



THE GOLDEN ERA

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Mayor

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Piscataway Senior Center
Newsletter & Calendar of Events

May/June
2015

A Message from Amy Bauman, Director on Aging

Dear Seniors:

The month of May is Older American's Month! The theme this year is "Get into the Act." We know that our Piscataway Township Seniors are already "into the act" with the wide assortment of activities we have to offer and the many seniors who participate in them. It is my vision to see more Piscataway Township seniors "Get into the Act" at the senior center.

The Piscataway Township Senior Center will again be having our own team - Pway Allstars - at the American Cancer Society's Relay for Life of Piscataway event in May. The event will be held on Saturday, May 30th (4 p.m.) to May 31st (6 a.m.) at Piscataway High School. You can register online as a member or give a donation at the desk. You can decide how long you want to stay, an hour or the entire night. Last year our team was the leading team with donations totaling \$2,819.36. Lets make our team number #1 again this year.

Jani Pratibha will begin a Stress Relaxation Mediation Class on Monday, May 4th at 4:00 p.m. Contagious Optimism will be back on Tuesday, May 12th at 12:30 p.m. Dr. Colleen DeGeorges will be facilitator.

The Mothers Day Breakfast will be held on Monday, May 11th. Please wear pink in honor or memory of your Mother. The 90s Birthday Bash will be held on Wednesday, May 20th, from 11:00 a.m. to 1:00 p.m. A Senior Prom will be held on Friday, May 29th, from 11:00 a.m. to 1:00 p.m.

Please join me on Wednesday, May 13th at 10 a.m. to hear New Jersey Long Term Care Ombudsman, Jim McCracken, discuss the Senior Rights Hot Topics.

Two afternoon teas are on the agenda with funding from a grant from the NJ Council of Humanities. Clock making in Colonial East Jersey (1740-1830) will be held on Monday, May 18th at 12:30 p.m. The presenter is David Sperling. On Monday, June 15th at 12:30 p.m., Writing Your Memoir in 5 Minutes will be facilitated by Edvigne Guinta.

The beginning of spring is finally here. Lets enjoy it together!

INSIDE OUR SENIOR CENTER

WELCOME NEW MEMBERS

Leonilde Alvarez, Rebecca Angeles, Richard Bartilotti, Judy Bell, Gita Dave, Peter Falco, Paulette Garnett, Maureen Guischar, Rekha Jani, Louise Jones, Ruby Josey, Rosa Larios Sharon Lee, Vania Machado-Falco, Alice Nwankwo, Susan Olesky, Dilipkumar Parikh, Karuna Parikh, Jashbhai Patel, Kantaben Patel, Joan Rivers, Susah Schrader, Anita Vig, Frank Wong

BEST WISHES FOR A SPEEDY RECOVERY TO ALL OUR ILL FRIENDS

Fe Aurrellado, Joseph Buksar, Christine James, Zenaida Mabanag, Erlinda Macalalad, John Slusser, Margaret Suiter, Conrado Palino, Jashubhai Patel, Manubhai Patel, Madeline Pomposelli, Leona Przbylski, Mabel Randell

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

Frank Chabak, Ruth DeVries, Constance Geresy, Joe Lapczynski, Inez McKenzie, Gabriel Nawojczyk, Margaret Patton, Carmine Saporito,

DIABETES WORKSHOP

MUST ATTEND ALL CLASSES

INTRODUCTION 6/9/15, CLASSES JUNE 9,16, 23 & 30, JULY 14, 21 & 28

9:30 AM—11:30 AM—CARD ROOM

CLASSES IS LIMITED TO 10 STUDENTS

SIGN UP AT RECEPTION DESK



PEOPLE MAKING A DIFFERENCE: Girl Scout Troop 83108

Hi my name is Vanessa and I'm in seventh grade. I am seen on the far left hand side. Some of my favorite activities are reading, acting, and singing.

Hi my name is Julia and I am in 8th grade. I am in the middle. Some of my favorite activities are girl scouts, technology, and reading.

Hi my name is Hannah and I am in 8th grade as well. I am the one on the far right. Some of my favorite activities are photography, traveling, and just relaxing on my phone.



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 and location.**

FROM THE CLASSROOM!

