



Senior Focus February 2019!



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

A Message from Karen Theer, Director

We are now scheduling monthly health screenings in our new medical room which will include: carotid artery, foot, vision, hearing, oral cancer, BMI, bone density, memory, colon, skin cancer, sleep, and balance. The screenings are performed by a doctor or nurse to detect certain symptoms before a condition gets worse. The results show if you will be at risk with recommendations to improve your health. We hope you will consider participating in one of the many screenings that will be available to you during the year. In fact...

Scheduled this month, **glucose screenings, by appointment, will be available on February 26.** In addition, you can keep your blood pressure "in-check" on the second Tuesday of every month, between 1:00 p.m. and 3:00 p.m. Please be sure to refer to the calendar to see the "screening of the month".

In late February, your Senior Freeze (Property Tax Reimbursement) application will be mailed to you IF you applied and received one last year. For individuals applying for the first time, please call 1-800-882-6597, for an application.

This program reimburses eligible residents, 65 years of age and older, for property tax increases on their principal residence. Before making an appointment with our Outreach Team, you MUST have your 2018 income tax return completed AND the tax collector must fill out a specific section on the form. Once these two steps are

completed, please call our Office to make your appointment.

You are *lovingly* invited to join us for a Valentine's Brunch on Friday, February 8, at 10:30 a.m. Partake in good food, fun, and companionship. Space limited for this special day. Please read more about this event in the newsletter.

You can also join us on Friday, February 15, as we celebrate the **YEAR OF THE PIG**. This evening program includes a Chinese buffet along with featured performances by the Chinese Cultural Arts Association, Monroe Chinese Folk Dance Group, Dragon Chorus Group in Riviera and the Riviera Line Dancers. Learn more about this bright and festive event inside this newsletter...and, be sure to register for it (and all of our activities) in advance.



**Office & Senior Center Closed on:
Monday, February 18, 2019,
In Honor of Presidents' Day**

QUOTE OF THE MONTH

"Family isn't always blood. It's the people in your life who want you in theirs. The ones you accept you for who you are. The ones who would do anything to see you smile, and who love you no matter what."

~ Unknown

**First Day of Registration?
Mark Your Calendar for January 17, 2018.**

Here's to Your Health!

Bagels Plus: On Friday, February 1, at 10:00 a.m., join Linda, from The Gardens at Monroe, and Stacy Maticolli, as they discuss how to organize your stuff and ultimately your life.

Income Tax Assistance: Starting on Monday, February 4, and meeting on Wednesdays as well, by appointment, trained AARP-volunteer tax counselors will help you with your income tax return. Appointments can be made by calling our office or online thru our webpage. Transportation is available on select days and times. Please note that Rosanna will take calls and messages in the order that they are received. ***NO in-person appointments.***

Love Thy Neighbor: On Tuesday, February 5, at 10:30 a.m., discover the importance of making social connections later in life and ways to keep them mutually beneficial and balanced. Presented by Tina Ruane, Elder Care Coordinator, Garland Law Offices.

Brain Injury Support Group: On the first Tuesday of the month at 1:30 p.m., join Tom Smith, who suffered a stroke over three decades ago, as he facilitates this group for individuals (who had a stroke or TBI) to share their experiences and ways to cope.

Ask the Audiologist: On Wednesday, February 6, from 10:30 a.m. to 12:00 p.m., Dr. Karissa Gavin, Certified Audiologist, from The Hackensack-Meridian/Johnson Rehab Institute, JFK Outpatient Center at Monroe, will be available to answer general questions about hearing loss and hearing aids, on a first-come, first-served basis. Please be sure to sign-up in advance.

Healthy Smoothies: On Thursday, February 7, at 10:30 a.m., join Carol Brush, BS, Health Educator, HorizonNJ Health, as she brings healthy smoothies to this educational program. Heart health is as easy as adding some fruits and veggies to your diet.

Flex It!: On Friday, February 8, at 1:30 p.m., stretch and flex with Victoria Larkin, PT, from RWJ Outpatient Physical Therapy. Learn about the importance of staying flexible as we age and how it can improve your mobility and circulation.

Table Salt Woes: On Monday, February 11, at 10:30 a.m., Jennifer Shukaitis, Assistant Professor, Rutgers Cooperative Extension, discusses how sodium affects the body, how much is really needed to stay healthy, and which foods contain the highest amounts.

Aneurysms & You: On Monday, February 11, at 1:30 p.m., Tricia Marceante, RN, CentraSate Medical Center, discusses the connection between hypertension and cholesterol as it applies to aneurysm formation. Also, learn about the genetic risks in the development of aneurysms and what tests are used for screening.

Drivers' Safety Class: On Wednesday, February 13, at 8:45 a.m., enhance your driving skills during this AARP-sponsored program. For pricing and space availability, please call the Office.

Retirement Planning: On Wednesday, February 13, at 10:30 a.m., Neel Shah, Esq., Elder Law and licensed FA, discusses the seven common mistakes made by retirees and how to avoid them.

