



Linden Recreation

Senior Citizens

(50 years and older)

Winter 2021

View full class descriptions and register online at www.linden-nj.org and click on Community Pass

Pre-Registration is required in order to provide class handouts to participants in advance. To register, call 908-474-8627 or register online at <https://register.communitypass.net/linden>

Crafts

NEW! GLASS VOTIVE VASE – CRAFT

Enjoy creating a glass votive vase patterned from a paper napkin. Finish with glitter, jewels and ribbon.

Wednesday, Jan. 13 10:00am

Program Fee: FREE Site: TV 36/42

Kit Pickup Curbside: Wed., Jan. 6 from 9:00am-4:00pm

NEW! SCENTED SOAP ROOM FRESHENER-CRAFT

Scented soap room freshener using a bar of soap. Decorate with tools, pearls, ribbons and roses.

Wednesday, Jan. 27 10:00am

Program Fee: FREE Site: TV 36/42

Kit Pickup Curbside: Wed., Jan. 20 from 9:00am-4:00pm

Health

STEPS TO A HEALTHY HEART

This free program focuses on preventative ways of promoting and maintaining a healthy heart. An outline of heart healthy foods will also be discussed to ensure good heart health.

Monday, Feb. 22 12:45pm

Program Fee: FREE Site: TV 36/42

Kit Pickup Curbside: Tues. Feb. 16 from 9:00am-4:00pm



NEW! SENIOR YOGA

This class helps build strength, increase flexibility and improve posture and balance while movement is led by one's breath. This class is designed for mid-life and older adults who may benefit from a slower pace gentle yoga flow. This class is a combination of chair yoga and floor yoga, students are encouraged to use props, modify poses, transition mindfully and explore their appropriate balance between ease and comfort. Breath work, singing bowls, relaxation and meditation practices are included to encourage stress reduction. Beginners welcome.

Monday, Jan. 4-Mar. 8 10:00am-11:00am

Program Fee: FREE Site: TV 36/42

Lectures

NEW! THE LEGACY OF NEW JERSEY'S WOODROW WILSON: GOOD & BAD

Woodrow Wilson was the 13th President of The United States, Governor of New Jersey, and President of Princeton University. Historians generally recognize Wilson as one of our greatest Presidents in terms of domestic reforms and global leadership. However, Princeton University students and faculty have challenged his legacy and recognition on campus, primarily due to his record on matters of race. Our discussion will review both aspects of his record and whether it was appropriate to remove references to him at the University. This is an issue being debated around the country concerning other public figures. 1 Session

Monday, Feb. 1 1:00pm-2:30pm

Program Fee: FREE Site: TV 36/42

NEW! AMENDING THE US CONSTITUTION

The Founding Fathers, recognizing the potential need to change the Constitution in the future to adjust to changing circumstances, provided a process to amend the document, involving Congress and The States. We review the amendment process and the 27 amendments that have been ratified. We also look at amendments that were approved by Congress but never ratified by the proper number of States. Some amendments are still pending. We call the first ten amendments The Bill of Rights. Although ten were approved and ratified, Congress considered 22 amendments before settling on the final ten. 1 Session

Monday, Feb. 8 1:00pm-2:30pm

Program Fee: FREE Site: TV 36/42



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Lectures Continued

NEW! THE HISTORIC US PRESIDENTIAL ELECTION OF 1864: Re-Electing Abraham Lincoln

President Lincoln ran for re-election in 1864 during The Civil War. His opponent was a former Union General who favored a negotiated settlement with the south. There was some support for the general's position from a war weary country. Lincoln used some interesting strategies for running for re-election while successfully managing the conduct of the Civil War. We discuss how Lincoln achieved these two objectives under unusual circumstances. 1 Session
Monday, Feb. 22 1:00pm-2:30pm
Program Fee: FREE Site: TV 36/42

NEW! FEDERAL RESERVE SYSTEM & ITS EFFECT ON THE US ECONOMY

The Federal Reserve System was created in 1913 during the Presidency of Woodrow Wilson. It was a long-awaited reform following the economic dislocation of the debate over a national bank and the lack of regulation of financial institutions. Since its creation, The Federal Reserve has moved beyond its regulation responsibilities and has used its powers to manage inflation & economic growth. There is a continuing debate about how active The Federal Reserve should be in managing the economy. 1 Session
Monday, Mar. 8 1:00pm-2:30pm
Program Fee: FREE Site: TV 36/42

NEW! MONEY & POLITICS

Since the early days of our country, raising & spending money to get elected has been an important part of our political environment. We trace the historical development of money & politics, including a dramatic change brought about by a recent Supreme Court decision. 1 Session
Monday, Mar. 22 1:00pm-2:30pm
Program Fee: FREE Site: TV 36/42

NEW! WHY IS OUR COUNTRY SO POLITICALLY DIVIDED?

What is the cause of today's toxic political dialogue? Will the history of our political parties provide us with some insight to this historical development? Has our country faced this problem before in our history? Is there something we can do about it? 1 Session
Monday, Mar. 1 1:00pm-2:30pm
Program Fee: FREE Site: TV 36/42

NEW! THE GOLD STANDARD AND THE US ECONOMY

The First US Treasury Secretary, Alexander Hamilton, had a vision of a British Style Economy with a gold standard, a national bank, a uniform currency and federal regulation of the banking system. Eventually his vision was realized, although not during his lifetime. President Richard Nixon abandoned the gold standard. Periodically support has been expressed to go back to the gold standard. Would this be a good Idea? 1 Session
Monday, Mar. 15 1:00pm-2:30pm
Program Fee: FREE Site: TV 36/42

NEW! THE AMERICAN DEBT CRISIS

The United States is experiencing a dramatic increase in public & private debt when compared to our Gross National Product and the rest of the world. What has created this situation? How does it affect our economy? What can we do about it? 1 Session
Monday, Mar. 29 1:00pm-2:30pm
Program Fee: FREE Site: TV 36/42

Additional Senior Citizen Services

Please note: The below services are currently suspended until further notice.

Senior Citizen Identification Program

Any Linden Resident 50 years of age or older may register for a Senior Citizen I.D. Card. The card serves as identification and is used for the City of Linden Merchant Discount Program. Cards are issued at the John T. Gregorio Recreation Center, 330 Helen Street., Monday through Friday from 9:00am-3:00pm. Please bring a Proof of Residency, Age and Your Social Security Card. For further information, please call 908-474-8627.

Bus Transportation

A senior citizen bus is operating on a published schedule five days a week, Monday through Friday, to take seniors shopping. Transportation is also available to Menlo Park and Woodbridge Center on Wednesdays rotating every week. Bus schedules are available at the John T. Gregorio Recreation Center or from the bus driver.

Linden Emergency Response System

What can an elderly, handicapped, medically disabled, socially isolated person do when faced with an emergency? For a minimal monthly monitoring fee, they can subscribe to the Linden Emergency Response System (LERS). In the event of an emergency, the subscriber would push a button on a wireless, pocket-size transmitter. This signals the central receiving station. If you, or someone you know, could benefit from this service, please call the John T. Gregorio Recreation Center, 908-474-8627, for an application.

Exercise Room

The Exercise Room at the Gregorio Center is open to Linden adults, Monday through Friday, 7:00am-4:30pm. All participants should consult with a physician prior to use and are required to complete a waiver form. Residents must be 18 years of age or older. There is a \$20.00 fee. Senior Citizens are free.

Another quality program offered by the **Department of Parks & Recreation**
For more information and full class description, please call 908-474-8600