



# Senior Focus

## APRIL 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 Spring!*  
**Happy Easter! Happy Passover!**  
Springtime brings new blossoms and opportunities for renewal.



We hope you will “refresh” at the Senior Center by participating in all that we have to offer. From support groups to art classes, from PTR assistance to musical programs, we have something for everyone; and, we welcome you all!

Speaking of PTR assistance, **the Outreach team (Susan, Laura, Scott, and me) will be happy to help you complete your Property Tax Reimbursement form—the Blue Book—by appointment after your income tax return is finalized.** The Tax Collector’s Office needs to complete a portion of this form first; so, please be sure to visit that office prior to your appointment with us. Also, please bring your 2016 and 2017 income tax information to your appointment.

Our Empty Bowls project, with students from Brookside school, is underway; and, we hope you will support this special, intergenerational event. **On Fridays, April 20 and 27, at 10 a.m., join the students, in our art room, as they paint bisque ceramic bowls for the Silent Auction and Dinner scheduled for June 8th.** Please be sure sign-up for the bowl painting at the front desk to help us raise awareness of hunger in America and raise money for five local food pantries. If you have any questions, please feel free to contact me.

**For our “90 years young” (and over) members: please save the date for the 90’s Birthday Bash, in Old Bridge, to celebrate YOU! Join us on May 31, 2018, for a lovely afternoon filled with music, plentiful**

#### QUOTE OF THE MONTH

*“In life, you will realize there is a role for everyone you meet. Some will test you, some will love you, and some will teach you. But the ones who are truly important are the ones who bring out the best in you. They are the rare and amazing people who remind you why it’s worth it.” ~ Author Unknown*

lunch, and an incredible group. Please call me to placed on the list as we have limited transportation to this event. Also, please feel free to ask about our Roaring 90’s reminiscent sessions. The next one is set for April 11th and attendance is by invitation only.

Besides exercise classes and musical lectures, our Office also provides one-on-one support services with Susan Schwartz, CSW; sells books of stamps; provides Notary services (*by appointment*); and more! If you have any questions about these and other services that we offer – OR – would like a tour of our beautiful building, then please reach out to me.

**Lastly, we would like to extend our best wishes to Sharon Margolin as she starts the next chapter of her life called “RETIREMENT”.** Over the past 11 years, she has handled many encounters and registrations at the front desk. Her last day is on March 29th; and, if you would like to send her “*Good Luck Wishes,*” then please ask to see me between now and March 26th.

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

**MARK YOUR CALENDAR for Sunday, May 20, at 2 p.m.**  
*The Monroe Township Chorus Celebrates “America, The Beautiful” in the Richard P. Marasco Performing Arts Center.*  
**Questions? Please contact Sheila W., Director: 609-619-3229**

### Here's to Your Health!

**Estate Planning:** On Wednesday, April 4, at 2 p.m., Carl Archer, Esq., presents this informative seminar on basic estate planning which includes: Wills, Powers of Attorney, and Healthcare Proxy documents. *Please register in advance.*

**Bagels Plus:** On Friday, April 6, at 10 a.m., join Linda (The Gardens at Monroe) and Sheli (Always Best Care) as they host the topic of Advance Care Planning with speaker, Tina Ruane, Elder Care Coordinator, of Garland Elder Law Offices. Please register in advance. (Rescheduled lecture from February.)

**iPhone Basics, Again:** On Mondays, April 9 and 23, at 2 p.m., discover all the amazing things that your iPhone or iPad can do during this hands-on workshop with Joel and Arthur. *Please be sure to bring your iPhone each day! Space limited! A commitment fee of \$5, to benefit the Township Food Pantry, is due in-person, in advance.*



**Stress Management:** On Wednesday, April 11, at 1:30 p.m., learn how to identify your stressors and discover some helpful techniques to help you reduce them. This program is sponsored by The Oscar and Ella Wilf Campus for Senior Living and will be presented by Toby Ehrlich, LCSW. *Please register in advance.*

**Knee Pain Brunch:** On Friday, April 13, at 9:30 a.m., enjoy a light “bagel in a bag” breakfast right before Dr. Polakoff, Orthopedic surgeon, discusses PRP (Platelet Rich Plasma) injections. Discover how PRP stimulates new healthy cells and promotes faster healing. Sponsored by Johnson & Johnson, DePuy Synthes Mitek Sports Medicine. *Space limited. Please register early.*

**Drivers' Safety:** On Tuesday, April 17, 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.*

**CPR Class:** On Thursday, April 19, at 10 a.m., The Family & Friends CPR program offers this free opportunity to learn CPR, and basic first aid, without the receipt of a course completion card. *Space limited. Please register in advance.*

