



Senior Focus

March 2026



Monroe Township Office of Senior Services & Senior Center

12 Halsey Reed Road, Monroe Township, NJ 08831
Monday thru Friday, 8:30 a.m. to 4:30 p.m.

609-448-7140
www.mtseniorcenter.com

March is here, bringing brighter days, hints of spring, and plenty of reasons to smile! This month we proudly celebrate Women’s History Month, honoring the achievements and lasting contributions of women who have shaped families, communities, and history. Also in March, enjoy the fun of St. Patrick’s Day, the first day of spring, and daylight savings time, all reminders of new beginnings and positive energy. March’s longer, warmer days are a wonderful time to stay active, connected, and enjoy all that the season has to offer together.

On Friday, March 6th at 6:00PM join us for an evening with *Philly Heart & Soul*, a 10-piece band serving up irresistible classic soul, funk, and R&B, plus powerhouse vocals and nonstop dance-floor favorites. It’s a feel-good show guaranteed to keep you on your feet.

Join us on Thursday, March 12 at 2:00PM for *From the Organ Bench* with Ed Alstrom, Yankee Stadium’s organist since 2004, as he shares behind-the-scenes stories from his time with the New York Yankees. Discover how music shapes the game day experience and get a rare look at the vital role of a stadium organist in America’s favorite pastime.

Celebrate the luck of the Irish on Tuesday, March 17th from 1:00 to 2:30PM with a cheerful St. Patrick’s Day lunch hosted by Senior Center staff, complete with good food, great company, and a lively round of trivia to follow. **\$10 per person at registration (no refunds).** This special event is generously sponsored by *Parker at Monroe* - we hope to see you there!

Celebrate Women’s History Month with this special lineup of programs!

- **Thursday, March 5th at 10:30AM: *Women Worth Remembering*** - A tribute to remarkable women whose courage, leadership, and contributions left a lasting impact on history.
- **Monday, March 9th at 2:00PM: *Mothers of Invention*** - Discover the brilliant women whose creativity and innovation changed the world, often without the recognition they deserved.
- **Wednesday, March 18th at 2:00PM: *Women’s Health*** - CentraState Healthcare will discuss the role of pelvic floor muscles.
- **Tuesday, March 31st at 10:30AM (ZOOM): *The Roles of Women in Ancient Egypt*** - Explore the powerful and fascinating roles women held in one of the world’s most influential ancient civilizations.

March Registration Information:

Trip Registration

Friday, February 20th at 9:00AM
In-person or online via Community Pass
Use main entrance only. Doors open 8:30AM.

Program Registration

Monday, February 23rd at 9:00AM
In-person or online via Community Pass
Use main entrance only. Doors open 8:30AM.

<https://register.communitypass.net/monroetownshipseniorcenter>

Registering in person? If you need transportation for any of the above, please call (609) 443-0511 no later than 24 hours in advance.

You must be a registered member of the Senior Center in order to participate in our activities.

REMINDER: Community Pass user support is not available on Registration Days.



MAYOR DALINA’S WELLNESS CAMPAIGN FALL PREVENTION & BALANCE PROGRAM PRESENTED BY VALERIE PENA OT, CFPS, CAAIT

Valerie is an Occupational Therapist with 40 years of experience. She is dedicated to helping people of all ages build confidence, strength and balance to reduce the risk of falls.

Monroe Township Senior Center

TUESDAY MARCH 24, 2026 AT 10:00 A.M.



REGISTRATION IS REQUIRED, LIMITED AVAILABILITY.
SENIOR CENTER MEMBERS
WILL REGISTER THROUGH COMMUNITY PASS
MONROE RESIDENTS WHO ARE
NOT SENIOR CENTER MEMBERS



PLEASE REGISTER BY CALLING (609) 448-7140

Dress Comfortably!

Studies show that more than 1 in 4 people over the age of 65 fall at least once a year, resulting in 36 million reported falls annually. The good news is with education, tools and exercise, anyone at any age can reduce their fall risk.