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

***One-On-One Private LAB
Classes in MAY & JUNE*****Tuesdays and Thursdays****(Except on Party Day & When Center Close)****3 Half-Hour Lab Sessions @ 10,10:30,11am****Sign Up for a Session at Reception Desk****What's One-On-One Private
LAB?**

- Individual Lesson (no group lecture)
- Learn what you want - not what others want! (computer/internet/tablet/smartphone)

CyberTech Volunteer Tutors Are**Steve Damiani, Chor Lee,
& Johnnie Martin****Want different time and/or day?****Make appointment with Steve Damiani
in Computer Room****Meet You In Senior Center Computer Room****SHIP STATE HEALTH INSURANCE PROGRAM****APPOINTMENTS AVAILABLE—THURSDAYS, BETWEEN—10:00 & 12:00 CALL FOR APPOINTMENT: 732-562-1133****Medicaid questions call: Middlesex County Board of Social Services at 732-745-3500**

Monday	Tuesday	Wednesday
MAY		
2015		

<p>7-8 Trad Tai Chi (A) 7-9 Cont Tai Chi (D) 4</p> <p>8:00—10:00 Qi-Gong (A)</p> <p>9:00—10:00 Video Fitness (N) (D)</p> <p>10:00—11:00 ESL (CF) 10:00 Yoga (A)</p> <p>10:00 Knitting (CD) 10:30 Zumba (D)</p> <p>12:30 Exercise (D)1:30 Strong Bones (A)</p> <p>4:00—Stress, Relaxation & Meditation (A)</p> <p>5:00 Bingo (B) 5:00—7:00 Sing (A)</p> <p>5:30 Bocce 7:00 Cards (CF)</p>	<p>7:00—8:00 Traditional Tai Chi (A) 5</p> <p>7:00—9:00 Contemporary Tai Chi (D)</p> <p>9:00—10:00 Tai Chi Lesson (A)</p> <p>9:00—10:00 Video Fitness (N) (D)</p> <p>9:00—10:00 Breakfast at the Center</p> <p>10:00—12:00 Wii Practice (A)</p> <p>12:30—1:30 Silvertones (A)</p> <p>1:00—2:45 Bridge (CD)</p>	<p>7:00—8:00 Traditional Tai Chi (A) 6</p> <p>7:00—9:00 Contemporary Tai Chi (D)</p> <p>8:00 Qi-Gong (A) 8:45 Surrogate (CF)</p> <p>9—10 Somatics (A) Video Fitness (N) (D)</p> <p>9:30 PB with Terry (HO)</p> <p>10 Tai Chi Welln (A)10—11 Spanish (CD)</p> <p>12:30 Exercise with Greg (D)</p> <p>1-2 Line Dance (A) (Cancel)</p> <p>1—2:45 Bridge (CD)</p>
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<p>7-8 Trad Tai Chi (A) 7-9 Cont Tai Chi (D)11</p> <p>8:00—10:00 Qi-Gong (A)</p> <p>9:00—10:00 Video Fitness (O) (D)</p> <p>10:30—12:00 Mother's Day Breakfast (C)</p> <p>10:00—11:00 ESL (CF) 10:00 Yoga (A)</p> <p>10:00 Knitting (CD) 10:30 Zumba (D)</p> <p>12:30—1:30 Exercise (D)</p> <p>1:30 Strong Bones (A) 5:00 Bingo (B)</p> <p>5:30 Bocce 5—7:Sing (A) 7:00 Cards (CF)</p> <p>Dine Out: Applebee's NM</p>	<p>7:00—8:00 Traditional Tai Chi (A) 12</p> <p>7:00—9:00 Contemporary Tai Chi (D)</p> <p>9:00—10:00 Tai Chi Lesson (A)</p> <p>9:00—10:00 Video Fitness (O) (D)</p> <p>10:00—12:00 Wii Practice (A)</p> <p>10:00 Diabetes (CD)</p> <p>12:30—Contagious Optimism (B)</p> <p>12:30—1:30 Silvertones (A)</p> <p>1:00—2:45 Bridge (CD)</p>	<p>7:00—8:00 Traditional Tai Chi A 13</p> <p>7:00—9:00 Contemporary Tai Chi (D)</p> <p>8:00 Qi-Gong (A) 8:45 Surrogate (CF)</p> <p>9-10 Somatics (A) Video Fitness (O)(D)</p> <p>10 Tai Chi Wellness (A)10 Spanish (CD)</p> <p>10:00—Senior Rights Hot Topics (BC)</p> <p>12:30 Exercise with Greg (D)</p> <p>12:30 Photography Presentation (B)</p> <p>1:00 Line Dance (A) (Cancel)</p> <p>1-2:45 Bridge (CD)</p>
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<p>7-8 Trad Tai Chi (A) 7-9 Cont Tai Chi (D)18</p> <p>8:00—10:00 Qi-Gong (A)</p> <p>9:00—10:00 Video Fitness (N) (D)</p> <p>9:00—4:00 Driver Training (CD)</p> <p>10:00—11:00 ESL (CF) 10:00 Yoga (A)</p> <p>10:00 Knitting (CD) 10:30 Zumba (D)</p> <p>12:30—1:30 Exercise(D) 12:30 Tea (B)</p> <p>1:30 Strong Bones (A) 5:00 Bingo (B)</p> <p>5:00—7:00 Sing (A) 5:30 Bocce</p> <p>7:00 Cards (CF)</p>	<p>7:00—8:00 Traditional Tai Chi (A) 19</p> <p>7:00—9:00 Contemporary Tai Chi (D)</p> <p>9:00—10:00 Tai Chi Lesson (A)</p> <p>9:00—10:00 Video Fitness (N)(D)</p> <p>10:00—12:00 Wii Practice (A)</p> <p>10:00—Herbs & Plants (CD)</p> <p>12:30—1:30 Silvertones (A)</p> <p>1:00—2:45 Bridge (CD)</p>	<p style="font-size: 24pt; font-weight: bold;">20</p> <p style="font-size: 36pt; font-weight: bold;">90's BASH</p> <p style="font-size: 24pt; font-weight: bold;">THERE WILL BE NO</p> <p style="font-size: 24pt; font-weight: bold;">ACTIVITIES TODAY</p>
