



# **MONROE TWP. SENIOR CENTER**

**New Membership Welcome & Orientation**

# Welcome!

**Thank you for becoming a member!**

*You might be wondering,  
“Now What?”*

## Today, We Will Discuss:

- **Your “Key” to Our World & Community Pass**
- **Important Policies**
- **The “Senior Focus” (monthly newsletter)**
- **Program Registration: Online & In-Person**
- **On-going Programs**
- **Social Services**
- **Transportation Opportunities**
- **Friends of the Senior Center**

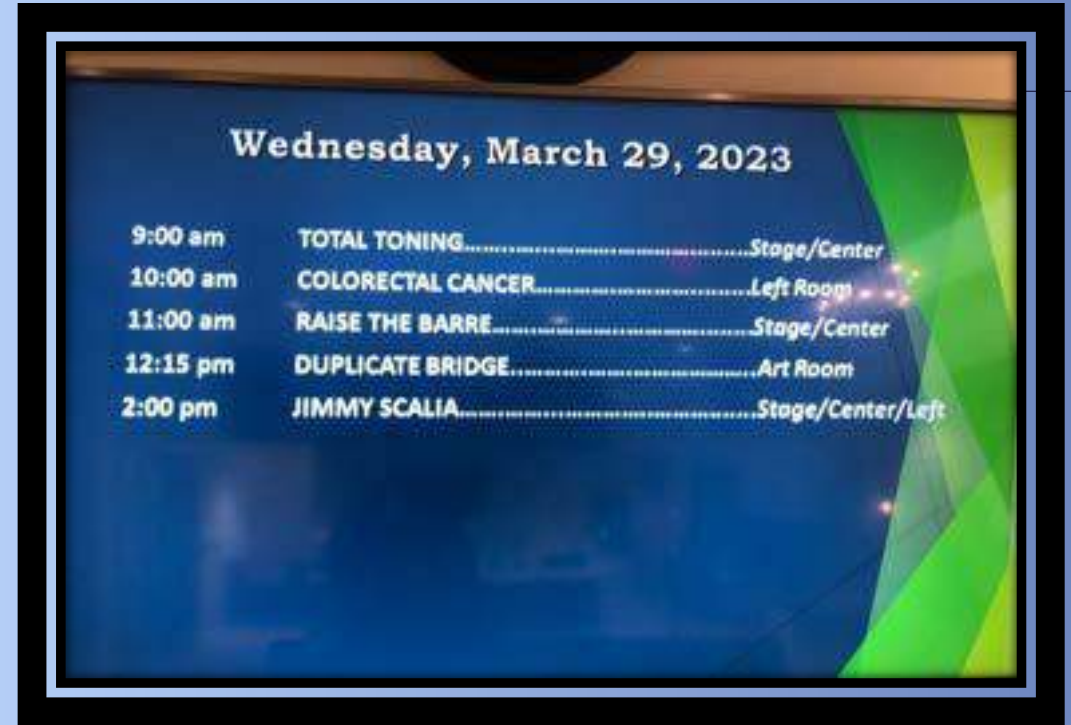


# Your “Key” to the World



- All members receive a key fob.
- Whenever you visit, be sure to “check-in” at the monitor, by using the scanner, before heading over to an activity.
- Checking in helps the staff with statistics and keeps account of who is utilizing the building.

New Member Welcome



- The TV screen (which is above the monitor/scanner) features the daily activities with their start time and location.



# Senior Focus:

Your Monthly Guide to Activities, Lectures & More!

Distribution of the Senior Focus is usually around the 15<sup>th</sup> of every month. For example, April's newsletter is available around the 15<sup>th</sup> of March; May's newsletter around the 15<sup>th</sup> of April...and so on.

It provides information about the monthly activities and programs offered. Dates for registration appear on the front page of the newsletter for classes, programs, and trips.

Activities include but are not limited to lectures, musical entertainment, exercise classes, Zoom presentations, ongoing programs, support groups, and health screenings.

The newsletter is delivered to all adult communities as well as the Township Library, Municipal Building, and the Community Center. Of course, ample copies are available at the Senior Center.

Information regarding registration will be emailed via Community Pass, if you have an email with us. A PDF document of the newsletter and registration forms will be attached. These documents can be found as well on our webpage.

Stephen Dalina, Mayor

Alan Weisberg, Business Administrator

# Senior Focus

## April 2023

Monroe Township Office of Senior Services & Senior Center  
12 Halsay Reed Road, Monroe Township, NJ 08831  
Monday thru Friday, 8:30 a.m. to 4:30 p.m.  
609-448-7140  
www.monroetwp.com

Spring is here and the Senior Center's April calendar is "blooming" with new and exciting programs.

Two "must see" performance programs in April are *Yesterday Once More - A Tribute to the Carpenters* on Friday, April 21st at 7:00 p.m., and *Magician Anthony Salazar* on Wednesday, April 26th at 2:00 p.m.

