



**“When leaves have to let go of the tree, they wear their best colors, and they dance all the way to the ground.” Karen Kingsbury**

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## *Happy Fall!*

Hello Friend,

September is Healthy Aging Month!

It's the perfect reminder to take a proactive approach to your health and well-being as you age—and as the seasons shift. Soon, we'll be surrounded by vibrant foliage, “pumpkin everything” and festive fall activities. By caring for your whole self—body, mind and spirit—you can truly enjoy all that this season has to offer.

In this issue, you'll find:

Fall activities planned at senior social day centers  
Key practices for healthy aging with resources and tips  
Upcoming health and well-being events

At **VITALity Catholic Healthcare Services**, we support you in living your *Life to the Fullest!* A full range of services is available - delivered with compassionate care to seniors, individuals with disabilities and their families.

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## Together, We Honor Those 80 yrs. and above

**Mass and Reception for Our  
Centenarians, Nonagenarians and  
Octogenarians**

**JOIN BISHOP JOSEPH WILLIAMS IN CELEBRATING**  
OUR CENTENARIANS, NONAGENARIANS AND OCTOGENARIANS

**SUNDAY  
OCTOBER 5  
11:30 AM MASS**  
RECEPTION  
TO FOLLOW

A BEAUTIFUL MASS & RECEPTION DEDICATED TO THOSE AGE 80 AND BEYOND  
WHO LIVE THEIR LIFE TO THE FULLEST!  
"The Jubilee we are now celebrating helps us to realize that hope is a constant source of joy, whatever our age."  
Pope Leo XIV

CHRIST THE GOOD SHEPHERD PARISH  
SAINT ISIDORE THE FARMER CHURCH  
1655 MAGNOLIA ROAD | VINELAND

RSVP by September 29, 2025  
vitality.event@vitalitycare.org  
Contact Christine Wilford at 856-583-8171  
or scan the QR code

**VITALity**  
A Catholic Member of the Diocese of Camden

Join us for a beautiful mass, celebrated by Bishop Joseph Williams, and reception to honor those age 80 and above who live *Life to the Fullest!*

Family and friends of our special guests are most welcome to be part of this joy-filled day filled with fellowship and love.

[Register Here](#)

## Fall into Fun and Friendships



Golden Slippers members (shown left) brought their Eagles spirit to the senior day center today all dressed in green. *Go Birds!*

An important part of *healthy aging* is social engagement. You're welcome to join fellow seniors at any of the [Senior Social Day Center locations](#) listed below or [click here](#). Check out some of the fall festivities planned.

### Young at Heart in Atco

- September Hawaiian Luau
- Tai chi, line dancing and chair exercises
- Musical performances along with a Christmas dinner show and bus trip

### The Renaissance Center in Gibbsboro

- Heart health presentation
- Mad Scientist Halloween Party
- Annual holiday auction, organized by members, to benefit a local charity.

### Golden Slippers in Berlin

- Themed Thursdays
- Sleep and aging presentation
- Money tips for older adults presentation

### Prime Timers in Mantua

- Age-related hearing loss presentation with the latest hearing loss devices
- Bingo games with great prizes
- Annual Halloween costume contest and party

#### Golden Slippers

**Director: Jennifer Smith**

Saint Simon Stock Parish, Berlin  
Tues., Wed. & Thurs. 9 a.m. - 1 p.m.  
(856) 767-2563

#### Prime Timers

**Director: Flo Curly**

Church of the Incarnation, Mantua  
Tues. & Thurs. 9 a.m. - 1 p.m.

#### The Renaissance Center

**Director - Tese Hemschoot**

Saint Andrew the Apostle Parish,  
Gibbsboro  
Tues. & Thurs. 9:30 a.m. - 1p.m.  
(856) 304-9306

#### Young at Heart Club

**Director: Kathy Benton**

Christ the Redeemer Parish, Atco

[More Information](#)

For additional information about parish senior ministries or groups in the South Jersey area, contact Christine Willard, Director of Marketing and Senior Ministries at 856-583-6121 or [christine.willard@camdendiocese.org](mailto:christine.willard@camdendiocese.org).

## Healthy Aging Begins with These Key Practices



Healthy aging means caring for body, mind, and spirit as we grow older. It requires being mindful of our physical, mental, and spiritual needs—and taking steps to address them. At VITALity, we understand this isn't always easy. That's why our [Care Coordination](#) team is here to walk alongside you with one-on-one compassionate support and resources tailored to your needs.

