



Senior Focus

NOVEMBER 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

"It's Beginning to Look a lot Like...." ...the Holidays!
As a result, we are beginning to prepare for our special endeavors: *our 4th Annual Community Cares Thanksgiving Dinner, the Holiday Food Baskets, and the Toy Drive.* Your support of all of the above does make your heart beautiful and certainly makes a difference!

For the Holiday Food Baskets and Toy Drives, please note that families and children from our Food Pantry as well as those enrolled in the subsidized lunch program at school are recipients of our holiday cheer. Gift cards from Target, Kohl's, Toys-R-Us, and Walmart are the most requested. **These items, along with non-perishable food items for the baskets, would be appreciated by December 6th.** If you have any questions, please feel free to call me for additional information.

As for the **Community Cares Thanksgiving**, we need helpful hands on **Thanksgiving Day (11/23)** as well as the day before to set-up for the dinner. Last year, we had close to 150 people who needed a place to celebrate since family and friends live far away. Besides the set-up crew on Wednesday, there are many positions to fill for the actual dinner: greeters, Captains, servers, cleaner-uppers, pie cutters. **Our Thanksgiving Day dinner needs willing and able volunteers from 10:30 a.m. to 2 p.m.** Registration forms, to attend the dinner for only \$10 p.p., will be available at the front desk on October 2, 2017. If you are interested in helping with this wonderful community event, please be sure to contact me soon.

Shifting from the holidays to the month of October, please be sure to get your flu shot at the Senior Center on (lucky) Friday, October 13th, from 10 a.m.



QUOTE OF THE MONTH

"Make Your Heart the Most Beautiful Thing About You."

~ Author Unknown

to Noon. The Middlesex County Public Health Department is providing this service. **Please be sure to bring you Medicare Card with you; otherwise, the cost of the flu shot is \$15 p.p. CASH ONLY!** Pneumonia shots are available for first time recipients only; and, you must be 65 years old or older to receive it. Vaccines for children, 6 months old and older, will be available as well. This service is provided on a first-come, first-served basis.

In addition, **Medicare Part D open enrollment commences on October 15th and runs to December 7th.** If you would like to make an appointment to discuss your options, time slots will become available on September 26th. So, please be sure to call the Senior Center then since appointment times are limited. **Feel free to contact Medicare directly for assistance at: 1-800-633-4227;** and, sometimes your local pharmacist might be able to help you make an informed decision about what plan would work better for you.

Our calendar is filled to the brim this month! Hope you will see what's going on and enjoy our offerings!

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

Monroe Township Chorus Performs a FREE Concert!
Academy Award Winning Songs ~ Sunday, November 12, at 2 p.m.
Monroe Twp. Middle School
For Information: 609-619-3229

Here's to Your Health!

Fun with Yiddish: On Monday, October 2, at 10 a.m., Naomi returns to provide this 8-session, multi-level, class with all words translated. Space limited. **Course fee: \$10 p.p., due upon registering in-person.** (No class: 10/9; Last class: 11/27.)

Adult ADHD: On Monday, October 2, at 10:30 a.m., Amy Metzger, MSW, Centrastate, provides this informative discussion on Attention-Deficit, Hyperactivity Disorder that isn't just in kids. Find out more about Adult ADHD. *Please register in advance.*

Matter of Balance: Starting on Monday, October 2, at 2 p.m., (as well as on Fridays) make the 8-session commitment to learn about lifestyle strategies to manage and reduce the risk of falls. Please get a flyer at the front desk for a complete list of dates. *Space limited.*

Better Bridge Partner: Starting on Tuesday, October 3, at 1 p.m., Janet provides this 10-session class (a repeat from April) to help you become a better partner by becoming a better player. *Not Suitable for Beginners! Only Open to New Students!** Space Limited.* **Course fee: \$25 p.p., due during WALK-IN REGISTRATION DAY: September 27th.** ***Previous class students will be put on stand-by in case a seat becomes available.* (No class: 11/7).

Keeping A-Breast: On Thursday, October 5, at 10 a.m., Dr. Christopher Ananian, Diagnostic Radiologist, Princeton Radiology, brings meaning to this "Bagel & Bits" session as he unpacks the debate about mammography screenings, discusses risk factors and state of the art 3-D imagining techniques and ways to protect yourself. *Please register in advance.*

Balance Evaluations: On Thursday, October 12, from 10 a.m. to Noon, BY APPOINTMENT ONLY, Carol Bartlebaugh, PT, JFK Johnson Rehab. Institute, will provide free balance screenings. *Limited number of appointments available. Please register early!*

Cooking 101: On select Fridays of the month, from 1 to 3 p.m., enjoy either TRACK 1 (Oct. 13 & 20) or TRACK 2 (Oct. 27 & Nov. 3) for a hands-on cooking experience with Chef Jason, from Chelsea Senior Living. *Then, on November 17, both tracks enjoy the fruits of their labor during a special reception.* **Track fee: \$5 p.p., due upon registering in-person, in advance.** *Space limited.*