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<div style="text-align: right; font-weight: bold; font-size: 24pt;">25</div>  <p style="text-align: center; font-weight: bold; font-size: 18pt;">THE CENTER WILL BE</p> <p style="text-align: center; font-weight: bold; font-size: 18pt;">CLOSED FOR</p> <p style="text-align: center; font-weight: bold; font-size: 18pt;">MEMORIAL DAY</p>	<p>7:00-8:00Traditiona Tai Chi (A) 26</p> <p>7:00—9:00 Contemporary Tai Chi (D)</p> <p>9:00—10:00 Tai Chi Lesson (A)</p> <p>9:00—10:00 Video Fitness (O) (D)</p> <p>10:00—12:00 Wii Practice (A)</p> <p>12:30—1:30 Silvertones (A)</p> <p>1:00—2:45 Bridge (CD)</p>	<p>7:00—8:00 Traditional Tai Chi (A) 27</p> <p>7:00—9:00 Contemporary Tai Chi (D)</p> <p>8:00 Qi-Gong (A) 8:45 Surrogate (CF)</p> <p>9-10 Somatics (A) Video Fitness (O)(D)</p> <p>10:00 Tai Chi Wellness 10 Spanish (CD)</p> <p>10-11:30 Financial Exploitation (B)</p> <p>12:30 Exercise with Greg (D)</p> <p>1:00 Line Dance (Cancel)</p> <p>1-2:45 Bridge (CD)</p>
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Thursday	Friday	Saturday
<p>Legend Conference Room HO—Health Office CD—Card Room</p>	<p>7:00—8:30 Traditional Tai Chi (A) 1 7:00—9:00 Contemporary Tai Chi (D) 9:00—10:00 Video Fitness (O) (D) 9:00 Tai Chi Wellness (A)10:00 Chair Chi (A) 11-1 Painting (A) 12:30—1:30 Exercise With Greg (D) 1:15—2:45 Ballroom Dance (A)</p>	<p>8-10 Traditional Tai Chi (A) 2 8-10 Contemporary Tai Chi (D) 10:00—11:30 Strong Bones (A) 10:00—12:00 Wii Practice (D) SHOPPING WALMART NEW MARKET</p>
<p>7-8 Trad Tai Chi (A) 7-9 Cont Tai Chi (D) 7 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) 5-7 Sing (A) 5:00—7:00 Bingo (B)</p>	<p>7:00—8:30 Traditional Tai Chi (A) 8 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) 10:00 Memory Presentation (CD) 11-1 Painting (A) 12:30—1:30 Exercise With Greg (D) 1:15—2:45 Ballroom Dance (A)</p>	<p>8-10 Traditional Tai-Chi (A) 9 8-10 Contemporary Tai Chi (D) 10:00-11:30 Strong Bones (A) 10:00—12:00 Wii Practice (D) SHOPPING KMART/STOP N SHOP RIVER ROAD</p>
<p>7-8 Trad Tai Chi (A) 7-9 Cont Tai Chi (D) 14 9-10 Tai Chi Lesson (A) 9-10 Zumba (D) 10:00—11:00 Video Fitness (O) (D) 10:00—11:30 Strong Bones (A) 12:30 Exercise(D) 5-7 Sing (A) 5:00-7:00 Bingo (B) 6:30—Dinner at Center 7:00—8:45 Caregivers (CF)</p>	<p>7:00 Traditional Tai Chi (A) 15 7:00—9:00 Contemporary Tai Chi (D) 9:00—10:00 Video Fitness (O) (D) 9:00 Tai Chi Wellness (A)10:00 Chair Chi (A) 10:00 Quibbletown jazz (B &C) 11:00-1:00 Painting (A) 12:30 Exercise With Greg (D) 1:15 –2:45 Ballroom Dance (A)</p>	<p>8-10 Traditional Tai-Chi (A) 16 8-10 Contemporary Tai Chi (D) 10:00-11:30 Strong Bones (A) 10:00—12:00 Wii Practice (D) SHOPPING KOHL'S/TARGET/MACYS NEW MARKET</p>
<p>7-8 Trad Tai Chi (A)7-9 Cont Tai Chi (D) 21 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) 5-7 Sing (A) (Cancel) 5-7 Bingo (B) (Cancel) 6:00 Garden Club (A) 6:30—8:30 Just for Fun (B, C, & D)</p>	<p>7:00—8:30 Traditional Tai Chi (A) 22 7:00—9:00 Contemporaty Tai Chi (D) 9:00—10:00 Video Fitness (N)(D) 9:30—2:00 Health Screening (B) 9:00 Tai Chi Wellness (A) 10:00 Chair Chi (A) 9:30—10:30 PAASC (CD) 10:00 Synergy (B) 11:00—1:00 Painting (A) 12:30 - 1:30 Exercise With Greg (D) 1:15—2:45 Ballroom Dance (A)</p>	<p>8-10 Traditional Tai Chi (A) 23 8-10 Contemporary Tai Chi (D) 10:00-11:30 Strong Bones (A) 10:00—12:00 Wii Practice (D) SHOPPING WALMART RIVER ROAD</p>
<p>7-8 Trad Tai Chi (A)7-9 Cont Tai Chi (D) 28 9-10 Tai Chi Lesson (A) 9-10 Zumba (D) 10:00—11:00 Video Fitness (O)(D) 10:00—11:30 Strong Bones (A) 12:30 Exercise (D) 5-7 Sing (A) 5:00-7:00 Bingo (B) 5:30 Bocce 7:30 Historical (A)</p>	<p>29 SENIOR PROM AT THE SENIOR CENTER 11:00 AM—1:00 PM</p>	<p>8-10 Traditional Tai Chi (A) 30 8-10 Contemporary Tai Chi (D) 10:00-11:30 Strong Bones (A) 10:00—12:00 Wii Practice (D) SHOPPING KMART/STOP N SHOP NEW MARKET</p>

