



# **MEDFORD**

## *Senior Programs*

*Created by*

*The Medford Senior Citizens*

Under the auspices of Medford Township  
[www.medfordtownship.com/seniorcitizens](http://www.medfordtownship.com/seniorcitizens)



The Medford Senior Center is located in Cranberry Hall at 44 Charles Street, (*behind the Medford Municipal Building at 17 North Main Street*). It is open daily from 9:00am to 4:00pm. The center celebrated its official grand opening on June 10, 2004. During the past 10 years, programs offered at the Senior Center have grown to include: bridge, pinochle, canasta, rummy kube, Mexican Train, (a domino game), Mah Jongg, knitting and crocheting, watercolors for beginners, a book club, an investment discussion group, a woman's discussion group, Genealogy, a senior tennis group, and travel and trips. Exercise programs such as: yoga, Project Healthy Bones, an Arthritis Foundation Exercise program, and Zumba Gold are also offered weekly.

The Senior Center is available for socializing and relaxing, meeting your neighbors, watching TV, reading a book or magazine from the growing donor library or joining friends for a casual board or card game using the numerous tables set up in the hall.

Additionally, there are many regularly scheduled social activities being offered. Recent socials have been very well attended and thoroughly enjoyed by those participating. Every third Friday of the month, there is a social which includes food and entertainment. Fun and Game Night takes place every Friday night from 7:00 – 9:00pm. Once a month the seniors dine out at an area restaurant.

The Cranberry Hall Senior Center is always looking for suggestions of new activities to offer. It is here for the enjoyment and fellowship of Medford seniors, and both the Township and the volunteers of the center are making every effort to meet their needs.

For more information (609) 654-2608 (ext.338) or visit the website at

[www.medfordtownship.com/seniorcitizens](http://www.medfordtownship.com/seniorcitizens)

# Senior Programs

## Bridge Programs:

*Attention all Bridge players over 55!*

The Medford Seniors at Cranberry Hall have several different sessions available to you.



Duplicate Bridge - Coordinator - Mike Diller – [ml.diller@hotmail.com](mailto:ml.diller@hotmail.com) or (856) 596-4026

Duplicate Bridge meets every Monday from 1:30pm – 3:30pm. Permanent partners vie with others for the most points. Bring a partner and join us.

Bridge Workshop - Coordinator – Lou Minadeo

[louism7.112@netzero.com](mailto:louism7.112@netzero.com)

Bridge Workshop meets every Tuesday from 10:00am to 12:00 noon, with all levels of playing. The purpose is to provide a venue for new players to learn in a non-contentious atmosphere while strictly following the rules set forth by the American Contract Bridge League. Experienced players are welcome, provided they accept and understand its purpose and accept that beginners are in a learning phase.

Bridge Open Play – Coordinator – Ruth Schneider – [rsanford34@aol.com](mailto:rsanford34@aol.com)

Come join us for a stimulating game of Bridge every Wednesday from 1:30 – 3:30pm in this informal afternoon of play. Singles are welcome as partners are selected randomly. Every effort is made to make sure that no one has to sit out for very long because when a table is not full, a roving player fills in.

Tournament / Team Bridge – Coordinator – Carol Connolly

[craigconnolly@verizon.net](mailto:craigconnolly@verizon.net) or (856) 983-4568

Tournament Bridge meets every other Friday for 5 sessions with a break of 2-3 weeks in between each tournament. Currently, there are 14 teams playing from 3:15pm – 5:15pm in Cranberry Hall. Each team is paired by the coordinator with one set of opponents for the full two hours. Therefore, by the end of each tournament, each pair has played with five sets of opponents. Anyone interested in playing on a team should get on our substitute list since subs are given first preference in the event of an opening.

Pinochle- Coordinator – Lou Minadeo- [louism7.112@netzero.com](mailto:louism7.112@netzero.com)

Pinochle meets every Thursday from 10:00am – 12:00 noon at Cranberry Hall.

**Canasta, Rummy Kube, and Mexican Train– Coordinator –**

**Jeff Higgins [JEFF@HIGGINSRETIRED.COM](mailto:JEFF@HIGGINSRETIRED.COM) or (609) 654-0703**

The beauty of all of these games is that any number can play. No sign up is necessary, just show up. We meet every Friday night from 7:00pm to 9:00pm at Cranberry Hall.



