



Township of Howell

Department of Senior Services

P.O. Box 580, 251 Preventorium Road

Howell, NJ 07731

www.twp.howell.nj.us

Senior Center

732-938-4500, ext. 2550

Transportation: ext. 2551

Nutrition: ext. 2556

Fax: 732-414-3229

Senior Gazette

August 2022

I hope everyone has been enjoying the summer and all of our activities. I know July and August have been especially busy with lots of registrations for trips and events. It's awesome, Nichole has been keeping everyone busy by adding some mid-week trips to the calendar. As a reminder please make sure you are calling the proper extension when registering for events. We start registrations at 8:30AM and you must speak to a staff member when registering. **DO NOT LEAVE A VOICEMAIL to register for an event. You may be put on the standby list because we fill up quickly. Please keep in mind if you registered for an event, please call and cancel if you aren't able to make it. Even if you find out the morning of the event you cannot make it, you need to call us ASAP and leave a message if we aren't open yet, so we can call someone else from the standby list who would love to attend.**

Staff has noticed and gotten some complaints that members are telling people they cannot sit at a seat. They have their purse on the seat or claimed they have a few seats saved. Remember that we are all family here and there are no assigned seats. **You are allowed to save ONE SEAT, NOT AN ENTIRE TABLE.** We were all new here at some point so continue to welcome everyone. We enjoy coming here each day and we want everyone else to as well.

Melanie Decker, Director



**Preferred Care at Wall invites you to join our
GRAND CASINO EVENT**

DATE: September 13, 2022

TIME: 11:00AM-2:00PM

**LOCATION: Main dining room at Preferred Care
at Wall**

Casino games, lunch, tour and prizes

We cannot wait to meet you all!

******If you require transportation from the Howell
Senior Center please call ext. 2561 to register.
Registration starts now and will end on Wednesday,
August 3rd. Space is limited!!**

******If you are driving yourself, please R.S.V.P to
Rachel to ensure your spot. Call 917-721-7466**

Computer Assistance

Do you have computer questions??? If so, Ralph has the answers!!!



Ralph is extremely knowledgeable about computers and has been volunteering his time at the Freehold and Manalapan Senior Centers for several years. Ralph will work with you to help you feel comfortable that your questions have been answered and that you feel sufficient with what you want to learn on the computer. Ralph will be at the Howell Senior Center on Wednesdays from 10a-12p in the crafts room. Please come down to see him and make an appointment

A Special 2– Day Craft CLASS!!!

with Rebecca Szabo

“up, up and away”, take your crafting to new heights with this decorative hot air balloon

We are having a special 2-Day Craft Class

On Monday, August 22 & Tuesday, August 23

Time: 10:00AM to 11:30AM (Craft Room)

Call ext. 2561 to register for this class by calling on Monday, August 15

SPACE IS LIMITED!



VNA SENIOR WELLNESS & (BLOOD PRESSURE)

You must sign up downstairs, when you come in to have your blood pressure taken. If you do not sign up, you will **NOT** be able to get your blood pressure read. Please wait downstairs in the seating area until you are called. The nurses only have a limited amount of time and appreciate your cooperation. **(MONDAY, AUGUST 1st 9:30AM TO 11:00AM)**



Lectures and Educational Programs for August (11:00 am unless stated otherwise)

Tuesday, August 2 — Fall Prevention:

Charles Stefanowitz, OTR/L & Alana Papa, DPT from Kessler Rehabilitation will be here to help you learn about fall prevention and how to prevent/improve pain symptoms from the wrist and hand. Both therapists are Revital Certified which is their nationally recognized cancer certification.

PRESENTER:

Charles Stefanowitz, OTR/L
Occupational Therapist

Tuesday, August 9 — The Price Is Right

THE PRICE IS RIGHT

Caregiver Volunteers of Central Jersey will be sponsoring the game show "The Price is Right"!!! The game is played just like the TV show, where contestants bid on items that they will win to take home with them! It promises to be a fun time for all!

PRESENTER:

Teri Burrows
Caregiver Volunteers of Central Jersey

Lectures and Educational Programs for August (11:00 am unless stated otherwise)

Tuesday, August 16 — Hearing Screenings (10:30AM)

Come and get your hearing screened by Dr. Erin Panek, Au.D., CCC-A from HearingLife. Her office is located at 303 West Main Street in Freehold. If Dr. Panek has time after the screenings she will go over the importance of hearing screenings.

