



Senior Focus

April 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

UPDATED:

PROGRAM REGISTRATION INFORMATION

- 1) The first day of registration for April programs begins on March 19, with in-person registration **ONLY!**
- 2) Registration for classes (and all other paid programs) will also commence on March 19.
- 3) Phone registrations will begin on March 20, for free programming.
- 3) All members must be enrolled in our new computer system before registering for programs.
- 4) You must **PRE-REGISTER** for ALL programs and activities. **No Walk-ins.**
- 5) When registering, one (1) registration form **PER** member is required.
- 6) When paying, please submit one (1) check payable to "*Township of Monroe*" reflecting all paid programs.
- 7) One member is permitted to register for only one (1) additional person. *A couple is permitted to register for only one additional couple. (Multiple registrations are not permitted.)*
- 8) **NO REFUNDS** apply to all special events **UNLESS** a replacement is available from a wait-list.
- 9) *For exercise classes, a doctor's note is required before a class commences to obtain a Full Refund. Once a class begins, a refund (for the balance of the missed classes) will be honored only if a replacement is obtained.*
- 10) *For art classes, there are NO REFUNDS once a class begins.*

IN-PERSON REGISTRATION:

Starts March 19, 2019

PHONE REGISTRATION:

Starts March 20, 2019

April is National Donate Life Month. New Jersey has thousands of people waiting for life-saving transplants and some of them are in our local area. Please consider registering to be an organ, eye, or tissue donor by contacting the New Jersey Sharing Network at 1-800-742-7365.

Our Spring Exercise Classes and Art Programs begin the week of April 8 and conclude mid-June. To find out more about our upcoming classes, please refer to our inserts this month.

QUOTE OF THE MONTH

"The beautiful spring came; and when Nature resumes her loveliness, the human soul is apt to revive also."

~ Harriet Ann Jacobs

SAVE THE DATE - FREE CONCERT
MONROE TOWNSHIP CHORUS PRESENTS
"WE'RE GONNA SING"
SATURDAY, JUNE 1, AT 7:00 p.m.
MONROE TOWNSHIP MIDDLE SCHOOL
For info contact Sheila Werfel, 609 619-3229

Here's to Your Health!

Milking It: On Monday, April 1, at 1:30 p.m., join Faye Nulman as she discusses and demonstrates the benefits of making alternative milks to better support your health. In minutes, see how almond milk is made from scratch. For those who are “nut intolerant,” Faye discusses making various milks from seeds and grains.

Eating for Microbiome: On Tuesday, April 2, at 10:30 a.m., Dr. Jan Mohlman, Professor at William Paterson University, leads a lively discussion on the up-and-coming field of neuro-gastroenterology, which focuses on the role of the gut (“the second brain”) in mental health and moods. After the talk, volunteers are invited to participate in an unrelated study on smartphone usage in older adults which will help develop a smartphone training program.

Promote Independence: On Wednesday, April 3, at 10:30 a.m., CentraState addresses “all aspects of healthy aging” through occupational therapy. Discover how practitioners focus on maximizing a person’s independence and safe lifestyle through improving skills that will promote productive aging.

Brain Injury Support Group: On the first Tuesday of the month at 12:00 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.

What Me, Worry?: On Thursday, April 4, at 10:30 a.m., Vinny Smith, from Horizon Health, discusses how worrying about the small stuff creates more stress. Learn some tips and techniques to worry and stress less.

Ageless Fitness: On Friday, April 5, at 10:30 a.m., join Brookdale Senior Living for an informative discussion on why getting fit is “ageless”. Learn the health benefits of setting goals and increased physical activity at any age. Discover how movement is good medicine. Light breakfast fare will be served.

Saturday Pop-Up - The Baffling Brain: On Saturdays, April 6 and 13, at 10:00 a.m., take a journey through your brain during this two-part workshop with Barbara Bogner, Ph.D. Explore *why* you get “bad vibes” from some people and not others, *why* children don’t “get” sarcasm, and *WHY* you can actually “love” chocolate. When registering, you will be enrolled in both dates.

County Services: On Monday, April 8, at 10:30 a.m., Brittany Rivera, from the Middlesex County Office of Aging and Disabled Services, discusses the programs and services available to County residents. From home care programs to transportation, the County offers many services for the 60+ individual. Giveaways, too!

Blood Pressure: On Tuesday, April 9, 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!*

Foot Screening: On Tuesday, April 9, by appointment, from 2:00 to 3:00 p.m., receive a FREE foot screening from Dr. Elliot M. Perel, of Monroe Foot & Ankle Care, with the help of St. Peter’s University Hospital.

Oral Cancer Screening: On Wednesday, April 10, by appointment, from 1:30 to 3:30 p.m., Dr. Cathy Hung, Board Certified Oral Surgeon, provides some spring cleaning for your mouth! Receive a complimentary screening to check your lumps and bumps.

Dizziness & You: On Wednesday, April 10, at 1:30 p.m., Madhavi Padigala, from Monroe Care Pharmacy, discusses why you are feeling unsteady or “woozy”. Understand how to prevent dizziness as a result of taking one or more prescription medications.

