

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 at Sussex County Community College

The Senior Life Center at S.C.C.C., a collaboration between the Sussex County Department of Health and Human Services, Division of Senior Services, and Sussex County Community College (SCCC), is hosting the following presentations:

On Friday, **September 22, 2017**, at 2:00 p.m., in the Atrium of the Performing Arts Center at SCCC, there will be a presentation titled "Antiques Road Show: What Are Your Treasures Worth?"

On Friday, **September 29, 2017**, at 1:00 p.m., in the Atrium of the Performing Arts Center at SCCC, there will be a presentation titled "The Music of Our Lives." Explore the styles that defined 20th century music with Dr. Deborah Gianuzzi.

On Friday, **October 27, 2017**, at 1:00 p.m., in the Atrium of the Performing Arts Center at SCCC, there will be a guest lecture series by Mark Vogel, clinical psychologist: "The Mystery of Jack The Ripper."

On Friday, **November 3, 2017**, at 1:00 p.m., in the Atrium of the Performing Arts Center at SCCC, there will be an Art Presentation on Impressionism. Explore the lives and paintings of Manet, Sisley, Pissarro, Monet, Renoir, Degas, Cassatt, and Morisot.

Course Schedule at the Senior Life Center at SCCC

A three class course on Introduction to Drawing will be held on Fridays, **October 13, 20 and 27, 2017**, in Room C106 (Art Gallery), 10:00 a.m. to 11:30 a.m. The cost for the three class course is \$30.00. You must bring your own drawing supplies. Basic tools should include a large newsprint pad and a very basic drawing kit containing charcoal pencils, graphite drawing pencils, charcoal sticks and eraser.

Light refreshments will be served during the presentation.

Pre-registration is required and space is limited. Please contact the 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.

Healthy Living Festival for Seniors Friday, September 22, 2017 8:30 a.m. – 1:30 p.m.

United Methodist Communities at Bristol Glen
200 Bristol Glen Drive, Newton, NJ

FREE Health Screenings
Blood Pressure, Glaucoma, Pulmonary Function,
and many more.

Pre-Registration is Required.

For additional information or to register, contact:
Sussex County Division of Senior Services at 973-
579-0555 or seniorservices@sussex.nj.us

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.

There is no cost for flu vaccine for people who have Medicare (just bring your card) and have Part B or for people who meet low income eligibility. For others, the cost of the flu vaccine is \$20.00. Cash or checks are accepted. Credit cards are NOT accepted.

There are several clinics being held within the County and you must have an appointment for those clinics.

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.

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

HEALTHY AGING: TIPS FOR YOUR BODY AND BRAIN

Thursday, September 14, 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

Presenter: Alzheimer's New Jersey

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, September 14, 21, and 28, 2017

10:00 a.m. – 11:30 a.m.

Franklin Senior Center

George Labance Road, Franklin, NJ

To register, please call 973-579-8340

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.

SENIOR FARMERS MARKET VOUCHERS

Income eligible seniors, age 60+ can receive \$25 in vouchers to be used at participating farm stands. The deadline to receive these vouchers is September 29, 2017. Please contact the Division of Senior Services at 973-579-0555 ext. 1221 for more information.

SAVE THE DATE!

2017 CAREGIVER EXPO

The Sussex County Department of Health and Human Services, Division of Senior Services salutes caregivers by sponsoring the 2017 Caregiver Expo which will take place on Thursday, October 12, 2017, from 3:00 p.m. to 6:00 p.m., at The Farmstead Golf & Country Club, 88 Lawrence Road, Lafayette, NJ. Caregivers and potential caregivers are invited to learn about the many resources available in the county to support them as they strive to enable seniors to remain as independent as possible in their homes and communities.

Caregivers will be able to gather valuable information and resources that will assist them in specialized care, self-care, and planning for future eventualities. A light dinner will be provided. Admission is FREE, but pre-registration is required. Register today by contacting the Division of Senior Services at 973-579-0555 ext. 1277, by fax at 973-579-0550, or by email at seniorservices@sussex.nj.us

SENIOR CLUB TRIP INFORMATION

Hardyston Seniors – Will sponsor a “50th Anniversary Celebration of the Hardyston Senior Club on Thursday, October 19, 2017 at 12 noon. The dinner dance will be held at Casa Bianca in Jefferson, NJ. The cost is \$35 for members and \$48 for non-members.

Montague Seniors – Will sponsor an 11 day fun cruise to the Eastern Caribbean on the Norwegian Gem from **March 6 – 17, 2018**. Five ports are included in the itinerary. Please call for more information.

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

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<http://www.sussex.nj.us/documents/SeniorTimes.pdf>

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