



THE GOLDEN ERA

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Piscataway Senior Center Newsletter & Calendar of Events

Nov./Dec.
2016

A Message from Amy S. Bauman, Director on Aging

Dear Seniors

Happy Holidays Everyone:

I have a motto at the Piscataway Township Senior Center: No Senior Should be Alone. I encourage seniors to make every effort to be, and remain, active in their communities. I encourage you to "think out of the box" by looking at institutions such as schools, libraries and civic groups. There truly are endless possibilities for you to get and stay involved.

On Wednesday, November 2nd at 9:30 a.m. there will be a Medicare Update presented by Mary McGeary, SHIP Director from the NJ Dept of Human Services Division of Aging Services. At this presentation, you will learn about Medicare 2017 Changes, Enrollment Period, Programs and Benefits Available, and a Part D Update. If you have individual questions, the SHIP Counselors will be available to answer your questions after the session.

On Thursday, November 3, 2016 there will be a Health Fair presented by the Rutgers School of Pharmacy. It will take place from 2:00 p.m. to 4:30 p.m. in Room D. They will offer blood pressure testing, over the counter medicine information, drug overdose information and there will be Self Care Informational tables. Please stop by to check out what they have to offer.

The Veterans Day Party will be held on Thursday, November 10th from 11:00 a.m. to 1:00 p.m.

Please wear red, white and blue as we celebrate this wonderful event! All Veterans will be honored. The ROTC will also be here.

Please wear black and white as we celebrate the Thanksgiving holiday on Monday, November 21st from 11:00 a.m. to 1:00 p.m. As always, DJ Mel will be here as to dance the Turkey Trot with everyone!

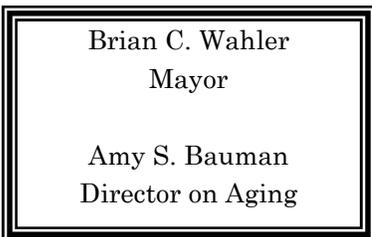
A Defensive Driving Class will be held on Monday, November 28th from 9:00 a.m. to 4:00 p.m. Please plan to bring your lunch or sign up with Nutrition in advance.

The Holiday Party will be held on Friday, December 16th from 11:00 a.m. to 1:00 p.m. I hope each of you will be dressed in your favorite holiday colors. DJ Mel will be here to entertain.

Save the date: the New Year is right around the corner. We will celebrate with our New Years Day Party on Tuesday, January 3, 2016.

I wish you and your families the happiest of holidays and together we will look forward to a happy new year.

Amy S. Bauman, Director on Aging



Piscataway Township
700 Buena Vista
Piscataway, NJ 08854

Phone (732) 562-1133
Fax (732) 562-0520
www.Piscatawaynj.org

INSIDE OUR SENIOR CENTER

WELCOME NEW MEMBERS

Betty Campbell, Thomas Cesare, Yuval Chaikin, William Chester, Biman Chowdhuri, Nimmi Chowdhuri, JoAnn Coffee, Cindy Crowell, Mario Dominguez, Cherly Frueh, Eric Frueh, Bernice Gasaway, Christopher Gibson, Seetha Ram Redoy Guddam, Suvarna Guddam, Cesar Higoy, Estrelita Higoy, Mohammed Kazi, Carole Lettieri, James Lettieri, Benedict Okonkwo, Phyllis Okonkwo, Liaqat Quraishi, Bhaskar Rath, Lokanath Sahoo, Gwendolyn Sanders, Margaret Santangelo, Peggy Santangelo, Ali Shaalan, Awny Shaalan, Meiling Shen, Marilyn Swier, Jean Tone, Catherine Tuerff, Suryanarayana Vegiraju, Satyanarayana Vennavalli

OUR DEEPEST SYMPATHY IS EXTENDED TO THE FAMILY AND FRIENDS OF:

Mary Cortese, George Wallace, Irene Zaborowski

Do you have a question in regard to physical, social, financial or behavioral needs? Tom Caleca, Piscataway Township Office on Aging, Elder Care Coordinator can offer assistance. Tom is a Gerontologist and has much experience in finding resources to help seniors who are in need. From reviewing consumer bills to provision of assistance relative to care needs, elder law attorneys, home health aides and services that are offered to seniors by way of federal, state and county. Tom can be reached by calling the Senior Center 732-562-1133, stopping at the front desk or contacting Sterling Village where his office is located 732-699-0033.

Beginning in May, the Knitting Class will be knitting Purple Baby Hats to donate to the Prevent Child Abuse NJ organization in New Brunswick. This local organization distributes these baby hats for the National Center for Shaken Baby Syndrome. Some purple yarn was donated by Pam Mackenzie, a writer for the Courier News. Knitting Instructor Marilyn Higgins encourages all knitters to join in this project. Donations of purple yarn will also be accepted. Knitting needles to make the hats will be provided. The class meets on Mondays from 10:00 am—11:30 am in the Card Room.

