



# Senior Focus October 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](http://www.monroetwp.com)

### A Message from Karen L. Theer, Director

*Hello! I am so happy to be aboard! Please feel free to call or visit me to introduce yourself as I look forward to meeting you!*

October is here...a season so beautiful and so radiant in color. The duration of daylight becomes noticeably shorter and the weather becomes cooler. As we watch the leaves fluttering to the ground, we are reminded that nature's cycle mirrors our own lives. Autumn is a time of releasing things that have become a burden and letting go.

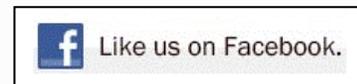
Interested in re-evaluating your health and prescription drug coverage? Open enrollment for Medicare opens on October 15 through December 7. For an appointment with our SHIP (State Health Insurance Assistance Program) counselors, please call our office for a free, confidential and objective assistance. Counselors are trained to help members understand Medicare benefits, eligibility, and costs. They can assist you in choosing prescription drug coverage, supplemental Medigap policies, and can help you apply for pharmaceutical assistance.

**Mark your calendar for Wednesday, October 3, to get a shot in the arm.** The Middlesex County Office of Health Services will provide flu vaccines from 9 a.m. to 11 a.m., on a first-come, first-served basis. Please be sure to bring your Medicare card to submit upon checking in on the day of. For those not Medicare eligible, the cost is \$15 (CASH ONLY). In addition, pneumonia vaccines (\$65, in cash, for non-Medicare participants) are available for individuals 65 years of age and over. The clinic will carry both the new vaccine and the original. It's necessary to bring a note

from your physician stating which one was already received and which one is needed. If you have any questions, please call the County Office at 732-745-3117.

We welcome **Barbara Hughes**, Readers Advisors, from the Township Library, as she brings us, "**BETWEEN THE COVERS for BOOK LOVERS**" on the **second Tuesday of every month at 10:30 a.m.** We hope all book lovers join us to spend an enlightening hour of sharing.

Please join us for our first Friday evening event on **October 19, 2018, at 7 p.m.** Enjoy the musical stylings of Phyllis McKoy Joubert as she present her *Oldies, But Goodies* show on our stage. This event is FREE and open to our Senior Center members. Please be sure to call the office to register in advance. In addition, we hope to see you for our **annual Table N Treat event on Monday, October 29, starting at 10:30 a.m.** Please read all about it in our event flyer insert...which also lists the **five different art classes** this month on its reverse side.



Look for us Under: "*Monroe Senior*"

**Please Note:** Office Closed on Monday, October 8, in observance of Columbus Day.

### QUOTE OF THE MONTH

*"Fall has always been my favorite season, the time when everything bursts with its last beauty, as if nature had been saving up all year for the grand finale."*

~ Lauren DeStefano

*First Day of Registration?*  
**Please Call the Office –OR– Check Our Webpage!**

## Here's to Your Health!

**Knee Pain Brunch:** On Monday, October 1, at 9:30 a.m., join Dr. Micobolo, from Comprehensive Medical, to learn more about osteoarthritis treatment options to help relieve pain while you enjoy a light breakfast. Sponsored by: DePuy Synthes Mitek Sports Medicine, Johnson & Johnson. *Please register early. Space limited.*

**Flu Shot Clinic:** On Wednesday, October 3, from 9 to 11 a.m., the Middlesex County Office of Health Services provides flu shots and pneumonia vaccines, on a first-come, first-served basis. Please be sure to bring your Medicare card with you; otherwise, flu shots are \$15 and pneumonia shots are \$65 (Cash Only!).

**Men's Pelvic Health:** On Thursday, October 4, at 10:30 a.m., Iram Fatinma Shah, PT specializing in pelvic wellness, with Princeton Rehab., discusses common pelvic floor problems in men and how physical therapy can help. *Please register in advance.*

**Bagels Plus:** On Friday, October 5, at 10 a.m., Linda M., The Gardens at Monroe, and Sheli M., Life Care, VanDyck Law, hosts this program on Veteran Benefits, presented by VeteranCare Services. *Please register in advance.*

**Abuse Awareness:** On Friday, October 5, at 2 p.m., join Carl Archer, Esq., as he discusses a report drafted by the New Jersey State Task Force on the Abuse of the Elderly and Disabled, and presents warning signs, tips to identify abuse, and resources to get help. *Please register in advance. Space limited.*

**Healthy Lungs:** On Monday, October 15, at 10:30 a.m., join Saswati Chakraborty, from Springpoint Senior Living, as she explores the importance of healthy lungs and how to keep them that way, during National Healthy Lung Month. *Please register.*

**Tinnitus & You:** On Monday, October 15, at 11:30 a.m., join Regina Criscione, audiologist from JFK Outpatient Center in Monroe, as she discusses the cause of tinnitus and how it relates to hearing loss. *Please register in advance.*

