



Senior Focus

November 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

A Message from Karen L. Theer, Director

The trees are almost bare, the night falls earlier, and the sunny days will soon be gone. November is that wonderful time of the year when we reflect on our blessings and give thanks.

We look forward to seeing you at our Thanksgiving luncheon on Tuesday, November 20, at 12:00 p.m. This special event is designed to help older adults enjoy a wholesome, nutritious lunch and bring the spirit of Thanksgiving to our fellow citizens. We hope you will share in this warm and heartfelt feast complete with turkey and all the trimmings. A reservation flyer is available at the front desk. You must RSVP by the November 9th deadline. For only \$5 per person, you can and celebrate the season with friends, Mayor Tamburro, and Council. Hope to see you then!

Join the Friends of the Senior Center, Inc., for the annual Veterans Day Tribute on Thursday, November 8, at 1:30 p.m. Let us not forget the sacrifices our heroes have made for us. Admission is free and light refreshments will be served. Look for this event flyer on the back of this month's *Friendly Tidbits*. Please be sure to sign-up, with the Friends, for this special event.

Speaking of not forgetting our Vietnam Vets and their families, please let us know who you are as the United States Department of Defense is recognizing the 50th Anniversary of the Vietnam War with a special commemoration to honor those who served.

While the Office is closed on Tuesday, November 6, please be sure to get out there and vote. Polls are open from 6:00 a.m. to 8:00 p.m. Voter registration forms and "Vote By Mail" ballots are available at the

Municipal Clerk's office or online. If you are interested in becoming a poll clerk, please call 732-656-4573, or pick up a Poll Worker Application at the Senior Center.

Do you remember the excitement of the holidays and what it felt like to eagerly countdown the days to celebrate? Many of our food pantry recipients, along with the children enrolled in the school system's subsidized lunch program, do not have the benefit of this experience. During our Annual Toy Drive, toys and gift cards are collected to fulfill these children's holiday wishes. Please consider supporting this program to spread some holiday cheer. A Wish List will be available at the front desk.



Look for Us Under: "Monroe Senior"

Please Note: Office is Closed on: November 6, 12, 22, and 23 (Election Day, Veterans Day, Thanksgiving and the "Day After", respectively.)

QUOTE OF THE MONTH

"Feeling gratitude and not expressing it is like wrapping a present and not giving it."

~ William Arthur Ward

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

Here's to Your Health!

Where the Money Goes: On Thursday, November 1, at 10:30 a.m., Mary Ann Rivell, Public Information Officer, from NJ Lottery, discusses how lottery-generated revenue is distributed, including interesting anecdotes about jackpot winners. Participants will receive an instant lottery ticket and get a chance to win some prizes.

Bagels Plus: On Friday, November 2, at 10 a.m., Linda M., from The Gardens at Monroe, hosts this presentation on senior activities offered through the Monroe Township Community Center. Meet and talk with the program supervisors who schedule the events.

Laughter Therapy: On Monday, November 5, at 10:30 a.m., a nurse, from Right at Home, discusses the many ways laughter makes us healthier. Come and discover the benefits of laughing yourself during this interactive afternoon.

Personal Safety: On Monday, November 5, at 2:30 p.m., prevent yourself from becoming a target of crime by joining Detective Brian Dziomba, Monroe Township Police Department, as he shares crucial info on scams, identity theft and home security.

iPhone Basics: On Fridays, November 9 and 16, at 2 p.m., Joel and Arthur help you expand your iPhone know-how, during this interactive 2-day workshop with your own iPhone. Gain confidence and learn some new techniques. **Bring your iPhone each day!** (Not intended for Android users.) **Space limited! Course fee: \$10 p.p., due upon registering in-person, in advance. Space limited.**

Fall Super-Foods: On Thursday, November 15, at 10:30 a.m., we welcome Mary Myers, MS, RDN, for this tasty discussion on the nutritional benefits of fall foods, such as apple, pumpkin, squash, and more. Enjoy a special take-home autumn treat, too.

Holiday Blues: On Friday, November 16, at 10:30 a.m., join our very own Susan Schwartz, CSW, Supervisor of Social Services, as she shares different ways to chase away those holiday blues and tips on how to deal with triggers that cause sadness and anxiety.

Drivers Safety Program: On Monday, November 19, at 8:45 a.m., enhance your driving skills with the help of this AARP-sponsored program. **For space availability and pricing, please call Rosanna at 609-448-7140.**

Living with Diabetes: On Monday, November 19, at 10:30 a.m., discover how healthier lifestyle choices can help reverse Type II diabetes complete with a nutritious demonstration. Presented by: Saswati Chakraborty, Monroe Village at SpringPointe.

