

# Senior Spotlight



FALL HEALTH FAIR  
Saturday, September 26,

8:30AM—11:30AM

Hearing, Vision,  
Podiatry, Dental and  
other screenings.  
Information booths and  
much, much more!  
Call 973-535-7961 ext  
226, 227 or 228 for  
information.



**Don't Forget**  
Daylight  
Savings Time ends  
November 1st.



## STAFF CONTACTS:

Ronni Zuckerman  
973-535-7925  
Director of Recreation

Lauren Glassman  
973-535-7961  
Human Services Coordinator

## Township Names Director of Senior, Youth and Leisure Services

Township Manager Michele Meade is pleased to announce that Jennifer Hessberger will become the Director of Senior, Youth and Leisure Services for the Township of Livingston. This new department will encompass existing recreation and senior programs as well as programs that the Township supports financially such as Livingston Youth and Community Services (LYCS) and Livingston Municipal Alliance Committee (LMAC).

Hessberger currently serves as Senior Director at the Westfield Area YMCA. In this role she is responsible for all administration and operations of Sports & Recreation, Active Older Adults, Aquatics/Competitive Aquatics, and Health & Wellness departments and facilities. She also served as the Youth and Adult Sports Director at the same facility prior to becoming Senior Director and has years of experience planning and implementing various leisure programs, instructional classes and sports programs.

Creation of the new Department of Senior, Youth and Leisure Services was recommended as part of the Township's study of Youth Services in 2007. The Report recommended among other things: location of all youth, leisure, and similar social services into one common department and development of a comprehensive strategic plan in collaboration with stakeholder groups, Livingston Healthy Community Healthy Youth Committee and the Township Council. The reason for these recommendations are that Livingston has excellent programs for seniors, youth,

and leisure activities that are not coordinated as effectively as they could be and that better coordination of these services would result in better use of resources as well as stronger and expanded programming.

Some elements of the Study have already been implemented such as delegating Project Graduation to a parent teacher organization which was successfully accomplished in the 2008/2009 school year. With the retirements in 2008 from the positions of Youth Coordinators and Senior Coordinator and providing those services in a more cost efficient manner, the Township is not expending new money for this position.

Mayor Buddy August remarked that "the Township Council is happy to be moving forward with the recommended changes for the creation of the Department of Senior, Youth and Leisure Services with the hiring of the new Director."

"Jennifer Hessberger has both excellent administrative skills to create an effective organizational structure for the new department as well as the programming and communications expertise to satisfy community needs," said Meade. "She is looking forward to getting to know the Livingston residents and organizations and working with them to strengthen recreation, wellness, and leisure activities for all age groups."

Hessberger will assume her new duties as Director of Senior, Youth and Leisure Services on September 11, 2009.

## Inside this issue:

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## Senior CarFit Program



The Livingston Police Department is proud to present the first Senior CarFit program for our Livingston residents.

CarFit is an educational program that offers senior drivers the opportunity to check how well their personal vehicles “fit” them and to highlight actions they can take to improve their fit. A proper fit in one’s personal vehicle can greatly increase not only the driver’s safety but also the safety of others. At a CarFit event, a team of trained technicians and occupational therapy practitioners work with each participant to ensure they fit their vehicle properly for maximum comfort and safety. The entire process takes about 20 minutes. Participants will leave

## Tuesday, September 22, 10AM - 2PM

with recommended car adjustments and adaptations in several areas including line of sight, mirror adjustment and good foot positioning on the gas and brake pedals. It is very important that a driver is at a safe distance from the steering wheel to prevent injuries from the airbag. The Livingston Police Department will be holding a CarFit event on September 22, 2009 at the Livingston Senior Community Center, 204 Hillside Avenue.

