



Senior Focus

FEBRUARY 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

Before diving into our traditional "thank you" list (duly noting the wonderful, supportive people and organizations who helped us make our holiday endeavors so joyous) please remember that appointments, to receive income tax assistance, will be accepted on January 22nd. Rosanna is the only staff member making them; so, if she is busy, please leave her a message. She will respond to each one in timely manner; so, your patience is appreciated.

Also, please be sure to mark your calendar for our Empty Bowls kick-off brunch on Friday, March 9, 2018, at 10 a.m. Join us for a delicious breakfast and find out how you can fight hunger in America by supporting our local Food Pantries with a donated and decorated ceramic bowl for auction. We look forward to assisting Brookside fifth grade students with this worthy cause again. (Kick-off Registration fee: \$5 p.p.)

And, now, we wish to extend our appreciation to the following.... And, please note, if you do not see your name, it was certainly unintentional. Let us know; and, we will share your name in next month's issue:

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|---------------------------------|-----------------------------|
| After Hours Club of Whittingham | Diane Charleton |
| BCB Community Bank | Clearbrook Billiards Club |
| Rosalyn Blatt | Clearbrook Boomers |
| B'nai B'rith of Monroe Twp. | Concordia Holiday Fund |
| Boy Scout Packs #3 & #105 | Alfredo & Tina D'Alessandro |
| Boy Scout Troops #3, #54, & #60 | Kathleen Donnelly |
| Mike & Greta Brown | Joseph Drobney |
| | Ruth Dunn |

QUOTE OF THE MONTH

"Kindness is like the snow: it beautifies everything it covers"

~ Kahill Gibran

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|--|---|
| Lawrence & Roberta Fachler | Fannie Passarelli |
| Sara Finkelstein | PBA Local 255 |
| Lew & Great Fischberg | c/o Ray Gifford |
| Santa Giovanniello | The Ponds at Clearbrook |
| Mimi Gruber | Mary Jean Popowski |
| Stella Gumino | Monroe Twp. Police Dept. |
| Charlotte Greenberg | c/o Chief Michael Lloyd |
| GW Connections | Nativity of Our Lord Church |
| GW Friends Club | NJ Principals & Supervisors Association |
| Rosa Harris | Shirley Pores |
| I.C.A.M. | Laura Ram |
| Italian-American Club of RCC | Regency Culture Club |
| Sheilah Kaye | Regency Women's Group |
| Tracy Kenny | Sandra Rohlfs |
| Rodman & Kay Kober | Barbara Scott |
| Al Lanza | Thelma Seligman |
| Carol Marek | Singles of The Ponds |
| Eileen Mars | Lawrence & Ellen Stein |
| Marty Salmanowitz's Senior Social Club | Stonebridge Women's Club |
| Monroe Family Diner | Stop & Shop |
| Annette Newmark | Harold & Laurette Troger |
| | Richard & Elaine Vinopal |

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

Here's to Your Health!

Bagels Plus: On Friday, February 2, at 10 a.m., join Linda (The Gardens at Monroe) and Sheli (Always Best Care) as they host the topic of Advance Care Planning. Tina Ruane, Elder Care Coordinator, of Garland Elder Law Offices, discusses how to pick a healthcare agent, how to determine preferences for care, and who will make decisions for you if you cannot. Please register early.

Income Tax Assistance: From February 5 through April 10, on Mondays and Wednesdays, BY APPOINTMENT, AARP-trained volunteer tax counselors provide free income tax assistance to individuals with low-to-moderate incomes. Limited time slots available for those in need of transportation services. Tax appointments are made through one staff member; so, if Rosanna is not available, please be sure to leave a message. All messages will be responded to in the order that they are received.

