

Glassboro Senior Citizen Center July 2017

Sun	Mon	Tue	Wed	Thu	Fri	Sat
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2	3 Physical Fitness Yoga Aerobics	4 Center Closed For Independence Day	5 Physical Fitness Ageless Grace Adult Coloring	6 Crafts Zumba Bingo	7 Physical Fitness Aerobics	8
9	10 Physical Fitness Yoga Aerobics	11 Tai Chi, Crafts Weight Training, Walking Line Dancing, Cards Trip to Middleton Railroad	12 Physical Fitness Adult Coloring Aerobics	13 Crafts, Zumba Trip to Middleton Railroad	14 Physical Fitness Aerobics	15
16	17 Physical Fitness Yoga Aerobics	18 Tai Chi, Crafts Weight Training Walking Line Dancing, Cards	19 Physical Fitness Ageless Grace Adult Coloring, Aerobics	20 Crafts Zumba Robin's Nest Seminar Movie & Popcorn	21 Physical Fitness Aerobics	22
23	24 Physical Fitness Yoga Aerobics	25 Tai Chi, Crafts Weight Training, Walking Line Dancing, Cards	26 Physical Fitness Ageless Grace Adult Coloring, Aerobics Trip to Wildwood, NJ	27 Crafts Zumba Bingo	28 Physical Fitness Aerobics	29
30	31 Physical Fitness Yoga Aerobics					

GLASSBORO SENIOR CITIZEN CENTER

**South Delsea Drive Park
Glassboro, NJ 08028**

**152 S. Delsea Drive
856-881-8504 ext. 3**

Hours: Monday – Friday, 9:00am – 3:00pm

Open to all Gloucester County Residents, 60 years of age or older

PROGRAM COORDINATORS: Veronica Brown & Marybeth Thomas

WEEKLY ACTIVITIES

AEROBICS – Mon., Wed., Fri., 1:00pm (Marybeth Thomas, Instructor)

PHYSICAL FITNESS – Mon., Wed., Fri., 9:30am (Veronica Brown, Instructor)

BINGO – Select Thursdays, 12:45pm

CRAFT CLASS – Tues. and Thurs., 9:30am (Nancy Dougherty, Instructor)

PINOCHLE – Tuesday and Friday, 12 noon

WEIGHT TRAINING – Tuesday, 9:30am (Marybeth Thomas, Instructor)

YOGA – Monday, 11am (Bobbi Johnson, Instructor)

SENIOR ZUMBA – Thursday, 10am (Raih Sidhwa, Instructor)

Adult Coloring – Wednesday, 10:30am

TAI CHI – Tuesday, 8:45am (Morris Siegel, Instructor)

LINE DANCING – Tuesday, 1pm (Valerie Marzili, Instructor)

AGELESS GRACE – Wednesday, 10:30am (Marybeth Thomas, Instructor)

Mah Jongg – Tuesday and Thursday, 12:30pm

GLOUCESTER COUNTY NUTRITION PROGRAM

CALL 881-6610

Open 9:00am – 1:00pm

Site Manager Lou Weiss

Low cost meals (\$1.25) are available at the Center Monday - Friday

GLOUCESTER COUNTY DIVISION OF SENIOR SERVICES

115 Budd Blvd. West Deptford, NJ 08096

856-384-6900 or 1-877-222-3737

GLASSBORO PARK & RECREATION

S. Delsea Drive Park

152 S. Delsea Drive

Glassboro, NJ 08028

856-881-1515 ext. 2

Lori Penn, Director

Lorraine Spaeth, Admin. Assist.

Gloria Salter, Clerk

WEBSITE: www.glassboroonline.com

BLOOD PRESSURE SCREENING – Tues., July 18, 2017 - 9:30am

BINGO –Select Thursday, 12:45pm, \$1.00 donation.

PINOCHLE – Tuesday and Friday @ 12 noon.

WEIGHT TRAINING for SENIORS – Every Tuesday at 9:30am

A signed medical release is required.