*For further information or to schedule an appointment, please call Ronni Zuckerman at 973-535-7925.*

## Club News

### Old Guard:

Open to retired and/or semi-retired Livingston men, this group features social activities, educational groups, trips and other special events. Listed here are some of the weekly activities scheduled at the LSCC:

General Meetings	Tuesdays, 10AM
Computer Training Sessions	Mondays, 10AM
Financial Discussion Group	Tuesdays, 8:45AM
Drop-in Game Room	Tuesdays, 12PM
Thursday Discussion Group	Thursdays, 9AM

#### Upcoming speakers:

- \* September 1 - President’s meeting, Labor Day -
- \* September 8 - Mayor Charles “Buddy” August  
Topic: Livingston - “Our Town”
- \* September 15 - Dolores Keller, Livingston Health Department  
Topic: Health/Bingo
- \* September 22 - Dr. Joshua Fiske, MD, Urology  
Topic: Prostate Cancer Awareness Month
- \* September 29 - Dr. Brad Draeger, Superintendent of Schools  
Topic: Livingston High School - “Tour”
- \* October 6 - Patrol Officer Gary Mankowitz, Livingston Police Department, Topic: Livingston Community Policing
- \* October 13 - Joseph DiVincenzo, Jr., Essex County Executive  
Topic: Essex County Government
- \* October 20 - Dolores Keller, Livingston Health Department  
Topic: Exercise and Fitness
- \* October 27 - Dr. Shawn Klein, MD, Ophthalmologist  
Topic: Refractive Surgery (Lasik) & Corneal Disease

### Oak Leaf:

Open to Livingston women ages 55 and over. This group features socials, movies, cards, games, speakers and trips. Meetings are held every Wednesday at the LSCC. Contact Betty Weber at 973-992-1093 for more information.

Meetings — Wednesdays, 11AM

### Classical Music Lovers Club



Open to any Livingston senior, this member run club features presentations, speakers, videos and musical recordings of group members favorite classical music pieces, composers and operas.

The group meets monthly and uses a rotating schedule of members for the presentations. No expertise is required, just a love of classical music and opera.

<b>Meetings</b>	First Tuesdays of the Month (except November, the meeting will be Nov 10)
<b>Time:</b>	1PM—3PM
<b>Sept. 1:</b>	"Immortal Beloved"
<b>Oct. 6:</b>	Life of Mozart
<b>Location:</b>	Senior/Community Center, Lower Level 204 Hillside Avenue

Please call 973-535-7925 if you have any questions.

### Thursday Seniors

This is a social organization for women and men ages 55 and over. Meetings are every Thursday at the LSCC, activities include speakers, social hour and games. Participants should bring their own lunch. Call Mary Mac at 973-994-4235 for more information regarding the group.

Meetings — Thursdays, 12PM—3:30PM

### AARP News Brief

AARP Chapter #3663 meets the first Friday of each month at the LSCC. *Meetings are open to members only.* For membership information, please contact Kathy Murphy at 973-992-1357

#### Upcoming Meetings:

**September 4**

**October 2**

**Check out upcoming trip information on the back page!**

## Motor Meals Program

Delivery of nutritious meals for homebound Livingston residents is available through the Motor Meals program. The volunteers deliver the meals Monday—Friday around 11AM. There is a weekly fee. Volunteer drivers are being sought to assist with weekly delivery. To find out more about this service call 973-992-1293.

## SHIP Info

Do you need assistance understanding or completing your Medicare or other insurance paperwork? The Senior Health Insurance Program (SHIP) may be able to help.

Appointments are available on Mondays beginning September 14 from 10AM—2PM. Call 973-535-7925 to schedule your appointment today.

## Health Department Offerings

The Livingston Nursing Department, a division of the Department of Health, Welfare and Human Services, offers a variety of health screenings and special programs throughout the year.

### Flu Shots:

**Dates:** Wednesday October 14 Last names A—M  
 Wednesday October 21 Last names N—Z  
 Tuesday Nov 3 9—3:00PM

**Times:** 10AM—12PM on Wednesday.

**Fees:** Free for residents 65 and over with Medicare Card.  
 \$20 for all others.

**Location:** LSCC

### Pneumonia and Shingles Vaccines:

Available by appointment through the Nurses office.

Call the office at 973-535-7961, ext. 226, 227 or 228, visit the town website at [www.livingstonnj.org](http://www.livingstonnj.org) or watch the West Essex Tribune for more information regarding all programming.

## Transportation Program

Transportation is available to locations in and immediately surrounding the township limits to residents ages 60 and over and the disabled. Rides may be scheduled 24 hours to one week in advance. No same day appointments are available.

