



Senior Focus

JUNE 2018



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

The "Quote of the Month" is very fitting for both Laura Petix and me as we are retiring the end of June. For me, this is very bittersweet. However, it's time for my husband and I to live closer to our two grandchildren (six and eight years old) who live in Florida. The distance keeps us from enjoying all of the activities that they are involved in. The old saying, "You can't keep them in their Carters too long", is so true. They are growing up so quickly; and, Herb and I don't want to miss another second seeing them do so. Laura also shares my bittersweet sentiments as she has decided it is also time for her to enjoy other activities that a fulltime job does not allow her to do.

Since moving into our Halsey Reed Road location about five years ago, our registration grew from 13,500 members to over 18,000. We are proud to serve an average of 4000 people; and I would like to thank all of the wonderful people who affected my world at work with the hope that I affected our members, volunteers, and community in a very positive and caring way.

It has been a fantastic journey working with a staff that has been like family to me with the tremendous support that we shared for each other. It has been a privilege to work for the Township and to receive support from our Mayor, Business Administrator, and Council. From the staff and volunteers to our members and generous community

QUOTE OF THE MONTH

"Parting is such sweet sorrow..."
~ William Shakespeare

supporters (who have shown their kindness towards our Food Pantry, annual Thanksgiving dinner, Toy Drives, and Holiday Food Baskets) **thank you for blessing me with such warmth, love and kindness. You will all be in my heart; and, I leave the Office filled with intrinsic satisfaction and appreciation.** Please know that whoever is appointed as Director, this person will be a fine leader and able to bring new ideas to the Office and Senior Center to help us move into new directions.

Please be sure to ask the staff or me about sending Laura your "happy retirement" wishes. These notes will be placed in a special, keepsake album for her. With her hard work in handling Medicare issues for the past thirteen years for our members, it will be tough to fill her shoes. So, please let her know how much you valued her professionalism and help.

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

Finally, I encourage you to continue your participation in all that the Center has to offer! This month, the *Empty Bowls Auction*, *Brain Fitness*, and *Matter of Balance* are some of the highlighted programs. Read all about it and more in the newsletter. Until we meet again....so long for now.

Here's to Your Health!

Bagels Plus: On Friday, June 1, at 10 a.m., join Linda (The Gardens at Monroe) as she sponsors, *Learning thru Laughter*, with humor guru, Rosemarie Poverman, MSW, LCSW. This interactive presentation focuses on the concept of "Humor Perception" and how it adds positivity to the way one thinks, feels, and behaves. Learn how to keep the "self" smiling and thriving! *Please register.*

Memory and You: On Friday, June 1, at 1:30 p.m., Mary Anne Ross, Alzheimer's NJ, in association with RWJ Community Health, explores common warning signs and the difference between normal age-related memory changes and abnormal changes related to Alzheimer's disease and other dementia forms. *Please register.*

Energy Pathways: On Monday, June 4, at 10:30 a.m., Shelly Botwinick, MA-Holistic Health Educator, CentraState Health Awareness Center, discusses what Qi (chi) and meridians are and how to keep them healthy. Learn movements pertaining to the energy work of Qi Gong and meridian tracing. *Please register.*

Graceful Aging: On Monday, June 4, at 12:30 p.m., join Shain Cohen, Executive Director for Brookdale Monroe, for this informative LUNCH & LEARN about aging with grace. Discover what you can do with your diet and outlook to gracefully age. Boxed lunches provided. *Space limited. Please register early.*

Empty Bowls Silent Auction: On Wednesday, June 6, at 6 p.m., join students for this intergenerational evening to fight hunger in America. A light dinner of soup, bread, and dessert will be served as decorative ceramic bowls are auctioned off. **Tickets: \$10 p.p., due upon registering in-person, by June 1st.** *Your admission includes a chance to win a bowl too! All proceeds support the Empty Bowls Project and the Township's Food Pantry. No Refunds. Sponsored by Chelsea Senior Living and The Gardens at Monroe.*

Get Your Swing Back: On Thursday, June 7, at 10:30 a.m., join Barbara Kutch, PT, with Penn Medicine Princeton Medical Center, as she provides golf swing postural assessments and discusses: the components of the golf swing, how injuries occur, and exercises to enhance your swing. *Please register in advance.*

Planting for Fun: On Monday, June 11, at 10 a.m., join Brightstar-Care and Parker at Monroe as they sponsor this fun planting event complete with all supplies and refreshments as well as helpful summer safety tips. Take home your decorated planter and watch your flower/herb grow! *Space limited. Please register.*

Brain Fitness: On Monday, June 11, at 10:30 a.m., discover the benefits of Neuroplasticity to promote memory and brain health with Saswati and members of the Monroe Village/Village Pointe team. Helpful tips and exercises provided to keep your brain healthy and sharp too. *Please register in advance.*