Class size is limited. Call the office for information

SENIOR ZUMBA – Thursday – 10am

YOGA – Monday – 11:00am

TAI CHI – Tuesday, 8:45am

LINE DANCING – Tuesday, 1pm

MAH JONGG – Tuesday and Thursday, 12:30pm

WALKING – Tuesday, Bullock School – 1pm

AGELESS GRACE – Wednesday – 10:30am

SERVICES AVAILABLE at THE CENTER

PAAD/Lifeline, Senior Gold, Hearing Aid Assistance Applications

NOTARY SERVICE – This is a free service

PLEASE DO NOT THROW OUT USED EYEGLASSES. DROP THEM AT THE CENTER AND WE WILL FORWARD THEM TO THE NEEDY.

DONATIONS The Center is partially funded through a grant from the Gloucester County Dept. on Aging under Title III of the Older Americans Act. All Title III service providers are required by the state to implement a donation policy. We will accept any donations made to the program. Make checks payable to the Gloucester County Division of Senior Services.

KNITTERS and CROCHETERS Holy Redeemer Hospice is in desperate need for skeins of yarn used to make lap blankets for hospice patients. Please bring donations to the office.

GLASSBORO FOOD BANK Please place nonperishable food donations in the collection barrel located in the Center. Thank you for your concern for the needy.

SHIP COUNSELING Both coordinators are trained State Health Insurance Counselors. Call the Office if you have any Medicare questions or issues you would like to discuss.

INTRODUCING "AGELESS GRACE"

WEDNESDAY, - 10:30am

Anti-Aging Exercises Almost Anyone Can Do

Timeless Fitness for the BODY and BRAIN

Ageless Grace is a fitness and wellness program consisting of 21 Simple Tools for Lifelong Comfort and Ease. It is based on the science of Neuroplasticity, the ability of the brain and central nervous system to change form and function. The tools are practiced in a chair, they stimulate the body, initiate a mind-body link that can positively affect attitude and increase cognitive function. BEST OF ALL - IT'S FUN!

GENTLE STRETCH YOGA - MONDAY - 11am -12noon

Cost: \$3.00/class

Instructor: Bobbi Johnson

Come experience the many benefits of YOGA!

Poses and positions adapted for seniors.

TAI CHI - TUESDAY - 8:45am - 9:30am

Cost: \$3.00/class

Instructor: Morris Siegel R.N., M.A., C.Hy

Certified Tai Chi for Arthritis Instructor

The class will focus on: BREATHING

BALANCE/FALL PREVENTION

PROPER FORM of MOVEMENTS

LINE DANCING - TUESDAY - 1-2pm

Cost: \$3.00/class

Instructor: Valeri Marzili

The class will include line dances to a mix of music including Country, Waltz, Fox Trot, Rumba, Tango, Swing, Cha Cha and popular tunes.

NO SHUTTLE BUS

July 4, 5, 12, 19 26

TRIP SIGN UP PROCEDURE

THE SIGN UP DATE and TIME is always included in the trip info. The sign up is open to ALL GLOUCESTER COUNTY RESIDENTS. Names may be put in the drawing on the sign up day anytime before the designated time; YOU MUST BE PRESENT FOR THE SIGN UP. Once the first name is drawn no additional names are added to the drawing. A person may sign up him/herself and one other person. If a person comes in to sign up after the first name is pulled, their name goes on a list to be added only after all names in the drawing have been pulled. Be prepared to show PROOF OF RESIDENCE and the NAME AND PHONE NUMBER of an EMERGENCY CONTACT PERSON.

REFUND POLICY

***Refunds will gladly be issued prior to the date of the trip IF advance purchase of meals and/or admission tickets is NOT required.**

***Payments on trips with multiple installments need to be made in a timely manner, otherwise we reserve the right to offer your seat to someone else.**

***Trips having a sign up months in advance and multiple payments MUST BE CANCELLED ONE MONTH PRIOR TO THE TRIP DATE in order to receive a refund immediately after the seat is filled.**

***Trips having a sign up months in advance and multiple payments cancelled less than one month prior to the trip date will not be refunded until AFTER the trip and ONLY IF we are able to fill your seat.**

***Trips requiring a single payment MUST BE CANCELLED 5 DAYS PRIOR TO THE TRIP DATE to receive a refund immediately after we fill your seat.**

***Trips requiring only one payment CANCELLED LESS THAN 5 DAYS PRIOR TO TRIP DATE will not be refunded until after the trip and ONLY IF we fill your seat.**

***Refunds will not be issued to "no shows" on the day of the trip.**

In order to receive a refund trip payment receipt must be returned and refund verification must be signed in record book.

