

# New Jersey Association of Senior Center Directors

## ***For information on***

- ***Services offered by senior centers***
- ***National standards for senior centers (NCOA/NISC)***
- ***National accreditation***
- ***Establishing a senior center in your community***
- ***Improving/upgrading senior center services***
- ***New Jersey Association of Senior Center Directors***

## ***Contact***

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# The Senior Center Philosophy



**T**he philosophy of the senior center movement is based on these premises: that aging is a normal developmental process; that human beings need peers with whom they can interact and who are available as a source of encouragement and support; and that adults have the right to a voice in determining matters in which they have a vital interest.

In accordance with these premises, senior centers adhere to the following beliefs:

- ◆ older adults, like all people, are individuals with ambitions, capabilities, and creative capacities
- ◆ they are capable of continued growth and development
- ◆ they have certain basic needs, including opportunities for relationships and for experiencing a sense of achievement
- ◆ they need both access to sources of information and help for personal and family

problems, and the opportunity to learn from individuals coping with similar experiences

- ◆ they have a right to maximum opportunity for involvement in all aspects of a center's decision-making process

Senior center staffs are obliged to create an atmosphere that acknowledges the value of human life, affirms the dignity and self-worth of the older adult, and maintains a climate of respect, trust, and support.

Within this atmosphere, staff creates opportunities for older adults to apply their wisdom, experience, and insight, and to exercise their skills.

As an integral part of the aging network, a center serves community needs, assists other agencies in serving older adults, and provides opportunities for older adults to develop their potential as individuals within the context of the entire community.

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# Definition of a Senior Center



**A** senior center is a community focal point where older adults come together for services and activities that reflect their experience and skills, respond to their diverse needs and interests, enhance their dignity, support their independence, and encourage their involvement in and with the center and the community.

As part of a comprehensive community strategy to meet the needs of older adults, senior centers offer services and activities

within the center and link participants with resources offered by other agencies. Center programs consist of a variety of individual and group services and activities.

The center also serves as a resource for the entire community for information on aging, support for family caregivers, training professional and lay leaders and students, and for development of innovative approaches to addressing aging issues.

# lifespan perspective

A different way of looking at design

Special Edition: National Senior Center Month 2007

## Multi-purpose with a twist: Emerging trends in senior center focus and design

For decades, “multi-purpose senior center” has been the standard label applied to (non-residential) facilities that house a variety of programs and services for older adults. The multi-purpose nature of the institution is evident in each organization’s unique mission statement, and in the design of the facility, which is typically a collection of flexible-use rooms, open spaces, and offices.

Today, while most senior centers continue to serve older adults in multi-dimensional ways, many are adopting specific areas of focus as the centerpiece of their marketing approach, image, and facility. Although their mission and motivations remain truly multi-purpose, specific issues and corresponding programs and amenities may be positioned as the portal to their service network.

At the same time, a steady influx of newcomer-providers from the private and nonprofit sectors are reaching out to the growing senior audience with programs and facilities that focus on specific needs or interests, with multi-dimensional benefits. As a result, there are all sorts of businesses, organizations, and facilities out there today that fit a generic definition for “multi-purpose senior center,” but don’t bear the name, and may look and seem like something entirely different.

Not surprisingly, the buildings that house today’s senior centers and senior center alternatives are increasingly diverse in location, size, and style—and more thoughtfully designed than ever before. While they all require the insightful application of universal design principles to accommodate clients of diverse ages and abilities effectively, those centers that incorporate specialized amenities also call for specialized design responses. We’ve cited some of the most frequently encountered issues below.

### Café model

Goal: support nutrition, health, and wellness while promoting social interaction, strengthening the community, and providing a point of access to other programs and services housed on-site

#### Design considerations

- the café/dining area is prominently located near the main entrance and may be reflected in the exterior

image of the building, identified in signage, etc.

- kitchen and dining room requirements may be significantly more sophisticated than for a traditional noon meals program



- entry sequence and reception area should complement café ambience
- other rooms and spaces are strategically located for privacy, sound control, and ease of access without compromising the flow or ambience of the café

### Fitness/wellness center model

Goal: support physical and mental health and wellness while promoting social interaction and providing a point of access to other programs and services.

#### Design considerations

- like other health clubs, these facilities may include a mix of aerobic and resistance training machines, stretching and free weight areas, dance/aerobics studios, and indoor or outdoor tracks



Lifespan Design Studio offers architectural studies, assessments, planning, and design for new construction and renovations.