Joint Replacement: On Thursday, June 14, at 10:30 a.m., join Dr. Brian Culp, Fellowship trained joint replacement surgeon and member of Penn Medicine, for an informative discussion on knee and hip arthritis with the most advanced surgical treatments and rapid recovery techniques. *Please register in advance.*

Advanced Estate Planning: On Thursday, June 14, at 2 p.m., Carl Archer, Esq., from Archer Law Office, LLC, takes the basics of estate planning further with a look at taxes and long-term care issues that could affect your ability to leave money to your family. From various types of trusts to Medicaid, Mr. Archer is available to answer your questions. *Please register in advance.*

Staying Hydrated: On Monday, June 18, at 10:30 a.m., discover the benefits of staying sharp through hydration. Are you getting enough fluids? Aileen Hollander, from Right at Home, discusses warning signs and ways to prevent dehydration. *Please register in advance.*

Special Father's Day Treat: *In honor of Father's Day, we are offering our male members, who register for programs during the week of June 18, a Bagel Bazaar Coupon, upon request. Limited quantities issued per day. Only one coupon per member.*

Drivers' Safety: On Tuesday, June 26, at 8:45 a.m., enhance your driving skills by taking this AARP-sponsored class. Course Fee: \$15 (AARP member); \$20 (Non-Member). *For space availability, please contact Rosanna.*

Stroke and Heart Health: On Thursday, June 28, at 10:30 a.m., St. Peter's Community Health Services provides this "healthful" discussion on heart health and ways to prevent a heart attack and stroke. After the presentation, participants will have the opportunity to get their blood pressure checked. *Please register.*

Laughs, Lyrics, & Lectures

Newark Museum's Seeing America: On Tuesday, June 5, at 1:30 p.m., the Museum highlights American artists who have interpreted the people, culture and tenor of the era in which they lived, from colonial times to the present. *Please register in advance.*

The Longest Walk: On Wednesday, June 6, at 2 p.m., join Paul E. Zigo, director of the NJ-based WWII Era Studies Institute, as he discusses the amazing story of the 29th Infantry Division on D-Day, June 6, 1944. *Please register in advance.*

Lerner and Loewe: On Thursday, June 7, at 1:30 p.m., we welcome back Dr. Karen Zumbrunn as she explores the work and music of Lerner and Loewe, known primarily for the music and lyrics of some of Broadway's most successful musical shows, including *My Fair Lady*, *Camelot*, and *Brigadoon*. *Please register.*

David Aaron Presents: On Monday, June 11, at 1:30 p.m., we welcome back David as he takes you on a nostalgic look at the Catskills Mountains Resorts during their heyday and those that are still standing today. *Please register.*

Decades of Duets: On Tuesday, June 12, at 1:30 p.m., Gordon James, trumpeter and vocalist, returns with his wife, vocalist, Carol Selick, to perform classic songs from the Great American Songbook along with famous duets from Ella Fitzgerald and Louis Armstrong, Steve Lawrence and Eydie Gorme, and many others. *Please register in advance.*

iPhone Photos: On Thursdays, June 14 and 21 at 2 p.m., Joel and Arthur focus on taking photos with your iPhone. (Not recommended for beginners!) This two-session workshop will show you how to take amazing shots as well as how to organize and edit them. Space limited. Course fee: \$8, due upon registering in-person, in advance.

Beatles, The Solo Years: On Monday, June 18, at 1 p.m., we welcome back Vinnie Bruno as he explores the post-Beatles careers of John, Paul, George, and Ringo. From individual successes to musical collaborations on solo projects, their last collaborative project, "The Beatles Anthology" will be examined. *Please register.*

American Operettas: On Tuesday, June 19, at 1:30 p.m., Marvin Fischer, through story and songs on the piano, brings us the composers and their music from the American Operettas. Works

from Sigmund Romberg, Victor Herbert, and Rudolph Frimi will be highlighted. *Please register in advance.*

Drumming Circle: On Wednesday, June 20, at 1:30 p.m., join Michele Granberg as she helps you drum away your stress. Sponsored by The Wilf Campus for Senior Living, drums and instruments are provided (or bring your own) to connect with others through sound, song, and chants in a relaxed setting. *Space limited. Please register in advance.*

The White Rose: On Thursday, June 21 and 28, 1:30 p.m., join Julian Davis for this 2-part lecture as he explores a little known true story of a resistance movement during WWII that was powered by medical students from The University of Munich in Germany. *When registering in advance, you will be automatically enrolled in both dates.*

Jerry's Travels: On Friday, June 22, 1:30 p.m., the journey across the country continues as Jerry has his EYES ON AMERICA. Sit back and enjoy the jewels of our nation: Yellowstone, Grand Canyon, Hoover Dam, Napa Valley, Capital Reef, Glacier National Park, and so much more! *Please register in advance.*

