



Senior Focus

AUGUST 2017



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

Summer is certainly a time to relax and enjoy all that is offered. Whether it be the longer days of sunlight or the easy, breezy cares of the season, it's a great time to decompress and embrace everything around you.

Speaking of decompressing (and being entertained) *how about joining us for our last evening event this month? On Wednesday, August 9, enjoy Eric Kearns amazing impressions.* More event information is available in the newsletter, page 3, under section: *"Laughs, Lyrics & Lectures"*.

Moving ahead to the Fall, please save the date for **Middlesex County's annual WALK IN THE PARK set for Wednesday, September 13, 2017**, in celebration of Senior Health and Fitness Month. Space is very limited; so, please be sure to sign up with me (the early bird gets the seat on the bus). Even if you wish to drive to Roosevelt Park (in Edison) on your own, you still must sign-up to reserve your boxed lunch. This event is a wonderful way to connect with nature and with friends (old and new) as well as to have a chance to win a gift basket from one of the Senior Centers participating in the walk.

Open enrollment for Medicare Part D begins on October 15th and runs through December 7th. Appointments for assistance begin on Tuesday, September 26, at 8:30 a.m. – and they fill up quickly. Open enrollment allows you to change your prescription drug program, if you choose. A Part D Counselor will be able to present you with all of your options so that you can make an educated decision at your appointment. A flyer will be available (in September)

QUOTE OF THE MONTH

"The Joy of Life Comes from Our Encounters with New Experiences, and Hence, There is No Greater Joy than to have an Endlessly Changing Horizon, for Each Day to Have a New and Different Sun..." ~ Chris McCandless

at the front desk regarding what you will need to bring.

The Middlesex County Department of Aging is looking for your input by filling out a "Senior Needs Assessment Survey". Your feedback, about the services offered in the County, will be used to help improve the services at the County level as well as at all Senior Centers. Surveys are available at the front desk. Once you complete it, please be sure to return it to the front desk receptionist. Let your voice be heard! We thank you in advance for your participation.

We are sending KUDOS to the Friends of the Senior Center, Inc., our volunteer, fundraising arm, for all of their hard work in presenting many wonderful activities and special events for you to enjoy! Many thanks to all of the Officers and Board of Trustees who have created such innovative and fun afternoons at the Center: *BINGO, High Tea, St. Patrick's Day Celebration, Spring Brunch, and more!* With their tireless efforts and your involvement, the FRIENDS are able to support many of our programs and Outreach services that are not funded by the Municipal Budget.

Rock on, FRIENDS...of the Senior Center!

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

Here's to Your Health!

Pain, The 5th Vital Sign: On Thursday, August 3, at 1:30 p.m., a representative from presented by Chelsea Senior Living, discusses the difference between acute and chronic pain, treatment goals, and therapeutic lifestyle interventions. *Please register.*

Posture for Life: On Monday, August 7, at 10:30 a.m., learn how bones and posture change with age and the possible effects of bone density loss with Risheeta Joshi, PT, Jacqueline Maclearie, PT, and Patricia Guttormsen, PT, from CentraState. Learn about lifestyle modifications that can help promote strong bones to prevent fractures and preserve mobility. *Please register in advance.*

You're So Vein: On Monday, August 7, at 1:30 p.m., join Dr. David Youmans, Radiologist and Vein Treatment Specialist, Princeton Radiology in Monroe, for an interactive Q&A discussion on the aching, itching, and heavy issues of varicose veins. Discover how you can gain relief with minimal discomfort. *Please register in advance.*

Knee Pain Brunch: On Monday, August 14, at 10 a.m., Dr. Balar, Board Certified in Internal and Sports Medicine, will discuss osteoarthritis of the knee and provide alternatives to help relieve your pain during this PowerPoint presentation. Bagels and smear provided by Orthovisc ~ DePuy Synthes. *Please register in advance. Space limited.*

Drivers Safety Program: On Tuesday, August 15, at 8:45 a.m., attend the AARP-sponsored drivers safety program to enhance your driving skills and receive a discount on insurance. *To register or for more information, please call 609-448-7140.*

Laughter Therapy: On Tuesday, August 22, at 1:30 p.m., join Michele Granberg, Director, Center for Relaxation and Healing, for an interactive experience to add more laughs to our lives. Find out how laughter therapy can reduce stress, lower blood pressure, and more. *Please register in advance.*

