



Senior Focus

September 2023



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

September is here and summer is almost over. After the heat finally starts to break, the days are shorter and nights become longer. On Monday, September 4th, we celebrate Labor Day, which unofficially marks the end of summer and gives us one more reason to have a barbeque! On September 23rd we officially welcome the start of fall. Farmers and gardeners harvest their fruits and vegetables and the leaves begin to change color and fall from the trees. We look forward to the colorful, cool and cozy days of autumn, spent baking apple pies and drinking warm cider.

Our **Fall Exercise Session** begins the week of **September 18th**. We have brought back our very popular **Ballroom Dance class on Wednesdays at 3:30 p.m.** for a 6 week session, and **Line Dancing has been moved to Thursdays at 11:00 a.m.**

The Middlesex County Office on Aging will be hosting its annual **Senior Health & Fitness Walk on Wednesday, September 20, 2023** at Roosevelt Park in Edison from 10:00 a.m. to 1:00 p.m. Free health screenings, raffles, vendors with giveaways, entertainment, and boxed lunches will be provided. **Registration is required. A separate registration form must be completed and returned. Transportation will be provided from the Senior Center departing at 9:00 a.m. Space is limited.**

The **Feed Our Families Food Drive** Event is being held on **Saturday, September 9th, from 8:00 a.m to 6:00 p.m.** at the Monroe Township Stop and Shop. REPLENISH and the Monroe Township Food Pantry will be the area recipients of the donations from the drive. Please stop by and donate a non-perishable item to help those families in need.

Join us on **Thursday, September, 7th at 6:00 p.m.** as the Mayor's office holds a special dedication in honor of former Councilwoman Betty Schneider. A flyer with more information will follow.

September Registration Information:

Trip Registration

Thursday, August 17th at 9:00AM
In-person or online via Community Pass
Use main entrance only. Doors open 8:30AM.

Program Registration

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

Exercise Class Registration

Friday, September, 8th at 9:00AM
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.**

For information on new membership, please call the Senior Center at (609) 448-7140

*L'shanah Tovah!
May this New Year be filled
With Health and Happiness for You and Your Family*

Quote of the Month

“ The secret of change is to focus all of your energy not on fighting the old, but on building the new. ”

~Socrates

September 2023 Center Activities

Registration for
Programs is
**REQUIRED EACH
MONTH**

Monday

Tuesday

Wednesday

Thursday

Friday

**DON'T LEAVE SOMEONE
SITTING HOME!**



If you are unable to attend
a program you must call
(609) 448-7140 x216
to cancel.

Waitlisted members will appreciate it!



1
9:00 Walking Club
9:00 Cornhole & Shuffleboard
9:00 Zumba Gold
9:30 Canasta
10:00 Fun Friday
10:30 Harmonica
11:00 Qi Gong
2:00 Prehistoric NJ

4
Office Closed



5
8:45 Gentle Mat Yoga
9:00 Bocce Ball
9:00 Chorus
10:00 Mah Jongg Refresher (\$)
10:15 Drums Alive
10:30 Famous Movies with a New Jersey Connection (Z)
11:30 Drums Alive
2:00 The Masters of Swing
3:30 Line Dancing

6
9:00 Walking Club
9:00 Cornhole & Shuffleboard
9:00 Total Toning
10:00 Move & Groove
10:30 Reflexology
12:15 Duplicate Bridge
1:00 Parkinson's Support
2:00 Cribbage
2:00 Dr. Podles & Kupchik Music

7
9:00 Bocce Ball
9:00 Chair Yoga
10:00 Body Works
10:00 Art Expression (\$)
10:30 Book Club
11:00 Chef Stephen Wolff
12:30 Mixed Watercolor
1:00 Game On!