Meet the Author, Arlene Maybloom: On Monday, February 12, at 2 p.m., meet Arlene Maybloom, author of "Sunshine on a Cloudy Day", which is a collection of poetry reflecting her highs and lows as a stroke and cancer survivor. Arlene shares these poems with you during this insightful reading session...straight from her heart. *Please register in advance.*

Your Salty Ways: On Wednesday, February 21, at 1:30 p.m., join Catherine Chan, RD, from RWJ Diabetes Education Clinic, for an informative session on your salt consumption. Discover how much salt we really need, identify salt heavy foods, and learn how to curb your salt cravings. *Please register in advance.*

Reduce Your Diabetes Risk: On Thursday, February 22, at 1:30 p.m., join Sandra Byer-Lubin, Certified Diabetes Educator with UMCP's Diabetes Management Program, to find out what normal glucose levels are and how to reduce your risk for diabetes and heart disease. *Please register in advance.*

Dealing with Loss: On Monday, February 26, at 1:30 p.m., Rabbi/Chaplain Bryan Kinzbrunner, from the Wilf Campus for Senior Living, discusses how to deal with different forms of loss and provides helpful coping tools during these dreary and cold winter months. *Please register in advance.*

Memory & Diet: On Tuesday, February 27, at 1:30 p.m., we welcome back Caryn Alter, RD, from CentraState's Star and Barry Tobias Health Awareness Center, as she explores the health benefits, for both your brain and body, with a delicious style of eating. *Please register in advance.*

Laughs, Lyrics, & Lectures

The Music of ABBA: On Thursday, February 1, at 1 p.m., enjoy all of the hits that this popular pop group, from Sweden, generated during the 1970's, in this music video collection of over 30 songs. From *Mamma Mia* to *Dancing Queen* to *Take A Chance on Me*, ABBA's music is timeless. *Please register in advance.*

ENCORES: On Friday, February 2, at 1:30 p.m., delight in eighteen stunning moments from the Metropolitan Opera, during this special DVD presentation, that features some of the greatest stars in opera. *Please register in advance.*

Karaoke with Rick: On Monday, February 5, at 2 p.m., join Rick as he fills the room with lovely tunes...and your favorites...while you select and sing along to the songs you love. It's a fun and interactive afternoon! *Please register in advance.*

The Salem Witch Trials: On Tuesday, February 6, at 1:30 p.m., explore the hysteria that was created more than 300 years ago during this DVD presentation about the Salem Witch Trials (February 1692 to May 1693). Discover the causes and results behind the accusations. *Please register in advance.*

Movie Times: On select days this month, enjoy a featured, oldie but goodie. On Wednesday, February 7, at 1 p.m., after the presentation about the Salem Witch Trials, follow-up with *THE CRUCIBLE* (starring Daniel Day-Lewis as John Proctor). Then, on Wednesday, February 14, at 1 p.m., get your laugh-on with *THE BIRDCAGE* (starring the late but always great, Robin Williams). *When registering, please note the movie title/date.*

Twin Obsessions: On Thursday, February 8 and 15, at 1:30 p.m., join Julian Davis as he unravels the complex tale of Henry Ford and his two obsessions: The Model "T" automobile and the promotion of an infectious brand of anti-Semitism. *When registering in advance, you will be automatically enrolled in both dates.*

Pizza Plus: On Friday, February 9, at Noon, enjoy a slice or two of pizza while viewing the movie classic, *MY FAIR LADY*, starring Audrey Hepburn. **Tickets: \$6 p.p., due upon registering in-person, in-advance.** *Space limited for optional viewing pleasure.*

Honest Look at Abe: On Tuesday, February 13, at 2 p.m. p.m., we welcome back Jim DelGiudice, photojournalist, as he examines images of Abraham Lincoln as they relate to the man, his times, and the evolution of press and celebrity photography. What made Lincoln, self-described as "tousled", such a popular subject for photographers? *Please be sure to register in advance. (TO DULY NOTE: In case of an inclement weather office closing, the snow date is February 20, at the same time.)*

Amazing Shadows: On Tuesday, February 20, at 1:30 p.m., learn more about the National Film Registry ~ a list of America's classic movie treasures. This DVD presentation, which is approximately 90 minutes in length, uncovers the debate and drama surrounding the creation of this cultural archive. *Please register in advance.*

