

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 upcoming presentations:

On Friday, **March 2, 2018**, at 1:00 p.m., in the Atrium of the Performing Arts Center at SCCC, there will be a guest lecture by Julie Lain-Trilling, Chair Yoga Certified Instructor. Learn about the mental and physical health benefits of Meditation and Chair Yoga. Dress in comfortable clothes and come with an open mind ready to learn.

On Friday, **March 16, 2018**, at 1:00 p.m., in the Atrium of the Performing Arts Center at SCCC, there will be a "Meet the Author Series" with a book signing. Join Diane Lang, MA, for an informative discussion of her newest book, "Mindfully Happy – Waking Up to Life!" Learn how to make small changes now that will help you to live a more positive and resilient lifestyle. Learn the steps that you can take that will make a HUGE difference in your life.

On Friday, **April 6, 2018**, at 1:00 p.m., in the Atrium of the Performing Arts Center at SCCC, there will be a guest lecture by Janet Dellavecchia from AAA Mid-Atlantic entitled "Exploring Our World Through Travel." Join Janet as she shares how to design the best travel experiences for "seasoned" citizens. Plus, learn the pros and cons of all types of travel. What's the right trip for you? Meet vendors who specialize in senior travel. Try your luck at free raffles!

On Friday, **April 27, 2018**, at (TBA), at the United Methodist Homes at Bristol Glen, 200 Bristol Glen Rd., Newton, NJ, we will have "History of English Tea Traditions." Wear your prettiest spring hat and join the "tea party" as you learn about English tea traditions from well-known historian Judith Krall Russo. Enjoy a luncheon of traditional sweet and savory treats and a spot of tea! Pre-registration is a MUST!

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.

Are you a Caregiver?

Do you feel isolated?

Are you seeking support to manage the stress you may be feeling as a caregiver?

The Caregiver Support Group, being administered by the Sussex County Department of Health and Human Services, Division of Senior Services, will help reduce the negative effects of stress and increase the physical and psychological wellness of individuals. The support group will also be providing information about what programs and services are available to the caregiver, how to access these services and provide referrals as necessary.

Caregiver Support Groups

United Way of Northern New Jersey
(In the New Jersey Herald Building)
2 Spring Street, Suite 1, Newton, NJ 07860

This Support Group will meet on the **1st Tuesday** of each month (January 2, February 6, March 6, April 3, May 1, June 5, July 3, August 7, 2018) from 3:00 p.m. to 4:00 p.m.

Vernon Senior Center
21 Church Street
Vernon, NJ 07462

This Support Group will meet on the **3rd Tuesday** of each month (January 16, February 20, March 20, April 17, May 15, June 19, July 17, 2018) from 2:00 p.m. to 3:00 p.m.

This program is funded and administered by the Sussex County Department of Health and Human Services, Division of Senior Services under Title III of the Older Americans Act.

For more information or to register, please call 973-579-0555, ext. 1288.



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 1/15, 2/12 and 2/19) from 2 p.m. – 4 p.m., 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, ext. 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.



CHAIR ZUMBA CLASSES IN SPARTA

**Walter Lynch Senior Center at Knoll Heights,
40 Trapasso Drive, Sparta**

Wednesdays, beginning January 3rd – 1:00 p.m.

Pre-registration is required. For more information or to pre-register, please contact Sparta Recreation at 973-729-2383. You may also go online to register at Sparta.nj.org, then click on Sparta Recreation.

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

SENIOR CLUB TRIP INFORMATION

Frankford Seniors – Will sponsor a bus trip on Wednesday, **September 12, 2018**, to see “Run for Your Wife” a comedy at Hunterdon Hills Playhouse. The cost is \$80 per person. This includes bus, dinner and show.

St. Jude’s Seniors – Will host a bus trip to The Ark Encounter from **September 4 – 8, 2018**. You will visit The Ark, the Creation Museum with biblical history, the Cincinnati Art Museum and the Air Force Museum. The cost is \$690 per person double occupancy and \$900 single occupancy.

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.

Vernon Seniors - Will host a bus trip to Lancaster from **May 9 – 11, 2018**. Visit the Dutch Country and Lancaster’s American Music Theater to see “Songs of the Silver Screen.” You will also go to The Amish Experience attraction. The cost is \$319 per person double occupancy and \$394 single occupancy.

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



TRIAD Meeting Dates 2018

February 5

April 2

June 4

No August Meeting due to the Fair

September 10

November 5

All meetings begin at 10:00 a.m. and are held at the Office of Emergency Preparedness, 135 Morris Turnpike, Frankford. Coffee and Danish will be served. If you have any questions, please contact Hilary Manser at 973-579-0850 ext. 2114.

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>