



# Senior Focus

## April 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](http://www.monroetwp.com)

#### Message from Bonnie Leibowitz, Director

*The Staff and I would like to wish you and yours a very Happy Passover, Happy Easter, and Happy Spring!* Springtime symbolizes renewal; and, it is our hope that you will “renew” and rejuvenate at the Senior Center by participating in all of our offerings for recreation, education, and socialization. Feel free to visit our café, during our office hours, and have a cup of tea or coffee. We look forward to seeing you; and, I always have a piece of chocolate, in my office, waiting for you....

**We kicked off the Empty Bowls Project in March; and, we hope we can count on your support** to help Brookside 5th graders fight hunger in America. Join the children, on Fridays, April 28th and May 5th, at 10 a.m., in our art room, to paint and decorate a bisque, ceramic bowl for our special auction in June. Please sign-up to paint at the front desk. *Any questions about the evening auction event?* Please feel free to contact me.

**Do you know about our FRIEND IN NEED PROGRAM?** If you or a loved one are in need of homecare (after coming home from rehab or a hospital) you might be eligible to receive assistance via this program. This is a short-term service for individuals who would not be able to afford homecare; and, as a result, to be eligible, strict financial requirements must be met. FRIEND IN NEED provides homecare for a few weeks only and for a limited number of hours. Please call our social worker, Susan P. Schwartz, for further information. This program is made possible by a grant through the Township; and, we are very thankful to the administration for allowing us to be the only Senior Center that offers homecare assistance.

**Did you receive your Property Tax Form (the Blue Book)?** If you need assistance in filling out this form, we are available, by appointment. **However, please be sure to visit the Tax Collector’s Office first** before your appointment. A specific section of the form must be com-

#### QUOTE OF THE MONTH

*“The joy of life comes from our encounters with new experiences, and hence there is no greater joy than to have an endless changing horizon, for each day to have a new and different sun.”*

*~ Chris McCandless and Alexander Supertramp*

pleted there. Of course, if you have any questions, please give Laura, Susan or me a call.

**If you are looking for support, we got it at the Senior Center!** With support groups for specific concerns, like Diabetes, Parkinson’s, Caregiving for Alzheimer’s, and Cancer Care, the Senior Center opens its doors to these professionally led groups. Also, if you are in need of a friendly, supportive ear, Susan P. Schwartz, our Social Worker, is available by appointment. This is a free service. For more information or assistance, please call the Office.

#### “6-1-7” is a Friendly Area Code!

In case of program changes/cancellations or delays/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.

#### **Mark Your Calendar for the M.T. Chorus!**

Join The Monroe Township Chorus as they honor all Veterans of the Armed Forces during a free concert at the Richard P. Marasco Performing Arts Center, on Thursday, May 18, 2017, at 7:30 pm. For more information, please contact Sheila Werfel, Artistic Director, at 609-619-3229.

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

# Good For You!

**Income Tax Assistance:** Ending on April 12th, AARP-trained, Volunteer Tax Counselors provide free income tax help, *BY APPOINTMENT*, on Mondays and Wednesdays. Transportation is available at select times. Please contact Rosanna for available appointments.

**Lunch...& Learn about Knee Pain:** On Friday, April 7, at 12:30 p.m., Dr. Alvin F. Micabalo, member of the American Osteopathic Association, discusses osteoarthritis of the knee and explores the various treatment options available that depend on the cause of pain. After the seminar, the doctor will be available to answer questions. *The Lunch & Learn is sponsored by: DePuy Synthes, Mitek Sports Medicine. Please register in advance.*

**Brain Games:** On Monday, April 10, and Tuesday, April 11, at 1 p.m., discover how your brain plays tricks on you during this repeat, two-part DVD presentation. On Monday, it's time to "PAY ATTENTION"; and, on Tuesday, you will need to "REMEMBER THIS." These games will certainly get you thinking about the complexity of the brain. *When registering in advance, please be sure to list each program date you wish to attend.*

**Perception and Forgiveness:** On Thursday, April 13, at 1:30 p.m., Keri Zoumas, from Greater Expectations, LLC, invites you to embrace self-mastery and a positive mindset. Her seminar focuses on people's perceptions and how they impact relationships and their ability to forgive. Through examples and exercises, explore how different perspectives cloud our vision and rob us of our own happiness. *Please register in advance.*

**Better Bridge Partner:** Starting on Tuesday, April 18, from 1 to 3:30 p.m., join Janet Wood for this 10 session class (last session: 6/20) as she helps you become a better player by teaching you how to become a better Bridge Partner. This course is NOT suitable for beginners. *Course fee: \$25 p.p., due upon registering in-person, in advance. Space limited.*