11 South Broadway, Suite 301  
Lebanon, OH 45036

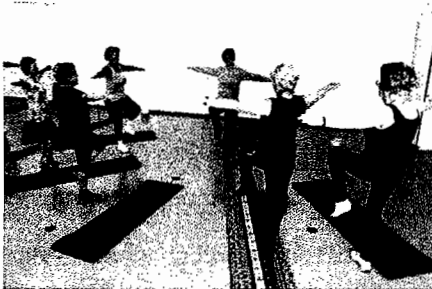
513.228.1196

info@lifespandesignstudio.com

Visit us on the web at:

www.lifespandesignstudio.com

- may include one or more pools for exercise and therapy (warm water)
- may include locker/shower rooms, saunas, steam rooms, and/or whirlpools
- may include health suite and/or physical therapy rooms
- unique audio/visual, sound, and temperature/ventilation control requirements
- frequently include classrooms, private counseling rooms, teaching kitchen, café and/or lounge
- often require a separate entrance for access when other portions of the facility are closed, or multiple entrances when housing multiple agencies
- client safety is of paramount concern



### Technology center model

Goal: support computer literacy, lifelong learning, and social interaction while providing access to other programs and services housed on-site

Design considerations:

- appropriate layout of computer stations and instructor's staging area
- special utility/wiring and other technological requirements
- lighting and environmental controls are of particular importance
- drop-in access and control; security issues

- create an inviting, non-intimidating ambience; provide a separate lounge space to support socialization



- may require a separate entrance for access when other portions of the facility are closed

### Lifelong learning model

Goal: support lifelong learning, health/wellness, fitness, computer literacy, second career training, and volunteerism/mentoring, while facilitating social interaction and providing access to other programs and services housed on-site.

Design considerations

- flexible-use classrooms of various sizes, with adaptable lighting
- convenient table and chair storage
- room-by-room environmental controls
- centrally located restrooms
- public address and sound control
- may incorporate specialized facilities for fitness, art programs, computer training, etc.

- lounge/break-out space with kitchenette or café

### Facility requests reflect popular trends

As senior center design specialists, we enjoy a front row view of trends and innovations on the leading edge in senior center programming and administration. Some of the design requests we receive today reflect the creative use of popular trends and technology as a means of generating funds to support center programs. Recent requests have included an on-site thrift store (currently popular with teens and college students in many areas), and an in-house e-Bay based fundraising facility.

Many centers are responding to an influx of newly-retired baby boomers with high profile re-employment and civic engagement offices to support the transition into second careers or retirement-alternative lifestyles. Other increasingly familiar requests include ceramics studios with multiple pottery wheels, and environmental-focused volunteerism offices.



### Website and blog offer more on senior center design

Join us online at [www.lifespandesignstudio.com](http://www.lifespandesignstudio.com) for resources and information on issues related to senior center design. Please share your facility-related experiences and ideas via our online forum.

# The Golden MOMENTUM

THE OFFICIAL NEWSLETTER OF BERGEN COUNTY'S SENIOR ACTIVITY CENTERS

*Located in: Bergenfield, Cliffside Park, East Rutherford, Elmwood Park, Garfield, Hackensack, Midland Park, North Arlington, Palisades Park, Ridgefield Park, and Wallington*

Vol. 6, No. 4

**SPOTLIGHT ON**

October 2008

## Ridgefield Park Senior Activity Center

**W**hen asked about the Ridgefield Park Senior Activity Center, Mary Hirshman said, "I enjoy the social interaction and I always look forward to going. The staff makes everyone feel welcome when they come to the Center."

For over 30 years, the Ridgefield Park Senior Activity Center has provided a pleasant atmosphere for all who walk in the door. It promotes and coordinates programs and activities that are culturally, intellectually, physically, and socially stimulating on a daily basis.

"We get people with all kinds of backgrounds here," explained Center



Director Peggy Quinn. "I am constantly amazed by how everyone, as unique as they are, comes together in such a positive way."

The Center provides daily exercise classes as well as line dancing, yoga, bingo, food shopping and even a monthly trip to the mall. In addition to weekly activities, there are also special events such as holiday parties, Saturday lunch and bingo parties, and guest speakers who comment on a range of topics.

Music of the 1950's and 1960's is playing all day and you can usually find someone with whom you can sing along.



### COUNTY OF BERGEN

**Dennis McNerney**  
*County Executive*

### BOARD OF CHOSEN FREEHOLDERS

**Tomas J. Padilla**      **Elizabeth Calabrese**  
*Chairman*                      *Vice Chairwoman*

**James M. Carroll**      **David L. Ganz**  
**Bernadette P. McPherson**      **Julie O'Brien**  
**Vernon C. Walton**

### DIVISION OF COMMUNITY DEVELOPMENT

**Joseph Rutch**  
*Director*





**Message to Seniors from  
Bergen County Executive **Dennis McNerney**  
*Having Fought Wars to Defend Democracy,  
Seniors Should Embrace the Right to Vote***

Dear Friends,

**T**his October, we again mark **Political Awareness Month**, and given the historic nature of this election year, it is vitally important that every citizen get informed on the issues facing our great country.

Our senior citizens are truly our "greatest generation." You have lived through both war and peace, economic depressions and booms, and therefore you know how precious the right to vote is to a free people. Younger generations continue to look to you for leadership and the standard that should be set for proper, informed citizenship.

