

# The RICH Years



**HAPPY  
THANKS  
GIVING**



**HAPPY  
HOLIDAYS!**

Letter from the Supervisor	Page 2
Senior Center News	Page 3
Senior Services Events	Page 4
Senior Spotlight	Page 5
November Activities	Page 6
December Activities	Page 7
Recipe & Puzzle	Page 8
Café Lunch	Page 9
Senior Center Events	Page 10
Senior Center Creations	Page 11
Community Events	Page 12
Community Events	Page 13
Previous Events	Page 14
Previous Events	Page 15
Staff & Officials	Page 16

297 Liberty Dr. Park Forest, IL 60466

Please register for each activity

**708. 748. 5454**

\*All programs are subject to change

As we embrace the arrival of a new season, I find it essential to reflect on the remarkable events we've experienced together. The success of these gatherings is a testament to the invaluable contributions of our dedicated Rich Township staff and our esteemed seniors.

On September 19, Rich Township Senior Services proudly hosted our 3rd annual Resource & Health Fair at the Holiday Inn in Matteson. This event illuminated the wide array of resources available to our seniors, fostering a sense of community and support.

## LETTER FROM THE SUPERVISOR



**CALVIN JORDAN**  
RICH TOWNSHIP  
SUPERVISOR



The strength and resilience that define the Rich Township community were on full display during our Breast Cancer Awareness Spa Day. Attendees exchanged heartfelt testimonies about their experiences during a day of much-deserved self-care.

This past fall, our seniors forged deeper connections as they embarked on various outings. From the engaging Cole County bus tour, sponsored by State Representative Will Davis, to the unforgettable "Shining Star: A Tribute to Earth, Wind & Fire" at Freedom Hall, our seniors came together to create lasting memories. Our masquerade luncheon offered another chance for connection, while our inaugural Senior Gala allowed everyone to dance the night away in Oakbrook. I also want to acknowledge the Rich Township men, who recently engaged in a thought-provoking discussion led by Colonel Dr. Damon Arnold. Such conversations strengthen our community bonds and promote healthy dialogue.

As the season changes, our core values of community and fellowship remain steadfast. I invite you to participate in our upcoming events:

- **Veterans, please join us for Coffee and Donuts at the Senior Center on November 12 from 10 AM to 12 PM.** This is a small gesture of gratitude for your tremendous service, and we deeply appreciate your contributions to our nation.
- **Join us for our Thanksgiving Luncheon on November 21.** Let us come together to celebrate all that we are thankful for and enjoy a delicious meal as a united community.
- **Mark your calendars for our Jingle and Mingle Brunch on December 19.** Together, we will embrace the joy of the holiday season with festive food and activities that celebrate our community spirit.

This holiday season, I hope you feel that Rich Township is an extension of your own family. I look forward to seeing your smiling faces as we share in the joy of the season together!

Warm Regards,

Calvin Jordan  
Rich Township Supervisor



In September, the Senior Center hosted a pop-up birthday celebration for Supervisor Calvin Jordan. Believing he was there to attend a meeting, he was taken by surprise when he walked into a room full of Seniors and staff members singing happy birthday. Guests took turns expressing their appreciation, but the most touching moment came when his mother shared a few words of admiration.



The National Junior Honor Society of O.W. Huth Middle School in Matteson brightened our seniors' day with their hand-painted pumpkins to celebrate National Pumpkin Day. They also participated in an exercise session with the Flexercise Class. This marks the third year that these students have connected with our seniors through this intergenerational activity, and each year it brings the same joy to the seniors.



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**Teresa Perkins**

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**RICH TOWNSHIP SENIOR SERVICES**  
 Veterans, join us for  
**COFFEE & DONUTS**



**NOV 12**  
 TUESDAY 10 AM - 12 PM

Drop in for a donut and a cup of coffee  
 in honor of Veterans Day!

