

Smart Computing: Internet Safety and Computer Tips and Tricks

What are the bad guys doing with your online information? Find out the latest about steps you should take to protect yourself from computer scams, identity theft, and other online safety/security issues from FBI Special Agent, Ryan Brogan. Then, relax and have fun using the computer and the internet! Discover how you can translate documents, look up an address, take online classes, find your house on Google earth, email your grandchildren, share information and photos with family and friends, and so much more!

Thursday, April 15th, 7:00 PM at the LSCC

Joe Zingone Programs

Joe Zingone is an economist and author who has written 6 books. He also writes articles for Renaissance Magazine on issues that are helpful to retirees and seniors. Timely information coupled with close to 30 years experience has made his presentations well received. Attendance is free and each attendee will be entitled to a free e-book, Survivor's Guide, written by Joe Zingone.

The Six Must Have Documents and Why Most Legal Documents Don't Work

April 29th at 10:00 AM at the LSCC
Unfortunately 95% of retirees don't have these 'must have' legal documents. For many this will cause tremendous problems down the road. Attendees will learn the free steps to take today to avoid a mess.

The Five Things No One Tells You Until It's Too Late

June 14th at 10:00 AM at the LSCC
This powerful program condenses five important topics that everyone 60+ should hear and prepare for. This new program will be released in May 2010. Items discussed are: living well on a fixed income, protecting assets from loss to a nursing home, what changes when two become one—dealing with a spouse's passing divorce or loss to catastrophic illness, reducing all your taxes (including property taxes), and preventing medical costs and senior inflation for destroying your retirement.

Master Gardeners of Essex County

The Master Gardeners of Essex County are presenting horticulture activities for seniors on Mondays from 1:00 PM to 3:00 PM at the Environmental Center, Garibaldi Hall, 621 Eagle Rock Avenue in Roseland. All materials are free of charge. Please call ahead by the Friday before the meeting to let either Maya 973-379-5488 or Helen 973-731-0717 know that you will be attending.

April 19th at 1:00 PM—Plant Propagation— getting ready to plant for Spring
May 17th at 1:00 PM— Make a Container Garden
June 21st at 1:00 PM— Flower Arranging for Summer

Sustain Your Brain: Reducing the Risk of Alzheimer's Disease

A free one-hour seminar covering the following will be presented at the LSCC on Monday, May 3rd at 10:00 AM by Angel Duncan, program director for Senior Helpers. Angel has an extensive background in adult psychiatry and Alzheimer's disease. Angel is a public speaker and professional trainer in art therapy with diverse populations and is a published, contributing author. The program will overview Alzheimer's disease vs. normal aging, 'The ten warning sings' of Alzheimer's, and exercising the mind—tips to keep your brain fit and reduce the risk of Alzheimer's.

What's Your Opinion?

On Wednesday, April 21st at 9:00 AM, an organizational meeting for once a month magazine article discussion group will take place at the LSCC. A minimal amount of reading will be required and a fair amount of thought will take place! Some topics to be discussed at the first meeting will include: suitable magazines and topics to be selected, distribution of articles, selection of monthly discussion leaders, meeting dates and times, and items from those in attendance. If you would like further information, please call Ronni at 973-535-7925.



Classical Music Lovers Club

Open to any Livingston senior, this member run club features presentations, speakers, videos, and musical recordings of group member's 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.

Meetings: First Tuesday of each month 1:00 PM to 3:00 PM at LSCC

April 6—An afternoon with Tchaikowsky
May 4—Riverdance
June 1—Puccini's Love Scenes
July 6—Andres Chenier



Thursday Seniors

This is a social organization for seniors 55+. Meetings are held 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 12noon to 3:30 PM, at LSCC

Knitting Group

This drop-in group meets the 3rd Tuesday of each month from 1-3 PM, 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 skills welcome.