Call 973-535-7925, select "1" at the prompt for more information on this service.

## Smoke & Carbon Dioxide Alarm Checks

Through the courtesy of a Township resident, senior adults may have the batteries in their Smoke and Carbon Dioxide alarms changed or new appliances installed.

Battery changes should be made twice a year. The beginning and ending of Daylight Savings time is a great way to remember to do it!

Anyone interested in participating in this program should contact Lauren Glassman at 973-535-7961, ext. 231

## *The Fourth Annual* **ESSEX COUNTY** **SENIOR WELLNESS DAY**

**Free Event**

**Tuesday, September 22, 2009 10 AM - 2 PM**

Essex County Richard J. Codey Arena  
 560 Northfield Avenue  
 West Orange, NJ

Health Screenings • Musical Entertainment  
 Free Food • Farmers' Market  
 Exercise Demonstrations • Free Admission to Turtle  
 Back Zoo for all Seniors • Dancing  
 Valuable Information • And Much More!

**For information, call 973-621-4400**

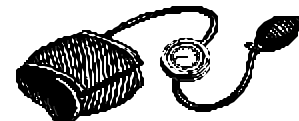
**To arrange for transportation, please call  
 973-535-7925, select "1" at the prompt.**

## Blood Pressure Screening Dates

The Nursing Division of the Department of Health, Welfare and Human Services will conduct blood pressure screenings on the following dates:

**September:**  
 LSCC: Wednesday, Sept. 9, 23  
 Friday, Sept. 18

**October:**  
 Monday, Oct. 5  
 Wednesday, Oct. 14, 28  
 Friday, Oct. 16



All screenings are by appointment. Please call 973-535-7961, ext. 226, 227 or 228

## Between the Lines — What's Up at Livingston Library

### Senior Happening:

3rd Friday of each month.

Brown bag lunch at 12PM.

Programs begin at 1PM.

Winchester Gardens of Maplewood will provide dessert and coffee which will be served by The Friends of the Library.

On **Friday September 25**, the program will feature Elizabeth Tryon, accompanied by Louis Menendez performing "Sound of Angels".

On **October 16**, the topic will be "The

One and Only Bing Crosby" with Bill Levy.

This program is made possible in part by funds from the New Jersey State Council on the Arts/Department of State, a Partner Agency of the National Endowment for the Arts, and administered by the Essex County Division of Cultural and Historic Affairs.

### Let's Talk About Books:

Discussions begin at 12:45PM in the Program Room.

#### September 11, 2009

*Three Cups of Tea* by Greg Mortensen  
Reviewed by Phyllis Richardson

#### October 9, 2009

*The Reluctant Fundamentalist* by Mohsin Hamid

Reviewed by Barbara Hauser

Copies of the books are available at the library approximately one month prior to each discussion.

In addition, on **Thursday, October 29**, Allan Kitty will be performing Mark Twain's Last Stand prior to his off-Broadway opening. The program will be at 7:30pm.

For more information about these or other library programs, please call 973-992-4600.



## Livingston Historical Society Information

In November 1962, The Livingston Township Committee purchased the Force Home for \$ 30,000 hoping to develop a historical center and form a Historical Society to establish and maintain it. It is located at 366 Livingston Ave. and is open for tours - FREE- of charge.

The Livingston Historical Society will resume the 2009-10 season in

September. The public is invited to attend the free meetings at the LSCC on:

#### MONDAY, Sept. 28, 7:30 pm

Speaker: Prof. Frank Greenagel

Topic: Historical Folklore of Phillipsburg, N.J.

#### MONDAY, Oct. 26, 7:30 pm

Speaker: Joseph Viviani

Topic: Elderhostel

#### Open Houses and Tours:

At present Historical Society members conduct monthly "Open House" tours of the home, free of charge.

Sunday, Sept. 13, 2PM—4PM

Sunday, October 11, 2PM—4PM

For more information contact the society at [LivingstonHistoricalSociety@yahoo.com](mailto:LivingstonHistoricalSociety@yahoo.com)

## The Enclave

The following activities are also being held at the Enclave and are open to Livingston senior adult residents. Call Bob Sternlicht at 973-992-5900 for more information.

