



# Senior Focus

## November 2016



### 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](http://www.monroetwp.com)

#### Message from Bonnie Leibowitz, Director

*As the quote suggests, please remember to make somebody feel special today!*

*“What the World Needs Now, Is Love, Sweet Love....”*  
The holiday season is upon us and the staff and I want to wish you and yours a very peaceful and joyous season. The generosity and support that are shown during this time of year is amazing: from the annual Thanksgiving Holiday Dinner to the annual Holiday Baskets & Toy Drives. We are truly grateful!

**If you need a place to go for Thanksgiving, we hope that you will join us for our 4th Annual Community Cares Thanksgiving Dinner** on Thursday, November 24th in the Center at noon. Catered by City Streets, the dinner costs \$10 p.p. and registration forms are available at the front desk.

In addition, **we are looking for a few good volunteers** to help us on Wednesday, November 23rd as well as on Thursday. If you are interested, **there will be a volunteer orientation on November 10th at 2 p.m.** If you are unable to be physically available, please consider making a monetary donation. A list of contributors will be featured in our “Community Cares” program. Please contact me if you are able to attend our orientation and help us in some way. Donations are made payable to: *“The Friends of the Senior Center, Inc.”*

**Other seasonal “gift-of-giving” projects include our Holiday Food Baskets and Toy Drive** for Township Food Pantry recipients as well as to families with children in the subsidized school lunch program. We can always count on the Regency Culture Club to donate 200 turkeys for both Thanksgiving and the Winter Holidays.

#### QUOTE OF THE MONTH

*“Be somebody who makes everybody feel like a somebody....” ~ Author Unknown*

In December, we fulfill the children's' gift list to spread some holiday cheer. If you would like to support these special endeavors, a food basket list and “Gift Wish List” will be available at the front desk. Gift cards from Target, Kohl's, Walmart, and Game Stop are the recommended gifts to donate. All donations are appreciated by December 9th for distribution on December 14th. Whatever you can do to make the holidays brighter for our neighbors in need, we would truly appreciate it!

*From Thanksgiving to New Year's, we hope that the Holiday Season brings you much joy, good health, and happiness.*

#### Special Performance!

The Monroe Township Chorus presents: “IN WINTER” on Sunday, November 13, 2016 at 2 p.m., in the Richard Marasco Performing Arts Center. Proceeds support the Chorus' Scholarship Fund where two musically talented graduating High School Seniors will receive a scholarship for their singing achievements and vocal aspirations.

Adults: \$5, tax deductible ticket\*  
Cash or Check, Payable to: “Monroe Township Chorus”  
Children & Students are FREE!

Tickets are sold at Amboy Bank on Forsgate Drive (ask for Carol) and at the Theater before the show at 1 p.m.

For more information: please call Sheila Werfel, Artistic Director, at 609-619-3229.

*\*The MTC is a 501(c)(3) charitable organization.*

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

# Focus on NOVEMBER Programs

## Good For You!

**Bagels Plus:** On Friday, November 4, at 10 a.m., join Linda, from The Gardens at Monroe, for bagels and smear as she and Sheli, from Caring Connections, host and present this program on communication with a loved one with dementia. Learn how to foster independence and manage challenging behavior with dignity. *Please register in advance.*

**Laughter Yoga:** On Friday, November 4, at 11:30 a.m., join Norine Stewart, Certified Laughter Yoga Leader, for a fun afternoon filled with child-like playfulness to promote good times and good laughs as a form of physical exercise. Sponsored by Senior Helpers Home Care and Brandywine Governor's Crossing, learn how Laughter Yoga increases circulation, releases endorphins, and reduces stress. *Space limited; so, please register in advance.*



**Positive Holiday Tools:** On Monday, November 7, at 10:30 a.m., join Gemma Nastasi, Health Coach, as she positively prepares you for the holiday season. Learn how to create happy moments by controlling your mind chatter, reframing your thoughts, increasing your willpower and nurturing your relationships. *Please register in advance.*

**AARP Smart Drivers Course:** On Monday, November 14, at 8:45 a.m., refresh your driving skills by taking the AARP's driving class. For space availability, please call: 609-448-7140.

