



Senior Focus

SEPTEMBER 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

I have had the pleasure of meeting so many people - men and women who have beautiful souls. Thank you for this extreme pleasure...because these people truly make a difference in our world.

Just a reminder: Medicare Open Enrollment begins on October 15, 2017. Appointments for assistance will start on September 26th; and, these time slots fill up quickly. While speaking with a Part D Counselor gives you the opportunity to decide which insurance company offers the best price for your prescriptions, feel free to call Medicare directly at 1-800-633-4227, for assistance from October 15th to December 7th.

Utility bills too high? On September 14, from 10 a.m. to 1 p.m., the Puerto Rican Action Board will be available at the Senior Center to recertify individuals who have been previously enrolled in LEHEAP as well as for new applicants who wish to apply. A new application is required regardless of your previous participation due to specific eligibility requirements. For more information, please contact me regarding the requirements for this program. Please check the front desk for a flyer regarding the necessary information you need to bring on September 14.

On September 5, Goodwill Home Medical Equipment will host an info table ,from 10 a.m. to 1 p.m., in the Center. Find out how you can purchase refurbished, durable equipment and donate equipment you no longer need. Stop by and say hi to Lorraine....

We are looking for a few good men (and women) to volunteer their time as a AARP Tax Aide. The Monroe Township Office of Senior Services has proudly hosted the AARP Tax Assistance Program for many years that helps low-to-middle income individuals with their tax

QUOTE OF THE MONTH

"She was beautiful for the sparkle in her eyes...for her ability to make other people smile, even when she was sad. No, she wasn't beautiful for something as temporary as her looks. She was beautiful, deep down in her soul." ~ F. Scott Fitzgerald

returns from February through April. If you have a basic knowledge of tax preparation along with accounting and computer skills, then please consider volunteering your time to help others. Training is available prior to helping others file and prepare tax returns electronically. For more information, please call me and then someone from AARP will contact you directly.

We have some parking etiquette that we would like to share with you: 1) *We would like to ensure the safety of our members; so, please do not drive through and over the sidewalk of handicapped parking spots in the front of the building;* 2) *Please be sure to display your handicapped parking placard whenever utilizing these parking spots - that will be verified by our staff; and,* 3) *When taking a bus trip, please leave prime parking spots (those in close proximity to the main & side entrances) to those who are actually attending an activity in the building. Be kind to fellow members with mobility issues.*

Invitations to our volunteers will be mailed soon for our annual Volunteer Appreciation Luncheon in October. In order to attend, volunteers need at least 25 hours of service between July 1 to June 30. It's our way of saying thank you for all that you do for us throughout the year.

*Wishing Our Friends, Who Celebrate Rosh Hashanah,
A Very Happy & Sweet New Year!*

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

Here's to Your Health!

Bagels Plus: On Friday, September 1, at 10 a.m., join Linda, from The Gardens at Monroe, for bagels and smear as she and Sheli, from Caring Connections, host this informative talk on Adult Day Care - which can be a great resource for caregivers. Find out about its benefits, how the program works and how it can be paid. *Please register in advance.*

Drivers Safety Program: On Tuesday, September 5, 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.*

The Brain: Boost & Build Workshop: On Friday, September 8, we join forces with The Gardens at Monroe, Caring Connections, and Princeton Healthcare System to provide you with a choice of either: a morning OR afternoon track that focuses on memory, dementia, and brain health. The **MORNING TRACK begins at 9:30 a.m.**, with a catered breakfast along with a lecture and the DVD presentation, "*ALIVE INSIDE*" - a documentary that demonstrates music's ability to combat memory loss. The morning session ends by 1 p.m. The **AFTERNOON TRACK begins promptly at 11:30 a.m.**, for the DVD presentation. Immediately following, afternoon participants enjoy a catered lunch along with the same lecture. This session concludes around 3 p.m. *Only one (1) track session permitted per member.* A \$5 p.p. "track fee" is required upon registering in-person, in advance. Proceeds to support the *ALIVE INSIDE FOUNDATION*. *Space limited per track.* Please pick up an event flyer for complete details at the Senior Center.

Memory Screening: On Friday, September 15, by appointment (between 10 and 12) take this opportunity to get a 15-minute memory screening, consisting of a series of questions and/or tasks to test memory, language skills, thinking ability and other intellectual functions. The results review is confidential. Provided by Princeton Healthcare System. *Please register in advance to make an appointment. Limited appointments available.* (Note: A memory screening is not used to diagnose any particular illness and does not replace consultation with a qualified physician or other healthcare professional.)

