



# Senior Focus

## JANUARY 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

**HAPPY NEW YEAR!!** *The staff and I hope that 2018 brings you all happy and healthy things! And, to my staff, I want to thank you for your hard work and dedication throughout the year. With your efforts, we make the impossible, possible. Your help and support mean the world to me. So, here's to a happy and productive New Year!*

We had the most incredible **"Community Cares Thanksgiving"** to date on **November 23, 2017**. Many thanks to all of the volunteers who helped make this special day so successful! From the Boy and Cub Scouts to the Monroe Township High School Chorus, from our seasoned volunteers to newly recruited helpers/students from Manalapan and Monroe Township High Schools, from our sponsors, BIG and small, I want to **THANK YOU for your support, kindness, and dedication. Our volunteers and sponsors make this day possible for our neighbors in need.** Please be sure to embrace the following organizations who truly understand what community and "the spirit of giving" is all about: *BCB Community Bank, Always Best Care WMNJ, Brookdale Assisted Living at Wynwood, Fire Fighters Association IAFF Local 3170, Francis E. Parker Memorial Home, The Gardens at Monroe, Seaview Orthopedics, Senior Bridge, and St. Peters University Hospital...with an honorable mention to GW Connections for their annual donation.*

In addition, we need to **send a "shout out" to the Regency Culture Club** who has supported our annual Thanksgiving and Winter Holiday Food Baskets for the past thirteen years. The Club

#### QUOTE OF THE MONTH

*"Do not grow old no matter how long you live. Never cease to stand like curious children before the Great Mystery into which we were born."*  
~ Albert Einstein

donates two hundred turkeys for distribution to our Township Food Pantry recipients as well as to families whose children participate in the subsidized school lunch program. Thank you so much for making a difference, every year, during the holidays! Your support and generosity are greatly appreciated!

In fact, speaking of support, everyone, has contributed to our annual Toy Drive, will be happily listed in our next newsletter. During the holidays, it's wonderful to see how kind and generous community members and organizations are to our Township neighbors in need of some holiday cheer. We are so fortunate to be among the beneficiaries of this goodwill and support. Please be sure to keep an eye out for our February issue....

Lastly, **please remember that income tax assistance appointments will commence on January 22nd.** One staff member will be making them; so, please be patient as she (Rosanna) returns phone calls in the order that they are received. This free service is

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

available on Mondays and Wednesdays, starting in February, for low-to-moderate incomes. Transportation is available and is limited to specific times.

### Here's to Your Health!

**Self-Massage Tech:** On Thursday, January 4, at 1:30 p.m., join Jessica Lertch, PT, DPT, from Centrastate Healthcare System, for an enlightening and “feel good” interactive program on foam rolling and self-myofascial release: techniques to perform self-massage on your own muscles. Learn how to ward-off that achy feeling and improve your range of motion. *Please register in advance.*

**Bagels Plus:** On Friday, January 5, at 10 a.m., join Linda (The Gardens at Monroe) and Sheli (Always Best Care) as they host the topic of Long Term Care, with presenter, Joyce Cantalese, Financial Specialist, from Petrone Associates. Joyce discusses options to traditional long-term care standalone policies as well as ones that won't deplete your life-long savings. *Please register in advance.*

**iPhone Basics:** On Mondays, January 8 and 22, from 2 to 3 p.m., expand your iPhone know-how, with the help of Joel and Arthur, during this hands-on, interactive 2-day workshop. Designed for individuals who own an iPhone or iPad, discover what you can do (besides calling and texting) with these “high-tech toys.” *Please be sure to bring your iPhone each day! Space limited! A commitment fee of \$5, to benefit the Township Food Pantry, is due upon registering in advance, in-person.*

**Arthritis ABC's:** On Wednesday, January 24, at 1:30 p.m., besides differentiating between osteoarthritis and inflammatory arthritis, explore pain relief tips and treatment options available to you as you identify self-management strategies with Peggy Lotkowitz, from the Arthritis Foundation, NJ Chapter. Hosted by RWJUH. *Please register in advance.*

**AARP Drivers Safety:** On Monday, January 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.*



**Brain Games:** On Monday, January 29th, at 1:30 p.m., join Gayle Braunstein, from Wilf Campus, for an interactive and fun program that will test and strengthen your memory. *Space limited. Please register in advance.*