IMPORTANT NOTICE: EVERYONE must carry a Photo ID at all times when participating on any of our trips.

TRIP PARKING PROCEDURE

Please park in the middle of the parking lot on the side of the building where the flagpole is located. Please DO NOT park along the fence in front of the building; these spaces are for people visiting the building throughout the day.

Handicap parking is first come first serve.

Please note that on any trip that does not have a specific sign-up day, your name will not be put on the list until we receive payment

INDOOR WALKING PROGRAM

DOROTHY BULLOCK SCHOOL – TUESDAYS 1-2pm

Meet at the school. For security reasons everyone MUST check in at the office and receive a badge. Walk @ your own pace.

No more excuses, time to get up and WALK!

WALKING DURING JULY IN THE AIR CONDITIONED SCHOOL

ARTHRITIS FOUNDATION AQUATIC EXERCISE CLASS

Virtua Center for Health and Fitness

Virtua has offered the opportunity for our own class slot. The class involves 1 hour of exercise in their super-heated pool designed to greatly relieve arthritis discomfort. Class time: Wednesday 9:45am – 10:45am, \$5.50/class You must provide your own transportation.

Please call the office for info

SENIOR “GOLDEN ZUMBA”

THURSDAY, 10am

Raih Sidhwa a certified “Senior Zumba” instructor teaches a 1 hour class on THURSDAY MORNING at 10am. The cost is \$3.00/class. Stop by the office to pay before class.

**CONVERSATION and ADULT COLORING
FOR CALM and CREATIVITY**

Wednesday

10:30am

**Gather for a session of conversation and Adult Coloring. Latest research
has shown that coloring relaxes both the body and mind. We supply
necessary materials.**

"WICKED" @ THE ACADEMY OF MUSIC

THURSDAY, AUGUST 24, 2017

COST: \$89.00 ORCHESTRA SEATS SHOWTIME: 1pm

**We will stop at the Reading Terminal Market for lunch on your own
before the show.**

Waiting List Only

BUS DEPARTURE: 10:30am

RETURN: 5pm

FINAL PAYMENTS ARE NOW DUE - \$69.00

Waiting List Only

2017 FALL TRIP - HYDE PARK, NY

MONDAY, OCTOBER 2, 2017 to FRIDAY, OCTOBER 6, 2017

\$875dbl, \$1115 sgl

Motor coach transportation, 4 nights @ Poughkeepsie Grand Hotel

4 breakfasts, 1 lunch @ CIA, 4 dinners

Includes all admissions, taxes and gratuities

HIGHLIGHTS: FDR Mansion & Presidential Library

Culinary Institute of America (CIA)

Vanderbilt Mansion

Millbrook Winery

Val Kill Cottage (Home of Eleanor Roosevelt 1945-1962)

Mills Mansion

West Point Military Academy

Hudson River Cruise

Woodbury Commons Outlets

*******TRIP CANCELLATION FORMS ARE NOW AVAILABLE*******

TRIP MEETING - MON., SEPTEMBER 25, 2017 @ 2PM

AARP SAFE DRIVING CLASS

FRIDAY, AUGUST 4, 2017

8:30AM - 3:30PM

BRING YOUR LUNCH

COMPLETE THE CLASS AND GET 5%OFF YOUR INSURANCE FOR 3 YEARS

LIMIT: 30

COST: \$15 AARP MEMBER, \$20 NONMEMBERS

SIGN UP IN THE OFFICE

MIDDLETON RAILROAD & CRUISE
TUES., JULY 11, 2017 and THURS., JULY 13, 2017

COST: \$85.00

Trip includes motor coach transportation, lunch, admissions and all taxes and gratuities

Take a ride on the Middletown Railroad thru the countryside followed by a 3 course lunch at Alfred's Victorian Restaurant.

