



Senior Focus March 2017



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

Did you know that one out of every five children in New Jersey go to bed hungry? **Help fight hunger in America and help us make a difference by attending the Empty Bowls Kick-Off breakfast on Friday, March 10, at the Senior Center.** This 2nd Annual Fund-raiser helps Brookside students raise money to donate to 5 different Food Pantries throughout the State. The Food Pantry of Monroe Township is among them. Learn more about dates to create your ceramic bowl masterpiece (April 28 and May 5) as well as the Silent Auction and Dinner set on June 7th for this special, intergenerational project. **For ticket information, please read about the Empty Bowls Kickoff in the "MUSIC & MORE" section of this newsletter, on page 3.**

Our newest member and Social Worker of the team, Susan Schwartz, has been getting her feet wet while meeting many people who have had the opportunity to use her services. **Susan is available for counseling and brings to us a wealth of resources, especially in caregiving.** We are thrilled to have her on board! Please join us and meet her on February 28, at 1:30 p.m., for a special Meet & Greet and light refreshments. Registration is required.

For anyone who is 90+ years old, please be sure to mark your calendar for the annual **90's Birthday Bash** scheduled for **Monday May 15, at the Old Bridge Senior Center.** Sign up will commence in mid-April. There will be limited transportation available from the Senior Center. In addition, if you would like to join our **Roaring 90's program**, then please give me a call. This

QUOTE OF THE MONTH

"Believing you are beautiful, you will blossom. Believing you are brilliant, you'll dazzle everyone. Believing you can make a difference, YOU WILL CHANGE THE WORLD."

~ Copied from Breathinghappiness.com

reminiscing group is for the young-at-heart folks, age 90 and up. The first meeting of the season is set for Wednesday, April 19, at 1:30 p.m. — by invitation only. So, if you are interested, please be sure to register with me first. And, to duly note, homemade desserts are always on the menu.

Sometime in late February, your **Property Tax Reimbursement** (the "blue book") will be mailed to you. In order to receive assistance from Laura, Susan, or me, you must have your income tax return completed AND the Tax Collector must fill out a specific section on the form. If these two items are not completed, then we will not be able to help you. Please call if you have any questions. Thank you.

"6-1-7" is a Friendly Area Code!

In case of office delays or closings due to inclement weather, program participants will be notified via a global messaging system. The phone number generates out of Boston, Mass.,



with a "617" area code. Please note that these calls can only reach members who are registered for a specific activity and who provided an updated phone number in our database.

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

Good For You!

Income Tax Assistance: In progress since February 1st, and concluding on April 12th, AARP-trained, Volunteer Tax Counselors provide free income tax help for individuals with low-to-moderate income - **BY APPOINTMENT - on Mondays and Wednesdays.** Transportation is available at select times. *Please leave a message for Rosanna and she will promptly return your call. On your appointment day, please bring in last year's return as well as ALL pertinent tax info AND your Social Security Card.*

Property Tax Relief Program: On Thursday, March 2, at 1:30 p.m., representatives from the NJ Division of Taxation will discuss the following topics: Property Tax reimbursement, Homestead benefits, as well as benefits for seniors and veterans. On a first-come, first-served basis, answers to your PTR form questions will be addressed. *Please register in advance.*

Bagels Plus: On Friday, March 3, at 10 a.m., join Linda, from The Gardens at Monroe, for bagels and smear as she and Sheli, from Caring Connections, highlight the newest member of the Office of Senior Services. The spotlight is on Susan Schwartz, CSW, and her role. *Please register by 2/28.*

Hearing Loss & Staying Connected: On Friday, March 3, at 1:30 p.m., Regina Criscione, Sc.D., audiologist from JFK Outpatient Center in Monroe, provides this informative lecture on the dynamics of hearing, hearing loss, communication strategies, and devices to assist with hearing loss. *Please register in advance.*

The Top Ten: On Monday, March 6, at 2 p.m., Mary M. Bridgeman, Pharm. D., BCPS, RWJUH, Ernest Mario School of Pharmacy, discusses what key questions you need to ask when you visit your neighborhood pharmacist — who is a local resource for all of your prescription and ‘OTC’ medication related questions. *Please register in advance.*

