

SERVING SENIORS, DISABLED AND CAREGIVERS ACROSS CUMBERLAND COUNTY

**A Message from the
Executive Director**

*Dear Friends,
Summer is a season filled
with sunshine, new
opportunities, and the chance
to connect with one another.*

*At the Office on Aging, we
are excited to continue
building a community where
older adults can thrive, stay
active, and enjoy meaningful
experiences throughout the
season.*

*This summer, I encourage you
to take advantage of our
growing lineup of programs.*

*There is something for
everyone. These programs are
more than activities—they are
opportunities to build
friendships, improve wellness,
and strengthen our
community.*

*Warm regards,
Lisa Williams
Executive Director*

WEEKLY HAPPENINGS



United Strides Walking Club

Thursdays 10am
at the Cumberland Mall
(Food Court)



Congregate Nutrition Program

Monday - Friday 10AM-1PM
Locations on Page 6



Memory Cafe

Every 4th Wednesday



Fitness & Wellness

Tuesdays 10am
Vineland Library



Golden Grounds Coffee Social

Stay tuned for different locations
& upcoming dates

REMINDERS

- Stay hydrated as temperatures being to rise
- Check on family, friends & neighbors during heat advisories
- Please call for any questions for programs and events

*Trivia answers for
questions found on the
back page*

L. Greenwich 2. Welch's

Answers



*Stay connected
for
updates, photos
and more!*



Contact Us

Monday - Friday 8:30AM - 4:30PM



(856)453-2220

800 E. Commerce St. Bridgeton NJ 08302

www.cumberlandcountynj.gov

Sheriff Michael Donato
Presents:



CUMBERLAND COUNTY'S **TRIAD SENIOR LUNCHEON**

Must be 55+ to attend. Doors open at 11am.

12pm-2pm

Wednesday,
July 15th, 2026

Elks Lodge 580
Millville
1815 E Broad St. Millville, NJ



REGISTRATION IS NOW REQUIRED.

Please call and leave a message with your full name and phone number for a call back.

Seating is on a first-come, first-served basis. Tables will not be held. If the registration list is full, you will be placed on a waitlist.

For more information, please contact:
(856)451-4449 ext. 25124

THANK YOU FOR YOUR SUPPORT!

Your continued donations are greatly needed in order to maintain the regular publication schedule of this newsletter. The suggested donation is \$8.00 per year. If you are able to donate, please fill out the coupon and mail to: Golden AGenda, Office on Aging & Disabled, 800 E. Commerce Street, Bridgeton, N.J. 08302.

Yes, I want to contribute to the "Golden AGenda" and have enclosed my yearly donation of:

\$_____.

Name: _____

Address: _____

City/zip: _____

Reminder:

The last day to redeem Senior Farmers Market Benefits is November 30th, 2026. However, it is advised to shop prior to this date as markets may run low on produce and close for the season.

Stay connected with what is happening
through our email contact list.

Scan Below to sign up.

Cumberland County Office on
Aging and Disabled Email Sign Up
Form for Announcements



LIHEAP (Low Income Home Energy Assistance Program)

This program is designed to help low-income households with their energy bills. The program provides assistance with heating and cooling costs, energy crises, weatherization, and minor energy related home repairs. The Office on Aging & Disabled assists Gateway with completing LIHEAP Applications.

The recent LIHEAP season ended June 30th, however, the Office on Aging & Disabled continue to complete applications. These applications will be delivered to Gateway and processed for the USF benefit only until October 1st, 2026, when the new LIHEAP season begins. At this point, these applications will then be further processed for HEA, cooling, and weatherization. Please contact the Office on Aging and Disabled at 856-453-2220 for further information regarding the LIHEAP program.

NEWS FROM CATs

Greetings from Cumberland Area Transit System! We are happy to serve Cumberland County Seniors, people with disabilities, and anyone in need of transportation. We are always evolving and planning for the future. We plan to expand services by adding deviated fixed routes and integrating transit network companies. A rider mobile app is coming soon as well.

CATS Drivers and Dispatch team, along with our colleagues at the Cumberland County Office on Aging & Disabled, are here to serve. Call 856-691-7799 to book your ride today!