- \* **September 6**, Frankie & the Dreamakers (50's group)  
Dinner 6:00 pm Lobster \$31.00, Veal Parm \$26.00, Steak, \$28.00
- \* **October 4**, Pig Roast/ Fried Turkey and entertainment, 1:00 pm. \$28.00, after 9/15, \$30.00.
- \* **October 8**, The great American steak out 6:00, Jimmy Sabini entertains. Choice of 1 lb sirloin steak or Tilapia, \$27.00 if purchased before 9/15, \$29.50 after 9/15.
- \* **October 12**, Italian feast with entertainment at 6:00 pm \$26.00 before 9/15, \$28.50 after 9/15
- \* **October 21, Wednesday**. Carrie's Fishers Play in N.Y. Wishful Drinking, Orchestra seats, Bus Trip, Dinner. Includes all tips & taxes except alcohol, \$127.50 prepaid, must be paid prior to 9/13.
- \* **October 23**, 6:00 pm Chicken & Ribs Dinner with M Squared entertaining \$22.00 before 9/15, \$25.00 after 9/15

## Ask the Pharmacist

**Monday, October 26, 11:00am to 1:00pm – a light lunch will be served.**

Bring all your medications, herbs, vitamins and over-the-counter drugs and have a certified pharmacist answer your questions and inspect your medications to make sure they are not expired and will not interact badly with each other. You will also learn how to keep all your items in the medicine cabinet safe from "inquisitive" grandchildren and other visitors. Learn how to dispose of your drugs in a safe, harmless manner that does not pollute the water supply. Bring your expired medications which will be collected for safe disposal. RSVP to the Recreation Department at 973-535-7925.

## Volunteer Opportunities

**Knitting Group:** This drop-in group meets the 3rd Tuesday of each month, from 1-3PM, to knit a variety of pieces such as baby hats, lap robes, shawls and blankets. These items are donated to area social service agencies. Knitting needles, patterns and yarn are provided. All skill levels are welcome.

**Program Leaders:** In an effort to expand Senior Adult programs, we are seeking volunteers with expertise in any number of program areas to lead social or educational groups. Please contact Ronni Zuckerman at 973-535-7925

# September 2009



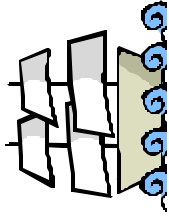
**FACILITY KEY:**

LSCC = Senior/Community Center  
 MCCC = Monmouth Court Community Center  
 NL = Northland Recreation Center  
 NOTE: Programs with no facility designation are held at the LSCC.

**Sun                      Mon                      Tue                      Wed                      Thu                      Fri                      Sat**