### Laughs, Lyrics, & Lectures

**Secrets Behind a Picture:** On Mondays, January 8 and 22, at 1:30 p.m., discover the secrets behind famous paintings of the world, during this DVD presentation, with commentary by Januszczak Waldemar, art critic for *The Sunday Times* (U.K.) Four paintings/episodes are featured per program date: Artists on January 8 include: Gainsborough, Rembrandt, Giorgione, and Botticelli; Artists on January 22 include: Caravaggio, Da Vinci, Manet, and Van Eyck. *When registering in advance, please be sure to list one or both dates.*

**Henry IV:** On Tuesdays, January 9 and 23, at 1 p.m., enjoy this 2-Part DVD program featuring a spectacular version of Shakespeare's most treasured play, starring



Jeremy Irons, as Henry IV, and Tom Hiddleston, as his son, Prince Hal. *When registering in advance, you will be automatically enrolled in both dates.*

**Imperial Voyage:** On Thursdays, January 11 and 18, at 1:30 p.m., Julian Davis returns to the Center to embark on this two-part, Imperial Voyage...that first came to light the day after the death of the 26th President of the United States. Discover the implications of Theodore Roosevelt's illicit pacts that laid the groundwork for World War II, Communism in China, and the Korean War. *When registering in advance, you will be automatically enrolled in both dates.*

**Jimmy Givens Jazz Trio:** On Friday, January 12, at 2 p.m., enjoy the jazzy stylings of Jimmy Givens and his talented trio for a fun afternoon filled with a variety of music, from Jazz to Latin to American Classics. *Space limited. Please register in advance.*

**This or That:** On Wednesday, January 17, at 2 p.m., join Linda Mundie, from The Gardens at Monroe, for a fun and interactive game inspired by THE PRICE IS RIGHT. Bring your “consumer savvy” to the table and try to win prizes while you socialize with friends and enjoy snacks. *Tickets: \$3 per person, due upon registering in-person, in advance.*

**Playing Mandolin:** On Thursday, January 18, at 2 p.m., join Jerry Sperling for an informative session about learning how to play mandolin using the tablature method. With the hopes of creating a Mandolin Ensemble, an 8-week class will be conducted in February for those interested in learning how to play. *We encourage you to register for this introductory session to learn more about the mandolin, the tablature method, as well as the proposed ensemble.* Please note that individuals will need to purchase or rent a mandolin for the classes and on-going sessions. *(Members, who are snowbirds, have long/manicured fingernails, or who cannot commit to practicing, need not apply.)*

**A Climb for Peace:** On Thursday, January 25, at 1:30 p.m., take a journey up Mt. Everest with “peace climbers” from different faiths and cultures, during this DVD presentation about the human spirit. This inspirational documentary, affirmed by the Dalai Lama as a “tremendous achievement” and narrated by Orlando Bloom, was filmed on location in Nepal, Tibet, Israel, Palestine, Jordan, U.A.E., and the U.S.A. *Please register in advance.*

**Jerry's Travels:** On Friday, January 26, at 1:30 p.m., enjoy Jerry's armchair adventure as he takes you on a tour of India's fascinating northern “Golden Triangle” region, including New Delhi, Khajuraho, Taj Mahal, Agra Fort, Jaipur, Udaipur and more. *Please be sure to register in advance.*

**Movie of the Month:** On Wednesday, January 31, 1:30 p.m., enjoy our featured film starring Sally Fields as “Doris”. A movie abstract is available at the front desk. *Please register.*

### Artistically Speaking

**Experienced Transparent Watercolor:** Starting on

**Wednesday, January 3, at 10 a.m.,** join Joanne for this 6-session class for intermediate-to-experienced watercolor artists. This course is structured to encourage 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 in your supplies and photocopies of subject material. A list of additional materials will be provided at the first class. Space limited.* (Last Class: February 7.)

**Introduction to Transparent Watercolor:** On Wednesday, January 3, at 1 p.m., explore the expressive potential of watercolor painting with Joanne, during 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? No worries!* For the first class (and for only \$5) Joanne will have supplies on hand for newbies. A discussion about what to buy as well as a list of required materials will be available on the first day. **An additional \$10 will be paid directly to the instructor for handout materials. Space limited.** (Last Class on February 7.)