**BEACON OF LIGHT
SUPPORT GROUP**
NAVIGATING THE ROLE
OF DEMENTIA CAREGIVER
TOGETHER

Join Us For Our Dementia Caregiver Support Group Meeting Upcoming Meetings:

Wednesday, August 5th at 2:30pm

Wednesday, September 2nd at 2:30pm

Wednesday, October 7th at 2:30pm

Meeting Location:

Cumberland County Office on Aging
Conference Room
800 E. Commerce St. Bridgeton



SNAP Food Assistance Facts for Older Adults Over 60 Boost your Grocery Budget with SNAP!

When you are on a fixed income, extra dollars to buy food can be a big help! In New Jersey, the minimum monthly SNAP benefit you can receive, if eligible, is \$95 – that is \$1,140 in extra money to buy food a year!

Your benefits also can be higher if you have out-of-pocket medical expenses, housing and utility bills.

Apply for SNAP today at your County Social Service Agency or visit [NJSNAPNavigators.gov](https://njsnapnavigators.gov) to find a SNAP Navigator who can answer questions and help you apply.

SNAP FACTS FOR OLDER ADULTS

- ✓ No work requirements for anyone age 60 and over
- ✓ You may remain eligible for 24 months before your case must be renewed
- ✓ No need to go in-person to apply or complete your application process - everything can be done over the phone or online

It's important to know that a SNAP household includes anyone who lives and eats together, but seniors can apply on their own, even when living with others.

For most applicants, your monthly household income must not be higher than the amounts in the chart below. However, if a household member is age 60 or over or has a disability, they may still be eligible even if their gross income exceeds these amounts.

Household Size - Monthly Gross Income (October 2025 - September 2026)	
1	\$2,413
2	\$3,261
Each additional member	Add \$848



If you need help, go to your County Social Service Agency or visit [NJSNAPNavigators.gov](https://njsnapnavigators.gov) to find a SNAP Navigator, to help you apply.

The Cumberland County Office on Aging is here to assist caregivers with navigating through the struggles of caring for a loved one with dementia.

Please call Lisa Williams at (856) 453-2224 for more information.

RSVP

Corner

AmeriCorps Seniors RSVP is a volunteer network program committed to serving those throughout communities across the nation through promoting, inviting, and partnering with local organizations to ensure seniors 55+ stay active and give back to their local communities. These senior volunteers choose how and when they would like to serve, with commitments ranging from a few hours to many hours each week. There are many organizations and causes to choose from, helping ensure that service can help solve local challenges. Many AmeriCorps Seniors volunteers themselves report better health and a feeling of purpose. Whether helping with the homeless, tutoring students, distributing food, or something else, we have many experiences waiting for you!

Volunteers needed at the following sites:

Bridgeton Public Library - Volunteers needed to help with shelving and pulling books as well as helping with book sales and other events.

Community Foodbank of New Jersey—Volunteers needed to help with mobile food pantries across Cumberland County. Help hand out, pack food. Pick and choose days/locations!

Cumberland County Division of Employment and Training—Volunteers needed to help young adults prepare for their GED exam by serving as tutors. Office space and training materials provided. Location: RCSJ Campus in Vineland. Schedule can vary, up to three days/week.

For further information about volunteering, please contact Project Director Robert Wilson at the RSVP Office at robertwi@cumberlandcountynj.gov or 856-691-1329.



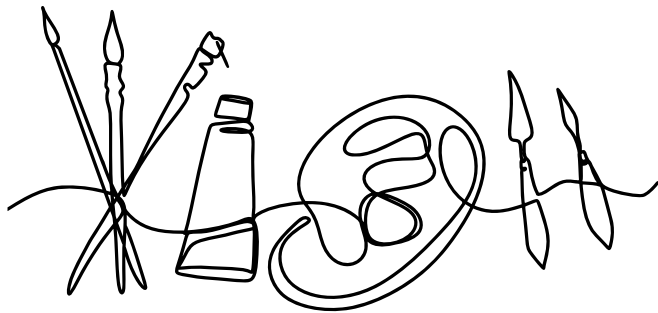
2027 NEEDS SURVEY FOR
CUMBERLAND COUNTY OFFICE
ON AGING & DISABLED (2)