Healthy Brain Habits: On Monday, November 26, at 10:30 a.m., discover which parts of the brain you must exercise in order to make it work better, faster, and stronger. Marilyn Abrahamson, MA, CCC-SLP, CentraState Medical Center, discusses how to expand your brain's volume via new lifestyle habits.

Meditation: On Tuesday, November 27, at 10:30 a.m., join Judy Kalman as she helps you decompress with various relaxation techniques. **Space limited.**

Standing Tall: On Thursday, November 29, at 10:30 a.m., learn about common postural changes and exercises to prevent neck and back pain. Presented by CentraState.

Laughs, Lyrics, & Lectures

Worldly Book Tour: Starting in January 2019 and requiring pre-registration this month, get ready for an international book adventure at the Senior Center, with Monica Teixeira, Monroe Township Library. Register for the January session now at the Center, and reserve 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 start reading!**

Ted's Classic: On Thursday, November 1, at 1 p.m., join Ted for *The Flower Drum Song*, starring Nancy Kwan.

Meet the Author: On Friday, November 2, at 11 a.m., meet Billy Terrell, Vietnam Vet and author of the book, "The Other Side of Rock and War." Mr. Terrell shares stories about his underprivileged youth, success in the music biz, and his service in the army as well as his humanitarian deeds.

Thomas Elefant Presents: On Fridays, November 2 and 9, join Thomas Elefant as he teaches you how to evaluate music like a music critic on November 2, and then shares and discusses unforgettable performances on November 9.

MUSIC BINGO: On Monday, November 5, at 1:30 p.m., enjoy a music twist on a classic game with Tara Feeley. Listen to songs and try to get BINGO! **Tickets: \$3 p.p., due upon registering in-person, in advance.**

The Travel Club: Starting on Monday, November 5, at 3 p.m., Roy Goldman hopes to educate and help local seniors plan international trips for solo and group travel. As a travel consultant for the Expedia Cruise Ship Center, he has a wealth of information to share.

Amateur Sleuths: On Friday, November 9, at 10:30 a.m., mystery authors, Peggy Ehrhart and Eileen Watkins, present their program: "*The Amateur Sleuth: Could You be the One? Could You Write One?*" Learn about the most popular subgenre of mystery fiction, "COZIES", and what traits make a successful sleuth.

Between the Covers: On Tuesday, November 13, at 10:30 a.m., book lovers unite, with Barbara Hughes, from the Monroe Township Library. For the love of books, mark your calendar for the second Tuesday of every month. *20 participants, maximum.*

The Brill Building: On Tuesday, November 13, at 1:30 p.m., Gordon James discusses and performs some of the greatest songs created from Tin Pan Alley, during the 1950's. Enjoy music from Elvis Presley, Ben E. King, The Righteous Brothers, and many more.

Tracks of Camden: On Wednesday, November 14, at 1:30 p.m., John Kilbride, railroad historian, discusses the Camden and Amboy Railroad, which ran thru Hightstown and was built in the 1830s. This is a must for railroad enthusiasts.

Michael & Ted Present: On Thursday, November 15, at

2 p.m., our friends from WWFM's THE CLASSICAL NETWORK, explore the life and works of Victor Herbert, Rudolf Frimi, and Sigmund Romberg: The American Operetta Kings.

Patty's Tribute: On Friday, November 16, at 2 p.m., Patty Carver pays tribute to the music of Rodgers and Hammerstein, singing their top hits, such as *Oklahoma*, *Shall We Dance*, and more.

About Seurat: On Monday, November 19, at 1 p.m., Maurice Mahler, thru lecture and film, examines the meaning of Georges-Pierre Seurat's composition, *A Sunday on La Grande Jatte, 1884*.

Francine and Joel, All the Way: On Monday, November 19, at 2:30 p.m., enjoy this all-inclusive program featuring a musical feast of rock, Broadway, The Great American Songbook, contemporary songs and more. Tributes to Elton John, The Jackson Five, Frank Sinatra, The Carpenters and many more.

The Pilgrims: On Wednesday, November 21, at 10:30 a.m., sit back and witness the true story of a small group of English Separatists, who sought religious freedom, planted the seeds of the American dream. DVD presentation with subtitles. (2 hours.)

About Manet: On Monday, November 26, at 1 p.m., Maurice Mahler, explores the life and work of Edouard Manet.