Hearing Screening: On Friday, March 17, by appointment, between 1 and 3 p.m., Regina Criscione, audiologist, returns to provide free hearing screenings. Please note: this screening is not recommended for individuals who already wear hearing aids. *Limited appointment times available.*

Viral Jeopardy: On Monday, March 20, at 1:30 p.m., find out how smart you are as your answers are the questions in this interactive game centered on “health”. Topics include: viruses around the world, illness prevention, and much more. Have fun while learning some new information to wow your friends with Michael Yannotta, RN, Director of Nursing, at The Martin and Edith Assisted Living Residence, The Wilf Campus for Senior Living. *Please register in advance.*

Nutrition Inquiza-Quest: On Thursday, March 23, at 1:30 p.m., we welcome back Caryn Alter, MS, RD, of Centra-State’s Star and Barry Tobias Health Awareness Center, for some learning, laughter, and prizes. This is your chance to test your nu-

trition knowledge while having some fun! *Please register in advance.*

Memory Screening: On Friday, March 24, by appointment, between 10 a.m. and Noon, take this opportunity to receive a memory screening, consisting of a series of questions and/or tasks designed to test memory, language skills, and other intellectual functions. This 15-minute screening, with results review, is strictly confidential and is not used to diagnose any particular illness. Presented by: Princeton Medical Institute. *Limited appointments available.*

Science Today/Sustainable Organic & Community Supported Agriculture: On Tuesday, March 28, at 1:30 p.m., Sherry Dudas, owner of Honey Brook Organic Farm, with over 10 years of conservation and farmland preservation experience, discusses how its Community Supported Agriculture program serves over 4000 families without using synthetic pesticides or fertilizers. From providing quality organic produce at reasonable prices to ensuring safe working conditions and livable wages for farmworkers, Ms. Dudas shares the story of the farm, including threats to its future viability. Hosted by Vivian Schwartz, Science Today Facilitator. *Please register in advance.*



Stressing & Gaining: On Thursday, March 30, at 10:30 a.m., Holly Faas, RN, Brook Health Care, LLC, discusses how stress can actually make us gain weight — even when we are not eating. The body’s response to stress depends on how we deal with it. Find out how to manage stress in a less fattening way. *Please register in advance.*

Music and More!

Old Blue Eyes: On Wednesday, March 1, at 1 p.m., enjoy this 1982 video concert featuring Frank Sinatra and special guests including Buddy Rich, on drums, and Tony Mottola, on guitar. Hosted by: Michael Ferreira. *Please register in advance.*

Mike & Ted Present: On Wednesday, March 8, at 2 p.m., our friends, Michael and Ted, for WWFM’s “The Classical Network” discuss the life and six decade career of Debbie Reynolds. Enjoy songs from her early film roles through her later stage work along with a look at her often tempestuous life off-screen. *Please register in advance.*

Empty Bowls Kick-Off Breakfast: On Friday, March 10, at 10 a.m., enjoy a catered brunch and join Monroe Township students as they fight hunger in America and seek your support. Find out how you can get involved by painting bisque ceramic bowls for the silent auction in June. Learn more about this worthwhile, intergenerational endeavor.



or. Tickets: \$5 p.p., due upon registering in-person no later than March 3.

Jerry's Travels: On Friday, March 10, at 1:30 p.m., sit back and relax as Jerry takes you on an armchair adventure and shows you the historical sights of Washington, D.C. during this two-part journey. From museums to monuments to memorials, immerse yourself in the wonders of our nation's Capital. Part II is scheduled for Friday, April 28, at the same time. *When you register for this program, you will be automatically enrolled in the April session. If you are unable to attend next month's lecture, please indicate "MARCH ONLY" when you register.*

Karaoke with Rick: On Monday, March 13, at 2 p.m., enjoy some seasonal songs performed by Rick Purcell; and, then, get your pipes ready to sing your favorite tunes. Light refreshments, too! *Please register in advance.*

Thomas Elefant's Musical Lectures: On Wednesday, March 15, at 1:30 p.m., Thomas Elefant examines INCREDIBLE RHYTHM where he explores the dynamic elements of rhythm in some of the most beloved melodies. Then, on Thursday, March 16, at 1:30 p.m., Mr. Elefant returns to provide an analysis on the popular music of Tchaikowsky's SWAN LAKE. *When you register in advance, please note which programs you wish to attend.*