Stay Heart Healthy: On Wednesday, September 20, at 1:30 p.m., join us for an informative session with helpful tips and reminders on how to get heart healthy and stay that way. Recognize warning signs and learn what to do if you need help. Provided by Robert Wood Johnson University Hospital. Please register.

LivWell Series: On Monday, September 25, at 10:30 a.m., the LivWell *Mind, Body & Spirit* Series continues, in conjunction with Saswati Chakraborty, Case Mgr., from Monroe Village at Village Point. This month, the focus is: STANDING TALL; DON'T FALL. In honor of National Fall Prevention Awareness Day (which is the first day of Fall) discover why core strength and posture can affect your balance. A mini balance test and fall risk assessment will be available as you learn effective exercises to improve your posture as well as "fall proofing" your living space. *Please register in advance.*

Laughs, Lyrics, & Lectures

Tribute to Irving Berlin: On Friday, September 1, at 1:30 p.m., Patty Carver brings the memorable melodies and timeless lyrics of Irving Berlin to life during her one-woman show. Please register in advance.

Elefant Presents: On Tuesday, September 5, and Wednesday, September 6, both at 1:30 p.m., we welcome back Thomas Elefant as he focuses on the monumental, musical giant, BACH, during his two scheduled lectures. On Sept. 5, learn about Bach's background and training; and, on Sept. 6, discover the depth of Bach's works for keyboard that display amazing grandeur and a sense of timelessness. *When registering in advance, please be sure to indicate the program dates you wish to attend.*

Ted's Classics: On Monday, September 11, at 1 p.m., Ted brings us the classic film, *Stars & Stripes, Forever*. *Please register in advance.*

The Music of Sammy Cahn: On Tuesday, September 12, at 1:30 p.m., join Marvin Fischer as he takes you on a musical journey of Sammy Cahn, award winning American lyricist, songwriter, and musician. *Please register in advance.*

Mike & Ted Present: On Wednesday, September 13, at 2 p.m., Michael and Ted, from WWFM's "The Classical Network" examine the life and career of Alan Jay Lerner and Frederick Loewe, who wrote several stage musicals together: *Brigadoon, Paint Your Wagon, Camelot, and My Fair Lady*. *Please register in advance.*

Jerome Kern: On Thursday, September 14, at 1:30 p.m., Dr. Karen Zumbrunn returns to present the music of Jerome Kern, from "The Way You Look Tonight" to "Pick Yourself Up." *Please register in advance.*

On-the-Range Luncheon: On Friday, September 15, at Noon, join us back "home-on-the-range" as we serve up some good old classics: hot dogs, coleslaw, baked beans, and a campfire treat. *Space limited for this special venue. Tickets: \$5 p.p., due upon registering in-person, in advance.*

Legends of Country Music: On Friday, September 15, at 1:30 p.m., David DeLuca brings his barn-storming square dance of classic country/western songs, of the 1950's and 1960's, to life during this special, musical performance. DeLuca features songs made famous by: Johnny Cash, Loretta Lynn, Patsy Cline, Willie Nelson, and more. *Please register in advance.*

The Professor and the Madman: On Monday, September 18, and Tuesday September 19, both at 1:30 p.m., Julian Davis returns to provide this two-part lecture where he tells the riveting and suspenseful tale of murder, insanity, and the making of The Oxford English Dictionary. *When registering in advance, you will be automatically enrolled in both lecture dates.*

Movie Oldies: On Thursday, September 21, at 1:30 p.m., enjoy Anne Hathaway in *THE DEVIL WEARS PRADA*. Then,

on Friday, September 22, at 1 p.m., Collin Firth stars in **THE KING'S SPEECH**. Please be sure to register in advance.

Karaoke with Rick: On Monday, September 25, at 2 p.m., bring out your "inner ham" and enjoy singing along, Karaoke-style, during this fun and entertaining afternoon. *Please register in advance.*

This is My Country: On Tuesday, September 26, at 2 p.m., join Joel and Francine as they celebrate America with this uplifting show with music by Irving Berlin, Lee Greenwood, Woody Guthrie, Elton John, the Armed Forces, and more. *Please register.*

Classic Songs, Part II: On Wednesday, September 27, at 1:30 p.m., Gordon James highlights more songs from classic movies of the 1930's through the 1970's. From *A Star is Born* to *The Graduate* (and everything in-between) enjoy interesting movie tidbits along with their familiar songs. *Please register in advance.*