For Your Information

Warning—2010 Census Cautions

Be cautious about giving information to a census worker. With the U.S. Census process beginning, the Better Business Bureau advises people to be cooperative, but cautious, so as not to become a victim of fraud or identity theft. *If a census worker knocks on your door, he/she will have a badge, a handheld device, a Census Bureau canvas bag, and a confidentiality notice. Ask to see identification and badge before answering questions, and remember that you should never invite anyone you do not know into your home.* Census workers are currently verifying address information, **and no matter what they ask you, you really only need to tell them how many people reside at your address.** Census workers may contact you by telephone, mail, or in person at your home; however, the Census Bureau **WILL NOT** contact you by e-mail, so be on the look out for e-mail scams impersonating the Census Bureau.



ICE - In Case of Emergency for Your Cell Phone

In your cell phone, enter as a contact, "ICE" in place of the person you want to be contacted should an emergency arise. If needed, emergency workers know to search for 'ICE' to locate the person you have designated as your emergency contact.

Blue Star Program

The Blue Star Program, administered by the Livingston Police Department, is an assistance program for a senior citizen or handicapped person who may not be able to respond to unlock their door in case of an emergency. A house key can be kept at Police Headquarters or with a neighbor so that access can be gained to the individual's residence at any time, if required for an emergency. The forms can be picked up at the Police Headquarters, the Senior, Youth, & Leisure Department, or online (available soon) at www.livingstonnj.org/police.htm. The forms and a house key (if desired) can be dropped off at Livingston Police Headquarters 24-hours a day.

Donations Sought

The Senior Adult Program is seeking the following items for 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 SYLS Office, 204 Hillside Avenue, Mon-Fri 8:30 AM to 4:30 PM to 4:30 PM

Senior Citizen Car Care Week

Arrangements have been made with the Livingston High School technology department to offer a Car Care week for Livingston Senior Citizens the week of April 12th to 16th. Services provided will be: oil filter change (you must provide the proper sized filter and oil, fluid level check, tire rotation, and visual check of vehicle. Reservations can be made at the Senior, Youth, & Leisure Service Department at 973-535-7925. Time slots available are: 7:30 AM, 9:00 AM, 12:40 PM, and 1:20 PM (only one car per time slot). At time of reservation you will need to provide: your name, phone number, year, make, and model of vehicle, and service requested.

Motor Meals Program

Delivery of nutritious meals for homebound Livingston residents is available through the Motor Meals program. Volunteers deliver the meals Monday through Friday around 11:00 AM. There is a weekly fee. For more information about this service call 973-992-1293.

SHIP Information

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 from 10:00 AM to 2:00 PM. Call 973-535-7925 to schedule your appointment.

Utility Assistance Programs

There are various programs available for payment of utility bills or weatherization such as Home Energy Assistance Program, Universal Service Fund, New Jersey Shares, and Comfort Partners. Each program has different eligibility requires and potential benefits. For more information and assistance, call Lauren Glassman, 973-535-7961 x231.



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.

How To Enjoy Lower Transportation Costs

When you ride with NJ TRANSIT, senior citizens or a person with a disability can enjoy greater traveling freedom and lower fares of one-half or more off the regular one-way fare at any time on trains, buses, and light rail vehicles. Many private bus companies operating in the state also participate in the program.

How To Ride For Less: Passengers with disabilities simply show your valid NJ TRANSIT Reduced Fare ID or Medicare Card to the bus operator, light rail vehicle operator, or train conductor and present the appropriate fare. Senior citizens may be asked to present a valid ID to get the reduced fare.

Allowable IDs for senior citizens 62 and older now include any ID or document printed with your date of birth and issued by a government, social service, or mass transportation agency. For senior citizens 65 and older, this includes a NJ TRANSIT Reduced Fare ID; Medicare Card; Driver's License; Passport; Birth Certificate; State-Issued Non-Driver's ID, County, Medicaid, or Military ID; MTA Reduced Fare Card; PATH Senior Card; or PA Senior Citizen Transit ID or PACE Card. For Seniors 62-64, valid ID includes a NJ TRANSIT Reduced Fare Card; Driver's License, Passport, Birth Certificate, State-Issued Non-Driver's ID, or County, Medicaid, or Military ID.