PEOPLE MAKING A DIFFERENCE: Laurie Peters

PARKER DAY CLUB AT HOME—STERLING VILLAGE ON WEDNESDAY

I started my career as a Professional chef, graduating the “Culinary institute of America” in 1988, working an arena of jobs, including catering, restaurants and hotels ending with a personal chef business “Dream Chef”. Losing a lot of corporate accounts, due to the recession, I was forced to find something in the interim. I took a position in a nursing home in the activities department in the evenings. Loving the job and wanting to make a difference in senior’s lives, I took the appropriate classes to become certified as an activity director and also Certified Dementia practitioner, I Have flip flopped my careers to make health care my primary career and cooking, my part time. Seeing the need of hair care for seniors and the inability of most being able to go out to get their hair done, I took the 10 month cosmetology course in 2015 to become a licenses cosmetologist.



DEPARTMENT ON AGING BUS

The Senior Center bus provides shopping transportation on Wednesday and Thursday to Shoprite. To schedule transportation call the transportation office at **732-743-2218** to sign up or you can stop by the office to fill out a transportation request form. **Join us for Dine Out Night! Keep your eye on the calendar for the date, time**

FROM THE CLASSROOM!

COMPUTER CONNECTION TEAM— Email address: PwayCC@gmail.com

SENIOR SAFETY NET & LIFELING IN COMPUTER ROOM

Cyber Lifeguard

You are not alone working on Computer.

You will no longer be afraid of doing something wrong.

WHY? CyberTech Team is there to help.

Computer Room Hours

Monday & Thursday: 7:00 am—9:00 pm

Tuesday, Wednesday & Friday: 7:00 am—3:00 PM

Saturday: 8:00 am—1:00 pm



Tutor LAB in NOVEMBER & DECEMBER 2016

Mondays & Wednesdays (Except Party Days or the Center is Closed)

Limit 1 Senior per half-hour tutor

For one of these time slots: 10, 10:30 & 11 am

Senior Sign-Up Rules:

- 1. Only 1 session a week**
- 2. Max 3 sessions a month**

SIGN UP AT RECEPTION DESK

WHAT IS PRIVATE LAB?

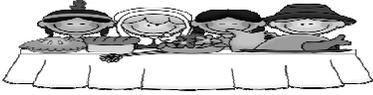
- **Fixed day & time**
- **One tutor with one senior in training (no group lecture).**
- **Learn what you want—not what others want.**



SHIP STATE HEALTH INSURANCE PROGRAM

APPOINTMENTS AVAILABLE—FRIDAYS, 10:00, 10:30, 11:00 & 11:30. CALL FOR APPOINTMENT: 732-562-1133

Medicaid questions call: Middlesex County Board of Social Services at 732-745-3500

