



Senior Focus MAY 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

May is **OLDER AMERICANS MONTH** ...and, we are celebrating **YOU!** This year, the theme is: **“AGE OUT LOUD”** which gives you the opportunity to engage in activities that reflect your **“inner voice”** about aging - whether that be volunteering, advocating for yourself and others, striving for wellness, and/or living your life with love, passion and independence. Achieve your voice at the Senior Center by trying something new, meeting new friends, and by continuously learning and growing as a person. We welcome your participation and hope you will visit to enjoy a cup of coffee or tea in our café. Please read through this *FOCUS* and see how we can inspire you **AGE OUT LOUD!**

Help Fight Hunger in America! There are plenty of ways you can support the **EMPTY BOWLS PROJECT** which our Office is advocating in conjunction with 5th Graders from the Brookside School. First, you can join students on April 28th and May 5th, in our art room, at 10 a.m. to paint a ceramic bowl for the auction in June. (No previous ceramic painting experience required.) Second, you can attend the special event (The Empty Bowls Dinner & Silent Auction) on Wednesday, June 7, at 6 p.m., sponsored by the Office of Senior Services, The Gardens at Monroe, and The Chelsea Senior Living. Registration commences mid-May and tickets are \$10 per person. All proceeds support the Empty Bowls Project conducted by the students and will help five different food pantries, including our own. Lastly, if you are unable to do one of the above, please consider making a monetary donation to this worthwhile endeavor. If you have any questions, please feel free to contact me. These 5th Graders are so passionate about this project; so, please help them make a difference by showing your support in some way.

Speaking of support, we extend our gratitude to all of the AARP Tax Aide Volunteers who provided free income tax return assistance from February to April. They have been tremendously patient and dedicated and have given so

QUOTES OF THE MONTH

‘Beautiful young people are accidents of nature, but beautiful old people are works of art...’
~ Eleanor Roosevelt
“Getting Older is a privilege that is denied to many.”
~ Oprah

much of their time. We truly appreciate their efforts and we say **“THANK YOU”** to: *Bonnie Fox, Craig Glaser, Art Cooper, Marvin Gutkin, Sheila Henry, Jack Hiferty, Janet Kittstein, Judie Nicol, John Palmer, Victoria Palumbo, Anne Plutzer, Harriet Schwartz, Carl Silverman, Linda Simmons, Frank Timari, Josephine Violante, and Marlene Weinstein.*

The 90’s Birthday Bash is coming soon (May 15th) and will be located at the Old Bridge Senior Center this year. If you are interested AND you are 90 years old or older, please be sure to call me sooner than later. There is limited transportation to the event; so, the early bird gets a seat on the bus.

Something New! We welcome Tony and his wife, Lorraine, for a **fun afternoon of ballroom dance** during this 4-session introductory class with basic steps taught. This **free program starts on Wednesday, May 24, from 2 to 3 p.m.** Pre-registration is required. Feel free to bring a partner or attend solo. No ballroom dance experience needed.

Back by Popular Demand! “Fun with Yiddish” has been scheduled again, starting on Monday, May 1, at 10 a.m. Since space is limited to ensure an optimal learning experience, please be sure to register in advance (in-person) for this 4-session course, with Naomi Miller. **Course fee: \$6 p.p.**

Monroe Township Chorus Presents: “Together As One”

*M.T. Chorus Salutes Our Veterans and the Armed Forces!
Free Performance! Thursday, May 18, 2017, at 7:30 p.m.
The Richard P. Marasco Performing Arts Center
Please Contact Sheila Werfel, Artistic Director, at 609-619-3229.*

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

Good For You!

Bagels Plus: On Friday, May 5, at 10 a.m., join Linda, from The Gardens at Monroe, for bagels and smear as she and Sheli, from Caring Connections, host this “*What’s Your Story?*” session. Their guest speaker, Steve Besserman, from AriJoe Productions, discusses the importance of preserving your life story and family history by presenting, *BUNNIE*, an inspiring, short documentary about leaving one’s legacy. *Please register in advance. Space limited.*

Health Challenges: On Monday, May 8, at 1:30 p.m., Lois Glaser, from CancerCare, via a grant from Perrigo, discusses how to stay healthy after being diagnosed with cancer, heart disease, hypertension, and diabetes. Discover how making healthy lifestyle choices can enhance your quality of life. Lite refreshments. *Please register early.*

PTR Program: On Tuesday, May 9, at 1:30 p.m., NJ Division of Taxation representatives return to offer helpful information and assistance regarding Property Tax reimbursement, Homestead benefits, and benefits for veterans. *Please register in advance.*

Overuse Injuries: On Thursday, May 11, at 10:30 a.m., Renata Pac, PT, from JAG Physical Therapy, discusses overuse injuries, from tennis elbow to Achilles tendinitis. Learn about the signs and symptoms of overuse injuries, pain management, and prevention. Learn helpful stretching exercises, too. *Please register in advance.*