**Mixed Watercolor:** Starting on Thursday, January 4, at 12:30 p.m., join Jeremy Taylor, watercolorist, 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. Space limited.** Ask for a supply list when you register. (Last Class on February 1.)

**Watercolor Experience:** Starting on Friday, January 5, at 12:30 p.m., join watercolorist, Jeremy Taylor, for this 5-session class for beginners/advance beginners. Explore watercolor technique and develop your own style. Demos, personal critiques, and exercises, designed by Jeremy, will be provided. **Course Fee: \$50 p.p., due upon registering in-person, in advance. Space limited.** Supply list available. (Last Class: February 2.)

**Collage with Karen:** On Tuesdays, January 9 and 16, at 2 p.m., join Karen for this 2-day workshop where you will create your own personalized collage using various mediums, inspired by different artists. (Course Fee: **\$20 p.p., due upon registering in-person, in advance. Space limited.**)

**Acrylics for All:** Starting on Tuesday, January 16, at 10 a.m., join Andrea for this 3-part workshop (January 16, 23, 30) for all artistic levels as you create your own masterpiece using acrylics. For newbies, all supplies are included; the cost is \$50 per person. For seasoned students, with their own supplies, the cost is \$30 per person. *Pre-registration is required, with payment, by Jan. 9.*

## Let's Get Physical!

The 2018 Exercise Release Form is good for the entire year. So, if you have already submitted it, then you are good to go!

**Bodies in Motion (W):** Starting on Wednesday, January 3, at 10:15 a.m., join Georgeann for 4 sessions (January 3, 10, 17, 24) of weight resistance training with a focus on both standing and seated movements before she takes a winter hiatus. Need: resistance band, spikey ball, and light hand weights. **Course fee: \$25 per person, due upon registering in-person, in advance. Space limited to ensure safety.**

**Line Dancing:** Starting on Wednesday, January 3, at its NEW time of 10:15 a.m., join Leslie for this 4-session line dancing class (January 3, 10, 17, 24). **Course fee: \$25 p.p., due upon registering in person, in advance.**

**Body Works TUESDAYS:** Starting on Tuesday, January 9, at 9:30 a.m., we welcome back Julie to conduct this Tuesday ONLY low-impact aerobic workout for 10 sessions that uses resistance bands (from January 9 to March 13). Previous participation does NOT guarantee enrollment in this class. **Course fee: \$40 p.p., due upon registering in-person, in advance. Space limited.**

**Triple 15:** Starting on Tuesday, January 9, at 10:30 a.m., join Celeste for 3 different 15 minute workouts for a total body experience. Students need light hand weights and bottled water during this 10-session class (from January 9 to March 13). Previous participation does NOT guarantee enrollment. **Course fee: \$40 p.p., due upon registering in-person, in advance. Space limited.**

### **DECEMBER 21, WALK-IN REGISTRATION FOR:**

**Total Toning:** On Wednesday, January 10, at its NEW time of 9:15 a.m., join Mardi for this 10-session, "No-Aerobics" workout using light hand weights to build core strength, balance, and flexibility. (No Class: January 24; Last Class: March 21). Proper footwear, water, and 1 to 3 lb. weights are needed. **Course fee: \$40 p.p., due during WALK-IN REGISTRATION on Thurs., December 21, at 8:30 a.m. Space limited.**

**Body Works THURSDAYS:** Starting on Thursday, January 11, at 10:30 a.m., we welcome back Julie as she conducts this Thursday ONLY low-impact aerobic workout, for 10 sessions (from January 11 to March 15) that uses hand-weights. Previous participation does NOT guarantee enrollment. **Course fee: \$40 p.p., due during WALK-IN REGISTRATION on Thurs., December 21, at 8:30 a.m. Space limited.**

**ZUMBA GOLD:** Starting on Friday, January 12, at 9 a.m., join Fran for this 8-session Latin-infused exercise class that will get you dancing and "shining". **Course fee: \$40 p.p., due during WALK-IN REGISTRATION on Thurs., December 21, at 8:30 a.m. Space limited. (Last Class: March 2nd.)**



**Move & Groove:** Starting on Monday, January 22, at 10 a.m., we welcome back Sarah to get you moving and grooving again during her 10-session, dancercise workout. Class runs from January 22 to April 2, with NO CLASS on February 19. **Course fee: \$40 p.p., due during WALK-IN REGISTRATION on Thurs., December 21, at 8:30 a.m. Space limited.**