8
9:00 Walking Club
9:00 Cornhole & Shuffleboard
9:30 Canasta
10:00 Fun Friday
10:30 Harmonica
11:00 Qi Gong
2:00 Sherrie Pie Duo

11
9:00 Walking Club
9:30 Drop-In Bridge
10:00 Robinson Artshop (\$)
1:00 Mah Jongg
1:00 Yarn It
2:00 The Music of Cream
3:30 Tap Dancing

12
8:45 Gentle Mat Yoga
9:00 Bocce Ball
9:00 Chorus
10:00 Mah Jongg Refresher
10:15 Drums Alive
10:30 MOKSHA Liberation (Z)
11:00 Green Thumbs
11:30 Drums Alive
2:00 The Concordia Chords

13
9:00 Walking Club
9:00 Cornhole & Shuffleboard
9:00 Total Toning
10:00 Fall Canvas Painting
10:30 Female Detective Mystery Writers
12:15 Duplicate Bridge
2:00 Cribbage
2:00 Blue Jersey Band

14
9:00 Bocce Ball
10:00 Art Expression
10:00 Fun Friday
10:30 Music Bingo
12:30 Mixed Watercolor
1:00 Game On!
2:00 Barry Manilow Tribute

15
Office Open
No Programs In
Observance of Holiday

.HAPPY.
Rosh Hashanah

18
9:00 Walking Club
9:00 Cardio Blast (\$)
9:30 Drop-In Bridge
10:00 Total Body Reset (\$)
10:00 Robinson Art (\$)
10:30 The Benefits of Coffee
11:00 Gentle Stretch (\$)
1:00 Mah Jongg
1:00 Yarn It
1:00 Healthy Bites
2:00 John Tarangelo
3:30 Tap Dancing
3:30 Meditation (\$)

19
8:45 Gentle Mat Yoga (\$)
9:00 AARP Smart Driver Course (\$)
9:00 Bocce Ball
9:00 Chorus
10:00 Mah Jongg Refresher
10:15 Drums Alive (\$)
10:30 Bereavement
10:30 The Mysterious Death of King Tut (Z)
11:30 Drums Alive (\$)
2:00 Michael & Ted Present
4:00 WOW

20
9:00 Walking Club
9:00 Cornhole & Shuffleboard
9:00 Senior Health & Fitness Walk
9:00 Total Toning (\$)
10:00 Move & Groove (\$)
10:30 Remedies from the Kitchen
11:00 Raise the Barre (\$)
12:15 Duplicate Bridge
2:00 Diabetes Support
2:00 Main Street Cabaret
3:30 Ballroom Dance \$

21
9:00 Bocce Ball
9:00 Chair Yoga (\$)
10:00 Body Works (\$)
10:00 Art Expression
10:30 History of the NFL
11:00 Line Dancing (\$)
12:30 Mixed Watercolor
1:00 Game On!
2:00 Gary Oleyar

22
9:00 Walking Club
9:00 Cornhole & Shuffleboard
9:00 Zumba Gold (\$)
9:30 Canasta
10:00 Fun Friday (\$)
10:30 Harmonica
12:00 MTHS TAP
1:00 LGBT: Socialize With Me
1:00 Blackjack

25
Office Open

Yom Kippur

No Programs In
Observance of Holiday

26
8:45 Gentle Mat Yoga
9:00 Bocce Ball
9:00 Chorus
10:00 CarFit
10:00 Mah Jongg Refresher
10:15 Drums Alive
10:30 The Discovery of Planets (Z)
11:30 Drums Alive
2:00 Cimarrones

27
9:00 Walking Club
9:00 Cornhole & Shuffleboard
9:00 Total Toning
10:00 Move & Groove
10:30 Pancreatic Cancer
11:00 Raise the Barre
12:15 Duplicate Bridge
1:30 Accents on Broadway
3:30 Ballroom Dance

28
9:00 Bocce Ball
9:00 Chair Yoga
10:00 Art Expression
10:00 Body Works
10:30 Fall Wreath
11:00 Line Dancing
1:00 Game On!
1:30 Caregiver's Support
2:00 GENIUS: The Greatest Minds Across Time

29
9:00 Walking Club
9:00 Cornhole & Shuffleboard
9:00 Zumba Gold
9:30 Canasta
10:00 Fun Friday
10:30 Harmonica

7:00 Full Count Big Band

Prehistoric NJ: Friday, September 1 at 2:00 p.m. Join Dr. Greg Lattanzi, Curator of Archaeology at the NJ State Museum, as he explores the indigenous life in NJ that began around 13,000 years ago with landscape and climate that allowed for large mammals to roam most of the state. Through environmental and archaeological records, and historical data, you'll visualize the changing and adapting lifeways of New Jersey's first people.