Reflexology: On Tuesday, May 16, at 1:30 p.m., Shelly Botwinick, Holistic Health Educator, from Tobias Health Awareness Center, explores the benefits of hand reflexology. Discover how applying gentle pressure can relieve symptoms in other parts of the body to help improve your health. *Please register in advance.*

Medicare & Politics: On Tuesday, May 23, at 2 p.m., Carl Archer, Esq., CELA, from Archer Law Office, LLC, discusses how the new administration and its policies affect your planning regarding Medicare, Medicaid, and Social Security. Find out how you can adapt and manage life’s surprises. *Please register in advance.*

Pelvic Floor Health for Men and Women: On Wednesday, May 24, at 2 p.m., improve your awareness of the pelvic floor as Meghan Faley, PT, Pelvic Health Specialist, from RWJUH, demonstrates gentle exercises to improve bladder control, reduce back/pelvic pain, and recover from trauma or surgery. *Please register in advance.*

Music and More!

Elefant Presents: On Monday, May 1, at 1:30 p.m., Thomas Elefant explores *THE MUSIC OF RIMSKY-KORSAKOV*. Then, on Friday, May 5, at 1:30 p.m., Mr. Elefant returns to discuss *THE LYRICAL & MAGICAL MUSIC OF MENDELSSOHN*. *When registering in advance, please be sure to mention the program title and date you wish to attend.*

Fred Miller Presents: On Tuesday, May 2, at 1:30 p.m., enjoy Fred’s “Lecture-in-Song” regarding the time period between 1957 and 1964. Mr. Miller shares the popular songs of this era along with the lingo, crazes, inventions, etc. of that time. *Please register early.*

The American Songbook: On Wednesday, May 3, at 2 p.m., Maggie Worsdale, Jazz Singer, performs “The Great American Songbook” featuring the songs from the 1950’s and 1960’s. *Please register in advance.*

Pizza Plus: On Thursday, May 4, at noon, join us for our pizza luncheon PLUS our featured movie: *ARRIVAL*, starring Amy Adams and Jeremy Renner. **Tickets: \$6 p.p., due upon registering in-person, in-advance.** A movie synopsis is available.

Count Basie: On Wednesday, May 10, at 1 p.m., enjoy a blast from the past as Mike Ferreira hosts this 1981 DVD celebration of Count Basie’s 50th Anniversary in the Big Band biz. This all-star tribute includes Sarah Vaughn, Tony Bennett, George Benson, and Joe Williams. *Please register in advance.*

Music BINGO: On Thursday, May 11, at 1:30 p.m., join Tara for some *MUSIC-INFUSED* BINGO fun. Enjoy this twist on the traditional game as you take a chance to shout, “*BINGO!*”, and win a prize. Lite refreshments, too! **Tickets: \$3 p.p., due upon registering in-person, in advance.** *Space limited.*

Love, Marriage, Children & Liposuction: On Friday, May 12, at 2 p.m., enjoy Naomi Miller’s hysterical and heartwarming one-woman show that weaves stories and songs that invite you to reminisce about life’s joys, challenges, adventures and goals. **SPACE LIMITED!** *Please be sure you are a member of the Office before registering in advance.*

Ted’s Classics: On Monday, May 15, at 1 p.m., we welcome back Ted as he brings us *THE AL JOLSON STORY*, featuring Larry Parks. *Please register in advance.*

Mike & Ted Present: On Wednesday, May 17, at 2 p.m., Michael and Ted, from WWFM’s “The Classical Network” discuss the songs of the virtually unknown composing team of Jay Livingston and Ray Evans. Their names do not ring a bell? Their songs just might, such as: “*Mona Lisa*”, “*Silver Bells*” and “*Que Sera Sera*.” *Please register in advance.*

Tin Pan Alley: On Thursday, May 18, at 1:30 p.m., Gordon James returns to showcase the composers and lyricists of Tin Pan Alley, from the 1920’s to the 1950’s. From playing his horn to sharing humorous anecdotes, Gordon features the music of Gershwin, Porter, Berlin, Kahn, Carmichael, Kern, Mercer, and more. *Please register in advance.*

Spring Fling with Island Zing: On Friday, May 19, with doors opening at 11:30 a.m., come to the island (man) and enjoy a tropical buffet and “fun-in-the-sun” dance music. This *limited ticket engagement* for our members is co-hosted with our friends from Brandywine Living and The Gardens at Monroe. **Tickets: \$10 p.p., due upon registering in-person, in advance.** *No refunds after May 10th. All seats reserved. For details, please pick up a flyer!*

Karaoke with Rick: On Monday, May 22, at 2 p.m., we welcome back Rick to offer some springtime songs along with your own renditions of your favorite tunes. *Please register early.*

Broadway Magic: On Thursday, May 25, at 2 p.m., we

welcome back Francine and Joel as they bring us the “razzle, dazzle” of Broadway music. From “*Sweet Charity*” to “*The Producers*,” get ready for some musical magic! **Please register early!**

Jerry's Travels: On Friday, May 26, at 1:30 p.m., sit back and relax as Jerry shares the grandeur of Alaska. **Please register early.**