***"On Election Day – November 4, 2008 – I urge you to stand up for democracy as you and your generation have stood up so many times before."***

And yet, only about 50% of all Americans over 18 will bother to cast a ballot this November. **On Election Day – Tuesday, November 4, 2008** – I urge you to stand up for democracy as you and your generation have stood up so many times before.

One of the big issues this election season is the turmoil in the economy. We are all worried about our financial future, as individuals and as a nation. As County Executive, I am particularly concerned for the 180,000 seniors who live in Bergen County, many of whom live on a fixed income, supplemented by stock investments that have fallen sharply.

Therefore, I will continue to work to bring about **property tax relief through cutting wasteful spending and streamlining government**. For anyone living on a fixed income, or who was relying on dividend income that might not be there

tomorrow, reducing government spending is one way to provide tangible relief.

I spoke about this issue with many of you at the **annual Senior Picnic at Van Saun Park**. Over 3,000 seniors came to this event which was co-sponsored by my office and the Bergen County Division of Senior Services. Everyone in attendance was able to learn about the resources available to seniors – from housing assistance to discounted prescription drugs and eyeglasses, from exercise programs to computer training.

But perhaps the greatest resource was have as Americans is not a government program. It is simply the right to vote. This November 4th, Election Day, I urge you to use it and to lead by example as your generation has done so many times before.

Have a wonderful fall season!

**Dennis McNerney  
Bergen County Executive**

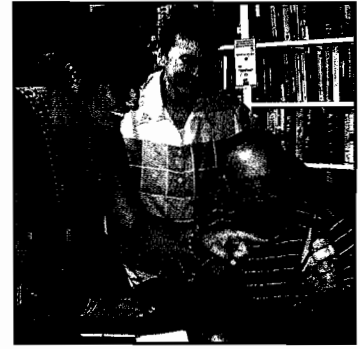


# SENIOR HIGHLIGHTS

## Midland Park Offers Seniors Tutoring in Cell Phone Usage

With cell phones becoming increasingly sophisticated and more like hand-held computers, seniors who are part of the **Northwest Bergen Senior Activity Center** located in **Midland Park** can now receive private lessons to learn how to maximize their cell phone use.

The tutoring sessions include how to add personal contacts, set up voicemail greetings and passwords, as well as general usage.



## “Tea and Talk” Sessions Begun for Cliffside Park Seniors

Starting this fall, a group from the **Cliffside Park Senior Activity Center** has begun a “Tea and Talk” program. Participants are asked to wear their favorite hat, bring their favorite tea cups and saucers, as well as pictures of their families and friends.

The Center offers a variety of teas to go with croissants and biscuits. There are several topics that the seniors, as a group, discuss from “who was your best friend growing up” to “what was your favorite vacation.” The seniors hope to meet once a month.

## After 12 Years of Outstanding Service, Byung Kyo Lee, Palisades Park Senior Activity Center’s Director, Retires

After 12 years of service as Director of the **Palisades Park Senior Activity Center**, Byung Kyo Lee has retired. The seniors and staff at the Center threw a “going away” party in honor of their departing director.

Lee’s tenure in Palisades Park was marked by unprecedented growth in programming and senior participation, including extensive outreach to the local Korean-speaking community.



## North Arlington Senior Activity Center Hosts Movie Nights

In a new programming initiative, seniors at the **North Arlington Senior Activity Center** are gathering together each month to watch a recent mainstream movie. “With our big screen television, we can get a pretty large crowd to enjoy the film together,” said Center Director Connie Keeler.

The September movie was *Because I Said So*, starring Diane Keaton. The seniors laughed together as they also enjoyed popcorn, M&M’s and ice cream sandwiches.

### Clarification

*In the last issue of **The Golden Momentum**, an article highlighting the “Dancing with the Seniors” competition, held last Spring at the **Garfield Senior Activity Center**, did not carry a picture of the actual champions, Instructor **Terri Cantone** and senior **Rich Voza**. A photograph of the two winners dancing can be seen [here](#).*



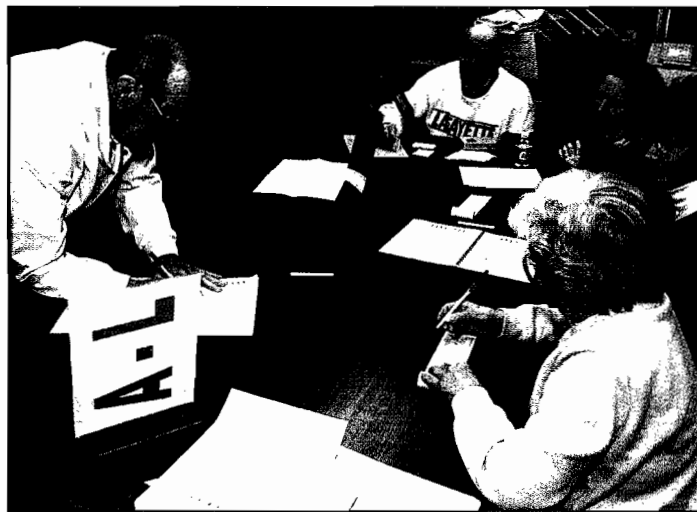
## County Senior Activity Centers Launch Voter Registration Drive During Political Awareness Month, Seniors Prepare for Election Day

In recognition of October being Political Awareness Month, the 11 Bergen County Senior Activity Centers have embarked on a voter registration drive targeting those seniors who participate in weekly programming.