**All About Chakras:** On Monday, October 15, at 2 p.m., Jordana, owner of A Healing Touch, explores the seven Chakras that move inside of us and discusses how to become more in tune with these natural energy cycles. *Please register in advance.*

**Meditation:** On Tuesday, October 16, at 10:30 a.m., we welcome back Judy for her meditation session that will help you decompress while focusing on breathing technique. *Space limited!*

**Rx Brown Bag:** On Wednesday, October 17, by appointment, receive a personal consultation with a pharmacist about your prescriptions and OTC meds (including vitamins and herbal products). Pick up a "brown bag" and record sheet at the front desk. *Limited appointment times available. Please register early.*

**Standing Tall:** On Thursday, October 18, at 10:30 a.m., learn about common postural changes and exercises to prevent neck and back pain. Presented by CentraState. *Please register in advance.*

**All About Reiki:** On Friday, October 19, at 10:30 a.m., join

Jordana, owner of A Healing Touch and Reiki Practitioner, discusses the origins of Reiki, its effects and principles. A demonstration will also be included. *Please register in advance. Space limited.*

**iPhone Basics:** On Fridays, October 19 and 26, at 2 p.m., with the help of Joel and Arthur, gain confidence and learn some new techniques, during this interactive 2-day workshop with your own iPhone. *(Not intended for Android users.) Space limited! Course fee: \$10 p.p., due upon registering, in-person, in advance.*

**Memory and Aging:** On Monday, October 22, at 10:30 a.m., join Right at Home's Nurse Practitioner to discover the difference between dementia and memory loss as well as how to keep your memory sharp as you age. *Please register in advance.*

## Laughs, Lyrics, & Lectures

**Harp Virtuoso:** On Monday, October 1, at 1:30 p.m., Melanie Genin, hailed as a "singular harp virtuoso", graces our stage to perform music from the 19th and 20th Century, featuring Britten, Faure, Debussy, Dachez, and Caplet. *Please register in advance.*

**Fred Miller Presents:** On Tuesday, October 2, at 1:30 p.m., Mr. Miller returns to provide his "lecture-in-song" featuring the songs emanating from the "Youth Culture" of the 1950's and 60's. Enjoy music from Bill Haley, Elvis, Johnny Mathis, The Drifters, The Beach Boys, and many more. *Please register in advance.*

**Fun with Yiddish:** Starting on Wednesday, October 3, at 10 a.m., join Naomi Miller for this fun and interactive, 8-session class for students familiar with the language. *Course fee: \$18 p.p., due upon registering in-person, in advance.*

**Hitchcock Classic:** On Wednesday, October 3, at 1 p.m., enjoy a blast from the past as we feature a classic starring Grace Kelly, Ray Milland, and Robert Cummings. *(Can you guess this suspense thriller?) Please register in advance.*

**It's Magic Time!** On Thursday, October 4, at 2 p.m., be prepared to be amazed as Joe Holiday, Magician/Comedian takes center stage to entertain us with his performance. *Please register early.*

**Between the Covers:** Starting on Tuesday, October 9, at 10:30 a.m., book lovers unite on the second Tuesday of every month. *Maximum of 20 participants for this group. Please register!*

**Twenty Years of Ghosts:** On Tuesday, October 9, at 2 p.m., celebrate the NJ Ghost Hunters Society's 20th Anniversary with founder, L'Aura, as she highlights early cases and the growth of knowledge in the field of paranormal investigating. *Please register.*

**Jimmy McHugh:** On Wednesday, October 10, at 1:30 p.m., Dr. Karen Z. returns to provide a musical program on the life and career of Jimmy McHugh, best known for "I'm in the Mood for Love" and "On the Sunny Side of the Street." *Please register.*

**The Pit and The Pendulum:** On Thursday, October 11, 10:30 a.m., Irene Curran, literary lecturer, discusses the content and figurative language in Edgar Allen Poe's short story, "The Pit and the Pendulum". *Please register.*

**Frank Sinatra:** On Thursday, October 11, 1:30 p.m., Gordon James returns to highlight the music and career of “Old Blue Eyes.” From his early days with Tommy Dorsey to his movie career, Gordon performs many of Sinatra’s classic hits. *Please register.*

**David Aaron Presents:** On Monday, October 15, at 1:30 p.m., Mr. Aaron examines the RAT PACK, originally started by Humphrey Bogart. *Please register in advance.*

**Secret Travels:** On Tuesday, October 16, at 2 p.m., Jim DelGuidice, photojournalist and junk detective, returns to rummage through the little things that we unknowingly use, collect, and discard every day from pencil stubs to bookmarks. *Where do these things come from and where do they end up? Please register early.*

**Other Ocean Liner:** On Thursdays, October 18 and 25, at 1:30 p.m., Julian returns to explore the devastating account of a German Luxury Ocean Liner that played a distressing role in World War Two. *When registering in advance, you will be enrolled in both program dates, unless otherwise noted.*