New Beginners Healthy Bones: Starting on Wednesday, February 13, at 1:00 p.m., Lori and Starr, from Parker, can accept a few beginners to the healthy bones program. Designed to reduce the risk of osteoporosis through weight-bearing exercises, this 20-session program is perfect for those just starting to exercise. Medical release forms must be completed before the first session. For more information, contact Nancy or Jennifer.

Mindful Eating: On Thursday, February 14, at 10:30 a.m., join Caym Alter, RD, as she explores how mindful eating can help

you keep your healthy habits on track during Valentine's Day and throughout the rest of the year.

Staying Upbeat: On Tuesday, February 19, at 10:30 a.m., join Tina Ruane, Elder Care Coordinator, Garland Law Offices, as she looks at the impact longer hours of darkness has on our mental, emotional, and physiological health and provides ways to combat those "winter blues".

Get Ready for Genealogy: On Wednesday, February 20, at 10:30 a.m., Nancy C. Nelson and Carol M. Sheaffer discuss how to get started in organizing your family history. Find out how to start researching as well as how to locate data and organize it.

Regenerative Medicine: On Thursday, February 21, at 10:30 a.m., join Dr. Zachary Perlman, DO, as he discusses musculoskeletal and movement disorders along with treatments to manage them, including platelet-rich plasma and stem cell therapy.

The Heart Matters: On Friday, February 22, at 10:30 a.m., Laura Vetter, RD and Certified Diabetes Educator, discusses heart healthy foods that need to be incorporated into your daily diet.

Aging, Not Gaining: On Monday, February 25, at 10:30 a.m., join My InstaDoc Urgent Care for an informative discussion on avoiding weight gain as you age. Every pound gained takes a year off your life. Find out how to make easy lifestyle changes.

Life's Support Series: On Monday, February 25, at 1 p.m., join Andrea Casey, Certified Life Coach, for this coaching session where she shares ways to combat boredom and that "tired" feeling.

Glucose Screening: On Tuesday, February 26, by appointment only (between 9:30 and 11:30 a.m.) St. Peter's Mobile Health Unit will provide free glucose screenings. *Space limited.*

Laughs, Lyrics, & Lectures

Aaron's Love Songs: On Friday, February 1, at 1:30 p.m., join David Aaron as he shares nothing but love songs in honor of Valentine's Day.

The Dark Ages: On Monday, February 4, at 10:30 a.m., explore the paradoxical period of enlightenment during the dark ages as Waldemar Januszczak hosts this two-part documentary that focuses on the emergence of sacred art and the creative achievements by the Vandals, Goths, and Huns. (Runtime: 2 hours).

Bobby Emmons Duo: On Monday, February 4, at 2:30 a.m., enjoy a musical afternoon featuring Bobby Emmons, from the band, The Crosstones. He and Doreen will be singing familiar favorites that will take you down memory lane.

Romantic Opera: On Wednesday, February 6, at 1:00 p.m., enjoy Martin Scorsese's version of Puccini's beloved opera, *Madam Butterfly*. Subtitles provided.

Golden Age of Movie Musicals: On Thursday, February 7, at 1:30 p.m., we welcome back Sam and Candy as they present 1950's musicals featuring Judy Garland, Fred Astaire, and Gene Kelly. Your toes will be tapping after this presentation.

Valentine's Brunch: On Friday, February 8, at 10:30 a.m., enjoy a lovely brunch with us featuring the musical (and married) duo, Tim and Kim, who will delight us. *Space limited.*

I LOVE LUCY: On Friday, February 8, at 2:30 p.m., if you love LUCY like we love LUCY, then you will love this "I LOVE LUCY" impersonator who brings one of her classic skits to life along with some Lucy-trivia.

Saturday "Financial" Pop-Up: On Saturday, February 9, at 10:00 a.m., join Thomas Casey, CFP, for an informative discussion on INVESTING BASICS. Discover the three foundational elements of investing, the benefits of a goal-based wealth management approach as well as the benefits of working with a financial advisor.

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.

Time with Washington: On Tuesday, February 12, at 2:00 p.m., sit back as George Washington (impersonated by William Agress) discusses his life and career. Then, enjoy refreshments with a chance to chat with the former President. This historical afternoon is sponsored by Parker at Monroe. Space limited.

Meet the Author: On Wednesday, February 13, at 1:00 p.m., meet Scott Marshall, author of *Love, Explained* as he shares his book and why he embarked on a four-year journey researching and writing about love. Find out how love works and how "love science" can lead us to a more loving world. Q&A to follow.

1920's Berlin: On Thursday, February 14, at 1:30 p.m., Julian Davis returns to conclude his enlightening look at Berlin, post World War I, as he examines individuals in the film industry.

Chinese New Year Celebration: On Friday, February 15, 6:00 p.m., celebrate the Year of the Pig with a buffet dinner followed by entertainment starting at 6:45 p.m. Pre-registration is required with your \$10 payment, per person. Doors open at 5:30 p.m. NO REFUNDS AFTER FEBRUARY 6.