How To Apply for a NJ TRANSIT Reduced Fare ID/Card: You may fill out an application at most local banks, savings and loan associations, or county Offices on Aging. You must present a Social Security Card and proof of age (a birth certificate or a driver's license). NJ TRANSIT Reduced Fare Card/Reduced Fare ID applications are also available at the NJ TRANSIT Customer Service offices at Newark Penn Station, New York Penn Station, Hoboken Terminal, and the Port Authority Bus Terminal. Or, you may obtain the application by writing or calling 973-378-6401, or applications can be mailed to:

NJ TRANSIT
Reduced Fare Program
108 Boyden Avenue
Maplewood, NJ 07040

Eligible applications will receive an ID card through the mail approximately 2 weeks after applying.

Visit http://www.njtransit.com/sf/sf_servlet.srv?hdnPageAction=ReducedFareTo

Upcoming Events

Livingston Library Events

Under the Volcano by Malcolm Lowry, Reviewed by Judith Friedman Friday, April 9th at 12:45 PM

The Political Role of New Jersey in the Civil War, Lecture by Professor William Gillette of Rutgers University Monday, April 12th at 7:30 PM



The West Essex Chapter of the NJ State Opera Guild will present a concert featuring Justyna Giermola (soprano), Lori Brown Mirabal (mezzo soprano), and Brian Ernstes (tenor) Wednesday, April 14th at 7:30 PM

The American Jewish Committee presents: *Personal Choices, Green Lifestyle*, Tuesday, April 20th at 6:30 PM

Livingston High School Jazz Band conducted by James Hegedus and Annual Salad Luncheon— please bring a salad to feed four people Friday, April 23rd at 1 PM

The Role of the Military in the Civil War, Lecture by Joseph Bilby, Assistant Curator of the NJ National Guard Militia Museum Thursday, May 13th at 7:30 PM

Netherland by Joseph O'Neill, Reviewed by mitzi Feier Friday, May 14th at 12:45 PM

Author Rea Nolan Martin who will speak on *TRUTH vs. FICTION: The Importance of Myth* Wednesday, May 19th at 7:30 PM

Author Barbara Davey will speak on *Exploring the World of Journaling* Wednesday, June 16th at 7:30 PM

SCORE program with Rick Greenebaum, Thursday, May 20th at 7:30 PM.

The Newark Museum, *The Decorative Arts Collection*, presented by Vera Lasser. Friday, May 21st, Brown bag lunch at 12noon. Program at 1:00 PM.

Anne Tormela (soprano) of the Manhattan Lyric Opera Friday, June 18th. Brown bag lunch at 12noon. Concert at 1:00 PM.

Mrs. Lincoln a Life by Catherine Clinton, Reviewed by Barbara Jean Sikora. Friday, June 11th at 12:45 PM

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

Livingston Historical Society

The Livingston Historical Society was established in 1963 and aims to foster wide appreciation of the development of the community from our earliest days. Monthly meetings are held on the fourth Monday of each month, at 7:30 PM at the LSCC, and frequently include topics of local interest. The public is invited to attend the meetings free of charge.

Historical Society Monthly Members Meeting Members only and installation of Officers for 2010-2011. 'Covered Dish Dinner'. Monday, May 3rd at 6:00 PM.

Open House at Force Home

The Force Homestead is located at 366 Livingston Avenue and is open to the public. The original home, build in 1745 and expanded in 1800, is now restored into a historical museum, having received generous donations of valuable antiques.

Free docent tours are available on:
Sunday, April 11th from 2-4 PM
Sunday, May 9th from 2-4 PM
Sunday, June 13th from 2-4 PM

Special tours of the homestead can be arranged by calling Helen Shumsky at 973-992-3012

For more information contact the society at Livingston-HistoricalSociety@yahoo.com

Ely Cemetery

Located on Hillside Avenue near Route 10, the historical cemetery is the last resting place of generations of Elys. It was abandoned for many years and resorted by the Historical Society members in 1983. Open for self-guided tours on: Monday, May 31st—Memorial Day, from 2-4 PM.