Office & Senior Center
Closed on Monday, September 4, 2023,
in observance of Labor Day.

Mah Jongg Refresher: Tuesday, September 5 from 10:00 a.m. to 12:00 p.m. Join Janet in this mixed level 8 week class for a refresher of the basics while learning different strategies. For both beginners and advanced beginners. (Last class: 10/24) Fee: \$40.00 due upon registering. New card for 2023 included.

Famous Movies with a NJ Connection: Tuesday, September 5 at 10:30 a.m. via ZOOM. Join our fan favorite Don Buzney virtually for this interactive session on movies about and/or filmed in the Garden State. Don takes you back to *On the Waterfront*, *The Wedding Singer*, and many other favorites that hit the theaters.

The Masters of Swing: Tuesday, September 5 at 2:00 p.m. The Masters of Swing features some of the great swing bands of the 1920s, 30s, and 40s. Bands and artists featured are Paul Whiteman, Fletcher Henderson, Duke Ellington, Count Basie, Glen Miller, Benny Goodman, Artie Shaw, Les Brown, Tommy Dorsey. Some of the songs covered are *It Had to Be You*, *Don't Get Around Much Anymore*, *Moonglow*, *In the Mood*, *Sentimental Journey*, *I'll Be Seeing You*, and *Alright Ok, You Win*.

Reflexology: Wednesday, September 6 at 10:30 a.m. Discover the practice of applying pressure to the feet, hands, and ears for integrative energy. Shelly Botwinick, wellness educator and holistic practitioner, explores the many benefits of this ancient modality. Learn how reflexology can improve circulation, help chronic pain and fatigue, and balance the nervous system. Shelly reviews each reflexology system and provides simple self-care techniques that you can do at home.

Dr. Podles & Kupchik Music: Wednesday, September 6 at 2:00 p.m. "Music through the Ages" - Violin and Piano duo. Acclaimed international concert violinist Dr. David Podles commemorates the magnificent composers from the various musical ages from classical to contemporary. Travel with him through the different ages as his violin evokes the veritable rapture that classical music creates and celebrate the exquisite compositions that were so brilliantly crafted. Accompanied by pianist Dr. Irina Kupchik.

Art Expression: Starting on Thursday, September 7 at 10:00 a.m., for 8-sessions. Join Andrea for this creative and fun class where you'll learn simple techniques using various mediums to create your own masterpiece. From acrylics to pastels and inks, this is a stress-free space where no experience is required. Supplies provided. Fee: \$70.00 p.p. (Last class: 10/26).

Chef Stephen Wolff - Dinner in 20: Thursday, September 7 at 11:00 a.m. Wouldn't you like to enjoy a nice home cooked meal without spending all day in the kitchen? Chef Stephen Wolff will show you how to prepare a satisfying and nutritious meal in under 20 minutes.

Sherri Pie Duo: Friday, September 8 at 2:00 p.m. Let the Sherri Pie Duo bring love, light, and healing vibrations your way! Sherri will be accompanied by her talented composer/pianist husband Charlie who has graced many stages in both New York

& New Jersey. The Duo plays multi-cultural music sure to please!
Robinson Artshop: Monday, September 11 - OR - Monday, September 18 at 10:00 a.m. Join James Robinson as he guides you to paint your own masterpiece. Project fee: \$10 p.p., upon registering. No refunds. Only one (1) session per member.

The Music of Cream: Monday, September 11 from 2:00 p.m. to 3:30 p.m. We welcome back Vinnie Bruno as he takes us down memory lane with this lecture about the music of Cream. Cream was formed in 1966 and is widely regarded as rock's first supergroup. Cream spanned many genres including blues rock (*Crossroads*), psychedelic rock (*White Room*), and hard rock (*Sunshine of Your Love*). Vinnie explores their recordings including *Wheels of Fire*, which became the first platinum-selling double rock album in history. Cream was inducted into the Rock n' Roll Hall of Fame in 1993. (Transportation is not available)

MOKSHA Liberation: Tuesday, September 12 at 10:30 a.m. via ZOOM. The novel MOKSHA by Tara Lamont charts the spiritual journey of a guilt-ridden woman, set within the context of a troubled society and threatened planet, that takes her from South India to the Himalayas and back. Tara uses the power of storytelling to convey the discoveries of ancient Indian sages that provide a practical roadmap toward the goal of freedom from suffering and the ultimate reality of enlightenment.