Jerry's Travels: On Friday, February 23, at 1:30 p.m., sit back and enjoy Jerry's armchair tour of Scandinavia. After a stop at London, you will set sail on the Baltic sea to visit the Scandinavian capitals of Helsinki, Finland, Stockholm, Sweden, Copenhagen, Denmark, and Norway. *Please register in advance.*

Acoustic Café: On Wednesday, February 28, 2 p.m., we welcome Sheli Monacchio singer/songwriter/guitarist, of Caring Connections and Always Best Care, as she shares her original, musical stories relating to love, life, loss, and hope. This show is an intimate, “coffeehouse-style”, set up. Light refreshments, too! *Please register in advance.*

Artistically Speaking

Paper Trails: Starting on Tuesday, February 6, from 10:30 to 11:30 a.m., we welcome back Barb and Samantha, from PaperTrailsNJ, for this fun 3-Day Workshop (Feb. 6, 20, 27) where you will discover some tricks of the trade. Learn some DIY paper crafting methods and make two (2) cards per session. All supplies provided. Course fee: \$45 p.p., due in-person, in advance.

Mixed Watercolor: Starting on Thursday, February 22, 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 March 22.)

Watercolor Experience: Starting on Friday, February 23, 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: March 23.)

Let's Get Physical!

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

Chair Yoga: Starting on Thursday, February 1, at 9 a.m., join Eileen for this modified, 8-session yoga class with all yogic exercises performed while sitting. Relax your mind and improve your flexibility. Course fee: \$40 p.p., accepted on JANUARY 23, during walk-in registration. *Space limited.* (Last Class: March 22.)

Boot Camp: Starting on Friday, February 2, at 10 a.m., we welcome back Julie as she conducts this 10-session, circuit-style workout to help build strength, endurance, and agility with spikey balls and resistance bands. (No Class: March 30; Last Class: April 13). Course fee: \$40 p.p., accepted on JANUARY 23, during walk-in registration. *Space limited to ensure safety.*

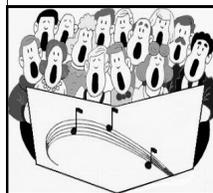
Beginners Tai Chi: Starting on Monday, February 5, at 11:15 a.m., join Siobhan for this 6-session workshop as you learn the various movements of T'ai Chi Chih, either standing or sitting. No kicking; no punching. Just gentle moves that help improve balance and decrease blood pressure. Beginners, and past students, are welcome to attend! (No Class: February 19; Last Class: March 19). Course fee: \$35 p.p., accepted on JANUARY 23, during walk-in registration.

Line Dancing: Starting on Wednesday, February 7, at 10:15 a.m., join Leslie for this 8-session line dancing class (Last Class: March 28). Course fee: \$40 p.p., accepted on JANUARY 23, during walk-in registration.

Up to Barre: On Friday, February 23, at 11:15 a.m., join Sarah for this 10-session, ballet-inspired workout that focuses on your core, mobility, and balance. Course fee: \$40 p.p., accepted on JANUARY 23, during walk-in registration. (No class: March 30; Last class: May 4.)

Transportation Services

Transportation, to and from the Senior Center for programs and appointments, is a free service available to all Township Seniors during our regular business hours. Please be sure to register in advance to lock-in your time slot. We will do our best to honor transportation requests made in the morning for the same day. For uninterrupted transportation services to our regularly scheduled activities, please renew your reservation by the 20th of each month. Questions? Please call the Office and ask for Claire.



The Monroe Township Chorus is looking for new members to join the 2018 concert season. IF YOU ARE A SOPRANO, ALTO, TENOR, OR BASS, COME SING WITH US every Tuesday, at 9 a.m., in the

Senior Center. For additional information, please call Sheila Werfel, Artistic Director, at 609-619-3229.

**WE DON'T SING BECAUSE WE'RE HAPPY,
WE'RE HAPPY BECAUSE WE SING!** 

“6-1-7” is a Friendly Area Code!

In case of Office delays or closings due to inclement weather, members will be notified via a global messaging system with a “617” area code. These calls can only reach members who are registered for a specific activity and who have provided an updated phone number for our database.