*Sign up upstairs in the morning for the screening when you get to the center.

Presenter:

Dr. Erin Panek, Au.D., CCC-A

Tuesday, August 23 — Wholesome Whole Grains: Promoting Cardiovascular Health with Fiber:

Grains are an important source for a variety of nutrients that benefits health and well-being across the life-span. Learn about the types of grains and their differences. While focusing on whole-grains, we will discuss the health benefits, recommended daily amounts, and simple tips for making meals interesting.

Presenter:

Sharese Porter, PhD, MPH, CHES

Senior Program Coordinator Supervisor

Rutgers Cooperative Extension of Monmouth County





August Special Events

DUE TO THE LIMITED SPACE YOU WILL ONLY BE ABLE TO REGISTER YOURSELF FOR THESE TRIPS



Just a reminder when registering for programs, you can not leave voicemail messages. You must speak with a staff member to be added to the program. If you get to our voicemail, please hang up and call again.

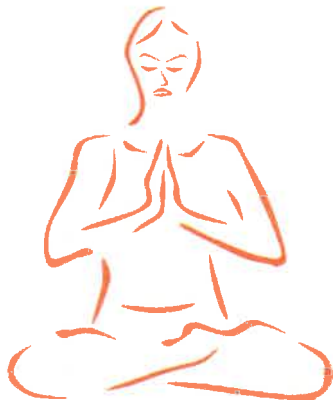
ENJOY WALKING CLUB!!! WEATHER PERMITTING

Walking club is at the Manasquan Reservoir beginning at 10:30AM every Tuesday through October 16 (weather permitting) and then go week to week. If you do not want to walk but would like to relax at the Reservoir, that is also fine. Call ext. 2551 the day before if you need transportation.



8— Week Meditation & Mindfulness Class (1:15PM to 2:15PM)

**Starting Tuesday, August 23rd to Tuesday,
October 11th**



Don't forget to sign in when you arrive!

August Special Events

Thursday, August 4—10:30AM

RIVER OF LIFE BINGO



What a fun day to have the kids come and call bingo. River of Life Youth Group will be here to spend time with our Seniors for an exciting Bingo Day. Be the first one to HOLLER BINGO!!! Win some nice prizes. Registration begins on Thursday, July 28 by call ext. 2550 or 2554. When calling, let us know if you would like Interfaith lunch this day. The requested donation is \$3.00 for the Interfaith lunch.

Thursday, August 11—10:30AM

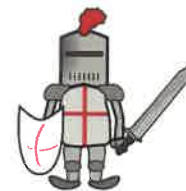
BRANDYWINE ICE CREAM SOCIAL



Chill out!!! As **Brandywine Assisted Living** will be hosting an **ICE CREAM SOCIAL** at the Senior Center. Lunch will be a turkey and american cheese hoagie, pasta salad & a beverage provided by Interfaith and will be served at **11:15AM**. The ice cream social will follow at 12 noon. A \$3.00 donation is being requested for the lunch. Registration begins on Thursday, August 4 by calling ext. 2550 or 2554.

Friday, August 12—10:00AM

MEDIEVAL TIMES DINNER & TOURNAMENT



A spectacular adventure awaits as you cheer for your knight and enjoy the feast. Upon arrival to the castle you will be crowned with the colors of your kingdom. Warm up your voices and get ready to cheer your brave knight to victory! As soon as the lights dim, the Queen, Knights, & Squires will take center stage. Devour a mouthwatering four-course meal fit for a king. This includes garlic bread, tomato bisque soup, roasted chicken, sweet buttered corn, and herb-basted potato. And a feast isn't complete without dessert! Satisfy your sweet tooth with a treat worthy of royalty served with hot coffee. (utensils are available if you ask for them). **The Center will be Closed!**

NOTE: If you are taking the bus be ready for an 8:30AM pick up from your home. If you are driving to the center be here by 9:30AM. The bus is leaving the center at 10:00AM sharp!!!

August Special Events

Wednesday, August 17—10:30AM

PT. PLEASANT BOARDWALK



Ocean air & Salty hair! A trip to **PT. PLEASANT BOARDWALK** is planned. You can either bring your lunch or buy it there, wear comfortable shoes, and enjoy some fresh air and fun as you walk the boards. Call ext. 2561 beginning on Wednesday, August 10 to register. The bus will be leaving the center by 10:00 AM.