Monday	Tuesday	Wednesday
<p>7—8 Trad Tai Chi (A) 7-9 Cont.Tai Chi (D) 1</p> <p>8:00—10:00 Qi-Gong (A) 9:00—10:00 Video Fitness (N) (D) 10:00—11:00 ESL (CF) 10:00 Yoga (A) 10:00 Knitting (CD)10:30 Zumba (D) 12:30—1:30 Exercise(D) 1:30 Strong Bones (A) 5:00—7:00 Bingo (B) 5:00—7:00 Sing (A) 5:30 Bocce 7:00 Cards</p>	<p>7:00—8:00 Traditional Tai Chi (A) 2</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 Wii Practice (A) 12:30—1:30 Silvertones (A) 1:00—2:45 Bridge (CD)</p>	<p>7-8Trad Tai Chi(A 7-9Cont Tai Chi(D) 3</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) 9:30 BP with Terry (HO) 10-11 Tai Chi Wellness A) Spanish (CD) 12:30 Exercise with Greg (D) 1:00 Line Dance (A) (Cancel) 1:00 Bridge (CD)</p>
<p>7—8 Trad Tai Chi (A) 7-9 Cont.Tai Chi (D) 8</p> <p>8:00—10:00 Qi-Gong (A) 9:00—10:00 Video Fitness (O) (D) 10:00—11:00 ESL (CF) 10:00 Yoga (A) 10:00 Knitting (CD)10:30 Zumba (D) 12:30—1:30 Exercised) 1:30 Strong Bones (A) 5:00—7:00 Bingo (B) 5:00—7:00 Sing (A) 5:30 Bocce 7:00 Cards 6:30—Dinner at the Center</p>	<p>7:00—8:00 Traditional Tai Chi (A) 9</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) 9:30—11:30 Diabetes (CD) 10:00 Wii Practice (A) 12:30—1:30 Silvertones (A) 1:00—2:45 Bridge (CD)</p>	<p>7-8Trad Tai Chi(A 7-9Cont Tai Chi(D) 10</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) Cancel 9:30—12:00 RWJ Health Fair (D) 10-11 Tai Chi Wellness A) Spanish (CD) 12:30 Exercise with Greg (D) 1:00 Line Dance (Canc)1:00 Bridge (CD)</p>
<p>7-8 Trad Tai Chi (A) 7-9 Cont Tai Chi (D) 15</p> <p>8:00—10:00 Qi-Gong (A) 9:00—10:00 Video Fitness (N) (D) 10:00—11:00 ESL (CF) 10:00 Yoga (A) 10:00 Knitting (CD) 10:30 Zumba (D) 12:30—1:30 Exercise(D) 12:30 Tea (B) 1:30 Strong Bones (A) 5:00—7:00 Bingo (B) 5:00—7:00 Sing (A) 5:30 Bocce 7:00 Cards Dine Out: Olive Garden RR</p>	<p>7:00—8:00 Traditional Tai Chi (A) 16</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) 9:30—11:30 Diabetes (CD) 10:00—12:00 Wii Practice (A) 12:30 Writing your Memoir (B) 12:30—1:30 Karaoke / Silvertones (A) 1:00—2:45 Bridge (CD)</p>	<p>7-8 Trad Tai ChiA 7-9 Cont Tai ChiD17</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) 10:00—11:00 Spanish (CD) 12:30 Exercise with Greg (D) 1:00 Line Dance (A) (Cancel) 1:00 Bridge (CD)</p>
<p>7-8 Trad Tai Chi (A) 7-9 Cont Tai Chi (D) 22</p> <p>8:00—10:00 Qi-Gong (A) 9:00—10:00 Video Fitness (O) (D) 10:00—11:00 ESL (CF) 10:00 Yoga (A) 10:00 Knitting (CD) 10:30 Zumba (D) 12:30—1:30 Exercise (D) 1:30 Strong Bones (A) 5:00—7:00 Bingo (B) 5:00—7:00 Sing (A) 5:30 Bocce 7:00 Cards</p>	<p>7:00—8:00 Traditional Tai Chi (A) 23</p> <p>7:00 Contemporary Tai Chi (D) 9:00—10:00 Tai Chi Lesson (A) 9:00—10:00 Video Fitness (O)(D) 9:30—11:30 Diabetes (CD) 10:00—12:00 Wii Practice (A) 10:30—12:00 Father's Day Breakfast 12:30—1:30 Silvertones (A) 1:00—2:45 Bridge (CD)</p>	<p>7-8 Trad Tai ChiA 7-9 Cont Tai Chi D) 24</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) 10:00—11:00 Spanish (CD) 12:30 Exercise with Greg (D) 1:00 Line Dance(A) (Cancel) 1:00 Bridge (CD)</p>
<p>7-8 Trad Tai Chi (A) 7-9 Cont Tai Chi (D) 29</p> <p>8:00—10:00 Qi-Gong (A) 9:00—10:00 Video Fitness (N) (D) 10:00—11:00 ESL (CF) 10:00 Yoga (A) 10:00 Knitting (CD) 10:30 Zumba (D) 12:30—1:30 Exercise(D) 1:30 Strong Bones (A) 5:00—7:00 Bingo (B) 5:00—7:00 Sing (A) 5:30 Bocce 7:00 Cards</p>	<p>7:00—8:00 Traditional Tai Chi (A) 30</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) 9:30—11:30 Diabetes (CD) 10:00—12:00 Wii Practice (A) 12:30—1:30 Silvertones (A) 1:00—2:45 Bridge (CD)</p>	<p style="text-align: center;">Legend</p> <p>CF— Conference Room HO—Health Office CD—Card Room</p>

