



Senior Focus

April 2024



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

It's April, and spring is in the air!

Spring exercise registration is Monday, March 25th at 9:00 a.m., and we have some new class options for this 8 session season.

- ◇ **Gentle Stretch Plus with Lisa Murphy** on Thursdays at 11:00 a.m. This new class focuses on restorative breathing and stretching exercises to improve posture, circulation, and flexibility, all of which will elevate your mood. The **PLUS** is full body strength exercise using resistance bands which will tone muscles and improve bone density. Exercises will be done while seated and standing. All levels are welcome.
- ◇ **Move & Groove (B) with Pam Frunzi** on Fridays at 11:00 a.m. Requested by our members, there will be a second Move & Groove class identical to her Wednesday 10:00 a.m. class.
- ◇ **Ballroom, Latin, and Swing Dance** (formerly Ballroom Dance) with Candace Clough on Wednesdays at 3:30 p.m. A 6 session class, modified to include Latin and Swing dances. Members must sign up with a partner.

On **Tuesday, April 16th**, the Senior Center will be a polling location for school elections. The Senior Center will remain open however, there are no programs scheduled. All programs will resume on Wednesday, April 17th. We encourage everyone to get out and cast your vote.

The **Monroe Township Food Pantry** is hosting a food drive in partnership with REPLENISH on **Saturday, April 27th from 10:00 a.m. to 2:00 p.m.** at the Park & Ride on Applegarth Road. Your donation of non-perishable food items help replenish the supply of food at both food pantries to ensure that all Middlesex County residents in need have access to nutritious food. For more information about the Monroe Township Food Pantry, call Samantha Gerbino at (609) 448-7140, ext. 225.

Save the Date

The Monroe Township Chorus presents "**LIVE, LAUGH, LOVE**" on Sunday, May 19th at the Monroe Township Senior Center. Doors open at 1:30 p.m. and the show begins at 2:00 p.m. Admission is \$10.00 per person at the door. Children through high school age are free. For more information contact Sheila Werfel, Director at 609-619-3229.

April Registration Information:

Program Registration

Wednesday, March 20th at 9:00 AM
In-person or online via Community Pass
Use main entrance only. Doors open 8:30AM.

Trip Registration

Friday, March 22nd at 9:00 AM
In-person or online via Community Pass
Use main entrance only. Doors open 8:30AM.

Exercise Class Registration

Monday, March 25th at 9:00 AM
In-person or online via Community Pass
Use main entrance only. Doors open 8:30AM.

<https://register.communitypass.net/monroetownshipseniorcenter>

Registering in person? If you need transportation for any of the above, please call 609-443-0511 to make arrangements no later than 24 hours in advance.

You must be a registered member of the Senior Center in order to participate in our activities.

REMINDER: Community Pass user support s not available on registration days.

Seasonal outdoor activities will resume in May!

Bocce Cornhole
Shuffleboard Walking Club

Registration is now open!
In-person or online via Community Pass

Wishing you joy and many blessings at Passover and throughout the year!

Happy Passover!