Monday	Tuesday	Wednesday
<p align="center">Legend</p> <p>CF -Conference Room HO—Health Office CD—Card Room</p>	<p align="center">1</p> <p align="center">HALLOWEEN PARTY</p> <p align="center">11:00 AM—1:00 PM</p> <p align="center"></p>	<p align="right">2</p> <p>7:00—8:00 Traditional Tai Chi A 7:00—9:00 Contemporary Tai Chi (D) 8:00 Qi-Gong (A) 8:45 Surrogate (CF) 9-10 Somatics (A) (Cancel) 9-10 Video Fitness (N)(D) 9:30 BP with Terry (HO) 9:30 Medicare 2016 (A, B, & C) 10 Tai Chi Wellness (A) (Cancel) 12:15-1:15 Exercise with Greg (D) 1:00 Line Dance (A) 1:00 Bridge (CD)</p>
<p>7</p> <p>7-8 Trad Tai Chi (A) 7-9 Cont Tai Chi (D) 8:00—10:00 Qi-Gong (A) 9:00—10:00 Video Fitness (O) (D) 9:30—10:30 ESL (CF) 10:00 Yoga (A) 10:00 Knitting (CD) 10:30 Zumba (D) 12:30—1:30 Exercise (D) 1:00 Mahjong (CD) 1:30 Strong Bones (A) 5:00 Bingo (B) 5—7:Sing (A) 7:00 Cards (CF) Dine Out: Applebees (NM)</p>	<p align="center">8</p> <p align="center"></p> <p align="center">THE CENTER WILL BE CLOSED FOR ELECTION DAY</p>	<p align="right">9</p> <p>7:00—8:00 Traditional Tai Chi A 7:00—9:00 Contemporary Tai Chi (D) 8:00 Qi-Gong (A) 8:45 Surrogate (CF) 9-10 Somatics (A) 9-10 Video Fitness (O)(D) 10 Tai Chi Wellness (A) 12:15-1:15 Exercise with Greg (D) 1:00 Line Dance (A) 1:00 Bridge (CD)</p>
<p align="right">14</p> <p>7-8 Trad Tai Chi (A) 7-9 Cont Tai Chi (D) 8:00—10:00 Qi-Gong (A) 9:00—10:00 Video Fitness (N) (D) 9:30—10:30 ESL (CF) 10:00 Yoga (A) 10:00 Knitting (CD) 10:30 Zumba (D) 12:30—1:30 Exercise (D) 1:00 Mahjong (CD) 1:30 Strong Bones (A) 5:00 Bingo (B) 5—7:Sing (A) 7:00 Cards (CF) 7:30—9:00 Foley Presentation (B & C)</p>	<p align="right">15</p> <p>7:00—8:00 Traditional Tai Chi (A) 7:00—9:00 Contemporary Tai Chi (D) 9:00—10:00 Tai Chi Lesson (A) 9:00—10:00 Video Fitness (N) (D) 10:00—12:00 Wii Practice (A) 10:00—12:00 Hand Built Pottery (CD) 12:30—1:30 Gentle Joints (A) 1:00—2:45 Bridge (CD)</p>	<p align="right">16</p> <p>7:00—8:00 Traditional Tai Chi A 7:00—9:00 Contemporary Tai Chi (D) 8:00 Qi-Gong (A) 8:45 Surrogate (CF) 9-10 Somatics (A) 9:00—10:00 Breakfast at the Center (C) 9-10 Video Fitness (N)(D) 10 Tai Chi Wellness (A) 12:15-1:15 Exercise with Greg (D) 1:00 Line Dance (A) 1:00 Bridge (CD)</p>
<p align="right">21</p> <p align="center">THANKSGIVING PARTY</p> <p align="center">11:00 AM—1:00 PM</p> <p align="center"></p> <p>5:00 Bingo (B) 5—7 Sing (A) 7:00Cards (CF)</p>	<p align="right">22</p> <p>7:00—8:00 Traditional Tai Chi (A) 7:00—9:00 Contemporary Tai Chi (D) 9:00—10:00 Tai Chi Lesson (A) 9:00—10:00 Video Fitness (O)(D) 10:00—12:00 Wii Practice (A) 12:30—1:30 Gentle Joints (A) 1:00—2:45 Bridge (CD)</p>	<p align="right">23</p> <p>7:00—8:00 Traditional Tai Chi (A) 7:00—9:00 Contemporary Tai Chi (D) 8:00 Qi-Gong (A) 8:45 Surrogate (CF) 9-10 Somatics (A) 9-10 Video Fitness (O) (D) 10 Tai Chi Wellness (A) 12:15—1:15 Exercise with Greg (D) 1:00 Line Dance (A) 1:00 Bridge (CD)</p>
<p align="right">D28</p> <p>7-8 Trad Tai Chi (A) 7-9 Cont Tai Chi (D) 8:00—10:00 Qi-Gong (A) 9:00—4:00 Driver Smart Class (CD) 9:00—10:00 Video Fitness (N) (D) 9:30—10:30 ESL (CF) 10:00 Yoga (A) 10:00 Knitting (CD) (Cancel) 10:30 Zumba (D) 12:30 Exercise (D) 1:00 Mahjong (CD) 1:30 Strong Bones (A) 5:00 Bingo (B) 5—7 Sing (A) 7:00Cards (CF)</p>	<p align="right">29</p> <p>7:00—8:00 Traditional Tai Chi (A) 7:00—9:00 Contemp. Tai Chi (D) 9:00—10:00 Tai Chi Lesson (A) 9:00—10:00 Video Fitness (N) (D) 10:00—12:00 Wii Practice (A) 12:30—1:30 Gentle Joints (A) 1:00—2:45 Bridge (CD)</p>	<p align="right">30</p> <p>7:00—8:00 Traditional Tai Chi (A) 7:00—9:00 Contemporary Tai Chi (D) 8:00 Qi-Gong (A) 8:45 Surrogate (CF) 9-10 Somatics (A) 9-10 Video Fitness (N)(D) 10:00 Seeing Eye Dog (B) 10 Tai Chi Wellness (A) 12:15—1:15 Exercise with Greg (D) 1:00 Line Dance (A) 1:00 Bridge (CD)</p>

