



Senior Focus

MAY 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

March certainly roared like a lion; but, the gentleness of the April rains will help beautify the world!

Happy Older Americans Month! This year's theme "ENGAGE AT ANY AGE" is dedicated to you and all that you do to enrich the community and your well-being. As part of our mission, we hope that the programs offered at the Senior Center "promote your overall well-being in mind, body, and spirit".

Speaking of "engaging", we look forward to joining our "90-years-young" members at the annual **90's Birthday Bash on Thursday, May 31, at the Old Bridge Senior Center.** Please reserve your spot with me soon as we have a limited number of seats available on the bus.

Another "engaging" effort that is worth noting is the hard work displayed by our AARP Volunteer Tax Counselors from February to April. We are very grateful for their desire to help others file income tax returns. **A BIG, "Thank You" goes out to:** Bill and Bonnie Fox, Arnold Brown, Diane Chierchie, Art Cooper, Craig Glaser, Martin Gurvich, Marvoin Gutkin, Sheila Henry, Jack Hilferty, Marty Hunger, Janet Kittstein, Harold Marcus, Judie Nicol, John Palmer, Victoria Palumbo, Rhona Paul, Anne Plutzer, Norma Scarlet, Linda Simmons, Carl Silverman, Frank Timari, Josephine Violante and Marlene Weinstein. **ALSO,** my deepest appreciation to our staff member, Rosanna Giancaspro, for doing such a fantastic job with appointments, dealing with the inclement weather like a trooper, and for managing all the incoming calls. We could not have provided this service without her assistance! *Brava!*

Remember to paint a ceramic bowl to fight hunger

QUOTE OF THE MONTH

"Do not underestimate the power of gentleness. Gentleness is strength wrapped in peace, and therein lies the power to change the world."

~ L.R. Knost

in America on April 20th and 27th (at 10 a.m.) with 5th grade students from Brookside. Bev Kapler, our ceramics guru, will provide guidance if you are new to the medium. This intergenerational project concludes on June 6th with a special, silent auction and dinner. Sponsored by The Chelsea Senior Living and The Gardens at Monroe, all proceeds support the Empty Bowls project. For details, please reach out to me!

The **FRIEND IN NEED** program is a short-term grant that **provides eligible individuals with a visiting nurse/home care upon leaving the hospital or rehab.** If you are on PAAD or Senior Gold, you may be eligible. Please contact Susan or Scott for further information.

Whatever you decide to do this month (like attending the 8-session **FUN WITH YIDDISH**** class, with Naomi Miller, that starts on Monday, May 7, at 10 a.m.) **we hope you stay engaged at any age!**

****Class Fee: \$18 p.p.** Enjoy speaking and listening to conversational Yiddish, in a casual setting, for all interest levels.

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

The Monroe Township Chorus Celebrates "America, The Beautiful" in the Richard P. Marasco Performing Arts Center, on Sunday, May 20, at 2 p.m. Questions? Please call Sheila Werfel, Artistic Director, at 609-619-3229.

Here's to Your Health!

The Conversation: On Thursdays, May 3 and May 31, at 10:30 a.m., the New Jersey Health Care Quality Institute presents this two-part program on advance care planning. On May 3, attend our screening of *THE BUCKET LIST*, followed by a discussion, led by Debra Hallisey, founder of Advocate for Mom and Dad. Then, on May 31, join us for an engaging panel discussion (ask for a flyer listing the speakers) as you discover the importance of advance care planning and how to conduct a conversation about your end-of-life wishes. Enjoy light refreshments at 10 a.m. before each presentation. *When registering in advance, members will be automatically enrolled in both program dates.*

Bagels Plus: On Friday, May 4, at 10 a.m., join Linda (The Gardens at Monroe) and Sheli (Caring Connections) as they present, *"The Guide to the Second Half of Your Life"*, with speaker Fiona Van Dyck, Esq., of Van Dyck Law. This interactive presentation focuses on elder law issues, life care options, and how caring professionals can help insure a better quality of life as you age. *Please register in advance.*

Especially for Mom: On Friday, May 11, by "appointment window", enjoy a 10-minute hand massage on us, with the help of A Healing Touch, in honor of Mother's Day. We are giving away a limited number coupons; and, sign-up is required, in advance. *Three different "appointment windows" are available: 9:30 to 10:20 a.m., 10:30 to 11:20 a.m., and 11:30 a.m. to 12:20 p.m.* Enjoy light refreshments, during your "window", as you wait for your massage. *You must present your coupon on the day of service.*

