

SUSSEX COUNTY

SENIOR TIMES

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Sussex County Center for Lifelong Learning At Sussex County Community College (SCCC) Upcoming Presentation in April and a Lunch/Matinee in May

The Center for Lifelong Learning at Sussex County Community College (SCCC), a collaboration between the Sussex County Department of Health and Human Services, Division of Senior Services and Sussex County Community College, is hosting a free lecture and a luncheon/matinee during the months of April and May:

Lecture: The God-Pharaohs of Ancient Egypt

Join Dr. Robyn Izquierdo on Friday, **April 26, 2024**, at 2:00 p.m., in the Atrium of the Performing Arts Center at SCCC as she delves into one myth which fueled the belief that the royal rulers of Egypt were gods. But what kind of gods would they be? That was the question asked for almost 2,000 years as kingdoms rose and fell and pharaohs had to decide just how to rule Ancient Egypt.

Matinee: Arsenic and Old Lace

The Theater Program at Sussex County Community College has announced its Spring comedy, *Arsenic and Old Lace* by Joseph Kesselring at the college's Performing Arts Center (PAC) at One College Hill Road, Newton, NJ 07860.

There will be a luncheon/matinee for one of the shows on **Saturday, May 4, 2024, at noon**, for seniors (60+) who take the opportunity to reserve their tickets for a special Arbor Restaurant 3 course luncheon.

The cost is \$35 and menu is forthcoming. Attendees will dine at noon with plenty of time to attend the matinee. This is a brand-new offering highlighting the Arbor Restaurant, which is a part of the SCCC Culinary Arts Institute in downtown Newton. Seating is extremely limited for the luncheon.

Cost: Just Performance Tickets are \$10 for the general public and \$5 for students, seniors, and US military. Additional dates for the show are 4/25, 4/26, 4/27 and 5/3, all at 7:30 p.m.

Ticket Link: <https://www.simpletix.com/e/arsenic-and-old-lace-tickets-158265>

Registration: To register for the May 4 matinee/luncheon or obtain additional information, please call 579-0555, ext. 1277.

Powered by Connection A Celebration for 2024 Older Americans Month

The Sussex County Department of Health and Human Services, Division of Senior Services is excited to recognize older Americans during our annual Older Americans Month Celebration. Please join us on **Friday, May 10, 2024**, at the Sussex County Fairgrounds Agriculture Pavilion, 37 Plains Road, Augusta, NJ, from 9:00 a.m. to 2:00 p.m., for a day filled with information, education, comradery, and entertainment.

This year's theme, "Powered by Connection," focuses on the profound impact that meaningful connections have on the well-being and health of older adults — a relationship underscored by the [U.S. Surgeon General's Advisory on the Healing Effects of Social Connection and Community](#).

"It's not just about having someone to chat with," said Lorraine Hentz, Deputy County Administrator, "it's about the transformative potential of community engagement in enhancing mental, physical, and emotional well-being." According to Lorraine Hentz, by recognizing and nurturing the role that connectedness plays, we can mitigate issues like loneliness, ultimately promoting healthy aging for more Americans.

What can individuals do to connect?

- Invite more connection into your life by finding a new passion, joining a social club, taking a class, or trying new activities in your community.
- Stay engaged in your community by giving back through volunteering, working, teaching, or mentoring.
- Invest time with people to build new relationships and discover deeper connections with your family, friends, colleagues, or neighbors.

This year the Division of Senior Services will be having a food drive to help stock the food pantry at the Division of Social Services. Please bring one non-perishable item with you to this special event. Items typically needed include shelf stable milk, meals in a can, peanut butter, jelly, pasta sauce, pasta, canned chicken, chicken soup, granola bars, cereal, toiletries and paper towels, and pet food. Pop-top cans are appreciated, as many people do not have a can opener. Many

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Older Americans Month continued....

people need meals that can be heated or cooked in a microwave oven.

