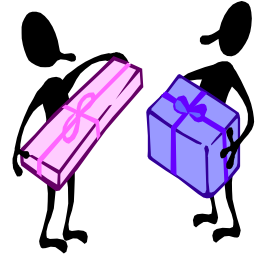




Township of Monroe ~ County of Middlesex
Office of Senior Services & Senior Center
One Municipal Plaza, Monroe Township, NJ 08831

732-521-6111

Hours: 8:30 am to 4:30 pm
Monday thru Friday



Visit Us on the Web:
www.monroetwp.com

Senior Focus

December 2011

A Message from Bonnie Leibowitz, Director

Happy Holidays, Everyone! It's certainly hard to believe that the New Year is soon upon us! May the holiday season be filled with loving memories, good times, and an opportunity to reflect on the positive people and things in our lives.

The holidays bring about two important endeavors for our Office: 1) the Holiday Food Baskets; and, 2) the Holiday Toy Drive. WISH LISTS ARE AVAILABLE FOR BOTH IN THE SENIOR CENTER AT THE FRONT DESK. As always, your generosity in making this time of year joyous and memorable for Township families and children in need are truly appreciated. If you would like to help, frozen turkeys and other food items are needed by Friday, December 2nd. For those of you who would like to purchase gift cards and/or toys noted on the WISH LIST, please be sure to drop-off your contribution by Friday, December 9th, to ensure its prompt Toy Drive distribution. Of course, any monetary donation to either cause would certainly be very helpful. If you have any questions, please feel free to contact me; and, please note that a special "thank you" will be issued in our February edition of the SENIOR FOCUS.

AARP tax appointments will be taken at the END of January. Each year, trained AARP Volunteer Tax Counselors help individuals who have low-to-moderate incomes. Appointments fill up

Quote of the Month:

"I will love the light for it shows me the way. Yet, I will endure the darkness for it shows me the stars."

~ Og Mandino

quickly; and it's advisable to make yours as early as possible. Stay tuned for more information!

SCAM ALERT! There are two phone scams that have been reported in our area. The first one involves a phone call from your "grandchild" asking for your help by getting you to send a large amount of money because of a "crisis". Make sure you do not reveal any of your grandchildren's names to the caller and try to get verification from your family before taking any action. The second scam concerns a call from the Social Security Administration. When would that department ever call someone? NEVER!!! If you receive this type of call, HANG UP and DO NOT GIVE ANY OF YOUR PERSONAL INFORMATION TO A "COLD CALL".

Time is running out to get your CASH PRIZE raffles before the January deadline. Three lucky winners will be announced at the Friends' New Year's Gala on January 10th. *Will you be one of them?* Please be sure to purchase a raffle for \$2.00 before it's too late. (You have to be in it to win it!) The proceeds will allow us to purchase those extra special touches in the new building!

As always, thank you for your support! Wishing you peace and happiness in the New Year!

You Need to be a Member
of Our Office BEFORE
Signing Up for Programs.



DECEMBER Program News



- No More Walk-Ins -
Please Pre-Register
For All These Programs!

Heart Matters: Men vs. Women

On Thursday, December 1, at 1:30 p.m., learn why heart disease doesn't discriminate but has different signs and symptoms among the sexes. Dr. Lisa S. Motavalli, board certified cardiologist, discusses the difference in heart attacks in men and women, prevention, risk factors, and available treatment options.

DaVinci's World

On Friday, December 2, at 11 a.m., join Michael Ferreria, as he hosts this DVD presentation. Become witness to the emergence of autonomous city-states in Italy during the 11th Century – which paved the way for the Renaissance. (From the series, ENGINEERING AN EMPIRE, The History Channel.)

Chime Along

On Friday, December 2, 1:30 p.m., enjoy the sweet sounds of chimes during the Rossmoor Community Church's Chime Choir performance. This half-hour performance will put you in a festive mood. (Previously scheduled in October.) Space limited.

Silver Screen Nostalgia: Oscar Winning Songs

On Monday, December 5, at 1:30 p.m., Bill Levy focuses on Oscar Winning Songs from Hollywood's Golden Era, such as "When You Wish Upon a Star", "White Christmas", "High Hopes", "Que Sera Sera", "Moon River", "Over the Rainbow", and many more! Enjoy clips and tunes that will take you down memory lane.

Movie Mania

On select days of the month, enjoy the following movies: On Tuesday, December 6, at 1 p.m. – "BRIDESMAIDS" - Rated R; on Thursday, December 22, at 1:30 p.m. – "CINDERFELLA" (a classic with Jerry Lewis); and, on Tuesday, December 27, at 1 p.m. – "THOR" – Rated PG-13. (If the grandkids are visiting, please bring them along for THOR. But, please be sure to notify us of your guest....)

New York Street Games

On Thursday, December 8, at 1:30 p.m., revisit the games that are no longer played during this DVD presentation. This program takes you back to the early 1900's where life was a bit simpler and creativity was a prerequisite to play. Join some prominent New Yorkers and celebrities down memory lane as they discuss how street games impacted their lives.

Art of the Masters: Andrew Wyeth

On Friday, December 9, at 2 p.m., after the brief lecture on the life and work of Andrew Wyeth, 16 participants will work in the artist's style to create a personal masterpiece using watercolors. To participate in the project, please register in-person and request a coupon – while supplies last.

Cookie Extravaganza!

On Tuesday, December 13, at 12:30 pm., join the Friends of the Senior Center, Inc. and the Office Staff for a cookie tasting - trivia guessing - recipe swapping good time. Your admission is a baked (or bought) batch of cookies. For complete details, please refer to the FRIENDLY TIDBITS! To register, please pick up an event flier at the Center.