Thursday	Friday	Saturday
<p>7-8 Trad Tai Chi (A) 7-9 Cont Tai Chi 4 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 (A) 5:00—7:00 Bingo (B) 5:00—7:00 Sing (A)</p>	<p>7:00—8:30 Traditional Tai Chi (A) 5 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) 12:30—1:30 Exercise with Greg (D) 1:15—2:45 Ballroom Dance (A)</p>	<p>8-10 Traditional Tai-Chi (A) 6 8-10 Contemporary Tai Chi (D) 10:00-11:30 Strong Bones (A) 10:00—12:00 Wii Practice (D) SHOPPING KOHL'S/TARGET/MACY'S RIVER ROAD</p>
<p>7-8 Trad Tai Chi (A) 7-9 Cont Tai Chi 11 9:00 Zumba (D) 9:00 Tai Chi Lesson (A) 9:00—10:00 Cream Of Wheat Breakfast 10:00—11:00 Video Fitness (O) (D) 10:00—11:30 Strong Bones (A) 12:30—1:30 Exercise(A) 12:30 Grandparents (CD) 5:00—7:00 Bingo (B) 5:00—7:00 Sing (A) 7:00 Caregivers (CF)</p>	<p>7:00—8:30 Traditional Tai Chi (A) 12 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) 12:30—1:30 Exercise with Greg (D) 1:15—2:45 Ballroom Dance (A)</p>	<p>8-10 Traditional Tai-Chi (A) 13 8-10 Contemporary Tai Chi (D) 10:00-11:30 Strong Bones (A) 10:00—12:00 Wii Practice (D) SHOPPING WALMART NEW MARKET</p>
<p>7-8 Trad Tai Chi (A) 7-8 Cont. Tai Chi 18 9:00 Zumba (D)9:00 Tai Chi Lesson (A) 9:00—10:00 Breakfast at the Center 10:00—11:00 Video Fitness (N) (D) 10:00—11:30 Strong Bones (A) 12:30—1:30 Exercise(D) 5:00– 7:00 Bingo (B) 5:00—7:00Sing (A) (Cancel) 6:00 Garden Club (A)</p>	<p>7:00—8:30 Traditional Tai Chi (A) 19 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) 10:00 Synergy (B) 11:00—1:00 Painting (A) 12:30—1:30 Exercise with Greg (D) 1:15—2:45 Ballroom Dance (A)</p>	<p>8-10 Traditional Tai-Chi (A) 20 8-10 Contemporary Tai Chi (D) 10:00-11:30 Strong Bones (A) 10:00—12:00 Wii Practice (D) SHOPPING KMART/STOP N SHOP RIVER ROAD</p>
<p>7-8 Trad Tai Chi (A) 7-8 Cont. Tai Chi 25 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) 5:00– 7:00 Bingo (B) 5:00—7:00Sing (A) 7:30 Historical (CF)</p>	<p>7:00—8:30 Traditional Tai Chi (A) 26 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—11 Chair Chi (A) 11:00—1:00 Painting (A) 12:30—1:30 Exercise With Greg (D) 1:15—2:45 Ballroom Dance (A)</p>	<p>8-10 Traditional Tai-Chi (A) 27 8:10 Contemporary Tai Chi (D) 10:00-11:30 Strong Bones (A) 10:00—12:00 Wii Practice (D) 10:00 Krooked Canvas (CD) SHOPPING KOHL'S/TARGET/MACY'S NEW MARKET</p>

