



RESOURCES for Aging Citizens

CONTINUED LEARNING



- **Rutgers** offers free courses to retired New Jersey residents, aged 62 or older, in many different subject areas. Campuses at Newark, New Brunswick and Camden all participate in this program.
WEBSITE: rutgers.edu/info/information-prospective-students PHONE: 732.932.7823 ext. 682
- **The Osher Lifelong Learning Institute at Rutgers University** is based in New Brunswick and offers a fun learning environment with no grades and no tests! The courses are designed to enrich life and create connections.
WEBSITE: olliru.rutgers.edu PHONE: 848.932.6554

RECREATION



- **The Summit Senior Club** offers weekly events at the Summit Community Center during the school year (transportation available). Mahjong and Canasta are played weekly. Lunch Bunch is organized monthly at a variety of local restaurants. The Senior Club also offers Gentle Yoga and T'ai Chi to improve physical and mental health. Cost: \$10/year for Residents. \$50/year for Non-Residents
WEBSITE: summitcommunityprograms.com/154/Senior-Club PHONE: 908.277.2932



- **SAGE Eldercare** offers adult day programs that often provide a significant cost advantage over other alternatives, such as home care. SAGE day programs cater to the less able and provide structured social, physical and cognitive activities. SAGE also offers meals on wheels, care planning, information & referrals, grocery shopping, transportation, and home care.
WEBSITE: sageeldercare.org/services/adult-day-program PHONE: 908.598.5520



- **The Connection for Women and Families** offers a discounted membership for citizens aged 62+. This membership offers full access to their pool, gym, and exercise classes. The Connection also partners with local organizations Sage Eldercare and Overlook Hospital in order to provide additional accommodations for their members. Cost: \$37/year
WEBSITE: theconnectiononline.org PHONE: 908.273.4242



- **The Summit YMCA** offers a discounted membership to active older adults which includes access to the facilities and weekly events. Quarterly bus excursions are offered to many Greater NY venues. Most events hosted by the YMCA are also available to non-members who pay per event. Cost: \$72/month (Aid Available)
WEBSITE: thesay.org PHONE: 908.273.3330

FOOD INSECURITY SOLUTIONS



- **GRACE's Pantry** is a program that supplies fresh food to persons based on need. Farmer's market produce as well as restaurant food is available. Pick ups are available on Sunday afternoons at CPC and Thursday evenings at Christ Church. Additionally, a pantry is always open at the Summit Community Center.
WEBSITE: jlsummit.org/?nd=grace PHONE: 908.273.7349



- **SHIP (Summit Helping Its People)** provides soup kitchen style aid to persons in need. Monday-Friday from 6 to 7:30 am, breakfast and bag lunch programs are open at Calvary Episcopal Church. On Saturday and Sunday dinner is served between 3 - 4:30 pm at the Oakes Center.
WEBSITE: shipofsummit.org EMAIL: info@shipofsummit.org



- **Meals On Wheels** is a need-based program provided by Sage Eldercare that operates Monday through Friday and is available to food insecure and less abled citizens over 60 years of age. Deliveries can be scheduled over the phone, and meals are arranged in accordance with dietary needs and restrictions.
WEBSITE: sageeldercare.org/services/meals-on-wheels PHONE: 908.273.5554

HOUSING OPTIONS



- **Spring Meadows** offers a variety of living styles ranging from independent to fully aided. Amenities include a 24 hour staff, 3 restaurant-style meals daily, social programs, grooming parlors, courtesy transportation, a library, on-site therapy, a computer area, religious services, an exercise room and small pets are welcome. Cost: Rent starting at \$3,500
WEBSITE: capitalsenior.com/springmeadowsatsummit PHONE: 866.692.9697



- **Lantern Hill** is a residence community located in New Providence, NJ. The models offered cater to more able adults, and the community provides exciting activities, engaging amenities, and convenient services. Take a virtual tour on the website to view the available services. Cost: Apartments starting at \$353,000
WEBSITE: ericksonliving.com/lantern-hill PHONE: 1.800.824.5939