Thursday	Friday	Saturday
<p>7-8 Trad Tai Chi (A) 7-9 Cont Tai Chi (D) 3 9-10 Tai Chi Lesson (A) 9-10 Zumba (D) 10:00—11:00 Video Fitness (N) (D) 10:00—11:30 Strong Bones (A) 12:30 Exercise (D) 12:30—1:30 Gentle Joints (A) 2:00—4:30 Health Fair (D) 5-7 Sing (A) 5:00—7:00 Bingo (B)</p>	<p>7:00—8:30 Traditional Tai Chi (A) 4 7:00—9:00 Contemporary Tai Chi (D) 9:00—10:00 Video Fitness (N) (D) 9:00 Tai Chi Wellness (A) 10:00 Chair Chi (A) 11-1:00 Painting (A) 12:15—1:15 Exercise With Greg (D) 1:15—2:45 Ballroom Dance (A)</p>	<p>8-10 Traditional Tai-Chi (A) 5 8-10 Contemporary Tai Chi (D) 10:00-11:30 Strong Bones (A) 10:00—12:00 Wii Practice (D)</p> <p style="text-align: center;">NO SHOPPING</p>
<p style="text-align: right;">10</p> <p style="text-align: center;">VETERANS DAY PARTY 11:00 AM—1:00 PM</p>  <p>5-7 Sing (A) 5:00—7:00 Bingo (B)</p>	<p style="text-align: right;">11</p>  <p style="text-align: center;">THE CENTER WILL BE CLOSED FOR VETERANS DAY</p>	<p>8-10 Traditional Tai-Chi (A) 12 8-10 Contemporary Tai Chi (D) 10:00-11:30 Strong Bones (A) 10:00—12:00 Wii Practice (D)</p> <p style="text-align: center;">NO SHOPPING</p>
<p>7-8 Trad Tai Chi (A) 7-9 Cont Tai Chi (D) 17 9-10 Tai Chi Lesson (A) 9-10 Zumba (D) 10:00—11:00 Video Fitness (N) (D) 10:00—11:30 Strong Bones (A) 12:30 Exercise(D) 12:30—1:30 Gentle Joints (A) 5-7 Sing (A) (Cancel) 6:00 Garden Club (A) 5:00-7:00 Bingo (B) 6:30 Dinner at the Center</p>	<p>7:00 Traditional Tai Chi (A) 18 7:00—9:00 Contemporary Tai Chi (D) 9:00—10:00 Video Fitness (N) (D) 9:00 Tai Chi Wellness (A) 9:30 PAASC (CD) 10:00 Chair Chi (A) 11:00-1:00 Painting (A) 12:15-1:15 Exercise With Greg (D) 1:15 -2:45 Ballroom Dance (A)</p>	<p>8-10 Traditional Tai-Chi (A) 19 8-10 Contemporary Tai Chi (D) 10:00 House Craft (CD) 10:00-11:30 Strong Bones (A) 10:00—12:00 Wii Practice (D)</p> <p style="text-align: center;">NO SHOPPING</p>
 <p style="text-align: right;">24</p> <p style="text-align: center;">THE CENTER WILL BE CLOSED FOR THE THANKSGIVING HOLIDAY</p>	 <p style="text-align: right;">25</p> <p style="text-align: center;">THE CENTER WILL BE CLOSED FOR THE THANKSGIVING HOLIDAY</p>	 <p style="text-align: right;">26</p> <p style="text-align: center;">THE CENTER WILL BE CLOSED FOR THE THANKSGIVING HOLIDAY</p>