April 2024 Center Activities

Registration for programs is
REQUIRED EACH MONTH

Monday	Tuesday	Wednesday	Thursday	Friday
1 9:30 <i>Drop-In Bridge</i> 10:00 Butterfly Plate 1:00 <i>Mah Jongg</i> 1:00 <i>Yam It</i> 2:00 Comedy in Song	2 9:00 <i>Chorus</i> 10:30 Chinatown & Chinese Culture (Z) 11:00 <i>Art From Your Start</i> 1:30 Fred Miller - All Over the Map	3 10:30 iPhones 101 12:15 <i>Duplicate Bridge</i> 2:00 <i>Cribbage</i> 2:00 Steve Kramer Trio	4 10:30 <i>Book Club</i> 10:30 Spring Wood Signs 2:00 Senior Social Hour	5 9:30 <i>Canasta</i> 10:30 <i>Harmonica</i> 2:00 Concordia Chords
8 9:00 Cardio Blast (\$) 9:30 <i>Drop-In Bridge</i> 10:00 Total Body Reset (\$) 10:00 Robinson Artshop (\$) 11:00 Gentle Stretch (\$) 1:00 <i>Mah Jongg</i> 1:00 <i>Yam It</i> 2:00 Anthony Michaels	9 8:45 Mat Yoga (\$) 9:00 <i>Chorus</i> 10:15 Drums Alive (\$) 10:30 American Woman and Titled Marriages (Z) 11:00 <i>Green Thumbs</i> 11:00 <i>Art From Your Start</i> 11:30 Drums Alive (\$) 1:00 Compression Only CPR	10 9:00 Total Toning (\$) 10:00 Move & Groove (A) (\$) 10:30 Judge for Yourself 11:00 Raise the Barre (\$) 12:15 <i>Duplicate Bridge</i> 2:00 <i>Cribbage</i> 2:00 Strictly 60s 3:30 Ballroom, Latin, and Swing Dance (\$)	11 8:45 Chair Yoga (\$) 10:00 Body Works (\$) 10:00 Music Bingo 10:00 Cactus Planter (\$) 11:00 Gentle Stretch Plus (\$) 1:30 Booth, Lincoln, and the Shot That Changed America	12 9:00 Zumba Gold (\$) 9:30 <i>Canasta</i> 10:00 Fun Friday (\$) 10:30 <i>Harmonica</i> 11:00 Move & Groove (B) (\$) 1:30 Jerry's Travels - Iceland
15 9:00 <i>Cardio Blast</i> 9:30 <i>Drop-In Bridge</i> 10:00 <i>Total Body Reset</i> 11:00 <i>Gentle Stretch</i> 1:00 <i>Mah Jongg</i> 1:00 <i>Yam It</i> 1:30 Meet the 5th Beale	16 SCHOOL ELECTIONS 	17 9:00 <i>Total Toning</i> 10:00 <i>Move & Groove (A)</i> 10:30 Paul Newman 11:00 <i>Raise the Barre</i> 12:15 <i>Duplicate Bridge</i> 1:30 Documentary - The Greatest Night in Pop 2:00 <i>Diabetes Support</i> 3:30 <i>Ballroom, Latin, and Swing Dance</i>	18 8:45 <i>Chair Yoga</i> 10:00 <i>Body Works</i> 10:00 Cactus Planter (\$) 11:00 <i>Gentle Stretch Plus</i> 11:00 Chef Stephen Wolff 2:00 Underwater Airlines	19 9:30 <i>Canasta</i> 10:30 <i>Harmonica</i> 12:00 <i>MTHS TAP</i> 1:00 FRIENDS Country Western Lunch
22 9:00 <i>Cardio Blast</i> 9:30 <i>Drop-In Bridge</i> 10:00 <i>Total Body Reset</i> 10:00 Robinson Artshop (\$) 10:30 Marodyne Vibration Plate 11:00 <i>Gentle Stretch</i> 1:00 <i>Mah Jongg</i> 1:00 <i>Yam It</i>	23 8:45 <i>Mat Yoga</i> 9:00 <i>Chorus</i> 10:15 <i>Drums Alive</i> 10:30 Herbal Remedies for Seasonal Allergies (Z) 11:00 <i>Art From Your Start</i> 11:30 <i>Drums Alive</i> 2:00 Michael & Ted Present	24 9:00 <i>Total Toning</i> 10:00 <i>Move & Groove (A)</i> 10:30 Middlesex County Parks, Trails, & Restoration 11:00 <i>Raise the Barre</i> 12:15 <i>Duplicate Bridge</i> 2:00 London Fog 3:30 <i>Ballroom, Latin, and Swing Dance</i>	25 8:45 <i>Chair Yoga</i> 10:00 <i>Body Works</i> 10:30 Spring Floral Arrangements 11:00 <i>Gentle Stretch Plus</i> 1:30 <i>Caregiver's Support</i> 2:00 The Evolution of Modern Art Realism to Pop	26 9:00 <i>Zumba Gold</i> 9:30 <i>Canasta</i> 10:00 <i>Fun Friday</i> 10:30 <i>Harmonica</i> 11:00 <i>Move & Groove (B)</i> 1:00 <i>LGBT Socialize With Me</i> 2:00 Polypharmacy - America's Other Drug Problem
29 9:30 <i>Drop-In Bridge</i> 11:00 <i>Gentle Stretch</i> 1:00 <i>Mah Jongg</i> 1:00 <i>Yam It</i> 2:00 Ella Fitzgerald Tribute	30 8:45 <i>Mat Yoga</i> 9:00 <i>Chorus</i> 10:15 <i>Drums Alive</i> 10:30 Oppenheimer (Z) 11:00 <i>Art From Your Start</i> 11:30 <i>Drums Alive</i> 2:00 Michael Andrew Duo		DON'T LEAVE SOMEONE SITTING HOME!  <p>If you are unable to attend a program you must call (609) 448-7140 x216 to cancel. Waitlisted members will appreciate it!</p>	

