamic architecture and the Vikings who created their own stunning artwork. (2 hours).

Music BINGO: On Monday, March 11, at 1:30 p.m., Tara returns for her BINGO with a musical twist. If you love the music of the 1950's and playing BINGO, then you will have a great time. *Limited seating; so, please be sure to register early.*

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.*

Do-Si-Do, Away We Go: On Wednesday, March 13, at 2:00 p.m., put on your boots and cowboy (or cowgirl) hat and join us for an afternoon of square dancing fun with Betsy Gotta.

Berlin and The Exodus: On Thursdays, March 14 and 21, at 1:30 p.m., Julian Davis continues his own exodus about Berlin in the 1920's and the exodus of theater personalities who fled because of the violence leading up to the Nazi takeover in 1933.

Word Processing: Starting on Friday, March 15, at 1:30 p.m., join Jerry Mirelli for this informative 3-part seminar (March 15, 22, and 29) geared towards individuals, who have computer know-how but who have yet to use a word processing program, such as Microsoft Word. Through demonstration and review of central aspects of any program, students will learn how to use a word processing program to produce practical results. *This seminar is FREE; however, please be sure to commit to all three dates.*

Go Green Dance Party: On Friday, March 15, at 7:00 p.m., it is time to get "jiggy" at the Center! Wear a bit of green and join us for our free, evening event featuring DJ Frank and light refreshments. *Guarantee you spot by registering early!*

The Butterfly: On Monday, March 18, at 10:30 a.m., enjoy this charming film by Philippe Muyl, which tells the story of an ornery butterfly collector and Elsa, who adopts him as her surrogate grandfather. (In French with English Subtitles).

About Handel: On Monday, March 18, and Tuesday, March 19, both at 1:30 p.m., join Thomas Elefant as he provides an in-depth examination of Handel, the composer, and his music's tremendous popularity with the aristocracy as well as the ordinary folk. Enjoy listening to a wide variety of his works, from Concerti Grossi to Water Music and Messiah.

TED Talk: On Wednesday, March 20, at 10:30 a.m., join Ellie and get ready to discuss, "How to Make Stress Your Friend," with Kelly McGonigal.

Variety Plus: On Wednesday, March 20, at 2:00 p.m., sit back and enjoy a little bit of everything during Linda Miller's variety show, from a mix of jazz to standards and more.

Worldly Book Tour: On Thursday, March 21, at 10:30 a.m., Monica, from the Library, returns to discuss the book, *Behold the Dreamers*, by Imbolo Mbue. Reserve a copy of the book at the library; and, please be sure to register for the Center's discussion date.

Continental Chat: On Friday, March 22, at 10:30 a.m., the importance of humor will be explored as Merwick hosts this informative and fun morning with continental breakfast flair. Get ready to laugh as well with a special laughter yoga session.

1970's Acoustic Hits: On Monday, March 25, at 2:00 p.m., we welcome Greg Aulden to our stage as he performs the classic hits from the 1970's...and, 1980's, too.

Michael and Ted Present: On Tuesday, March 26, at 2:00 p.m., join our friends from The Classical Network, as they discuss the life and career of Kathryn Grayson who wanted to be an opera singer. However, by 1943, she was elevated to star status where she would stay for the next decade. Michael and Ted examine Grayson's screen career in films like "Anchors Aweigh," "That Midnight Kiss," "The Kissing Bandit," "Kiss Me Kate," and "Show Boat."

Chef Lori's Irish Soda Bread: On Wednesday, March 27, at 2:00 p.m., enjoy the *Taste of Ireland* as Chef Lori, from Brandywine Living, demonstrates how to make this Irish staple with an opportunity to taste it as well.

The Inventors: On Thursday, March 28, at 11:30 a.m., join Gloria Hoffner, Founder of Science for Seniors, as she shares the stories behind common inventions, from eyeglasses created by Italian Monks to toilet paper, with hands-on models.

Agents of Change: On Thursday, March 28, at 1:30 p.m., Jim DelGiudice explores a wide-ranging list of women in New Jersey history within the social context of their times.

Artistically Speaking

Art of the Masters: On Friday, March 22, at 2:00 p.m., the life and works of Gustav Klimt will be discussed 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 watercolor. *Lecture only? Register by phone. Need a coupon? Registration is required in-person. Space limited.*

On an Exhibition: On Friday, March 29, at 2:00 p.m., join Maurice Mahler as he takes you on an "armchair exhibit" that features Claude Monet's artwork. Learn about the stories behind each painting.