



# Senior Focus

## December 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

*The staff and I want to wish you and your family a very Happy Holiday Season.* It is always our wish that you are surrounded by people who love you; and, may the New Year bring you good health and happiness.

Holiday time is a very special time! Many clubs, organizations, and individuals are so very kind and generous during the season of giving. **Between the Holiday Food Baskets and the Toy Drive, we strive to spread some holiday cheer to our neighbors in need.** Recipients are individuals and families from the Monroe Food Pantry as well as children from our Township schools who participate in the subsidized lunch program. We hope you will help us (again) to make wishes come true by donating a gift card from Target, Walmart, Kohl's or GameStop. "Wish Tags" will be available around November 14th. So, please stop-by if you would like to fulfill a child's wish for the holidays. All contributions are appreciated no later than Friday, December 9, 2016. If you have any questions, please feel free to contact me.

In our February 2017 issue, we say, *"Thank You,"* to all of the wonderful people who supported our holiday endeavors. I am always pleasantly amazed and humbled by the incredible generosity in our community. Please know how much we appreciate your help that enables us to make a difference in our community.

The **Community Cares Thanksgiving dinner is coming soon. Join us on Thursday, November 24, at high noon,** for camaraderie and a delicious turkey meal. This special event has been a wonderful experi-

#### QUOTE OF THE MONTH

*"Believing you are beautiful, you'll blossom. Believing you are brilliant, you'll dazzle everyone. Believing you can make a difference, you'll change the world."* ~ Author Unknown

ence for those who attended in the past. **Reservations are a must by November 18; and, the dinner is only \$10 per person. Dinner forms are available at the front desk.** Also, volunteers are needed to help set up, serve, and such. So, if you are free, then please call me.

**Many thanks to those who participated in our very first Table 'n' Treat event on October 31, 2016.** We are pleased to announce that *St. Peter's Adult Day Care* received "Best Vendor Table" honors this year from participant votes. From the totes to the treats to the free screenings, there was something for everyone. We hope to see you again at this annual event!

If you need a gift for a baby, there are blankets and sweater sets available at the Senior Center. Stitched together by our Yarn-It Group, these cute items make an ideal holiday gift. If you are interested, please be sure to ask for my assistance.

# Happy Holidays!



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

# Focus on DECEMBER Programs

## Good For You!

**Bagels Plus:** On Friday, December 2, at 10 a.m., join Linda, from The Gardens at Monroe, for bagels and smear as she and Sheli, from Caring Connections, discuss “The Gift of Gratitude”. This interactive program examines the health benefits of being thankful, especially during stressful times in our lives, as well as the importance of exercising the “act of gratitude”. *Please register in advance.*

**Living with Arthritis:** On Thursday, December 8, at 1:30 p.m., Dr. Aly Cohen, Medical Director-Integrative Rheumatology Associates, PC, discusses the different types of arthritis and how to prevent and/or manage them using both western (medication/surgery) and eastern (yoga/supplements) approaches. *Please register in advance.*

**AARP Smart Drivers Course:** On Monday, December 12, at 8:45 a.m., refresh your driving skills by taking the AARP’s driving class. For space availability, please call: 609-448-7140.

**Senior Center Support Groups:** On select days during each month, Center members can take advantage of the wealth of information offered by facilitators of the various needs-specific support groups available: *Cancer Support* on the third Tuesday of the month at 1:30 p.m.; *Parkinson’s* on the first Wednesday of the month at 1 p.m.; *Diabetes* on the third Wednesday of the month at 2:30 p.m.; *Caregivers/Alzheimer’s* on the fourth Wednesday of the month at 2 p.m.; and, *Lo-Vision* on the third Thursday of the month at 10:30 a.m. For more information, please call the Senior Center.