Why We Wobble: On Thursday, October 19, at 10:30 a.m., Carol Bartlebaugh, PT, JFK Johnson Rehab. Institute, returns to explore reasons "Why We Wobble" as we get older; what can be done to improve balance; and, how to prevent falls at home and on the road. *Please register in advance.*

LivWell Series: On Monday, October 23, 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. Learn about the connection between movement, music, and mindfulness to help improve your fitness and cognitive ability. *Please register in advance.*

Brain Games: On Wednesday, October 25, at 1:30 p.m., test and strengthen your memory with fun and interactive games that you can easily continue at home! Let the games begin! Sponsored by the Wilf

Campus for Senior Living. *Please register in advance.*

2nd Annual Table N Treat: On Monday, October 30, from 10:30 a.m. to 1 p.m., join us for this special event featuring many of our networking professionals as they provide helpful info and a treat. A "3 for \$3" hot dog lunch will be provided (*payment due on the day of*) as well as chair massages and bone density screenings on a 1st-come, 1st-served basis. *Please register in advance.*

Laughs, Lyrics, & Lectures

Fred Miller Presents: On Tuesday, October 3, at 1:30 p.m., enjoy this "Lecture-in-Song" filled with autumnal and earthy lyrics, anecdotes, and literary allusion (Frost, Wolfe, Capote). *Please register in advance.*

Nashville: On Wednesday, October 4, at 1 p.m., Michael Ferreira returns to feature this 1969 Grand Ole Opry performance with Dolly Parton, Loretta Lynn, Charley Pride, and many more. *Please register in advance.* (DVD length: 90 minutes.)

Ulysses S. Grant: On Thursday, October 5, at 2 p.m., Kenneth Serfass, living history impressionist, embodies all things concerning General and President Grant during this live, biographical presentation. *Please register in advance.*

Elefant Presents: On Tuesday, October 10, and Wednesday, October 11, both at 1:30 p.m., Thomas Elefant brings us two different topics: *On the 10th - GREAT TENORS OF OPERA* (listen to the great tenors of opera and analyze their voices); and *on the 11th - RHYTHM: THE LIFEBLOOD OF MUSIC* (discover why rhythm plays a central role in music of all styles). *When registering in advance, please mention both the date and program title.*

Mike & Ted Present: On Thursday, October 12, at 2 p.m., Michael and Ted, from WWFM's "The Classical Network" look at the musical career and life of Ethel Merman, from her first appearance singing, "I Got Rhythm" to her last screen appearance in the 1980's comedy, AIRPLANE. *Please register in advance.*

The Beatles: On Friday, October 13, at 1 p.m., we welcome Vinnie Bruno, Beatles Scholar and Sixties Rock Historian, to the Center as he follows the footsteps of THE BEATLES during the early years, "From Liverpool to Abbey Road", with an exploration of each individual's post Beatles work, during this audio-visual presentation. (2 hrs.) *Please register.*

Edgar A. Poe: On Monday, October 16, at 10:30 a.m., Irene Curran returns to share her love of Poe (*Master of the Macabre*) with an emphasis on "The Masque of the Red Death". *Please register in advance.*

Ted's Classics: On Monday, October 16, at 1 p.m., Ted brings us the classic film, *BROADWAY MELODY*, featuring Fred Astaire and Eleanor Powell. *Please register in advance.*

History of Doo Wop: On Tuesday, October 17, at 1:30 p.m., David Aaron brings Doo Wop music to life as he discusses the history of this popular 1950's style and provides plenty of musical examples. *Please register in advance.*

NY, NY Celebration: On Thursday, October 19, at 2 p.m.,

join Francine and Joel as they pay tribute to Frank Sinatra and Liza Minnelli by performing their timeless classics. **Please register.**

Jerry's Travels: On Friday, October 20, at 1:30 p.m., take a tour of England that features famous landmarks of London, England's pastoral countryside, as well Stonehenge. **Please register.**

Music BINGO: On Monday, October 23, at 1:30 p.m., join Tara for a fun, musical twist on BINGO. Prizes, too! **Tickets: \$3 p.p., due upon registering in-person, in advance.**

NJ Hauntings: On Tuesday, October 24, at 2 p.m., L'Aura H. Hoffman, Founder of NJ Ghost Hunters Society, shares ghostly locales of the Garden State as well as the origins of the Spiritualist Movement with its various psychic mediumship forms. **Please register in advance for this spooky afternoon.**

Your Ghost Story: On Thursday, October 26, at 2 p.m., awaken your senses as professional stage actors, in character, read a well-written tale of terror: *THE HANGING STRANGER* and *THE MONKEY'S PAW*. (Brought to you by Maggie Worsdale's Traveling Literary Theater.) **Please register in advance.**