Going Digital: On Tuesday, February 19, at 1:30 p.m., join Chris Kosseff, professional photographer, as he asks you to bring in your smartphone or digital camera to learn how to capture beautiful shots with your device. Space limited.

The Price is Right: On Wednesday, February 20, at 1:30 p.m., join RIGHT AT HOME as they bring that "right price" to the Senior Center. Get your shopping price savvy on!

Harlem Grooves: On Thursday, February 21, at 2:00 p.m., in honor of Black History Month, enjoy this multimedia concert that highlights the flowering African American cultural revolution that started in Harlem, NYC, and impacted the world. This live and audio-visual experience packs in the culture, history and music.

Jerry's Travels: On Friday, February 22, at 1:30 p.m., join Jerry as he takes you on an armchair adventure through Machu Picchu and the Galapagos Islands.

Fun with Yiddish: Starting on Monday, February 25, at 10:00 a.m., OY...join Naomi Miller for this 6-session, multi-level Yiddish class for fun and conversation. Course fee: \$18, due upon registering. Space limited.

Thomas Presents: On Monday, February 25 and Tuesday, February 26, at 1:30 p.m., Thomas Elefant provides this two-part lecture on the works of Tchaikowsky. On Monday, he examines the music of *Swan Lake* and *The Nutcracker*. On Tuesday, Thomas looks at his revealing *Symphonies 5* and *6*. When registering, please be sure to indicate the program dates.

TED Talks: On Wednesday, February 27, at 10:30 a.m., join Susan for this session with a focus on the environment.

Guitar Sing-Song: On Wednesday, February 27, at 2:00 a.m., join Rich Casella, from The Guitar Den, for a musically

interactive singalong. Enjoy songs from the 1930's through the 1970's, while using ukuleles and percussion instruments. Space limited.

Doing What's Right: On Thursday, February 28, at 10:30 a.m., join this interactive discussion inspired by *What Would You Do?*, from ABC's PRIMETIME. How will you react to sticky situations. Find out and join us.

Abe and Mary: On Thursday, February 28, at 1:00 p.m., uncover the life of Abraham and Mary Lincoln during this two-part documentary that explores their differences and ambitions.

Let's Get Physical!

Our Winter Session runs from January 7th through March 25th. Thursday night and Saturday morning classes are available during this time as well. If you would like information on each class, please pick-up an "Exercise Classes" flyer at the Senior Center.

- ◇ **MONDAYS:** *Shape It Up* (9:00 a.m.) *Move & Groove* (10:00 a.m.) and *Yang Tai Chi* (11:15 a.m.)
- ◇ **TUESDAYS:** *Body Works* (9:00 a.m.) *Triple 15* (10:15) *POUND* (11:15 a.m.) and *Pilates* (3:30 p.m.)
- ◇ **WEDNESDAYS:** *Total Toning* (9:00 a.m.) *Bodies in Motion* (10:15 a.m.) and *Breathe & Stretch* (11:15 a.m.)
- ◇ **THURSDAYS:** *Chair Yoga* (9:00 a.m.) *Body Works* (10:15 a.m.) and *Core Fusion* (11:15 a.m.)
- ◇ **THURSDAY NIGHTS:** *Ballroom Dance* (6 p.m.) *Boomers Fitness Challenge* (6 p.m.) *Gentle Mat Yoga* (7 p.m.) *Shape it Up* (7 p.m.)
- ◇ **FRIDAYS:** *Zumba Gold* (9:00 a.m.) *Boot Camp* (10:00 a.m.) and *Up to Barre* (11:00 a.m.)
- ◇ **SATURDAY MORNINGS:** *Get Fit Core* (9 a.m.) and *Meditation* (10:15 a.m.)

Artistically Speaking

Our Winter Session for art classes runs from January 7th through March 25th. If you have any questions, please call the Center.

InkArt Demo & Workshop: On Tuesday, February 5, at 2 p.m., explore the creative side of greeting cards as Alicia Vincelette, Inked Edge Paper Art, demonstrates the fundamentals of design and unique folding techniques. Then, on Tuesday, February 26, at 2 p.m., create your very own card that was demonstrated in the class. Limited seating available on February 26. Please be sure you can commit to the class before you sign-up in advance.

Robinson Art-Shop: On Wednesday, February 27, at 10:30 a.m., join J Robinson Art for a fun and creative morning. All supplies are provided as you paint your own personal masterpiece. Discover how a "complicated" piece is broken down into fun and easy steps to create an exciting finished product. Space limited.

3-D Art: On select Mondays, from 1:30 to 3:30 p.m., join Vicki Saltzman on the second, third, and fourth Mondays of the month to create your own 3-D masterpiece. A one-time toolkit fee of \$95 as well as photo-kit fee of \$45 (per kit) are paid directly to the instructor. Sign-up in advance to confirm your seat.