

SUSSEX COUNTY SENIOR TIMES

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

Volume 8, Issue 4

APRIL 2018

Sussex County Senior Life Center Presentations at Sussex County Community College

The Senior Life Center at S.C.C.C., a collaboration between the Sussex County Department of Health and Human Services, Division of Senior Services, and Sussex County Community College (SCCC), is hosting the following upcoming presentations:

On Friday, **April 6, 2018**, at 1:00 p.m., in the Atrium of the Performing Arts Center at SCCC, there will be a guest lecture by Janet Della Vecchia from AAA Mid-Atlantic entitled "Exploring Our World Through Travel." Join Janet as she shares how to design the best travel experiences for "seasoned" citizens. Plus, learn the pros and cons of all types of travel. What's the right trip for you? Meet vendors who specialize in senior travel. Try your luck at free raffles!

On Friday, **April 13, 2018 (rescheduled from March 2, 2018)**, at 1:00 p.m., in the Atrium of the Performing Arts Center at SCCC, there will be a guest lecture by Julie Lain-Trilling, Chair Yoga Certified Instructor. Learn about the mental and physical health benefits of Meditation and Chair Yoga. Dress in comfortable clothes and come with an open mind ready to learn.

A three part Introduction to Drawing class will be held on **April 13, 20, and 27, 2018**, from 10:00 a.m. to 11:30 a.m. in the Art Gallery, Room C106. The class will emphasize the development of observational drawing skills and hand-eye coordination. Students are required to bring their own drawing supplies. Basic tools should include a large newsprint pad and a very basic drawing kit containing charcoal pencils, graphite drawing pencils, charcoal sticks, and an eraser. The course fee is \$30.00.

On Friday, **May 4, 2018**, at 1:00 p.m., in the Atrium of the Performing Arts Center at SCCC, there will be a free presentation titled "Finding the Right Senior Living Option." Join Senior Real Estate Specialist Fran Lavin, of Coldwell Banker, for an informative presentation designed for seniors, caregivers, and baby boomers.

Pre-registration is required and space is limited. Please contact the Division of Senior Services for additional program information or to pre-register by calling 973-579-0555, ext. 1277 or via email at seniorservices@sussex.nj.us.

"Engage at Every Age" A Celebration for Older Americans Month

The Sussex County Department of Health and Human Services, Division of Senior Services, Iliff-Ruggiero Funeral Home, and Selective Insurance are excited to recognize older Americans during our annual Older Americans Month Celebration. Please join us on Friday, **May 11, 2018**, at Selective Insurance in Branchville, NJ, from 8:30 a.m. to 2:30 p.m., for a day filled with information, education, comradery, and entertainment.

Across the country, older Americans – a rapidly growing population – are taking part in activities that promote wellness and social connection. They are sharing their wisdom and experience with future generations, and they are giving back to enrich their communities. They are working and volunteering, mentoring and learning, leading and engaging.

Older Americans Month (OAM) has been observed for 55 years to recognize older Americans and their contributions to our communities. Led by the Administration for Community Living's Administration on Aging, every May offers an opportunity to hear from, support, and celebrate our nation's elders. This year's OAM theme, "Engage at Every Age," emphasizes the importance of being active and involved, no matter when or where you are in life. You are never too old (or too young) to participate in activities that can enrich your physical, mental, and emotional well-being.

The educational life-enrichment programs this year include: *Project Healthy Bones* by the Sussex County Division of Senior Services; *Smart Phone Basics* by Kaitlyn Hammerle of the Division of Senior Services; *Pedestrian Safety* by Trans Options; *Your Health and You – What You Need to Know About Taking Control of Your Total Wellness* by the Center for Prevention and Counseling; and, *Rock Painting* by Lori Space Day from Space Farms. Each program is conducted by a local agency that is committed to enhancing the lives of Sussex County seniors.

Each year the Division of Senior Services looks forward to recognizing our older Americans by providing them with engaging programs that are not only educational but fun. Space is limited; therefore pre-paid registration (\$5 per person) is required. Checks should be made payable to "Senior Services Trust Fund" and submitted to Sussex County Division of Senior Services, One Spring Street, Newton, NJ, 07860. Please contact the Sussex County Division of Senior Services at 973-579-0555, ext. 1277 or seniorservices@sussex.nj.us for additional information.