JUNE 2015

FOR YOUR INFORMATION

SENIOR PROM AT THE SENIOR CENTER

FRIDAY, 5/29/15—11:00 AM—1:00 PM

SUGGESTED DONATION: \$2.25

SIGN UP IN NUTRITION

CUT OFF DATE: 5/8/15



WRITING YOUR MEMOIR IN 5 MIN.—TEA

MONDAY, 6/15/15 12:30 PM ROOM B

SIGN UP AT RECEPTION DESK



RWJ University Hospital

Health Fair—Room D

Wednesday, 6/10/15 9:30 am—12:00 noon

Sign Up At Reception Desk



CLOCKMAKING IN COLONIAL

EAST JERSEY (1740-1830) TEA

MONDAY, 5/18/15—12:30 PM—ROOM B

SIGN UP AT RECEPTION DESK

FATHERS DAY BREAKFAST

TUESDAY, 6/23/15—10:30 AM—12:00 NOON

SUGGESTED DONATION: \$2.25

SIGN UP IN NUTRITION



CONTAGIOUS OPTIMISH

BY: DR. COLLEEN DEGEORGES

TUESDAY, 5/12/15

12:30 PM—2:00 PM ROOM B

SIGN UP AT RECEPTION DESK



SYNERGY HOME CARE

PREPARING TO LIVE!