## Music and More!

**Rodgers & Hart:** On Thursday, December 1, at 1:30 p.m., Dr. Karen Zumbrunn looks at the life and music of Rodgers and Hart, including “My Funny Valentine”, “Where or When”. “There’s a Small Hotel” and more. *Please register in advance.*

**Photo Sorting:** On Monday, December 5, at 1:30 p.m., join Rhoda Gordon, from Sunflower Photo Solutions, as she discusses the best ways to organize your print photos and preserve your memories. She will also briefly address digital photos and various tools to use. *Please register in advance.*

**The S.S. St. Louis Continued:** On Tuesday, December 6, Julian Davis provides the last presentation regarding the voyage of 937 German Jews, in 1939, on the S.S. St. Louis. For space availability, please call to inquire.

**Pearl Harbor Remembered:** On Wednesday, December 7,

(“a date that will live in infamy”) at 10:30 a.m., the Huntington Reading Group revisits this day, 75 years later, during this PowerPoint presentation that commemorates the entry of the United States into WWII. *Please register in advance.*

**The Three Tenors:** On Wednesday, December 7, at 1 p.m., enjoy this DVD presentation, featuring Placido Domingo, Jose Carreras, and Luciano Pavarotti, as they bring the joy of holiday season to life as they perform, “Let it Snow”, “Winter Wonderland”, “Ave Maria” and more. *Please be sure to register in advance. Hosted by Michael Ferreira.*

**Pizza Plus:** On Friday, December 9, at Noon, while you partake in a slice or two of pizza, a drink and holiday treat, enjoy the movie (based on a true story) “MIRACLES FROM HEAVEN” (starring Jennifer Garner). Be sure to bring a hanky! *Tickets: \$6 p.p., due upon registering in-person by 12/7. No refunds after 12/6.*

**Jazzy Holiday Jam:** On Friday, December 9, at 2:30 p.m., join our friends from the Jimmy Givens Trio as they play songs of the season and “All That JAZZ!” Enjoy this free show with a variety of happy holiday tunes, jazzy standards, and more. *Please register in advance.*

**Broadway’s Best:** On Monday, December 12, at 1:30 p.m. join David Aaron as he shares and discusses the best songs from the following Broadway musicals: *My Fair Lady, The Music Man, The King & I, South Pacific, Fiddler on the Roof, The Sound of Music...and more!* *Please register in advance.*

**Rick’s Holiday Karaoke:** On Tuesday, December 13, at 2 p.m., make yourself “famous” by singing along to holiday songs during this special karaoke session. Enjoy light refreshments too! *Please register in advance.*

**Michael & Ted Present:** On Wednesday, December 14, at 2 p.m., our friends from WWFM’s “The Classical Network” return to focus on composer, Jule Styne’s Broadway output (GYPSY, FUNNY GIRL, PETER PAN, etc.)...not his pop songs and film work. *Please register in advance.*

**History of Jazz:** On Thursday, December 15, at 1:30 p.m., we welcome back Gordon James as he covers the origins of jazz, ragtime and the blues with a blend of history, song and humor. *Please register in advance.*

**Jerry’s Travels:** On Friday, December 16, at 1:30 p.m., take an armchair adventure through Eastern Europe by boat and bus during this 2-part visual presentation. The journey begins in Budapest (as well as Bratislava, Prague, Vienna) and ends in Amsterdam (along with Melk, Salzburg, Munich, Castles on the Rhine and more). Part II is scheduled for January 6, 2017. *When registering, you will be automatically enrolled in both presentations. Please notify us if you are unable to attend*

# Focus on DECEMBER Programs

*Part II in January.*

**Maggie's "A Christmas Carol":** On Monday, December



19, at 2 p.m., the Traveling Literary Theater brings the spirit of Charles Dickens to the Center as three fully costumed professional actors give life to his story, *A Christmas Carol*. *Please register in advance.*

