



# Senior Focus

## December 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**

*The month of December...the last page on the 2018 calendar. It's amazing to me how time flies by. It seems like yesterday that "2018" just started. Now, we are preparing for the holiday season and a New Year filled with new plans and fresh goals.*

**In the spirit of the season, we are working on our holiday food basket and toy drive collection.** Please consider supporting these special endeavors by spreading some holiday cheer to our food pantry recipients and the children enrolled in the school system's subsidized lunch program. A wish list is available at the front desk; and all donations can be dropped off no later than December 6th.

Speaking of holiday cheer, we hope you will join us for our holiday party featuring **The Jersey Chix (Mary Tomaselli and Susan Hall) on Friday, December 21, at 6:00 p.m.** Come and listen to their beautiful blend of harmonies while they cover everything from Broadway to Jazz to Motown and Rock. Enjoy a light meal before the show begins at 7:00 p.m. Event Fee: \$5 p.p., due upon registering in-person. Please be sure to pick-up a "Chix Flyer" at the front desk for complete details.

**We are very excited to have the Township Food Pantry close to home.** Food distribution will commence in our new facility (behind the Senior Center) starting on November 7, for those who meet the income eligibility requirement of \$27,000.

In the spirit of giving, **our Office was awarded an \$8,000 grant for outreach services** from the

County of Middlesex, State of New Jersey, Department of Human Services, for the purpose of providing special services for frail/disabled seniors (ages 60 and over) minorities, and those within the poverty level.

**With the New Year approaching, the staff and I are looking forward to NEW and exciting changes.** As a result, we are asking **ALL MEMBERS (new and old) to complete our updated membership application for the office.** Please be sure to provide your proof of age and residency upon submitting it. While the medical information section is optional, we hope you will consider filling it out. The medical information you provide will be used *only* in case of a medical emergency and *only if* you are unable to share your medical history with the police and/or EMT. All applications will be stored in a secure place and will be kept strictly confidential. In addition, it is extremely important for you to update your emergency contacts (and other vital information) as these might have changed since you initially applied.

*Warm Wishes for a Happy & Safe Holiday Season!  
Looking Forward to Seeing You in 2019!*

#### **QUOTE OF THE MONTH**

*"The best and most beautiful things in the world cannot be seen or even touched. They must be felt with the heart."*

~ Helen Keller

*First Day of Registration?*  
**Mark Your Calendar for November 16, 2018.**

## Here's to Your Health!

**De-Stress Yourself:** On Monday, December 3, at 10:30 a.m., let Right at Home guide you through a stressful situation with some great coping techniques. The holidays are approaching and learning how to deal with stress (family, issues, etc.) will help you de-stress.

**Drivers' Safety Class:** On Tuesday, December 4, at 8:45 a.m., enhance your driving skills during this AARP-sponsored program. For pricing and space availability, please call the Office.

**Gift of Gratitude:** On Thursday, December 6, at 10:30 a.m., join Randi Goldberg, from Always Best Care, for an enlightening look at gratitude and how the act of giving thanks affects us.

**Bagels Plus:** On Friday, December 7, at 10:00 a.m., Linda M., from The Gardens at Monroe, and Sheli Monacchio, from VanDyk Law host this interactive workshop, with gifts and prizes, to explore practical ideas and practices to increase our sense of appreciation.

**Chair Massage:** On Friday, December 7, by appointment, treat yourself to a relaxing, 10-minute chair massage, courtesy of Robert Wood Johnson University Hospital and Sliver Lining Chair Massage. *Appointments are limited. Please be sure to arrive ten minutes prior to your time as late arrivals may not be rescheduled.*

**The Holiday "Ten":** On Monday, December 10, at 10:30 a.m., learn how to avoid seasonal weight gain during this informative talk about staying fit and healthy during the holiday season. Before you drink that eggnog, join us on December 10.

**The Flu & You:** On Monday, December 10, at 11:30 a.m., Michaila Rogers, Practice Manager, from My Insta-Doc, discusses the difference between a cold and flu as well as provides helpful tips on how to keep germs at bay.

**Winter Wellness:** On Thursday, December 13, at 11:00 a.m., join Erin Carlucci, Community Nurse Manager from Parker at Monroe, as she explores healthy habits in battling sickness this winter season. Healthy snacks provided.

**The Sugary Truth:** On Friday, December 14, at 10:30 a.m., discover how your health may be affected by excess sugar during this engaging workshop with Jennifer Shukaitis, Asst. Professor, Rutgers Cooperative Extension. Learn the differences between natural and added sugars and find out where the hidden sugars lurk.