Engage at Every Age: On Monday, May 14, at 10:30 a.m., join Saswati Chakraborty, CSW, MBA, and members of the Monroe Village/Village Pointe team, as they honor Older Americans Month by celebrating your contributions to the community and sharing ideas about staying socially engaged at any age. *Please register.*

Weight Loss Made Simple: Starting on Thursday, May 17, at 10:30 a.m., join Caryn Alter, Registered Dietitian, and Cindy Kinsella, Certified Personal Trainer, from CentraState Medical Center, for this two-part program (May 24, too) as they explore practical ways to lose weight and strategies for keeping the weight off. *Course fee: \$16 p.p., due upon registering in-person, in advance. Space limited.*

Judy's Meditation: On Monday, May 21, at 2 p.m., Judy Kalman returns to provide her silent meditation session to promote calm and tranquility. *Space limited. Please register in advance.*

Drivers' Safety: On Tuesday, May 29, 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.*

Laughs, Lyrics, & Lectures

Fred Miller Presents: On Tuesday, May 1, at 1:30 p.m., join Fred Miller as he focuses on the Great Lady Songwriters who played a

significant role in Tin Pan Alley's colorful history, from Edwardian sentimentalist, Beth Slater Whitson, to the ultra-cool singing legend, Peggy Lee. *Please register in advance.*

Celtic Woman: On Wednesday, May 2, at 1 p.m., join Mike Ferreira for this 2007 DVD presentation featuring traditional Irish songs with contemporary artists and compositions by musical director, David Downes. *Please register in advance.*

Broadway Magic: On Thursday, May 3, at 2 p.m., we welcome back Joel and Francine as they bring that "old razzle dazzle" of legendary Broadway gems to life during this live show. From "Sweet Charity" to "The Producers", there is something for everyone. *Please register in advance.*

iPhone Training: Starting on Friday, May 4, at 2 p.m., join Joel and Art for this in-depth, 4-session training class (May 4, 11, 18, 25). Each week, you will learn a new skill that builds from the other. From the basics to taking great photos and browsing the web, this special hands-on training will help you become a "iPhone Pro" in no time. *Course Fee: \$15 p.p., due upon registering in-person, in advance. Space limited.*

Merchant of Venice: On Monday, May 7, at 2 p.m., and on Tuesday, May 8, at 1 p.m., join Shirley Reich as she explores the work of Shakespeare during this two-part presentation. On Monday, Shirley looks at the plot, characters, literary style, social issues, and interesting quotes. Then, on Tuesday, Shirley guides you through the film, with a star-studded performance by Al Pacino, while bringing Monday's discussion to light. *When registering in advance, members will be automatically enrolled in both program dates.*

Berlin is Music: On Friday, May 11, at 1:30 p.m., join Marty Schreit as he looks at the life and music of Irving Berlin, an "American Institution", during this illustrated talk. Marty discusses how this immigrant from Russia became the classic "rags to riches" story and shares many of his popular songs. *Please register.*

David Aaron Presents: On Monday, May 14, at 1:30 p.m., we welcome back David as he provides an enlightening look at Luciano Pavarotti, his life and his musical triumphs. *Please register.*

Thomas Elefant Presents: On Tuesday, May 15, and Wednesday, May 16, at 1:30 p.m., Thomas pays tribute to Frank Sinatra by enhancing your appreciation of Sinatra's unsurpassed artistry and examining his different stages of development, from young talent to legend. *Please register in advance.*

Spring Fling with Fiesta Zing: On Friday, May 18, with doors opening at 11:30 a.m., join us for our *fiesta* featuring live music with DJ MEL and a plentiful fajita/taco bar with all the fixings, dessert, and beverages. Sombros and door prizes made possible by The Gardens at Monroe. *To reserve seats for this limited ticket engagement, all names, phone numbers and payments of each member in your party must be submitted when registering, in-person, in advance. No refunds after May 10th. Tickets: \$15 p.p.*

Knocking on Heavens Door: On Monday, May 21, at 2 p.m., we welcome Leslie Lagani, Medium/Intuitive, as she uses her spiritual abilities to open the veil to the other side. Open

your mind to hear healing messages from loved ones. Not everyone is guaranteed a connection, but Leslie's goal is to send participants onward with hope and understanding about the afterlife. There will also be a Q&A session where your concerns about the afterlife, mediumship, etc. can be addressed. *Space limited. Please register.*

Michael & Ted: On Tuesday, May 22, 2 p.m., join our friends from WWFM's THE CLASSICAL NETWORK, for an interesting look at the accomplishments of John Kander and Fred Ebb, who made magical music together from material specifically written for Liza Minnelli to their wonderful musicals like *Cabaret* and *Chicago*. *Please register in advance.*

