

CRANBERRY HALL SENIOR CENTER MARCH 2023 PROGRAM DESCRIPTIONS

The Medford Senior Center is located in Cranberry Hall at 44 Charles Street, (behind the Medford Municipal Building at 17 North Main Street). The center celebrated its official grand opening on June 10, 2004. During the past 15+ years, programs offered at the Senior Center have grown to include: bridge, pinochle, canasta, rummy kube, Mexican Train (a domino game), Mah Jongg, painting for beginners, a book club, an investment discussion group, Genealogy, a senior tennis group, senior pickleball, and travel and trips. Exercise programs such as: yoga and Project Healthy Bones are also offered weekly. The center is open daily for scheduled events.

Additionally, there are many regularly scheduled social activities being offered. Recent socials have been very well attended and thoroughly enjoyed by those participating. Every third Friday of the month, there is a social which includes food and entertainment. Fun and Game Night takes place every Friday night from 7:00 – 9:00pm. Many months the seniors dine out at an area restaurant or celebrate special social events such as St. Patrick's Day.

The Cranberry Hall Senior Center is always looking for suggestions of new activities to offer. It is here for the enjoyment and fellowship of Medford seniors, and both the Township and the volunteers of the center are making every effort to meet their needs.

Senior Programs

Bridge Programs:

Attention all Bridge players over 55! The Medford Seniors at Cranberry Hall have several different sessions available to you.

Duplicate Bridge - Coordinator - Mike Diller – ml.diller@hotmail.com or (856) 596-4026

Duplicate Bridge meets every Monday from 1:00pm – 3:00pm. Permanent partners vie with others for the most points. Bring a partner and join us.

Bridge Workshop – Coordinator – Ed Tenthoff – ejtenthoff@aol.com

Bridge Workshop meets every Tuesday from 10:00am to 12:00 noon, with all levels of playing. The purpose is to provide a venue for new players to learn in a non-contentious atmosphere while strictly following the rules set forth by the American Contract Bridge League. Experienced players are welcome, provided they accept and understand its purpose and accept that beginners are in a learning phase.

Tournament / Team Bridge – Coordinator – Carol Connolly-craigconnolly@verizon.net
or (856) 983-4568

Tournament Bridge meets every other Friday for 5 sessions with a break of 2-3 weeks in between each tournament. Currently, there are 12 teams playing from 3:15pm – 5:15pm in Cranberry Hall. Each team is paired by the coordinator with one set of opponents for the full two hours. Therefore, by the end of each tournament, each pair has played with five sets of opponents. Anyone interested in playing on a team should get on our substitute list since subs are given first preference in the event of an opening.

Beginning Bridge Lessons – Coordinator - Lora Kline – 1lorakline2@gmail.com
or call or text 609-206-1842

Four friends + a standard deck of cards = the best game you'll ever play. Bridge!

If you want to play Contract Bridge, this class is for beginners and for experienced players who want to increase their skills. It lasts 8 weeks and uses the book, Bidding in the 21st Century by the American Contract Bridge League. There is a Spring class and a Fall class on Tuesdays at 2:00.

Tournament Pinochle – Coordinator – Bob Proto – proto.rg@verizon.net – 609-654-1206

Tournament Pinochle meets every other Friday from 3 pm to 5 pm. Each team plays a round robin format where they play every team in the round. Prizes are awarded weekly and at the end of the round.

We are actively seeking new teams.

Pinochle- Coordinator – JoAnn Reimels - jareimels@aol.com

Pinochle meets every Thursday from 10:00am – 12:00 noon at Cranberry Hall.

Canasta, Rummy Kube, and Mexican Train – Coordinator – Sue Congdon - suecon609@yahoo.com

The beauty of all of these games is that any number can play. No sign up is necessary, just show up. We meet every Friday night from 7:00pm to 9:00pm at Cranberry Hall.

Euchre – Coordinator – Sue Congdon - suecon609@yahoo.com

Euchre is played with four people consisting of two teams each. Aces through nine are used .Each player receives five cards with four cards in the blind. Someone calls a suit as trump. Each hand has a chance of making 1 or 2 points. Game is 10 points.

Chair Yoga - For more information, contact Lora Kline. Call or text 609-206-1842 or email 1lorakline2@gmail.com

Chair Yoga is a great class for people who want the slow, movement of Yoga but aren't comfortable getting down and up from the floor. The class involves stretching and strengthening all parts of the body and improving balance. Everything is done either standing or sitting. You will leave revitalized and relaxed. The class is on Wednesday from 11:30 until 1:00.

Dining \$ – Coordinator - Sylvia Teahan – sylbear2@aol.com & Sue Congdon - suecon609@yahoo.com

On the 4th Wednesday of the month, Medford seniors socialize and dine at one of the restaurants in the Medford area. Participants are responsible for the cost of their own meal. Sign up at Cranberry Hall.