Thursday, August 18—10:30AM

MONTHLY BIRTHDAY CELEBRATION



We are looking forward to our SENIOR CENTER AUGUST BIRTHDAY CELEBRATION!!!

Everyone is welcome to attend. Interfaith will be serving a meatball parm sub, potato salad, 3 bean salad, & a beverage. Joseph Anthony will be here for your entertainment with his stand up comedy. He's a straight forward-no filter, monologist. Original & versatile! The requested donation is \$3.00. Register now to let us know if it's your birthday in **August** by calling Carrie at ext. 2550. If your birthday is in **August** please let us know the correct date.

Friday, August 19—11:00AM

TOMMY'S TAVERN & TAP



You will be dining at Tommy's Tavern & Tap in Freehold. Restaurant+Bar+Pizzeria: You can choose from a variety of food & beverages.

***NO SEPARATE CHECKS!!!** Registration begins on Friday, August 5 by calling ext. 2554 or 2559.

It will be a later pick up time/please be ready for the bus by 10:15AM. We will be going straight to the restaurant, therefore we will not be picking anyone up from the center for this trip!

***Nutrition will be closed.**

August Special Events

Friday, August 26—10:30AM

WIZARD OF OZ—FILM RELEASE—PARTY



Lions, & Tigers, & Bears – OH MY!!!!!!! Join us Friday, August 26, 2022 as we celebrate the film release of Wizard of Oz! 83 years ago the movie was released on August 25, 1939. The movie is still a huge classic enjoyed by so many around the world. Feel free to dress up as one of the characters if you wish! It will add to the festiveness of the day. Your

menu will include a beverage and dessert and the lunch will consist of:

SAND 'WITCHES'

Chicken salad on a croissant

TWISTER CHIPS

Classic Bugle corn chips

YELLOW BRICK ROAD POTATO SALAD

Potato salad

EMERALD CITY BEANS

Green beans

Call ext. 2550 or 2554 on Friday, August 19 to register for this program. The donation will be 2 cans of sugar free fruit or 1 bag of dried fruit for our Just In thyme Senior Cupboard.

Coming In September

Friday, September 2 —10:30AM

KOHL'S & TARGET SHOPPING TRIP



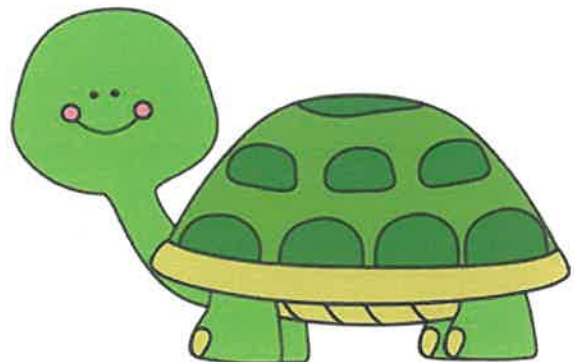
Feel free to enjoy some shopping or browsing over at Kohl's or Target in Howell. Bring extra money for lunch as there are a few different restaurant in the shopping plaza vicinity that you can choose from to have lunch. Register for this trip by calling ext. 2561 on Friday, August 26.

Ceramics Resuming on Tuesday, September 6th

Classes are on Tuesdays at 10:00AM or 1:00PM and Wednesdays at 10:00AM or 1:00PM.

Note: You will need to call and register for your day and class time. Even if you had an existing class you still need to call and re-register.

If you are interested in joining, please call ext. 2561 on Tuesday August 30th to register for your class.



HAVE YOU HAD YOUR COVID-19 VACCINE?

DO YOU NEED A SECOND DOSE?

HAS YOUR DOCTOR RECOMMENDED A 3RD DOSE (FOR THE MODERATELY-SEVERELY IMMUNOCOMPROMISED)?

READY FOR YOUR BOOSTER DOSE?

