



145 West Hanover Street, Trenton, NJ 08618  
Phone 609-421-0206 Fax 609-421-2006  
Email: [office@njfoundationforaging.org](mailto:office@njfoundationforaging.org)  
[www.njfoundationforaging.org](http://www.njfoundationforaging.org)

### Press Release

For Immediate Release  
May 28, 2014

Contact: Grace Egan or  
Melissa Chalker  
609-421-0206

#### *Aging Insights Episode 33, what's happening at Senior Centers?*

**Trenton--** NJFA is pleased to announce the release of the 33<sup>rd</sup> episode of *Aging Insights* TV program, Fun at Your Senior Center, focusing on local services for boomers, caregivers and seniors. This episode will be shown during June 2014. The show is broadcast on over 60 public access stations and may also be seen on NJFA's website, [www.njfoundationforaging.org/aging-insights](http://www.njfoundationforaging.org/aging-insights).

The New Jersey Foundation for Aging (NJFA) is a public charity with the primary goal to empower elders to live in the community with independence and dignity. The strategies to *age well* are voluminous. Consequently, the Foundation uses several messaging platforms to highlight resources to *age well*. For example, *Aging Insights* is a ½ hour TV program that is produced monthly by the Foundation, or Renaissance magazine which can also be found online at [www.njfoundationforaging.org/renaissance-magazine](http://www.njfoundationforaging.org/renaissance-magazine).

For this episode Grace Egan is joined by Rachel Steinberg, Director of East Brunswick's Dept on Aging and Bonnie Leibowitz, Director of the Monroe Twp Senior Center. These guests share what activities their center offers, and current trends that they are seeing in their community. Center activities vary widely from assistance with income tax filings to Zumba! Do you know if your town has a community center or special programs for boomers and seniors? All this information is just a call away.

This show and the work of the NJ Foundation for Aging are made possible by donors. To make a donation to NJFA, please visit our website, [www.njfoundationforaging.org](http://www.njfoundationforaging.org) or call the office, 609-421-0206 for more information. Sponsorships spots are also available for future shows.

Viewers may also visit NJFA's website to take the new online survey on *Aging Insights* to provide comments on the show and to suggest future topics the program should address. To learn more about the work of the Foundation visit [www.njfoundationforaging.org](http://www.njfoundationforaging.org) or call 609-421-0206.



Grace Egan is photographed with Rachel Steinberg on the left and Bonnie Leibowitz on the right.

The New Jersey Foundation for Aging was established in 1998, its mission is promote policy and services that enable older adults to live in the community with independence and dignity.

###