With about 180,000 seniors in Bergen County, there is a real opportunity for this group to make sure its voice is heard in elections for President of the United States down to local mayor and council races.

Organizers noted that since women and African-Americans were only given the right to vote within the last century, after decades of intense struggle, it is only fitting that everyone take advantage of these opportunities.

Anyone who is a U.S. citizen can register to vote. The form does not require a witness or additional identifying information. Bergen County no longer issues voter



registration cards. Instead, about a week before the election, all registered voters receive a sample ballot in the mail. Receiving this means you are a registered voter.

## Bergen County Pushes Anti-Smoking Effort Among Seniors

**November 20th is "Cold Turkey Day" at Senior Activity Centers;  
Most Important Message: "You Are Never Too Old to Quit"**

*"I've smoked two packs of cigarettes a day for 40 years. What's the use of quitting now?"*

Far too many Bergen County seniors have taken this kind of attitude. But the facts are clear:

**Quitting smoking – even at an older age – can make a huge difference in your quality of life.**

Even if you have been smoking for years, the benefits of quitting include:

**(1) Adding years to your life.** There will be more time to enjoy your friends, children and grandchildren if you reduce your chances of having cancer, heart problems, a stroke or lung disease.

**(2) Giving you more energy.** Your body, once it stops the intake of nicotine and tar, rebounds very quickly, thereby giving you higher energy levels relatively quickly.

**(3) Saving you money.** With cigarette taxes so high,

the amount of money you can save over a year is significant.

### IT'S NEVER TOO LATE TO QUIT SMOKING

As soon as you stop smoking, your lungs, heart, and circulatory system start getting better. Your chance of heart attack, stroke and other circulatory diseases begins to drop within the first year. The flow of blood to your hands and feet get stronger. Your breathing becomes easier within a few months of your last cigarette.

In an effort to help encourage seniors to break free from the addiction of smoking, the Bergen County Senior Activity Centers have designated

**November 20, 2008 as "Cold Turkey Day".**

At lunchtime that day, each Center will be **servicing its seniors cold turkey sandwiches** as a reminder of how going "cold turkey" when you quit smoking can be a delicious and healthy experience.



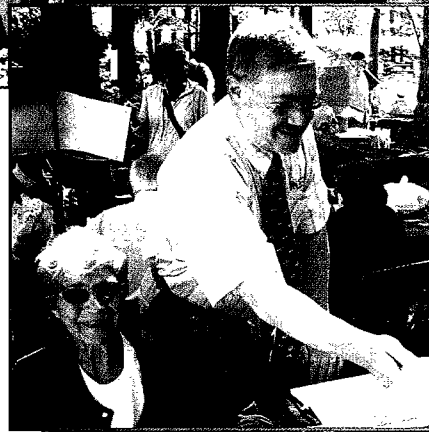
# Bergen Counts Hosts Annual Senior Picnic

## *Van Saun Park in Paramus is Site for 3,000+ Party for Seniors; Attendees Speak with Officials, Receive Information on Services*

County Executive Dennis McNerney joined the Bergen County Division of Senior Services to host the annual Bergen County Senior Picnic at Van Saun Park in Paramus in September.

More than 3,000 seniors from across the county attended. In addition to enjoying a free lunch, the seniors enjoyed a craft fair, music, dancing, and several tables with information on important senior services that are available.

Also attending the gathering were several members of the Bergen County Board of Chosen Freeholders – **Chairman Tomas J. Padilla**, **Vice-Chairwoman Elizabeth Calabrese**, **David L. Ganz**, **Bernadette P. McPherson**, and **Vernon C. Walton** – as well as the Bergen County Surrogate **Michael Dressler**.





# The Golden **MOMENTUM**

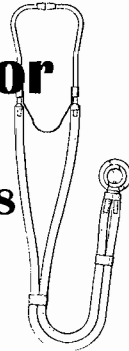
Senior Activity Centers  
Bergen County Community Development  
1 Bergen Plaza  
Hackensack, NJ 07601

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**LIVE LONGER! BE HEALTHIER!**

Come to the  
**HealthEASE Senior  
Wellness Fair**

**Thursday, November 6, 2008  
10:00 AM - 1:00 PM  
School #5, 214 Day Avenue  
Cliffside Park**



**BE A PATRIOT!**

**DON'T FORGET TO VOTE ON**

**NOVEMBER 4, 2008!**

## Bergen County Freeholders On "Listening Tour" of Senior Centers

A freeholder is a legislator on the county level. They are referred to as "county commissioners" in other parts of the country. The Bergen County Board of Chosen Freeholders consists of seven members who are elected at-large, which means each freeholder represents the entire county. Freeholders are elected to three-year, staggered terms.