**A Mexican Train (a fun domino game) Coordinator – Barb Melnick –**

**[barbi.m0210@gmail.com](mailto:barbi.m0210@gmail.com) or @ Home (856) 235-2292 or Cell (856) 630-6326**

A Mexican Train Domino game is played on the 1<sup>st</sup> and 2<sup>nd</sup> Tuesday of each month at 1:30pm at the Medford Senior Center at Cranberry Hall.



**Basic Computer Course – Coordinator – Stella Dudek – [stellad1848@comcast.net](mailto:stellad1848@comcast.net)**

**or (609) 714-9175**

The goal of this course is to teach basic computer skills and to introduce the internet and other essential computer software. Seniors should also gain skills that will help them adapt to new programs and become independent computer users!!!



**Dining \$ – Coordinator - Sylvia Teahan – [sylbear2@aol.com](mailto:sylbear2@aol.com) or Ruth Schneider - [rsanford34@aol.com](mailto:rsanford34@aol.com)**

On the 4<sup>th</sup> Wednesday of the month, Medford seniors socialize and dine at one of the restaurants in the Medford area. Participants are responsible for the cost of their own meal. Sign up at Cranberry Hall.



**Genealogy Group \$ – Coordinator Lora Kline – [lorak@comcast.net](mailto:lorak@comcast.net)**

Interested (and interesting) people join together on the 2<sup>nd</sup> and 4<sup>th</sup> Thursday of each month from 7:00pm until approximately 8:45pm at Cranberry Hall to listen to a talk and discuss ideas for family history research. Anyone who would like to receive information about current programs should contact Lora Kline



**Mah Jongg – Coordinator – Yvonne Thies – [ymt615@verizon.net](mailto:ymt615@verizon.net)**

Mah Jongg meets every Monday at 10:00am and Friday at noon. If you are interested in learning, come to the Medford Senior Center for either session to play or observe. We welcome men and women, new and experienced players. Mah Jongg cards and handouts are available. We can accommodate up to 16 players at a time. The rules of the National Mah Jongg League are followed. Come join us for a pleasant time with a congenial group.



**Knitting and Crocheting – Coordinator – Dottie Aukett – (609) 654- 8661**

Knitting and Crocheting meets every Wednesday 10:00am – 12:00noon at Cranberry Hall. If you would like to learn to knit, many members can assist you. We are good at explaining directions and sharing tips. Some ladies do volunteer knitting of hats, mittens and sweaters for low in-come nursery schools. The group is also social. We laugh a lot!



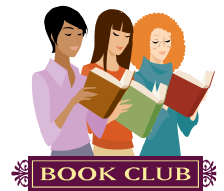
**Water Colors for beginners and Art Fundamentals – Instructor – Eileen Caporaso**  
**[artmom57@comcast.net](mailto:artmom57@comcast.net) or (856) 316-9241**

Water Colors for beginners and Art Fundamentals meets Mondays from 10:00am to 12:00 noon from September to June\_at Cranberry Hall. The class teaches the basic watercolor in a step by step method geared for the first time artist or the intermediate student wanting to advance. The basics of line drawing, composition, design and color will be discussed. Learn to watercolor in this relaxing informative class. Supplies necessary – list provided at registration. *(Oils and Acrylics Welcome)*



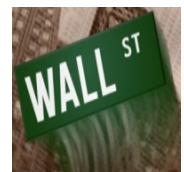
**Book Club Coordinators – Teri Petersen (609) 654-6207 & Ruth Schneider**  
**[rsanford34@aol.com](mailto:rsanford34@aol.com)**

The Book Club meets the third Tuesday of every month at 2:00pm - 4:00pm at Cranberry Hall. Members expand their literary experience by reading a selection of titles by new authors and old favorites that vary in genre from new fiction, mystery, romance and autobiographies/ biographies. Meetings also provide an open forum for the exchange of ideas and opinions.



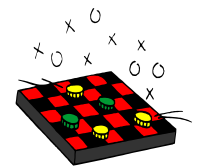
**Finance –Coordinator - Frank Roggio & Jeff Higgins – [jeff@higginsretired.com](mailto:jeff@higginsretired.com)**

The investor Information Exchange Group meets every Thursday at 12:15pm to 2:00pm to discuss and educate each other in financial and investment matters such as: bonds, stocks, estates, taxes, etc. The objective of the group is to help each other on all financial matters. The group is suitable for do-it-yourself investors or those who want to become a do-it-yourself investor. Some investing experience is desirable.