FRIDAY, 5/22/15—10:00 AM

HEALTHY FITNESS

FRIDAY, 6/19/15—10:00 AM

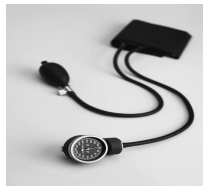
ROOM B SIGN UP AT RECEPTION DESK

Blood Pressure by Terry

1st. Wednesday of the month

9:30 AM 5/6/15 & 6/3/15

Sponsored by: Parker Homes



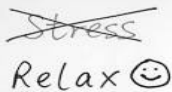
SENIOR RIGHTS HOT TOPICS

NJ LONG TERM CARE OBUUDSMAN

JIM McCRACKEN

WEDNESDAY, 5/13/15—10:00 AM

SIGN UP AT RECEPTION DESK



STRESS, RELAXATION

AND MEDITATION

BY: PRATIBHA JANI

MONDAY, 5/4/15—4:00 PM—ROOM A

SIGN UP AT RECEPTION DESK



BRIGHTSTAR CARE

PLANTING HERBS & PLANTS CLASS

TUESDAY, 5/19/15—10:00 AM—CARD ROOM

SIGN UP AT RECEPTION DESK

MEALS ON WHEELS

CONTACT PERSON: DEBBIE CERVERIZZO
732-743-9844

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

QUIBBLETOWN JAZZ FRIENDS

FRIDAY, 5/15/15—10:00 AM

ROOM A & B

SIGN UP AT RECEPTION



TIDBITS AND TRAVEL



TRAVEL CLUB—"ROSEY'S TRAVELERS" June 3, 2015 1:30 PM—ROOM B

Bally's Atlantic City Casino

Thurs., 5/21/15—leave: 8:30 am return: 6:30 pm

CHECK PAYABLE TO: Suburban Transit

Resorts Atlantic City Casino

Thurs., 6/25/15—Leave: 8:30 am Return: 6:30 pm

CHECK PAYABLE TO: Suburban Transit

LANCASTER, PA—\$315.00—JUNE 9-11, 2015

2 NIGHT ACCOMMODATIONS, 2 BREAKFAST, 2 DINNERS, "JOSEPH" AT SIGHT & SOUND, 3 HOUR TOUR OF THE AMISHLANDS, TOUR OF QVC, PRETZEL FACTORY, DUTCH HAVEN AMISH COMPLEX & A STOP AT SANDS CASINO ON THE WAY HOME.

CHECKS PAYABLE TO: SENIOR EXCURSIONS (Call Rosemarie 732-752-2644)

The Bateux of New York (Glass Vessel) - Friday, 7/17/15—Cost: \$88.00

3 Course plated lunch, 2 Hour Cruise, Dance music, Transportation, Time at South Street Seaport, Taxes and meal gratuity.

Check Payable to: Good Time Tours (Call Rosemarie 732-752-2644)

BARRY MANILOW MUSICAN TRIBUTE SHOW—MT.AIRY CASINO—\$68.00—9/14/15

DEPART: 8:30 am - RETURN: 6:30 pm

CHECKS PAYABLE TO : GOOD TIME TOURS (Call Rosemarie 732-752-2644)

BLATZL BRAUHAUS—FRIDAY 10/30/15—OCTOBERFEST—COST: \$79.00

TRANSPORTATION, FOOD, ENTERTAINMENT, DANCING, PRESELECT ENTRÉE, TAX AND MEAL GRATUITY—CHECK PAYABLE TO: GOOD TIME TOURS

BREAKFAST AT THE CENTER

OATMEAL

TUESDAY, 5/5/15 9:00 AM—10:00 AM

FREE MUST HAVE TICKET

SIGN UP AT RECEPTION DESK

BREAKFAST AT THE CENTER

CREAM OF WHEAT

THURSDAY, 6/11/15 9:00 AM—10:00 AM

FREE MUST HAVE TICKET

SIGN UP AT RECEPTION DESK

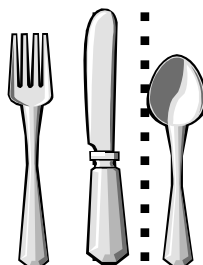
DINNER AT THE CENTER

SPAGHETTI & MEATBALLS

THURSDAY, 5/14/15—6:30 PM COST: \$2.00

MUST HAVE TICKET

SIGN UP AT RECEPTION DESK



DINNER AT THE CENTER

STUFFED CABBAGE

MONDAY, 6/8/15 6:30 PM COST: \$2.00

MUST HAVE TICKET

SIGN UP AT RECEPTION DESK

WHAT'S HAPPENING

MEMORY PRESENTATION

DO YOU REMEMBER? WHEN SHOULD I WORRY?