Movie of the Month: On Tuesday, May 30, at 1 p.m., enjoy our feature flick starring Brad Pitt and Marion Cotillard. A movie synopsis is available. **Please register in advance.**

Artistically Speaking

Acrylics for All: Starting on Tuesday, May 2, at 10 a.m., join Andrea for this 3-day workshop (May 2, 16, 23) for both the experienced artist and novice. **Course Fee as follows:** for novices (needing supplies): \$45; and, for experienced students (who will bring their own): \$20. **Space limited; please register early.**

Experienced Transparent Watercolor: Starting on Wednesday, May 3, at 10 a.m., join Joanne for this 6-session class designed for artists with previous watercolor training. Through a series of challenging and fun exercises, students will work on painting what they love as they experiment with shape, design, and unexpected color combos. **Course fee: \$60, due upon registering in-person, in advance.** **Space limited.** (An additional \$10 fee is paid directly to the instructor for handout materials.)

Beginners Transparent Watercolor: Starting on Wednesday, May 3, at 1 p.m., join Joanne for this 6-session class for the true watercolor novice. Students build success, from the start, with the right paper, paints, brushes, simple exercises and instruction. **Course fee: \$60, due upon registering in-person, in advance.** **Space limited.** (An additional \$10 fee is paid directly to the instructor for handout materials.) **Not intended for experienced artists.**

O'Keefe: On Monday, May 8, at 10 a.m., Maurice Mahler, Art Historian, uncovers the life and work of Georgia O'Keefe during this audio-visual presentation/discussion. **Please register early.**

Collage with Karen: Starting on Tuesday, May 9, at 2 p.m., join Karen Starrett, Teaching Artist, for this two-day workshop (May 9 & 16) as she focuses on self-expression through collage and other media. No experience necessary. Students are encouraged to collect autobiographic materials for their project. **Course fee: \$20 p.p., due upon registering in-person, in advance. Space limited!**

Chinese Art: On Friday, May 12, at 10 a.m., discover the beauty of Chinese Art, with Roberta, as she demonstrates basic techniques of Watercolor painting using a bamboo brush and rice paper. (A class will be scheduled in June....) **Please register in advance.**

Women Artists: On Monday, May 15, at 10 a.m., Maurice Mahler, Art Historian, investigates many paintings that you might have seen but didn't realize that they were created by famous women artists. **Please register in advance.**

Art of the Masters: On Friday, May 19, at 2 p.m., join Cristina, as she briefly discusses the life and artwork of Mary Cassatt. Then,

16 members, with a PROJECT COUPON (available upon request when registering in-person) will create a group masterpiece in the artist's style using waxed pastels. **Lecture only? Call to register. Space limited.**

Mixed Watercolor: Starting on Thursday, May 25, 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: 6/22.)

Museum Art: On Wednesday, May 31, at 1:30 p.m., enjoy your next trip to a museum with a greater understanding of the artist's creative process. Roberta Hodes provides this one-day, interactive workshop where you will learn basic elements of composition to appreciate famous artwork. Please bring a pen/cil. **Space limited; please register early.**

Exercise Your Options

Bodies in Motion Wednesdays: Starting on Wednesday, May 3, at 10:15 a.m., join Georgeann for 10 sessions of weight resistance training, with a focus on both standing and seated movements. **Equipment: Resistance bands, spikey balls, and light weights needed.** **Class fee: \$40 p.p., due upon registering in-person, in advance.** Previous participation does NOT guarantee enrollment. **Space limited to ensure safety. Last Class: 7/5.**

Total Toning: Starting on Wednesday, May 3, at 11:15 a.m., join Deb for a total toning experience for 10 sessions, from head-to-toe. This “No-Aerobics” routine focuses on light hand weights to build core strength, endurance, balance, and flexibility. Proper footwear, water, and 1 to 3 lb. weights are needed. **Course fee: \$40, due upon registering in-person. Space limited. Last Class: 7/5.**

Body Works: Starting on Thursday, May 18, at 10:30 a.m., (and on Tuesdays at 9:30 a.m.) Julie provides this 10-session low-impact aerobic and weight resistance class using resistance bands (on Tuesdays) and light hand weights (on Thursdays). **Class fee: \$40 p.p. In-person registration begins on May 4.** Previous participation does NOT guarantee enrollment. **Space limited to ensure safety. Last Class: 6/20.**

Bodies in Motion Mondays: Starting on Monday, May 22, at 9 a.m., join Georgeann for 10 sessions of weight resistance training, with a focus on both standing and seated movements. (Same Equipment Needed as in Wednesday's class.) **Class fee: \$40 p.p. In-person registration begins on May 4.** Previous participation does NOT guarantee enrollment. **Space limited to ensure safety. Last class: 7/31; No class: 5/29.**

Qigong: Starting on Monday, May 22, at 11:15 a.m., join Siobhan to discover new vitality and serenity with gentle, easy movements done standing or seated during this 6-session class. With mindful focus, Qigong will help reduce stress and provide balanced energies in the body. **Course Fee: \$35; due upon registering in-person, in advance. No class: 5/29 & 7/3; Last class: 7/10.**