Butterfly Plate: Monday, April 1 at 10:00 a.m. Create a beautiful butterfly themed piece of pottery! The Pottery Place will be providing all materials needed and guide you step by step to design your own ceramic masterpiece on a 10 inch dinner plate. Fired projects will be ready within two weeks and will be food and microwave safe.

Comedy in Song: Monday, April 1 at 2:00 p.m. Comedy in song can make you laugh and delivers a message that makes the audience think. This lecture by Larry Wolfert is comprised of music whose main theme is "being a senior" and "living in a senior community". It includes songs by comedian Robert Klein, Allan Sherman, The Capitol Steps, Shel Silverstein, and many others. None of us are immune to aging so on this April Fools Day the best thing we can do is laugh along with it!

Chinatown & Chinese Culture: Tuesday, April 2 from 10:30 a.m. to 12:00 p.m. via Zoom. Join Susan and Art Zuckerman and travel virtually to a country that is rich in history, culture, arts, and food. Learn about the historical evolution of Chinatown, the bachelor society of a forty to one ratio of men to women, gang wars, opium dens, illegal sweatshops, and the Chinese mafia. Susan and Art will also examine unique Chinese funeral customs and a variety of regional cuisines. See displays of art and sculpture representing various traditions and superstitions and explore Buddhist temples and Joss houses.

Fred Miller - All Over the Map: Tuesday, April 2 at 1:30 p.m. Join Fred Miller as he returns to the Senior Center for a musical & anecdotal travelogue beginning in the Eastern United States, heading west, and ultimately circling the globe. The music will stimulate your imagination and take you to countless wonderful places without leaving your chair. *Let's Get Away From it All* and go *Around the World!* No passport or toothbrush required. Just a sense of fun and a love of great American popular songs from your younger years.

iPhones 101: Wednesday, April 3 at 10:30 a.m. C.O.S.Y. Monroe (Coalition of Seniors and Youth of Monroe) returns with an interactive session about iPhones, led by high school students. This is an opportunity to learn and practice some of the functions and features of iPhones and get tips on how to use them effectively. *This event is not intended for Android users.*

Steve Kramer Trio: Wednesday, April 3 at 2:00 p.m. The Steve Kramer Trio consists of a pianist, drummer, and bassist that will perform songs made famous by their former band leader Artie Shaw. Other well-known numbers from television and cinema, as well as some jazz versions of popular classical music will also be part of the repertoire.

Spring Wood Signs: Thursday, April 4 at 10:30 a.m. Join Cris Brown from The Gardens at Monroe to create a unique and welcoming wood sign to display around your home. This spring themed project is always a favorite.

Senior Social Hour: Thursday, April 4 at 2:00 p.m. Enjoy light refreshments while meeting and learning about your fellow members and Senior Center staff as they learn more about YOU. Sign up with a friend (Senior Center members only) or come solo and meet other members and discover a neighbor or two. You will be surprised how much you have in common with other seniors currently residing in Monroe!

Concordia Chords: Friday, April 5 at 2:00 p.m. This 9 member band from Concordia will perform favorites from Classic Rock artists such as *The Beatles*, *The Eagles*, *Carol King*, *Bob Seger*, *Del Shannon*, and more. Rock n' Roll is not just music, it is a way of life!

