



Township of Monroe ~ County of Middlesex

Office on Aging & Senior Center

One Municipal Plaza, Monroe Township, NJ 08831

Visit Us on the Web:
www.monroetwp.com



732-521-6111

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

Senior Focus

March 2010

A Message from Bonnie Leibowitz, Director

The gloomy, cold days of winter are soon on their way out. Have you recently heard a good joke or read a funny comic? Find something to laugh about and share it. Laughter is such great medicine! Laugh everyday to ensure your good health!

We are very grateful to have all of the Tax Volunteers in connection with AARP to help individuals with income tax returns. Appointments are accepted for Monday and Friday time slots. Remember, the "Early Bird" gets the desired appointment time. So, be sure to call in advance to secure your appointment.

For those of you who are eligible to receive the "Blue Book" for the Property Tax Freeze, our Office will be glad to help you. However, you MUST have your 2009 tax return completed BEFORE you seek our assistance. Also, please note the following requirements: 1) You must have lived in NJ for 10 years; 2) You must be living in your present home, fulltime, for 3 years; 3) You must have two consecutive years of gross income not exceeding \$70,000 in 2008 and \$80,000 in 2009.

Put Life Back Into Your Life.... Do you have diabetes or are you a caregiver for someone who has diabetes? The NJ Department of Health and Senior Services is offering a 6-week, 2.5 hour course at the Senior Center in April. The course is free and the benefits are priceless! This program will begin on Thursday, April 15, at 1:30 pm. Get the support you need as well as practical ways to incorporate better nutrition and exercise into your weekly schedule. Learn easy relaxation techniques and

Quote of the Month:

"He who laughs last...." ~ Anonymous

see how simple taking better care of yourself can be by preventing complications to maintain your quality of life. Space is limited. For more information about **"TAKE CONTROL OF YOUR DIABETES/SELF-MANAGEMENT WORKSHOP**, please call me.

STAND UP AND BE COUNTED! The 2010 Census may have already arrived and your cooperation in filling out the questionnaire is vital to continuing the distribution of over \$400 billion in federal and state funds. Roads, transportation, Senior Centers, seats in the House of Representatives, designing facilities for people with disabilities, the elderly, and children all depend upon the completion of these questionnaires. The funds allocated to the **OLDER AMERICANS ACT** are directly impacted by individuals successfully returning these forms. You will make a difference! Please be sure to respond to the ten questions and return it. If you need assistance, come and visit us. We will be glad to help! Remind your family, neighbors, and friends to send the questionnaire back. ***We All Need To Be Counted!***



Happy Passover!

Passover Begins at Sundown
On Monday, March 29, 2010.



March Program News

Programs with a fee or coupon/ticket require **in-person** registration.



History of Jazz Series

On Monday, March 1, at 1 p.m., Michael Ferreira brings the music of Jazz to the Center during this DVD presentation. Episode 3: "Our Language" -- During the frantic days of the Twenties, with its speakeasies and dancehalls, the music now places more emphasis on the innovations of supremely gifted individuals, notably Bessie Smith, Bix Beiderbecke, Benny Goodman and Artie Shaw. Duke Ellington is hired by the Cotton Club of Harlem and Louis Armstrong returns to Chicago. (Each monthly episode requires separate registration.)

Scenic Cruises

On Tuesday, March 2, at 1:30 p.m., take a cruise around the world's most beautiful and exotic lands during this DVD presentation produced by Reader's Digest. Explore the exotic islands of Tierra del Fuego in Chile, the mysterious Rapa Nui statues of Easter Island, and the lush land and seascapes of New Zealand, Australia and Fiji.

Watercolor Workshop

Starting on Wednesday, March 3, from 1 to 3 p.m., dabble in watercolor as you learn techniques and tips from Maurice Mahler. This four session course (March 3, 10, 17, 24) costs \$35.00 per person, payable to "FRIENDS OF THE SENIOR CENTER, INC." In-person registration is required with payment. A supply list is available to students upon request. Space limited.

Let's Wii!

On select calendared days and times, reserve your Wii Time on March 4, 5, 23, 29, 30. Get ready to bowl, play baseball or tennis. To make an appointment or for more information, please call the Office.

The Art and Life of Georgia O'Keefe

On Monday, March 8, at 1 p.m., explore the work of Georgia O'Keefe, in her own words, during this DVD presentation provided by Maurice Mahler, Art Historian. You will see and hear what she created and why.