**Stroke Signs:** On Tuesday, April 18 at 1:30 p.m., Ellen Ciacciarelli, RN, MS, Nurse Practitioner and Stroke Coordinator, CentraState Medical Center, discusses the signs and symptoms of stroke as well as risk factors and prevention. *Please register.*

**Bagels Plus:** On Friday, April 21, at 10 a.m., join Linda, from The Gardens at Monroe, for bagels and smear as she and Sheli, from Caring Connections, host a discussion on Assisted Living facilities that includes an overview of services, benefits, and what you need to know. *Please register in advance.*

**Matter of Balance:** Starting on Friday, April 21, from 2 to 4 p.m., CentraState Healthcare System brings this 8-session program to the Senior Center that is designed to help seniors manage falls and increase activity levels. Classes meet on Mondays and Fridays; and, participants must attend all sessions: April 21, 24, 28, May 1, 5, 8, 12, 15. *Space limited for NEW students only!*



*For repeat participants, please call after April 12.*

**Get Organized:** On Friday, April 21, at 1:30 p.m., find out what to do with your space and stuff. Professional Organizer, John Odalen, gives organizing tips specifically for the older adult. Topics include: *Aging in Place, Downsizing, Creating a Plan, and Preparing for Emergencies.* Hosted by: The Wilf Campus for Senior Living. *Please register in advance.*

**AARP Drivers Safety Class:** On Tuesday, April 25, at 8:45 a.m., enhance your driving skills during the AARP's Drivers Safety Class. For more information and space availability, please contact Rosanna at the office.

**What is Aromatherapy?:** On Thursday, April 27, at 1:30 p.m., Robin B. Kessler, CA of RBK Aromatherapy, shows you how to apply various oils safely as an alternative method for pain and stress management, anxiety, sinus problems, and skin issues. A door prize will be given away at the end of her discussion. *Please register in advance.*

# Music and More!

**Duke Ellington:** On Monday, April 3, at 1:30 p.m., join Dr. Karen Zumbrunn as she discusses the life and career of Duke Ellington and performs favorite songs such as *A Train, Perdido,* and more. Ellington is generally considered to have elevated the perception of jazz to an art form. *Please register in advance.*

**Fred Miller Presents:** On Tuesday, April 4, at 1:30 p.m., Fred Miller returns to the Senior Center to provide his "Lecture-in-Song" that focuses on *"Postwar Prosperity and Rise of Rock"*. Miller points out various historical items of popular culture, crazes, new inventions, and most importantly, the popular songs between the 1940's and 1950's. *Please register.*

**The Struma:** On Thursdays, April 6 and 13, at 10:30 a.m., Julian Davis returns to share another tragic event on the Black Sea as a follow-up to his presentation of "Voyage of the SS St. Louis." One of the largest, exclusively civilian navel disasters of WWII, "The Struma & The Holocaust of the Sea" is an epic story of mankind's efforts to survive and the cost of hatred that continues to claim innocent lives. *Please register in advance.*

**Babe Ruth and Johnny:** On Thursday, April 6, at 1:30 p.m., Andrew Lilley showcases his documentary, *"I'll Knock a Homer for You: The Timeless Story of Johnny Sylvester and Babe Ruth."* During the 1926 World Series, Babe Ruth made a promise to an ailing boy from NJ. In Game 4, that promise became legend. Johnny Sylvester is Andrew's great-uncle and he was able to share this story from an unique perspective. Q&A period. *Please register in advance.*



**Mike & Ted Present:** On Wednesday, April 12, at 2 p.m., our friends, Michael and Ted, for WWFM's "The Classical Network" discuss the life and career of Harry Warren. His name might not be familiar, but his songs from films like,

THE GREAT ZIEGFELD and THE GOLD DIGGERS, will certainly ring a bell. *Please register in advance.*

**Louis Armstrong:** On Monday, April 17, at 1:30 p.m., Gordon James returns to share the music and lifework of "The Ambassador of Jazz". This program is filled with interesting stories and features many great songs that made Armstrong famous, like "Hello, Dolly." *Please register in advance.*

**The Jewbadors:** On Thursday, April 20, at 1:30 p.m., enjoy an entertaining afternoon of humor, music, and culture as The Jewbadors perform their show, "I 'Chaim" and sing in Yiddish, Hebrew, and English. *Please register in advance.*

**Featured Presentation:** On Monday, April 24, at 1:15 p.m., in honor of Holocaust Remembrance Day, experience THE BOY IN THE STRIPED PAJAMAS. It's a bittersweet and poignant film that deals with the Holocaust in a very unique way. (Be sure to bring plenty of Kleenex.) *Please register.*