Michael & Ted Presents: MacDonald & Eddy

On Thursday, December 15, at 2 p.m., our friends, Michael Kownacky and Ted Otten, from WWFM's The Classical Network, look at the life, career, and the many stories surrounding "AMERICA'S SWEETHEARTS". Did they really hate each other or were they secretly in love? Learn the truth as you enjoy their songs including, "NEW MOON", "BITTERSWEET", "ROSE MARIE, and more.

Staying Close to Family & Friends: Parker House Plan

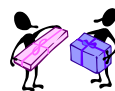
On Friday, December 16, at 11 a.m., learn about Parker's plans to develop a long-term care community, Parker at Monroe, which is guided by the Eden Alternative™ - a philosophy of person-centered care that embraces and nurtures aging as a natural stage in life. Light breakfast fare will be provided. Space is limited.

Laughs & Wintry Surprises

On Friday, December 16, at 1:30 p.m., join Yvette Halpin for an afternoon of laughter and wintry whimsy! It's her HAPPY HOLIDAYS – WINTER WONDERLAND-end-of-the-year event. Space limited.

Scenic Cruises

On Monday, December 19, at 10:30 a.m., escape New Jersey's winter by experiencing EXOTIC ISLANDS during this DVD presentation. From Chile's wild coast of Tierra del Fuego to Tahiti's paradise to Fiji's emerald seas, take a dream cruise from the comfort of your chair.



More Program News >>>

Andrea Bocelli's "My Christmas"

On Monday, December 19, at 1:30 p.m., enjoy a heart-warming collection of holidays songs as Andrea Bocelli and David Poster perform in this DVD presentation.

The Divine Bette Midler

On Tuesday, December 20, at 1 p.m., enjoy this definitive DVD about the "DIVINE MISS M" which premiered as an A&E Biography in 2004. This remarkable presentation looks at her amazing creative and personal journey in show business and features interviews with Bette's friends (Barry Manilow and Danny DeVito).

Wonders of Man & Nature

On Thursday, December 29, at 1 p.m., explore man-made legacies and the magnificence of nature during this Reader's Digest DVD presentation. From the Great Wall and the Statue of Liberty to the Grand Canyon and the Amazon River, take an armchair adventure around the wonders of the world.

ON-GOING ACTIVITIES:

- *Healthy Bones/Boning Up -- In progress.
- *Line Dancing: Mondays at 10 a.m.
- *Yarn It!/NeedleWorks: Mondays at 1 p.m.
- * Chessmates: Tuesdays at 1 p.m.
- * SHIP/PAAD & SENIOR GOLD assistance: By Appt.
- *Blood Pressure Screening: 2nd Tues. from 1 to 3 p.m.
- *Cancer Support: 3rd Tues. of every month @ 1:30 p.m.
- *Friends of the Senior Center, Inc.: 2nd Tues. @ 1:30 p.m.
- *Green Thumbs: 2nd Wed. of every month @ 11 a.m.
- *Painting w/ Acrylics: Wednesdays @ 10 a.m.
- * Jewelry Gems: Wednesdays @ 1 p.m. (Beading.)
- *Parkinson's Support (via JFK): 1st Wed. @ 1 p.m.
- *Diabetes Support (via PHCS): 3rd Wed. at 2:30 p.m.
- *Lo-Vision Support: 3rd Thurs.@ 10:30 a.m.
- *Folk Dancing: Thursdays at 9:30 a.m.
- *Blood Pressure Screening: 4th Thurs. @ 10:30 a.m. Facilitated by St. Peter's Adult Day Care's Cindy Lin, R.N.
- *Canasta Clique: Fridays at 10 a.m. (Players only.)
- *Harmonikids: Fridays at 10:30 a.m.
- *The Busy Bees: Fridays at 1 p.m. (Knitting & Crocheting)



IMPORTANT: Program Policies!

- You Must be Member of Our Office BEFORE Signing Up for Activities and Programs.
- Registration for Programs with a Fee/Ticket/Coupon MUST BE DONE IN-PERSON (with the exception of classes earmarked for a "Call-in Day").
- If you are unable to attend a program that you pre-registered for, kindly call the office a day or two in advance (if possible) to cancel. Once you do so, your registration for that program is terminated.
- If a program is closed, DON'T GIVE UP! Please call the Office a day or two before the program date to see if any openings have become available. **(Thus, courtesy cancellation calls are imperative!)** You can also call the day-of a program between 9 a.m. and 11 a.m. to check for availability.
- WALK-INS are not permitted into programs. This means that you must register for all special programs in advance.
- Entry into a program commences 30 minutes prior to the program and concludes once the program begins.
- Avoid a "NO SHOW". Members, who pre-registered for a program but didn't show up or cancel, are considered a NO SHOW. Frequent "no shows" will lead to registration penalties.

**FOR MORE POLICY INFORMATION,
PLEASE PICK UP A BROCHURE.**

Thank You!

ABOUT CENTER TRANSPORTATION:

If you need transportation to participate in a Center activity, please let us know when you register for the program. You will be called the day before to confirm your pick up time; and, you need to be ready 10 minutes beforehand. Please be sure to have someone accompany you should you need assistance on and off the bus. If you are unable to attend a program, please cancel your transportation request and program registration. Lastly, if you are enrolled in a program that meets on a regular basis, please "renew" your transportation request monthly. Questions? Please ask for Claire.