**Fun and Games**

Every Friday night\_the Senior Center at Cranberry Hall is alive with enthusiasm as members enjoy playing various board games and card games. The Friday night games are held from 7:00pm – 10:00pm. Come on out to share laughter and good conversation while playing games you might have played as a child or discover new game.



**Tennis – Coordinator – Richard Teahan - [sylbear2@aol.com](mailto:sylbear2@aol.com)**

Medford Township maintains the tennis courts at Headwater for the use of all township residents. Every Friday at 10:00am from April to October, Medford Seniors meet to play tennis at Headwater. Players provide their own equipment and rotate the play according to the number of players. All abilities are welcome.



**Soft and Gentle Yoga \$ – Instructor – Mary Turner –[yogadiva333@gmail.com](mailto:yogadiva333@gmail.com) or (609) 953-3472**

Yoga classes are held on Monday nights from 7:00pm to 8:00pm and Wednesday mornings from 9:00am to 10:00am at Cranberry hall. This class focuses on gentle stretching and toning movements to increase flexibility, balance and strength. It is targeted towards adults who are less flexible. Course content will be based on the fitness level of the participants and will be taught by a registered yoga instructor.



**Arthritis foundation Exercise Program (AFEP) Instructor – Mary Turner [yogadiva333@gmail.com](mailto:yogadiva333@gmail.com) or (609) 953-3472**

The (AFEP) program meets on Wednesday mornings at 10:30am – 11:30am at Cranberry Hall. The AFEP is a group recreational exercise program designed for people with arthritis and arthritis related conditions. It includes range of motion, muscle strengthening and/or endurance exercises which are geared to the fitness level of the participant. The course is taught by an Arthritis Foundation Instructor.



**Project Healthy Bones – Instructor – Mary Turner [yogadiva333@gmail.com](mailto:yogadiva333@gmail.com) or (609) 953-3472**

Project Healthy Bones meets every Wednesday from 11:30am to 1:30pm at Cranberry Hall. This osteoporosis prevention exercise and education program consists of exercise training with free weight equipment and specific muscle exercises designed to improve balance and strength. A release form, together with a physician's consent form, is required to participate in this program.



**Zumba Gold – Instructor – Marni Kelly – [brytykel@msn.com](mailto:brytykel@msn.com) or (609) 206-4735**

Zumba Gold meets every Thursday from September to June at 10:30am – 11:30am at Bob Bende Park located on Rt.541 in Medford. Zumba Gold is the same wonderful, energetic Zumba music and moves done at a lighter pace than regular Zumba. You will smile, sweat and leave energized! Zumba Gold strives to improve: strength, balance, flexibility, and heart. No dance experience is required. If you are moving, you are doing it right!



**SIT N SEW – Coordinators – Debbie Brown (609) 970-9551**

**[a2zdb@aol.com](mailto:a2zdb@aol.com) & Sue Darmo (609) 254-2092 [Mrssgd@aol.com](mailto:Mrssgd@aol.com)**

Gather your material, scissors, machine, supplies, UFOs, and join us for a morning of sewing and “chatter.” We will meet the 3<sup>rd</sup> Friday of each month at Cranberry Hall Senior center at 9:00am.



**Creative Writing – Coordinator - Eva Priestley – [evaberlin32@gmail.com](mailto:evaberlin32@gmail.com)**

This is a class for people who love to write or would like to learn how to write. Beginners easily mix with the more experienced. We write fiction, nonfiction, memoirs, and poetry. Off and on assignments are given, but most of the time, students pick their own topics. All writing is done at home. Come join us! We are having fun while learning.



Eva, the coordinator/instructor, is the author of *A Girl Named Eva – A Memoir and its sequel, Find Your Song Eva – A Memoir*. About seventy of her short stories and anecdotes have been published in newspapers and magazines.

