



Senior Focus JULY 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

As we celebrate July 4th, we need to be reminded of how fortunate we are to live in *"The Land of the Free and the Home of the Brave."* Let us all take a moment to reflect on those who have fought for our freedom. *Wishing you and yours a Happy Independence Day!*

Our Summer Evening Series continues this month with a tribute to Neil Diamond on Wednesday, July 19, 2017, at 7 p.m. While event details and ticket information are listed in the newsletter, I would like to point out that a special, refreshing dessert will be served before the show. So, please arrive by 6:30 p.m.; and, please be sure to present your ticket! (No tickets sold at the door!)

Did you know that The Township of Monroe has its own Facebook Page? If you have a Facebook account, go to: "The Township of Monroe" and



then click "LIKE". This is a wonderful page to keep you up-to-date about Township "happenings". If you would like to learn more about using Social Media or need help setting up your new Kindle or tablet, please make an appointment with our volunteer computer support helper, George Richter. Call the front desk to make your appointment at least two weeks in advance.

Susan Schwartz, our newest addition to our staff, is available for supportive counseling. As a Certified Social Worker, she has an extensive back-

QUOTE OF THE MONTH

"We, on this continent, should never forget that men first crossed the Atlantic not to find soil for their ploughs but to secure liberty for their souls..."

~ Robert J. McCracken



ground in the area of caregiving needs and resources. Her services are free; and, if you would like to make an appointment, please call our Main Office number.

Plans are in the works for our Annual Volunteer Appreciation Luncheon scheduled for Friday, October 6, 2017. Volunteers, who have given 25 hours or more of service, between July 2016 to June 2017, will receive an invitation. If you are one of those volunteers, please be sure to save the date! It's our way of saying, "THANKS!", for all that you do for us throughout the year.

Finally, in honor of July 4th, I would like to leave you with something historical: *"We hold these truths to be self-evident, that all men are created equal, that they are endowed by their Creator with certain unalienable Rights, that among these are Life, Liberty and the pursuit of Happiness."* Enjoy your freedom and have a safe holiday!

Office & Senior Center closed on Tuesday, July 4, 2017.

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

Here's to Your Health!

The Magic of Recycling: On Thursday, July 6, at 10:30 a.m., enjoy a laugh-filled 45-minute, interactive comedy and magic show, by Bill Kerwood, who was invited by the Middlesex County Department of Public Works and the Monroe Township DPW, to encourage you to pass along the legacy and responsibility of recycling and sustainability to the next generation. *Please register.*

Fun with Yiddish: Starting on Monday, July 10, join Naomi Miller for either a 4-session beginners class or an intermediates program. The beginners class starts at 10 a.m. and the intermediate session begins at 11 a.m. (July 10, 17, 24, 31). This interactive, Power-Point driven class (with all words translated) provides a fun way to learn this language. *SPACE LIMITED! The course fee of \$6 p.p. is due upon registering in advance and in-person.*

Bridge Defense: Starting on Tuesday, July 11, at 1 p.m., join Janet Wood for this 10-session course designed for Advanced Bridge Players. Discover how to become a good defender. Last class: 9/12. *Space limited. Only two registrants accepted per registration transaction. Course fee: \$30 p.p., due upon registering in-person.*

Drivers Safety Program: On Tuesday, July 18, at 8:45 a.m., attend the AARP-sponsored driving safety program to enhance your driving skills and receive a discount on insurance. To register or for more information, please call 609-448-7140.

LivWell Series: Starting on Monday, July 24, at 10:30 a.m. (and scheduled once a month thereafter through December) LivWell presents, in conjunction with Saswati Chakraborty, Case Mgr., Monroe Village at Village Point, this special *Mind, Body & Spirit* lecture series. This month, the focus is on stress busting and the latest research on healthy aging. *Please register.*

All About Trusts: On Monday, July 24, at 2 p.m., join Carl Archer, Esq., of Archer Law Office, LLC, for a honest look at Trusts. Find out when they are useful; and, more importantly, when they are just a waste of money. *Please register in advance.*

Vertigo & You: On Wednesday, July 26, at 1 p.m., join Dr. James Campbell, of Campbell Chiropractic Center, as he discusses the causes of vertigo, common treatments, and how to determine that it is not indicative of a more serious health issue. Discover how chiropractic care can help treat vertigo and other health conditions. *Please register in advance.*