**297 Liberty Dr, Park Forest, IL 60466**  
 \*call 708.748.5454 to pre-register

**RICH TOWNSHIP SENIOR SERVICES**  
 RICH TOWNSHIP RESIDENTS

## Thanksgiving Luncheon

NOVEMBER  
 THURSDAY **21** 12 PM - 2 PM  
 2024

**SHIRLEY GREEN SENIOR CENTER**  
 297 LIBERTY DR, PARK FOREST, IL

Must register!  
 708.748.5454



Calvin Jordan  
 Rich Township Supervisor



Tawana M. "Tawana" Egan, Director  
 Sara S. Barnes, CEO, Treasurer  
 Dennis S. White, P.D., Deputy Commissioner  
 November P. Brown, Tax Collector  
 Steven B. Barnes, Trustee  
 Deborah M. "Debbie" Starks, Trustee  
 Kimberly Henson, Trustee

**RICH TOWNSHIP SENIOR SERVICES**  
 3rd Annual

## JINGLE & MINGLE

DECEMBER **19** 2024

297 LIBERTY DR, PARK FOREST, IL 60466  
 Brunch: 10:30am-11:30 am  
 Activities: 12pm-2pm

CRAFTING | COOKIE DECORATING | GAMES  
 MUST PRE-REGISTER FOR ACTIVITIES!  
 call 708.748.5454



Calvin Jordan  
 Rich Township Supervisor



Tawana M. "Tawana" Egan, Director  
 Sara S. Barnes, CEO, Treasurer  
 Dennis S. White, P.D., Deputy Commissioner  
 November P. Brown, Tax Collector  
 Steven B. Barnes, Trustee  
 Deborah M. "Debbie" Starks, Trustee  
 Kimberly Henson, Trustee

**RICH TOWNSHIP SENIOR SERVICES**  
 Senior Trip

## Holiday Shopping

THURSDAY | DECEMBER **5** | 2024

Woodfield Shopping Center | Schaumburg, IL  
Roundtrip transportation on coach bus  
 Depart from Senior Center at 9:30 am  
 Return at 3:30 pm

Cost TBD. Call 708.748.5454 for more info



# Dr. Yvette Roberts

Licensed & Certified Fitness Instructor  
Nursing Professional



Dr. Yvette Roberts is a dedicated nursing professional with over 40 years of experience in clinical, educational, administrative, leadership, and research roles. A longtime resident of the South Suburbs and a native of the South Side of Chicago, she has significantly impacted healthcare outcomes throughout her career. Dr. Roberts has held key leadership positions, including Director of Nursing at the University of Illinois at Chicago, as well as Director of Patient Care Services at Mile Square Health Center, Chicago. She also served as an Associate Dean of Nursing at Chamberlain College and instructed nursing courses at multiple institutions. Dr. Roberts has been married for over 30 years and enjoys spending time with her two adult children and two grandchildren.

As a licensed and certified fitness professional, Dr. Roberts advocates for a holistic approach to health and wellness, focusing on the well-being of the mind, body, and spirit, while emphasizing the importance of self-care. For the past three years, she has taught various fitness classes at the Senior Center, including Cardio Chair, Cardio Fitness, Zumba Chair, and Cardio Drumming.

Her holistic approach to health and fitness is threaded throughout her classes. Dr. Roberts prides herself on meeting her students at their fitness level and developing fitness plans that help them achieve their personal goals. This approach is aligned with her philosophy that "No student is left behind."