ProCure Proton Therapy: On Thursday, August 24, at 1:30 p.m., learn about the science behind proton therapy, the most advanced and precise form of radiation, and the different types of tumors that it treats. Presented by Radiation Oncologists from Princeton Radiation Oncology. Light refreshments courtesy of ProCure Proton Therapy Center. *Please register in advance.*

LivWell Series: Starting on Monday, August 28, at 10:30 a.m. (and scheduled once a month thereafter through December) LivWell presents, in conjunction with Saswati Chakraborty, Case Mgr., Monroe Village at Village Point, this special *Mind, Body & Spirit* lecture series. This month, the focus is on the science behind keeping your brain healthy and your mind sharp as you age. Keep your brain healthy by practicing brain games and making healthy food choices. *Please register in advance.*

Planning Ahead for "The End": On Tuesday, August 29, at

2 p.m., join Carl Archer, Esq. Archer Law Offices LLC, and his guest speakers: Katherine Walden, Princeton Abby and Cemetery, and Franklin Rainear, Jr., Franklin H. Rainear Jr., Funeral Service and Cremation, for an enlightening talk about funeral pre-planning, at-need planning, cemetery plots, and the probate process. *Please register in advance.*

Laughs, Lyrics, & Lectures

Fred Miller Presents: On Tuesday, August 1, at 1:30 p.m., enjoy Fred Miller's Lecture-in-Song as he explores the social upheaval of the 1960's along with the British music invasion, through narrative and song. *Please register in advance.*

The Imperial Voyage: On Wednesday, August 2 and 9, join Julian Davis as he delves into Theodore D. Roosevelt's illicit and unconstitutional pacts that would lay the groundwork for America's and Japan's pacific expansion — leading to World War II, Communism in China, and the Korean War. *When registering in advance, you will be automatically enrolled in both sessions.*

Summer Series Concludes: On Wednesday, August 9, at 7 p.m., enjoy *VOICES OF LEGENDS*, featuring Eric Kearns, impressionist, for this LIMITED TICKET ENGAGEMENT. From Elvis Presley to Dean Martin, you will be astounded to hear all these incredible singers coming from one person. ***PLEASE BE SURE TO ARRIVE AT 6:30 p.m.*** to enjoy a special, refreshing treat courtesy of The Gardens at Monroe before the show. **TICKETS: \$5 p.p.; due upon registering in-person.** *No refunds after August 3.*

Short Plays: On Friday, August 11, at 2 p.m., The Stonebridge Drama Club brings its new production to the Center that focuses on the playwright and the performance. A variety of short plays, written by its members, will be featured and presented "script-in-hand." Also, several monologues will be performed to showcase the group's dramatic talents. *Please register.*

Ted's Classics: On Monday, August 14, at 1 p.m., we welcome back Ted and his classic films. This month, he hosts, *CARNAGIE HALL*, a classical music extravaganza, featuring the history of this great theater with an all-star cast. *Please register in advance.*

David Aaron Presents: On Tuesday, August 15, at 1:30 p.m., join David as he features the classic songs of Elvis Presley for this informative discussion on Presley's life and music. *Please register in advance.*

Mike & Ted Present: On Thursday, August 17, at 2 p.m., Michael and Ted, from WWFM's "The Classical Network" trace the life-work of George and Ira Gershwin, from their early beginnings to their most memorable and popular songs. *Please register in advance.*

Aloha, Pizza Plus: On Friday, August 18, at Noon, enjoy

a slice or two of pizza (*how about with pineapple on top?*) with a drink and dessert while you enjoy, **50 FIRST DATES** (*a romantic comedy, set in Hawaii, starring Adam Sandler and Drew Barrymore*). **Tickets: \$6 p.p., due upon registering in-person, in-advance. No refunds after August 15th.**

Music BINGO: On Monday, August 21, 1:30 p.m., join Tara Feeley as she brings a twist on playing BINGO with a lot of the oldies, but goodies music! **Tickets: \$3 p.p., due upon registering in-advance. No refunds after August 17th.**

Jerry's Travels: On Friday, August 25, at 1:30 p.m., join Jerry as he takes you on a journey through Spain starting in Madrid then to Barcelona, Valencia, Granada, and Seville. Along the way, visit Marbella (the playground of the rich and famous) and the Tomb of Christopher Columbus. **Please register in advance.**

Bob Fosse Classics: On select days this month, enjoy the choreography and artistry of Bob Fosse with the following films: **CABARET** (*starring Liza Minelli*) on Monday, August 28th at 1 p.m.; and **CHICAGO** (*starring Richard Gere and Renee Zellweger*) on Thursday, August 31, at 1 p.m. **When registering in advance, please note the movie title and date.**