**Osteoarthritis & You:** On Monday, April 23, at 10 a.m., join Dr. Bert Parcels as examines what happens to your joints (with an osteoarthritis diagnosis) and explores treatment options available during this “bagels & bones” session. Sponsored by Seaview Orthopaedic & Medical Associates. Door prize chance, too! *Please register in advance.*

**Guided Imagery:** On Wednesday, April 25, at 1:30 p.m., join Nadine Roberts, Certified Integrative Guided Imagery Practitioner, from RWJUH, for this relaxation session using creative visualization. Learn how to de-stress at home, too! *Space limited. Please register.*

**Ringling in Tinnitus:** On Friday, April 27, at 1:30 p.m., join Regina Criscione, CCC-A, audiologist, JFK Outpatient Center in Monroe, for an informative discussion about the causes and treatment options for tinnitus. *Please register in advance.*

**Judy's Meditation:** On Monday, April 30, at 2 p.m., we welcome back Judy Kalman as she provides her silent meditation

session to help you find inner peace and calm. *Space limited. Please register early.*

### Laughs, Lyrics, & Lectures

**Fred Miller Presents:** On Tuesday, April 3, at 1:30 p.m., we welcome back Fred Miller to offer his “Lecture-in-Song” with a “Old World/New World” look at the careers and music of Kurt Weill and Vernon Duke. *Please register in advance.*



**Newark Museum Highlights:** On Thursday, April 5, at 1:30 p.m., discover Asian treasures, African art, ancient classical artifacts and more during this armchair tour that highlights all that the Newark Museum has to offer. *Please register in advance.*

**Double Down Day:** On Friday, April 6, at 2 p.m., take a chance and join us for a day of cards, wheels, slots, and luck. In conjunction with The Gardens at Monroe, enjoy an “Atlantic City-ish” day at the Center. **TICKETS: \$5 p.p., due upon registering in-person, in advance. No refunds after 4/3. Space limited.**

**Shakespeare's England:** On Monday, April 9, at 2 p.m., join Shirley Reich as she shares “what’s up” with Shakespeare with an up-to-date look at the man and his times. *Please register.*

**Music of the 20th Century:** On Tuesday, April 10, at 1:30 p.m., travel musically through the decades with Marvin Fischer, pianist and storyteller, as he “plays” homage to the talented songwriters of the 20th Century. *Please register in advance.*

**Only a Number:** On Thursday, April 12, at 1:30 p.m., Steven H. Besserman, writer/director/producer of the award-winning independent documentary, shares the story behind his film, **ONLY A NUMBER** — a true story of the Holocaust and the struggle to survive, to love, and to remember. *Hosted by The Gardens at Monroe. Please register in advance.*

**Cooking Class:** Starting on Friday, April 13, from 1 to 3 p.m., we welcome back Chef Jason, from Cheslea Senior Living, for this 4-day course (April 13, 27, May 4, 11) featuring farm-to-table produce. Enjoy the fruits of your labor on the last day of class. Class fee: \$10 p.p., due upon registering in-person, in advance. *Proceeds to support the Empty Bowls Project. Space limited. Please register.*

**Agging, Schmaging:** On Friday, April 13, at 2 p.m., Naomi Miller brings us her new show that focuses on those 60+ performers who are still going strong AND who are still hot! From the best of the divas (Dolly Parton, Bette Midler, Gloria Estefan) to songs from the gents (Tony Bennett, Stevie Wonder, Neil Sedaka) Naomi weaves the theme of fulfilling items from her bucket list into the act. *Please register in advance! Space limited.*



**Kasztner's Train:** On Mondays, April 16 and 23, at 1:30 p.m., join Julian Davis as he unfolds the true story of Rezso Kasztner, a Jewish-Hungarian journalist and lawyer who became known for having helped Hungarian Jews escape during the Holocaust...and who was thought to have sold his soul to the devil. *Unless otherwise noted, members will be automatically enrolled in both sessions. Please register in advance.*

**Music of Frank Loesser:** On Tuesday, April 17, at 1:30 p.m., we welcome back Dr. Karen Z. for a fun and musical look at the songs written by Loesser. *Please register early.*

**Rise of Rock & Roll:** On Wednesday, April 18, 1:30 p.m., Gordon James discusses and sings about the rise of rock and roll in the 1950's. It was a decade of TV commercials (like *Speedy Alka-Seltzer*) with the decline of jazz and the rise of new artists, like Elvis, The Platters, Frankie Avalon, Ray Charles, and more. *Please register early.*