Romance with Nature

On Thursday, March 11, at 1:30 p.m., take a walk on the *World's Wildest Side* during this special DVD presentation produced by Reader's Digest. Be mesmerized by footage of

Ireland's pristine coasts and gentle hills, Austria's Alps and castles, and Alaska's icy paradise of Glacier Bay.

Stand Strong for Life

On Friday, March 12, at 1:30 p.m., learn how to decrease the number of falls and the severity of fall-related injuries. Eleanor Incalcaterra, MS, RN, Nursing Ed. Specialist, from RWJUH ENCARE program, provides this informative power-point presentation as well as educational materials and resources.

Handling Stress

On Monday, March 15, at 1:30 p.m., learn how to handle stress successfully. Life can be full of frustrations and demands. Running in "emergency mode" can create negative effects on your mind and body. Discover how you can protect yourself by recognizing the signs and symptoms of stress and learning how you can reduce its harmful effects. Mary Ricci, PHCS, leads this discussion and demonstrates relaxation techniques and exercises.

Movie of the Month

On Tuesday, March 16, at 1:30 p.m., enjoy the March Movie of the Month: WAKING NED DEVINE. In this 1998 comedy, the inhabitants of a small Irish town must convince authorities that Ned is still alive in order to collect his National Lottery Jackpot winnings. Will it be the "Luck of the Irish"? Join us and find out!

A Taste of Ireland

On Thursday, March 18, at 1:30 p.m., join Don Magee, owner of Amuse-Bouche Productions, as he shares and demonstrates three dishes that convey the feel and taste of Ireland: *Irish Potato Soup, Corned Beef & Cabbage Sliders, and Profiteroles*. Tasting included. Space limited.

Classical Destinations Series

On select Fridays, this month at 1:30 p.m., Michael Ferreira takes us on a journey of classical music which encompasses not only the music and composer but also the history of the destination. On **March 19**, we experience The Real Song of Norway (episode 3). See next page for more information....

More March Programs >>>



The S.C.O.R.E. Continues

Senior Center Opportunities for Recreation & Education

(CLASSICAL DESTINATIONS CONT.)

As we follow the life of beloved composer, Edvard Grieg, journey through magnificent mountains, ravines and fjords of Norway, ending in the capital of Oslo. (Each episode requires a separate registration per month.)

Art of the Masters: Albrecht Durer

Starting on Friday, March 19, at 2 p.m., we welcome back our friends from Creative Notions, LLC. Each month, an instructor will briefly discuss the life, works, and history of a specific artist. Then, for the bulk of the program, **16 participants, WHO HAVE OBTAINED A PROJECT COUPON UPON REGISTERING**, will create a personal or group masterpiece in the artist's style. This month, the focus is on Albrecht Durer's work in copper relief. **In order to obtain a coupon, REGISTRATION MUST BE DONE IN-PERSON.** Project Coupons are available while supplies last. Space limited.

The Life and Art of Renoir

On Monday, March 22, at 1 p.m., join Maurice Mahler as he hosts this DVD presentation on Pierre Renoir. With one painting, explore the era of the 1870's in Paris and the influence on a great artist.

Must See Places: Riches of Deserts & Wetlands

On Thursday, March 25, at 1:30 p.m., discover the timeless treasures of Australia during this three-part DVD presentation with Michael Ferreira as your host. This month, in episode 2, discover Kings Canyon's oasis, the wondrous Flinders Ranges, and ancient Kakadu's thundering waterfalls and rock art. (Each monthly episode requires separate registration.)

Founding Fathers Series

On Friday, March 26, this month at 1:30 p.m., learn about the men who shaped our Nation and changed the World during this 4-part DVD series hosted by Michael Ferreira. This month, **TAKING LIBERTIES (episode 2)** -- looks at revolutionary, historical characters: Patrick Henry, Benjamin Franklin, George Washington, and Thomas Paine's "COMMON SENSE". (Each monthly episode requires separate registration.)



Starting March 29th
- HAPPY PASSOVER! -

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.
- * **STROKE SUPPORT:** 1st Tues. at 2 p.m. Facilitated by St. Peter's University Hospital Staff
- * **CHAI CHAT/Hebrew Conversation:** 2nd Tues. at 3 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** (via Staff): 3rd Thurs. @ 10:30 a.m.
- ***Folk Dancing:** Thursdays at 9:30 a.m.
- ***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)



ABOUT CENTER TRANSPORTATION:

Please request transportation when you register for a program. You will be notified, the day before, regarding your pick up time. Please be ready 10 minutes prior to that time. If you need assistance, an aide must accompany you. Should you be unable to attend a program, please cancel both your program registration and transportation requests. Call Claire Kelly for details.

