



MEDFORD SENIOR CENTER AT CRANBERRY HALL

Cranberry Hall, which is located behind the Municipal Building at 17 North Main Street, has been designated as the official senior center of Medford. The center is open Monday through Friday from 9:00 am to 4:00 pm. The following information describes the various programs offered by the senior center. Unless otherwise stated, programs offered are free of charge; however, pre-registration is requested. If you would like additional information regarding any of these programs or activities, please call 609-654-2512.

SPRING SENIOR TRIPS

The Medford Senior Center has made arrangements for three outstanding trips this spring. For each of the trips, the school bus will depart at 9:30 from Bob Bende Park, located on the north side of Route 70 on Route 541. Lunch will be on your own and the bus will return to Medford at approximately 3:30 pm.

HAGLEY MUSEUM AND LIBRARY – WILMINGTON, DE

Wednesday, April 8th

The Hagley Museum and Library collects, preserves and interprets the unfolding history of American enterprise. On this visit you will explore the original du Pont family mansion and experience the lifestyle of five generations of du Ponts. In addition you will watch gun powder being made and see water wheels and steam engines in operation. Lunch will be available in the Belin House located on the grounds.

FEE: \$15 for transportation, \$8 admission fee to be collected on the bus

HISTORIC BARTRAM'S GARDEN – PHILADELPHIA, PA

Wednesday, May 13th

Visit America's oldest botanical garden, explore the 18th century home of John Bartram (America's first botanist and co-founder of the American Philosophical Society) his barn, cider press carved from bedrock and wildflower meadow overlooking the Schuylkill River. After the tour we will stop at the renowned Pub in Pennsauken for lunch.

FEE: \$22 includes transportation and guided tour

PEARL S. BUCK HOUSE – PERKASIE, PA

Wednesday, June 10th

Be inspired by the home of Pearl S. Buck and her international family. The historic house promotes the legacy of this amazing woman who won the Nobel and Pulitzer Prize for literature and founded a charity that benefited thousands of disadvantaged children around the world. The tour includes the beautiful gardens, greenhouses and the main home which holds a rich collection of Pennsylvania country furniture. Lunch will be at Luberto's Italian Restaurant located down the road from the Buck House.

FEE: \$21 for transportation and guided tour

SENIOR CENTER SOCIALS

INTERNATIONAL NIGHT

Enjoy a delicious sampling of foods from around the world. Plan to bring in a favorite foreign dish (appetizer, entree or dessert) to share with fellow seniors.

Dressing in your ancestors' native

dress will only add to the festivities! If you choose not to bring a dish, there will be a \$5.00 charge to attend.

Date: Friday, April 17th Time: 6:00 pm



4TH ANNUAL FLAG DAY PICNIC

You know that summer has officially arrived when the Medford seniors hold their annual picnic in Cranberry Park. Hamburgers, hot dogs, and all the fixin's, plus outdoor games such as badminton, bocce and horseshoes will be provided.

Date: Friday, June 12th Time: 5:00 pm

Fee: \$3 Residents \$5 Non-Residents

MONTHLY DINER'S CLUB

Join fellow seniors on the 4th Wednesday of each month for brunch, lunch or dinner at a local restaurant. Try out new places and sample new foods.

Call the Senior Center at 609-654-2512 for information.

FUN & GAMES

Play Ping Pong, cards, Mah Jongg, etc. or just relax and chat over a cup of coffee in the company of fellow seniors.

Date: Fridays (ongoing) Time: 7:00 - 10:00 pm

MAH JONGG

Come learn this fun and challenging game that is similar to popular card games, but is played with tiles. Lessons will be available, but experienced players are also welcome to form their own games.

*Date: Mondays (ongoing)
Fridays (ongoing)*

*Time: 10:00 am-12:00 noon
1:00 pm-3:00 pm*

ART - OUTSIDE THE LINES

Did you like to color outside the lines as a kid? This six-week class is perfect for those who want to make their own lines and learn to draw and paint in a relaxed and friendly atmosphere. We'll start our journey with a simple pencil and sketchbook. Let's see if we can bring out that kid again!

*Date: Mondays, 4/20 - 6/1
Time: 10:00 am - 12:00 noon
FEE: \$15 for 6 week program*

DUPLICATE BRIDGE

Permanent partners are required in this challenging form of bridge in which you vie for the most points.

Date: Mondays (ongoing) Time: 1:30-3:30 pm

BRIDGE Q & A

Come in a half hour before the Bridge Workshop and have your questions answered by our resident Bridge expert.

Date: Tuesdays (ongoing) Time: 9:30 - 10:00 am

BRIDGE WORKSHOP

Play Bridge with beginners and intermediate players and have weekly fun doing so with friends new and old.

Date: Tuesdays (ongoing) Time: 10:00 am-12:00 noon

BEGINNER'S BRIDGE

Learn the ABC's of Bridge in the relaxed atmosphere of the Medford Senior Center. Classes will begin as soon as three people register.

*Date: Tuesdays (ongoing) Time: 1:30-3:00 pm
Fee: \$10*

CREATIVE WRITING

For the beginner, intermediate and advance writers, the course will be taught by an experienced writing instructor. Begin writing your memoirs, short stories, poetry, etc. and receive basic instruction, helpful hints and critiques while enjoying the fellowship of other writers!

*Date: Tuesdays 5/19 - 6/23 Time: 1:00-3:00 pm
Fee: \$15 for 6 week program*

**BOOK DISCUSSION GROUP**

The book group will begin meeting on the first Tuesday of April in Cranberry Hall. If you would like to join in this lively discussion, please call 609-654-2512 to learn which book has been chosen for the month.

