

SUSSEX COUNTY SENIOR TIMES

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

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“Sussex County Senior Life Center Presentations for November and December at Sussex County Community College”

The Senior Life Center at SCCC, a collaboration between the Sussex County Department of Health and Human Services, Division of Senior Services, and Sussex County Community College is hosting the following FREE presentations in November and December.

On Friday, **November 3, 2017**, at 1:00 p.m., in the Atrium of the Performing Arts Center at SCCC, there will be a presentation titled “Insight Into Art: Impressionism.” Join Professor Michael Hughes to learn about the culture, style, painters, and major works of the Impressionist movement. Explore the lives and paintings of Manet, Sisley, Pissarro, Monet, Renoir, Degas, Cassatt, and Morisot. Let this presentation expand your knowledge and appreciation of this beloved art style and find out why Claude Monet said, “Impressionism is only direct sensation.”

On Friday, **November 10, 2017**, at 1:00 p.m., in the Atrium of the Performing Arts Center at SCCC, there will be a presentation titled “Understanding how Weather Can Cause Havoc.” Meteorologist Tony Scuri will share the current state of advanced weather forecasting and atmospheric science including hurricane tracking and intensity variables. Find out why October is a particularly dangerous month for east coast hurricanes, and March has such wild weather swings throughout history.

On Friday, **December 8, 2017**, we will be celebrating the 2nd Anniversary of the partnership between the College and the Division of Senior Services at an Open House gathering and you’re invited. Please join us at the Senior Life Center at SCCC from noon to 3:00 p.m. in the Atrium at the Performing Arts Center, 1 College Hill Road, Newton, NJ. Meet our staff, enjoy a light lunch, and learn about the many programs and services that are available to Sussex County seniors through the Division of Senior Services, the College, and the Senior Life Center.

Pre-registration is **requested** and space is limited. Please contact the Sussex County 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.

UPCOMING NEW VITALITY PROGRAMS AND CLASSES

New Vitality is your source for health and wellness programs designed specifically for adults 65+, offered through the Community Health department at Newton Medical Center.

EARLY BIRD DINNER/LECTURE

Nutrition for Prediabetes, Diabetes and Overall Health

Tuesday, November 7, 2017

4:30 p.m. – Light Dinner

5:00 p.m. – Lecture

Newton Medical Center, Romano Conference Center

Lecture is FREE, Dinner is \$3 per person

To register, please call 973-579-8340

YOGA FOR EVERYBODY

Every Monday, 6:30 p.m. – 7:50 p.m.

Newton Medical Center

\$90 for eight classes or \$15 per class

CHAIR EXERCISES FOR OLDER ADULTS

Thursdays, December 7, 14 and 28, 2017

1:30 p.m. – 3:00 p.m.

Milford Health & Wellness,

111 East Catherine Street, Milford, PA

To register, please call 973-579-8340

HOLIDAY PARTY: CELEBRATING NEWTON MEDICAL CENTER AND THEIR ACCOMPLISHMENTS

Wednesday, November 1st - 6:30 p.m. to 8:30 p.m.

Or

Wednesday, December 6th - 10:00 a.m. to 11:30 a.m.

IS YOUR MEDICARE WORKING FOR YOU?

Open enrollment begins **October 15th** and runs through **December 7th**. Please contact the Division of Senior Services to schedule an appointment with a SHIP counselor to review your current coverage. Please call 973-579-0555.

FLU SHOTS AT THE OFFICE OF PUBLIC HEALTH NURSING

The flu season is approaching and getting vaccinated with a flu shot is the best way to prevent becoming ill with the flu. The Sussex County Office of Public Health Nursing will be giving flu shots every Monday and Thursday (except for holidays 11/23, 12/25, 1/15, 2/19) from 2 p.m. – 4 p.m., starting October 23, 2017 through February 2018 at their office located at 201 Wheatsworth Road in Hamburg. No appointment is necessary.

To register for a clinic or for more information please call the Office of Public Health Nursing at 973-579-0570 x 1211. For more information on the flu, please visit the Sussex County Department of Health and Human Services flu website, at www.sussex.nj.us/flu.

WNNJ, WSUS, ShopRite and First Hope Bank Join to Stuff the Bus Against Hunger

For the tenth year in a row, WNNJ and WSUS radio personalities will be spearheading the Stuff the Bus campaign against hunger in Sussex County. In partnership with First Hope Bank and ShopRite, the event benefits the Sussex County Social Services Food Pantry. Donations of non-perishable food and turkeys will be accepted from November 17, 2017 through November 19, 2017. Sussex County's Skylands Ride will have buses at selected locations so people wishing to provide food for Sussex County's neediest residents will be able to "stuff the bus." You can find the buses at the following locations:

- **Friday, November 17th**, at **First Hope Bank in Andover** from **6:00 a.m. to 7:00 p.m.**
- **Saturday, November 18th**, at **ShopRite in Newton and Franklin** from **10:00 p.m. to 5:00 p.m.**
- **Sunday, November 19th**, at **ShopRite in Newton** from **10:00 p.m. to 5:00 p.m.**
- **Sunday, November 19th**, at **ShopRite in Franklin** from **12:00 p.m. to 5:00 p.m.**

Donations of non-perishable items are always appreciated. Some items always needed at the Food Pantry are macaroni and cheese, tuna, meals in a can, hearty soups, cereal, peanut butter and jelly, vegetables, boxed mashed potatoes, rice, pancake mix and syrup.

Food is available at the Sussex County Social Services Office, 83 Spring Street, Newton, from 8:30 a.m. to 4:30 p.m., Monday through Friday.

SUSSEX COUNTY DEPARTMENT OF HEALTH AND HUMAN SERVICES DIVISION OF SENIOR SERVICES

INVITES YOU TO OUR
OPEN HOUSE

FRIDAY, DECEMBER 8, 2017
12 NOON – 3:00 p.m.

JOIN US FOR LIGHT REFRESHMENTS
AT

SUSSEX COUNTY COMMUNITY COLLEGE
PERFORMING ARTS ATRIUM
ONE COLLEGE HILL ROAD
NEWTON, NJ

RSVP **REQUIRED** by December 1, 2017
by calling (973) 579-0555 ext. 1277

TIME TO REDEEM YOUR FARMERS MARKET VOUCHERS

You have until **November 30th** to redeem your Farmers Market Vouchers. If you have any questions, please contact the Division of Senior Services at 973-579-0555 ext. 1221 for more information.

SENIOR CLUB TRIP INFORMATION

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.

XYZ Club of St. Francis de Sales Church – Will sponsor a bus trip on **Monday, November 13, 2017**, to see "A Playhouse Christmas" at the Hunterdon Hills Playhouse. The cost is \$82 per person.

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

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>

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