Managing Arthritis: On Thursday, July 27, at 1:30 p.m., join Charles Larobis, RN, from Chelsea Senior Living, for an information discussion on arthritis: its causes, risk factors, and therapeutic interventions. *Please register in advance.*

Laughs, Lyrics, & Lectures

Go West: On select Mondays this month, enjoy these "classics" of the *Wild, Wild West*. On Monday, July 3, at 1 p.m., get back in the saddle with *THE MAGNIFICENT SEVEN* (starring Yul

Brenner and Steve McQueen). Then, enjoy the comedic side with *BLAZING SADDLES* on Monday, July 10, at 1 p.m., (starring Gene Wilder, Madeline Kahn Mel Brooks). *When registering in advance, please be sure to note the title and date.*

Michael Crawford: On Wednesday, July 5, at 1 p.m., this 1980 concert features the world-class entertainment of Michael Crawford. Hosted by Mike Ferreira, enjoy Crawford's unparalleled artistry as he performs his favorites. *Please register.*

Summer Celebration: On Thursday, July 6, at 1:30 p.m., Gordon James returns to sing and play patriotic songs as well as popular summertime tunes from the 40's, 50's, and 60's. From "THIS LAND IS YOUR LAND" to "UNDER THE BOARDWALK", there is a song for everyone. *Please register early.*

Post July 4th Indoor Picnic: On Friday, July 7, starting at 11:30 a.m., enjoy a "picnic basket" lunch, catered by Bagel Bazaar, with your choice of sandwich. DJ Anthony sets the patriotic, musical mood and desserts are courtesy of Garland Law Offices, P.A. **Obtain an event flyer/reservation form at the front desk. Tickets: \$8 p.p., due upon registering in-person before June 29th. Space limited. No refunds after 6/28.**

Karaoke with Rick: On Monday, July 10, at 2:30 p.m., join Rick for some karaoke fun and light refreshments. *Please register in advance.*

Simply Streisand: On Wednesday, July 12, at 2 p.m., enjoy the resemblance of Streisand's sound and look as Carla presents her likeness during this special show. *Please register in advance.*

Cholly Chan & the Kishka Caper: On Thursday, July 13, at 2 p.m., enjoy Harvey and Naomi Miller's original, comedic murder mystery with a taste of Yiddish Ham. Ideal for people who love to hear Yiddish but do not necessarily understand it — complete with a translated, staged reading with English captions. *Space limited. Please register in advance.*

Wherefore Willie?: On Monday, July 17, at 1:30 p.m., join Shirley Reich as she takes you on an exciting exploration concerning all the fuss about William Shakespeare. Find out how this "country bumpkin" made it. *Please register.*

The Struma: On Tuesday, July 18 and 25, at 1:30 p.m., Julian Davis returns to discuss one of the largest, exclusively civilian navel disasters of WWII, "The Struma & The Holocaust of the Sea". It is an epic story of mankind's efforts to survive and the cost of hatred that continues to claim innocent lives. **When you register in advance, you will be automatically enrolled in the two lecture dates.**

Summer Series Continues: On Wednesday, July 19, at 7 p.m., enjoy *A TRIBUTE TO NEIL DIAMOND*, starring Frank DeRosa. Frank does not try to impersonate Neil; rather, his show highlights Neil Diamond's greatest hits. **PLEASE BE SURE TO ARRIVE AT 6:30 p.m.** to enjoy a special, refreshing treat courtesy of The Gardens at Monroe before the show. **TICKETS: \$5 p.p.; due upon registering in-person.**

Mike & Ted Present: On Wednesday, July 19, at 2 p.m., Michael and Ted, from WWFM's "The Classical Network" trace the life-work of George and Ira Gershwin, from their early beginnings to their most memorable and popular songs. *Please register in advance.*

Pizza Plus: On Friday, July 21, at Noon, enjoy a slice or two of pizza along with a drink and dessert. Plus, our very own Susan Schwartz hosts an enlightening, interactive session focusing on the program, "What Would You Do?" Discover how you and others would react to different situations. **Tickets: \$6 p.p., due upon registering in-person, in advance.**