Robinson Artshop: Monday, April 8 - OR - Monday, April 22 at 10:00 a.m. Join James Robinson as he guides you to paint your own masterpiece. *Project fee: \$10 p.p. when registering. No refunds. Only one (1) session per member.*

Anthony Michaels: Monday, April 8 at 2:00 p.m. Tony is an accomplished vocalist, saxophonist, and flutist who performs a variety of music from many genres. A retired New York City music teacher and band director, he has many years of experience performing throughout the Tri-State area. This is his first time performing in Monroe Township and he promises not to disappoint.

American Women and Titled Marriages: Tuesday, April 9 at 10:30 a.m. via Zoom. The topic of American women and royal marriage has reemerged ever since Britain's Prince Harry wed American actress Meghan Markle. Did you know that marriages between American women and European nobles once happened very often? During the Gilded Age, wealthy American heiresses frequently married European nobles. The marriages secured social status for "new money" American families often slighted by the established elites in their own country. These marriages allowed the infusion of American dollars to the impoverished nobility across the Atlantic in order to continue the lifestyles in which their families had been accustomed to for generations. Join Monmouth University Professor Melissa Ziobro as she discusses these so-called "Dollar Princesses" of the Gilded Age.

Compression Only CPR: Tuesday, April 9 from 1:00 to 3:00 p.m. Join the Monroe Township EMS First Aid Squad to learn the lifesaving skills of adult hands only CPR. Gain vital skills to respond effectively to cardiac emergencies through hands on exercises and simulations. This course is designed for members who want to learn CPR but do not need a course completion certification.

Judge for Yourself: Wednesday, April 10 at 10:30 a.m. Court is in session as you join "Judge Cindy" for a fun and insightful discussion of true court cases, from the unusual to the controversial. Enjoy a lighthearted debate and compare your "verdict" to the real-life outcome. This is certainly more fun than jury duty. *All rise!*

Strictly 60s: Wednesday, April 10 at 2:00 p.m. Back by popular demand, this band relives one of the most extraordinary decades of musical innovation and creativity as the 60s returns for this tuneful journey spanning a wide variety of genres including Motown, rock, soul, Doo Wop, and R&B.

Music Bingo: Thursday, April 11 from 10:00 to 11:30 a.m. Join Tara's take on BINGO with a musical twist! Groove in your seat to popular song beats...as you try to get BINGO! *(No transportation available)*

Cactus Planter: Thursday, April 11 - OR - Thursday, April 18 from 10:00 to 11:30 a.m. Want to add a touch of nature to your living space? Join Andrea to create a low maintenance cactus planter. These unique table top pieces are the perfect quirky decor. *Project fee: \$10 p.p. when registering. No refunds. Only one (1) session per member. (No transportation available)*

Booth, Lincoln, and the Shot That Changed America: Thursday, April 11 from 1:30 to 3:00 p.m. In commemoration of the 159th anniversary of Abraham Lincoln's assassination, join historian Greg Caggiano for a look at the life and political career of this American president, as well as that of his assassination by John Wilkes Booth. This lecture will profile each figure and detail their tragic intersection on the evening of April 14, 1865 at Ford's Theater. *(No transportation available)*

Jerry's Travels – Iceland: Friday, April 12 from 1:30 to 3:00 p.m. Join Jerry as he travels around this geologic wonder that is still being shaped today by volcanic processes. Marvel at the sights at the only place in the world where you can stand in-between Eurasian and North American tectonic plates. Visit quaint small towns plus a geothermal power station that provide all the area's power from the heat of the underlying magma. Enjoy the beautiful scenery and learn why this country has become a popular tourist destination.

Meet the 5th Beatle: Monday, April 15 from 1:30 to 3:00 p.m. In this lecture with music, Vinnie Bruno will explore the countless musicians that enabled The Beatles to create their timeless classics. The 5th Beatle is an informal title given to people who were at one point a member of The Beatles either on stage or assisting the group in the recording studio. Learn about those who could have been considered a candidate for that position within the band. From the early days of The Quarry Men to The Silver Beetles to eventually becoming just The Beatles, meet a variety of musicians as they enter the revolving door of being a band member.

Paul Newman: Wednesday, April 17 at 10:30 a.m. Paul Leonard Newman was an American actor, director, race car driver, and philanthropist. Born in Ohio in 1925, Newman won the hearts of many with his blue eyes and charming smile. Lesly Ohlstein from Senior Helpers will chronicle this charismatic "hustler's" life and famous Hollywood career.