World War II: On Thursday, September 28, at 2 p.m., we welcome Paul E. Zigo, Director of the NJ-based World War II Era Studies Institute, as he discusses the 20th Century's Most Significant Event and its impact on history. *Please register in advance.*

Artistically Speaking

Experienced Transparent Watercolor: Starting on Wednesday, September 6, at 10 a.m. (6 sessions, No Class on 9/13, Last Class: 10/18) join Joanne for this class for intermediate-to-experienced watercolor artists. This course is structured to encourage experimentation with scale, subject matter and formats with a variety of techniques and painting surfaces. **Registration Fee: \$60 p.p., due in-person, in advance.** An additional \$10 for course materials will be paid directly to the instructor. *Feel free to bring in your supplies and photocopies of subject material. A list of additional materials will be provided at the first class. Space limited.*

Collage with Karen: Starting on Tuesday, September 5, at 2 p.m., join Karen for this 2-Day (9/5 & 9/12) mixed media workshop, for all levels of experience. Students utilize various collage techniques and elements of color, line, form and composition in order to develop one's own visual style within a specific theme. All supplies provided. **Course fee: \$20 p.p., due upon registering in-person, in advance.** *Space limited.*

Introduction to Transparent Watercolor: Starting on Wednesday, September 6, at 1 p.m., (6 sessions, No Class on 9/13 and 9/20, Last Class: 10/25) explore the expressive potential of watercolor painting with Joanne, during this class for beginners with no-to-basic experience. **Registration Fee: \$60 p.p., due in-person, in advance.** Please bring your supplies that you currently use. *No supplies? No worries!* For the first class (and for only \$5) Joanne will have supplies on hand for newbies. A discussion about what to buy as well as a list of required materials will be available on the first day. **An additional \$10 per student will be paid directly to the instructor for handout materials.** *Space limited.*

Introduction to Digital Photography: On Thursday,

September 14, at 10:30 a.m., Vince Minkler, from the Monroe Photography Club, provides an informative slide-illustrated talk on digital photography: exposure and shutter speed, depth of field, lenses, and post-processing, such as Photoshop. *Please register in advance.*

Art of the Masters: On Friday, September 15, at 2 p.m., join Cristina, as she briefly discusses the life and artwork of Rembrandt van Rijn. Then, 16 participants, with a PROJECT COUPON (available upon request when registering in-person) will create a personal masterpiece in the artist's style using Gouache paints. *Lecture only? Please call to register. Space limited.*

Leonardo DaVinci: On Monday, September 18, at 10:30 a.m., join Maurice Mahler, Art Historian, as he explores the only portrait by Leonardo DaVinci that is hanging in the National Gallery in Washington. Learn who the model was and why it's considered a National treasure. *Please register in advance.*

Soft Pastels Workshop Demo: On Tuesday, September 19, at 10 a.m., join Shelly Wish, local artist, as he shares his passion for sketching and soft pastels during this introductory session. After the demo, please feel free to register for the upcoming Pastels Art Class that begins on October 3. (More info about the class in the October issue). *Please register in advance for this demo.*

Paper Crafts Demo: On Tuesday, September 26, at 10 a.m., discover the art of paper crafts with Barbara Schwartz and Samantha Budney, owners of PaperTrailsNJ. Ideal for both beginners and pros, watch as they demonstrate some of their most popular crafting techniques during this special demo. *Space limited. Please register in advance.*

Let's Get Physical!

Ballroom Dance: Starting on Wednesday, September 6, at 2 p.m., back by popular demand, Tony and his wife, Lorraine, are back to conduct this 8-session Ballroom Dance class. All levels welcome. Partners, optional. **A \$5 commitment fee is required upon registering in-person, in advance.** (No Class: 9/20; Last Class: 11/1). *Please Note: Attendance Makes Good Sense! When you attend 5 out of 8 classes, you will receive your original payment back!*

Beginners Tai Chi: Starting on Monday, September 25, at 11:15 a.m., join Siobhan for this 6-session workshop as you learn the various movements of T'ai Chi Chih, either standing or sitting. No kicking; no punching. Just gentle moves that help improve balance and decrease blood pressure. Beginners, and past students, are welcome to attend! (No Class: 10/9; Last Class: 11/6). **Course fee: \$35 p.p.—due upon registering in-person, in advance.**

Transportation to the Senior Center

Transportation to and from the Senior Center for programs and appointments is a free service available to all Township Seniors during our regular business hours. Please be sure to register in advance to lock in your time slot. We will do our best to honor transportation requests made in the morning for the same day. Questions? Please call the Office and ask for Claire Kelly.