**Reflexology:** On Monday, December 17, at 10:30 a.m., join Shelly Botwinick as she discusses the benefits of reflexology as you learn practical self-care techniques. Please be sure to wear socks as we will use various reflexology tools. Space limited.

**Meditation:** On Tuesday, December 18, at 10:30 a.m., decompress from the holiday stress as Judy Kalman helps you relax with various imagery and breathing techniques. *Space limited.*

**Brain Games:** On Monday, December 24, at 10:00 a.m., discover what's going on in your brain during this enlightening DVD presentation that includes interactive games and try-at-home experiments. This will totally mess with your mind...in a good way.

**Staying Sharp:** On Thursday, December 27, at 10:30 a.m.,

Dr. Arthur Kwok, CentraState, discusses how to stay sharp in your senior years. Discover ways to prevent memory loss and learn practical skills to combat intellectual decline.

## Laughs, Lyrics, & Lectures

**Worldly Book Tour:** Starting in January 2019 and requiring pre-registration now (while space permits), get ready for an international book adventure at the Senior Center. **Obtain and read the book, "Midwinter Break"** (Ireland) by Bernard MacLaverty, at the Library. *The book discussion is set for January 17, at 10:30 a.m. Mark your calendar and let's start reading!*

**Cheesy Goodness:** On Monday, December 3, at 1:15 p.m., join Carla Graifer, a cheese connoisseur, for a delicious look at the cheese-making process and the art of affinage (aging). Sample five different cheeses and their condiments. From milk to curd to cheese, this delightful lecture and demo is sure to please. *Space limited.*

**Karaoke with Rick:** On Monday, December 3, at 2:30 p.m., enjoy a holiday sing-along with you as the star! Get ready to shine as you sing your favorite tunes and cheer others on too.

**The Travel Club:** On the first Monday of the month at 3:00 p.m., join Roy as he educates you on international travel for individuals and groups. As a travel consultant for the Expedia Cruise Ship Center, he has a wealth of information to share.

**Easy Holiday Treat:** On Tuesday, December 4, at 10:30 a.m., Hali, Right-at-Home's Executive Chef, shares her love of cooking knowledge with you while demonstrating how to make easy, no-bake, cheesecake parfaits. *Space limited.*

**Wendy & Rik:** On Tuesday, December 4, at 2:00 p.m., enjoy a musical afternoon with this dynamic duo. A little shtick, a little song, and a little dance await you.

**Name that Tune:** On Wednesday, December 5, 1:30 p.m., test your musical memory and be the first to "Name that Tune". Tri-State Pharmaceutical brings this fun and challenging game to us with light refreshments and prizes for our winners.

**The Belle Tones:** On Thursday, December 6, at 2:00 p.m., get ready to be entertained by this fun and fabulous trio who sing favorites of the season as well as popular show tunes.

**Top TV Shows:** On Friday, December 7, at 1:30 p.m., Don Buzney and Danny Scott take you on a nostalgic trip down memory lane and share the TV Shows that delighted a generation.

**Aaron's Bing Crosby:** On Monday, December 10, at 1:30 p.m., David Aaron explores the life and music of Harry Lillis "Bing" Crosby.

**Between the Covers:** On the second Tuesday of every month, at 10:30 a.m., book lovers unite, with Barbara Hughes, from the Monroe Township Library. *20 participants, maximum.*

**Make Me Blush:** On Tuesday, December 11, at 10:30 a.m., we welcome Marjorie, a Golden Stars Team Make-up Specialist from Avon, as she shares expert tips on skincare and how to apply makeup for the day and evening. *Space limited.* A light breakfast too.

Sponsored by Right at Home.

**Musical Wonderland:** On Tuesday, December 11, at 2:00 p.m., John DeRosalia serenades us with his guitar and performs a variety of holiday songs and standards.

**TED Talks & Discuss:** On Wednesday, December 12, at 10:30 a.m., we welcome Ellie and Caryl as they introduce TED Talks to our Senior Center. This month, the topic is: *"Photos that Changed the World"* with speaker, Jonathan Klein, of Getty Images. Can images effect change? Let's discuss this after the video.

**Leonard Cohen Music:** On Wednesday, December 12, at 2:00 p.m., David Brahinsky, guitarist and singer, accompanied by Kai Altair, singer, bring us *The Leonard Cohen Songbook*, from "I'm Your Man" to "Hallelujah".

**Michael & Ted Present:** On Thursday, December 13, at 2 p.m., our friends from WWFM's THE CLASSICAL NETWORK, share the life and career of Mary Martin, the first lady of the American Musical Theatre, including her rendition of "MY HEART BELONGS TO DADDY".

**Misunderstood Goat:** On Monday, December 17, at 2:00 p.m., join Joe DelGiudice, photojournalist and self-proclaimed goat fanatic, as you learn about this fascinating animal; the one which provides us with everything from cheese to sweaters.

