

# SUSSEX COUNTY SENIOR TIMES

A Publication of the Sussex County Department of Health and Human Services, Division of Senior Services

Volume 14, Issue 6

JUNE 2024

## Sussex County Seeks Nominees for Senior of the Year

The Sussex County Department of Health and Human Services, Division of Senior Services is in search of nominations for the “2024 Sussex County Senior of the Year.” Do you know a Sussex County senior citizen who is a role model, who supports the community through volunteer efforts, supportive activities, and advocacy on behalf of older adults and issues pertaining directly to them? Perhaps the special senior you have in mind may bring food to the needy, work with veterans, or drive seniors to appointments. The quality of life for their community would not be the same without all their efforts. Nominating this individual as Sussex County’s Senior of the Year is the perfect way to acknowledge all of their selfless acts, dedication, and support to the Sussex County community. Nominees must be residents of Sussex County, at least 60 years old, and role models.

Senior Day at the New Jersey State Fair will be held on Thursday, August 8, 2024, from 12 p.m. to 3 p.m., under the Performing Arts Tent. The Award Ceremony will take place at 1:00 p.m., and all nominees must be present. Each nominee will be recognized at the Award Ceremony for their commitment to their community and to their peers. Immediately following this segment of the ceremony, the Sussex County Senior of the Year will be named.

The Nomination Form is available at [www.sussex.nj.us/seniorservices](http://www.sussex.nj.us/seniorservices) or by contacting the Division of Senior Services at 973-579-0555, ext. 1221. Nominations must be submitted by July 8, 2024. Please send completed forms to the Sussex County Department of Health and Human Services, Division of Senior Services, One Spring Street, Newton, NJ, 07860, by e-mail at [seniorservices@sussex.nj.us](mailto:seniorservices@sussex.nj.us) or fax to 973-579-0550. The Sussex County Senior of the Year selection will be based on the information provided on the application. Therefore, it is imperative that the information included on the application be accurate, complete, and specifies all of the volunteer services the nominee participates in or performs.



## Chair Yoga With Karen Felix

Sussex County Seniors and Veterans come join us for a class of stretching, strengthening and flexibility building exercises.

Such a great way to start your week!

Stillwater Community Center  
931 Swartswood Road  
Newton, NJ 07860

Mondays (except June 24)  
June 3 – July 29, 2024  
9:30 a.m. – 10:30 a.m.

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A Matter of Balance program is designed to reduce the fear of falling and increase activity levels among older adults. Participants will learn to set realistic goals to increase activity, change their environment to reduce fall risk factors, and learn simple exercises to increase strength and balance. The program consists of eight (8) weekly sessions that are facilitated by trained coaches.

**Sussex Community/Cultural Center**  
**37 Main Street, Sussex, NJ 07461**  
Wednesdays

July 17 – September 4, 2024  
10:00 a.m. – 12:00 p.m.

Light refreshments will be provided at each session.

To register, or for additional information, please contact the Sussex County Division of Senior Services at 973-579-0555, ext. 1221 or [kking@sussex.nj.us](mailto:kking@sussex.nj.us).



## SENIOR FARMERS MARKET PROGRAM

Income eligible seniors, age 60+ can receive a \$50.00 once a year benefit to purchase local produce at participating farm stands. (A list of farm stands are provided with the booklet you will receive).

The program is available to eligible seniors from **June 1 to September 30, 2024** and your electronic benefit must be redeemed by November 30, 2024. Please contact the Division of Senior Services at 973-579-0555 for income guidelines, proof required and/or more information.



## SAVE THE DATE!!

Senior Day at the NJ State Fair  
Thursday, **August 8, 2024**  
**12 p.m. – 3:00 p.m.**  
Under the Performing Arts Tent!  
No registration required.

and



11<sup>th</sup> Annual Veterans Picnic  
for Sussex County Veterans  
and their Families  
Saturday, **August 17, 2024**  
**12:00 p.m. – 3 p.m.**  
Hamburg Fire Department Pavilion,  
Hamburg, NJ  
Registration is **Required** and begins on  
July 1, 2024  
Stay Tuned!

## 2024 Senior Bus Trips

**Hardyston Senior Club** – Will host a bus trip on **Wednesday, August 7, 2024**, to the Forestburgh Playhouse to see *Beautiful, The Carole King Musical*. The cost is \$92 per person and includes show, buffet lunch and transportation.

**Montague Seniors** - Will host a bus trip on **Wednesday, August 14, 2024**, to Pride’s Point Landing in Newburgh, New York to board the Pride of the Hudson for a two-hour cruise. The cost is \$65 for Montague Senior Club members and \$75 for non-club members.

**Montague Seniors** - Will host a three-day, two-night bus trip on **September 16 – 18, 2024** to Wildwood with visits to Cape May and Smithville. The cost of the trip is \$499 per person double occupancy. Single supplement add \$95.

**Sparta Recreation** – Will host a lecture connecting The Revolutionary War to Morristown on **Thursday, May 23, 2024**, at 12:00 p.m., at the Famished Frog Restaurant, 18 Washington Street, Morristown. The cost is \$45, which includes entry to the lecture and a full meal. Please call (973) 729-2383 to register.

**Sparta Recreation** – Will host a bus trip on **Wednesday, June 12, 2024**, to Resorts World Casino in the Catskills to see a matinee, *Musical Tribute to Carole King*. The cost is \$60 per person and includes \$25 in slot play. Please call (973) 729-2383 to register.

**Stanhope Senior Club** – Will host a bus trip on **Tuesday, July 16, 2024**, to Riverview Inn in Matamoras, PA for a luncheon show starring Jeff “Elvis” Krick. The cost is \$70 per person and includes appetizer, meal, beer, wine and transportation.

**St. Jude Senior Club** – Will host an overnight bus trip on **Thursday, October 17, and Friday, October 18, 2024**, to Lancaster. Stay at the Eden Motel and enjoy the play “Daniel” at the Sight & Sound Theatre. Enjoy a guided tour of the Amish Farmlands (an underground railroad tour), the American Treasure Museum Tour and Bird-in-Hand Farmers Market. The cost is \$429 per person.

**Vernon Seniors Club** – Will host a four-day, three-night bus trip on **September 8 – 11, 2024** to Boston, MA. The cost is \$774 pp/double occupancy. Singles add \$215 extra.

**XYZ Club/St. Francis DeSales Church Club** - Will host a bus trip to Forestburgh Playhouse on **Wednesday, July 10, 2024**, to see *Jimmy Buffett’s Escape to Margaritaville*. Lunch will be at the Erie Hotel in Port Jervis, New York. The cost is \$100 per person.

**Please contact the Division of Senior Services to obtain contact information for these trips at (973) 579-0555, ext. 1277.**

Sussex County  
Division of Senior Services  
One Spring Street, 1<sup>st</sup> Floor, Newton, NJ 07860  
Phone: 973-579-0555 ~ Fax: 973-579-0550  
[www.sussex.nj.us/seniorservices](http://www.sussex.nj.us/seniorservices)  
Email: [seniorservices@sussex.nj.us](mailto:seniorservices@sussex.nj.us)

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