JOIN US AT THE HOWELL TOWNSHIP SENIOR CENTER

251 PREVENTORIUM RD.

****** MAKE SURE TO BRING YOUR ORIGINAL VACCINE CARD, WEAR YOUR MASK, AND FILL OUT THE ATTACHED FORM**

TRANSPORTATION MAY BE AVAILABLE. YOU MUST CALL THE HOWELL SENIOR CENTER AT 732-938-4500 EXT. 2550 TO INQUIRE IF TRANSPORTATION WILL BE AVAILABLE.

Clinic is for ages 5 years old and up

DATES:

AUGUST 24

SEPTEMBER 28

OCTOBER 26

NOVEMBER 30

TIME: 4PM-7PM

No appointment is necessary

FREE!!!

There is no charge for the vaccine or administration

Pfizer, Moderna and Janssen (Johnson & Johnson) vaccines will be available

Calling All Volunteers!!!!



We are looking for volunteers to wipe down the table tops each day before you leave. NOTE: As always it's your responsibility to clean up after yourself each day. Let's all take care of our center.

EXERCISE

Senior Exercise Program on Mondays & Wednesday mornings from 10:30AM to 11:30AM.



- ◆ Pre-registration is not required, however please sign in when you arrive*

Interfaith Neighbors
At The Howell Senior Center
Needs Volunteers
to Deliver Meals to
Homebound Seniors



deliver a difference

**For More Information about becoming a Volunteer Please
Call Melanie Decker, the Director of Senior Services at
732-938-4500 ext. 2550**

The deadline to apply for the low income home energy assistance program was June 30, 2022. LIHEAP enrollment begins again October 1, 2022. LIHEAP is designed to help low income families and individuals meet home heating and medically necessary cooling costs.

You can find additional information about LIHEAP at www.energyassistance.nj.gov and I am also happy to assist you when the enrollment period begins again.

Joan Cavanaugh, CSW x 2553

STATE HEALTH INSURANCE ASSISTANCE PROGRAM (SHIP)

STATE HEALTH INSURANCE PROGRAM (SHIP)/Medicare

Our SHIP/Medicare volunteer counselor is Al Skalecki. Al is a highly trained and certified trained volunteer through the state of New Jersey to help people navigate Medicare.

SHIPs provide free and unbiased, one-on-one health insurance counseling and assistance to Medicare beneficiaries, their families, and caregivers. SHIP counselors assist people in obtaining coverage through options such as Original Medicare (Parts A & B), Medicare Advantage (Part C), Medicare Prescription Drug Coverage (Part D), and Medicare Supplement (Medigap). They also explain how supplemental insurance options (e.g. insurance plans for retirees) work with Medicare and how Medicare and Medicaid work together.

Al is working remotely over the telephone at this time until further notice. If you would like to speak with Al about any insurance question you may have, or if you would prefer a face to face appointment with a SHIP counselor, please call Joan Cavanaugh, CSW to arrange.

Joan Cavanaugh, CSW x 2553

THANK YOU FOR YOUR GENEROSITY

The Department of Senior Services gratefully accepts **DONATIONS**. Any money that is donated to us is deposited into the account of the Department of Senior Services and is used to offset costs of programs, supplies, and services that we offer to you. Please remember that donations may be made in memory of a loved one or for any other reason.











Many thanks to the following people, organizations, and businesses for your recent out-pouring of donations to our Senior Center, to our Tangled Thread class, and to our Just In Thyme Senior Cupboard. From June 23 through July 27, 2022, we received donations from:

Kirk Florist, Howell Elks Lodge # 2515, Howell Community Organic Gardens, Lou Femiano, Rita Ascione in memory of my beloved Daughter Valerie, Anita Adams, Church of the Masters, Marvin Siegel, Nina Rodgers in memory of my beloved Husband Fritz; Marlene Sorge in memory of my beloved Husband Vinny; Marvin Siegel to thank Melanie and her staff and Flo and her staff for the great job they do for us; Joe & Betty Brady in memory of our beloved Daughter Kathy; Matilda Rourke, Donna Mulligan, Wawa of Ramtown, Rose Festa in memory of all my good friends in Aruba; Patti Walker, Mary Smith, Susan Stifler, Rene Oshea in memory of my beloved Brothers Neil Fox and Joseph Dougherty; Patrick Kleeman; Amparo Pineiro in memory of my beloved Brother in Law David da Silva; Matilda Rourke, George Lapenta.