NOVEMBER

2016

Monday	Tuesday	Wednesday
<p align="center">Legend</p> <p>CF— Conference Room HO—Health Office CD—Card Room</p>	<h1>DECEMBER</h1> <h1>2016</h1>	
<p>7—8 Trad Tai Chi (A) 7-9 Cont.Tai Chi (D) 5</p> <p>8:00—10:00 Qi-Gong (A) 9:00—10:00 Video Fitness (O) (D) 9:30—10:30 ESL (CF) 10:00 Yoga (A) 10:00 Knitting(CD) 10:30 Zumba (D) 12:30 Christmas Carols Tea (B) 12:30 Exercise (D) 1:00 Mahjong (CD) 1:30 Strong Bones (A) 5:00—7:00 Bingo (B) 5:00—7:00 Sing (A) 7:00 Cards Dine Out: Red Lobster (RR)</p>	<p>7:00 Traditional Tai Chi 6</p> <p>7:00—9:00 Contemporary Tai Chi (D) 9:00 Tai Chi Lesson (A) 9:00—10 Video Fitness (O)(D) 10:00— 12:00 Wii Practice (A) 12:30—1:30 Gentle Joints (A) 1:00—2:45 Bridge (CD)</p>	<p>7-8Trad Tai Chi(A 7-9Cont Tai Chi(D) 7</p> <p>8:00 Qi-Gong (A) 8:45 Surrogate (CF) 9:00—10:00 Somatics (A) 9:00— 10 Video Fitness (O) (D) 9:00—10:00 Breakfast at the Center (CD) 9:30 BP with Terry (HO) 10:00-11:00 Tai Chi Wellness (A) 12:15—1:15 Exercise with Greg (D) 1:00 Line Dance (A) 1:00 Bridge (CD)</p>
<p>7-8 Trad Tai Chi (A) 7-9 Cont Tai Chi (D) 12</p> <p>8:00—10:00 Qi-Gong (A) 9:00—10:00 Video Fitness (N) (D) 9:30—10:30 ESL (CF) 10:00 Yoga (A)10:00 Knitting (CD) 10:30 Zumba (D) 12:30 Exercise(D)1:00 Mahjong (CD) 1:30 Strong Bones (A) 5:00—7:00 Bingo (B) 5:00—7:00 Sing (A) 6:30 Dinner at the Center 7:00 Cards</p>	<p>7:00 Trad. Tai Chi (A) 13</p> <p>7:00—9:00 Contemporary Tai Chi (D) 9:00—10:00 Tai Chi Lesson (A) 9:00—10:00 Video Fitness (N)(D) 10:00—12:00 Wii Practice (A) 12:30—1:30 Gentle Joints (A) 1:00—2:45 Bridge (CD)</p>	<p>7-8Trad Tai Chi(A 7-9Cont Tai Chi(D) 14</p> <p>8:00 Qi-Gong (A) 8:45 Surrogate (CF) 9:00—10:00 Somatics (A) 9:00— 10 Video Fitness (N) (D) 10:00-11:00 Tai Chi Wellness (A) 12:15—1:15 Exercise with Greg (D) 1:00 Line Dance (A) 1:00 Bridge (CD)</p>
<p>7-8 Trad Tai Chi (A) 7-9 Cont Tai Chi (D) 19</p> <p>8:00—10:00 Qi-Gong (A) 9:00—10:00 Video Fitness (O) (D) 9:30—10:30 ESL (CF) 10:00 Yoga (A)10:00 Knitting (CD) 10:30 Zumba (D) 12:30 Exercise(D)1:00 Mahjong (CD) 1:30 Strong Bones (A) 5:00—7:00 Bingo (B) 5:00—7:00 Sing (A) 7:00 Cards</p>	<p>7:00—8:00 Traditional Tai Chi (A) 20</p> <p>7:00-9:00 Contemporary Tai Chi (D) 9:00—10:00 Tai Chi Lesson (A) 9:00—10:00 Video Fitness (O)(D) 10:00—12:00 Wii Practice (A) 12:30—1:30 Gentle Joints (A) 1:00—2:45 Bridge (CD)</p>	<p>7-8 Trad Tai ChiA 7-9 Cont Tai Chi D) 21</p> <p>8:00 Qi-Gong (A) 8:45 Surrogate (CF) 9:00—10:00 Somatics (A) 9:00—10:00 Video Fitness (O) (D) 10:00—11:00 Tai Chi Wellness (A) 12:15—1:15 Exercise with Greg (D) 1:00 Line Dance (A) 1:00 Bridge (CD)</p>
<p align="center">  THE CENTER WILL BE CLOSED FOR THE CHRISTMAS HOLIDAY </p> <p align="right">26</p>	<p>7:00—8:00 Traditional Tai Chi (A) 27</p> <p>7:00 -9:00 Contemporary Tai Chi (D) 9:00—10:00 Tai Chi Lesson (A) 9:00—10 Video Fitness (N)(D) 10:00—12:00 Wii Practice (A) 12:30—1:30 Gentle Joints (A) 1:00—2:45 Bridge (CD)</p>	<p>7-8 Trad Tai ChiA 7-9 Cont Tai Chi D) 28</p> <p>8:00 Qi-Gong (A) 8:45 Surrogate (CF) 9:00—10:00 Somatics (A) 9:00—10:00 Video Fitness (N) (D) 10:00—11:00 Tai Chi Wellness (A) 12:15—1:15 Exercise with Greg (D) 1:00 Line Dance (A) 1:00 Bridge (CD)</p>