March 2026 Center Activities

Registration for programs is
REQUIRED EACH MONTH

Monday	Tuesday	Wednesday	Thursday	Friday
2 9:00 Cardio Blast 9:30 <i>Drop-In Bridge</i> 10:00 Total Body Reset 10:00 <u>Robinson Artshop (\$)</u> 11:00 Gentle Stretch 12:00 <i>Mah Jongg</i> 1:00 <i>Yarn It</i> 2:00 <u>Senior Social</u> 3:30 <i>Tap Dancing</i>	3 8:45 Mat Yoga 9:00 <i>Chorus</i> 10:15 Drums Alive 10:30 <u>Nourishing the Nervous System (Z)</u> 11:30 Drums Alive 2:00 <u>Darla Rich Quartet</u>	4 9:00 Total Toning 9:30 <u>Watercolor w/ James (\$)</u> 10:00 Move & Groove (A) 10:30 <u>A Failure in American Diplomacy</u> 11:00 Raise the Barre 12:15 <i>Duplicate Bridge</i> 2:00 <i>Cribbage</i> 2:00 <u>Theodore Chletsos</u>	5 8:45 Chair Yoga 10:00 Body Works 10:00 Creative Art w/ Andrea 10:30 <i>Book Club</i> 10:30 <u>Women Worth Remembering</u> 11:00 Gentle Stretch Plus 2:00 <u>Zack Alexander</u>	6 9:00 Zumba Gold 9:30 <i>Canasta</i> 10:00 Meditation 10:30 <i>Harmonica</i> 11:00 Move & Groove (B) 6:00 <u>Philly Heart & Soul</u>
9 9:00 Cardio Blast 9:30 <i>Drop-In Bridge</i> 10:00 Total Body Reset 11:00 Gentle Stretch 12:00 <i>Mah Jongg</i> 1:00 <i>Yarn It</i> 2:00 <u>Mothers of Invention</u> 3:30 <i>Tap Dancing</i>	10 8:45 Mat Yoga 9:00 <i>Chorus</i> 10:15 Drums Alive 10:30 <u>Lizzie Borden (Z)</u> 11:00 <i>Green Thumbs</i> 11:30 Drums Alive 2:00 <u>Luigi Nicolae</u>	11 9:00 Total Toning 9:30 Watercolor w/ James 10:00 Move & Groove (A) 10:30 <u>Type II Diabetes</u> 11:00 Raise the Barre 12:15 <i>Duplicate Bridge</i> 2:00 <u>Chris Giakas Duo</u>	12 8:45 Chair Yoga 10:00 Body Works 10:00 Creative Art w/ Andrea 11:00 <u>Chef Stephen Wolff</u> 11:00 Gentle Stretch Plus 2:00 <u>From the Organ Bench</u>	13 9:00 Zumba Gold 9:30 <i>Canasta</i> 10:00 Meditation 10:30 <i>Harmonica</i> 11:00 Move & Groove (B) 2:00 <u>Bugs on the Go</u>
16 9:00 Cardio Blast 9:30 <i>Drop-In Bridge</i> 10:00 Total Body Reset 10:00 <u>Robinson Artshop (\$)</u> 11:00 Gentle Stretch 12:00 <i>Mah Jongg</i> 1:00 <i>Yarn It</i> 3:30 <i>Tap Dancing</i>	17 10:30 <i>Bereavement Group</i> 1:00 <u>St. Paddy's Day Lunch (\$)</u> 3:15 WOW 	18 9:30 Watercolor w/ James 10:30 <u>Medical Discovery</u> 12:15 <i>Duplicate Bridge</i> 2:00 <i>Cribbage</i> 2:00 <u>Women's Health</u>	19 10:30 <u>Forever on Your Feet</u> 2:00 <u>Scott Gurney Trio</u> 	20 9:30 <i>Canasta</i> 10:30 <i>Harmonica</i> 11:00 Move & Groove (B) 2:00 <u>Shore Soundz</u>
23 9:30 <i>Drop-In Bridge</i> 10:30 <u>Celebrating Spring on Canvas</u> 12:00 <i>Mah Jongg</i> 1:00 <i>Yarn It</i> 2:00 <u>Trio Fontes</u> 3:30 <i>Tap Dancing</i>	24 8:45 Mat Yoga 9:00 <i>Chorus</i> 10:00 <u>Bone Density Screening</u> 10:15 Drums Alive 10:30 <u>Oscar Winning Songs (Z)</u> 11:30 Drums Alive 2:00 <u>The Quiet Man</u>	25 9:30 Watercolor w/ James 10:00 <u>Music Bingo</u> 12:15 <i>Duplicate Bridge</i> 2:00 <u>Alex Otey Duo</u>	26 10:30 <u>Advocate for Yourself</u> 1:30 <i>Caregiver's Support</i> 2:00 <u>NGXB</u> 	27 9:30 <i>Canasta</i> 10:30 <i>Harmonica</i> 12:00 MTHS T.A.P. 1:00 <i>LGBT Socialize With Me</i> 1:00 <u>Friends Bingo</u>
30 9:00 <u>Cardio Blast (\$)</u> 9:30 <i>Drop-In Bridge</i> 10:00 <u>Total Body Reset (\$)</u> 11:00 <u>Gentle Stretch (\$)</u> 12:00 <i>Mah Jongg</i> 1:00 <i>Yarn It</i> 1:00 <u>Movie: Tootsie</u> 3:30 <i>Tap Dancing</i>	31 8:45 <u>Mat Yoga (\$)</u> 9:00 <i>Chorus</i> 10:00 <u>Ceramics with Mr. V. (\$)</u> 10:15 <u>Drums Alive (\$)</u> 10:30 <u>The Roles of Women in Ancient Egypt (Z)</u> 11:30 <u>Drums Alive (\$)</u> 2:00 <u>Gordon James</u>	 SPRING FORWARD	DON'T LEAVE SOMEONE SITTING HOME!  If you are unable to attend a program you must call (609) 448-7140 x216 to cancel. Waitlisted members will appreciate it!	

