

Senior Activities

B U S I N E S S N A M E

SENIOR WELLNESS EXERCISE CLASSES

In order to provide safe and appropriate levels of exercise, we offer five classes to fit the varied abilities of our senior population. Each class is taught by an experienced instructor who holds a nationally accredited Group Exercise Certification, and is CPR/AED certified, as well. Classes are all-inclusive and take place in the multipurpose room at the municipal building (Please contact the Social Services Office for additional information). The classes meet on Monday, Wednesday and Fridays at times specified. **It is recommended that you have your physician's approval prior to beginning any exercise program.**

Easy Does It – 12 PM

This class is designed for participants who are able-bodied and want to develop and maintain muscle strength, cardiovascular endurance and range of motion.

Exercises are performed standing, as well as from seated position and have the added benefit of easing tension and reducing stress. This is for those who can stand for a short period of time, but need seated breaks during class.

The ENHANCE FITNESS PROGRAM :

Classes start at 10AM, 11AM, 1 PM AND 2 PM

Enhance Fitness is a physical activity program comprised of three 45-minute classes per week. The classes are designed to safely increase participants' fitness levels through aerobic and strength training exercises while building a sense of community and social connectedness among class members.

Enhance Fitness has been proven to increase participants' strength, balance, flexibility, mood, general activity level, and independence when they attend on a regular basis.

The program is beneficial for older adults in general, but has been deemed particularly safe and effective for older adults living with arthritis and is listed as recommended arthritis intervention by the Centers for Disease Control and Prevention.

This program is designed to be appropriate for all levels of fitness, with the participant determining the level of activity based on their individual fitness level.



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 multi-purpose room from 9:00 am to 11:30 am.



SENIOR SOCIAL

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!



CARDS ANYONE?

The gathering begins at 12:30 PM every Tuesday in the multipurpose room at the municipal building.



DAYS AND TIMES

Monday's

11AM-1:30PM

Knitting, Crochet, & Needlepoint



Thursday's

9AM-1:30PM Bridge

Tuesday's

9:30AM-12:00PM Bridge

10:00AM—Scrabble

1PM- 3:30PM Cards

1PM-4PM Tripoly

1:30 -3:30—Pinochle



Wednesday's

12PM-4PM Mahjong

11Am-1:30PM Canasta

Bridge—Basic Instruction

Sign up in the Social Services Office

Friday's

9AM-2PM Mahjong

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 install grab bars and smoke detectors, replace batteries in smoke detectors, remove and reinstall screens, repair leaking faucets and running toilets, etc. Do not hesitate to call the Social Services Department for more information and to schedule an appointment.

**908-369-3880 or
908-369-4313 x 7129**



SENIOR CITIZEN CLUBS CHAPTER A & B CLUBS

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! Also offered monthly is Movie/Bingo day. Come join one of our two Senior Clubs and step into an active senior lifestyle. Please contact the president directly for club membership information.

Chapter A

Meets first Thursday of each month at 12:30 PM

Dorrie Guarniero

President

Loretta Tansey 908-359-1171

Membership

Chapter B

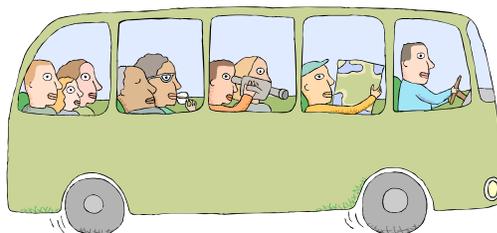
Meets second Thursday of each month at 12:00 PM

Tony Fusco

President

Merle Matthews 908-904-1902

Membership



TRANSPORTATION

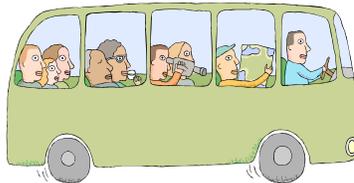
The Hillsborough Senior Citizen bus provides safe and dependable transportation for individuals who do not drive and have no other means of transportation. This service provides curb to curb service for a variety of essential activities to help keep seniors independent and thriving. The bus can take 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. Tuesdays are set aside for doctors appointments. 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 by providing a completed registration for to the office. This form can be found on the last page of this brochure.