Lunch entrée choice of: Crab Cake, Cannelloni Bolognese or Chicken Parm

Then board the Pride of Susquehanna Riverboat and take in the sights of the Susquehanna River.

Bus departure: 7am

Return: 7:30pm

WAITING LIST ONLY – BOTH DATES

“VEGAS LEGENDS” @ AMERICAN MUSIC THEATRE
LUNCH @ SHADY MAPLE SMORGASBORD
THURSDAY, AUGUST 10, 2017

COST: \$69.00

Trip includes motor coach transportation, lunch, show and all taxes and gratuities.

Enjoy lunch at the Shady Maple Smorgasbord and have time for shopping at the Farm Market and Good's Dept. Store. Then enjoy the 3pm production of “Vegas Legends” @ The American Music Theatre. Featuring a live orchestra this show features songs from yesterday's and today's legendary musicians.

Bus departure: 9am

Return: 7:30pm

Friday, July 21, 2017 - \$30 balance due

WAITING LIST ONLY

MOVIE (“LION” starring Nicole Kidman) and POPCORN
THURSDAY, JULY 20, 2017 12:30pm

Sign up in the Office (No Charge for this activity☺)

**A DAY IN WILDWOOD, NJ
WEDNESDAY, JULY 26, 2017**

COST: \$5.00

WE WILL USE THE PARK & REC BUS FOR THIS TRIP; LIMIT 34

Spend the day walking the boards, riding the tram or bring your beach chair and enjoy one of New Jersey's few free beaches.

Bus departure: 9am

Return: 4-4:30pm

SEATS STILL AVAILABLE

**AC AIRSHOW and RESORTS CASINO
WEDNESDAY, AUGUST 23, 2017**

COST: \$22.00

Bonus: \$25 slot play

Bus departure: 9:30am

Return: 6-6:30pm

**BOOTH'S CORNER
FRIDAY, AUGUST 18, 2017**

COST: \$3.00

WE WILL USE THE PARK and REC BUS FOR THIS TRIP; LIMIT 34

Indoor Flea Market and Amish Market

Bus departure: 9:30am

Return: 2-2:30pm

SIGN UP MONDAY, JULY 24, 2017 @ 10am

**FREE COUNSELING FOR SENIORS SEMINAR
THURSDAY, JULY 20, 2017 11am**

Do you feel tired, helpless and hopeless? Recently lost a loved one?

Have you lost interest in activities you previously enjoyed? Are you having trouble sleeping, eating and functioning? Depression and Anxiety can be beat!

A representative from Robin's Nest provides info about FREE counseling services available in our area. If you can't attend the presentation, call 856-863-0006 for help.

A DAY on LONG BEACH ISLAND (LBI)

THURSDAY, AUGUST 31, 2017

COST: \$3.00

WE WILL USE THE PARK & REC BUS FOR THIS TRIP; LIMIT 34

We will visit Barnaget Lighthouse at the northernmost point of the island. Then spend a few hours shopping and browsing in Bay Village in Beach Haven. Lunch is on your own.

Bus departure: 8:30am Return: 4:30pm

SIGN UP IN THE OFFICE MONDAY, JULY 10, 2017 @ 10am

PHILADELPHIA PHILLIES vs. LOS ANGELES DODGERS

THURSDAY, SEPTEMBER 21, 2017

COST: \$45

WE WILL USE THE PARK & REC BUS FOR THIS TRIP; LIMIT 34

Game time: 1:05

Seats are in section 137

SIGN UP IN THE OFFICE MON., JULY 10, 2017 @ 10am w \$25 deposit

Friday, September 1, 2017 - \$20 balance due

ANNUAL CRABS on the PATIO

WEDNESDAY, SEPTEMBER 20, 2017

COST: \$25 4pm

All You Can Eat CRABS

Chicken, Cole Slaw, Corn on the Cob

SIGN UP IN THE OFFICE BY FRIDAY, SEPTEMBER 1, 2017

SIGN UPS FOR BROADWAY @ THE ACADEMY OF MUSIC

2017-2018 COMING IN AUGUST, 2017 CALENDAR