



**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.

**SENIOR CENTER SOCIALS**

**5TH 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, shuffleboard and horseshoes will be provided.

*Date: Friday, June 11th*

*(Rain date June 12th)*

*Time: 5:00 pm*

*Fee: \$5 Residents \$10 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

**ANNUAL SENIOR TENNIS TOURNAMENT**

The 6th Annual Bob Hoffman Memorial Senior Tennis Tournament will take place on Saturday, September 18th at Arrowhead Tennis Club located on Nelson Drive off of Stokes Road in Medford. For more information, please call the Medford Senior Center. FEE: \$20.00



**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!**

**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.

**MORE IMPROVEMENTS TO CRANBERRY HALL**

As a result of a Burlington County Community Development Block Grant, and also funds provided by Medford Township, additional improvements are currently underway at Cranberry Hall. Interior renovations include new carpeting and new bathroom facilities. Exterior improvements, such as new aluminum siding, new doors, a portico over the main door and new light fixtures, are forthcoming. Watch for an Open House to be held in the fall to celebrate the ever-evolving Cranberry Hall Senior Center.

**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.

Date: Mondays (ongoing) Time: 10:00 am-12:00 noon  
 Fridays (ongoing) 1:00 pm-3:00 pm

**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**

Stay a half hour after the Bridge Workshop and have your questions answered by our resident Bridge expert.

Date: Tuesdays (ongoing) Time: 12:00 - 12:30 pm

**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. Four student minimum required.

Date: Tuesdays beginning August 17th for 4 consecutive weeks

Time: 1:30-3:00 pm

Fee: \$15

**CREATIVE WRITING**

For the beginner, intermediate and advanced 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: Ses. A: Tuesdays 7/13 - 8/17 Time: 1:00-3:00 pm

Ses. B: Tuesdays 8/24 - 9/28 Time: 1:00-3:00 pm

Fee: \$15 for 6 week program

**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.

Session	Day	Time	Dates
A	Mon	7:00 - 8:00 pm	6/21- 8/2
B	Wed	9:00 - 10:00 am	6/23 - 8/11
C	Thur	2:00 - 3:00 pm	6/24 - 8/12

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 6/23

Time: 10:30 am - 11:30 am

FEE: \$15 for 8 week program

**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 6/23

Time: 11:30 - 1:00 pm

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.

Date: Wednesdays (ongoing)

Time: 10:00 am-12 noon



**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

**POTTERY-HAND-BUILDING FOR SENIORS**

Students will learn the basics of hand-building with clay to create unique works of art. Projects will be varied each session so this class may be repeated.

*Loc: Creative Genius Art Gallery & Studio*

*Age: 55 and over*

*Fee: \$72 for 4-week class (includes supplies and firings)*

<i>Session</i>	<i>Day</i>	<i>Time</i>	<i>Dates</i>
<i>A</i>	<i>Tues</i>	<i>12:00 - 1:00 pm</i>	<i>7/6 - 7/27</i>
<i>B</i>	<i>Tues</i>	<i>12 :00 - 1:00 pm</i>	<i>8/3 - 8/24</i>
<i>C</i>	<i>Tues</i>	<i>12:00 - 1:00 pm</i>	<i>9/7 - 9/28</i>

**DIGITAL PHOTOGRAPHY FOR SENIORS**

Students will learn some photography basics and work on learning better composition, working with lighting and better use of their camera. Students must have their own camera to attend this class (point and shoot cameras are fine.)

*Loc: Creative Genius Art Gallery & Studio*

*Age: 55 and over*

*Fee: \$60 for 4-week class*

<i>Session</i>	<i>Day</i>	<i>Time</i>	<i>Dates</i>
<i>A</i>	<i>Tues</i>	<i>2:00 - 3:00 pm</i>	<i>7/6 - 7/27</i>
<i>B</i>	<i>Tues</i>	<i>2:00 - 3:00 pm</i>	<i>8/3 -8/24</i>
<i>C</i>	<i>Tues</i>	<i>2::00 - 3:00 pm</i>	<i>9/7 - 9/28</i>