

SUSSEX COUNTY SENIOR TIMES

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

Volume 9, Issue 1

JANUARY 2019

2nd ANNUAL SUSSEX COUNTY SENIOR OLYMPICS

The Sussex County Division of Senior Services is excited to announce the running of the 2nd Annual Senior Olympics competition scheduled for June 12, 2019 at Veterans Park in Hopatcong, with a rain date of June 13, 2019. In order to make this event a huge success, we are looking for the following:

Creation of teams representing towns or senior clubs/groups. There must be 24 participants in each team. Each team can also have up to 3 assistants that do not participate for a total of no more than 27 individuals per team. A team commitment must be submitted by the end of February 2019.

The day will run from 8:30 a.m. -1:30 p.m. and consist of:

- Registration
- Continental Breakfast
- Opening Ceremonies
- Warm up/stretching
- Games
- Lunch
- Awards Ceremony
- Entertainment
- Closing Ceremonies

Each team will compete in all 6 events (soccer kick, golf putt, chicken throw, horseshoes, corn hole and T-ball). All 24 members of each team must compete in each event.

Each team must have 2 captains (captains may be a participant or fill an assistant position). Captains from each team must attend mandatory pre-Olympic meetings.

Gold, Silver and Bronze awards will be given to the top scoring male and female participant of each event.

There will be an overall team ranking award presented.

Spirit awards will also be presented. Each team will select an individual from their own team who exemplifies pride, passion and team comradery to receive this award.

For more information, please contact the Division of Senior Services at 973-579-0555, ext. 1226 or via email at lhentz@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

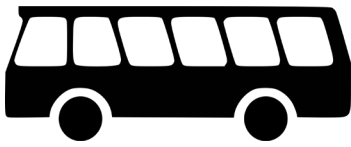
This Support Group will meet on the **1st Tuesday** of each month (February 5, March 5, April 2, May 7, June 4, July 2, August 6, 2019, etc.) from 3:00 p.m. to 4:00 p.m.

Hopatcong Civic Center
32 Lakeside Boulevard
Hopatcong, NJ 07843

This Support Group will meet on the **3rd Wednesday** of each month (January 16, February 20, March 20, April 17, May 15, June 19, July 17, 2019, etc.) from 2:00 p.m. to 3:00 p.m.

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

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.



Skylands Ride Will Provide the Assisted Transportation Program in 2019

Starting in early 2019, Sussex County Skylands Ride will be operating the Assisted Transportation Program.

County residents can call (973) 579-0480 and ask for this specific program.

The Department of Health and Human Services is excited to begin this new program for Sussex County residents in need of this specialized service!



TRIAD Meeting Dates 2019

March 4

May 6

July 1

No August Meeting

September 9

November 4

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.

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

St. Jude's Seniors – Will host a bus trip on Thursday, **March 21, 2019**, to St. Joseph's Festival at the Brownstone in Paterson. The price is \$67 pp. Price includes bus, lunch and Joe Zisa Band for dancing.

St. Jude's Seniors – Will host a bus trip on Monday, **April 8, 2019**, to see the play "Take Me Away" at the Hunterdon Hills Playhouse. The price is \$84 pp.

St. Jude's Seniors – Will host a bus trip on Wednesday and Thursday, **May 29 & 30, 2019**, to the Hudson Valley. The cost is \$343 pp double occupancy, \$404 pp single occupancy.

St. Jude's Seniors – Will host a bus trip on Wednesday, **June 12, 2019**, to the Westchester Theater to see "On Your Feet." This is the story of Gloria and Emilio Estefan. The cost is \$78 and includes lunch.

Vernon Seniors - Will host a bus trip from **June 12 – 14, 2019**, to a Lancaster Show and the Dutch Country. The cost is \$326 pp double occupancy and \$401 for single occupancy. The cost includes admission to the Camelot Show at the Dutch Apple Dinner Theater and admission to the Ovation Show at the American Music Theatre and much more.

Vernon Seniors – Will host a bus trip on Wednesday, **July 24, 2019**, to New York City to see the Broadway Show, "Beautiful." Also included is lunch at Carmine's Restaurant. The cost is \$169 pp.

Vernon Seniors – Will host a bus trip from **August 19 – 20, 2019**, to Foxwoods Resort Casino & Mohegan Sun Casino, staying at the Two Trees Inn. The cost is \$144 pp double occupancy and \$203 single occupancy.

Vernon Seniors – Will host a bus trip from **September 24 – 27, 2019**, titled "Trains Across the Mountains." Enjoy a visit to the Anheuser-Busch Facility, Sugarbush Farm, Woodstock Village, Quechee Gorge, a Ride on the Winnepesaukee Scenic Railroad with dinner and a visit to Castle in the Clouds. There will also be a ride on the Conway Scenic Railway. The cost is \$529 pp double occupancy and \$695 single occupancy.

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>