Disabled Swim Program

The Livingston Senior, Youth & Leisure Service Department offers an open swim for people with disabilities at Northland Pool on Sunday mornings, June 20th-August 8th, from 11:00 AM to 12 Noon. Northland Pool is Handicapped accessible with a chair lift for easy access to the pool. There are also ramps and accessible restrooms and changing rooms.

There is no charge for the program and pool membership is not required; however, *pre-registration is required* by June 11th. Non-residents are also welcome to participate. Registration forms are available at the SYLS office, mailed upon request, or can be downloaded at <http://www.livingstonnj.org>.

Senior FitPass

This program features low impact aerobic routines and gentle stretching and toning exercise. For those ages 55 and over and for the disabled population. There will be no class 1/18, 2/15, and 5/31. Classes are located at MCCC.

Activity #	Day	Time	Dates
4220.112	M	10-11 AM	1/4-6/14
4220.124	W	10-11 AM	1/6-6/16

Health Department Offerings**Blood Pressure Screening Dates**

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

April: Monday the 5th; Wednesday the 14th; Friday the 16th; Wednesday the 28th
 May: Monday the 3rd; Wednesday the 12th; Friday the 21st; Wednesday the 26th
 June: Monday the 7th; Wednesday the 9th; Friday the 18th; Wednesday the 30th
 July: Wednesday the 14th; Friday the 16th; Wednesday the 18th
 August: Monday the 2nd; Wednesday the 11th

**Pneumonia and Shingles Vaccine**

Available by appointment through the Nurses office. Call the office at 973-535-7961 x 226,227, and 228. Visit the town website at <http://www.livingstonnj.org> or watch the West Essex Tribune for more information regarding all programming.

Annual Spring Health Fair

Thursday, April 22nd from 8:30 AM to 11:30 AM at the LSCC. Free screenings for: vision, hearing, Chiropractic, and more. Blood work at minimal prices.

Medication Safety Program- Tuesday, April 27th at East Cedar Street Commons—Saint Barnabas Hospital—call nursing department for time.

Skin Screenings- Offered July and August at the Northland Pool—dates and times TBD— Courtesy of Overlook Hospital.

Senior & Adult Programs**Beginning Registration Dates**

Spring: Residents— March 23rd; Non Residents— March 30th
Summer: Residents—April 27th; Non Residents—May 4th

Conversational Italian for Beginners

A basic conversational Italian course—Just conversation, which will include many of the basics needed to travel and socialize such as ordering dinner in a restaurant, asking for directions, weather terms, days of the week, numbers, foods, songs, and fun! No books are required. Handouts will be provided.

Limit: 16 People
 Instructors: Mena McAllister & Dr. Frank Di Gregorio



Activity #	Day	Time	Dates	Fee
1121.201	T	1-2:30 PM	4/13-5/25 (no class 5/4)	R \$10 NR \$15

Mahjong Instruction II—Spring Session

This class will be for anyone who has previously played and needs to refresh skills, taken in introductory class, or who wants to meet others who enjoy the game. Purchase of current mahjong card required.

Limit: 16 People
 Location: LSCC



Activity #	Day	Time	Dates	Fee
1020.102	Th	2-4 PM	4/15-5/20	R \$10 NR \$15

T'ai Chi Chih

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. Open to adults ages 55 and over. Dress in comfortable clothing.