Robinson Artshop: Monday, March 2 - OR – March 16 from 10:00 a.m. to 12:00 p.m. Join James Robinson as he cheerfully guides you to paint your own canvas masterpiece inspired by one of his creative designs. *Project fee: \$10 per person upon registering. No refunds. Only one (1) session per member.*

Senior Social Hour: Monday, March 2 at 2:00 p.m. Share an afternoon socializing and sharing your story with good friends and some new ones too. Enjoy light refreshments while meeting and learning about your fellow members.

Nourishing the Nervous System: Tuesday, March 3 at 10:30 a.m. via Zoom. We could all use a little stress relief these days. Luckily, the plants are here to help! Join Nora T., Clinical Herbalist, for a lesson on plants that nourish and support the nervous system. Learn about plant actions and energetics, as well as practical applications and preparations of various plants that prevent and relieve anxiety.

Darla Rich Quartet: Tuesday, March 3 at 2:00 p.m. Rich and Darla Tarpinian are active members of the Central New Jersey music scene, sharing their love of jazz with audiences across the region. Their performances feature instrumental standards and jazz compositions in trio and quartet settings, creating a warm, engaging atmosphere. They will be joined by saxophonist Dave Homan and percussionist Cliff Hochberg.

Watercolor with James: Wednesday, March 4 from 9:30 to 11:30 a.m. Discover the power of color in this immersive 10-week watercolor theory course with James Robinson designed for *beginner, intermediate, and advanced* artists alike. Each weekly session builds on the last, guiding you from foundational color principles to more advanced techniques for harmony, mood, and expressive impact. Through hands-on exercises, clear demonstrations, and practical application, you'll learn how to choose, mix, and control color with confidence so your paintings feel more vibrant, intentional, and alive. *\$100 per person due upon registration. No Refunds. (No Class: April 1. Last Class: May 13).*

A Failure in American Diplomacy: Wednesday, March 4 at 10:30 a.m. War with Japan could have been avoided in 1941. Although many historians state that war in the Pacific was inevitable, a window of opportunity to resolve issues diplomatically did present itself in the summer of 1941. Join professor and historian Paul Z. to learn what the failure in American diplomacy was all about and, most importantly, why.

Theodore Chletsos: Wednesday, March 4 at 2:00 p.m. Tenor Theodore Chletsos is a sought-after artist in the United States and abroad, garnering praise for his powerful voice and dynamic stage presence. He has performed to much acclaim throughout Europe, performing in tours of *Madama Butterfly, La Bohème, and Rigoletto*, where he was universally praised. Theodore made his Carnegie Hall debut in *Antony and Cleopatra*, and has lent his singing and dancing talents to numerous Broadway-style revues, cabaret performances, and operettas. This performance will highlight some of Theodore's most memorable times on Broadway.

Women Worth Remembering: Thursday, March 5 at 10:30 a.m. In honor of Women's History Month, this lecture highlights the extraordinary lives of four trailblazing women. From founding the Girl Scouts, transforming American cooking, revolutionizing humanitarian aid, and shaping modern hospice care, each woman left a lasting impact on society. Join us for an inspiring look at the lives of Juliette Gordon Low, Julia Child, Clara Barton, and Florence Wald. *Sponsored by Springpoint at Manalapan, Waypoint Legal, Compassus Hospice, and Platinum Home Care.*

Zack Alexander: Thursday, March 5 at 2:00 p.m. Zack is a charming young jazz vocalist who specializes in the style of Frank Sinatra and The Rat Pack and performs throughout the Tri-State with the 20-piece *Swingtime Big Band*. As the winner of

the 2016 "Sinatra Idol" competition in Hoboken, he is dedicated to bringing the Great American Songbook to life for current and future generations.

Philly Heart & Soul: Friday, March 6 from 6:00 to 7:15 p.m. Get ready to move! Philly Heart & Soul was founded by Sam Primavera and Johnny Morrone over a decade ago to provide high-energy dance and music entertainment. They bring the irresistible groove of classic soul, funk, and R&B straight to the stage with powerhouse vocals and nonstop dance-floor favorites. This 10-piece band delivers a feel good show that will keep you on your feet!