**Sound Healing:** On Tuesday, November 22, at 1:30 p.m., Shelly Botwinick, MA, Holistic Health Educator, CentraState Medical Center, provides this informative and interactive demonstration on what sound healing is and its benefits. Playing drums, tuning forks, and Tibetan singing bowls will be used to help reduce stress and balance the mind, body and spirit. Space limited for this special presentation. **A refundable \$5 attendance fee is required upon registering in-person by November 14.**

**Declutter Tips:** On Monday, November 28, at 10:30 a.m., Aileen Hollander, Community Liason, Right at Home, explains how to let go of valued possessions and personal treasures when faced with downsizing. Discover step-by-step workable solutions to determine whether something is an heirloom or a "have-to-go". *Please register in advance.*

**De-Stress Yourself:** On Wednesday, November 30, at 1:30 p.m., join Toby Ehrlich, LCSW, Director of Marketing, Wilf Campus for Senior Center, as she offers techniques to identify stress and gives simple tips to relieve everyday stressors. *Please register in advance. Space limited.*

## Music and More!

**Elefant Presents:** On Tuesday, November 1, and Wednesday, November 2, at 1:30 p.m., Thomas Elefant, Orchestra Conductor, provides two wonderful programs: "WHAT IS SYMPHONY" as developed by Haydn and Mozart (11/1) and "THE COLOSSAL BEETHOVEN" and the reasons that made his music so intense and unusually meaningful throughout the ages (11/2). *Please register for each program separately, in advance.*

**Crazy for Patsy Cline:** On Thursday, November 3, at 2 p.m., join Maggie Worsdale, Jazz Singer, as she pays tribute to Patsy Cline...an earthy, innovative legend who put the Nashville sound on the map. *Please register in advance.*



**Jerry's Travels:** On Friday, November 4, at 1:30 p.m., traveling through Italy concludes with the sights of the Cinque Terra, Milan, Pisa, Pompeii, and Sicily. *Please register in advance.*

**The Syncopations:** On Monday, November 7, at 2 p.m., enjoy the tapping and dancing of THE SYNCOPATIONS: a very special dance troop with fun costumes, routines, and some shtick. *Please be sure to register in advance.*

**From Dust to Dreams:** On Wednesday, November 9, at 1 p.m., enjoy "opening night" at the Smith Center for the Performing Arts with the talent of Jennifer Hudson, Carole King, Willie Nelson, Luciana Paris, and many more. This DVD presentation runs for 120 minutes. *Please register in advance.*

**Michael & Ted Present:** On Thursday, November 10, at 2 p.m., join our friends, from WWFM's *The Classical Network*, as they look at the Broadway and Hollywood musicals of Harold Arlen, such as "Over the Rainbow", "Stormy Weather" and more. *Please register in advance.*

**Radio Comedians:** On Monday, November 14, at 1:30 p.m. join David Aaron as he takes you down memory lane and explores the artists who made us laugh way before the invention of the TV: Fanny Brice, Eddie Cantor, George Burns, Amos and Andy, and more. *Please register in advance.*

**Best of the Silver Screen:** On Tuesday, November 15, at 1:30 p.m., Marvin Fischer looks at the film industry's contribution to musical hits, from classic music sung by performers to memorable background music. *Please register in advance.*

**Leading Ladies:** On Thursday, November 17, at 1:30 p.m., Patty Carver returns and brings to life a new set of Leading Ladies who were all the "first" to do something: Dolly Madison,

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Elizabeth Blackwell, Nellie Bly, and Belva Lockwood. *Please register in advance.*

**Jimmy Van Heusen:** On Friday, November 18, at 1:30 p.m., we welcome Dr. Karen Zumbrunn as she shares the legacy of Van Heusen's wonderful standards that are still played today like "Love and Marriage", "Call Me Irresponsible" and "Swinging on a Star". *Please register in advance.*

**The Rat Pack 2:** On Monday, November 21, at 1:30 p.m., ladies and gents must join the rollicking Vegas Rat Pack as Francine and Joel recreate the "hey-hey" days of Vegas with musical memories of Judy Garland, Marilyn Monroe, Dean Martin, and Frank Sinatra. *Please register in advance.*

**Two on Tap:** On Monday, November 28, at 2 p.m., enjoy the fancy footwork of Melissa Giattino and Ron DeStafano, two Broadway musical veterans, as they perform classic songs by Gershwin, Mercer, Berlin, and others with beautiful voices and precision tap choreography.