Zeigfeld Girls: On Wednesday, March 22, at 1:30 p.m., Marty Schneit, Historian and born/bred New Yorker, provides this discussion on Florenz Ziegfeld, known as the "glorifier of the American girl." The PowerPoint presentation will include Irving Berlin, Anna Held, Justine Johnston, Fanny Brice, and many others, along with the songs, "My Man", "Love Me or Leave Me" and "A Pretty Girl is Like a Melody". *Please register in advance.*

David Aaron Presents: On Wednesday, March 29, at 1:30 p.m., join David Aaron as he explores the origins and evolution of THE ED SULLIVAN SHOW, that ran from 1948 to 1971...one of the longest running shows in broadcast history. *Please register in advance.*



The Sensational 60's: On Friday, March 31, at 2 p.m., enjoy the music of the 1960's as we welcome back Kris Phipany to our stage. Sing along to the diverse music of this era featuring Motown, Folk, Country, and Broadway. Sponsored by Senior Helpers and Atrium Health. *Please register in advance.*

Artistically Speaking

Acrylics, All Levels: Starting on Tuesday, March 7, at 10 a.m., join Andrea for this 3-day workshop (March 7, 21, 28) for both the experienced painter as you apply different techniques with acrylics. *Two distinct class fees:* 1) for the novice (requiring supplies), it is \$45 p.p.; and, 2) for the experienced

student (no supplies), it is \$20 p.p. *Space limited; and, in-person registration is due by 3/2.*

Experienced Transparent Watercolor: Starting on Wednesday, March 8, at 10 a.m., join Joanne for this 6-session workshop designed for students who have taken a watercolor basics class or have many years of experience painting in this medium. Enhance your skills by studying how to handle the paints, brush work, value and composition. **Class Fee: \$60, due upon registering in-person, in advance.** *An additional material fee of \$10 will be paid directly to the instructor on the first class. Space limited!* (Please note: homework is sent to students via email.)

Soft Pastels Demo & Class: On Tuesday, March 14, at 1:30 p.m., learn what soft pastels are all about as Shelly Wish demonstrates how to use this medium to create beautiful portraits during this free session. Interested participants can sign up for the class either before or on the day of the demonstration. **THE CLASS begins on Tuesday, March 21, at 1:30 p.m.,** for 5 sessions (3/21, 3/28, 4/4, 4/18, 5/2). **Course fee: \$50 p.p., due upon registering in-person. Space limited. Separate registration required for demo and class.**

Art of the Masters: On Friday, March 17, at 2 p.m., we welcome back Cristina, from Creative Notions, LLC, as she briefly discusses the life and artwork of Michelangelo Buonarroti. Then, members, who have received a PROJECT COUPON (when they have registered in-person, in-advance) will create a group masterpiece in the artist's style using tempera paint. *For those solely interested in the lecture, please feel free to register by phone.* Space limited for both the lecture and project.

Exercise Your Options

Line Dancing: Starting on Wednesday, March 22, at 9:15 a.m., we welcome back Leslie as she returns to provide her 1.5 hour, line dancing class that consists of 10-sessions. Enjoy dancing to all different styles of music. Please be sure to wear shoes that "glide". (No sandals or high heels.) **Class fee: \$40 p.p., due upon registering in-person, by March 17.**

Zumba Gold: Starting on Friday, March 24, at 9 a.m., join Fran for this 8-session Latin-infused, exercise class that will get your hips moving and the calories burning. **Course fee: \$40 p.p., due upon registering in-person, in advance. (No class on April 7 and 14).** Space limited to ensure safety.

Tai Chi for Intermediates: Starting on Monday, March 27, at 11:15 a.m., Siobhan continues to provide instruction for individuals who have previously taken the full beginners' class. This 6-session program focuses on the 19 movements taught in the beginners' class with gentle guidance offered when appropriate. **Course fee: \$30 p.p., due upon registering in-person, in advance.** 15 students are required to conduct this program. *Please be sure to register by March 22nd.*