Genealogy Group \$ – Coordinator - Lora Kline – 1lorakline2@gmail.com

Interested (and interesting) people join together on the 2nd and 4th Thursday of each month from 7:00pm until approximately 8:45pm at Cranberry Hall to listen to a talk and discuss ideas for family history research. Anyone who would like to receive information about current programs should contact Lora Kline

Mah Jongg – Coordinator – Micheline Mankowski - zena.mich@icloud.com

Mah Jongg meets every Monday at 10:00am and Friday at noon. If you are interested in learning, come to the Medford Senior Center for either session to play or observe. We welcome men and women, new and experienced players. Mah Jongg cards and handouts are available. We can accommodate up to 16

players at a time. The rules of the National Mah Jongg League are followed. Come join us for a pleasant time with a congenial group.

Painting for beginners and Art Fundamentals \$ – Instructor – Eileen Caporaso

artmom57@comcast.net or (856) 316-9241

Water Colors for beginners and Art Fundamentals meets Mondays from 10:00am to 12:00 noon from September to June at Cranberry Hall. The class teaches the basic watercolor in a step by step method geared for the first time artist or the intermediate student wanting to advance. The basics of line drawing, composition, design and color will be discussed. Learn to watercolor in this relaxing informative class. Supplies necessary – list provided at registration. (Oils and Acrylics Welcome)

Book Club - Coordinator – Evelyn Goldner - egoldner@yahoo.com

The Book Club meets the third Tuesday of every month at 2:00pm - 4:00pm at Cranberry Hall. Members expand their literary experience by reading a selection of titles by new authors and old favorites that vary in genre from new fiction, mystery, romance and autobiographies/ biographies. Meetings also provide an open forum for the exchange of ideas and opinions.

Investor Information Group – Coordinator – Judy Gates - jmcgates@verizon.net

The investor Information Exchange Group meets every Thursday at 12:15pm to 2:00pm to discuss and educate each other in financial and investment matters such as: bonds, stocks, estates, taxes, etc. The objective of the group is to help each other on all financial matters. The group is suitable for do-it-yourself investors or those who want to become a do-it-yourself investor. Some investing experience is desirable.

Fun and Games – Coordinator – Ann Morton -

Every Friday night the Senior Center at Cranberry Hall is alive with enthusiasm as members enjoy playing various board games and card games. The Friday night games are held from 7:00pm – 10:00pm. Come on out to share laughter and good conversation while playing games you might have played as a child or discover new game.

Tennis – Coordinator – Beryl Whelan - bwhelan3@verizon.net,

Medford Township maintains the tennis courts at Headwater for the use of all township residents. Every Friday at 10:00am from April to October, Medford Seniors meet to play tennis at Headwater. Players provide their own equipment and rotate the play according to the number of players. All abilities are welcome.

Pickleball – Coordinators – Allyse Mitchell & Michelle Rupe - 08055Pickleball@gmail.com

Ready to play the fastest growing sport in the country? Pickleball combines many elements of tennis, badminton and ping-pong on a badminton-sized court with a slightly modified tennis net. The game is easy for beginners to learn. To learn more about Meet Ups for all levels and Skills and Drills clinics, Medford Township Pickleball courts are located in Freedom Park next to the skateboard arena.

Soft and Gentle Yoga \$ – Instructor – Allyse Mitchell - _leaseybeans@yahoo.com and Lora Kline – l1orakline2@gmail.com

Yoga classes are held on Monday nights from 7:00pm to 8:00pm and Wednesday mornings from 9:00am to 10:00am at Cranberry hall. This class focuses on gentle stretching and toning movements to increase flexibility, balance and strength. It is targeted towards adults who are less flexible. Course content will be based on the fitness level of the participants and will be taught by a registered yoga instructor.

Project Healthy Bones – Instructor – Lora Kline – 1lorakline2@gmail.com

Project Healthy Bones meets every Wednesday from 11:30am to 1:30pm at Cranberry Hall. This osteoporosis prevention exercise and education program consists 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, is required to participate in this program.

SIT N SEW – Coordinator – Joyce Henning - jehenning5@yahoo.com

Gather your material, scissors, machine, supplies, UFOs, and join us for a morning of sewing and "chatter." We will meet the 3rd Friday of each month at Cranberry Hall Senior center at 9:00am.

Travel/Trips/ Special Events Coordinator - Craig Connolly - Craigconnolly@verizon.net
or call 856 - 983 – 4568

There are special events coordinated with our Dining Out program, along with various trips designed for your enjoyment throughout most of the year.

We ended last year with our Christmas luncheon at Medford Village Country Club (MVCC) and a Christmas Show in Lancaster sponsored by St Joan of Arc Church in Marlton.

We started this year with a Soup Night at Cranberry Hall in January. February saw a movie at the AMC Theatre in Marlton followed by dinner at Friday's nearby. St Pat's dinner was held at MVCC in March and April we welcome our Trivia Challenge at the MVCC. May should see a free Pizza party at Cranberry Hall. A Wednesday Dining Out is scheduled for June and we have a July lunch picnic planned at MVCC. The remainder of the year has similar events planned.

Look for the email fliers and the sign up sheets in Cranberry Hall. Occasionally various trips from other sponsored groups will be noted along with contact information.

We have another cruise this September leaving and returning from Port Liberty (Bayonne, NJ) going to New England and Canada. Signup sheet and information is in Cranberry Hall. Check out the fall leaves and compare Lobster rolls.