

Mailing Address:
 Verona LIVE
 880 Bloomfield Ave.
 Verona, NJ 07044
 973-830-0096

DECEMBER 2011



See back for details or call
 973-830-0096

Verona LIVE is a federal demonstration program whose goal is to help older adults remain in the community. This non-sectarian program is in partnership with municipal agencies of the Township of Verona and local organizations.

Location Key:

VCC—Verona Community Center, 880 Bloomfield Ave.

CBA—Cong Beth Ahm, 56 Grove Ave.

FPC—First Presbyterian Church, 10 Fairview Ave.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		Verona Cedar Grove Chorus Winter Concert Sunday, December 18, 4 PM @ Verona High School See Back for Details	1 Chess Club @ CBA, 7 PM Walking Club @ VCC, 10 AM 	2 Card and Game Club, @ VCC annex, 1- 3 PM
5 Employment Counselor @ VCC Parkinson's Exercise Group @ CBA, 10:30 AM	6 Social Worker @ VCC Bring Joy into Your Life @ VCC, 1 PM	7 Caregiver Support Group @ FPC, 10 Verona Senior Club @ VCC, 1 PM	8 Walking Club @ VCC, 10 AM Chess Club @ CBA, 7 PM	9 Card and Game Club, @ VCC annex, 1- 3 PM
12 Employment Counselor @ VCC Parkinson's Exercise Group @ CBA, 10:30 AM	13 Social Worker @ VCC United Way Caregivers Coalition @ VCC, 9:30 AM Tip Top Tuesday: Food Safety @ VCC, 10 AM	14 Verona Park Seniors, Meeting and Christmas Party @ FPC, 10:30 AM	15 Walking Club @ VCC, 10 AM Chess Club @ CBA, 7 PM	16 Card and Game Club, @ VCC annex, 1- 3 PM
19 Employment Counselor @ VCC Parkinson's Exercise Group @ CBA, 10:30 AM	20 Social Worker @ VCC Verona LIVE Caregiver Support Group @ VCC, 1 PM	21 <div style="background-color: #e0e0e0; padding: 5px; text-align: center;"> Limited transportation available for Verona residents Call 973-857-4832 </div>	22 Walking Club @ VCC, 10 AM Chess Club @ CBA, 7 PM	23 Community Center Closed
26 Community Center Closed Parkinson's Exercise Group @ CBA, 10:30 AM	27 <div style="text-align: center;"> <p>JANUARY 11, 2012 Changing Finances A Road Map to Retirement Workshop</p> </div>	28 <div style="text-align: center;"> <p>JANUARY 11, 2012 Changing Finances A Road Map to Retirement Workshop</p> </div>	29 Walking Club @ VCC, 10 AM Chess Club @ CBA, 7 PM	30 Card and Game Club, @ VCC annex, 1- 3 PM

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(973) 830-0096

VERONA LIVE Programs and Services held at the Verona Community Center

Bring Joy Into Your Life, December 6, 1 PM, Verona LIVE Social Worker, Wendy Sabin, LCSW will lead this lively discussion just in time for the holidays. Call 973-830-0096 for more information.

Tip Top Tuesday: Food Safety, December 13, 10 AM, Emily Johnston, Registered Dietitian at Mountainside Hospital, returns to discuss health and nutrition. Topics will include: proper selection, storage, and cooking temperatures of potentially hazardous foods, holiday food safety, when to discard leftovers, and how to avoid common kitchen food safety hazards. There will be time for questions and answers. Light refreshments will be served. Call 973-830-0096 for more information.

Caregiver Support Group, December 20, 1-2 PM, Wendy Sabin, LCSW, facilitates this group geared for individuals helping to care for an aging loved one. Call 973-830-0096.

Walking Club: The group resumes this month. Join a lively group of walkers on Thursdays from 10-11 AM in the VCC gym for exercise and walking. New members welcome.

Card and Game Club, Drop in on FRIDAYS from 1-3 to play or to socialize at the Community Center Annex. No registration required.

Lifelong Employment-A JVS Placement Counselor is at the Verona LIVE office on Mondays to help prepare Verona area older adults for the workforce. This includes intake, making a plan, resume preparation, contacting employers and setting up interviews. For an appointment call 973-830-0096.

Social Work Services-A JFS social worker is at the Verona LIVE office on Tuesdays to offer information and referrals to community resources, discuss benefits and help with entitlement eligibility. Visits can be arranged for homebound Verona residents. Drop in or call for an appointment at 973-830-0096.

Home Maintenance and Repair-Contact JVS Home Maintenance Solutions at 973 674-2415 x 296 for an appointment for a day of free minor home repairs for Verona residents over the age of 60. Services are available on a one-time basis and may include installing grab bars, repairing railings, changing light bulbs, and safety checks. There is a charge for materials. Residents from communities outside of Verona may use the service for a fee.

Community Programs of Interest

The Verona-Cedar Grove Chorus is holding its **Winter Concert** on Sunday, December 18, 2011 at 4pm in the Verona High School Auditorium. Under the direction of Denise Bastanza and accompanied by Paul Villarreal, the Chorus will perform seasonal favorites. Admission is \$10. Seniors and Students are \$5.

The **Verona Senior Citizen Club** is open to the community and meets the first and third Wednesday of the month. Due to the holidays the Club will only meet once this month.

Verona Park Seniors, open to Essex County residents, meets the second Wednesday of the month. Call Rose Salierno at 973-571-0910 for more information.

The First Presbyterian Church, 10 Fairview Avenue, hosts a **caregiver support group** on the first Wednesday of the month. Call Carole Versprill, 973-239-2902 for information.

The United Way **Caregivers Coalition** provides support to senior caregivers and meets at VCC the first Tuesday of the month. Contact Deborah Day, 973-746-4040m x 209.

Programs of interest at Congregation Beth Ahm, 56 Grove Avenue. Programs are open to all and free of charge. Call 973-239-0754 for more information.

Mondays, 10 AM, Join local clergy for a weekly Christian Jewish Dialogue.

Mondays, 10:30 AM, weekly Parkinson's Exercise Group.

Fourth Monday of the month, 7:30 PM Life After Loss, a monthly support group for families dealing with suicide.

Thursdays, 7 PM, weekly Chess Club.

The LIVE Office is located at Verona Community Center, 880 Bloomfield Ave./ 973-830-0096/rcohen@jvsnj.org

Verona LIVE is a federal demonstration program whose goal is to help older adults remain in the community. This non-sectarian program is in partnership with the Township of Verona. Support provided by the US Administration on Aging and United Jewish Appeal; funded in part through a grant from The Partners for Health Foundation.