

# Hillsborough Senior Activities



HILLSBOROUGH TOWNSHIP MUNICIPAL COMPLEX  
THE PETER J BIONDI BUILDING  
379 SOUTH BRANCH ROAD  
HILLSBOROUGH, NJ 08844  
908-369-3880



## SENIOR WELLNESS EXERCISE CLASSES

In order to provide safe and appropriate levels of exercise, we have partnered with the YMCA to offer an Enhanced Fitness Program for 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 register in the Social Services Office). 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.**

### **What is Enhanced Fitness?**

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.

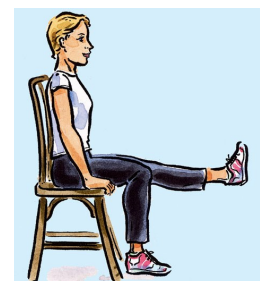
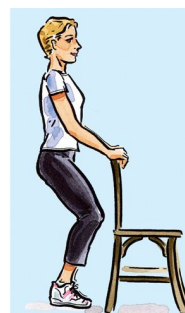
Participants' progress can be followed with fitness checks completed at the time the individual joins Enhance Fitness, again at four months, and then as often as needed.

**It is important to stress, that the participant exercises based on their own abilities. The instructor will help individuals modify their routine based on their fitness ability.**



### THE ENHANCE FITNESS PROGRAM CLASS TIMES

**10AM 11AM 12PM  
1PM AND 2PM**



## 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 ACTIVITIES ROOM

LOCATED IN THE MUNICIPAL BUILDING

The room is open to Hillsborough residents, age 60 and over, between the hours of 9am and 4pm Monday thru Friday.

## GATHERING DAYS AND TIMES

### Monday's

11AM-1:30PM

Knitting, Crochet,  
& Needlepoint



### 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

### Thursday's

9AM-1:30PM Bridge



### Friday's

9AM-2PM Mahjong

## MR. FIX-IT PROGRAM



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

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, own the home in your name, 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. He does not paint or spackle, or perform any repair requiring a building permit. Do not hesitate to call the Social Services Department for more information and to schedule an appointment.

## 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 **908-209-7730**

### Chapter B

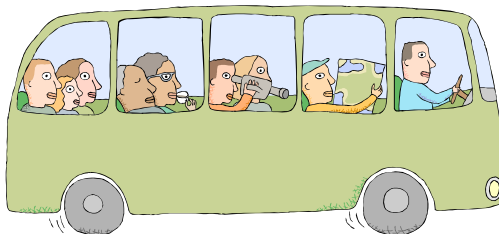
Meets SECOND Thursday of each month at 12:00 PM

#### Tony Fusco

President

**Debbie Francolini 908-217-7698**

Membership



## TRANSPORTATION

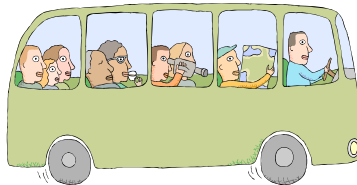
The Hillsborough Senior Citizen bus provides safe and dependable transportation for individuals 60 and over who do not drive and have no other means of transportation. This service provides curb to curb service for a variety of essential activities to help keep seniors independent and thriving. The bus 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 resident seniors to doctors adjacent to RWJ 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 form 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 individuals and organizations throughout the community. If you are in need of assistance, please call the Social Services Department at 908-369-3880

MONDAY		TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
M O R N I N G S	<b><u>FOOD SHOPPING</u></b>  <b>8:00 AM READY</b> (will have 1 hour in the store to shop) TIME HOME BY 11:00  <b>LOCAL DR'S APOINMENTS ONLY BETWEEN (9AM &amp;10AM)</b>	SENIOR LINE DANCING CLASS  DR'S APOINMENTS <b>(LOCAL AND SOMERVILLE)</b>  BANK  POST OFFICE	HAIR APOINMENTS  BANK  POST OFFICE  LOCAL DR'S APOINMENTS ONLY (BETWEEN 9AM & 10AM)	LOCAL DR'S APOINMENTS AM ONLY <b>(NONE ON THE 4<sup>TH</sup> THURSDAY)</b>  <b>1<sup>ST</sup> THURS</b> CHAPTER A MEETING  <b>2<sup>ND</sup> THURS</b> CHAPTER B MEETING  <b>3<sup>RD</sup> THURS</b> DR APOINMENTS	<b><u>FOOD SHOPPING</u></b>  <b>8:00 AM READY</b> (will have 1 hour in the store to shop) TIME HOME BY 11:00  <b>LOCAL DR'S APOINMENTS ONLY BETWEEN (9AM &amp;10AM)</b>
	<b><u>EXERCISE</u></b> <b>11:15 AM READY</b> TIME FOR 12:00PM CLASS  <b>1:15 PM READY</b> TIME FOR 2:00 PM CLASS	DR'S APOINMENTS (LOCAL AND SOMERVILLE)  <b><u>*IMPORTANT*</u></b> MUST BE FINISHED WITH THE VISIT NO LATER THAN 3PM TO OBTAIN RIDE HOME	<b><u>EXERCISE</u></b> <b>11:15 AM READY</b> TIME FOR 12:00PM CLASS  <b>1:15 PM READY TIME</b> FOR 2:00 PM CLASS	<b>4<sup>TH</sup> THURS</b> MALL TRIP	<b><u>EXERCISE</u></b> <b>11:15 AM READY</b> TIME FOR 12:00PM CLASS  <b>1:15 PM READY</b> TIME FOR 2:00 PM CLASS
A F T E R N O O N S					

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.

The bus operates Monday thru Friday between 8:00am and 4:30pm.

Arrangements for transportation are made by calling the Social Services Department at: **908-369-3880 or 908-369-4313 x 7129**

**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.**

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## **IMPORTANT NUMBERS**

### **SOMERSET COUNTY NUTRITION SITE**

339 SOUTH BRANCH ROAD  
HILLSBOROUGH  
**908-369-8700**

### **SOMERSET COUNTY OFFICE ON AGING**

27 WARREN STREET  
SOMERVILLE  
**908-704-6346**

### **SOMERSET COUNTY TRANSPORTATION**

SOMERVILLE  
**908-231-7116**

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