**Princeton and The American Revolution:** On Thursday, April 19, at 1:30 p.m., join Barry Singer as he examines Princeton's history and the American Revolutionary War including the remarkable events of the "Ten Crucial Days". Hear stories, often spoken in the soldiers' own words, of their sacrifice, bravery, and perseverance. *Please register in advance.*

**The Jewbadors:** On Tuesday, April 24, at 2 p.m., we welcome back this delightful troupe of musicians, actors, and singers who keep the songs, stories, and jokes of Jewish music and culture alive (and well) in this "OY!" production. *Like Levy's rye bread, you need not celebrate Hanukkah to enjoy this show. Please register in advance.*

**Amelia Earhart:** On Thursday, April 26, at 10:30 a.m., join Irene Curran, literary lecturer, as she discusses the life of Amelia Earhart, the first female pilot to fly solo across the Atlantic Ocean, as well as the many theories regarding her disappearance. *Please register in advance.*

**Michael & Ted:** On Thursday, April 26, at 2 p.m., join our friends from WWFM's THE CLASSICAL NETWORK, for an enlightening look at the life and career of Noel Coward, who wrote both musicals and plays. Some familiar works, such as "If Love Were All", will be featured along with some of his lesser known, but equally delightful songs. *Please register in advance.*

**Jerry's Travels:** On Monday, April 30, 1:30 p.m., explore the sights of Cuba - one of our closest unattached neighbors that has recently been re-opened to tourists - during this armchair journey with Jerry. *Please register in advance.*

## Let's Get Physical!

Registration for ALL Exercise Classes will Commence on the First Day of Registration. Please Call or Inquire at the Front Desk.

**Body Works (Tues):** Starting on Tuesday, April 3, at 9:30 a.m., join Julie for this 10-session, low-impact aerobic workout with resistance band training. (No Class: 5/29; Last Class: 6/12.) *Course fee: \$40 p.p., due in-person, in advance. Space limited. Previous enrollment does not guarantee placement in this class.*

**Triple 15:** Starting on Tuesday, April 3, 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. (Last Class: 6/5.) *Course fee: \$40 p.p., due in-person, in advance. Space limited. Previous enrollment does not guarantee placement in this class.*

**Body Works (THURS):** Starting on Thursday, April 5, at 10:30 a.m., join Julie as she conducts this 10-session, low-impact aerobic workout that incorporates hand-weights. (No Class: 5/24; Last Class: 6/14.) *Previous participation does NOT guarantee enrollment. Course fee: \$40 p.p., due in-person, in advance. Space limited.*

**Tai Chi Practice:** Starting on Monday, April 9, at 11:15 a.m., Siobhan returns to provide this 6-session, full practice for students who have already attended a beginners class. All 19 movements, and a pose, will be gently guided through (not instructed). (Last Class: May 14.) *Course fee: \$35 p.p., due in-person, in advance.*

**Total Toning:** On Wednesday, April 11, at 9 a.m., join Mardi for this 10-session, "No-Aerobics" workout using light hand weights to build core strength, balance, and flexibility. (No Class: 4/18; Last Class: 6/20.) Proper footwear, water, and 1 to 3 lb. weights are needed. *Course fee: \$40 p.p., due in-person, in advance. Space limited.*

**Chair Yoga:** Starting on Thursday, April 12, 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. (Last Class: 5/31.) *Course fee: \$40 p.p., due in-person, in advance. Space limited.*

**Line Dancing:** Starting on Wednesday, April 18, at 10:15 a.m., join Leslie for this 10-session line dancing class. (Last Class: 6/20.) *Course fee: \$40 p.p., due in-person, no later than 4/11.*

**Move & Groove:** Starting on Monday, April 23, at 10 a.m., join Sarah to get you moving and grooving again during her 10-session, dancercise workout. (No Class: 5/28; Last Class: 7/2.) *Course fee: \$40 p.p., due in-person, in advance. Space limited.*

## Artistically Speaking

**Mixed Watercolor:** Starting on Thursday, April 12, 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.** Ask for a supply list when you register. (Last Class: May 10.)

**Watercolor Experience:** Starting on Friday, April 20, 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: May 18.)

**Art of the Masters:** On Monday, April 30, at 10 a.m., join Cristina as she brings the style of a particular artist to life. This month, the life and works of John Singer Sargent will be explored during a brief lecture. Then, participants who have requested/received a Project Coupon (while supplies last) will create a group masterpiece in the artist's style using acrylic paints. **Lecture only? Feel free to register by phone. Need a coupon? Registration is required in-person, in advance. Space limited.**