Thursday	Friday	Saturday
<p>7-8 Trad Tai Chi (A) 7-8 Cont. Tai Chi 1 9:00 Zumba (D) 9:00 Tai Chi Lesson (A) 10:00—11:00 Video Fitness (N) (D) 10:00—11:30 Strong Bones (A) 12:30—1:30 Exercise(D) 12:30—1:30 Gentle Joints (A) 5:00-7:00 Bingo (B) 5:00-7:00 Sing (A)</p>	<p>7:00—8:30 Traditional Tai Chi (A) 2 7:00—9:00 Contemporary Tai Chi (D) 9:00—10:00 Video Fitness (N) (D) 9:00—10:00 Tai Chi Wellness (A) 10:00—11:00 Chair Chi (A) 11:00—1:00 Painting (A) 12:15—1:15 Exercise with Greg (D) 1:15—2:45 Ballroom Dance (A)</p>	<p>8-10 Traditional Tai-Chi (A) 3 8-10 Contemporary Tai Chi (D) 10:00-11:30 Strong Bones (A) 10:00—12:00 Wii Practice (D)</p> <p style="text-align: center;">NO SHOPPING</p>
<p>7-8 Trad Tai Chi (A) 7-8 Cont. Tai Chi 8 9:00 Zumba (D) 9:00 Tai Chi Lesson (A) 10:00—11:00 Video Fitness (O) (D) 10:00—11:30 Strong Bones (A) 12:30—1:30 Exercise(D) 12:30 DOO WOPP SHOW 12:30—1:30 Gentle Joints (A) 5:00-7:00 Bingo (B) 5:00-7:00 Sing (A)</p>	<p>7:00—8:30 Traditional Tai Chi (A) 9 7:00—9:00 Contemporary Tai Chi (D) 9:00—10:00 Video Fitness (O) (D) 9:00—10:00 Tai Chi Wellness (A) 10:00—11:00 Chair Chi (A) 11:00—1:00 Painting (A) 12:15—1:15 Exercise with Greg (D) 1:15—2:45 Ballroom Dance (A)</p>	<p>8-10 Traditional Tai-Chi (A) 10 8-10 Contemporary Tai Chi (D) 10:00 Holiday Craft (CD) 10:00-11:30 Strong Bones (A) 10:00—12:00 Wii Practice (D)</p> <p style="text-align: center;">NO SHOPPING</p>
<p>7-8 Trad Tai Chi (A) 7-8 Cont. Tai Chi 15 9:00 Zumba (D) 9:00 Tai Chi Lesson (A) 10:00—11:00 Video Fitness (N) (D) 10:00—11:30 Strong Bones (A) 12:30—1:30 Exercise(D) 12:30—1:30 Gentle Joints (A) 5:00- 7:00 Bingo (B) 5:00-7:00Sing (A)</p>	<p style="text-align: center;"> 16 HOLIDAY PARTY 11:00 AM—1:00 PM</p>	<p>8-10 Traditional Tai-Chi (A) 17 8-10 Contemporary Tai Chi (D) 10:00-11:30 Strong Bones (A) 10:00—12:00 Wii Practice (D)</p> <p style="text-align: center;">NO SHOPPING</p>
<p>7-8 Trad Tai Chi (A) 7-8 Cont. Tai Chi 22 9:00 Zumba (D) 9:00 Tai Chi Lesson (A) 10:00—11:00 Video Fitness (O) (D) 10:00—11:30 Strong Bones (A) 12:30—1:30 Exercise(D) 12:30—1:30 Gentle Joints (A) 5:00- 7:00 Bingo (B) 5:00-7:00Sing 7:30 Historical (Cancel)</p>	<p>7:00—8:30 Traditional Tai Chi (A) 23 7:00—9:00 Contemporary Tai Chi (D) 9:00—10:00 Video Fitness (O) (D) 9:00—10:00 Tai Chi Wellness (A) 9:30—10:30 PAASC (CD) 10:00—11:00 Chair Chi (A) 11:00—1:00 Painting (A)(Cancel) 12:15—1:15 Exercise with Greg (D)(Cancel) 1:15—2:45 Ballroom Dance (A) (Cancel) CENTER WILL CLOSE AT 12:00</p>	<p style="text-align: center;"> 24 THE CENTER WILL BE CLOSED FOR THE CHRISTMAS HOLIDAY</p>
<p>7-8 Trad Tai Chi (A) 29 7-8 Cont. Tai Chi 9:00 Zumba (D) 9:00 Tai Chi Lesson (A) 10:00—11:00 Video Fitness (N) (D) 10:00—11:30 Strong Bones (A) 12:30—1:30 Exercise(D) 12:30—1:30 Gentle Joints (A) 5:00- 7:00 Bingo (B) 5:00-7:00Sing</p>	<p>7:00—8:30 Traditional Tai Chi (A) 30 7:00—9:00 Contemporary Tai Chi (D) 9:00—10:00 Video Fitness (N) (D) 9:00—10:00 Tai Chi Wellness (A) 10:00—11:00 Chair Chi (A) 11:00—1:00 Painting (A) (Cancel) 12:15—1:15 Exercise with Greg (D)(Cancel) 1:15—2:45 Ballroom Dance (A) (Cancel) CENTER WILL CLOSE AT 12:00</p>	<p style="text-align: center;"> 31 THE CENTER WILL BE CLOSED FOR THE NEW YEAR'S HOLIDAY</p>

FOR YOUR INFORMATION



HOLIDAY HOUSE CRAFT WITH THE GIRL SCOUTS

SATURDAY, 11/19/16—10:00 AM CARD ROOM
SIGN UP AT RECEPTION DESK



Blood Pressure by Terry
1st. Wednesday of the month
9:30 Health Office
Nov. 2nd & Dec. 7th
Sponsored by: Parker Homes

HOLIDAY CRAFTS WITH THE GIRL SCOUTS

REINDEER, SNOWMAN & MITTEN WREATH
SATURDAY, 12/10/16—10:00 AM CARD ROOM
SIGN UP AT RECEPTION DESK
SPACE LIMITED



HALLOWEEN PARTY

TUESDAY, 11/1/16
11:00 AM—1:00 PM

ENTER THE COSTUME CONTEST
MOST HALLOWEENISH, MOST ORIGINAL
FUNNIEST & SCARIEST
NO STORE BOUGHT COSTUMES, CONSIDERATION
WILL BE GIVEN TO HOW MUCH WORK WAS PUT
INTO THE MAKING OF THE COSTUME.