In an effort to reach out to the community, the freeholders have launched a "listening tour" focusing on the Bergen County Senior Activity Centers.

"Our goal is to offer residents the services they need that will help improve their quality of life," said Freeholder Vernon C. Walton, who also serves as the senior pastor of Mount Calvary Baptist Church of Englewood. "By taking a proactive approach and going out into the community, we get a firsthand account of the concerns facing Bergen

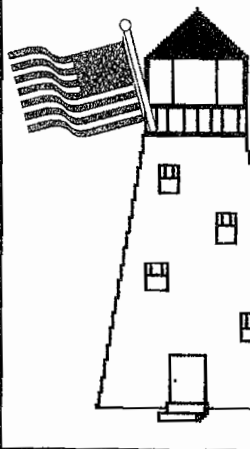
County seniors."

Bergen County has incredible diversity with nearly one million residents. The freeholders take their responsibility to

evaluate the county's budget very seriously and work to ensure that the public's needs are served. They oversee funding for the Bergen County Senior Activity Centers as well as the county's parks, roads, bridges, the Bergen County jail and police department, Bergen Community College, the Bergen County Special Services School District, and Bergen County Technical Schools.

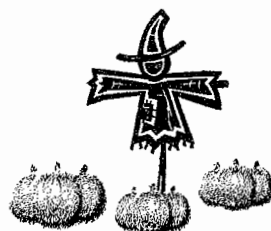


**The Freeholders are your County legislators. Feel free to contact them at (201) 336-6200.**



# SENIOR BEACON

A MONTHLY PUBLICATION OF  
 NEPTUNE TOWNSHIP SENIOR CITIZENS CENTER  
 1825 CORLIES AVENUE  
 NEPTUNE, NJ 07753  
 ROSEMARY GRAY, DIRECTOR  
 732-988-8855  
 WWW.NEPTUNETOWNSHIP.ORG



8:30am-4:30pm  
Office Hours

**NOVEMBER 2008**

9:00am-3:30pm  
Program Hours

## SENIOR CENTER EXPANSION AND RENOVATION UPDATE

As of the printing of this newsletter, we were still awaiting word as to when the closing would take place on the Rite Aid building. Environmental issues were being addressed and surveys were being completed. We'll keep you posted.

### ELECTION DAY NOVEMBER 4

Transportation to the polls is available by appointment. Reservations must be made by 11:30am Monday, November 3. Due to the demand that we expect this year because of the Presidential Election, we must have reservations by 11:30 the day before.

### HOLIDAY CRAFT SALE BENEFITS TRUST FUND

NOVEMBER 3-7, 9:30AM-3:30PM

Start your holiday shopping at our 8th annual Craft Fair and help support the Center's Trust Fund. Sale is open to the public...bring your family and friends. Baskets, knitted and crocheted items, art work, ceramics, shirts, and handmade crafts. Great gifts. If you cannot donate a new unused handmade craft item for our sale - maybe you can make a donation to the Center's Trust Fund.

### BOARD OF HEALTH OFFERS FLU SHOTS

MONDAY, NOV. 10 FROM 9-12N (FIRST COME-FIRST SERVED)

Bring Medicare card and proof of residency showing that you live in a town served by the Board of Health. Priority given to Township Seniors 65 and older. No charge for Medicare B recipients. All others will be charged \$20.00. HMO'S are not accepted. You must be symptom free. Please note - we usually start at 9am; however, we cannot open the doors until the Board of Health is ready. Please plan accordingly in case of inclement weather, or in the event there is a long line. Please do not park in the surrounding doctors' office lots.

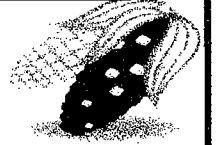
### Neptune Township Senior Center

funded in part by a grant from the Monmouth County Office on Aging under Title III of the Older Americans Act does not discriminate in violation of any federal regulation.

**DONATIONS NEEDED !!! PLEASE HELP !!!**

**FROZEN TURKEYS NEEDED**

Can you help us? We are in need of frozen turkeys for this Thanksgiving holiday. If you receive one that you do not need, please consider donating it to our Center.



**STAINED GLASS GRINDERS NEEDED**

Our stained glass classes are in need of additional grinders; and, we were hoping that maybe some of our readers may have a grinder at home that is in good working condition and that can be donated to our Center for our classes. For specific info, call the Center.



**THANK YOU TO EVERYONE**

**Thanks to the following for donating to our Trust Fund and Building Expansion Fund:** Lartina Bransfield, Mildred DeSantis, Marie Malloy, Frances Pettit, and Willie Williamson.

