

SUSSEX COUNTY SENIOR TIMES

A Publication of the Sussex County Department of Health and Human Services, Division of Senior Services

Volume 9, Issue 3

MARCH 2019

2019 Senior Life Center Events at S.C.C.C. SPRING Program Schedule

Monday, March 25th 9:00 a.m. – 3:00 p.m.

Performing Arts Center Atrium, Room A227

AARP “Smart Driver” Safety Course

\$15 for AARP Members, \$20 for Non-Members

Friday, April 5th, 12th and 19th 10:00 a.m. – 12:00 p.m.

Building C – Art Gallery

Three Session Course \$30 for 3 sessions

Introduction to Drawing with Prof. Michael Hughes

Fridays, March 29th, April 5th, 19th or 26th

10:00 a.m. – 11:30 a.m.

Library and Science Bldg., Room L121

Tech Talk – Computer Technology Usage and Smart Phone Usage

30 minute private lessons

Thursday, April 4th 2:30 p.m. to 4:30 p.m.

Performing Arts Center Atrium

Piano for Life!

Take private piano lessons. First lesson is free!

Friday, April 5th 2:00 p.m.

Performing Arts Center Atrium

Inviting Pollinators Into Your Garden: Welcoming Butterflies and Bees, but Keeping Deer at a Distance

Friday, April 26th 2:00 p.m.

Performing Arts Center Atrium

Preventing Fraud Targeting Seniors

Friday, May 3rd 2:30 p.m. to 4:30 p.m.

Performing Arts Center Atrium

Protecting Our Pets

Monday, May 6th 9:00 a.m. – 3:00 p.m.

Performing Arts Center Atrium, Room A227

AARP “Smart Driver” Safety Course

\$15 for AARP Members, \$20 for Non-Members

PRE-REGISTRATION IS A MUST FOR ALL PROGRAMS.

For further information or to register for any of the above, please call 973-579-0555 or email at seniorservices@sussex.nj.us.



“Take Control of Your Health” Class Announced

Seniors or disabled individuals and/or their caregivers, who are dealing with chronic conditions or a disability, are invited to participate in “Take Control of Your Health” classes, sponsored by the Sussex County Department of Health and Human Services, Division of Senior Services. The “Take Control of Your Health” class is a **FREE** six-week, 2 ½ hour per week course, based on a chronic disease self-management model developed by the Self-Management Resource Center. Each week the interactive class led by a team of Peer Leaders will assist participants in building the skills necessary to manage symptoms; communicate effectively with healthcare professionals; develop healthy lifestyles including good nutrition and exercise; alleviate fear, anger and frustration; make daily tasks easier; and get more out of life. The course is supplemented with a manual “Living a Healthy Life with Chronic Conditions” that is provided to each participant.

A new course is currently scheduled to take place each Wednesday from April 3rd through May 8, 2019, from 9:30 a.m. – 12:00 p.m. at the Lafayette Municipal Building which is located at 33 Morris Farm Road, Lafayette, NJ. Light snacks will be provided at each session.

Join us for a fun and informative six-week workshop. Space is limited and registration is required. Contact the Sussex County Division of Senior Services today at (973) 579-0555, ext. 1222 or dfriedberg@sussex.nj.us to learn more about the “Take Control of Your Health” program.

Open Computer Lab for Seniors at Sussex County Community College

Sussex County Community College is now making their Open Computer Lab available to the county's seniors to practice their computer literacy skills. The lab has a student assistant who is well-versed in Microsoft Office.

Dates: Mondays & Wednesdays until May 8th
Time: 1:40 p.m. – 2:55 p.m.
Location: Building (B) (B105)

Dates: Tuesdays & Thursdays until May 9th
Time: 1:40 p.m. – 2:55 p.m.
Location: SCCC Library Science Building (L) (L121)
Parking is located in the Upper Parking Lot.

Closed for Spring Break from March 18th to March 23rd.
Semester ends May 11th.

If you have any questions, please contact the Division of Senior Services at 973-579-0555 or Sussex County Community College at 973-300-2100.

2019 Sussex County VITA Program

All Sites are by **Appointment Only**

Call 973-862-6680 to schedule an appointment today OR schedule an appointment online via: <https://unitedwayofnorthernnewjersey.acuityscheduling.com/>

Sparta Senior Center, 39 Trapasso Drive, Sparta

Wednesdays, 9:30 a.m. – 12:30 p.m.
February 6th – April 10th

Skylands Medical Group, 406 Rt. 23 N., Franklin

Tuesdays, 9:30 a.m. – 12:30 p.m.
February 12th to April 9th

Pathways 2 Prosperity
17 Church Street, Newton

Mondays, 10:00 a.m. – 1:00 p.m.
Wednesdays, 10:00 a.m. – 1:00 p.m., 5:30 p.m. – 8:00 p.m.
Fridays, 10:00 a.m. – 1:00 p.m.
February 11th to April 12th
*Subject to Change

Family Partners of Sussex and Morris
67 Spring Street, Newton

Saturdays, 9:00 a.m. to 2:00 p.m.
February 9th to April 13th

SENIOR CLUB TRIP INFORMATION

Montague Seniors – Will be hosting a “Pittsburgh Express” 3 day, 2 night excursion from **June 4 – 6, 2019**. The cost includes a guided tour of Pittsburgh, a Gateway Clipper Cruise, a visit to the Flight 93 Memorial & Tower of Voices Chimes and much more. \$410 pp double occupancy.

St. Jude's Seniors – Will host a bus trip on Thursday, **March 21, 2019**, to St. Joseph's Festival at the Brownstone in Paterson. The price is \$67 pp. Price includes bus, lunch and Joe Zisa Band for dancing.

St. Jude's Seniors – Will host a bus trip on Monday, **April 8, 2019**, to see the play *Take Me Away* at the Hunterdon Hills Playhouse. The price is \$84 pp.

St. Jude's Seniors – Will host a bus trip on Wednesday and Thursday, **May 29 & 30, 2019**, to the Hudson Valley. Have lunch at the Culinary Institute, visit Vanderbilt Mansion, and stay at the Grand Hotel which includes dinner and breakfast the following day. Enjoy lunch at the Thayer Hotel at West Point. There will also be a narrated cruise on the Hudson. The cost is \$343 pp double occupancy, \$404 for single occupancy.

St. Jude's Seniors – Will host a bus trip on Wednesday, **June 12, 2019**, to the Westchester Theatre to see *On Your Feet*. This is the story of Gloria and Emilio Estefan. The cost is \$78 pp and includes lunch.

Vernon Seniors - Will host a bus trip from **June 12 – 14, 2019**, to a Lancaster Show and the Dutch Country. The cost is \$326 pp double occupancy and \$401 for single occupancy. The cost includes admission to the Camelot Show at the Dutch Apple Dinner Theatre, admission to the Ovation Show at the American Music Theatre and much more.

Vernon Seniors – Will host a bus trip from **August 19 – 20, 2019**, to Foxwoods Resort Casino & Mohegan Sun Casino, staying at the Two Trees Inn. The cost is \$144 pp double occupancy and \$203 for single occupancy.

For further details, please call the Division of Senior Services at 973-579-0555, ext. 1277.

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