Mothers of Invention: Monday, March 9 at 2:00 p.m. Go on a tour through three centuries of overlooked women who defeated the combined barriers of gender and race to create products that have changed our world. Author Carol L. discusses the women that invented GPS satellites, nanocomposite dental materials, synthetic lubricants, VOIP (voice-over-internet protocol), devices to simplify domestic chores, and the long-life battery essential to the success of the International Space Station.

Lizzie Borden: Tuesday, March 10 at 10:30 via Zoom. Join historian Greg C. for an overview of what was both the crime and trial of the century. Uncover the background of the Borden family and what drove Lizzie to murder her parents. The trial and fallout of the verdict will also be examined, as well as various conspiracy theories that were rumored throughout the years.

Luigi Nicolae: Tuesday, March 10 at 2:00 p.m. Back by popular demand, this 31-year-old violinist from Romania grew up in Italy since the age of 9. As a former student of the prestigious Giuseppe Verdi Music Conservatory of Milan, Luigi can speak 5 languages and has gained recognition for his broad musical palette. He appeared on *Romania's Got Talent* in 2018 and received 4 yes votes from the judges. His 300+ song repertoire consists of classical, pop, 50s, 60s, 70s, Italian, Latin, movie themes, and more!

Type II Diabetes: Wednesday, March 11 at 10:30 a.m. Are you familiar with the American Diabetes Association's 2026 guidelines on diabetes? Join Dr. Caracitas from Astera Care to learn about diabetes risk factors, complications and special considerations for older adults, and which vaccinations are recommended for diabetics. Come with your questions and leave informed.

Chris Giakas Duo: Wednesday, March 11 at 2:00 p.m. Guitarists and vocalists Chris Giakas and George Malpass are two musicians that have been performing Irish music for many years. Let's celebrate St. Patrick's Day a little early with these two proud Irish lads!

Chef Stephen Wolff – Irish Inspired Bites: Thursday, March 12 at 11:00 a.m. Break out your best kelly green and get ready to celebrate St. Patrick's Day a little early! Join chef Stephen for a festive tasting and cooking demo filled with Irish inspired flavors. Enjoy samples of savory corned beef and cabbage roll-ups along with mini mouthwatering scones fresh from the kitchen. Slainte!

From the Organ Bench: Thursday, March 12 at 2:00 p.m. Yankee Stadium organist since 2004, Ed Alstrom, will discuss his experience working with the New York Yankees organization and performing at the iconic Yankee Stadium. He will share personal stories, insights into the day-to-day role of a stadium organist, and reflections on how music helps shape the atmosphere of America's favorite pastime. Get a rare, behind-the-scenes look at an often overlooked but essential part of the baseball experience.

Bugs on the Go: Friday, March 13 at 2:00 p.m. Learn about insects and arthropods through an interactive presentation from Insectropolis! Engage with live animals, admire exotic pinned displays, and share your questions with the museum's

knowledgeable staff. Pinned specimens include rainforest beetles, butterflies, walking sticks, and more. Live animals that will be present include a hissing cockroach, giant millipede, scorpion, and tarantula. Discuss the myths and misunderstandings of these creatures in order to gain an appreciation for these small, amazing, and necessary creatures.

St. Paddy's Day Lunch: Tuesday, March 17 from 1:00 to 2:30 p.m. Join senior center staff for shamrocks, smiles, and a St. Patrick's Day lunch you won't want to miss followed by trivia. *\$10 per person upon registering. No refunds. Sponsored by Parker at Monroe.*

Medical Discovery: Wednesday, March 18 at 10:30 a.m. Israel G. of First Light Home Care presents an informative overview on how new medications are brought to market, the differences between brand-name and generic drugs, proper medication storage, what to do if you experience side effects, how to interpret expiration dates, and tips for using medications safely.

Women's Health: Wednesday, March 18 at 2:00 p.m. Join CentraState Healthcare for information on how pelvic floor muscles play a key role in healthy elimination of waste. Learn gentle exercises, posture tips, and daily habits that can help ease constipation, naturally support better bowel health, and prevent urinary and fecal incontinence, especially when coughing, sneezing, or exercising.

Forever on Your Feet: Thursday, March 19 at 10:30 a.m. Caring Podiatry will present an informative program focused on maintaining healthy feet as we age. Learn how to manage, care for, and prevent common foot problems such as corns, calluses, ingrown toenails, foot pain, and balance issues that can affect daily activities. Practical tips will be shared to help improve comfort, reduce the risk of falls, and feel confident on your feet.