STAFF:

Melanie Decker —Director of Senior Services (Ext. 2550)	Laurie Pachetti—Administrative Assistant (Ext.2559)
Joan Cavanaugh— Social Worker (Ext. 2553)	Rob Pignato — Transportation Coordinator (2551)
Nichole Moehring— Program Coordinator (Ext.2554)	Yuriy Metchenko— Bus Driver (Ext. 2552)
Carrie Stansen — Administrative Assistant (Ext.2550)	Mike Flynn—Bus Driver (Ext. 2552)

August 2022

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	<u>1</u> 9:30—11:30—VNA BP 10:30—Exercise 1—Bingo	<u>2</u> 10:30—Walking Club 11—Lecture: Fall Prevention 1—Shoprite 1:15—Tai Chi Class	<u>3</u> 10—12—Computer Help 10:30—Exercise 1:15—Chair Yoga 1:15—Pokeno	<u>4</u> 10:30—River of Life Bingo 1—Tangled Thread 	<u>5</u> Nutrition Open	<u>6</u>
<u>7</u>	<u>8</u> 10:30—Exercise 1—Bingo	<u>9</u> 10:30—Walking Club 11—Lecture: The Price Is Right 1—Walmart 1:15—Tai Chi Class 	<u>10</u> 10—12—Computer Help 10:30—Exercise 1:15—Chair Yoga 1:15—Pokeno	<u>11</u> 11:15—Lunch 12:00—Brandywine Ice Cream Social 1—Tangled Thread 	<u>12</u> 10:00—Medieval Times Dinner & Tournament  Center Closed	<u>13</u>
<u>14</u>	<u>15</u> 10:30—Exercise 1—Bingo 	<u>16</u> 10:30—Walking Club 10:30—Lecture: Hearing Screening 1—Shoprite 1:15— NO Tai Chi Class	<u>17</u> 10—12—Computer Help 10:30—Exercise 10:30—Pt. Pleasant Boardwalk 1:15—Chair Yoga 1:15—Pokeno	<u>18</u> 10:30—1—Monthly Birthday Party 1—Tangled Thread 	<u>19</u> 11:00—Tommy's Tavern & Tap (No Separate Checks)  Nutrition Closed	<u>20</u>
<u>21</u>	<u>22</u> 10—Special Craft Class 10:30—Exercise 1—Bingo	<u>23</u> 10—Special Craft Class 10:30—Walking Club 11—Lecture: Wholesome Whole Grains/Promoting Cardiovascular Health with Fiber 1—Walmart 1:15—Meditation & Mindfulness	<u>24</u> 10—12—Computer Help 10:30—Exercise 1:15—Chair Yoga 1:15—Pokeno 4—7—Vaccine Clinic	<u>25</u> 1—Tangled Thread 	<u>26</u> 10:30—Wizard of Oz—Film Release Party 	<u>27</u>
<u>28</u>	<u>29</u> 10:30—Exercise 1—Bingo	<u>30</u> 10:30—Walking Club 1—Shoprite 1:15—Meditation & Mindfulness 	<u>31</u> 10—12—Computer Help 10:30—Exercise 1:15—Chair Yoga 1:15—Pokeno			

AUGUST EVENTS

EVENT	DATE	REGISTRATION BEGINS	EXTENSION	DONATION
River of Life Bingo	August 4	Thursday, July 28	2550 or 2554	\$3.00 donation for Lunch
Brandywine Ice Cream Social	August 11	Thursday, August 4	2550 or 2554	\$3.00 donation for Lunch
Medieval Times Dinner & Tournament	August 12	N/A	N/A	Pick up time 8:30AM If Driving be to the Center by 9:30AM
Pt. Pleasant Boardwalk	August 17	Wednesday, August 10	2561	Bring Money for Lunch & Shopping
Tommy's Tavern & Tap	August 19	Friday, August 5	2554 or 2559	*Later Bus Pick Up (10:15AM) Bring Money for Lunch *No Separate Checks*
2 Day Craft Class	August 22 & 23	Monday, August 15	2561	N/A
Wizard of Oz—Film Release Party	August 26	Friday, August 19	2550 or 2554	2 Cans of Sugar Free Fruit or 1 Bag of Dried Fruit

SEPTEMBER EVENTS

Kohl's & Target Trip	September 2	Friday, August 26	2561	Bring Money for Shopping & Lunch
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