FRIDAY, MAY 8, 2015—10:00 AM—11:00 AM

FREE MEMORY SCREENING TO FOLLOW

SIGN UP AT RECEPTION DESK—CARD ROOM



**ARE YOU A CAREGIVER?
JOIN US FOR SUPPORT AND
INFORMATION
2ND THURSDAY OF THE MONTH**

7:00 pm—8:45 pm Conference Room

DIABETES (MIDDLESEX COUNTY HEALTH DEPT.)

TUESDAY, 5/12/15—10:00 AM—CARD ROOM

SIGN UP AT RECEPTION DESK

LIMIT 50 PEOPLE

**WOULD YOU LIKE TO MARCH IN THE
PISCATAWAY MEMORIAL DAY PARADE?**

MONDAY, 5/25/15

LEAVING STERLING VILLAGE AT: 10:00 AM

SIGN UP AT RECEPTION DESK

SPACE LIMITED



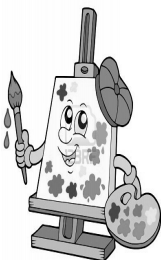
KROOKED CANVAS

**PAINT AN ART PROJECT INSTRUCTED BY
AN ART TEACHER**

SAT., 6/27/15—10:00 AM—CARD ROOM

CLASS LIMITED TO 20 STUDENTS

SIGN UP AT RECEPTION DESK FREE



FINANCIAL EXPLOITATION AFTER A DISASTER

WEDNESDAY, 5/27/15

10:00 AM—11:30 AM—ROOM B

SIGN UP AT RECEPTION DESK



SHREDDING

DAILY FROM 11:30 AM—12:30 PM

APPOINTMENT NECESSARY: 732-562-1133

SHREDDING WILL BE DONE BY A DESIGNATED STAFF PERSON

PING PONG - ROOM D

MON.—4PM—6 PM TUES.—12:30 pm—2:30 pm

THURS.—4 PM—6PM



PHOTOGRAPHY

THROUGH THE AGES

BRING YOUR CAMERA

PRESENTED BY:

JACK (JACOB) SONATORE & JAY SHIN

WEDNESDAY, 5/13/15—ROOM B—12:30 PM

SIGN UP AT RECEPTION DESK



Vietnam Veterans Memorial Trip

THURSDAY, 6/18/15 LEAVE: 9:30 AM

COST; \$4.50 PAYABLE TO ROSEMARIE PICCIUTO

CALL ROSEMARIE 732-752-2644

JUST FOR FUN!

THURSDAY, 5/21/15—6:30 PM—8:30 PM

SIGN UP AT RECEPTION DESK



**MOTHER'S DAY
BREAKFAST**

Monday, 5/11/15—10:30 AM—12:00 NOON

Cost: \$2.25—CUT OFF DATE: 4/30/15

Check payable to: Senior Meals SIGN UP IN NUTRITION

GRANDPARENTS SUPPORT GROUP—By: Dale Ofei-Aylsi of COPSA Geriatric Services

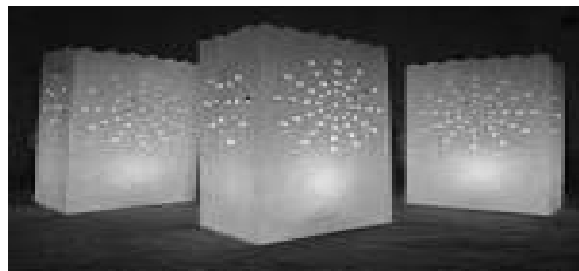
MEET WITH US ON THE SECOND THURSDAY OF EACH MONTH TO SHARE YOUR COMMON AND UNIQUE JOYS AND CHALLENGES OF BEING A GRANDPARENT.

12:30 pm—1:30 pm—CARD ROOM - SIGN UP AT RECEPTION DESK

RELAY FOR LIFE—PISCATAWAY HIGH SCHOOL

MAY 30TH—MAY 31ST, 2015

HOPE
RELAYFORLIFE2015



JOIN THE FIGHT AGAINST CANCER!

RELAY FOR LIFE

**WE ARE LOOKING FOR
TEAMS, PARTICIPANTS,
CANCER SURVIVORS,
CAREGIVERS, EVENT SPONSORS
& VOLUNTEERS**

**RELAY
FOR LIFE**



TO REGISTER, LOG ON TO:

WWW.relayforlife.org/Piscatawaynj

P-WAY ALLSTARS

DONATE \$20.00 AND RECEIVE A P-WAY ALLSTARS SUPERMAN T-SHIRT.

TBA: PICK UP DATE FOR YOUR T-SHIRT

BLACK HISTORY PROGRAM 2015



CHINESE FESTIVAL 2015