The Concordia Chords: Tuesday, September 12 at 2:00 p.m. This 9-member band from Concordia performs favorites from the artists you know best: The Beatles, The Eagles, Carol King, Bob Seger, Del Shannon, and more.

Fall Canvas Painting: Wednesday, September 13 at 10:00 a.m. Cris Brown from The Gardens at Monroe and Kaitlyn from Jersey Shore Paint Party guide you through painting your own canvas fall scape. (Limited space)

Female Detective Mystery Writers: Wednesday, September 13 at 10:30 a.m. Move over Sherlock, the ladies are coming for you! From Agatha Christie to contemporary detective mystery writers like Sara Paretsky and Linda Barnes, this program explores why female detectives in books by female authors are so much fun to read. Join Kevin Chapman, best-selling author, as he discusses new writers of this genre and explores some of your favorite authors.

Blue Jersey Band: Wednesday, September 13 at 2:00 p.m. Enjoy tunes from the 20s to the 60s, American Songbook standards, and the music of Django Reinhardt. With Frank Ruck - two-time NJ Guitar Champion on guitar, mandolin, and vocals; Ellen Ruck on guitar and vocals; Ian Young, a recent graduate of Mason Gross School of Performing Arts on upright bass. Get ready for an eclectic mix of swing, gypsy jazz, and the tight harmonies of bluegrass.

Music Bingo: Thursday, September 14 at 10:30 a.m. Enjoy Tara's BINGO with a musical twist. Get together with friends, sway in your seat to the musical beat, and try to get BINGO!

Barry Manilow Tribute Show: Thursday, September 14 at 2:00 p.m. Get ready to go to the *Copacabana*! Join us for an afternoon of your favorite Barry Manilow songs with Dan Stevens, from the group *Memories*. He has been entertaining audiences for over 50 years. Back by popular demand, Dan will bring us back to the 1970s and 1980s.



Starting Sundown on September 15th
We Wish Our Members,
Who Celebrate Rosh Hashanah,
a Very Happy & Sweet New Year!

The Benefits of Coffee: Monday, September 18 at 10:30 a.m.. Join Saswati from Monroe Village-Springpoint to discover the benefits of coffee. Find out if the coffee bean has healthy benefits and if caffeine withdrawal is a real thing. What are the good and bad side effects of coffee and how much is too

much? Receive some recipes with coffee as an ingredient and enjoy a sample of flavored coffees.

Healthy Bites: Monday, September 18 at 1:00 p.m. Laura Vetter, RD, from St. Peter's University Hospital leads this group discussion on how mood can affect food choices and your health.

John Tarangelo: Monday, September 18 at 2:00 p.m. John Tarangelo, known as the "Man of Many Voices," sings and sounds like such crooners as Dean Martin, Frank Sinatra, Tony Bennett, and Bobby Darin. A former member of the Mystics & Legends of Doo Wop, you will hear artists from the 50s like Dion, Little Anthony, The Platters and others. From the 60s you will hear the voices of Neil Diamond, Jay & the Americans, The Righteous Brothers and many others. Songs from the Motown Era like the Temptations & Four Tops will also be performed in the show.

AARP Smart Driver Course: Tuesday, September 19 from 9:00 a.m. to 4:00 p.m. Enhance your driving skills during this AARP Smart Driver Course. There is no test involved. Most auto insurance companies offer discounts to individuals who complete the course. You must attend the entire class to receive a certificate of completion. The class fee for AARP members is \$20 and \$25 for non-members. In-person registration only. Not available on Community Pass. Exact cash or check payable to "AARP" at the time of registration. Only registered members of the Monroe Township Senior Center may attend.

The Mysterious Death of King Tut: Tuesday, September 19 at 10:30 a.m. via ZOOM. What was the cause of King Tut's death? Was it disease, murder, or trauma that led to this young leader's untimely death? Dr. Steve will lead this virtual lecture as he briefly examines the events surrounding the discovery of Tutankhamun's tomb and the recent theory of his assassination.