Documentary - The Greatest Night in Pop: Wednesday, April 17 from 1:30 to 3:00 p.m. This documentary is about the creation of the renowned pop song *We Are the World* in 1985. The film is narrated by music icon Lionel Richie and features interviews with various artists such as Bruce Springsteen, Huey Lewis, Dionne Warwick, and Cyndi Lauper. (Run-time 1hr 36min, Rated PG-13) (No transportation available)

Chef Stephen Wolff – Vintage Betty Crocker

Inspired Recipes: Thursday, April 18 at 11:00 a.m. Food trends come and go but some meals will always remain in our memory. Chef Stephen Wolff will take your taste buds on a historical food journey of recipes long gone from our kitchens but not forgotten.

Underwater Airlines: Thursday, April 18 at 2:00 p.m. Underwater Airlines is a classic rock and soul band playing hit songs from the 50s to the 80s that you can dance to and sing along with. This 4 piece band is made up of established musicians consisting of a guitarist, bassist, keyboardist, and drummer. The lead vocalist, Phil, is also a member of *The Stonebridge Jammers* and Bob also plays drums with the popular *PB2 Acoustic Duo*. Underwater Airlines has performed at many venues throughout New Jersey including Summer Concerts in Middlesex County. Come and enjoy the classic tunes of the Beatles, Stones, Eagles, Eric Clapton, Huey Lewis, Motown, and of course some *Doo Wop*.

Marodyne Vibration Plate: Monday, April 22 at 10:30 a.m. Jessica Lerch from CentraState Medical Center will explain how therapeutic doses of low intensity vibrations can aid in many chronic ailments such as osteoporosis, neuropathy, age-related muscle weakness known as sarcopenia, and other disorders where muscle strength and nerve activity are compromised. Learn how this simple technique can improve blood circulation, balance, and coordination.

Herbal Remedies for Seasonal Allergies: Tuesday, April 23 at 10:30 a.m. via Zoom. With the budding of flowers and the buzzing of bees, we celebrate the arrival of spring! Unfortunately, all the butterflies and blossoms tend to arrive with spring's most aggravating counterpart, seasonal allergies! Join Nora Toomey, Clinical Herbalist, to discuss the roots of seasonal allergies and learn how to support the body with plants that not only address the most common symptoms but can prevent allergies entirely!

Michael & Ted Present Chita Rivera: Tuesday, April 23 at 2:00 p.m. Chita Rivera was the ultimate gypsy! Broadway audiences knew and loved Rivera as she had an incredible career spanning six decades from her first job as a replacement dancer in *CAN-CAN*. She was nominated for ten Tonys and won two as well as a Lifetime Achievement Tony for her extraordinarily diverse work. Michael & Ted will explore the hits, as well as one or two of the misses in the illustrious career of this woman who was one of the last performers from the Golden Era of the Broadway musical.

Middlesex County Parks, Trails, & Restoration: Wednesday, April 24 at 10:30 a.m. Park Naturalist Eric Gerhing visits the Senior Center as we approach Earth Day, Arbor Day, and the much-welcomed spring weather. Explore the Middlesex County Parks and Open Space Preserves and become familiar with local trail systems and habitat restoration projects in our area.

London Foggy: Wednesday, April 24 at 2:00 p.m. This six piece band brings back the British invasion through Woodstock and beyond. Lead John Reinhart and the band will be performing favorites from the Beatles, Rolling Stones, Moody Blues, Turtles, Jefferson Airplane, and many others.

Spring Floral Arrangements: Thursday, April 25 at 10:30 a.m. Amy Levine of Visiting Physicians Services will teach how to create a spring floral arrangement using artificial flowers. Add color and a touch of nature to your home to enhance your mood and as a reminder of the warm weather soon to come.

The Evolution of Modern Art Realism to Pop: Thursday, April 25 at 2:00 p.m. Photographer and artist Walter C. presents the changing history of modern art from its mid-19th century origins in Paris where realism and impressionism spawned multiple styles and movements which peaked in post-war America. Walter will cover over 100 years of modern art emphasizing iconic artworks from each major period.