**Also, thanks to the following for donating supplies & "goodies":** Don Bartlett, Louise Beverly, Catholic Men for Jesus Christ, Evelyn Clarke, Martha & Bill Crowell, Pat Fahey, Tom Faust, Freedman's, Grace Christian Church, Dorris Guy, Ed Halpin, Irving Howell, Peggy Heutele, Lucy Kessler, Jean Lucey, Joan Merics, Irving Monroe, Panera Bread, Frances Pettit, Phyllis Quinn, Dawn & Harold Rohrs, Sandra's Farm Market, Shop-Rite, Anne Sibole, Faye Tyerech, Wegmans, and Maureen White.

**Special, special thanks to Rita Goldstein** for the beautiful gift baskets for our craft raffle.

**REMINDER — MEDICARE D OPEN ENROLLMENT**

**NOVEMBER 15 — DECEMBER 31**

During the open enrollment period, seniors with Medicare can change the way they get their Medicare benefits; and, can change, add or drop a Medicare prescription drug plan. If you receive a letter from PAAD, Social Security, Medicare or Medicaid, or an employer/union, with changes to your prescription plan, do not ignore it! For help, call Ellen or Kris.

**HOME ENERGY ASSISTANCE**

**Home Energy Assistance Program (HEAP)** provides assistance with energy costs for eligible Seniors who meet income guidelines. Applications available November 1 - March 31. Income guidelines are: Single - \$1,517 per month, and Couple - \$2,042 per month. For further info, call Ellen or Kris at the Center, or call the "HEAP" hotline number at 732-502-8855.

**"BECOMING GREEN" TIPS FOR THE ENVIRONMENT**

November's "Becoming Green" tip from Ingrid Justick (Villas at Jumping Brook environmental committee) is to buy at least one organic fruit and one organic vegetable per month to replace those that may have been grown and sprayed with pesticides.

**CENTER NEEDS HELP DURING 2009 TAX SEASON**

We are in need of volunteer tax counselors. Training is provided by the State under a program entitled TCE (Tax Counseling for the Elderly) and is held in January. Manuals are provided and there is always help available by phone from the trainers. If you're interested, call Ellen.

**OCTOBER AND NOVEMBER BIRTHDAY PARTY  
FEATURING THE MUSIC, SINGING AND ANTICS OF  
GEORGE ANTHONY**



**THURSDAY, NOVEMBER 6 AT 11AM**

Great food, great music and great fun. Please make sure that you sign our birthday board so that we can honor you at the party. Reservations for lunch must be made in advance with Gigi and no later than 11:30am on Nov. 5. (Please note that we do not make your lunch reservation automatically from our birthday board.) Lunch donation is \$3.00. Transportation reservations must also be made by 11:30am the day before.

**"NUTRITION BOOTCAMP" LECTURE SERIES  
PRESENTED BY DAVID WYGAL, CN, DEAN'S NATURAL FOODS**

**"THE TRUTH ABOUT FISH OILS"**

**THE BENEFITS OF OMEGA-3 & ESSENTIAL FATTY ACIDS**

**WEDNESDAY, NOVEMBER 5 AT 11AM**

Attendees will learn about the need for Omega-3 fats, and other essential fats, in the diet. Discover how these healthy fats are believed to affect brain health, fight depression, reduce inflammation and lower the risk of heart disease.

**"JOINT HEALTH - MORE THAN JUST GLUCOSAMINE"**

**WEDNESDAY, DECEMBER 3 AT 11AM**

Excessive wear and tear, advanced age, insufficient nutrients in the diet and hormonal imbalances are often a few of the reasons joints deteriorate. Most everyone knows that glucosamine can offer joint support; however, we also know that it not always enough - so what else do we do?

**"THE GOOD...THE BAD...AND THE DON'T GO THERE!"  
HEALTH INFORMATION ON THE INTERNET**

**PRESENTED BY KATHY BASS AND DARLENE ROBERTELLI  
NURSE EDUCATORS FOR JSUMC**

**TUESDAY, NOVEMBER 18 AT 11AM**

Do you ever explore medical sites on the internet in an effort to learn more about your health issues? If you do, then this is the lecture for you. Learn the internet sites to explore and the sites to stay away from. Learn how to determine reputable sites that can provide the help that you seek. Learn how to get the right information when you need it.

## **HOLIDAY SHOPPING TRIPS**

### **DELICIOUS ORCHARDS**

**THURSDAY, NOVEMBER 13**

Bus leaves Center at 10:30am. Enjoy shopping at everyone's favorite gourmet food market. Then enjoy lunch on your own at their outdoor stand (weather permitting).

### **JERSEY SHORE PREMIUM OUTLETS**

**TUESDAY, DECEMBER 16**

We are anticipating the opening of the outlet mall in Tinton Falls in November; and, we are planning a trip for your holiday shopping needs in December. (Trip will be contingent on the mall being opened by then.) Lunch will be on your own at mall.

**CALL GIGI FOR RESERVATIONS FOR TRIP!!**

## **CENTER HOSTS ANNUAL THANKSGIVING "FEAST"**

**TUESDAY, NOVEMBER 25 AT 12NOON**

**ENTERTAINMENT PROVIDED BY "ALGIA"**



Turkey, stuffing, and all the trimmings' are on the menu for our annual Thanksgiving Dinner. Our feast this year will be provided by Joey Gia's Trattoria, so make sure that you don't miss the feast and the fun. Free will donation requested to benefit our Trust Fund. Reservations can be made by phone, or in person, starting Friday, Nov. 7, after 9:30am. You may sign-up for yourself and one other person.

