



# Celebrate Senior Month in Woodbridge!

~ All events open to Woodbridge Adults Over-55 ~

**May 3-7 — Senior Week at the YMCA.** Call (732) 596-4170 for info and registration.

**May 3 — Senior Open House at the YMCA.** 9 a.m.-3 p.m. Woodbridge Community Center, 600 Main Street, Woodbridge. Call (732) 596-4170 to register.

**May 3 — Free Skin Cancer Melanoma Screening.** 10 a.m.-2 p.m. Woodbridge Health Center, 2 George Frederick Plaza. Appointment required, call (732) 855-0600 x5024. Limit 20 people.

**May 3 & 4 — AARP Defensive Driver Education.** 9 a.m.-1 p.m. Evergreen Senior Center, 400 Inman Ave., Colonia. \$12 AARP member; \$14 non-member. Call (732) 726-6261 to register.

**May 5 — YMCA Active Older Adults Lifestyle Day.** 10 a.m.-1 p.m. Woodbridge Community Center, 600 Main Street, Woodbridge. Exhibits, entertainment, screenings, demonstrations and seminars — all free! Call (732) 596-4053 for information.

**May 6-June 10 — Aging Well, Living Well Brown Bag Lunch Series.** 12 noon. Woodbridge Health Center, 2 George Frederick Plaza. Call (732) 855-0600 x5024 to register. **May 6:** Keeping Your Mind Sharp. **May 13:** Serving Up Good Nutrition. **May 20:** Move Today Exercise & Getting Fit. **May 27:** Keeping Up the Beat Healthy Heart. **June 3:** Be Wise about Medications. **June 10:** Bone Up Your Health (Osteoporosis).

**May 7 — Senior Prom.** 12:15-2:30 p.m. Presented by Colonia Kids for Kindness at Evergreen Senior Center, 400 Inman Ave., Colonia. RSVP (732) 726-6262 by April 26.

**May 10 — Ready To Retire?** 6:30-8:30 p.m. Presented by Woodbridge Twp. Division on Aging at Woodbridge Health Center, 2 George Frederick Plaza, Woodbridge. The components of Medicare A,B,C & D and what Medicare covers; what you need to know prior to retiring; where to get information and counseling to help make decisions. Must call (732) 855-0600 x5023 to register by May 6. Refreshments available.

**May 11 — Senior Safety 101.** 12 noon-1 p.m. Evergreen Senior Center, 400 Inman Avenue, Colonia. Diana Starace, Injury Prevention Coordinator, Robert Wood Johnson University Hospital. Call (732) 855-0600 x5024 to register.

**May 12 — Evergreen Open House.** 1-3 p.m. Evergreen Senior Center, 400 Inman Ave., Colonia. Open House at Woodbridge Township's premier senior social facility. Call (732) 726-6261 for info.

◆ **John E. McCormac, Mayor** ◆

**Councilman Gregg Ficarra, Senior Month Chair**

## Mayor's Senior Summit

**Wednesday May 5, 11 a.m.**  
**Woodbridge Community Center**

Please attend and let Mayor McCormac hear your ideas on making Woodbridge an even better community for Seniors.

**May 18 — "Living Life to the Fullest, Promoting Your Brain Health".** 12 noon-2:00 pm. Evergreen Senior Center, 400 Inman Ave., Colonia. Presented by Dale L. Ofei-Ayisi, Coordinator Community Services, COPSA. Call (732) 726-6262 to register. RSVP by May 7.

**May 18 — Elder Law Update: Program on Wills & Estates, Guardianship, Will Probate, Power of Attorney, Trusts & More.** 6:30-8:30 p.m. Presented by Woodbridge Twp. Division on Aging at Woodbridge Health Center, 2 George Frederick Plaza. Must call (732) 855-0600 x5023 to register by May 8.

**May 18-24 — Evergreen Senior Art Show.** Barron Arts Center, 582 Rahway Ave., Woodbridge. **Closing Reception May 24,** 5-7 p.m. Call (732) 634-0413 for gallery hours.

**May 19 — Senior Health & Fitness Day @ The Club at Woodbridge.** 9 a.m.-noon. 585 Main St., Woodbridge. Tours, activities, healthy cooking. RSVP (732) 634-5000 after May 1.

**May 25 — Multi-Service Program on Aging "Senior Volunteer Lunch".** noon-2 p.m. Evergreen Senior Center, 400 Inman Avenue, Colonia. Free but must call (732) 726-6262 to register. RSVP by May 14.

**May 29 — Senior Idol Finals.** 7 p.m. Woodbridge Community Center, 600 Main Street, Woodbridge. Call (732) 634-4500 x6058 to register by May 7.

## 2010 Senior Olympics



**Return to Woodbridge**

**Sept. 10-12, 2010**

► **The Woodbridge Township Health & Human Services Dept.** offers an extensive array of year-round health clinics & social services for our senior residents.

► Call the Multi-Services Program at (732) 726-6262, Nursing Division at (732) 855-0600 x5011 or Division on Aging at (732) 855-0600 x5023 to find out about more senior programs.