CPR Know-How: On Thursday, April 11, at 10:30 a.m., Penn

Medicine offers this free, American Heart Association Family and Friends CPR session. It is a participation course (not a certification course) to learn about cardiac disease, stroke, and basic CPR and Heimlich maneuvers. Space is limited.

Memory Loss Basics: On Thursday, April 11, at 11:00 a.m., Nicolette Vasco, Program Coordinator, Alzheimer’s Association, discusses the symptoms and effect of Alzheimer’s disease and other types of dementia. Learn how Alzheimer’s affects the brain as well as the benefits of early detection.

Men’s Health: On Friday, April 12, at 10:30 a.m., Dr. Thomas Wall, from CentraState, discusses basic health care and screenings for men. From learning about practical approaches to diet to understanding screening test benefits and limitations, participants will be able to promote their own long-term well-being.

Truth About Protein: On Tuesday, April 16, at 10:30 a.m., join Mary Myers, RD, as she separates fact from fiction about protein and how much you nutritional need in your daily diet. How much is enough? Join us as we get to the “meat” of the matter.

Recycling Lunch & Learn: On Wednesday, April 17, at 11:30 a.m., Joe Slomian, Recycling Coordinator for Monroe Township, discusses how to recycle the right way. Discover the cost to you and the economy when recycling is done incorrectly. If you don’t know about “non-recyclable” plastics and “tangles”, then please join us. Your sandwich choice must be selected on the registration form.

Benefits of Meditating: On Wednesday, April 17, at 1:30 p.m., join Michele Granberg and The Oscar and Ella Wilf Campus for an informative discussion on the benefits of meditation. For beginners, learn various techniques and spend time in guided practice.

P.O.L.S.T.: On Thursday, April 18, at 10:30 a.m., learn about Patient Goals in Geriatric Medicine. Barbara Vaning, Princeton Health Community Wellness, discusses “The Practitioner Orders for Life-Sustaining Treatment” (POLST) Paradigm Program, which benefits those who are seriously ill to improve their end of life care.

Post Surgery Recovery: On Monday, April 22, at 10:00 a.m., Seaview Orthopaedic serves up a light breakfast and information regarding pain treatment after surgery. Join Dr. Bertrand Parcels as he shares his expertise on cutting-edge post-surgery recovery strategies as well as ways to reduce opioid use and to get you home faster.

GymGuyz Demo & Do: On Monday, April 22, at 1:30 p.m., Coach Kristy, with the GymGuyz, demonstrates exercise moves that help improve cognitive function as well as mobility and strength. Sponsored by Senior Helpers, this interactive class will help motivate you to self-manage healthy habits for overall well-being.

Drivers’ Safety Class: On Tuesday, April 23, at 8:45 a.m., enhance your driving skills during this AARP-sponsored program. For pricing and space availability, please call the Office.

Safe and Sane Online: On Friday, April 26, at 10:30 a.m., we welcome Tyler, from the Library, as he leads this discussion on staying safe online. Learn about the importance of creating strong passwords and recognizing legitimate web sources for info.

Eating with Diabetes: On Monday, April 29, at 10:30 a.m., join Therese Wyman, RD, for an informative discussion about planning for everyday eating with temptations. This program is ideal for anyone who needs tips on planning ahead to eat healthier.

Life’s Support Series: On Monday, April 29, at 1:00 p.m., join Andrea Casey, Certified Life Coach, for this coaching session where she wants you to “Spring Into Action” this month. Andrea shares tips on managing your time to achieve your springtime goals.

Laughs, Lyrics, & Lectures

Lecture-in-Song: On Tuesday, April 2, at 1:30 p.m., join Fred Miller as he musically narrates songs that make fashionable references to style. From Astaire's "Top Hat" to Hayworth's "Put the Blame on Mame," the Golden Age of American Popular Song remains "lovely to look at..."

The Joke Teller: On Wednesday, April 3, at 2:00 p.m., step back in time to The Catskills as Larry "The Joke Teller" Donsky fills our room with funny jokes and laughter. Larry starred in the original "Old Jews Telling Jokes" and opened for singers, Vincent Talarico and Suzi Cruz. Enjoy this feel-good show.

Washington Revisited: On Thursday, April 4, at 10:30 a.m., George Washington (Bill Agress) returns to address our troupes again. Due to the snowstorm on February 12, and with the help of Parker at Monroe, we give first preference to those who were unable to join us the first time.

Mandolin Intro & Class: On Thursday, April 4, at 2:00 p.m., if you are interested in learning how to play mandolin via the tablature method, join Jerry Sperling for this introductory session. The class commences on April 11, for 10 sessions. *Students must purchase their own instrument; and, information will be provided.*

iPhone Basics: On Friday, April 5 and 12, at 10:30 a.m., join Joel and Art for this helpful 2-day course 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.)**

Thomas Presents: On Thursdays, April 5 and 12, at 1:30 p.m., join Thomas Elefant as he shares the most beautiful melodies written by the greatest composers. From Bach to Sinatra, learn about the musical elements involved during this two-part lecture.