**About Frank Sinatra:** On Tuesday, April 25, at 1:30 p.m., during this musical lecture, Marvin Fischer talks about The Chairman of the Board's life and plays some of the songs, on the piano, that Old Blue Eyes made famous. *Please register in advance.*



**The Roosevelts:** On Thursday, April 27, at 10:30 a.m., we welcome back Irene Curran, retired Monroe Township teacher and history lecturer, as she discusses the "Power Couple of the 1940's". Frank and Eleanor fought many obstacles to do the "right" thing for the American people. *Please register.*

**Jerry's Travels:** On Friday, April 28, at 1:30 p.m., sit back and relax as Jerry takes you on PART 2 of his armchair adventure through Washington, D.C. and all of its historical wonder. *Please register in advance.*

## Artistically Speaking

**Mixed Watercolor:** Starting on Thursday, April 13, at 12:30 p.m., join Jeremy for this 5-session, multi-level watercolor class. Acrylics and other water media may be incorporated, if desired. Use of both natural and synthetic papers will be explored. Bring out your own individual style. *Course fee: \$50 p.p. Supply list available upon registering in-person. Space limited. (Last class: 5/11.)*

**The Artful Easel:** On Tuesday, April 18, from 10 a.m. to Noon, we welcome Lori to our creative crew as she brings socialization and painting to the Center. Discover your inner artist (no experience required) while you create your own masterpiece on canvas to take home. *All art supplies provided. Course fee: \$10 p.p., due upon registering in-person. Space limited.*

**Art of the Masters:** On Friday, April 21, at 2 p.m., join Cristina, from Creative Notions, LLC, as she briefly discusses the life and artwork of Robert Rauschenberg. Then, 16 mem-

bers, who have received a PROJECT COUPON (available upon request when registering in-person) will create an individual masterpiece in the artist's style using mixed media. *Interested in the lecture only? Please register by phone. Space limited.*

**Watercolor Experience:** Starting on Friday, April 28, at 12:30 p.m., join Jeremy Taylor for her 5-session, watercolor class for beginners/advanced beginners. Explore watercolor technique and fulfill your individual style. Demos, one-on-one critiques, and more will be provided. *Course Fee: \$50 p.p., due in-person, in advance. Space limited. Supply list available upon request. (No class: 5/19; Last class: 6/2.)*

## Exercise Your Options

**Body Works:** Starting on Tuesday, April 4, at 9:30 a.m., Julie provides this 10-session low-impact aerobic and weight resistance class that meets on Tuesdays (*resistance bands*) at 9:30 a.m. and Thursdays (*light hand weights*) at 10:30 a.m. *Class fee: \$40 p.p. In-person registration begins on Wednesday, March 22, during regular business hours. Please be sure to include your payment with your completed registration form.* Previous participation does NOT guarantee enrollment. *Space limited to ensure safety. (NO CLASS: 4/11 and 5/4; Last Class: 5/11.)*

**Triple 15:** Starting on Tuesday, April 4, at 10:30 a.m., join Deb for this 10-session, total toning program that provides three separate 15-minute routines for the upper and lower body as well as low impact aerobics for the total body. Students need light hand weights and bottled water. *Class Fee: \$40 p.p., due upon registering in-person, before March 28. (No Class on: 4/11. Last Class: 6/13.) Space limited.*

**Chair Yoga:** Starting on Thursday, April 13, at 9 a.m., join Eileen for a modified, 8-session, yoga class with all yogic exercises performed on the chair. (*Last Class: June 1*). Relax your mind and improve your flexibility. *Class fee: \$40 p.p., due upon registering in-person, no later than April 5. Space limited to ensure safety for all.*

**Move & Groove:** Starting on Monday, April 17, at 10 a.m., join Sarah for this 10-week dancercise workout that will help you burn calories and increase your endurance. (No class on: 5/29; Last Class: 6/26.) *Class Fee: \$40, due upon registering in-person, before April 12. Space limited to ensure safety.*

**Boot Camp:** Starting on Friday, April 21, at 10 a.m., join Julie for this 45-minute, 10-session circuit training program that focuses on endurance and total body strength with spikey balls and resistance bands. *Course fee: \$40 p.p., due upon registering in-person, no later than April 13. Space limited to ensure safety. (No Class: 5/5; Last Class: 6/30.)*

**Up to Barre:** Starting on Friday, April 21, at 11 a.m., join Sarah for this 10-session, ballet-inspired exercise program that promote flexibility, strength and balance with light hand weights. *Course fee: \$40; due upon registering in-person, before 4/13. (Last class: 6/23.)*