**All About Dickens:** On Tuesday, December 18, at 10:30 a.m., join Irene Curran as she discusses how Charles Dickens came to write *The Christmas Carol*. This timely talk will focus on the man, the writer and his story.

**The Matt Daniel Band:** On Tuesday, December 18, at 2:00 p.m., experience music like never before. The Matt Daniel Band, a duet of keyboardist and drummer, reinvigorate old songs with a new twist. While explaining the history and icons behind the musical movements, enjoy a mix of the blues, boogie-woogie, rag-time, classical, and more.

**Wolf's Holland:** On Wednesday, December 19, at 10:30 a.m., discover the must-see historical sites, shopping, and dining experiences of Holland and Belgium. Their history, culture, and customs are explored during this entertaining audio-visual program.

**Three Holiday Shorts:** On Wednesday, December 19, at 2:00 p.m., gather round as professional actors dramatically read three short stories that capture the wonder of the holidays: *Holiday*, by Richard Christian Matheson; *Auggie Wren's Christmas Story*, by Paul Auster; and *A Nineteen-Fifties Jewish-American Christmas Story*, by David Sipress. Approximate run time: 1 hour.

**Kris' Holiday Show:** On Thursday, December 20, at 2:00 p.m., Kris brings a little jingle and a little jangle to her holiday show featuring holiday favorites and a mix of popular songs.

**Doing What's Right:** On Friday, December 21, at 10:30 a.m., join this interactive discussion about "doing the right thing", inspired by *What Would You Do?*, from ABC's PRIME-TIME. The group will watch sticky situations and discuss them. How will you react? Find out and join us. *Space limited.*

**Songs of the Season:** On Friday, December 21, at 1:30 p.m., join Marvin Fischer as he shares the musical joys of the season while playing piano and sharing anecdotes about the holidays.

**Jersey Chix, Dinner Show:** On Friday, December 21, at 6:00 p.m., enjoy an evening with THE JERSEY CHIX as they perform their variety show. Mary and Susan bring their infectious bubbly fun and sing hits from Donna Summer, Barbara Streisand, Celine Dion, and more. **Before the show at 7 p.m., join us for dinner at 6 p.m.** (Flyers available at the Center.) *Admission: \$5 p.p., due by Dec. 12.*

**West of Hester:** On Monday, December 24, at 11:15 a.m., learn about the Galveston Movement in the early 1900's, with a story of a young Jewish peddler who journeys from Russia to Texas.

**Here's Johnny:** On Wednesday, December 26, from 10:30 a.m. to 2:00 p.m., brown bag your lunch, sit back and enjoy a tribute to Johnny Carson. Beverages and treats on us. *Space limited.*

**Malt Shop Concert:** On Thursday, December 27, 1:00 p.m., sit back and listen to those jukebox favorites of the 1950's and 1960's, during this DVD performance. From Frankie Avalon to The Drifters, dust off your saddle shoes and get ready to dance in your seat.

**Jerry's Travels:** On Friday, December 28, at 1:30 p.m., Jerry takes you on an armchair adventure in and around the iconic "City by the Bay" from the Golden Gate Bridge to Pier 39.

**Like an Astronaut:** On Monday, December 31, at 10:30 a.m., find out if you have what it takes to be an astronaut. Gloria Hoffner explores the possibilities by discussing the job requirements, salary, risks, and where future missions might take you.

**Amici Forever:** On Monday, December 31, at 1:30 p.m., enjoy the sounds of five mixed operatic voices as AMICI FOREVER refresh familiar classics in a fresh neo-classical light.

## Let's Get Physical!

**Breathe/Stretch Demo:** On Wednesday, December 5, at 11:15 a.m., Georgeann introduces this new workout to increase your range of motion and relieve pain thru dynamic and static stretches as well as postural moves to adjust the head alignment. No equipment necessary for the demonstration.

**Boomers Fitness Challenge Demo:** On Monday, December 17, at 11 a.m., Ellen introduces this new workout, with a "military" boot camp feel, geared for the 55+ group. Are you ready to give her "20"...pushups, jumping jacks, etc.? Sign-up for the demo and find out. This class will be offered on Thursday evenings in 2019.

**Gentle Mat Yoga Demo:** On Thursday, December 20, at 11 a.m., Faye introduces this new Yoga workout that takes place on the floor. This exercise program, scheduled on Saturday mornings in 2019, encompasses gentle stretching within a pose, proper breathing, and "centering".

*Looking for Art Programs & Classes this Month?*

*Interested in an Evening or Weekend Class in 2019?*

*Please Refer to the Double-Sided Program Insert this Month.*