**Oldies, But Goodies, with Phyliss Mckoy Joubert:** On Friday, October 19, at 7 p.m., enjoy our evening musical show as Phyliss performs your favorites from Frank Sinatra, Nat King Cole, Ella Fitzgerald and more. *Please register in advance.*

**Leslie, The Medium:** On Monday, October 22, at 2 p.m., experience the healing, enlightening and often light-hearted messages from the other side while gaining insight into the work of a medium. *(Not everyone will receive a reading.) Please register.*

**Michael & Ted Present:** On Tuesday, October 23, at 2 p.m., join our friends from WWFM’s THE CLASSICAL NETWORK, as they explore the untapped works of composing team, Jerry Bock and Sheldon Harnick, who are best known for FIDDLER ON THE ROOF. *Please register.*

**Grant and Lincoln:** On Wednesday, October 24, at 2 p.m., Ulysses S. Grant returns *(with the help of Ken Serfass, Historian)* as he shares stories about his initial meeting with Lincoln, the letters during the war, and insight into the circumstances that wove their lives together. *Please register in advance.*

**Photo Mistakes:** On Thursday, October 25, at 10:30 a.m., join Rhoda Gordon, owner of Sunflower Photo Solutions, as she shares common mistakes that are damaging our precious images/memories and how to rectify them. *Please register in advance.*

**International Cooking Demo:** On Thursday, October 25, at 2 p.m., Chef Lori, from Brandywine Living, returns to show us how to make pumpkin empanadas, an autumnal twist on a Mexican favorite. *Please register in advance. Space limited.*

**Ted’s Classic:** On Friday, October 26, at 10:30 a.m., join Ted for this matinee showing of “That’s Entertainment”. *Please register in advance.*

**Jerry’s Travels:** On Friday, October 26, at 1:30 p.m., join Jerry as he takes you on an armchair adventure thru Russia and The Baltics. *Please register in advance.*

**Table ‘N’ Treat:** On Monday, October 29, from 10:30 to 1:30 p.m. join us for a wellness fair with an autumnal twist. Details available in the event flyer insert for this month. *Please be sure to sign-up in advance for this annual event.*

**Meeting the Macabre:** On Tuesday, October 30, at 2 p.m., two professional actors delve into the lives and thoughts of Edgar Allan Poe and Bram Stoker during this dramatic reading presentation. Transport yourself into the spellbinding world of the macabre. *Please register in advance.*

**Jazzy Halloween:** On Wednesday, October 31, at 2 p.m., enjoy David Aaron’s Jazz Trio while enjoying assorted sweets and treats prepared by Chef Rob, of Parker at Monroe. This “spooktacular” program is FREE, but *registering in advance is required.*

## Let's Get Physical!

**SHAPE IT UP:** Starting on Monday, October 1, at 9 a.m., join Julie as she provides this 10-session weight resistance program, with standing and sitting moves, using your own hand weights, resistance bands and spikey balls. *(Similar to Bodies in Motion.) Course fee: \$40 p.p., due upon registering in-person, in advance. (No Class: 10/8 and 11/12; Last Class: 12/17). Space limited to ensure safety for all.*

**POUND:** Starting on Tuesday, October 2, at 11:30 a.m., Ellen brings out our “inner rock star” during this unique, 10-session workout with lively music and the use of rip sticks (provided). Through rhythm and communal drumming, you will exercise both your mind and body while enhancing core strength and balance. **Course fee: \$40 p.p.; due upon registering in-person, in advance.** *(No class: 11/6; Last Class: 12/11.) Space limited.*

**Pilates:** Starting on Tuesday, October 2, at 3:30 p.m., join Liz Allen as she provides this 8-session program, using light bands and your own body weight. Learn how to strengthen and lengthen your muscles to help improve posture, increase flexibility and balance. **Course fee: \$40, due upon registering in-person, in advance.** *(No class: 11/6; Last Class: 11/27.) Space limited.*

**Total Toning:** Starting on Wednesday, October 3, at 9 a.m., join Mardi for this 10-session, “No-Aerobics” workout using light hand weights to build core strength, balance, and flexibility. *(Last Class: 12/5). Course fee: \$40 p.p., due in-person, in advance. Space limited.*

**Line Dancing:** Starting on Wednesday, October 10, at 10:15 a.m., join Leslie for dancing fun during this 8-session class. Ideal for those who know how to dance, you will learn and get refreshers on popular line dancing moves done to a wide variety of music. *(No Class: 10/31 and 11/21; Last Class: 12/12). Course fee: \$40 p.p., due in-person, in advance. Space limited.*

**Boot Camp:** Starting on Friday, October 19, at 10 a.m., join Julie for this 10-session, circuit-style workout that focuses on group specific activities to enhance endurance, strength, and flexibility. *(Last Class: 12/28.) Course fee: \$40 p.p., due in-person, in advance. Space limited.*