**(Please remember - Holiday festivities fill quickly and seating is limited, so don't wait too long to make your reservations.)**

## **IT'S HOLIDAY PARTY TIME**

**HOLIDAY LUNCHEON - DINING, DANCING, AND SURPRISES**

**TUESDAY, DECEMBER 9 OR THURSDAY, DECEMBER 11**

**(CHOOSE ONE DATE ONLY, PLEASE)**

Celebrate the holidays in style by attending one of our great holiday parties. These festive events include catered lunch, surprise entertainment, prizes, gifts, music and dancing. Tickets will be distributed starting Friday, November 14, after 9:30am. **Tickets must be picked up in person.** You may pick up a ticket for yourself and one other person. To get tickets, you must have your Senior Center I.D. card with you and it must be updated for 2008. You must also have the updated I.D. card for the person whose ticket you are picking up. Doors to the building will open at 8:30am and numbers will be given out at the door so that everyone can wait in the building. Tickets will not be issued until 9:30am. If you need transportation for tickets, call the Center. Please remember that there is always a line and we usually give out all 400 tickets, so be prepared for a wait. In the event that you must cancel, tickets are not transferable to anyone else and must be returned to the Center to accommodate those on the waiting list.

## **FITNESS PROGRAMS - GET IN SHAPE NOW!**

**Stretch and Tone with Elaine (For Men and Women)**

**Mondays @ 9am** (Donation is \$3.00 per class.)

**Feeling Great Video (For Men and Women)**

**Mondays @ 10:30am** (No donation requested.)



**Line Dancing w/Leslie (For Men and Women)**

**Mondays @ 1:30pm** (No donation requested.)

**Beginning T'ai Chi Chih with Dan (For Men and Women)**

**Tuesdays @ 9am** (No donation requested.)

**Yoga Stretch with Elaine (For Men and Women)**

**Tuesdays @ 10:30am** No experience necessary. Classes can be done on a floor mat or a chair. (Donation \$3.00 per class.)

**Hooked On Fitness with Elaine (For Men and Women)**

**Wednesdays @ 9am** (No donation requested.)

**Feeling Great Video (For Men and Women)**

**Wednesdays @ 10:30am** (No donation requested.)

**Senior Yoga with Maria (For Men and Women)**

**Thursdays @ 9am** No experience necessary. Classes can be done on a chair or floor mat. (Donation \$3.00 per class.)

**T'ai Chi Chih "The Next Step with Dan"**

**(For Men and Women) Thursdays @ 10:30am**

(Donation \$3.00 donation per class.)

**Hooked On Fitness with Elaine (For Men and Women)**

**Fridays @ 10:30am** (Donation \$3.00 per class.)



**All participants must register and sign fitness waivers.**

**Proper attire required. Call Gigi for info.**



## **CLUB NEWS**

### **NEPTUNE AARP**

All meetings cancelled until further notice. Call Chapter for info.

### **HOLY INNOCENTS SENIOR CLUB**

Meetings are the 1st and 3rd Fridays of the month at the Church.

### **NEPTUNE'S "RED HATTERS"**

Next "Gathering", Wednesday, November 19 @ 2pm.

### **NEPTUNE SENIOR CLUB**

Business Meeting and Speaker, Director, Rosemary Gray  
Wednesday, November 12 @ 2pm.

### **FOREVER YOUNG**

Business Meeting and "Pig-in-a-poke".  
Thursday, November 13 @ 2pm.

### **NEPTUNE BOWLERS**

Tuesdays mornings, 9:30am  
Shore Lanes in Neptune.

# November 2008

**PLEASE NOTE: MENU SUBJECT TO CHANGE  
WITHOUT NOTICE.**

November 2008							December 2008						
S	M	T	W	T	F	S	S	M	T	W	T	F	S
						1		1	2	3	4	5	6
2	3	4	5	6	7	8	7	8	9	10	11	12	13
9	10	11	12	13	14	15	14	15	16	17	18	19	20
16	17	18	19	20	21	22	21	22	23	24	25	26	27
23	24	25	26	27	28	29	28	29	30	31			
30													