**Ladies Discussion Group – Moderator – Sue Roggio – [chairfxr@aol.com](mailto:chairfxr@aol.com)**

**Or Home: (609) 792-4108 cell: (609) 953-1723**

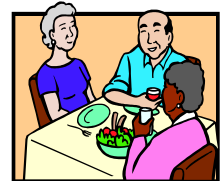
The group meets every 3<sup>rd</sup> Friday at 1:00 pm at Cranberry Hall. (SHHHH, DON'T TELL THE GUYS!) The Ladies Discussion Group is an open forum for ladies (only) to come and ask questions about “THINGS” they need to know. We can talk about nearly everything – estate planning/probate, what to do when a spouse passes away, finances, planning for the future, buying a car, figure out that pesky investment jargon the guys use – you name it, we can discuss it. If you have questions, bring them in and we will talk about them. If you want to remain anonymous with your questions, we can do that too. We all have our “comfort zones” of knowledge, so let's get together and share our knowledge with other ladies. We can research things we don't have answers for, answer those we do, and learn in the process. Come on out ladies – enjoy interesting, informative talk. Just us girls!



**Friday Night Social - Coordinators – Yvone Thies – [ymt615@verizon.net](mailto:ymt615@verizon.net)**

**& Ginny Proto [PROTO.RG@verizon.net](mailto:PROTO.RG@verizon.net) or (609) 654-1206.**

Friday Night Social is held the 3<sup>rd</sup> Friday of the month at Cranberry Hall. It starts at 5:00pm and continues until 7:00pm when game night begins. The social committee plans events which include food and entertainment. Sometimes the dinners consist of: pizza night, soup and sandwich night and any other ideas for food that the coordinators decide. It's a chance to gather together and enjoy one another's company in a fun, relaxing atmosphere. So, come on out and share a meal with friends.



**Travel / Trips - Coordinator - Craig Connolly –[Craigconnolly@verizon.com](mailto:Craigconnolly@verizon.com) or (856) 983-4568**

Medford seniors have joined with the Pinelands Young at Heart Club to participate with their sponsored trips. When selecting a trip:

1. Please call JoAnne Moore (609) 268-8951 to check availability and to register for the trip.
2. Mail the check payable to PYAH and send to JoAnne Moore 435 Forked Neck Road, Shamong, NJ 08088.
3. E-mail me at [Craigconnolly@verizon.net](mailto:Craigconnolly@verizon.net). We will post the trip at Cranberry Hall and keep everyone informed:



Your cooperation will help make this work. 1, 2, 3. Thank you.

Trips are to be paid for 2 months in advance unless otherwise specified. Seats will be assigned on receipt of final payment. Coach driver gratuity is included in the price for day trips. If the money is not received before the deadline, the reservation will be given to someone else. Day trips leave from the Old Rescue Squad Building on 84 Hawkins Road, Tabernacle, NJ. Overnight trips leave from the Indian Mills Methodist Church at 89 Indian Mills Road, Shamong.



**Burlington County Nutrition Program (Meals on Wheels)** Phone: 609-702-7053

Web Site: [www.transportation@co.burlington.nj.us](http://www.transportation@co.burlington.nj.us)

Provides home-delivered meals for individuals aged 60 and over. Food Stamps accepted. No one is refused because of an inability to pay.

**Burlington County Transportation Service (BCTS)** 795 Woodlane Rd., Westampton, NJ 08060

Phone: 609-265-5109

The BCTS is an on-demand curb-to-curb service for medical, shopping, and recreational trips that runs five days a week from 8am to 5pm. Prior registration is required and reservations must be made from two to seven days in advance.

**Medford Leas Public Events**

Medford Leas hosts events and provides a multitude of senior citizen services available to the public. For more information, please visit <http://www.medfordleas.org/news-and-information/public-events>.

**Medford Area Senior Citizens Club**

Meets the 2nd & 4th Friday of every month at the VFW Post #7677 on Church Road

**Lenape Regional High School District Golden Age Pass**

Any individual who is 62 years of age or older and a resident of the Lenape Regional High School District's eight sending communities, including Medford Township, is eligible to receive a Golden Age Pass. This pass authorizes free admission to concerts, plays and athletic events at Lenape, Shawnee, Cherokee and Seneca high schools. To apply for a Golden Age Pass, call the Office of Senior Citizen Services at 609-268-2000 Ext. 5556 or e-mail your name, address and a telephone number to [kcoleman@lrhsd.org](mailto:kcoleman@lrhsd.org). Qualified applicants will receive a Golden Age Pass in the mail, along with detailed instructions on how the pass should be used.