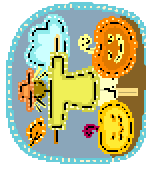
<p><b>6</b></p> <p>The Enclave - 6PM See page 4</p>	<p><b>7</b></p> <p><b>Labor Day</b> Township Offices Closed</p>	<p><b>1</b></p> <p>OG Financial Discussion Group—8:45AM Old Guard—10AM Classical Music Club 1-3PM</p>	<p><b>2</b></p> <p>Oak Leaf — 12PM</p>	<p><b>3</b></p> <p>OG Thursday Discussion Group—9AM Thursday Seniors—12PM</p>	<p><b>4</b></p> <p>AARP Meeting—12PM</p>	<p><b>5</b></p>
<p><b>13</b></p> <p>Livingston Historical Society Open House Tour 2-4PM</p>	<p><b>8</b></p> <p><b>Resident Senior Program Registration Begins</b> OG Financial Discussion Group—8:45AM Old Guard—10AM</p>	<p><b>9</b></p> <p>Oak Leaf — 12PM PNC Concert 1:30 PM The Cameos</p>	<p><b>10</b></p> <p>OG Thursday Discussion Group—9AM Thursday Seniors—12PM</p>	<p><b>11</b></p> <p>Let's Talk About Books 12:45PM at Livingston Library</p>	<p><b>12</b></p>	<p><b>19</b></p>
<p><b>20</b></p>	<p><b>15</b></p> <p><b>Non-Resident Senior Program Registration Begins</b> OG Financial Discussion Group—8:45AM Old Guard—10AM</p>	<p><b>16</b></p> <p>Senior Fitness—10AM Location MCCC Oak Leaf — 12PM</p>	<p><b>17</b></p> <p>OG Thursday Discussion Group—9AM Thursday Seniors—12PM</p>	<p><b>18</b></p>	<p><b>25</b></p> <p>Chair Yoga—10AM Senior Happening 12PM Livingston Library</p>	<p><b>26</b></p> <p>FALL HEALTH FAIR 8:30AM—11:30AM</p>
<p><b>27</b></p>	<p><b>22</b></p> <p><b>Senior CarFit Program - LSCC</b> OG Financial Discussion Group—8:45AM Old Guard—10AM Knitting Group 1-3PM</p>	<p><b>23</b></p> <p>Senior Fitness—10AM Location MCCC Oak Leaf — 12PM</p>	<p><b>24</b></p> <p>OG Thursday Discussion Group—9AM Thursday Seniors—12PM PNC Concert 1:30 PM US Army Field Band</p>	<p><b>29</b></p> <p>OG Financial Discussion Group—8:45AM Old Guard—10AM Knitting Group 1-3PM</p>	<p><b>30</b></p> <p>Senior Fitness—10AM Location MCCC Oak Leaf — 12PM Tai Chi 11-12PM Table Tennis 11-12PM Location: NL</p>	
<p><b>28</b></p> <p>Senior Fitness—10AM Location MCCC Drop-In Bridge 12:30-3PM Livingston Historical Society Presentation 7:30 PM at LSCC</p>	<p><b>21</b></p> <p>Senior Fitness—10AM Location MCCC Drop-In Bridge 12:30-3PM</p>					
<p><b>NOTE: Pre-registration is required for some programs. Please call the Recreation Office at 973-535-7925 if you have any questions.</b></p>						

# October 2009



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**Sun      Mon      Tue      Wed      Thu      Fri      Sat**

<p><b>NOTE: Pre-registration is required for some programs. Please call the Recreation Office at 973-535-7925 if you have any questions.</b></p>	<p><b>4</b></p> <p>The Enclave - 1PM See page 4</p>	<p><b>5</b></p> <p>Senior Fitness—10AM Location MCCC Drop-In Bridge 12:30-3PM International Folk Dancing 11-12PM</p>	<p><b>6</b></p> <p>OG Financial Discussion Group—8:45AM Old Guard—10AM Classical Music Club 1-3PM</p> 	<p><b>7</b></p> <p>Oak Leaf — 12PM Senior Fitness—10AM Location MCCC Tai Chi 11-12PM Table Tennis 11-12PM Location: NL</p>	<p><b>8</b></p> <p>OG Thursday Discussion Group—9AM Thursday Seniors—12PM Mahjong 2-4PM</p>	<p><b>9</b></p> <p>Chair Yoga—10AM Let's Talk About Books 12:45PM at Livingston Library</p>	<p><b>10</b></p>	<p><b>11</b></p> <p>Livingston Historical Society Open House Tour 2-4PM</p>	<p><b>12</b></p> <p>Senior Fitness—10AM Location MCCC Drop-In Bridge 12:30-3PM International Folk Dancing 11-12PM</p>	<p><b>13</b></p> <p>OG Financial Discussion Group—8:45AM Old Guard—10AM Knitting Group 1-3PM</p>	<p><b>14</b></p> <p>Oak Leaf — 12PM Senior Fitness—10AM Location MCCC Tai Chi 11-12PM Table Tennis 11-12PM Location: NL</p>	<p><b>15</b></p> <p>OG Thursday Discussion Group—9AM Thursday Seniors—12PM Mahjong 2-4PM</p>	<p><b>16</b></p> <p>Chair Yoga—10AM Senior Happening 12PM Livingston Library</p>	<p><b>17</b></p>	<p><b>18</b></p> <p>Senior Fitness—10AM Location MCCC Drop-In Bridge 12:30-3PM International Folk Dancing 11-12PM</p>	<p><b>19</b></p> <p>Senior Fitness—10AM Location MCCC Drop-In Bridge 12:30-3PM International Folk Dancing 11-12PM</p>	<p><b>20</b></p> <p>OG Financial Discussion Group—8:45AM Old Guard—10AM Knitting Group 1-3PM</p>	<p><b>21</b></p> <p>Oak Leaf — 12PM Senior Fitness—10AM Location MCCC Tai Chi 11-12PM Table Tennis 11-12PM Location: NL</p>	<p><b>22</b></p> <p>OG Thursday Discussion Group—9AM Thursday Seniors—12PM Mahjong 2-4PM</p>	<p><b>23</b></p> <p>Chair Yoga—10AM The Enclave - 6PM See page 4</p>	<p><b>24</b></p>	<p><b>25</b></p> <p>Senior Fitness—10AM Drop-In Bridge 12:30-3PM International Folk Dancing 11-12PM Livingston Historical Society Presentation 7:30 PM at LSCC <b>Ask the Pharmacists 11-1PM - LSCC</b></p>	<p><b>26</b></p> <p>Senior Fitness—10AM Drop-In Bridge 12:30-3PM International Folk Dancing 11-12PM Livingston Historical Society Presentation 7:30 PM at LSCC <b>Ask the Pharmacists 11-1PM - LSCC</b></p>	<p><b>27</b></p> <p>OG Financial Discussion Group—8:45AM Old Guard—10AM Knitting Group 1-3PM</p>	<p><b>28</b></p> <p>Oak Leaf — 12PM Senior Fitness—10AM Location MCCC Tai Chi 11-12PM Table Tennis 11-12PM Location: NL</p>	<p><b>29</b></p> <p>OG Thursday Discussion Group—9AM Thursday Seniors—12PM Mahjong 2-4PM</p>	<p><b>30</b></p> <p>Chair Yoga—10AM</p>	<p><b>31</b></p> 
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**Fall session registration for Senior Programs opens Tuesday, September 8 for residents and September 15 for non-residents at the Recreation Office, 204 Hillside Avenue.**