Also, this month, Adrienne Gammal begins a seven part class series about the ancient energy points systems known as the seven chakras. From the base of the spine to the top of the head, Adrienne will share affirmations and guided exercise, beginning with *The Root Chakra* on Thursday, April 27th at 10:30 a.m. Look for the remaining six free chakra classes in each month's Senior Focus now through July.

This month, a *Caregivers Support Group* joins the list of important resources available to our seniors, and will meet on the 4th Thursday of each month at 1:30 p.m. here at the Senior Center. To register, please call the Senior Center at (609) 448-7140.

**A few reminders:**  
Medical transportation for non-emergency appointments is available via curb-to-curb service to Monroe, Jamesburg, Princeton, Plainsboro, Hightstown, and Cranbury. For details, call the Transportation Department at (609) 443-0511.

### April Registration Information:

**Class Registration**  
Monday, March 20 at 9:00AM  
In-person or online via Community Pass  
Use main entrance only. Doors open 8:30AM.

**Trip Registration**  
Wednesday, March 22 at 9:00AM  
In-person or online via Community Pass  
Use main entrance only. Doors open 8:30AM.

**Program Registration**  
Friday, March 24 at 9:00AM  
In-person or online via Community Pass  
Use main entrance only. Doors open 8:30AM.

<https://register.communitypass.net/monroetwp/seniorcenter/>

Registering in person? If you need transportation for any of the above, please call 609-443-0511 to make arrangements no later than 24 hours in advance. You must be a registered member of the Senior Center in order to participate in our activities. New membership orientation is by appointment only.

### Seasonal outdoor activities

# Program Registration: Two Ways



## **IN-PERSON**

- On registration day, doors open at 8:30 a.m.
- Upon entering the main entrance, you will be given a number and escorted to our registration area.
- A completed registration form is required prior to receiving assistance.
- At 9:00 a.m., registration will commence promptly with numbers called.
- A staff member will process your selected activities into your account and will let you know if any are on a waitlist.
- Credit card, check (made payable to MONROE TOWNSHIP), or cash are acceptable forms of payment for any balance due.
- You may register yourself plus one other member.

## **ONLINE**



- Login to your Community Pass account to access the programs and/or trips, on the scheduled registration day.
- You may register for each member of your household separately. Select the program/trip(s) of your choice and store in your cart.
- Check out by scrolling down each screen to click thru the process. At the end, be sure to click FINISH.
- You will receive an email confirmation showing all registered and waitlisted activities.
- Instructional classes and special events, with a fee, can be paid for via credit card and E-check.



## ***Our Online Registration System***

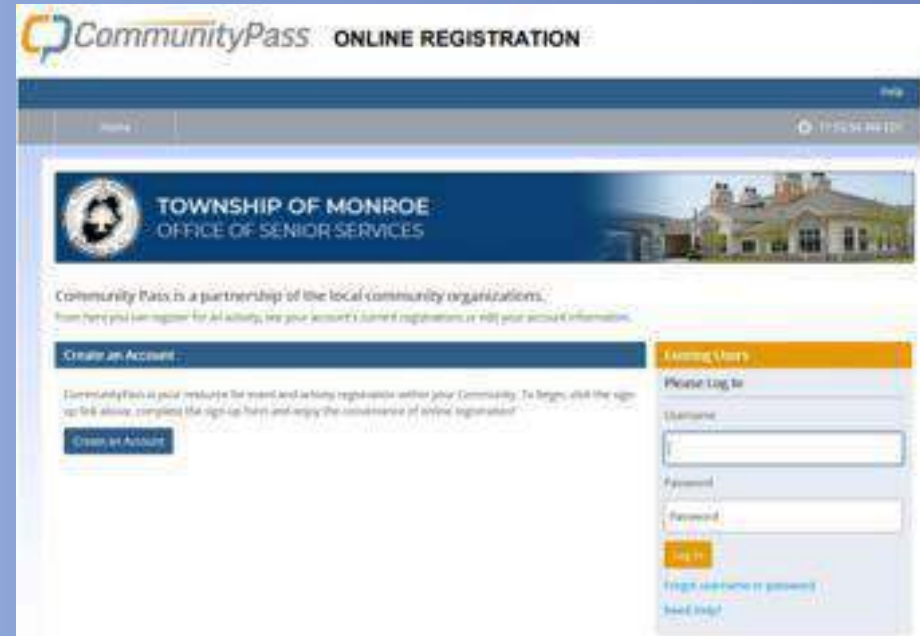
Once your membership application is processed in Community Pass, a link is emailed to you.

When this link is accessed, you will be able to change your username and password.

Members residing at the same address will be on the same account with a shared username and password.

Online registration - for our programs and day trips - is processed through Community Pass.

We recommend using your PC, instead of your cell phone, when registering online.