Four important practices that support healthy aging are staying current with immunizations, preventing falls, maintaining good sleep habits, and staying socially connected.

[Read more about each of these practices on our website here.](#)

### 10 Ways to Experience the Fall Season

- View fall foliage on a scenic drive.
- Enjoy a pumpkin spice treat
- Bake (or buy) an apple pie to share
- Paint a pumpkin
- Do a fall-themed puzzle
- Explore a walking path with a friend
- Attend a fall festival in your area
- Go on a hayride
- Decorate for Halloween
- Plan a dinner with family or friends

## Upcoming Events

September 5 @ 7 p.m. - [The Gospel of St. John Lecture, St. John Church, North Cape May](#)

September 6 @ 9 a.m. - [St. Teresa of Calcutta Jubilee Year Mass and Walking Pilgrimage to Cathedral from St. John's Church, Collingswood](#)

September 13 @ 9 a.m. - [Our Lady of Hope Craft Show in the Parish Center, Blackwood.](#)

September 13 @ 8:30 a.m. - [Plan to Care for God's Creation Symposium, St. Maximilian Kolbe, Marmora](#)

September 19 @ 10:30 a.m. - [Bishop Joseph Williams celebrates annual Blue Mass, Our Lady of Hope Parish, Blackwood.](#)

September 20 @ 4 p.m. - [Mass for the 50th Anniversary of the End of the Vietnam War at Walter E. Edge Theater, Atlantic Cape Community College](#)

**October 5 @ 11:30 a.m. - [VITALity's Centenarian, Nonagenarian and Octogenarian Mass Celebration and Reception, St. Isidore the Farmer Church, Vineland](#)**

October 12 @ noon - Bishop Joseph Williams Celebrates White Mass, Virtua Our Lady of Lourdes, Camden

November 8 @ 7:30 a.m. - [ManUp Men's Spirituality Conference, Paul VI High School, Haddonfield](#)

**December 1 @ Noon - Bishop Williams celebrates 10 Year Anniversary Mass for VITALity, Cathedral of the Immaculate Conception, Camden**

Please refer to the Diocese of Camden website for Diocesan event details.  
[www.camdendiocese.org](http://www.camdendiocese.org).



Get ready! Daylight Saving Time will end on **Sunday, November 2nd** when clocks will be turned back one hour at 2:00 AM local time.

## Life to the Fullest Member Discounts

Through your Life to the Fullest Membership, you have access to many free health and well-being resources and programs to support your individual needs. Please let us know how we can support you as a **Life to the Fullest Member**.

**Calls of Joy Program** - You are not alone. Our trained volunteers will make a weekly phone calls to a senior feeling lonely to offer social engagement and uplifting conversation.

**Health and Well-Being Resource Library** - Check out 25+ resources to support your health and well-being by clicking on the link above. If you don't see a topic, let us know and we will send you information for that topic.

**Business Discounts** - Present your membership card for special discounts and services from local businesses listed below.

- **South Jersey Catholic Cemeteries** -Receive 5% discount off pre-planning costs. Contact: Debra Moore - 856-583-2829
- **Hearing Hut** - Receive 20-50% off standard discount or up to 50% off network discounts. Contact: Steve Mulranen - 856-468-1966
- **Karr Barth Associates** - Receive complimentary comprehensive financial analysis. Contact: John Napolitano - 856-685-6372 or [John.Napolitano@equitable.com](mailto:John.Napolitano@equitable.com)
- **Nicholas "Nick" Nowak, eXp Realty** - Save 20% on real estate fees when buying or selling. Contact: Nick Nowak - (cell) 856-430-0240, (office) 866-201-6210 x1339 or [Nick@NickNowakTeam.com](mailto:Nick@NickNowakTeam.com)

Share this [Life to the Fullest Membership application](#) with a friend or family member! Membership is free to all seniors age 65 and over living in the South Jersey area. Email or call Christine Willard, Director of Marketing and Senior Ministries, at [Christine.Willard@CamdenDiocese.org](mailto:Christine.Willard@CamdenDiocese.org) or call 856-583-6121 with any questions.

Become a Member Here

**[VITALity Catholic Healthcare Services](#)**  
**1-888-268-4825**  
 Send Us A Message

**Stay in Touch!**