SIGN UP IN NUTRITION
SUGGESTED DONATION: \$2.25
PLEASE REGISTER BY: 10/18/16

HISTORY OF CHRISTMAS CAROLS

TEA



BY MUSEUM OF EARLY
TRADES AND CRAFTS

12/5/16 12:30 PM ROOM B
SIGN UP AT RECEPTION DESK

MEDICARE UPDATE &
BENEFITS COUNSELING DAY
WEDNESDAY, 11/2/16—9:30 AM
ROOMS: A, B, & C
SIGN UP AT RECEPTION DESK



VETERANS DAY **PARTY**

THURSDAY, 11/10/16

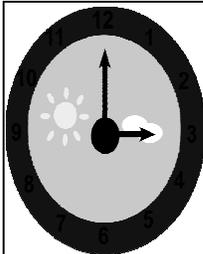
11:00 AM—1:00 PM

SIGN UP IN NUTRITION
SUGGESTED DONATION: \$2.25
PLEASE REGISTER BY: 10/27/16

MEALS ON WHEELS

CONTACT PERSON:
DEBBIE CERVERIZZO 732-743-9844

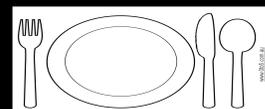
To participate in the program, please
contact Debbie with any questions you may have.



DAYLIGHT SAVING TIME
ENDS
SUNDAY, 11/6/16
TURN YOUR CLOCKS BACK
ONE HOUR



TRAVEL—BREAKFAST & DINNER



TRAVEL CLUB—"ROSEY'S TRAVELERS" - NO MEETING SCHEDULED

RENAULT WINERY & ATLANTIC CITY WEDNESDAY, 11/9/16

COST: \$63.00 LEAVE: 9:00 AM RETURN: 8:30 PM

CHECK PAYABLE TO: GOOD TIME TOURS

CALL ROSEMARIE: 732-752-2644

LUNCHEON AT FARMHOUSE RESTAURANT & LONGWOOD GARDENS

TUES, 12/6/16—COST: \$76.00

CHECK PAYABLE TO: GOOD TIME TOURS

CALL ROSEMARIE: 732-752-2644

SAVE THE DATE; CHINESE NEW YEAR

TUESDAY, 2/7/17



shutterstock - 229909522

BREAKFAST AT THE CENTER

PANCAKES

WEDNESDAY, 11/16/16

9:00 AM—10:00 AM

COST: FREE MUST HAVE TICKET

SIGN UP AT RECEPTION DESK

BREAKFAST AT THE CENTER

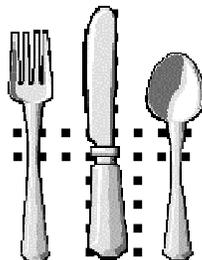
WAFFLES WITH FRUIT

WEDNESDAY, 12/7/16

9:00 AM—10:00 AM

COST: \$2.00 MUST HAVE TICKET

SIGN UP AT RECEPTION DESK



DINNER AT THE CENTER

Chili over Rice with Broccoli

THURSDAY, 11/17/16—6:30 PM

COST: \$2.00

MUST HAVE TICKET

SIGN UP AT RECEPTION DESK

DINNER AT THE CENTER

MEATLOAF & MAC & CHEESE

MONDAY, 12/12/16— 6:30 PM

COST: \$2.00

MUST HAVE TICKET

SIGN UP AT RECEPTION DESK

WHAT'S HAPPENING



DOO WOP SHOW

ROOMS B, C & D

THURSDAY, 12/8/16

12:30 PM

SIGN UP AT RECEPTION DESK

THE SEEING EYE

DOG

WEDNESDAY, 11/30/16

10:00 AM—Room B

SIGN UP AT RECEPTION



RUTERS SCHOOL OF PHARMACY
INFORMATION ABOUT OVER THE COUNTER
MEDICATION, DRUG OVERDOSE, SELF CARE
AND BLOOD PRESSURE SCREENINGS

THURSDAY, 11/3/16

2:00 PM—4:30 PM

SIGN UP AT RECEPTION

SAVE THE DATE

NEW YEARS DAY PARTY

TUESDAY, 1/3/17



shutterstock - 223975288

SHREDDING

DAILY FROM 11:30 AM—12:30 PM

APPOINTMENT NECESSARY:

732-562-1133

SHREDDING WILL BE DONE BY A
DESIGNATED STAFF PERSON



HAND BUILT POTTERY

WITH

PEGGY SANTANGELO

TUESDAY, 11/15/16

10:00 AM - 12:00 PM

CARD ROOM

SIGN UP AT RECEPTION DESK



THANKSGIVING PARTY

MONDAY, 11/21/16

11:00 AM—1:00 PM

SIGN UP IN NUTRITION

PLEASE REGISTER BY: 11/7/16

SUGGESTED DONATION: \$2.25

PANDORAS TREASURES

IT'S THE BEST SECRET IN TOWN

LOTS OF GREAT BARGINS CAN BE FOUND ON

ANYTHING FROM HOUSEHOLD ITEMS TO

SHIRTS AND PANTS FOR MEN AND WOMEN.

WE ARE OPEN FROM 8:30 AM—1:00 PM MON.—FRI.

VITA VOLUNTEERS NEEDED FOR 2017

WOULD YOU LIKE TO PREPARE TAXES?