# *Missed In-Person Registration??*



**No Worries!**



***Bring Your Completed  
Registration Form to the Front Desk.***



# Seasonal Exercise Classes

A variety of exercise classes are scheduled throughout the year that meet different skill levels and interests. Stay active and get fit with *Drums Alive*, *Cardio Blast*, *Gentle Stretch*, *Move & Groove*, *Total Toning*, *Zumba Gold*...just to name a few. 10-week sessions cost \$40.00 p.p. and are scheduled seasonally. Each season, class flyers are available noting when in-person and Community Pass registration commences.



# On-Going Programs

## Outdoor Activities

Walking Club  
Bocce Ball  
Cornhole  
Shuffleboard  
(Seasonal: May –October)

## Special Interests

Yarn It  
Chorus  
Green Thumbs  
Book Club  
Harmonica  
Tap Dancing

## Fun & Games

Drop-In Bridge  
Mah Jongg  
Duplicate Bridge  
Cribbage  
Canasta  
Game On!

## Support Groups

Bereavement  
Parkinson's  
Diabetes  
Caregivers for Dementia



## SPECIALITY GROUPS/HOSTED BY STAFF:

WOW (Widows & Widowers)  
LGBT: Socialize w/ Me

**Registration is necessary on an ANNUAL basis.**

Pick Up a Brochure  
for Complete Details!



# **SOCIAL SERVICES**



**There are two licensed Social Workers on staff, available by phone or scheduled in-office appointments, to provide guidance and support with various needs. These may include but are not limited to: life cycle adjustment, bereavement, entitlement program screening, community resources, referral information, Medicare guidance, and transition of care. They also facilitate various support and social groups.**

**Please feel free to call the Senior Center to speak with a Social Worker.**



# Friends Of the Senior Center

## **Friends of the Senior Center**

The Friends is a volunteer group and fundraising arm of the Senior Center.

**Monthly BINGO!  
OVERNIGHT TRIPS!  
Special Events!**

Proceeds from Friends-sponsored events help support Senior Center activities and special projects.

**Membership Donation: \$8.00/year**

**BECOME A FRIEND!  
VOLUNTEER TODAY!**

# Important Policies



## Please Remember and Never Forget:

- **REGISTER for ALL programs.**
- **No Walk-ins Permitted.**
- **Can't make a program? Please call us to cancel.**
- **"10-min. Grace Period":** *Please be sure to arrive 10 minutes before and no later than 10 minutes after the program start time.*
- **No Guests!** In order to participate in our activities, each participant must be a resident of Monroe Township and a registered member of the Senior Center.
- **On a "Waitlist?"** You cannot attend until we contact you regarding an opening in a program.

# Transportation

Besides activities at the Senior Center, your membership includes day trips, medical transportation services to and from doctor appointments, transportation to and from Center activities, and shuttle services.

**DAY TRIPS:** Enjoy a variety of excursions during the month to help keep you active. Trip details are available in the Senior Focus.

**MEDICAL:** A reservation is required at least five (5) business days in advance. To qualify, a rider must be at least 55 of age, registered with the Center or permanently disabled.

**SENIOR CENTER:** Round trip transportation to programs and classes is available via curbside pick-up at your home for members who are unable to drive. When registering for programs, please inform the staff that you need this service when making a reservation.

**OUT OF TOWN SHUTTLE:** A reservation is required if you are using a wheelchair or scooter or if your community is not listed.

Freehold Bound – Monday to Friday  
Princeton Bound – Monday to Thursday

A and B runs vary per Adult Community.  
Call 609-443-0511 for more information.



**Monroe Township  
In-Town Shuttle Service  
Expansion for Disabled**



The transportation department has expanded shopping and errand services for our disabled community (in addition to the current medical transportation), with a no-cost In-Town Shuttle service to nearby designated retail centers and points of interest

Shuttles are available on Tuesdays and Thursdays.  
Reservations must be made by 4 P.M the day prior to pick-up.  
Call 609-443-0511 for information.

**IN-TOWN SHUTTLE:** BY RESERVATION, the day prior, by 4 p.m., with notification of your destination.

Municipal Complex/Library  
Apple Plaza/Town Centre  
Gables Plaza  
Concordia Shopping Center  
Town of Jamesburg

# Before we go, keep in mind:



## Register for All Programs

In-person or online via Community Pass.  
CANCEL if you cannot attend.



## Check the Senior Focus!

Our newsletter is your ticket to recreational, social, and educational opportunities.



## Social Services

Support, community resources, and referrals are available.



## Bus Trips & Shuttles

Check the FOCUS for monthly trips and call for medical transportation: 609-443-0511.



## Volunteer Opportunities

Share your talents and skills with the Friends of the Senior Center.



## We're Here to Help

If you have a question or need assistance, please reach out to us: 609-448-7140, ext. 216.

# THANK YOU!

...and, Welcome to the Senior Center!

