

SUSSEX COUNTY SENIOR TIMES

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

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JANUARY 2026

SAVE THE DATES!

2026 SPECIAL EVENTS

OLDER AMERICANS DAY

Date & Place To Be Determined

8:30 a.m. – 2:30 p.m.

Education & Enrichment Programs – Exhibits – Lunch

PUBLIC HEARING

Silver Café at Knoll Heights, Sparta, NJ

Thursday, June 4th ~ 1:30 p.m.

Let your voice be heard!

SENIOR DAY

NJ State Fair, 37 Plains Road, Augusta, NJ

Thursday, August 6th ~ Noon to 3 p.m.

Entertainment – Exhibits – Prizes

VETERANS PICNIC

Hamburg Fire Dept. Pavilion, Hamburg, NJ

Saturday, August 15th ~ Noon to 2 p.m.

HEALTHY LIVING FESTIVAL

(Place, Date and Time to be determined)

Health Screenings – Life Enrichment Programs

CAREGIVER EXPO

Farmstead Golf & Country Club, Lafayette, NJ

Thursday, October 22nd ~ 3:30 p.m. – 6:30 p.m.

Seminars ~ Exhibits

SALUTE TO MILITARY VETERANS

Sussex County Fairgrounds, Augusta, NJ

Sunday, November 1st ~ 1 p.m.

Parade – Entertainment – Exhibits

OPEN HOUSE

Sussex County Community College PAC

One College Hill, Newton, NJ

Friday, December 4th ~ 12 p.m. – 2 p.m.

Information – Resources – Lunch

ALL DATES, TIMES AND PLACES ARE SUBJECT TO CHANGE. PLEASE SEE FUTURE SENIOR TIMES NEWSLETTERS FOR UPDATES.

MOVE & GROOVE

Come join us for some light stretching and exercising to fun music. What a great way to enjoy time with friends or a chance to make new ones. Great for those with arthritis or low flexibility. This is a Free program.

Liberty Towers

32 Liberty Street, Newton, NJ 07860

Tuesdays

February 10 – March 17, 2026

1:30 p.m. – 2:00 p.m.

and at the

Newton Fire Department, Station One

22 Mill Street, Newton, NJ 07860

Mondays

February 23 – March 23, 2026

11:00 a.m. – 11:30 a.m.

Reservations are required for this activity.

To register, or for additional information, please contact the Sussex County Division of Senior Services at (973) 579-0555, ext. 1225 or kking@sussex.nj.us.

MOVE TODAY

Exercise Program

Move Today is a FREE one-hour, non-aerobic exercise class designed to improve posture, flexibility, balance and stamina. The exercises can be done while sitting or standing. Before you participate in this program, you must talk with your healthcare provider and obtain medical clearance for exercise (form will be sent to you upon registering).

Stillwater Community Center

931 Swartswood Road, Stillwater, NJ 07860

Fridays

February 6 - May 1, 2026

1:00 p.m. – 2:00 p.m.

Please call (973) 579-0555, ext. 1225 or email kking@sussex.nj.us Registration begins December 29, 2025 and closes on January 26, 2026, this will allow time for forms to be sent out and received.

**NORWESCAP
FREE VOLUNTEER INCOME TAX
ASSISTANCE (VITA)**

About the Program

Volunteer Income Tax Assistance Program (VITA), staffed with IRS-trained and certified volunteers, assists individuals with limited income, seniors and disabled persons and families with free tax preparation in Warren and Sussex Counties.

VITA services will be available at two (2) locations in Sussex County. These locations are **by appointment ONLY**.

- **Christ Episcopal Church**, 17 Church Street, Newton
Mondays and Fridays from 9 a.m. to 1 p.m.
- **Norwescap Sussex Borough Community & Cultural Center**, 37 Main Street, Sussex
Tuesdays from 9 a.m. to 1 p.m.

Norwescap will begin scheduling appointments in January 2026. For more information or to make an appointment, please visit www.Norwescap.org or call 973-784-4900, ext. 2902.

Financial support has been provided in part by
United Way of Northern New Jersey.



Attention Sussex County Veterans

JOIN US FOR POKER NIGHT

TEXAS HOLD'EM
for
Sussex County Veterans
Date To Be Determined
5:00 p.m. – 8:00 p.m.

Newton Fire Department, Station One
22 Mill Street
Newton, NJ 07860

973-579-0555, ext. 1135
Please call to reserve your spot.

****No Buy In... Chance to Win Prizes****

****Registration is Required – Space is Limited****

Pizza/Soda/Snacks... Come & Enjoy Camaraderie



Upcoming Bus Trips

Sandyston Legends Senior Club – is hosting a bus trip on **Wednesday, February 25, 2026**, to Wind Creek Casino in PA. The cost is \$67 per person and includes gratuity and \$25 in slot money. For more information, please call Steve Bello at 973-713-9534.

St. Frances XYZ Club – will host a bus trip on **Tuesday, April 28, 2026**, to Hunterdon Hills Playhouse to see the play *Some Enchanted Evening*, a celebration of the songs of Rodgers & Hammerstein. The cost is \$116 per person and includes transportation, show, table-served entrée, dessert, coffee, hot tea, tax and gratuity.

St. Frances XYZ Club – will host a bus trip on **Tuesday, May 12, 2026**, to Wind Creek Casino, Bethlehem, PA. The cost is \$35 per person. You will receive \$25 in slot play.

St. Frances XYZ Club – will host a bus trip on **Thursday, June 25, 2026**, to the Paper Mill Playhouse to see the play *West Side Story*. The cost is \$152 per person. This fee includes lunch at Gian Marco Trattoria in Millburn, NJ.

St. Frances XYZ Club – will host a bus trip on **Thursday, September 3, 2026**, to Peddler's Village, Lahaska, PA, for lunch and a show, *The Roaring Funnies*. There will also be time to shop. The cost is \$105 per person, no refunds.

For more information on the **St. Frances XYZ** trips or to reserve a spot, please contact Jo at 973-222-9369 or contact the Sussex County Division of Senior Services at 973-579-0555.

Read this newsletter online:

<https://www.sussex.nj.us/documents/SeniorTimes.pdf>

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