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# November ACTIVITIES



# 2024

Monday	Tuesday	Wednesday	Thursday	Friday
Temperature check required prior to entry	Cards and Chess available to play anytime!	Some programs require pre-registration 708-748-5454 <b><u>*Programs are subject to change</u></b>		1 FLEXERCISE 10-11 PODIATRIST 10-12
4 FLEXERCISE 10-11	5 NEEDLEWORK 1-3  HULA-HOOP 2:30-3:15	6 BLOOD PRESSURE 9:30-11:30 FLEXERCISE 10-11  BINGO 11 <i>Café Lunch after Bingo</i>  BARB'S JEWELRY CLASS 12:30-2 LINE DANCING \$4 1-2	7 COMPUTER SEMINAR: A.I. 11-12 AARP SMART DRIVER TEK 1:30-3 NEEDLEWORK 1-3 HULA-HOOP 2:30-3:15	8 FLEXERCISE 10-11
11  CLOSED	12 VETERANS DAY COFFEE & DONUTS 10-12 BENEFIT ACCESS <i>By appt. only</i> 10-2 RENEE'S CRAFT CORNER 12:30-2 CARDIO FITNESS 1-1:45 NEEDLEWORK 1-3 HULA-HOOP 2:30-3:15	13 FLEXERCISE 10-11  BINGO 11 <i>Café Lunch after Bingo</i>  LINE DANCING \$4 1-2	14 HAIRCUTS 11-2  CHAIR CARDIO 10-10:45 NEEDLEWORK 1-3  HULA-HOOP 2:30-3:15	15 FLEXERCISE 10-11  4S WELLNESS CHAT: <i>Preparing for End of Life Care</i> 11:30-1
18 TAI CHI 10-11  AARP LOCAL CHAPTER MEETING 1-3	19 NEEDLEWORK 1-3  HULA-HOOP 2:30-3:15	20 BLOOD PRESSURE 9:30-11:30 FLEXERCISE 10-11  BINGO 11 <i>Café Lunch after Bingo</i>  BARB'S JEWELRY CLASS 12:30-2 LINE DANCING \$4 1-2	21  LUNCHEON 12-2 NO ACTIVITIES	22 FLEXERCISE 10-11
25 FLEXERCISE 10-11  CHERRIE'S WIRE JEWELRY 1-2:30	26 RENEE'S CRAFT CORNER 12:30-2	27 FLEXERCISE 10-11 BINGO 11 NO CAFÉ LUNCH LINE DANCING \$4 1-2	28  CLOSED	29 CLOSED



# December ACTIVITIES



# 2024

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2</p> <p>FLEXERCISE 10-11</p>	<p>3</p> <p>CHAIR ZUMBA 1-1:45</p> <p>NEEDLEWORK 1-3</p> <p>HULA-HOOP 2:30-3:15</p>	<p>4</p> <p>BLOOD PRESSURE 9:30-11:30</p> <p>FLEXERCISE 10-11</p> <p>BINGO 11 <i>Café Lunch after Bingo</i></p> <p>BARB'S JEWELRY CLASS 12:30-2</p> <p>LINE DANCING \$4 1-2</p>	<p>5</p> <p>NEEDLEWORK 1-3</p> <p>HULA-HOOP 2:30-3:15</p> <p>SENIOR TRIP: HOLIDAY SHOPPING <i>Must pre-register</i></p>	<p>6</p> <p>FLEXERCISE 10-11</p> <p>PODIATRIST 10-12</p>
<p>9</p> <p>TAI CHI 10-11</p> <p>CHERRIE'S WIRE JEWELRY 1-2:30</p>	<p>10</p> <p>BENEFIT ACCESS By appt. only 10-2</p> <p>RENEE'S CRAFT CORNER 12:30- 2</p> <p>CARDIO FITNESS 1-1:45</p> <p>NEEDLEWORK 1-3 HULA-HOOP 2:30-3:15</p>	<p>11</p> <p>ILLINOIS STATE TREASURER: iCASH 9:30-1:30</p> <p>FLEXERCISE 10-11</p> <p>BINGO 11 <i>Café Lunch after Bingo</i></p> <p>LINE DANCING \$4 1-2</p>	<p>12</p> <p>CHAIR CARDIO 10-10:45</p> <p>HAIRCUTS 11-2</p> <p>NEEDLEWORK 1-3</p> <p>HULA-HOOP 2:30-3:15</p>	<p>13</p>  <p>12-2</p> <p><b>NO FLEXERCISE</b></p>
<p>16</p> <p>FLEXERCISE 10-11</p>	<p>17</p> <p><b>NO CHAIR ZUMBA</b></p> <p>NEEDLEWORK 1-3</p> <p>HULA-HOOP 2:30-3:15</p>	<p>18</p> <p>BLOOD PRESSURE 9:30-11:30</p> <p>FLEXERCISE 10-11</p> <p>BINGO 11 <i>Café Lunch after Bingo</i></p> <p>BARB'S JEWELRY CLASS 12:30- 2</p> <p>LINE DANCING \$4 1-2</p>	<p>19</p>  <p>10:30-2</p> <p><b>NO ACTIVITIES</b></p>	<p>20</p> <p>FLEXERCISE 10-11</p> <p>4S WELLNESS CHAT: HIGHLIGHTS 11:30-1</p>
<p>23</p> <p>TAI CHI 10-11</p>	<p>24</p> <p><b>NO RENEE'S CRAFT CORNER</b></p> <p><b>NO CARDIO FITNESS</b></p> <p><b>*CALL FOR SCHEDULE</b></p>	<p>25</p>  <p><b>CLOSED</b></p>	<p>26</p> <p><i>Happy Holidays</i></p> <p><b>CLOSED</b></p>	<p>27</p> <p>FLEXERCISE 10-11</p>
<p>30</p> <p>FLEXERCISE 10-11</p>	<p>31</p> <p>NEEDLEWORK 1-3</p> <p>HULA-HOOP 2:30- 3:15</p>	<p>Temperature check required prior to entry</p>	<p>Cards and Chess available to play anytime!</p>	<p>Some programs require pre- registration 708-748-5454 <b><u>*Programs are subject to change</u></b></p>