### Stretch It Out-Chair Yoga

Gentle yoga stretching has been shown to greatly relieve stress, boost the immune system and relieve chronic pain. The Livingston Recreation Department offers a Chair Yoga class for seniors and other individuals unable to perform the standard yoga movements on the floor and standing without assistance. Focus is on stretching, breathing, balance and gentle toning. Fall session classes begin on September 25.

### Chair Yoga

Activity #: 4331.307  
 Day: Fridays  
 Dates: 9/25 - 12/18  
 No class 11/28  
 Times: 10—11AM  
 Fee: \$48—Residents  
 \$72—Non-residents  
 Location: LSCC



### International Folk Dancing

Ages 55 and over

**NEW**

Ethnic music and dance with physical and mental benefits. This class is low impact; no partners needed; and great for improving balance, strength and memory.

Soft-soled shoes required.

Limit: 25

Activity #: 4340.401

Day: Monday, 11-12PM

Dates: 10/5—12/14

Fee: \$44-Residents

\$66-Non-residents

Location: LSCC

### Mahjong Instruction

**NEW**

Ages 55 and over

This class will offer an introduction to and instruction in playing mahjong, a game that involves skill, strategy and calculation, as well as a certain degree of luck.

Limit: 24

Activity #: 1020.401

Day: Thur., 2 - 4PM

Dates: 10/8—11/5

Fee: No charge but pre-registration req.

Location: LSCC

### Arthritis Water Workout Program

Hosted by the West Essex YMCA, this water workout program is for men and women who have been diagnosed with osteoarthritis or osteoporosis. Done in shallow water, the program uses specific movements to help strengthen the bones and surrounding muscles to help alleviate the pain and stiffness of these conditions. Registration opens for residents on Tuesday, September 8. Class size is limited to 15 per class. Please register initially for one day only. If space permits the day before classes begin, additional day registration will be permitted.

### "T'ai Chi Chih—Joy Thru Movement" Class

Based on ancient Oriental wellness principles, the program utilizes a series of slow and gentle movements to help circulate and balance the Chi—The Vital Force or Universal Energy. Great for all ages and skill levels, the program can be done standing or seated to accommodate your level of fitness.

Instructor Bill Walton has been an accredited T'ai Chi Chih Instructor since 2001.