Scott Gurney Trio: Thursday, March 19 at 2:00 p.m. This trio has been performing around the Tri-State area for over 20 years. Scott has also been performing solo on Norwegian cruises for the past several years as a pianist and vocalist. The trio returns to the Senior Center to perform their Dixieland and Mardi Gras favorites along with jazz standards and selections from the Great American Songbook.

Shore Soundz: Friday, March 20 at 2:00 p.m. Sailing along and making music since 2008, Shore Soundz is one of New Jersey's most fun and versatile bands. The band features female and male vocals with rich harmonies while playing the best of pop, rock, and soul. This afternoon promises to keep you bopping in your seats and dancing too!

Celebrating Spring on Canvas: Monday, March 23 at 10:30 a.m. Join Always Responsive Care to bring a beautiful spring-themed canvas to life, one color at a time. No prior painting experience is needed as your canvas will be pre-drawn. This project encourages creativity, reduces stress, and offers a wonderful opportunity to socialize while celebrating the colors and joy of the upcoming spring season. Unwind, express yourself, and leave with a finished piece of artwork to be proud of.

Trio Fontes: Monday, March 23 at 2:00 p.m. This very talented and popular trio returns to perform a concert of beautiful classical music, featuring lyrical favorites by Schubert and Beethoven, expressive works by Saint-Saëns and Granados, and familiar songs and hymns.

Bone Density Screening: Tuesday, March 24 by appointment from 10:00 a.m. to 1:00 p.m. This quick, non-invasive screening can identify potential risk for bone loss and supports early awareness and prevention. Take a proactive step toward maintaining strong, healthy bones. *In-person registration only. Not available on Community Pass.*

Oscar Winning Songs: Tuesday, March 24 at 10:30 a.m. via Zoom. Just about 90 songs have won the Academy Award. Join Sam and Candy on a trip down memory lane to celebrate the winning music of so many great artists such as Irving Berlin, Jerome Kern, and Lady Gaga. You'll be humming these tunes long

after the program is over!

The Quiet Man - Hollywood's Valentine to Ireland: Tuesday, March 24 at 2:00 p.m. Why did every major studio in Hollywood refuse to produce this film despite the enthusiasm of director John Ford? John Wayne, Maureen O'Hara, and Victor McLaglen all signed on years ahead of production knowing this film had the ability to become a success. Celebrate St. Patrick's Day a little late with John K. to hear his in-depth breakdown of Hollywood's most acclaimed Irish-themed film.

Music Bingo: Wednesday, March 25 from 10:00 to 11:30 a.m. Join Tara's take on BINGO with a musical twist! Groove in your seat to popular song beats as you try to get BINGO!

Alex Otey Duo: Wednesday, March 25 at 2:00 p.m. Bringing together decades of elite musicianship, James Popik and Alex Otey join forces to deliver a sophisticated celebration of classic rock 'n roll, breathing new life into iconic sounds of the 50s through the 70s. This powerhouse duo draws from a combined pedigree that includes over 3,000 live performances, multiple Grammy nominated projects, and prestigious appearances at the White House.

Advocate for Yourself: Thursday, March 26 at 10:30 a.m. Advocating for yourself or a family member can be difficult. Clinical settings can be overwhelming and anxiety inducing. This seminar will teach you ways in which you can best advocate for yourself or your family member in a hospital, physician's office, or post-acute setting to get the most out of your visit or stay. *Sponsored by The Gardens at Monroe.*

NGXB: Thursday, March 26 at 2:00 p.m. This young pianist is a rising star that has graced stages at venues such as Caesars Palace in Las Vegas, Green Valley Ranch, Red Rock Casino Resort, and Hard Rock International. With nearly 2 million followers across social media, his unique style, high energy, and limitless repertoire make him a "must see." Get ready for a very lively hour with this incredible talent.

Movie - Tootsie: Monday, March 30 from 1:00 to 3:00 p.m. The 1982 classic film *Tootsie* is a must-see (or a must see again). Dustin Hoffman plays Michael, a struggling actor who lands a role by disguising himself as a woman. He quickly learns the challenges of being a "woman" in a man's world, and emerges a better man for it in the end in this clever and hilarious film full of important observations about the relationship between women and men.

Ceramics with Mr. V.: Tuesday, March 31 from 10:00 a.m. to 12:00 p.m. Join art instructor Mr. V. from Monroe Township High School for a hands-on glazing session where you'll create your own ceramic masterpiece. This 2-hour session offers a supportive environment to express your creativity. *All supplies included. \$15 per person upon registering.*

The Roles of Ancient Egyptian Women: Tuesday, March 31 at 10:30 a.m. via Zoom. Ancient Egypt was a male dominated culture, but many women held important positions in numerous aspects of society. They could obtain a divorce, own property, and craft their own will. In fact, several women ruled as pharaohs over the course of Egyptian history. Relying on data obtained from archaeology and anthropology, Dr. Steve illuminates the roles of both the non-royal and royal women of ancient Egypt including powerful leaders such as Queen Tiye, Queen Nefertiti, Hatshepsut, and Cleopatra VII.