ALL APPOINTMENTS TO RIDE THE BUS MUST BE MADE AT LEAST 24 HOURS IN ADVANCE BY CALLING THE SOCIAL SERVICES OFFICE AT 908-369-3880 or 908-369-4313 x 7129

WHEN YOU CALL TO SCHEDULE YOUR APPOINTMENT, YOU WILL BE GIVEN A TIME TO BE READY BY, PLEASE MAKE SURE YOU ARE READY WHEN THE BUS ARRIVES TO PICK YOU UP.

IF YOU ARE UNABLE TO MAKE YOUR SCHEDULED PICK UP, PLEASE CALL THE OFFICE TO ADVISE US SO WE DO NOT SEND A DRIVER FOR YOU.



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

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
M	FOOD SHOPPING 8:00 AM READY (will have 1 hour in the store to shop) TIME HOME BY 11:00 LOCAL DR'S APOINTMENTS ONLY BETWEEN (9AM &10AM)	SENIOR LINE DANCING CLASS DR'S APOINTMENTS (LOCAL AND SOMERVILLE) BANK POST OFFICE	HAIR APOINTMENTS BANK POST OFFICE LOCAL DR'S APOINTMENTS ONLY (BETWEEN 9AM & 10AM)	LOCAL DR'S APOINTMENTS AM ONLY (NONE ON THE 4TH THURSDAY) 1ST THURS CHAPTER A MEETING 2ND THURS CHAPTER B MEETING 3RD THURS DR APOINTMENTS	FOOD SHOPPING 8:00 AM READY (will have 1 hour in the store to shop) TIME HOME BY 11:00 LOCAL DR'S APOINTMENTS ONLY BETWEEN (9AM &10AM)
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A	EXERCISE 11:15 AM READY TIME FOR 12:00PM CLASS 1:15 PM READY TIME FOR 2:00 PM CLASS	DR'S APOINTMENTS (LOCAL AND SOMERVILLE) *IMPORTANT* MUST BE FINISHED WITH THE VISIT NO LATER THAN 3PM TO OBTAIN RIDE HOME	EXERCISE 11:15 AM READY TIME FOR 12:00PM CLASS 1:15 PM READY FOR 2:00 PM CLASS	4TH THURS MALL TRIP	EXERCISE 11:15 AM READY TIME FOR 12:00PM CLASS 1:15 PM READY TIME FOR 2:00 PM CLASS
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In order to provide the best possible service for all of our clients, please refer to the adjacent chart when scheduling your appointments. This will assist in the scheduling of your ride.

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ALL RIDES WILL NEED TO BE SCHEDULED AT LEAST 24 HOURS IN ADVANCE BY CALLING THE OFFICE

If you need to cancel a scheduled pick up, please contact our office to let us know.

IMPORTANT NUMBERS

SOMERSET COUNTY NUTRITION SITE

339 SOUTH BRANCH ROAD
HILLSBOROUGH
908-369-8700

SOMERSET COUNTY OFFICE ON AGING

92 EAST MAIN STREET
SOMERVILLE
908-704-6346

SOMERSET COUNTY TRANSPORTATION

SOMERVILLE
908-231-7115

Please contact these agencies directly for more information on the services they provide.

SENIOR CITIZEN TRANSPORTATION PROGRAM REGISTRATION

DATE: _____ I ALSO PARTICIPATE IN THE FOLLOWING:
CHAPTER A CHAPTER B DANCER
EXERCISE ACTIVITIES ROOM

LAST NAME: _____ FIRST NAME: _____

ADDRESS: _____

CITY: _____ ZIP CODE _____

TELEPHONE NUMBER: _____

DATE OF BIRTH: _____ SEX: _____

DISABILITIES:
Do you use a wheelchair? _____ Yes _____ No If yes, you must have an aide
accompany you to assist you getting on and off the bus.

M E D I C A L P R O B L E M S :

CURRENT MEDICATIONS:

DOCTOR'S NAME:

DOCTOR'S TELEPHONE NUMBER:

NAME OF EMERGENCY CONTACT:

TELEPHONE NO. OF EMERGENCY CONTACT:

RELATIONSHIP OF EMERGENCY CONTACT:

I hereby release Hillsborough Township from any and all liability and hold Hillsborough Township harmless in connection with any accidents, illness or personal injuries that might arise or result from my use of the Hillsborough Township senior citizen bus.

Signature: _____ Date: _____

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Signature: _____ Date: _____