SENIOR CLUB TRIP INFORMATION

Sparta Seniors – Will sponsor a bus trip to Pittsburgh, PA from **May 8-10, 2018**. The cost is \$379 pp, \$508 for a single. You will visit Duquesne Incline, Gateway Clipper Cruise, Frank Lloyd Wrights, Fallingwater, 93 Memorial, University of Pittsburgh, and Phipps Conservatory.

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

The Center for Prevention is hosting a Wellness Seminar at Sussex County Community College

Your Health and You... What You Need to Know About Taking Control of Your Total Wellness

Keynote Speaker: Dr. Anthony Brutico, Emergency Department Medical Director at Newton Medical Center

Date: Tuesday, April 24, 2018

Time: Noon to 3 p.m.

Place: Sussex County Community College Performing Arts Center Atrium, One College Hill, Newton, NJ

Complimentary Lunch Included

Registration Required

Contact Ashley Brown at the Center for Prevention at (973) 383-4787 or via email at ashleyb@centerforprevention.org

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.

Date: Mondays & Wednesdays during Spring 2018 Semester

Time: 9 a.m. – Noon

Location: SCCC Library Science Building (L) (L121)

Parking is located in the Upper Parking Lot

Cost: FREE

Semester ends May 11th.

If you have any questions, please contact 973-300-2100.

Sussex County Department of
Health and Human Services
Division of Senior Services
One Spring Street, Newton, NJ 07860
Phone: 973-579-0555 ~ Fax: 973-579-0550
www.sussex.nj.us/seniorservices
Email: seniorservices@sussex.nj.us

Read this newsletter online and subscribe to have it automatically delivered to your inbox at the following address:

<http://www.sussex.nj.us/documents/SeniorTimes.pdf>

SENIOR CLUB TRIP INFORMATION

Frankford Seniors – Will sponsor a bus trip on Wednesday, **September 12, 2018**, to see “Run for Your Wife” a comedy at Hunterdon Hills Playhouse. The cost is \$80 per person. This includes bus, dinner and show.

St. Jude's Seniors – Will host a dinner dance Doo Wop on Saturday, **April 21, 2018** at 6 p.m., at St. Jude's Church All Hallows Hall in Hamburg. The cost is \$45 per person. Pre-registration is required.

St. Jude's Seniors – Will host a bus trip to The Ark Encounter from **September 4 – 8, 2018**. You will visit The Ark, the Creation Museum with biblical history, the Cincinnati Art Museum and the Air Force Museum. The cost is \$690 per person double occupancy and \$900 single occupancy.

Travel 'N' Seniors - Will host a bus trip to Westchester Playhouse to see “Sister Act” on **May 3, 2018**. The cost is \$80 per person

Travel 'N' Seniors - Will host a bus trip to Mackinac Island, Michigan from **June 3 – 9, 2018**, 7 days and 6 nights. The cost is \$775 per person double occupancy.

Vernon Seniors - Will host a bus trip to Lancaster from **May 9 – 11, 2018**. Visit the Dutch Country and Lancaster's American Music Theater to see “Songs of the Silver Screen.” You will also go to The Amish Experience attraction. The cost is \$319 per person double occupancy and \$394 single occupancy.

Vernon Seniors – Will host a bus trip to Foxwoods & Mohegan Sun, staying at the Two Trees Inn for one night from **June 12 – 13, 2018**. The cost is \$119 per person double occupancy, and \$164 for single occupancy.

Vernon Seniors – Will host a bus trip to Cape Cod and Martha's Vineyard from **September 17 – 21, 2018**. The cost is \$449 pp, double occupancy. Add \$135 for single occupancy.

XYZ Club of St. Francis DeSales Church - Will host a bus trip to Hunterdon Hills Playhouse on Tuesday, **June 5, 2018**, to see The World's Greatest Family of Musical Impersonators performing “The House is Rockin.” The cost is \$80 per person.

XYZ Club of St. Francis DeSales Church - Will host a bus trip to see Footloose at the Shawnee Playhouse, PA on Friday, **July 20, 2018**. The cost is \$62 per person and includes lunch.

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