



challenging of the exercise classes offered in the program. The workout includes floor exercises using your mat. The class meets on Mondays, Wednesdays and Fridays at 11:00 AM.

THE MIDDLE OF THE ROAD EXERCISE CLASS is designed for seniors who are able bodied, yet have not been physically active in recent years. Exercises are done from seated positions on chairs and while standing. The class meets on Mondays, Wednesdays, and Fridays at 12:30 PM.

THE LOW IMPACT EXERCISE CLASS is intended for seniors recovering from illness or who are home from rehabilitation (such as individuals who have had a stroke) and are able to join group exercise, or for seniors who have not exercised in a number of years. The class size is small in order to provide more individualized attention and support. Participants using wheel chairs or walkers are welcome. This class meets on Mondays, Wednesdays and Fridays at 1:45 PM.

A physician's approval is recommended prior to beginning any exercise program.

### 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 multipurpose room from 9:00 am to 11:30 am.

### 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 repair broken windows, install grab bars and smoke detectors, remove and reinstall door screens, perform simple plumbing repairs, etc.

Do not hesitate to call the Social Services Department for more information and to schedule an appointment.

(908) 369-3880

### SOCIAL GATHERINGS AT SENIOR ACTIVITIES CENTER

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! The gathering begins at 12:30 PM every Tuesday in the Senior Activities Center at the municipal building.

There is a pool table and shuffle board that seniors can use and gather around ,meeting with old friends and finding new friends. A great place to meet.

Other activities are always welcome at the Senior Activities Center.

The computer room has four computers for senior use at the Activity Center.

### SENIOR CITIZEN CLUB CHAPTER MEETINGS

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! Come join one of our two Senior Clubs and step into an active senior lifestyle.

#### Chapter A

(President Dick Meier 359-6948) Meets first Thursday of each month at 12:30 PM

#### Chapter B

(President Nancy & Ed Bertin 359-6574)

Meets second Thursday of each month at 12:30 PM

The monthly meetings are held in the Municipal Buildings Multi-purpose room. Also offered by the Chapter groups are movie/bingo days, and various trips.

If you have any questions about, or would like to become a member of an above group, please contact directly, the appropriate Chapter President listed above.

#### SENIOR CITIZEN TRANSPORTATION PROGRAM

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 and the surrounding area.

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. Doctors' appointments are usually scheduled on Tuesdays. On 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 and a registration form can be found on the last page of this brochure.

**ALL APPOINTMENTS TO RIDE THE BUS MUST BE MADE AT LEAST 48 IN ADVANCE BY CALLING THE SOCIAL SERVICES OFFICE AT 369-3880.**

#### AARP DRIVING CLASSES

The Social Services Department sponsors a mature driving class twice a year. The class is usually held in February and August and is taught by a trained AARP volunteer. Please call the Social Services office in January or July to register or for more information.

(908)-369-3880

#### WELLNESS LECTURES AND CLINICS

The Health Department sponsors several flu immunization clinics for seniors in the fall as well as a Health Fair for all Township adults age 18 and over. The Health Fair is usually held in the fall and provides low-cost blood tests and other valuable services and information. These clinics help participants track their general health and provide guidance in their efforts to safeguard their well being.

#### HILLSBOROUGH TOWNSHIP FOOD PANTRY

Any Hillsborough Township resident having problems obtaining food can come to the food pantry. 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.

County Office on Aging

Offers information and referral services. Senior Centers and home-delivered meals, wellness and care coordination, legal counseling and elder care for employees.

Located at 92 East Main Street in Somerville.

(908)-704-6346

County Nutrition Center

This site offers daily lunches for seniors, and a variety of programs. Located at 339 South Branch Road in Hillsborough.

(908)-369-8700

The volunteer opportunities are not limited to the local Boards and Commissions, Fire Companies and Rescue Squad, but also include the youth and sports organizations to national and international based organizations such as the Scouts and Rotary. The level of interest and involvement in our community is a true asset.

It is the sum of all these parts that result in the thousands of volunteers serving the vast array of interests of our community. "In Hillsborough, we have a very active, volunteer based community," stated Mayor Carl Suraci at Tuesday's Township Committee meeting. "There are so many opportunities not just within our Township Programs, but through many organizations that are part of this town."

Mayor Carl Suraci wanted to especially note those who save lives and property, all of our volunteers at all 3 of our Fire Companies, the Ladies Auxiliaries and the Rescue Squad. He reminded residents to visit the Township website to link to any of the Fire Companies website for more information on how to become a volunteer or to donate.

## **Hillsborough Township Committee Expresses Appreciation to the Multitude of Volunteers**

**Mayor Suraci Thanks all of Volunteers**

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"There are many ways to be involved within the Township and it is just another reason why

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