Michael & Ted Present Hoagy Carmichael: Tuesday, September 19 at 2:00 p.m. Michael and Ted return to discuss the life and career of Hoagy Carmichael. As composer, lyricist, singer, and actor, Hoagy Carmichael and his songs can be found on stage in *Alive and Kicking*, *Dream*, and *Ain't Misbehavin'*, and in films like *Night Song* and *Young Man with a Horn* as well as the all-time pop charts with standards like *Stardust*, *Lazybones*, *Nearness of You*, and *Heart and Soul*. Through his music, we will explore the life and career of this American original.

Senior Health & Fitness Walk: Wednesday, September 20 from 9:00 a.m. to 1:00 p.m. The Middlesex County Office on Aging invites you to Roosevelt Park for a day promoting fitness and health! They will provide wellness information, health screenings, boxed lunches, raffles, t-shirts, and entertainment. Please bring a nonperishable food donation in support of REPLENISH and the food pantries in Middlesex County. Don't forget to wear your walking shoes. A lot of walking is required. Registration forms must be filled out in order to participate. Transportation to and from the Senior Center will be provided. Bus leaves the Senior Center promptly at 9:00 a.m.

Remedies from the Kitchen: Wednesday, September 20 at 10:30 a.m. Learn the history and folklore of home remedies with food historian, Judith Krall. Long before pharmacies, people concocted their own remedies at home for everything from coughs and sore throats to hiccups and hangovers. Our ancestors relied mainly on everyday food that could be found in the kitchen or garden like honey, spices, onions, garlic, and herbs. Some of the information you will learn will be a mix of practical, humorous, and downright bizarre.

Main Street Cabaret: Wednesday, September 20 at 2:00 p.m. Vocalists Chris Reinhart, Anne Tirone, Jay Minkoff, and John London perform favorite hits from pop, rock and country charts of the 50s through the 90s. These veterans of The Nassau Coliseum, Felt Forum, Beacon Theater, Beatfest, and Staten Island Yankee Stadium, have performed alongside The Righteous Brothers, Del

Shannon, Martha Reeves, The Skyliners, Bobby Rydell, Billy J. Kramer, and Lesley Gore, just to name a few.

History of the NFL: Thursday, September 21 at 10:30 a.m. Are you ready for some football? With the start of the NFL season upon us, Douglas Siravo, local sports podcast host, will take us through the yesteryear of American football as we know it. Starting with the early days (before the merge) to the future of the game with the quarterback position. Time to huddle!

Gary Oleyar: Thursday, September 21 at 2:00 p.m. Gary Oleyar has been playing violin, guitar, mandolin, dobro, and banjo professionally for over 30 years. Most recently, he has toured with Kenny Loggins and has recorded with Jim Messina. He has also performed in many Broadway shows including *Evita*, *Almost Heaven*, and *Big River* just to name a few, and has appeared on the Bob Seger *Face The Fire* tour.

Blackjack: Friday, September 22 from 1:00 to 2:30 p.m. Luck be a lady, or in this case, the number 21! Enjoy an afternoon of Blackjack with Kevin and his professional dealers as they bring the fun and excitement of Atlantic City to Monroe Township!

CarFit: Tuesday, September 26 from 10:00 a.m. to 1:00 p.m. by appointment. There's more to safe driving than how you drive your car. Having the proper fit inside your vehicle can make a big difference. Penn Medicine's trained experts will show you how to enhance your comfort, safety, and fit within your vehicle. To make an appointment, in-person registration is required. (Space is limited.)

The Discovery of Planets: Tuesday, September 26 at 10:30 a.m. via ZOOM. Dr. Jacob Hamer, Assistant Curator of Planetarium Education at the NJ State Museum, discusses how the two most prolific methods of discovering exoplanets work and what observatories have enabled these findings. Learn about these discovered planets and the future of this exciting field.

Cimarrones: Tuesday, September 26 at 2:00 p.m. This Afro-Puerto Rican group is one of the most sought after Bomba and Plena ensembles in New Jersey. The Cimarrones (Runaway Slaves) were created in South Plainfield by Nelson Baéz. Their whole mission is to promote the beautiful music and culture of Puerto Rico and the preservation of the traditional folkloric music. Get ready for some high energy, singing, and dancing! Sponsored by Middlesex County Office of Arts and History.