For the Thrill of It: On Thursday, May 24 and 31, 1:30 p.m., join Julian Davis for this 2-part lecture as he relives the true story of a murder committed in 1924 Chicago, that shocked the nation. With elements of privilege and the 1920's backdrop, find out how Clarence Darrow, Esq., aimed to save the defendants/students from the death penalty. *When registering in advance, you will be automatically enrolled in both dates.*

Jerry's Travels: On Friday, May 25, 1:30 p.m., Jerry takes us on a 4-part journey through America. During this EYES ON AMERICA experience, 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.*

Movie Classic: On Tuesday, May 29, at 12:30 p.m., enjoy our featured, musical classic: OKLAHOMA, starring Shirley Jones. *Please register in advance. (Runtime: 2 hours, 20 minutes).*

MUSIC BINGO: On Wednesday, May 30, at 1:30 p.m., join Tara as she brings this special, musical twist to the game of BINGO. Join us for this fun afternoon to socialize and win prizes. *Ticket: \$3 p.p., due upon registering in-person, in advance. No refunds after May 23rd.*

Let's Get Physical!

Registration for ALL Exercise Classes will Commence on the First Day of Registration. Please Call or Inquire at the Front Desk.

Bodies in Motion (W): Starting on Wednesday, May 2, at 10:15 a.m., join Georgeann for this 10-session, weight resistance class featuring light hand weights, spikey balls, and resistance bands. *(No Class: 6/27, 7/4; Last Class: 7/18.) Course fee: \$40 p.p., due in-person, in advance. Space limited. Previous enrollment does not guarantee placement in this class.*

Ballroom Dance: Starting on Wednesday, May 2, at 2 p.m., join Tony and his wife for this 6-session ballroom dance class for all levels. *Class fee: \$5 p.p., due upon registering in-person, in advance. (No Class: 5/16; Last Class: 6/13.)*

Boot Camp: Starting on Friday, May 4, 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: 7/6.) Course fee: \$40 p.p., due in-person, in advance. Space limited.*

Up to Barre: Starting on Friday, May 25, at 11 a.m., join Sarah for the 10-session, ballet-inspired exercise program that focuses on core, balance, and flexibility. *(Last Class: 7/27.) Course fee: \$40 p.p., due in-person, in advance. Space limited.*

Artistically Speaking

Acrylics for All: Starting on Tuesday, May 1, at 10 a.m., join Andrea for this upbeat, 3-day class (May 1, 15, 22) for all artistic levels as you create your own masterpiece using acrylics. Course fee for newbies: \$50 p.p. (all supplies included). Course fee for experienced artists: \$30 p.p. *Please register by April 24th.*

Collage with Karen Starting on Tuesday, May 8, at 2 p.m., join Karen for this 2-day workshop (May 8 & 15) where you create a personalized collage using various mediums, inspired by different artists. *Course fee: \$20 p.p., due in-person, by May 1st.*

Experienced Transparent Watercolor: Starting on Wednesday, May 16, at 10 a.m., join Joanne, for this 6-session class for intermediate-to-experienced watercolor artists that encourages experimentation with scale, subject matter and formats with a variety of techniques and painting surfaces. **Registration Fee: \$60 p.p., due in-person, in advance. An additional \$10 for course materials will be paid directly to the instructor.** *Please bring your supplies and photocopies of subject material. A list of additional materials will be provided. (Last Class: 6/20.)*

Introduction to Transparent Watercolor: Starting on Wednesday, May 16, at 1 p.m., join Joanne, for this 6-session class for beginners with no-to-basic experience. **Registration Fee: \$60 p.p., due in-person, in advance.** Please bring your supplies that you currently use. *No supplies? For the first class (and for only \$5) Joanne will have supplies on hand for newbies.* Learn about the required materials on the first day. **An additional \$10 will be paid directly to the instructor for handout materials. Space limited. (Last Class: 6/20.)**

Flowers in Art: On Thursday, May 17, at 1:30 p.m., the Newark Museum brings its artful blooms to the Center as this Power-Point presentation examines paintings and drawings from colonial botanical explorers to modern artists. Please register in advance.

Art of the Masters: On Monday, May 21, at 10 a.m., join Cristina as she discusses the life and works of Pierre-Auguste Renoir 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.*

Mixed Watercolor: Starting on Thursday, May 31, at 12:30 p.m., join Jeremy Taylor, for this 5-session multi-level watercolor class which uses other mediums as well as natural and synthetic papers. Demos, one-on-one critiques, and special exercises will enhance your own personal style and technique. **Course Fee: \$50 p.p., due upon registering in-person, in advance.** *Supply list available at the front desk. (Last Class: June 28.)*