Hallowed Grounds: On Friday, October 27, at 1:30 p.m., Martin Mosho, Civil War Buff, uncovers the disrespectful burial practices of the Civil War and how the Federal and state governments, as well as women, sought to rectify the matter. **Please register.**

Artistically Speaking

Acrylics for All: Starting on Tuesday, October 3, at 10 a.m., join Andrea for this 3-day acrylic workshop (Oct. 3, 17, 24) for all levels. All supplies provided for newbies with a course fee of \$45 p.p.. For regulars, the fee is \$20 p.p. **Please be sure to register in advance and in-person. Space limited.**

Pastels Class: Starting on Tuesday, October 3, at 1:30 p.m., Shelly Wish brings together basic drawing, sketching, and soft pastels to this 5-session class, for both the beginner and intermediate student. **Course fee: \$50, due upon registering in-person, in advance. SPACE LIMITED. Please bring: soft pastels, sketching material, and pastel paper.**

Mixed Watercolor: Starting on Thursday, October 5, at 12:30 p.m., join Jeremy Taylor, watercolorist, for this 5-session, multi-level watercolor class which uses other mediums and various papers, if desired. Demos, one-on-one critiques, and special exercises will enhance your own personal style and technique. **Course Fee: \$50 p.p., due upon registering in-person, in advance. Space limited.** Ask for a supply list when you register.

Watercolor Experience: Starting on Friday, October 13, at 12:30 p.m., join watercolorist, Jeremy Taylor, for this 5-session class for beginners/advance beginners. Explore watercolor technique and develop your own style. Demos, personal critiques, and exercises, designed by Jeremy, will be provided. **Course Fee: \$50 p.p., due upon registering in-person, in advance. Space limited.** Supply list available. (No class: 10/20, 11/10, 11/17, 11/24.)

Art of the Masters: On Friday, October 20, at 2 p.m., join Cristina, as she briefly discusses the life work of Henri Matisse

Then, 16 participants, with a PROJECT COUPON (*available upon request when registering in-person*) will create a group masterpiece in the artist's style with paper collage. **Lecture only? Please call to register. Space limited.**

Let's Get Physical!

Body Works: Starting on Tuesday, October 3, at 9:30 a.m., (and Thursdays at 10:30 a.m.) join Julie for this 10-session, low-impact aerobic workout that uses resistance bands (Tuesdays) and hand weights (Thursdays). Previous participation does NOT guarantee enrollment. **Course fee: \$40, due during WALK-IN REGISTRATION on September 27. Space limited. (Last class: 11/2).**

Triple 15: Starting on Tuesday, October 3, at 10:30 a.m., join Deb for 3 different 15 minute workouts for a total body experience. Students need light hand weights and bottled water during this 10-session class. Previous participation does NOT guarantee enrollment. **Course fee: \$40, due during WALK-IN REGISTRATION on September 27. Space limited to ensure safety. (No class: 11/7; Last Class: 12/12).**

Bodies in Motion (W): Starting on Wednesday, October 4, at 10:15 a.m., join Georgeann for 10 sessions of weight resistance training with a focus on both standing and seated movements. Need: resistance band, spikey ball, and light hand weights. **Course fee: \$40, due upon registering in-person, in advance. Space limited to ensure safety. (Last Class: 12/6).**

Zumba Gold: Starting on Friday, October 13, at 9 a.m., join Fran for this 8-session Latin-infused exercise class that will get you dancing and "shining". **Course fee: \$40, due upon registering in-person, in advance. Space limited. (No class: 10/27, 11/10, 11/24; Last Class: 12/22.)**

Boot Camp: Starting on Friday, October 13, at 10 a.m., join Julie and, then Tony, for this 45-minute, 10-session circuit training program that improves endurance and total body strength with spikey balls and resistance bands. (No Class: 10/27, 11/10, 11/24; Last Class: Jan. 5, 2018). **Course fee: \$40 p.p., due upon registering in-person, in advance. Space limited to ensure safety.**

Up to Barre: Starting on Friday, October 13, at 11 a.m., join Sarah for this 10-session, ballet-inspired workout that focuses on your core, mobility, and balance. **Course Fee: \$40 p.p., due upon registering in-person, in advance. (No class: 10/27, 11/10, 11/24; Last class: Jan. 5, 2018.)**

Move & Groove: Starting on Monday, October 16, at 10 a.m., join Sarah for this 10-session, dancercise workout that will get you moving and grooving. **Course Fee: \$40 p.p., due during WALK-IN REGISTRATION on September 27. Space limited to ensure safety. (Last Class: 12/18).**

Total Toning: On Wednesday, October 18, at 11:15 a.m., join Deb for this 10-session "No-Aerobics" workout using light hand weights to build core strength, balance, and flexibility. Proper footwear, water, and 1 to 3 lb. weights are needed. **Course Fee: \$40, due during Walk-In Registration on September 27th. Space limited. (Last Class: 12/20).**