Pancreatic Cancer: Wednesday, September 27 at 10:30 a.m. Dr. Sameer P. Desai, MD of Astera Cancer Care and St. Peter's Hospital will discuss Epidemiologic information, causes and risk factors, symptoms, diagnosis, staging, treatment options, and genetics.

Accents on Broadway: Wednesday, September 27 at 1:30 p.m. Naomi Miller returns with a trip to Broadway in this enchanting cabaret act featuring songs from *Annie*, *Evita*, *Les Miserables*, *Jersey Boys*, *Hello Dolly*, *Fiddler on the Roof*, *Lion King*, and others, plus a dash of languages from around the world.

Fall Wreath: Thursday, September 28, at 10:30 a.m. Leaves are falling and autumn is calling. Luda Gutiy, from Venetian Care & Rehabilitation teams up with Merwick Care & Rehabilitation, guiding you to create your own Fall Wreath. (Space is limited)

GENIUS - The Greatest Minds Across Time: Thursday, September 28 at 2:00 p.m. Walter Choroszewski defines "Genius" and shares the biographies of some of the greatest minds from ancient times to the present, from Aristotle to "Ask" Marilyn vos Savant.

Full Count Big Band: Friday, September 29 at 7:00 p.m. The Full Count Big Band is a seventeen piece orchestra that has been performing together for over a decade. Eclectic, nostalgic, and a musical library of over five-thousand arrangements, Full Count delivers from swing to rock and everything in between. Join us for an evening of harmonic and rhythmic excitement!



TRANSPORTATION TRIPS

609-443-0511 John Magda, Transportation Manager

Pre-Registration is Required for All Trips. Trip Registration is Thursday, August 17, 2023, at 9:00 a.m.

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

Power of Love—A Musical Tribute to Celine Dion @ Wind Creek Bethlehem in Bethlehem, PA (1 3/4 hours from the Sr. Ctr.) **Thursday, September 7, 2023**

Hearing is believing! Live from Las Vegas this Celine Dion Tribute Show is hailed as the number one Celine Dion show in the world. From Legends in Concert to cruise ships she has perfected the sound of Celine Dion for the past three decades. Using her world-class voice to take on the persona of Celine Dion along with her magnetic stage presence and gorgeous custom-made costumes. This show sails through a fantastic set of Celine’s greatest hits. Singing Celine’s songs with passion, she gets the crowds pumping with “Drove All Night,” “Love Can Move Mountains,” and “I’m Alive,” covering every inch of the stage while she powerfully holds that last long, high note of such beautiful ballads as “My Heart Will Go On,” “The Power of Love,” and “Because You Loved Me.” Spend the afternoon with this amazing artist and her band.

Lunch is on your own at the casino.

Departure Time: 8:00 a.m. / Return Time: 6:30p.m. (Charter Bus)

Show Time: 1:00 p.m.—2:00 p.m.

Cost: 64.00 p.p. (Includes: Show in the Foundry Ballroom, \$30.00 slot play, and \$15.00 Food Voucher)

Valley Forge National Historical Park in King of Prussia, PA (1 1/2 hours from the Sr. Ctr.) **Tuesday, September 12, 2023**

Join us and our step-on tour guide for the Encampment Tour of this very historic park. Valley Forge stands as the ultimate symbol of suffering, sacrifice, and triumph of the American Revolutionary War. Our step-on tour guide will explain the various locations we will see during our 10-mile driving loop. At some locations we will be able to get out to explore, and for others we will stay on the bus. Some of the locations we will see are: National Memorial Arch, Von Steuben Statue, Washington’s Headquarters, and Artillery Park. After our tour we will have lunch at the Black Powder Tavern.

Black Powder Tavern

1164 Valley Forge Road, Wayne, PA

Please choose one of the following meals for lunch: Chicken Pot Pie, Glazed Meatloaf with mashed potatoes and vegetable, Shrimp & Penne Genovese with Pesto, spinach, and fresh tomato. All meals come with Chicken Vegetable soup, Caesar salad, Bread, and Dessert. Beverage choices are: Soft Drink, Iced Tea, Hot Coffee, and Hot Tea.

Departure Time: 8:30 a.m. / Return Time: 4:30 p.m. (Charter Bus)

Tour Time: 10:30 a.m.— 12:00 p.m.