Polypharmacy - America's Other Drug Problem: Friday, April 26 at 2:00 p.m. For many people, taking multiple medications is part of daily life. Over time, this practice known as polypharmacy can lead to problems including drug duplication, adverse drug interactions, and increased risk of drug side effects. Pharmacist Mary Monaghan from Saint Peter's University Hospital will provide helpful information on the risks of polypharmacy and tips for safe medication use.

Ella Fitzgerald Tribute: Monday, April 29 at 2:00 p.m. Paula Johns & Dave Hartl are back with a tribute to Miss Ella Fitzgerald on what would have been her 107th birthday. Celebrate by enjoying her most popular songs, *A Tisket A Tasket*, *Someone to Watch Over Me*, *Blue Skies*, and others from the Great American Songbooks. (Sponsored by Brunswick Memorial Funeral Home).

Oppenheimer: Tuesday, April 30 at 10:30 a.m. via Zoom. Inspired by the award-winning film, this virtual lecture by Eve Mendel showcases the places where Oppenheimer lived and worked in Princeton, details regarding the local academics recruited to work on the Manhattan Project, and provides additional context not explored in the movie. Log on to learn more about Princeton's role in J. Robert Oppenheimer's life and the development of the atomic bomb.

Michael Andrew Duo: Tuesday, April 30 at 2:00 p.m. Enjoy an afternoon of country, pop, and more with Michael Andrew on vocals, acoustic and electric guitar, accompanied by his talented keyboard player. Michael grew up in the 60s and 70s enjoying *The Beatles*, *Crosby Stills & Nash*, pop, and folk-rock. This duo performances are populated with a wide-variety of tunes from the 1950s to 2000. He is an alumnus of Berklee College of Music in Boston.





TRANSPORTATION TRIPS

609-443-0511 John Magda, Transportation Manager

Pre-Registration is Required for All Trips. Trip Registration is Friday, March 22, 2024, at 9:00 a.m.

If you are unable to participate in a trip, you must call to cancel.

THE TRANSPORTATION BUS WILL GO TO THE FOLLOWING LOCATION IN APRIL 2024:

Columbus Flea Market on Thursday, April 4, 2024

Leaving the Transportation Office at 9:00 a.m. with an approx. return of 1:00 p.m.

Beehive-The '60s Musical @ Hunterdon Hills Playhouse in Hampton, NJ (1 hour from the Sr. Ctr.) Tuesday, April 16, 2024

For over three decades Hunterdon Hills Playhouse, located on 90 country acres in picturesque Hunterdon County, has welcomed and entertained millions of enthusiastic dinner theater patrons from all over the tri-state area.

A non-stop, energetic celebration of six extraordinary women performing more than a dozen chart toppers from Diana Ross, The Supremes, Tina Turner, and more. Complete with big hairdos and '60s fashions, this timeless production will have you singing along and anticipating more.

Walking is required for this trip.

Departure Time: 10:00 a.m. / Return Time: 5:15 p.m. (Township Bus)

Show Time: 1:15 p.m.—3:15 p.m.

Cost: \$81.00 p.p. (Includes: Show, Plated Meal, Hot Coffee, Hot Tea, Dessert, and Gratuity)

Resorts Casino in Atlantic City, NJ (1 1/2 hours from the Sr. Ctr.)

Wednesday, April 17, 2024

Resorts Casino was the first casino hotel inside of Atlantic City, and the first legal casino outside of Nevada. The site was originally occupied by two three-story wooden Quaker rooming houses, The Chalfonte House and The Haddon House. On May 26, 1978, with crowds of people lined up on the Boardwalk, Resorts International opened its doors for business. The resort completed an expansion in 2004 with the addition of the Rendezvous Tower and converted to a Roaring Twenties theme in 2011.

There are numerous locations within the casino where you can enjoy lunch.

Lunch is on your own at the casino.

Departure Time: 9:00 a.m. / Return Time: 7:00 p.m. (Charter Bus)

Cost: Free: You will receive \$20.00 slot play from Resorts.



A Tribute to Tony Bennett and Bobby Darin @ The Brownstone

in Paterson, NJ (1 1/4 hours from the Sr. Ctr.)