# Cinnamon Spiced Nuts

Spice up your holiday party with these simple cinnamon spiced nuts! They're also perfect for enjoying on a cozy winter day when you crave a delicious snack.

SERVING SIZE: 18

## Ingredients

- 4 cups deluxe mixed nuts
- 1/3 cup maple syrup
- 3 tbsp light brown sugar
- 1 1/2 tsp ground cinnamon
- 1/2 tsp ground cloves
- 1/2 tsp ground ginger
- 1/2 tsp cayenne pepper
- 1 1/2 tsp kosher salt



## Directions

- 1 Preheat the oven to 375°F. Spray the baking sheet pan with nonstick baking spray.
- 2 On the prepared sheet pan, combine the nuts, maple syrup, brown sugar, cinnamon, cloves, ginger, cayenne, and salt. Stir together and spread into an even layer.
- 3 Roast 12-15 minutes. The sugar thickens and coats the nuts. Remove from the oven. While cooling, stir intermittently to break up any large pieces. Store in an airtight container for up to 1 month.

© Wyse Guide

# Winter Word Search

W	E	A	T	H	E	R	W	G	S	F	P	S	F	M
O	H	J	V	O	L	J	O	N	J	V	H	N	J	J
K	F	R	A	C	S	M	E	O	K	O	L	O	M	G
D	R	H	B	P	T	T	D	P	V	B	P	W	W	N
I	E	L	J	Q	T	O	I	E	L	J	Q	F	O	I
W	E	P	N	I	W	K	L	I	P	N	S	L	K	T
S	Z	Q	M	W	Q	D	S	D	Q	M	F	A	D	A
N	I	A	K	S	B	I	U	W	A	K	F	K	I	K
A	N	S	L	I	D	E	I	S	S	L	U	E	W	S
M	G	W	J	C	D	L	L	A	W	J	M	D	S	W
W	W	X	I	D	S	N	O	W	X	I	R	B	U	X
O	C	C	U	F	D	D	P	C	C	U	A	D	D	C
N	V	D	O	M	G	G	N	I	D	D	E	L	S	E
S	B	E	P	I	C	C	R	E	T	N	I	W	C	E
F	S	L	I	P	P	E	R	Y	R	T	A	H	H	R

See how many of these words you can find in the puzzle. The words can be forward, backward or diagonal.

- |            |              |              |              |
|------------|--------------|--------------|--------------|
| 1. Snow    | 5. Shovel    | 9. Slippery  | 13. Scarf    |
| 2. Snowman | 6. Cold      | 10. Slide    | 14. Hat      |
| 3. Winter  | 7. Freezing  | 11. Sledding | 15. Earmuffs |
| 4. Weather | 8. Snowflake | 12. Skating  | 16. Mittens  |







# NOVEMBER | 2024

## SENIOR CENTER MENU



**CHOICE OF BOX LUNCH OR SHOWCASE SALAD EACH WEDNESDAY**

EVERY WEDNESDAY-SHOWCASE SALAD: Tossed Greens Topped with Grilled Chicken, Cheese and Assorted Vegetables with Dinner Roll and Cookie. Choice of Ranch or Italian Dressing Packets

On days that Chili or Soup is served, it will be included with salad choice also.