Cost: \$55.00 p.p. (Includes: Step-on Tour Guide, Plated Lunch, Soup, Caesar Salad, Bread, Soft Drink, Iced Tea, Hot Coffee, Hot Tea, Dessert, and Gratuity)



Tours of Twin Lights and Historic Battery Lewis in Highlands, NJ (1 1/4 hours from the Sr. Ctr.)
Thursday, September 14, 2023

Situated 200 feet above sea level atop the Navesink Highlands, Twin Lights has stood as a sentinel over the treacherous coastal waters of northern New Jersey since 1828. Named Navesink Lightstation, it became known as the “Twin Lights of Highlands” to those who used its mighty beacons to navigate. As the primary seacoast light for New York Harbor, it was the best and brightest light in North America for generations of seafarers. Many a life and cargo were saved by its light.

Please wear closed toe shoes for this trip since walking on uneven ground and steps are required for this trip. This trip is not recommended for anyone unable to climb steps.

Off The Hook Restaurant
1 Route 36, Highlands, NJ

We will have a buffet luncheon of: Caesar Salad, Chicken Francoise, Sliced Sirloin in a demi glaze and mushrooms, Roasted Potatoes and Mixed Vegetables. Cookies will be served for dessert. Beverage choices are: Soda, Unsweetened Iced Tea, Lemonade, Hot Coffee, and Hot Tea.

The 224-acre Navesink Military Reservation sits in the hills of the Highlands within Hartshorne Woods Park. This section of the park hosted a number of different land and air-based military installations to defend New York Harbor and surrounding areas. During WWII batteries for heavy artillery were built on the site to modernize coastal defense efforts, and during the Cold War Era the site served as a missile defense site and command center.

Departure Time: 8:30 a.m. / Return Time: 3:30 p.m. (Township Bus)

*Twin Lights Tour: 10:00 a.m. to 11:30 a.m. Battery Lewis Tour: 1:30 p.m. to 2:30 p.m. **This trip will go rain or shine.***

***Cost: \$47.00 p.p.** (Includes: Guided Tours in both locations, Buffet Luncheon, Dessert, Soda, Unsweetened Iced Tea, Lemonade, Hot Coffee, Hot Tea, and Gratuity)*

Strasburg Railroad and Railroad Museum of Pennsylvania in Lancaster, PA (2 hours from the Sr. Ctr.)
Tuesday, September 19, 2023

Strasburg, Pennsylvania—home to the oldest continuously operating railroad in North America and the most visited heritage railroad in the continental United States. Chartered in June 1832, the Strasburg Railroad began serving the community of Strasburg with both freight and passenger service when covered wagons and canals were still commonplace in America. We will have a box lunch aboard the train while enjoying the beautiful scenery.

Please choose one of the following box meals for lunch: Carolina Pulled Pork Sandwich, Italian Beef Sandwich, Turkey BLT Wrap, Hummus Platter. All sandwiches come with chips and a cookie. A soda or water is also included.

Experience the awe-inspiring power of trains in this world-class collection of 100 historic locomotives and railroad cars. Discover the captivating and personal stories, art, and artifacts of our nation’s rich railroading heritage. Climb aboard a caboose, step into a real freight engine cab, inspect a 62-ton locomotive from underneath, and walk by the 1915-era Main Street scene and into Steinman Station passenger depot to enjoy hands-on exhibits and watch the model trains in action.

Walking and steps are required for this trip. You will walk across the street to the Railroad Museum after our train ride.

Departure Time: 8:00 a.m. / Return Time: 4:30 p.m. (Charter Bus)

Tour: Self Guided Tour

***Cost: \$50.00** (Includes: Train Ride, Box Lunch, Soda or Water, and Museum Admission)*

Tropicana Casino in Atlantic City, NJ (1 1/2 hours from the Sr. Ctr.)
Wednesday, September 20, 2023

Tropicana Atlantic City officially opened on November 23, 1981, with 521 guest rooms and a large casino. In May of 1985 a 1700-seat showroom was added, with Wayne Newton serving as the opening act. Other acts have included Patti LaBelle, Jay Leno, Dionne Warwick, The Smothers Brothers, Tom Jones, and Tony Bennett. There are numerous locations within the casino where you can enjoy lunch: Carmines, PF Chang, Chickie’s & Pete’s Crab House, Broadway Burger Bar, and more.