SCAN TO FILL OUT THE ONLINE SURVEY TO
SHARE YOUR INPUT ON THE 2027 AREA
PLANNING FOR THE OFFICE ON AGING

Office on Aging & Disabled Outreach Stations

- Outreach/Aging & Disability Resource Connection: 800 E. Commerce St, Bridgeton; Hours: Monday – Friday 8:30-4:30pm
- Louise Moore Senior Center, Haleyville:
2nd Thursday 11am
- Charlotte Brago Senior Center, Rosenhayn:
2nd Monday 11am
- Downe Township Senior Center, Newport:
2nd Friday 11am
- Lawrence Township Senior Center, Cedarville:
4th Tuesday 11am
- Maurice River Township Senior Center, Leesburg: 1st Tuesday 11am
- Edgar Joyce Senior Center, Seabrook:
1st Wednesday 11am
- Vineland Senior Center:
Tuesdays and Thursdays 9:30am-3pm
- Holly City Regional Senior Center:
Mondays & Fridays 9am-12:30pm
- Fairfield Township Senior Center, Fairton:
1st Thursday 11am
- West Cumberland Senior Center, Hopewell:
4th Wednesday 11am



CUMBERLAND COUNTY OLDER AMERICANS ART EXHIBIT ON DISPLAY

The 51st Annual Cumberland County Older Americans Art Exhibit & Competition will be held at the Cumberland County Library from August 10 through September 10, 2026. The event is sponsored by the Cumberland County Office on Aging & Disabled along with the Cumberland County Cultural & Heritage Commission.

It is open to both professional and non-professional artists age 60 and older who are residents of Cumberland County. We will be accepting registration during the month of July with the Office on Aging and Disabled. We would love to see new artists registered with us this year, and for many people to come and view the exhibit!

For more information, please contact Robert Wilson at robertwi@cumberlandcountynj.gov or 856-691-1329.

GOLDEN QUOTE

"Wisdom comes not from age, but from education and learning."

- Anton Chekhov

Summer Termination Program

The NJ Board of Public Utilities (BPU) announced that the Summer Termination Program (STP) will be in effect protecting electric, water and sewer residential customers from disconnection. Customers must call their utility company to request enrollment into STP. Gas service is not included in this program. For more information visit or call our office today!

856-453-2220

Below are the qualifying criteria which will be used to determine the Summer Termination Program:

- Recipients of benefits under the Lifeline Credit Program;
- Recipients of benefits under the Federal Home Energy Assistance Program (HEAP);
- Recipients of Temporary Assistance to Needy Families (TANF);
- Recipients of Federal Supplemental Security Income (SSI);
- Recipients of Pharmaceutical Assistance to the Aged and Disabled (PAAD);
- Recipients of General Assistance (GA) benefits;
- Recipients of the Universal Service Fund (USF);
- Applicants of the Low-Income Household Water Assistance Program or any other State, local, or utility program that provides assistance or discounted rates specifically to help eligible customers pay wastewater or water bills that may exist at that time; or
- Residential customers who are unable to pay their utility bills because of circumstances beyond their control. Such circumstances shall include, but shall not be limited to, unemployment, illness, medically related expenses, recent death of an immediate family member, and any other circumstances, which might cause financial hardship. These residential customers shall be permitted to self-certify to the utility or Division of Customer Assistance of the Board of an inability to pay their public utility bill.

**CUMBERLAND COUNTY OFFICE
ON AGING AND DISABLED**

800 E. Commerce Street

Bridgeton, New Jersey 08302

RETURN SERVICE REQUESTED

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PERMIT No. 33

**Cumberland County Nutrition
Congregate Luncheon Program**

Funded by Title II of the Older Americans Act, we provide nutritious meals served in a social setting to Senior Citizens of Cumberland County. Any resident 60+ and their spouse may participate. We ask that you call 2 days in advance so that meals can be ordered. Although there is no fee for the meals, donations are accepted. The suggested donation is \$2.00. For more information, call 856-453-2159.

Congregate Luncheon Locations:

Commercial
Deerfield
Fairfield
Lawrence
Maurice River
Millville
Seabrook
Vineland

Golden Trivia

1. In which Cumberland County town did patriots publicly burn tea in 1774 to protest British rule?
2. What famous juice company was founded in Vineland in 1869?

Have you moved?

In order to receive your newsletter in a timely fashion, please notify us of your new address. You can call or mail you change to:
GOLDEN AGEnda, 800 E Commerce St,
Bridgeton, NJ 08302
856-453-2220

THE GOLDEN AGEnda

Published by the Cumberland County Office on
Aging and Disabled

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The Cumberland County Office on Aging, established in 1969 by the Cumberland County Board of Commissioners and the State Division on Aging under Title II of the Older Americans Act, is partially funded by the State of New Jersey. Its services are available to all residents of the county in accordance with the Title VI of the Federal Civil Rights Act and applicable state statutes.