Musical Journey: On Tuesday, November 27, at 1:30 p.m., Marvin Fischer circles the globe during this musical adventure that covers over 12 countries, in story and song.

African Adventure: On Wednesday, November 28, at 11:30 a.m., come across the most majestic animals on earth, as Chris Kosseff takes you on a photographic safari through Botswana, Uganda, Zimbabwe, Rwanda, South Africa and Zambia.

History of Ballet: On Wednesday, November 28, at 1:30 p.m., discover the world of professional ballet and one of its distinguished ballet companies, American Ballet Theatre. This complete inside look features archival photos and rare footage of ballet icons Jerome Robbins, Alicia Alonso, Mikhail Baryshnikov, and more. The DVD presentation includes subtitles.

Broadway Deconstructed: On Thursday, November 29, at 1:30 p.m., join Sam and Candy Caponegro as they dissect and explain clips of opening numbers, main character's signature songs, blockbusters, supporting character songs, and the ten o'clock numbers from some famous (and not-so-famous) shows.

Food: Get Real: On Friday, November 30, at 10:30 a.m., it's time to get real about the food that we eat and the so-called solutions for weight loss. *Fed Up*, a DVD presentation narrated by Katie Couric, uncovers hidden truths about everything that we thought we knew about nutrition and exercise.

Jerry's Travels: On Friday, November 30, at 1:30 p.m., Jerry takes you on an armchair journey thru The Canadian Rockies.

Let's Get Physical!

Chair Yoga: Starting on Thursday, November 1, at 9 a.m., join Eileen for this 6-session, yogic exercise class. (No Class: 11/8

and 11/22. Last Class: 12/20). *Space limited to ensure safety.*

Move and Groove: Starting on Monday, November 5, at 10 a.m., join Julie as she keeps you moving during this 6-session class. Enjoy a dance workout that will get you moving, grooving, and sweating. **Course fee: \$30 p.p.; due upon registering in-person, in advance.** (No Class: 11/12; Last Class: 12/17.) *Space limited.*

Intermediate Tai Chi: Starting on Monday, November 19, at 11:15 a.m., join Siobhan, for this 6-session class, designed for individuals who have already completed the beginners class. **Course fee: \$30 p.p.; due upon registering in-person, in advance.** (Last Class: 12/24) *Space limited.*

Zumba Gold: Starting on Friday, November 16, at 9 a.m., get your hips moving by joining Fran for this 6-session, Latin-infused exercise class. **Course fee: \$30, due upon registering in-person, in advance.** (No class: 11/23; Last Class: 12/28.) *Space limited.*

Artistically Speaking

Jewelry By-U: Starting on Friday, November 2, at 10 a.m., join Roberta for this 6-session jewelry design class for both beginners and intermediates. Beginners start at 10 a.m. and will learn how to create their own unique earrings and necklaces, with step-by-step instruction. Intermediates start at 10:30 a.m. and will design more intricate necklaces and bracelets. **Course fee: \$60 p.p., due in-person, in advance.** *Please indicate your level of skill when you register. \$10 material fee is submitted to the instructor on the first day.* (No Class: 11/23; Last Class: 12/14). *Register before October 29.*

Paint For a Rainy Day: On Wednesday, November 7, at 10 a.m., enjoy painting your own glass coin holder while learning about the importance of emergency preparedness. **All supplies provided.** *This free program is hosted by BrightStar Homecare and Parker at Monroe. Space limited.*

The World from Art: On Wednesday, November 7, 1 p.m., explore how ancient discoveries in storytelling and symbolic images of death have shaped and defined the look of the present day during this DVD presentation narrated by Dr. Nigel Spivey. Subtitles available.

3-D Art Demo: On Wednesday, November 14, at 10:30 a.m., we welcome Vicki Saltzman as she shares her love of 3-Dimensional Art. No experience is needed to create layered masterpieces. Find out about what supplies are needed as well as the cost.

Art of the Masters: On Monday, November 26, at 10 a.m., join Christina as she briefly discusses the life and career of Toulouse-Lautrec. Members, who requested/received a project coupon, will create a personal, print-making masterpiece in the artist's style. **Lecture only? Register by phone? Coupons available in-person.**

Holiday Trivets: On Tuesday, November 27, from 10 a.m. to Noon, join Andrea for a fun and easy project just in time for the holidays. Create your own holiday trivet, with ceramic tile and napkins. Perfect as a gift! All supplies included. **Pre-registration and course fee of \$20 p.p., is due by November 20th.**