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

Cost: Free:** You will receive **\$15.00 slot play** from Tropicana. **Lunch is on your own at the casino.

Tour of United States Naval Academy in Annapolis, MD (3 hours from the Sr. Ctr.)
Thursday, September 21, 2023

The scenic grounds of the United States Naval Academy, known as the Yard, and the contrasts in architecture reflect the long and distinguished history of the academy. The best way to truly experience the U.S. Naval Academy is with a professional, passionate, and certified USNA tour guide. Expect to visit the historical highlights and learn about the midshipman experience. You will have time on your own after our tour to wander the Yard. **You must show a valid, unexpired US driver license or Passport. A digital driver license is not accepted.**

Buckley's Tavern
5812 Kennett Pike, Wilmington, DE

Please choose one of the following meals for lunch: Chicken Pot Pie, HB's Meatloaf with whipped potatoes and vegetable, Pan-Roasted Salmon with whipped potatoes and vegetable or Penne Pasta. All meals come with House Salad, Dessert and Non-alcoholic Beverage.

Walking is required for this trip. Due to the excessive walking, this trip may not be suitable for anyone with walking limitations.

Departure Time: 7:15 a.m. / Return Time: 8:00 p.m. (Charter Bus)

This trip will go rain or shine.

Guided Tour: 11:00 a.m.–12:30 p.m.

Cost: \$52.00 p.p. (Includes: Guided Tour, Plated Meal, House Salad, Dessert, Non-Alcoholic Beverage and Gratuity)

National Aquarium in Baltimore, MD (2 1/2 hours from the Sr. Ctr.)
Tuesday, September 26, 2023

The nonprofit National Aquarium opened on August 8, 1981, the jewel of Baltimore City's Inner Harbor redevelopment. With a mission to inspire conservation of the world's aquatic treasures, the aquarium is consistently ranked as one of the nation's top three aquariums and as Maryland's largest paid tourist attraction. The aquarium features thousands of fish, birds, reptiles and mammals living in award-winning habitats. You will be on your own to enjoy the aquarium and lunch.

Walking is required for this trip. Lunch is on your own at the aquarium.

Departure Time: 8:00 a.m. / Return Time: 5:00 p.m. (Charter Bus)

Cost: \$35.00 p.p. (Includes: Aquarium admission)

Tour of Roebling Museum in Roebling, NJ (40 min. from the Sr. Ctr.)
Thursday, September 28, 2023

Roebling Museum tells the story of the origins and growth of Roebling, NJ, a company town built by John A. Roebling's Sons Company. Some of the most important technological achievements of the industrial age — such as big bridges, telegraphs and telephones, electrification, deep mines, big ships, elevators and airplanes — as well as everyday objects were built in Roebling. Roebling Museum believes that the industrial development of the United States is best illustrated and understood through the experiences of the people who built our shared history.

At the core of the story is the innovative engineering ideas developed by John A. Roebling, who is best known for designing the Brooklyn Bridge. His three sons, Washington, Ferdinand, and Charles, built their father's company into the world's leading producer of wire rope with four factories and nearly 8,000 employees at its peak. In 1904, when competition pushed them to start making their own steel, they bought farmland on the Delaware River and built the factory complex known as the Kinkora Works and the company town known as Roebling, NJ for their workers.

Walking is required for this trip. Due to the excessive walking, this trip may not be suitable for anyone with walking limitations.

Liberty II Diner
5254 Route 130, Bordentown, NJ

Please choose one of the following meals for lunch: Cobb Salad, Cheesesteak, Grilled Chicken Sandwich, Fried Flounder Sandwich, New York Reuben Melt, and California Burger. All sandwiches come with French Fries, Cole Slaw, and a pickle. All meals come with a cup of soup. Beverage choices are: Soda, Iced Tea, Hot Coffee, or Hot Tea.

Departure Time: 9:30 a.m. / Return Time: 4:00 p.m. (Township Bus)

Guided Tour: 10:30 a.m.—1:00 p.m.

Cost: \$30.00 p.p. (Includes: Tour, Plated Meal, Cup of Soup, Soda, Iced Tea, 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.