Sounds of AM GOLD: On Friday, April 5, at 7:00 p.m., enjoy a free evening of hits, from the 1970's to the 1990's, with this dynamic contemporary band. From Hall & Oates to the Doobie Brothers, it's *Yacht Rock* music at it's best.

Fun with Yiddish: Starting on Monday, April 8, at 10:30 a.m., OY...join Naomi Miller for this 8-session, multi-level Yiddish class for fun and conversation. **Course fee: \$18, due upon registering.**

Music BINGO: On Monday, April 8, 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.*

TED Talk: On Wednesday, April 10, at 10:30 a.m., join Ellie and Caryl as they present, "HOW TO LIVE TO BE 100+". Dan Buettner's talk focuses on nine common diet and lifestyle habits.

Alfred Eisenstaedt: On Thursday, April 11, at 1:30 p.m., Jim DelGiudice explores the photojournalist work of Eisenstaedt, whose photograph of a kiss in Times Square remains the most iconic image of World War II, and arguably the most famous photo of the 20th Century.

Price is Right: On Friday, April 12, at 2:30 p.m., join Right At Home as they bring that "right price" to the Senior Center. Enjoy snacks and win prizes as you get your shopping price savvy on.

Jerry's Travels: On Monday, April 15, at 1:30 p.m., join Jerry as he takes you on an armchair excursion across India's golden triangle. From ancient temples to elephant rides and the pink city of Jaipur, wonder in all the sights that India has to offer.

Let's Play Jeopardy: On Monday, April 15, at 2:30 p.m., test your trivia knowledge with Randi Goldberg, Always Best Care.

Contestants will try to win Jeopardy as they attempt to answer, in the form of a question, topics ranging from Hollywood celebrities to general info. Snacks and prizes, too!

April in Paris: On Tuesday, April 16, at 1:30 p.m., Gordon James helps you fall in love with seasonal favorites from Dean Martin, Andy Williams, Frank Sinatra and others.

Berlin and The Exodus: On Thursdays, April 18 and 25, 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.

Singalong with Teri: On Monday, April 22, at 2:30 a.m., get ready to sing-along with Teri during this fun, interactive afternoon. With song sheets provided for all, everyone can sing the song!

Science Today: On the fourth Tuesday of the month at 1:30 p.m., join Vivian as she explores a topical subject in science that is selected by the group. Please be sure to register in advance.

Michael and Ted Present: On Tuesday, April 23, at 2:30 p.m., join Michael and Ted as they discuss the life and career of Carol Channing, whom we lost in January. She is best known for her iconic role in Jerry Herman's HELLO, DOLLY! In this lecture, follow her career with some of her wonderfully quirky recordings from her appearances on stage, film, and TV.

Art of the Masters: On Wednesday, April 24, at 10:00 a.m., the life and works of Sandro Botticelli will be discussed during a brief lecture. Then, participants who have requested a Project Coupon (while supplies last) will create a group masterpiece in the artist's style using acrylics. *Lecture only? Register by phone. Need a coupon? Registration is required in-person. Space limited.*

The Lost Cause: On Wednesday, April 24, at 10:30 a.m., Martin Mosho, Civil War lecturer, examines the "Lost Cause" movement that was created by the South to justify their guilt in starting the war. Several generations of Southerners were raised to believe it which resulted in a violent culture that lasted until modern times.

Dips with Chef Lori: On Wednesday, April 24, at 2:00 p.m., Chef Lori shows you how to make different dips to impress your family and friends. These easy, no-bake recipes are great to serve at any event.

Robert Frost: On Thursday, April 25, at 10:30 a.m., join Irene Curran, literary lecturer and retired Monroe Township teacher, for an enlightening discussion on Robert Frost, one of America's greatest poets. Discover his "scrape along life" and enjoy some of his poetry including "The Road Not Taken" and "Birches".

Broadway Musicals, 2: On Thursday, April 25, at 2:30 p.m., Don Buzney and Danny Scott share more of the greatest and longest running Broadway musicals and the performers who thrilled us.

Daily Money Management: On Monday, April 29, at 1:30 p.m., Bernie Sorkal, MBA, MoneyCare Financial, LLC, discusses how you can bring order to your financial life with the help of a Daily Money Manager. This free, educational seminar focuses on when to hire a manager and what to look for in hiring someone you can trust. Light refreshments, too.

Meet the Author: On Tuesday, April 30, at 10:30 a.m., meet Dr. Thelma Reese, author of the books, The New Senior Woman and The New Senior Man. During her discussion, she hopes you will share your experiences. What does it take to be a senior today with changing expectations? Q&A and an opportunity to purchase her books.

David Aaron Presents: On Tuesday, April 30, at 1:30 p.m., Mr. Aaron explores the life and careers of Al Jolson and Eddie Cantor, two of America's biggest actors and singing stars.