Gordon James - The Brill Building Sound: Tuesday, March 31 at 2:00 p.m. Before *The Beatles* changed the music scene, many popular artists relied on professional songwriters from New York's famed Brill Building. Gordon James highlights the talented songwriting teams who crafted the soundtrack of late 50s and early 60s pop music. He will share the stories behind iconic hits such as *Will You Still Love Me Tomorrow*, *Up on the Roof*, *Be My Baby*, *Save the Last Dance for Me*, *Walk on By*, and *I'll Never Fall in Love Again*.



TRANSPORTATION TRIPS

Transportation Dept. John Magda, Transportation Manager
(609) 443-0511

Pre-Registration is required for all trips. Trip registration is:
FRIDAY, FEBRUARY 20th, 2026 at 9:00 a.m.
If you are unable to participate in a trip, you must call to cancel.

Resorts Casino in Atlantic City, NJ (1½ hours from the Senior Center) Wednesday, March 25, 2026

Resorts brought gaming to Atlantic City as the first American casino outside Nevada when it opened in 1978. Resorts offers a large casino floor, numerous restaurants, and an oceanfront location on the Boardwalk.

The following items are prohibited in the casino: weapons of any kind, outside food & beverages, alcohol, large bags, backpacks, chairs, umbrellas, and selfie sticks. Non-professional or professional cameras with detachable, long or extending lenses are not permitted. Recording devices of any kind are also prohibited.

Departure Time: 9:00am **Return Time:** 7:00pm (Charter bus) **Cost:** \$15 per person (You will receive \$20.00 slot play from Resorts.) **Lunch:** There are numerous locations within the casino where you may enjoy lunch.

“Oldies But Goodies” at The Shore Club in Spring Lake, NJ (45 minutes from the Senior Center) Tuesday, April 7, 2026

The Fabulous Reflections Show Band will perform a classic rock tribute to the songs you know by heart from the 50s, 60s, and 70s, plus a hilarious comedian.

We are assigned a section of tables. Please be courteous to the staff at the venue and the Senior Center staff members while selecting your seat at the table. You must fill in each seat and not leave an open seat between each of you.

Please choose one of the following: Sirloin of Beef | Turkey with Stuffing | Herb Salmon.

All meals include 1 hour open bar, plated meal, garden salad, soup (caterer’s choice) or pasta, coffee, tea, (soda and wine during lunch), dessert, tax and gratuity.

Departure Time: 10:15am **Return Time:** 5:00pm (Township Bus) **Show Time:** 11:30am to 3:30pm
Cost: \$75 per person

Historic Smithville in Smithville, NJ (1¼ hours from the Senior Center) Tuesday, April 21, 2026

Historic Smithville is a village that takes you back in time! What started as a simple, one-room stagecoach stop has blossomed over the last 50 years into a beloved destination for making memories. As you enter any of the 50 shoppes, you’ll feel the warm embrace of small-town hospitality and the charm of local businesses. Stroll along cobblestone walkways and over foot bridges to discover a village that seems frozen in time.

Walking is required for this trip including cobblestone type brick pathways and arched wooden footbridges. All eateries are wheelchair accessible. Some shops in historic buildings are not.

Important: Items you purchase must be placed and secured on the floor at your feet. Oversized items, carts, or anything with a pointy end are not permitted on Township buses. The bus aisle must remain clear. You are responsible for your purchases and must be able to manage them by yourself. Drivers are not allowed to assist you.

Departure Time: 9:30am **Return Time:** 3:30pm (Township Bus) **Cost:** \$10 per person **Lunch:** There are numerous locations throughout the town where you may enjoy lunch. For a preview of dining options, visit www.historicsmithville.com/stroll-smithville.



**Jelly's Last Jam at Bristol Riverside Theatre in Bristol, PA (45 minutes from the Senior Center)
Wednesday, April 22, 2026**

Step into the electrifying world of jazz legend Jelly Roll Morton in Jelly's Last Jam! This Tony Award-winning musical takes you on a thrilling journey through the life, music, and complex legacy of the self-proclaimed inventor of jazz. Told through dazzling choreography, powerful storytelling, and Morton's iconic music, the show explores his meteoric rise, struggle with identity, and the cultural impact of his groundbreaking sound. As Jelly reflects on his past from the afterlife, he must confront the truths he tried to outrun.