Space is limited; therefore, pre-paid registration (\$5 per person – non-refundable) is required. Registrations received after May 1, 2024 will be \$10 per person. Checks should be made payable to “Senior Services Trust Fund” and submitted to Sussex County Division of Senior Services, One Spring Street, Newton, NJ, 07860. Please contact the Sussex County Division of Senior Services at 973-579-0555, ext. 1277 or seniorservices@sussex.nj.us for additional information.



Sussex County's Veterans Appreciation Luncheon

Wednesday, April 24, 2024
11:00 a.m. to 2:00 p.m.

Farmstead Golf and Country Club
88 Lawrence Road, Lafayette, NJ

Pre-registration for this event is required by April 15, 2024. For additional information and to RSVP for the luncheon, please contact the Sussex County Division of Senior Services at 973-579-0555, ext.1277 or seniorservices@sussex.nj.us.



A Matter of Balance program is designed to reduce the fear of falling and increase activity levels among older adults. Participants will learn to set realistic goals to increase activity, change their environment to reduce fall risk factors, and learn simple exercises to increase strength and balance. The program consists of eight (8) weekly sessions that are facilitated by trained coaches.

Stillwater Community Center
931 Swartswood Road, Newton, NJ 07860

Thursdays
April 18 – June 6, 2024
9:00 a.m. – 11:00 a.m.

Light refreshments will be provided at each session.

To register, or for additional information, please contact the Sussex County Division of Senior Services at 973-579-0555, ext. 1221 or kking@sussex.nj.us.

2024 Senior Bus Trips

Hardvyston Senior Club – Will host a bus trip on **Wednesday, April 24, 2024**, to New York to go on the Circle Line Cruise. The cost of the trip is \$85 and includes cruise ticket, lunch on the boat and transportation.

Hardvyston Senior Club – Will host an overnight bus trip on **Wednesday, May 15, 2024**, to Cape May. The cost is \$325 per person (double occupancy).

Hardvyston Senior Club – Will host a bus trip on **Wednesday, August 7, 2024**, to the Forestburgh Playhouse to see *Beautiful, The Carole King Musical*. The cost is \$92 per person and includes show, buffet lunch and transportation.

Sparta Recreation – Will host a bus trip on **Wednesday, June 12, 2024**, to Resorts World Casino in the Catskills to see a matinee, *Musical Tribute to Carole King*. The cost is \$60 per person and includes \$25 in slot play. Please call (973) 729-2383 to register.

Sparta Recreation – Will host a lecture connecting The Revolutionary War to Morristown on **Thursday, May 23, 2024**, at 12:00 p.m., at the Famished Frog Restaurant, 18 Washington Street, Morristown. The cost is \$45, which includes entry to the lecture and a full meal. Please call (973) 729-2383 to register.

Stanhope Senior Club – Will host a bus trip on **Wednesday, April 17, 2024**, to Hunterdon Hills Playhouse to see *Beehive: The 60's Musical*. The cost is \$100 per person and includes lunch and transportation.

Stanhope Senior Club – Will host a bus trip on **Tuesday, July 16, 2024**, to Riverview Inn in Matamoras, PA for a luncheon show starring Jeff “Elvis” Krick. The cost is \$70 per person and includes appetizer, meal, beer, wine and transportation.

XYZ Club/St. Francis DeSales Church Club - Will host a bus trip to Wind Creek Casino in Bethlehem, PA on **Tuesday, April 16, 2024**. The cost is \$35 per person (No Refunds). You will receive \$25 in slot play.

XYZ Club/St. Francis DeSales Church Club - Will host a bus trip to Forestburgh Playhouse on **Wednesday, July 10, 2024**, to see *Jimmy Buffett's Escape to Margaritaville*. Lunch will be at the Erie Hotel in Port Jervis, New York. The cost is \$100 per person.

Sussex County
Department of Health and Human Services
Division of Senior Services
One Spring Street, 1st Floor, Newton, NJ 07860
Phone: 973-579-0555 ~ Fax: 973-579-0550
www.sussex.nj.us/seniorservices
Email: seniorservices@sussex.nj.us

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