Thursday, April 25, 2024

The original Brownstone House was built in the early 1800s. When Tom and Rita Clune purchased the burned-out house it was an uninhabitable shell with no electricity or water. They envisioned renovations which would preserve the hand-hewn beams and open fireplaces. Over the years rooms were added to accommodate banquets. In 1947 they created the first known non-hotel catering facility in the country.

Tony Bennett was one of the greatest love singers of the past. He sold over 50 million records worldwide, was a 20-time Grammy Award winner, and earned a star on the Hollywood Walk of Fame. Some of his hits include: "I Left My Heart in San Francisco," "Because of You," "Rags to Riches," and so many more.

That of another great voice of the past is Bobby Darin. He was honored with a Grammy Hall of Fame Award and was inducted into the Rock & Roll Hall of Fame. The Recording Academy awarded Darin a posthumous Lifetime Achievement Award. Known worldwide, some of his hits were: "Dream Lover," "Splish Splash," "Clementine," "Mack the Knife," and numerous others.

Departure Time: 9:30 a.m. / Return Time: 5:15 p.m. (Township Bus)

Show Time: 11:30 a.m.— 3:30 p.m.

Cost: \$66.00 p.p. (Includes: Show, Family Style Luncheon, Soup, Salad, Hot Coffee, Hot Tea, Two Complimentary Drinks, Dessert, and Gratuity)

**Future trips are listed below and on the following page.
Please register on Friday, March 22, 2024, registration date.**

Kentucky Derby-Jersey Style @ the Shore Club in Spring Lake, NJ (45 min. from the Sr. Ctr.)

Thursday, May 2, 2024

Come and celebrate the derby with your own hat creations. Enjoy the racing of stick horses, the band, the comedian, and be sure to wear your dancing shoes. You will hear songs like "My Old Kentucky Home" and many more.

Please choose one of the following meals for lunch: Beef Brisket, Chicken Kiev, or Herbal Salmon. All meals come with a fresh garden salad, caterer's choice of soup, and dessert. Beverage choices are: Soda, Wine, Hot Coffee, and Hot Tea.

We are assigned a section of tables. Be courteous to the staff at the venue as well as to our staff members while selecting your seat at the table. You must fill in each seat and not leave an open seat between each of you.

Departure Time: 10:15 a.m. / Return Time: 5:00 p.m. (Township Bus)

Show Time: 11:30 a.m.—3:30 p.m.

Cost: \$64.00 p.p. (Includes: Show, Garden Salad, Caterer's Choice of Soup, Plated Meal, Dessert, Hot Coffee, Hot Tea, Soda, Wine, and Gratuity)

Kuser Farm Mansion and Sayen House and Gardens in Hamilton, NJ (30 min. from the Sr. Ctr.)
Thursday, May 16, 2024

We will begin with a guided tour of the Kuser Farm Mansion. Built in 1892, this magnificent Queen Anne style “Country House” sits on 22-acres of the Kuser family’s original 70-acre estate. A few of the business interests of the prominent Kuser family included the Fox Film Corporation, Lenox Company, and the Mercer Motor Car Company.

Golden Dawn Diner

209 Whitehorse Mercerville Road, Hamilton, NJ

Please choose one of the following meals for lunch: Chicken Parmigiana over linguini, Chopped Sirloin Steak, Shrimp in a Basket with French Fries, or Eggplant Parmigiana over linguini. All meals come with soup or salad, rolls and butter, and Dessert. Beverage choices are: Hot Coffee, Hot Tea, Iced Tea, and Soda.

After lunch you will be on your own to enjoy Sayen House and Gardens. Situated in historic Hamilton Square, Sayen Gardens provides a welcome sanctuary for nature lovers, garden enthusiasts, and history buffs alike. More than 1,000 azaleas and nearly 500 rhododendrons thrive under the vigilant care of the groundskeepers. Throughout the year annual and perennial displays fill the gardens with splendor, highlighting the many walking trails, fish ponds, and gazebos that permeate the grounds. In addition to the beautiful flowers, Sayen Gardens is home to birds and wildlife.

Walking on some uneven terrain and steps are required for this trip.