Limit: 25
 Instructor: Bill Walton, accredited T'ai Chi Chih— Joy Thru Movement instructor since 2001.
 Location: LSCC

Activity #	Day	Time	Dates	Fee
4881.261	W	10-11 AM	4/14-6/16 (No Class 5/5)	R \$27 NR \$45

T'ai Chi Chih—Continuing

Come on back! There's more to T'ai Chi Chih than where to place your hands and feet. Take it to the next level. Improve your form and increase the benefits. Learn about: opposite hand emphasis, T'an Tien, Yinning and Yanging and polarity. Prerequisite: T'ai Chi Chih

Limit: 25
 Instructor: Bill Walton, accredited T'ai Chi Chih– Joy Thru Movement instructor since 2001.
 Location: LSCC

Activity #	Day	Time	Dates	Fee
4881.262	W	11:15—12:15 PM	4/14-6/16 (No Class 5/5)	R \$27 NR \$45

Mahjong Instruction 1—Summer Session

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

Limit: 12
 Location: LSCC

Activity #	Day	Time	Dates	Fee
1020.301	Th	2-4 PM	7/1-8/5	R \$10 NR \$15



International Folk Dancing

Come and enjoy music, rhythm, and dance from around the world while reaping physical and mental benefits. No partners needed. Great for improving balance, strength, and memory. Soft-soled shoes required.

Limit: 25
 Location: LSCC, lower level

Activity #	Day	Time	Dates	Fee
4340.201	M	11:30—12:30 PM	4/12—6/21 (No Class 5/31)	Seniors R \$30 NR \$50

Activity #	Day	Time	Dates	Fee
4340.301	M	11:30—12:30 PM	7/12-8/23	Seniors R \$21 NR \$35

Arthritis Water Work Out

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. There is no charge but registration is required as there is a limit.

Limit: 15
 Location: West Essex YMCA, South Livingston Avenue

Activity #	Day	Time	Dates
4741.252	Tu	9-10 AM	4/13—6/1
4741.254	Th	9-10 AM	4/15—6/3



Learn the Basics of Knitting

Did you ever want to know how to knit? Did you want to learn to knit from your grandmother or mother but never asked? Maybe you know someone you want to give a gift that comes from the heart. Don't fret; it's never too late to learn how to knit. Knitting may look hard, but with simple instruction, and a little patience, you can learn how to knit and create great items while developing a life long skill. Skills taught in this class will include casting on, knitting, purling, a combination of stitches and binding off which will enable you to knit a scarf.

Participants are to bring to class: (1) pair of #9 or 10 straight needles and (2) 7 oz. skeins of worsted weight yarn.

Limit: 12
 Location: LSCC

Activity #	Day	Time	Dates	Fee
1021.211	M	10-11:30 AM	4/12-5/17	\$10



Yoga for Seniors

A class for senior adults where chairs are used to eliminate sitting on the floor for stabilization and deepening stretches. This allows those dealing with the effects of aging, living with chronic disability or surviving the effects of treatment for an illness to participate. The class consists of chi going exercise, breathing exercises, sitting and standing yoga postures, tai chi and a guided relaxation. The goal is to increase energy, strength, balance, flexibility, and relaxation.

Limit: 20
 Location: LSCC
 Instructor: Susi Amaya

Activity #	Day	Time	Dates	Fee
4331.207	F	10-11 AM	4/16—6/18	R \$30 NR \$50
4331.307	F	10-11 AM	7/9—8/20	R \$25 NR \$35

SPLASHERCISE

Cool off and get into shape at Northland Pool this summer in the Senior, Youth & Leisure Service Department's SPLASHERCISE fitness class. Splashercise features aerobic exercise and a total body workout in the standing area of the pool. No special swimming skill is required.

Classes are held on Mondays & Wednesdays at 9:30 AM & 10:30 AM. You can register for one or both days a week. In case of inclement weather, bring sneakers for an indoor workout.

Limit: 30
 Location: Northland Pool
 Instructor: Elina Jungmann

Activity #	Day	Time	Dates	Fee
1401.311	M	9:30-10:30 AM	6/28-8/9 (No class 7/5)	R \$30 NR \$48
1402.312	M	10:30-11:30 AM	6/28-8/9 (No class 7/5)	R \$30 NR \$48
1403.313	W	9:30-10:30 AM	6/30-8/11	R \$35 NR \$56
1404.314	W	10:30-11:30 AM	6/30-8/11	R \$35 NR \$56