Limit: 25

Activity #: 4881.461

Day: Wednesday, 11-12PM

Dates: 9/30 - 12/16

No class 11/11

Fee: \$33-Residents

\$49.50-Non-residents

Location: LSCC

### Arthritis Swim Program

Activity #: Tue. 1400.401  
 Thu. 1400.402

Day: Tue. OR Thu.

Dates: Sept 29—Dec 15

Times: 9—10AM

Fee: No charge, but pre-registration is required.

Location: West Essex YMCA

Ages: 55 and over

### Table Tennis

**NEW**

Ages 55 and over

Come out and learn how to play or improve your skills in table tennis (also known as ping pong). At the same time, meet others interested in the game, socialize and exercise. There is no charge for this program but pre-registration is required.

Class size is limited to 20.

Activity #: 7541.402

Day: Wednesday

Time: 11-12 PM

Dates: 9/30 - 11/18

No class 11/11

Location: Northland

Community Center

### Senior FitPass

FitPasses are available for purchase at the Recreation Office in units of 12 or 24 sessions. Senior fitness classes feature low impact aerobic routines and gentle stretching and toning exercise. The cost for Livingston residents, 12 sessions, is \$36, non-residents, \$54; 24 sessions, residents, \$72, non-residents, \$108. Classes meet Monday and Wednesday from 10-11AM beginning September 14 at Monmouth Court Community Center. Flexible schedule - purchase a FitPass and use as you desire.

## **Trips**

### **AARP:**

#### *Atlantic City Trips*

Wednesday, September 16

\$25/person

Call Marie Mancino at 973-992-1958 for more details. Buses leave at 10AM from the LSCC.

### **Cedar Street Commons**

#### **Sept. 9-Wed.-Mt.Airy Casino**

Cost-\$22.00 per person

Return-\$25.00 slot play & \$5.00 food voucher

**Time:** 9:30-5:30

#### **Sept. 15-Tues.-Long Branch, NJ**

Cost-\$15.00 per person

Stroll the boardwalk, enjoy the sights, Lunch on your own

10:30-4:00

#### **October 14-Wed.-Mt.Airy Casino**

Cost-\$22.00 per person

Return-\$25.00 slot play & \$5.00 food voucher

**Time:** 9:30-5:30

#### **October 21-Wed.-Delaware Water Gap Trolley & Stroudsmoor Inn**

Cost -\$58.00 per person includes transport, lunch, trolley ride, tip & tax

**Time:** 9:45-5:30

For further info call Lucille at 973-535-1980 ext. 11

### **The Enclave:**

#### **October 21, Wednesday.**

Carrie's Fishers Play in N.Y. Wishful

Drinking, Orchestra seats, Bus Trip,

Dinner, Includes. all tips & Taxes except

alcohol, \$127.50 prepaid, must be paid

prior to 9/13. For information, call Bob

Sternlicht at 973-992-5900.

### **Free Tickets**

**PNC Bank Arts Center**

***The Cameos***

***With Impressionist Mark Verselli***

**Wednesday, September 9, 2009**

***US Army Field Band***

***"The Musical Ambassadors of the Army"***

**Thursday, September 24, 2009**

## **Donations Sought**

The Senior Adult Program is seeking the following items for loaning and use in programs:

#### *New skeins or remnants of yarn*—

assorted colors of worsted weight and pastels or white in baby soft weights.

Donations may be dropped off at the

Recreation Office, 204 Hillside Ave.,

Mon—Fri, 8:30AM—4:30PM

#### *Gently used assistive devices*— canes,

walkers, crutches and wheelchairs.

Donations may be dropped off at the

Health Department, 204 Hillside Ave.,

Mon—Fri, 8:30AM—4:30PM **Thank you!**

**All performances at 1:30PM**

**Rain or Shine!**

***Tickets available at the Recreation***

***Office, 204 Hillside Avenue***

***Monday—Friday, 8:30AM - 4:30PM***

***Limited supply of tickets available***

***No transportation is provided.***



## **Township of Livingston**

Livingston Senior/Community Center

204 Hillside Avenue

Livingston NJ 07039

Phone: 973-535-7925

We're on the  
web: [www.livingstannj.org](http://www.livingstannj.org)

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**Reminder: All Township offices closed — Monday, September 7, 2009**