**MENU SUBJECT TO CHANGE WITHOUT NOTICE**

**6** Roast Beef Sub  
Cup of Chili  
Bag of Chips  
Whole Apple  
Cookie

**13** Chicken Salad on Croissant  
Bag of Chips  
Carrots and Dip  
Whole Apple  
Cookie

**20** Roast Turkey Sandwich  
Cup of Soup  
Bag of Chips  
Fruit Cup  
Pumpkin Pie Slice

**27** NO SERVICE  
HOLIDAY WEEK



# DECEMBER | 2024

## SENIOR CENTER MENU

**4** Turkey Club Wrap  
(Turkey with Bacon)  
Potato Salad  
Bag of Chips  
Whole Apple  
Cookie

**11** Tuna Salad on Croissant  
Cup of Soup  
Bag of Chips  
Whole Apple  
Cookie

**18** Turkey Sub Sandwich  
Pasta Salad  
Bag of Chips  
Fruit Cup  
Cookie

**25** NO SERVICE  
WINTER BREAK

**1 (JAN)** NO SERVICE  
WINTER BREAK

**Cost for Café Lunch is now \$5.00!**  
Food is made fresh & provided by Rich Township School District 227. Meals are offered on Wednesdays. Bingo is played at 11:00 am and lunch is served afterwards. MUST



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ARTIFICIAL INTELLIGENCE PROS AND CONS FOR SENIORS  
THURSDAY NOV. 7, 2024  
11:00 A.M.

RANDALL  
POINDEXTER  
IT CONSULTANT



Artificial Intelligence

Who Should Attend:

This PowerPoint Presentation will be for Seniors who want to know what Artificial Intelligence known as AI and how it can impact our everyday lives

Contact Info  
Phone 708-351-5590  
Email:  
rcpitconsultant@gmail.com

GOAL: To give seniors a better understanding and awareness of some of the dangers and advantages when they are online using AI for various task.



MENTAL WELLNESS HEALTH CHAT

TOPIC:

Preparing for End of Life Care

WHEN:

Friday, November 15th

TIME:

11:30 am -1:00 pm

LOCATION:

Richt Township Senior Center

We are Here For You!

Call today to schedule a consult:  
(877) 205-8080

Visit our website to learn more about our services:

www.4swellnessservices.com

ILLINOIS TREASURER  
MICHAEL W. FRERICH'S  
**ICASH**  
DISCOVER WHAT'S YOURS

WHEN

December 11, 2024  
9:30AM – 1:30PM

1 in 4 Illinois Adults Discovers Property to claim when they search

Rich Township Senior Center  
297 Liberty Dr., Park Forest, IL

IllinoisTreasurer.gov/icash

LOST OR ABANDONED CASH

We help you search the unclaimed property database.



MENTAL WELLNESS HEALTH CHAT

Mental Health Chat Highlights

WHEN:

Friday, December 20th

TIME:

11:30 am -1:00 pm

LOCATION:

Richt Township Senior Center

We are Here For You!

Call today to schedule a consult:  
(877) 205-8080

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Please note: Events are subject to change. Please contact Villages for more information.



# SMALL BUSINESS SATURDAY

SAT, NOVEMBER 30, 2024 | ALL DAY

CELEBRATE THE START OF THE HOLIDAY SEASON ON SMALL BUSINESS SATURDAY IN FLOSSMOOR! CHECK OFF SOME ITEMS ON YOUR HOLIDAY TO-DO LIST BY SHOPPING LOCAL! STAY DOWNTOWN FOR THE ANNUAL TREE LIGHTING.

DOWNTOWN FLOSSMOOR

# TINLEY PARK HOLIDAY MARKET

FRI, DECEMBER 6, 2024 – SUN, DEC. 8

SHOP FOR UNIQUE HANDMADE CRAFTS AND CREATIONS. ENJOY TASTY TREATS AND LIVE MUSIC BY LOCAL GROUPS AND ENTERTAINERS. CHILDREN CAN MAKE HOLIDAY CRAFTS, WRITE LETTERS FOR THE SOLDIERS AND DECORATE COOKIES.

ZABROCKI PLAZA  
17375 S. OAK PARK AVENUE



# BREAKFAST WITH SANTA – \$10 PER PERSON

SAT, DECEMBER 7, 2024 | 10AM–11:30AM

JOIN MATTESON FOR A HEARTWARMING 'BREAKFAST WITH SANTA' THAT INCLUDES A DELIGHTFUL CONTINENTAL BREAKFAST WITH FRESH PASTRIES, FRUITS, AND MORE. CHILDREN WILL HAVE A CHANCE TO WRITE AND HAND DELIVER A LETTER TO SANTA. MUST REGISTER BY MON, DEC 2ND. CALL 708-441-4500

MATTESON COMMUNITY CENTER  
20642 MATTESON AVE, MATTESON IL

# PARK FOREST HOLIDAY MARKET

SAT, DECEMBER 14, 2024 | 10AM–3PM

THE WINTER HOLIDAY MARKET WILL FEATURE LIVE REINDEER, SANTA, FOOD, POP-UP VENDORS, A KIDS CORNER AND MORE!