Bernini's Sculpture: On Monday, June 25, at 1 p.m., Maurice Mahler, Art Historian, explores the work of Gian Lorenzo Bernini, during this lecture and DVD presentation. Bernini, an Italian artist, who was perhaps the greatest sculptor of the 17th century, created the Baroque style of sculpture. *Please register in advance.*

Science Today Special: On Tuesday, June 26, at 1:30 p.m., meet Andrew Zwicker, the head of Communications and Public Outreach at the Princeton Plasma Physics Lab (as well as a member of the NJ General Assembly). He is the first and only physicist ever elected to the NJ Legislature. Join him as he discusses "Science Literacy and Democracy". *Please register in advance.*

Michael & Ted: On Tuesday, June 26, 2 p.m., join our friends from WWFM's THE CLASSICAL NETWORK, as they examine the life and works of Andrew Lloyd Webber and his amazing, long running shows on Broadway, from CATS to THE SCHOOL OF ROCK. *Please register in advance.*

Jimmy Givens Jazz Trio: On Wednesday, June 27, at 2 p.m., enjoy a live performance by Jimmy and his jazzy cats as they entertain us with some classics, song tunes, and more. *Please register.*

American Heroines: On Friday, June 29, at 2 p.m., we welcome back Patty Carver and her one-woman show focusing on four noted women of American History. This original musical brings Molly Pitcher, Prudence Crandall, Catherine Coffin, and Mother Jones to life. *Please register in advance. Space limited.*

Let's Get Physical!

Matter of Balance: Starting on Friday, June 1, from 2 to 4 p.m., discover practical strategies to manage falls during this award-winning program. Designed to educate and provide helpful exercises, students are responsible for attending all eight sessions on Mondays and Fridays (June 1, 4, 8, 11, 15, 18, 22, 25). Provided by CentraState Healthcare System. *Space limited. Please register in advance.*

Zumba with Sarah: Starting on Friday, June 8, at 9 a.m., join Sarah for this 5-session Latin-infused, exercise class that will get your hips moving and the calories burning. (Last Class: July 6). *Course fee: \$30 p.p., due upon registering in-person, in advance. Space limited to ensure safety.*

Pound Demo: On Tuesday, June 12, at 11:30 a.m., we welcome Ellen Rubin as she demonstrates the POUND workout, which enhances the brain-body connection by combining drumming and exercise moves to fun music. Get in touch with your inner rock star and try this out. (Unsharpened pencils can be used as "drum" sticks.) *Space limited. Please register early!*

Chair Yoga: On Thursday, June 21, at 9 a.m., join Eileen for this modified, 8-session yoga class with all yogic exercises performed while sitting. Relax your mind and improve your flexibility. (Last Class: August 9). *Course fee: \$40 p.p., due in-person, in advance. Space limited.*

Pilates Strength Demo: On Monday, June 25, at 9:30 a.m., we welcome Liz Allen as she demonstrates Pilates Strength. The focus of this exercise program is on strengthening and lengthening muscles to help prevent injuries, improve posture, balance, and flexibility. Discover the "why" of each movement and how it is beneficial to your body. *Please register in advance.*

Body Works: On Tuesday, June 26, at 9:30 a.m., get ready to workout with Julie during this 10-session, low-impact aerobic workout with resistance band training. (Last Class: August 28). *Course fee: \$40 p.p., due in-person, in advance. Space limited. Previous enrollment does not guarantee placement in this class.*

Triple 15: On Tuesday, June 26, at 10:30 a.m., get ready to workout with Celeste during this 3-in-1 workout focusing on 3 different, 15-minute workouts for a total body experience. Students need light hand weights and bottled water during this 10-session class. (Last Class: August 28). *Course fee: \$40 p.p., due in-person, in advance. Space limited. Previous enrollment does not guarantee placement in this class.*

Body Works (TH): On Thursday, June 28, at 10:30 a.m., get ready to workout with Julie during this 10-session, low-impact aerobic workout that incorporates hand-weights. (Last Class: August 30). *Previous participation does NOT guarantee enrollment. Course fee: \$40 p.p., due in-person, in advance. Space limited.*

Artistically Speaking

Watercolor Experience: Starting on Friday, June 8, at 12:30 p.m., join 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. (Last Class: July 6.)*

Flower Magnets: On Tuesday, June 19, at 10:30 a.m., Paper-Trails returns for this one-session craft project where each student will create a set of six (sweet) flower magnets using various card stocks, pre-cut shapes and embellishments. All supplies and instruction are provided for this 1 hour class. *Project Fee: \$10 p.p., due upon registering in-person, before or by June 13. Space limited.*

Art of the Masters: On Monday, June 25, at 10 a.m., join Cristina as she discusses the life and works of sculptor, Alexander Calder, during a brief lecture. Then, participants who have requested a Project Coupon (while supplies last) will create a personal masterpiece in the artist's style using watercolor paints. *Lecture only? Feel free to register by phone. Need a coupon? Registration is required in-person. Space limited.*