Jerry's Travels: On Friday, July 28, at 1:30 p.m., join Jerry as he takes you on a two-pronged tour of Greece and the Aegean Sea. From Athens and Olympia to Crete and Egypt, enjoy the splendid sights and insights. *Please register in advance.*

Artistically Speaking

Mixed Watercolor: Starting on Thursday, July 6, 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. *Course fee: \$50 p.p. Supply list available upon registering in-person. Space limited. Last Class: August 3.*

Maurice's Art Lectures: On select Mondays this month, enjoy an enlightening lecture and DVD presentation with Maurice Mahler, Art Historian, Rutgers Adjunct Professor: **On Monday, July 10, at 10:30 a.m.,** learn about Jersey's American Artist, Ben Shahn. Then, **on Monday, July 17, at 10:30 a.m.,** explore the life and career of Rembrandt. *When registering in advance, please be sure to note the program title and date.*

Collage with Karen: join Karen Starrett, Teaching Artist, for this two-day workshop (July 11 and 18) 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!**

Art of the Masters: On Friday, July 21, at 2 p.m., join Cristina, as she briefly discusses the life and artwork of Norman Rockwell. Then, 16 members, with a PROJECT COUPON (available upon request when registering in-person) will create a personal masterpiece in the artist's style using watercolor paints. *Lecture only? Please call to register. Space limited.*

Design Your Own: On Tuesday, July 25, at 10 a.m., join Andrea as she inspires you to design and paint your own pair of wine glasses (Top-Rack, Dishwasher Safe!) No experience necessary. All supplies and instruction included. **Space limited. This craft is valued at \$20 p.p.; but, you only pay \$15, which is due upon registering in-person, in advance.**

Let's Get Physical!

Body Works: Starting on Thursday, July 6, at 10:30 a.m., (and on Tuesdays at 9:30 a.m.) Julie provides this 10-session low-impact aerobic/weight resistance class using resistance bands (Tuesdays) and light hand weights (Thursdays). Previous participation does NOT guarantee enrollment. (Last Class: August 8). **Course fee: \$40 p.p., due during WALK-IN REGISTRATION on Tuesday, June 27. Space limited to ensure safety.**

Zumba with Sarah: Starting on Friday, July 7, at 8:50 a.m., join Sarah for this 8-session Latin-infused, exercise class that will get your hips moving and the calories burning. (Last Class: August 25). **Course fee: \$40 p.p., due during WALK-IN REGISTRATION on Tuesday, June 27. Space limited.**

Up to Barre: Starting on Friday, July 7, at 11:15 a.m., join Sarah for this 10-session, ballet-inspired exercise program that promotes flexibility, strength and balance with light hand weights. (No Class: September 8; Last Class: September 15). **Class fee: \$40 p.p., due during WALK-IN REGISTRATION on Tuesday, June 27. Space limited.**

Triple 15: Starting on Tuesday, July 11, 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. (Last Class: September 12). Students need light hand weights and bottled water. **Class fee: \$40, due during WALK-IN REGISTRATION on Tuesday, June 27. Space limited.**

Boot Camp: Starting on Friday, July 14, at 10 a.m., join Julie for this 45-minute, 8-session circuit training program that improves endurance and total body strength with spikey balls and resistance bands. (Last Class: September 1). **Class fee: \$40 p.p., due upon registering in-person, in advance. Space limited to ensure safety.**

Move & Groove: Starting on Monday, July 17, at 10 a.m., join Sarah for this 10-session, dancercise-style workout to improve endurance and mobility. (No Class: September 4; Last Class: September 25). **Class fee: \$40, due upon registering in-person, in advance. Space limited.**

Bodies in Motion (Wed): Starting on Wednesday, July 19, 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. (Last Class: September 20).* **Class fee: \$40, due upon registering in-person, in advance. Space limited.**

Total Toning: Starting on Wednesday, July 26, at 11:15 a.m., join Deb for a total toning experience for 10 sessions. This "No-Aerobics" class uses light hand weights to build core strength, balance, and flexibility. Proper footwear, water, and 1 to 3 lb. weights are needed. (No Class: Sept. 20; Last Class: Oct. 4). **Class fee: \$40, due upon registering in-person. Space limited.**