Departure Time: 9:30 a.m. / Return Time: 3:30 p.m. (Township Bus)

Kuser Farm Mansion Tour: 10:30 a.m. – 11:30 a.m.

Cost \$34.00 p.p. (Includes: Guided Mansion Tour and time on your own at Sayen House & Gardens, Plated Lunch, Soup or Salad, Rolls and butter, Hot Coffee, Hot Tea, Iced Tea, Soda, Dessert, and Gratuity)

Medieval Times in Lyndhurst, NJ (1 hour from the Sr. Ctr.)
Friday, May 17, 2024

Experience the excitement, the pageantry, and the thrills of an authentic medieval tournament come to life inside the walls of the King’s 11th-century style castle. Six armor-clad knights on valiant pure Spanish horses seek the title of Champion amidst the lashing of lance and shield and heart-pounding combat. Let’s watch which knight wins the title.

Walking and steps are required for this trip.

Stroboscopic and pyrotechnic effects are used during the show.

Anyone with respiratory conditions, allergies, or asthma are cautioned about this trip.

Departure Time: 9:15 a.m. / Return Time: 2:30 p.m. (Charter Bus)

Cost: \$44.00 p.p. (Includes: Show, Plated Lunch of Chicken, Potato and Corn on the cob, Dessert, Water, Hot Coffee, Hot Tea, and Gratuity)

Important Transportation Information

All Members MUST BE ENROLLED in our computer system (Community Pass) *prior to registering for trips*. If you have a **purple** membership card, your membership is current. You must have a cell phone number on file in order to go on any trips with us.

You Must PRE-REGISTER for all trips. The registration date and time is listed on the front cover of the Senior Focus and the top of the Transportation Trips Section of the Senior Focus.

Please keep in mind that not all trips are wheelchair/scooter accessible. Therefore, please call the office **prior to** registration day to determine which trips are accessible

Your seat will be **assigned by the transportation department via a lottery system** which is done prior to the trip date. You cannot change your seat number with anyone once it is assigned to you. You will be notified the day before the trip via email (if you have one on file with us), or via phone regarding your seat number. Please be sure to arrive 15 minutes prior to our departure time listed in the trip box.

In Person Trip Registration:

Trip Registration takes place in the Senior Center, in the left room.

Doors open at 8:30 a.m., enter through the Front Door.

You cannot save a space in line for another member.

Registration starts at 9:00 a.m. (satellite/universal time)

Carefully complete the front **AND** back of the trip registration form.

One form PER member.

You can register for yourself and ONE additional member.

If you are registering for yourself and your spouse, then you cannot register for anyone else.

Payments:

Payments are made via personal check, credit card or EXACT cash. We do not make change.

One check per household for total amount of registered trips.

DO NOT fill in the check amount until you know the total amount due.

Make checks payable to: **Township of Monroe**

If you are registering for yourself and another member with a different address, then TWO SEPARATE CHECKS are required.

At Home via Community Pass:

Registration starts at 9:00 a.m., not a second before. Please use satellite/universal time.

If you have logged into Community Pass prior to 9:00 a.m. you will need to REFRESH your browser. Otherwise, you will not see the trips when they become "Public."

You are only able to register for yourself and other members of your household on Community Pass.

DO NOT ADD SOMEONE TO YOUR ACCOUNT. Doing so will not enroll the person because a Senior Center membership is required to be done in person.

If Community Pass is an issue for you, then you have the option of registering in-person as noted in the Focus.

Free Trips:

Starting at 9:00 a.m. on registration day, you can register for a FREE trip online, via Community Pass, In-Person, or by calling: **609-443-0511**. Reservations left on the answering machine will not be honored. This applies to FREE trips only.

Trip Cancellation Information

To avoid cancelling a trip, please check your personal calendar *before* registering with us. You must call the office if you do need to cancel, as this will enable us to call someone else on the waitlist. Thank you for your consideration.

Our answering machine operates 24 hours a day. Please leave a message with your name, phone number, and the trip date that you would like to cancel.

A REFUND WILL BE GIVEN ONLY IF:

Your seat is replaced by someone on our waiting list OR the trip is cancelled by us!

You are not allowed to give your seat to a friend.