Walking is required for this trip. There is a short walk to the theatre from the restaurant after lunch.

King George Inn 102 Radcliffe Street, Bristol, PA

Please choose one of the following meals when registering:

Broiled Salmon (*with a lemon beurre blanc sauce*)

Grilled Chicken Breast (*topped with artichoke hearts, cherry tomatoes, and finished with a balsamic demi-glaze*)

Chicken Parmesan (*topped with tomatoes, fresh mozzarella, and finished with a sun-dried tomato cream sauce*)

All meals come with traditional Caesar salad, assorted dessert bars and cookies, hot coffee, hot tea, iced tea, soda, tax, and gratuity.

Departure Time: 10:45am **Return Time:** 4:30pm (Township bus) **Cost:** \$90.00 per person

Lunch time: 11:30am **Show time:** 2:00 to 3:30pm (including intermission)

**Michener Art Museum in Doylestown, PA (1¼ hours from the Senior Center)
Thursday, April 23, 2026**

Named after James A. Michener, Doylestown's most famous son, and Pulitzer-Prize winning writer and supporter of the arts, the Michener Art Museum is dedicated to preserving the artistic heritage of Bucks County and its regional artists. The museum is home to a world-class collection of Pennsylvania Impressionist paintings and a permanent collection that explores a variety of artistic expressions.

The museum is housed in the former Bucks County Jail and is surrounded by the original prison walls. Popular spots include the Gift Shop, Terrace Cafe, Education Center, Research Library, and gallery spaces. The Museum's exhibitions and a variety of distinct programs for all ages attracts more than 30,000 visitors annually from around the world. In addition to their permanent collection, current exhibitions will include *Creatures from the Collection* and *Small Living Things: The Magical Art of Eric Carle*. You may learn more at www.michenerartmuseum.org/

Your visit begins with a **one hour group guided tour**, followed by time on your own to explore the museum. The group will then take the bus to Peddler's Village where you may have lunch on your own among a variety of dining options, a list of which can be found at: www.peddlersvillage.com/dine

Walking is required for this trip including uneven pavement at Peddler's Village.

Departure Time: 9:30am **Lunch time:** 12:45am **Return Time:** 4:00pm (Township bus) **Cost:** \$23.00 per person.

**Delaware Art Museum in Wilmington, DE (1¼ hours from the Sr. Ctr.)
Wednesday, May 6, 2026**

The permanent collection at “DelArt” features 12,000 works of art, including historical and contemporary American art, British Pre-Raphaelite art, and American illustration. Highlights include significant holdings of work by John Sloan, Dante Gabriel Rossetti, and Howard Pyle. Several limited exhibitions will be on display at the time of your visit. (You may read about them at www.delart.org) Included with your visit is a one hour group guided tour, followed by lunch and then time to explore the museum on your own.

Walking is required for this trip.

Lunch: Your visit includes a boxed lunch after the group guided tour. Please choose one salad **or** one sandwich from the following menu when registering:

Salad Choice

OR

Sandwich Choice

Curry Chicken: Curried chicken salad, grapes, spring mix, carrot, tomato, and cucumber, with balsamic vinaigrette.

Citrus: Organic grapefruit, pine nuts, avocado mandarin, cranberry, arugula, with chili honey lime.

Grilled Chicken: Grilled chicken, carrot, chickpeas, cucumber, cherry tomato, feta cheese, romaine lettuce, lemon dressing.

Beet: Organic beets, mandarin, strawberry, carrots, cranberry, goat cheese, arugula, with balsamic vinaigrette.

Curry Chicken: Curried chicken salad, romaine lettuce on warm croissant.

Chicken Panela: Grilled chicken, panela cheese, pesto, tomato, on toasted flat bread.

Caprese: Fresh mozzarella, red pepper, pesto, vegetable sauce, on toasted flat bread.

Egg Salad Wrap: Egg salad with chives, romaine lettuce, tomato, red onion, on spinach wrap.

Your boxed lunch choice includes a side of seasonal fruit, house made cookie, and an 8oz bottled water.

Departure Time: 8:15am **Return Time:** 4:30pm (Charter Bus) **Cost:** \$87.00 per person (Includes guided tour, boxed lunch, tax, and gratuity.)

**Spirit of New Jersey Weehawken, NJ (1¼ hours from the Senior Center)
Friday, May 8, 2026**

Cruise the Hudson River enjoying views of the Manhattan, Brooklyn, and Williamsburg Bridges, the Statue of Liberty, and the New York/New Jersey skyline. Along the way, enjoy a picturesque backdrop and a buffet lunch, plus live entertainment with a DJ. Relax on climate-controlled decks or stroll along the open-air observation deck. Don't forget to bring your camera!

