

SUSSEX COUNTY SENIOR TIMES

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

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Free Health Screenings and More at Healthy Living Festival

The Sussex County Department of Health and Human Services, Division of Senior Services, Newton Medical Center, and United Methodist Communities at Bristol Glen cordially invite you to attend the 13th Annual Healthy Living Festival. This **free** informational event will take place on Friday, September 20, 2019, from 8:30 a.m. to 1:30 p.m., at United Methodist Communities at Bristol Glen, 200 Bristol Glen Drive, Newton, NJ.

The program consists of numerous complimentary health screenings and educational presentations sponsored by a variety of healthcare providers. The free screenings will include: Blood Glucose, Memory Screening and Stroke Risk Assessment being administered by Newton Medical Center; Hearing Screening administered by HearingLife; Glaucoma Screening administered by Eye Physicians of Sussex County; and much more. Each informational seminar is 15 minutes long and will be repeated throughout the day. These sessions will include such subjects as Emergency Preparedness and Medicare Coverage. Also, various exhibitors will be on hand to provide information regarding their programs/services.

The Division of Senior Services promotes the enhancement of quality of life for all of our seniors through educational programming and evidence-based service provision. This program offers seniors a free opportunity to get valuable health screenings and learn more about programs available to them in the community. A continental breakfast and buffet lunch will be provided for active participants who take advantage of at least 1/3 of the available screenings and presentations.

Please contact the Division of Senior Services for additional program information or to pre-register which is required in order to attend the buffet lunch at 973-579-0555, ext. 1277 or seniorservices@sussex.nj.us.

Sussex County Center for Lifelong Learning Fall 2019 Semester Presentations and Offerings at Sussex County Community College

The Center for Lifelong Learning at Sussex County Community College (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 presentations and classes during the months of September and October:

AARP “Smart Driver” Safety Course. On Monday, **September 16, 2019**, from 9:00 a.m. to 3:00 p.m., in Room A227 of the Performing Arts Center Atrium, there will be an AARP “Smart Driver” Safety Course. The fee is \$15 for AARP members (AARP card must be presented) and \$20 for non-AARP members. Attendees must bring their own beverages and lunch for the day. Class is limited to 25 people. Pre-registration and pre-payment are required.

Cultural Connections Series: Traditions of the Turtle Clan of the Ramapough Lenape Nation. On Friday, **September 20, 2019**, at 2:00 p.m., in the Atrium of the Performing Arts Center at SCCC, there will be a new Cultural Connections Series: “Traditions of the Turtle Clan of the Ramapough Lenape Nation,” with Chief Vincent Mann. Chief Mann will speak about the historic Nichols Treaty, the history of the Turtle Clan from the 1700’s to present day, the medicinal use of a few native plants and the cultural significance of how elders are treated by the tribe. Chief Mann will also be sharing a prayer song and tobacco ceremony with attendees. Refreshments will be served. Attendance is free. Pre-registration is requested.

Introduction to Drawing. A three-part **Introduction to Drawing** class will be held emphasizing the development of observational drawing skills and hand-eye coordination. Basic drawing elements such as line, proportion, perspective, composition, texture, and the study of light and shade are investigated through various perceptual and conceptual approaches. Open to beginning students as well as those who want to refresh their skills before moving on to more advanced studio courses. Professor Michael Hughes is a practicing artist and member of the Fine Arts Faculty at SCCC. The class will meet on three Fridays, **October 11, 18 and 25, 2019**, from 10:00 a.m. to 12:00 p.m., in the Art Gallery, Room C106 (located by the entrance to the “B” building). The course fee is \$30.00.

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Students are required to bring their 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 an eraser. Pre-registration is required and space is limited.

Tech Talk: Free Senior-Focused Technology Workshops. Tech Talk Classes are being offered for seniors who need individual assistance with their computers and smart phones. Come to campus and unravel the mysteries of 21st Century technology. Explore technology through hands-on learning. Please call 973-579-0555, ext. 1277 to reserve a 30-minute free private lesson with a tech-savvy student volunteer. These 30-minute individual classes will be held between the hours of 10:00 a.m. to 11:30 a.m. at the Center for Lifelong Learning in Room A227 of the Performing Arts Center. Topics may include computer technology usage and smart phone usage such as:

Tech Talk #1: How to Improve Your Use of Smart Phone Functions

Fridays: September 13; October 4; and/or November 1, 2019

Tech Talk #2: Managing Email Basics (If you do not have an email address yet, the instructor can help.)

Fridays: September 20; October 11; and/or November 8, 2019

Tech Talk #3: Finding Popular Websites and Internet Safety

Fridays: September 27; October 18; and/or November 15, 2019

To pre-register or for additional program information please contact the Division of Senior Services by calling 973-579-0555, ext. 1277 or via email at seniorservices@sussex.nj.us.

Annual Transportation Public Hearing

Thursday, September 19, 2019 at 12:00 p.m.

at

Sussex County Community College in the
Performing Arts Center Atrium
One College Hill Road, Newton, New Jersey

RSVP: 973-940-5200, ext. 1381

To request a ride, please call 973-579-0480 by Sept. 11th.

SAVE THE DATE!

**2019 Caregiver Expo
Thursday, October 17, 2019
3:00 p.m. – 6:00 p.m.**

Farmstead Golf & Country Club
88 Lawrence Road, Lafayette, NJ

**Pre-Registration is Required
Call 973-579-0555**

SENIOR CLUB TRIP INFORMATION

Hardyston Seniors – Will host a bus trip to Hunterdon Hills Playhouse on Friday, **October 11, 2019**, to see *Barefoot in the Park*. The cost is \$76 for members and \$81 for non-members.

Hardyston Seniors – Will host a trip to the Brownstone for Oktoberfest on Wednesday, **October 23, 2019**. The cost is \$63 for members and \$68 for non-members.

Hardyston Seniors – Will host a bus trip to the Westchester Theatre on Tuesday, **November 12, 2019**, to see *Yesterday Once More* featuring the music of ABBA, the Carpenters, the 5th Dimension and the Mamas and Papas. The cost is \$81 for members and \$86 for non-members.

Montague Seniors – Will host a 9-day cruise on the Royal Caribbean Adventure of the Seas from **May 21 – 29, 2020**. The cruise will go to Bermuda; St. Maarten; Labadee, Haiti and San Juan, Puerto Rico. Please call for cost.

St. Jude Seniors – Will host a bus trip to Peddlers Village on Monday, **September 30, 2019**. The trip includes a murder mystery titled *The Golden Girls*. The cost is \$77 pp.

St. Jude Seniors – Will host a bus trip to Oktoberfest at the Mansion at Mountain Lakes on Tuesday, **October 22, 2019**. Enjoy singing, dancing and a German lunch. The cost is \$68 pp.

St. Jude Seniors – Will host a bus trip for an overnight in Lancaster for the Sight and Sound Christmas Show on Monday, **November 18, 2019**. The cost is \$263 pp double occupancy, \$403 for single and \$254 pp for triple occupancy.

Travel'n Seniors – Will host a bus trip on Thursday, **November 14, 2019**, to the Hunterdon Hills Playhouse to see *The Three Scrooges*. The cost is \$80 pp.

Travel'n Seniors – Will host a bus trip on Thursday, **December 5, 2019**, to the Westchester Broadway Theatre to see the *Christmas Show*. The cost is \$85 pp and includes a meal.

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

Sussex County Department of
Health and Human Services
Division of Senior Services

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