**Andy Williams, Behind-the-Scenes:** On Thursday, December 22, at 1:30 p.m., stroll down memory lane and take a nostalgic look at Andy Williams and his Christmas Shows. During this DVD presentation, Andy Williams shares stories and special moments with the Osmond Brothers, his own musical brothers, and his whole family. *Please register in advance.*

**Movie Times:** On select days this month and for your viewing pleasure, please register in advance for the following: *"A CHRISTMAS CAROL"* (featuring Alastair Sim as Scrooge) on Friday, December 23, at 10 a.m.; *"KEEPING THE FAITH"* (a comedy with Ben Stiller) on Tuesday, December 27, at 1 p.m.; and, *"ANNIE HALL"* (with Woody Allen and Diane Keaton) on Thursday, December 29, at 1 p.m. (A Movie Synopsis of each film is available at the front desk.)

## Artistically Speaking

**Andrea's Painting Party:** On Monday, December 5, from 9:30 to 11:30 a.m., after enjoying bagels and smear courtesy of The Gardens at Monroe, learn how to make beautiful tile coasters with alcohol ink for yourself or for a great holiday gift. Pre-registration fee (for supplies and instruction) is \$10 p.p., due upon registering in-person by 11/22. Please be sure to wear an apron or old clothes for this project. *Space limited; so, the early bird gets to create!*

**Soft Pastels Class:** Starting on Tuesday, December 6, at 1:30 p.m., Shelly Wish provides this 5-session (thru January 3, 2017) class to teach students techniques in using soft Pastels for portraits and still life. All skill levels welcome! Ask for a supply list when you register. **Course fee: \$50 p.p., due upon registering in-person by 11/29.**

**It's "The Scream":** On Wednesday, December 14, at 10 a.m., join Maurice Mahler, Art Historian, for a lecture and DVD presentation on Norwegian artist, Edvard Munch, and his masterpiece which has become a defining image of the 20th Century. **Please register in advance.**

**Art of the Masters:** On Friday, December 16, at 2 p.m., join Christina, from Creative Notions, LLC, for a brief lecture on Dale Chihuly. Then, individuals, with a PROJECT COUPON,

help create an individual masterpiece, to create a 3-D sculpture 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.*

**Demo on Transparent Watercolor:** On Monday, December 19, at 10 a.m. to Noon, Joanne Amantea, award-winning artist, provides this watercolor painting demonstration for new, interested artists/students. Those who become inspired are welcome to sign-up for the January 2017 class (*featured in the January newsletter*) while openings last. *Please register for the demo in advance.*

**Masterpiece Mystery:** On Friday, December 30, at 10:30 a.m., enjoy this PBS DVD presentation that focuses on "the forensics of fine art". Art sleuths uncover cold case art mysteries, as if they were crime scene investigators, to determine "who committed the art". *Please register in advance.*

## Exercise Your Options

**Walk With Us:** On Tuesdays and Thursdays this month, starting on December 1, at 10:30 a.m., enjoy our DVD walking program to keep you fit while Body Works and Triple 15 take a brief holiday. While registration for this program is required by 11/28, please feel free to attend any day you wish.

**Chair Yoga:** Starting on Thursday, December 1, at 9 a.m., join Eileen for a modified yoga class with all yogic exercises performed on the chair. (Last Class: 1/19/17). Relax your mind and improve your flexibility during this 8-session class. **Course fee: \$40 p.p., due upon registering in-advance, in-person.** *Space limited.*



**Tai Chi Silent Practice:** On Monday, December 5, at 1 p.m., join Siobhan for this sole session designed for previous Tai Chi students who are familiar with the form, requiring little to no instruction. This one-shot silent practice day can be performed in a chair or standing with gentle guidance. **Class Fee: \$10 p.p., due upon registering in-person no later than 12/1.** Min. of 10 students required to run this session.

## Holiday Closings:

*Monday, December 26, 2016*  
*Happy Hanukkah! Merry Christmas!*

*Monday, January 2, 2017*  
*Happy New Year!*