*Date: Tuesdays
Time: 1:30 - 3:00 pm*

SOFT AND GENTLE YOGA FOR BEGINNERS

This introductory class will focus on gentle stretching and toning movements to increase balance, flexibility and strength. It is targeted towards the beginning, less flexible or physically challenged adults. Course content will be based on the fitness level of participants and will be taught by a registered Yoga teacher.

*Date: Wednesdays beginning April 22nd
Time: 9:00 am - 10:00 am
FEE: \$15 for 8 week program*

ARTHRITIS FOUNDATION EXERCISE PROGRAM

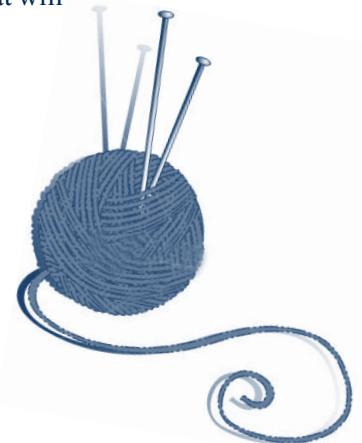
AFEP is a group recreational exercise program designed for people with arthritis and arthritis-related diseases. It includes games, range of motion, muscle strengthening and/or endurance exercises which are geared to the fitness level of the participants and are taught by a certified AF instructor.

*Date: Wednesdays beginning April 22nd
Time: 11:00 am-12 noon
FEE: \$15 for 8 week program*

KNITTING AND CROCHETING

Learn the basics of knitting so you can create beautiful knitted or crocheted items for yourself or as gifts. If you love to knit, but have no one to knit for, join the group and knit for a low income preschool that a participant has contacted and that will very much appreciate the items.

*Date: Wednesdays (ongoing)
Time: 10:00 am-12 noon*



**MORE SENIOR PROGRAMS
ON FOLLOWING PAGE**

PROJECT HEALTHY BONES EXERCISE PROGRAM

For older adults, this osteoporosis prevention, exercise and education program will consist 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 will be required to participate in this program.

Date: Wednesdays beginning April 22nd

Time: 11:30 - 1:00 pm

FEE: \$15 for 8 week program

OPEN BRIDGE

All levels of Bridge players are welcome to join the fun.

Date: Wednesdays (ongoing)

Time: 1:30-3:30 pm

INTRODUCTION TO THE COMPUTER

Become familiar with the basics of using a computer and open up a new world of information and access. Computers with Internet access are available. Please call 609-654-2512 by Monday of the week you plan to attend.

Date: Thursdays (ongoing)

Time: 10:00-11:00 am or 11:00 am-12 noon

PINOCHLE

Add pinochle to your card-playing skills and enjoy hours of fun with this easy to learn, but captivating game.

Date: Thursdays (ongoing)

Time: 10:00 am-12 noon

INVESTOR INFORMATION EXCHANGE GROUP

If you are interested in stocks, bonds, mutual funds, etc., or if you want to start investing, you are invited to participate in an investor information exchange group. No investment products will be sold or endorsed, but the group will share investment ideas and knowledge.

Date: Thursdays (ongoing)

Time: 12 noon-1:00 pm

SENIOR RAISED GARDEN PLOTS

Due to the number of Medford seniors who expressed an interest in gardening on the senior survey that was distributed last year, a number of raised garden plots were offered at the Community Gardens located in Freedom Park last spring. We will again offer these specially designed plots and hopefully, if warranted, several more raised plots will be added. The plots are approximately 4'x8'. The size and raised feature of the plots make them perfect for area seniors to grow a manageable amount of fresh vegetables and flowers. Water is provided.

Fee: \$5 for the season

BETTER BALANCE FOR 50 PLUS

If you want to have better balance and have some fun, Breakthru Physical Therapists and certified personal trainers will conduct assessments and train you to improve your balance. Prequalification is required. Call 856-396-2250 for an appointment.

*Loc: Breakthru Fitness (Taunton Forge Shopping Center)
200 Tuckerton Road, Suite 17*

Fee: \$50 payable to Breakthru Fitness

<i>Day</i>	<i>Time</i>	<i>Dates</i>
<i>Wednesday</i>	<i>12:00-1:00 p.m.</i>	<i>4/1-4/29</i>

**FREE TO AREA SENIORS
LENAPE REGIONAL HIGH SCHOOL DISTRICT
(LRHSD) GOLDEN AGE PASSES**

For seniors ages 62 and older who live within the Lenape District's boundaries, the LRHSD offers passes that entitle the holder to FREE admission to student-sponsored concerts, plays, and athletic events.

Call 609-268-2000 ext. 5556
for further information and to apply.

**MEDFORD AREA
SENIOR CITIZENS CLUB (MASCC)**

The Medford Area Senior Citizens Club (MASCC) is a club serving senior residents from Medford, and neighboring towns such as Medford Lakes, Tabernacle, Atco, Southampton, and Shamong. Seniors must be at least 55 years or older to join. Meetings are held on the second and fourth Friday of each month, except the months of July, August, November and December when meetings are held only on the second Friday of the month. Meetings begin at 12:00 noon and are held at VFW Post #7677, located on Church Road north of Route 70 in Medford Township.

In addition to socializing, meetings feature information dissemination, topical guest speakers presenting topics of interest to seniors, entertainment, and light refreshments. The MASCC also offers trips, luncheons, picnics and other special events. The annual membership fee is \$10.

*For more information and to participate, visit the
next MASCC meeting at VFW Post #7677,
or call the Recreation Department at 609-654-2512.*

**COME OUT AND ENJOY
THE FOOD, FUN AND FELLOWSHIP!**