NO EXPERIENCE NECESSARY & FREE TRAINING

CONTACT: CRODRIGUEZ@UWCJ.ORG OR

CALL: 732-247-3727

AARP—DRIVER SMART CLASS

MONDAY, 11/28/16—9:00—4:00

ONE DAY CLASS—BRING LUNCH

\$15.00 MEMBERS, \$20.00 NON-MEMBERS

CHECK PAYABLE TO: AARP

SIGN UP AT RECEPTION DESK

MUST HAVE VALID DRIVERS LICENSE



COUNTRY WESTERN PICNIC - 2016



WEDDING FASHION SHOW - 2016



Middlesex County Senior Walk—2016



COMPUTER BUDDIES



POOL TEAM



IMPORTANT TELEPHONE NUMBERS FOR PISCATAWAY SENIOR RESIDENTS

The following information is provided for your convenience. This is not intended to be a complete list; there may be other agencies that service our area. This is a listing of resources and is not an endorsement of any particular program or agency.

EMERGENCY PHONE NUMBERS

	<u>EMERGENCY 911</u>
POLICE –FIRE/RESCUE	
POLICE DEPARTMENT	732-562-1100
POLICE TDD	732-562-2306
SENIOR CITIZENS CENTER	732-562-1133
MUNICIPAL OFFICES	732-562-2300
JOHN F. KENNEDY LIBRARY	732-463-1633
WESTERGARD LIBRARY	732-752-1166
WESTERGARD LIBRARY TDD	732-752-2371
PUBLIC WORKS	732-562-2390
PUBLIC WORKS TDD	732-562-2398
STERLING VILLAGE	732-699-0033
Piscataway Elder Care Coordinator Tom Caleca	732-699-0033

ADULT DAY CARE CENTERS

JFK HARTWYCK MEDICAL DAY CARE	732-548-9770
JFK ADULT MEDICAL DAY PROGRAM	908-912-1910
PARKER ADULT DAY CENTER-	
NATALIE MACARO	732-565-2440
YOUNG AT HEART/VETERANS DAY CARE	
	732-300-7234

ALZHEIMER'S PROGRAMS

ALZHEIMER'S ASSOCIATION	609-514-1180
CAREGIVER HELPLINE	800-883-1180
INSTITUTE FOR ALZHEIMERS DISEASE AND RELATED DISORDERS/UMNDJ	800-424-2494

EMERGENCY FOOD-CLOTHING-SHELTER

AMERICAN RED CROSS	732-418-0800
FISH PROGRAM-24 HOUR HOTLINE	732-356-0081
THE SALVATION ARMY	732-545-1477

EMPLOYMENT SERVICES

EASTER SEALS	732-257-6662
WORKFORCE 55+	732-937-6200

ENERGY ASSISTANCE PROGRAMS

HOME ENERGY ASSISTANCE	732-828-4541
HOME WEATHERIZATION	732-828-4510
LIFELINE PROGRAM	800-792-9745 609-588-7049

HEARING PROGRAMS

HEARING AID ASSISTANCE	800-792-9745
609-588-7180 TTY	
HEARING AID HELPLINE	800-521-5247 - ext. 333

FINANCIAL ASSISTANCE

MIDDLESEX COUNTY SOCIAL SERVICES 732-745-3500

LEGAL Services

MIDDLESEX COUNTY BAR ASSOCIATION 732-828-0053
MIDDLESEX COUNTY LEGAL SERVICES 732-249-7600

MEDICAL INFORMATION

MEDICARE INFORMATION 800-633-4227
PHARMACEUTICAL ASSISTANCE 800-792-9745

SENIOR HOUSING

STERLING VILLAGE 732-699-0033

MISCELLANEOUS

VETERAN OUTREACH 732-745-4051
SOCIAL SECURITY 800-772-1213

NUTRITION PROGRAMS

FOOD STAMP PROGRAMS 732-745-3019
MEALS ON WHEELS 732-743-9844
SENIOR CENTER LUNCH PROGRAM 732-743-9844

TRANSPORTATION

PISCATAWAY SENIOR CITIZENS BUS 732-743-2218
MIDDLESEX COUNTY AREA WIDE 800-221-3520
N.J. EASE -MIDDLESEX COUNTY OFFICE ON AGING
732-745-3295

INTERNET WEBSITES

AARP

www.aarp.org

Administration on Aging

www.aoa.gov

Benefits Check Up

www.benefitscheckup.org

Eldercare Locator

www.eldercare.gov

Empire Medicare Services Part B—

www.empiremedicare.com

Centers for Medicare & Medicaid Services (CMS)

www.cms.hhs.gov

Medicare

www.medicare.gov

Middlesex County

<http://co.middlesex.nj.us>

New Jersey State Dept. of Health

& Senior Services-
www.state.nj.health

Nursing Home Performance Report

www.state.nj.us/health/Itc/hcfa

Peer Review Organization of New Jersey, Inc.

www.pronj.org

Social Security Administration

www.ssa.gov

Selecting a Long Term Care Setting—

(A guide for NJ Consumers) www.stateus.nj/health