Monday		Tuesday		Wednesday		Thursday		Friday	
November 3	4	5	6	7	8	9	10	11	12
12:00pm Ham Slice with Pineapple	LUNCH CANCELLED -- ELECTION DAY	12:00pm Tuna Salad Sandwich or Tuna Salad Platter	12:00pm Birthday Party (reserve with Gigi)	12:00pm Cheese Omelet and "Kathy's Pot Luck"					
10	11	12	13	14	15	16	17	18	19
12:00pm Rigatoni with Meat Sauce	CENTER CLOSED - VETERANS DAY	12:00pm Pork Chops "a la Kathy"	12:00pm Turkey Sandwich or Turkey Platter	12:00pm Meatloaf and "Kathy's Pot Luck"					
17	18	19	20	21	22	23	24	25	26
12:00pm Tuna Salad Sandwich or Tuna Salad Platter	12:00pm Meatball Parm Sub	12:00pm Ham Slice with Pineapple	12:00pm Chicken Parm	12:00pm Breaded Fish Fillet and "Kathy's Pot Luck"					
24	25	26	27	28	29	30	1	2	3
12:00pm Roast Beef Sandwich	12:00pm Thanksgiving Dinner (by reservation only)	12:00pm Chicken Salad Sandwich or Chicken Salad Platter	CENTER CLOSED - THANKSGIVING DAY	CENTER CLOSED					

# November 2008

November 2008							December 2008						
S	M	T	W	T	F	S	S	M	T	W	T	F	S
2	3	4	5	6	7	8	7	8	9	10	11	12	13
9	10	11	12	13	14	15	14	15	16	17	18	19	20
16	17	18	19	20	21	22	21	22	23	24	25	26	27
23	24	25	26	27	28	29	28	29	30	31			
30													

Monday		Tuesday		Wednesday		Thursday		Friday	
November 3		4		5		6		7	
Holiday Craft Sale 9:30AM-3:30PM		Election Day Lunch Cancelled Holiday Craft Sale 9:30AM-3:30PM		Holiday Craft Sale 9:30AM-3:30PM		Holiday Craft Sale 9:30AM-3:30PM		Afternoon Programs Cancelled for Clinic Set Up	
9:00am	Stretch & Tone	9:00am	Tai Chi Chih	9:00am	Hooked on Fitness	10:00am	Adv. Art/Ceramics	9:00am	Latin/Ballroom Dancing
10:00am	Basket Guild	9:30am	Bowling (see pg. 5)	10:00am	1-1 Computers	11:00am	Birthday Party w/ "George Anthony"	9:30am	Thanksgiving Reservations
10:00am	Woodcarvers	10:00am	Creative Expressions	10:00am	Ceramics	1:30pm	Beg. Art/Ceramics	10:00am	Ceramics
10:30am	Feeling Great Video	10:30am	Yoga Stretch	10:00am	Internet Basics			10:30am	Hooked on Fitness
11:00am	Bingo	1:30pm	Bridge	11:00am	"Nutrition Boot Camp"			1:30pm	HIS Club
1:30pm	Knitting	1:30pm	Stained Glass						
1:30pm	Line Dancing								
10		11		12		13		14	
9:00am 12:00pm Flu Vaccine Clinic		Veterans Day Center Closed		9:00am Health Screening		9:00am Yoga		9:30am Holiday Tickets Issued	
1:30pm	Knitting	9:30am	Bowling (see pg. 5)	9:00am	Hooked on Fitness	10:00am	Adv. Art/Ceramics	12:00pm	Friday is Sundae
1:30pm	Line Dancing			10:00am	1-1 Computers	10:30am	Delicious Orchards Trip (reservations req'd)	1:30pm	Cards
				10:00am	Ceramics	10:30am	Tai Chi Chih "The Next Step"	1:30pm	Mah Jongg
				10:00am	Internet Basics	11:00am	Legal Services	1:30pm	Scrabble
				10:30am	Feeling Great Video	1:30pm	Beg. Art/Ceramics		
				2:00pm	Senior Club (see pg.5)	1:30pm	Bridge/Cards/Forever Young		
17		18		19		20		21	
9:00am	Stretch & Tone	9:00am	Tai Chi Chih	9:00am	Hooked on Fitness	9:00am	Yoga	Afternoon Programs Cancelled	
10:00am	Basket Guild	9:30am	Bowling (see pg. 5)	10:00am	1-1 Computers	10:00am	Adv. Art/Ceramics	Set Up for Thanksgiving Dinner	
10:00am	Woodcarvers	10:00am	Creative Expressions	10:00am	Ceramics	10:30am	Tai Chi Chih "The Next Step"	10:00am	Ceramics
10:30am	Feeling Great Video	11:00am	"The good, The bad, & The Don't go there"	10:00am	Internet Basics	1:30pm	"Hey-Let's Talk About it"	10:30am	Hooked on Fitness
11:00am	Bingo	1:30pm	Bingo/Bridge/Stained Glass	10:30am	Feeling Great Video	1:30pm	Beg. Art/Ceramics	1:30pm	HIS Club
1:30pm	Knitting			2:00pm	Red Hatters	1:30pm	Bridge/Cards		
1:30pm	Line Dancing					1:30pm	Senior Tap Dancing		
24		25		26		27		28	
Programs Cancelled		9:30am	Bowling (see pg. 5)	Programs Cancelled Holiday Decorating		Thanksgiving Day		Center Closed	
Thanksgiving Dinner Preparation & Set Up		12:00pm	Thanksgiving Dinner (by reservation only)						