

## HILLSBOROUGH TOWNSHIP

# SENIOR WELLNESS

### **SENIOR WELLNESS PROGRAM**

#### **Introduction to Hillsborough Township's Senior Wellness Program**

The Department of Social Services welcomes all Hillsborough senior citizens to the Senior Wellness Program. Our goal is to provide senior residents with a variety of activities that will help them maintain their strength and independence. Program activities help to increase endurance and agility and promote a healthy outlook on life. Our activities are safe, enjoyable and welcoming and there is no charge to participate.

### **EXERCISE CLASSES**

In order to insure safe and appropriate levels of exercise we offer three different classes to fit the varied abilities of our senior population. Each class is taught by an experienced instructor who is certified in CPR and First Aid and all classes have male and female participants. Classes take place in the multipurpose room at the municipal building (follow signs marked "Senior Citizens").

**THE MODERATE EXERCISE CLASS** is for seniors who lead an active lifestyle and wish to maintain their level of fitness. The program is designed to be a total workout and is the most challenging of the exercise classes offered in the program. The workout includes floor exercises using your mat. The class meets on Mondays, Wednesdays and Fridays at 11:00 AM.

**THE MIDDLE OF THE ROAD EXERCISE CLASS** is designed for seniors who are able bodied, yet have not been physically active in recent years. Exercises are done from seated positions on chairs and while standing. The class meets on Mondays, Wednesdays, and Fridays at 12:30 PM

**THE LOW IMPACT EXERCISE CLASS** is intended for seniors recovering from illness or who are home from rehabilitation (such as individuals who have had a stroke) and are able to join group exercise, or for seniors who have not exercised in a number of years. The class size is small in order to provide more individualized attention and support. Participants using wheel chairs or walkers are welcome. This class meets on Mondays, Wednesdays and Fridays at 1:45 PM.

A physician's approval is recommended prior to beginning any exercise program.

### **LINE DANCING**

This class provides seniors with an active, creative outlet. Known as the Hillsborough Rockettes and Rockets, this energetic group of men and women works together each week to practice different line dance routines. The emphasis is on enjoyment and laughter. Our instructor is a professional choreographer and dance teacher with many years of experience.

The Rockettes and Rockets perform at various locations throughout the year. Many local nursing home residents have been entertained by this vivacious group. They have also performed at many community events such as the Hillsborough Memorial Day Parade and Picnic and the Independence Day Celebration.

This class is open to anyone with an interest in learning new dance routines even if they don't want to participate in the public events. The class meets on Tuesday mornings in the multipurpose room from 9:00 am to 11:30 am.

### **MR. FIX IT PROGRAM**

Through this program, Mr. Fix-It will make minor home repairs and provide the labor at no charge to the senior. The resident pays only for the cost of the materials. To participate in the program, you must be 60 and over, unable to do the repair yourself, financially unable to hire a contractor or unable to get a contractor to your home because the project is too small. Mr. Fix-It will repair broken windows, install grab bars and smoke detectors, remove and reinstall screens, perform simple plumbing repairs, etc. Do not hesitate to call the Social Services Department for more information and to schedule an appointment.

### **SOCIAL GATHERINGS**

The Tuesday afternoon Social is an opportunity to meet and socialize with other seniors in a comfortable informal atmosphere. Anyone looking for a good game of Rummy Cubes or cards, conversation, and refreshments will find fast friends here! The gathering begins at 12:30 PM every Tuesday in the multipurpose room at the municipal building.

### **FLOWER ARRANGEMENTS**

Flower arranging classes are open to seniors who are interested in learning the art of fresh flower arranging. The instructor works at the beginner's level and provides advanced guidance to participants who have some experience. The class meets in three-month cycles. Class size is limited and registration is required. Please speak with the exercise instructor who also teaches this class or contact the Recreation Department for dates and fees.

### **SENIOR CITIZEN CLUB CHAPTER MEETINGS**

Coming together for fun and festivities, the Hillsborough Senior Citizen Clubs conduct meetings once a month to discuss senior issues, socialize, and plan exciting trips! Come join one of our two Senior Clubs and step into an active senior lifestyle.

**Chapter A** (President Dick Meier 359-6948) Meets first Thursday of each month at 12:30 PM

**Chapter B** ( President Virginia Hutson 874-7094) meets second Thursday of each month at 12:30 PM

## **SENIOR CITIZEN TRANSPORTATION PROGRAM**

The Hillsborough Senior Citizen bus provides safe and dependable transportation for individuals who do not drive and have no other means of transportation. This service provides curb to curb service for a variety of essential activities to help keep seniors independent and thriving. The bus can take you to the activities listed in this brochure, as well as to grocery shopping, doctors' appointments, banking, etc. We take residents to appointments within Hillsborough and, if the schedule permits, the bus will transport seniors to doctors adjacent to Somerset Medical Center.

Arrangements for transportation are made by calling the Department of Social Services. The bus operates Monday through Friday between 8:00 AM and 4:30 PM. On Monday and Friday mornings the bus can take you grocery shopping. Doctors' appointments are usually scheduled on Tuesdays. On Wednesday mornings the bus can transport you to your salon or barber appointment. If you need the bus for other appointments, call Social Services. All passengers must first register to ride and a registration form can be found on the last page of this brochure.

**ALL APPOINTMENTS TO RIDE THE BUS MUST BE MADE AT LEAST 48 IN ADVANCE BY CALLING THE SOCIAL SERVICES OFFICE AT 369-3880.**

## **AARP / 55 ALIVE MATURE DRIVING CLASS**

The Social Services Department sponsors a mature driving class twice a year. The class is usually held in February and August and is taught by a trained AARP volunteer. Call the Social Services office in January or July to register. The cost for the class is \$10.

## **WELLNESS LECTURES AND CLINICS**

The Health Department sponsors several flu/pneumonia immunization clinics for seniors in the fall as well as a Health Fair for all Township adults age 18 and over. The Health Fair is usually held in the fall and provides low-cost blood tests and other valuable services and information. These clinics help participants track their general health and provide guidance in their efforts to safeguard their well being.

**SENIORS PLEASE NOTE...**If you are experiencing financial difficulty, the Hillsborough Township Food Pantry can help. The pantry stocks canned goods and other non-perishable foods, household cleaning supplies, paper products and personal hygiene items. All items in the pantry are donated by members in the community. If you are interested in filling out an application or want further information, please call the Social Services Department at 369-3880.

*We encourage all Hillsborough's senior citizens to participate in our programs and to take advantage of the support provided for the senior population!*

**HILLSBOROUGH TOWNSHIP  
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