VILLAGE GREEN  
DOWNTOWN PARK FOREST





Santa & His Helpers



Holiday Decor Stations



Carolers & More....

# Tree Lighting Festival

Join Supervisor Calvin Jordan and the Board of Trustees for Rich Townships Annual Tree lighting Festival, an evening full of joy and holiday spirit for all ages! Celebrate the season with special guests, enjoy captivating performances by local choirs, and partake in delicious food, shopping, and various engaging activities. This festive event promises to create lasting memories—come be a part of the celebration and embrace the season's joy!

<b>DEC 6TH 2024</b>	<b>22013 Governors Highway Richton Park, IL 60471</b>	<b>5:00PM-8:00PM</b>
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For RSVP & more information, contact Dorothy Calhoun 708) 228-5048



<b>Arlene M.</b> "Sugar" Al-Amin Clerk	<b>Sam A.</b> Brown, CIAO Assessor	<b>Dennis A.</b> White, Esq. Hwy Commissioner	<b>Nicholas P.</b> Bobis Trustee	<b>Steven R.</b> Burris Trustee	<b>Jacquelyn M.</b> "Jackie" Small Trustee	<b>Candyce</b> Herron Trustee
--	--	---	--	---------------------------------------	--	-------------------------------------



**Supervisor  
Calvin Jordan**



### SENIOR SERVICES RESOURCE & HEALTH FAIR | 9.19.24

The Resource & Health Fair for seniors, organized by Rich Township Senior Services, took place at the Holiday Inn in Matteson, offering valuable resources and information to attendees.



### BREAST CANCER AWARENESS SPA DAY | 10.3.24

Attendees shared their testimonies and enjoyed a day of self-care at our 2nd annual Senior Spa Day.



### COLES COUNTY FARM TRIP | 10.3.24

Seniors participated in "A Day in the County Bus Tour," co-hosted by Illinois State Rep Will Davis and the Coles County Farm Bureau. The trip featured a farm and winery tour, allowing participants to interact with farmers, see farm animals, and learn about grain farming machinery. They also had the chance to climb into a combine cab and tractor.



### Man CAVE | 10.11.24

Col Dr. Damon Arnold, MD, MPH, CMT (Ret.), former director of the Illinois Department of Public Health, facilitated an engaging discussion covering various men's health topics at the Man Cave. Attendees enjoyed food and complimentary haircuts! Park Forest Mayor Joseph Woods made a surprise visit to join in on the informative conversation!



### SHINING STAR | 10.12.24

The Seniors were all smiles while attended *Shining Star: A Tribute to Earth, Wind & Fire* at Freedom Hall in Park Forest.



### MASQUERADE LUNCHEON | 10.17.24

At our Masquerade Luncheon, the Seniors showcased their finest masks and costumes!



### SENIOR GALA | 10.22.24

Our inaugural Senior Gala at the Hyatt Lodge, Oakbrook was truly an elegant affair. Guests savored a delicious meal, enjoyed plenty of laughter, took fun photos at the photo booth and danced the night away. It was a wonderful opportunity for bonding within our senior services community.

**Rich Township Senior Ctr.**

297 Liberty Drive  
Park Forest, IL 60466

**November/December Issue**

**Mailed November 2024**

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**Senior Center Staff**

**Mayme Buckley,**  
**Director of Senior Services**

**Diane Klein**

**Natalia Hill**

**Brittney Hurley**

**Lynn Smith**

**Township Officials**

**Calvin Jordan, Supervisor**

**Arlene "Sugar" Al-Amin, Clerk**

**Sam A. Brown, CIAO Assessor**

**Dennis A. White, ESQ Hwy. Commissioner**

**Nick P. Bobis, Trustee**

**Steven R. Burris, Trustee**

**Jacquelyn M. Small, Trustee**

**Candyce Herron, Trustee**