SALADS

Caesar Salad Romaine lettuce, parmesan cheese, herb croutons, traditional Caesar dressing · **Summer Berry & Farro Salad** Strawberries, blueberries, baby spinach, sumac vinaigrette · **Sun Dried Tomato Pasta Salad** Olives, crispy bacon, garlic aioli, fresh herbs.

MAIN DISH

Baked Orecchiette Pasta Mushrooms, zucchini, red onion, pomodoro sauce, basil · **Birria Style Chicken** Fire roasted peppers, carmelized onions · **Oven Roasted Salmon** Roasted bok choy, miso citrus soy sauce · **Caribbean Jerk Braised Pork** Plantains, black beans, garlic, scallions.

COMPLEMENTS

Mexican Elote-Style Corn Cilantro, chili, queso fresco · **Roasted Tre Color Potatoes** Fresh rosemary, olive oil · **Roasted Summer Vegetables** Cauliflower, zucchini, yellow squash, red pepper, herb emulsion.

DESSERT

Signature Dessert Station Individual desserts, seasonal fruit.

Your buffet lunch (MENU SUBJECT TO CHANGE) includes coffee, tea, and iced or sweet tea, tax and gratuity. A cash bar is available for soda, juice, and alcoholic beverages.

Steps and walking are required for this trip including an uneven ramp to enter the vessel.

Passengers and their belongings are subject to a screening in accordance with Coast Guard regulations. Guests are asked not to bring any unnecessary bags to allow for easy screening.

Departure Time: 10:45am **Cruise Time:** 12:45 to 3:00pm **Return Time:** 5:00pm (Charter bus)

Cost: \$95 per person

Important Information About Monthly Trips

Monthly Trips	Every month, the Senior Focus newsletter offers a wide variety of upcoming destinations which Senior Center members may take advantage of. The newsletter also indicates when registration for these trips will begin. These affordable journeys include entertainment, shopping, culture, and other points of interest.
How to Attend Trips	<ul style="list-style-type: none"> • All trips require pre-registration. • Only current members of the Senior Center may register for trips. (If you have a purple card, it means that you are a current member.)
Registration In-person	<ul style="list-style-type: none"> • Per the above, each Senior Focus monthly newsletter indicates the date that registration will begin for the latest upcoming trip offers. Registration start time is always 9:00 a.m. (satellite/universal time). • You may register in-person at the Senior Center via the main entrance doors which open at 8:30 a.m. or from home using your Community Pass account (see below). • In-person, you may register for yourself and one additional member. If you are registering for yourself and another household member, you may not register for anyone else.
Registration From Home Using Community Pass	<ul style="list-style-type: none"> • Community Pass is a website that Monroe Township and other municipalities offer to its residents for managing programs and activities. • All members of the Senior Center have a Community Pass account with a user name and password. • Internet savvy members may register for trips and other programming from home or elsewhere online using their Community Pass account. • As with in-person registration, start time is at 9:00 a.m. (satellite/universal time). If you have logged in to Community Pass prior to that time, remember to refresh/reload your browser at 9:00 a.m. so that you will see the updated trip list when it “goes live.” • When registering online, Community Pass will only allow you to register for members of your own household/account.
Seat Assignments	Your seat will be assigned by the Transportation Department via a lottery system. You cannot change your seat number with anyone once it is assigned to you. You will be notified the day before the trip by email or phone regarding seat assignment and departure time. Important: Buses leave promptly at the specified departure time.
Payments	<ul style="list-style-type: none"> • In-person, personal checks, credit cards, and cash (exact change) are accepted. • When paying by check, please use one check for the entire household. • DO NOT fill in the dollar amount on your check until it has been verified at the time that you register. • Make checks payable to Township of Monroe. • In-person, when registering for an additional member in a different household, please use a separate check or other method of payment. • When registering online, Community Pass accepts Visa, Mastercard, and Discover, or an e-Check.
Accessibility	Not all trips are wheelchair or scooter accessible, while others may require more walking, steps, or other obstacles. If this is a concern, please call the Transportation Department prior to registration day to determine if a particular trip is appropriate for you.
Cancellation	<ul style="list-style-type: none"> • To avoid the need to cancel, please check your personal calendar <u>before</u> you register. If you must cancel, please call the Transportation Department as soon as possible so there is time to contact the next person on the waitlist. • Outside regular business hours, you may still call to cancel by leaving a voice mail with your name, phone number, and the date of your trip. The answering machine operates 24 hours a day. • Refunds will be given only if your seat is replaced by someone on the waitlist or if the trip is cancelled. • Your purchase is non-transferable. You may not assign another person to take your place.