**The S.S. St. Louis:** Starting on Tuesday, November 29 at 1:30 p.m., Julian Davis examines the voyage of 937 German Jews, in 1939, on the S.S. St. Louis. During this 3-part lecture (11/29, 12/6. & 12/20) uncover the intelligence operations and political propaganda that affected the fate and freedom of the refugees aboard the ship. *When registering in advance, members will be automatically enrolled in all three lecture dates.*

## Exercise Your Options

**Bodies in Motion:** Starting on Wednesday, November 2, at 10:15 a.m., join Georgeann for 8 sessions of weight resistance training, with a focus on both standing and seated movements. Resistance bands, spikey balls, and light weights needed. **Course fee: \$40, due upon registering in-person, in advance, by October 24th.** *Space limited. No Class: 11/16; Last Class: 12/28.*

**Tai Chi Silent Practice:** On Monday, November 14,



at 1 p.m., join Siobhan for this special session for previous Tai Chi students who are familiar with the form. This silent practice can be performed in a chair or standing with gentle guidance. **Class Fee: \$10 p.p., due upon registering in-person no later than November 7.** Min. of

10 students required to run this session.

**Total Toning:** Starting on Wednesday, November 30, at 11:15 a.m., join Deb Edelman for a total toning experience for 8 sessions, from head-to-toe. This "No-Aerobics" routine focuses

on light hand weights to build core strength, endurance, balance, and flexibility. Proper footwear, water, and 1 to 3 lb. weights are needed. **Course fee: \$40, due upon registering in-person by Nov. 21.** *Space limited. No Class: 12/28; Last Class: 1/25/17.*

## Artistically Speaking

**Acrylics for All:** Starting on Tuesday, November 1, at 10 a.m., join Andrea for this 3-session class (11/1, 11/15, 11/22) as she brings out the best in both the beginner and advanced painter. *Seasoned Students (requiring no supplies): \$20 p.p. Newbies (requiring supplies): \$45 p.p.* **Payment due upon registering in-person, before 10/25.** *Space limited.*

**Collage with Karen:** Starting on Tuesday, November 15, at 2 p.m., join Karen for this two-day workshop (11/15, 11/22) as she follows in the footsteps of Matisse, Bearden, and other artists who paint with paper. Experiment with different mediums to create realistic and abstract images. **Course fee: \$20 p.p., due upon registering in-person, by November 7.** *Space limited!*

**Mixed Watercolor Media:** Starting on Thursday, November 17, at 12:30 p.m., join Jeremy for her 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. Bring out your own individual style. **Course fee: \$50 p.p. Supply list available upon registering in-person, no later than 11/9.** *Space limited. (No Class: 11/24).*

**Art of the Masters:** On Friday, November 18, at 2 p.m., join Christina, from Creative Notions, LLC, for a brief lecture on Salvador Dali. Then, individuals, with a PROJECT COUPON, help create a group masterpiece, using tempera paint, in the artist's style. **Coupons are available, while they last, for "in-person" registrations only.** *Lecture only? Please call to reserve your spot in advance.*

**Renoir:** On Monday, November 21, at 10 a.m., join Maurice Mahler, Art Historian, for an enlightening lecture and DVD presentation on Claude Renoir, that focuses on the artist's life and art through his canvases, correspondence, and dialogue with his son and art dealer. *Please register in advance.*

**Pastels Demo:** On Tuesday, November 29, at 1:30 p.m. Shelly Wish provides a descriptive demonstration using soft Pastels for portraits and still life. This is a prelude to his 5-session, multi-level class starting in December. *The demo is not a prerequisite to sign up for the class. However, new students are encouraged to attend.* **Please register in advance.**



### Holiday Closings:

11/8: Election Day 11/11: Veterans Day  
11/24 & 11/25: Thanksgiving & The Day Af-