Artistically Speaking

Watercolor Experience: Starting on Friday, August 11, at 12:30 p.m., join Jeremy for this 5-session class for beginners/advanced beginners. Explore watercolor technique and fulfill your individual style. Demos, one-on-one critiques, and more will be provided. **Course Fee: \$50 p.p., due in-person, in advance. Space limited. Supply list available upon request. No Class: 8/18 and 9/15; Last Class: either 9/22 or 10/6.**

Mixed Watercolor: Starting on Thursday, August 17, at 12:30 p.m., join Jeremy for this 5-session, multi-level watercolor class. Acrylics and other water media may be incorporated, if desired. Use of both natural and synthetic papers will be explored. **Course fee: \$50 p.p. Supply list available upon registering in-person. Space limited. Last Class: Sept. 14.**

Art of the Masters: On Friday, August 18, at 2 p.m., join Cristina, as she briefly discusses the life and artwork of Georges Seurat. Then, 16 participants, with a PROJECT COUPON (*available upon request when registering in-person*) will create a group masterpiece in the artist's style using acrylic paint. **Lecture only? Please call to register. Space limited.**

Let's Get Physical!

Body Works: Starting on Thursday, August 17, at 10:30 a.m., (*and on Tuesdays at 9:30 a.m.*) Julie provides this 10-session low-impact aerobic/weight resistance class using resistance bands (Tuesdays) and light hand weights (Thursdays).

Previous participation does NOT guarantee enrollment. **Course fee: \$40 p.p., due during WALK-IN REGISTRATION on Wed., July 26. Space limited to ensure safety. (Last Class: September 19)**

Bodies in Motion (Mon): Starting on Monday, August 21, at 9 a.m., join Georgeann for 10 sessions of weight resistance training, with a focus on both standing and seated movements. *Equipment: Resistance bands, spikey balls, and light weights needed.* **Class fee: \$40, due during WALK-IN REGISTRATION on Wed., July 26. Space limited. (No Class: September 4; Last Class: November 6).**

Chair Yoga: Starting on Thursday, August 31, at 9 a.m., join Eileen for a modified, 8-session, yoga class with all yogic exercises performed on the chair. Relax your mind and improve your flexibility. **Class fee: \$40 p.p., due upon registering in-person, in advance. Space limited. (No Class: September 21; Last Class: October 26)**

OUR ON-GOING ACTIVITIES:

Art Studio: Mondays at 9:30 a.m. (Free space for all artists.)

Computer Support: Select Days, by appointment.

Drop-In Bridge: Mondays, from 9:30 a.m. to Noon

Got Game? It's "play" time on Mon./Wed. afternoons and Tues./Fri. mornings. (Please bring in your game and your friends.)

Table Tennis: Two tables available for play time on a first-come, first-served basis on Mondays, Tuesdays, and Fridays at 1 p.m.

Yarn It! Mondays at 1 p.m. Crocheting & Knitting with a purpose.

Monroe Township Chorus: Tuesdays at 9 a.m.

Chess-Mates: Tuesdays at Noon.

SHIP/PAAD & SENIOR GOLD assistance: By Appointment.

Blood Pressure Scr.: 2nd Tuesday of every month from 1 to 3 p.m.

Green Thumbs: 2nd Tuesday of every month @ 11 a.m.

Cancer Support: 3rd Tuesday of every month @ 1:30 p.m.

Science Today: 4th Tuesday of every month @ 1:30 p.m.

Healthy Bones: Seasonal program for osteoporosis prevention.

Jewelry Gems: Wednesdays at 1 p.m. (Beading; No Instruction.)

Cribbage: 2nd & 4th Wednesdays, 2 to 4 p.m. For All Levels!

Parkinson's Support: (via JFK): 1st Wednesday @ 1 p.m.

Diabetes Support: (via PHCS): 3rd Wednesday @ 2:30 p.m.

Caregivers Support for Alzheimer's Patients: 4th Wednesday at 2 p.m.

Ceramics Studio: Thursdays, 10:30 to 12:30 p.m., \$5 fee due at first class each month; extra fees for bisque pieces & extra studio time.

Duplicate Bridge: Thursdays, 12:30 p.m. Sanctioned games; Pay \$5 on day of game.)

Canasta Clique: Fridays at 10 a.m. (Players only)

Harmonikids: Fridays at 10:30 a.m. Bring in Your Harmonica!

The Busy Bees: Fridays at 1 p.m. (Knitting / Crocheting)