

South Brunswick

Beacon Senior Newsletter

AUGUST 2017

The Senior Center is open to South Brunswick Residents 55+ Only

Hours: Monday - Friday 8:30am - 4:30pm. Sundays-1:00pm-4:00pm
(offices closed on Sundays).

Phone #: 732-329-4000 x7670 -- 732-438-0918 (rotary phones)

Website: www.southbrunswicknj.gov (Click Departments, then Senior Ctr)

Email: Christine Wildemuth, Director cwildemu@sbtnj.net

Membership: FREE---Tuesdays or Fridays from 9:30am-12:30pm

Fill out a membership form or print form from our website. Proof of age (55+) and South Brunswick residency **REQUIRED**.

Meals: We are a congregate meal site for Middlesex County. For a delicious hot meal, call Karen at 732-329-6171. Lunch served at 11:30am, Monday to Friday, must be 60+. Please call by noon one day ahead for reservations. Vegetarian options are available. Suggested donation: \$2.25 per meal.

Meals on Wheels: Suggested donation: \$2.75.

Transportation Dept. (now located at the senior center): Bus pass required (\$.50 each way). Reservations **MUST** be made by 3:45pm for next day, week, month, or ride home. To cancel "Same Day Service" call **(732)-329-4000 x7363** by 8:30am. Leave a message, provide name, address, phone number, and reason for call. Wheelchair accessible buses.

- **Exercise Run:** arrives by 9:15am (for those in classes prior to 10:30)
- **Cheers Run:** arrives by 10:45am
- **Afternoon Buses Depart Center:** 1:30pm and 3:00pm
- **Errand Run** – Thursdays (banks, Amish Market, CVS, post office, pharmacies along Rt. 27 from Finnegans Lane to Kingston).
- **Apna Bazaar** (1st & 3rd Mondays of the month).
- **Food Shopping- Stop & Shop** Monday 10:30am - Dayton S&S (for homes south of RT 1), Tuesdays – S&S (for Oakwoods & Charleston Place -10:30am), Thursdays - 10:30am – Errand Run (along Rt. 27, Amish Market, banks, etc.), Fridays 10:30am - S&S RT 27 (homes No. of RT 1).
- **Library Shuttle** - Every Wednesday (10:30am – Noon, runs every 30 minutes).
- **Special trips Tuesdays and Wednesdays**-see trip page



Program Highlights



****Elvis Week****

Elvis Presley died August 16th 40 years ago.
Join us this week for some special Elvis events in remembrance of
"The King of Rock & Roll"

Monday, August 7th

Elvis Trivia with Christine – 10:45am

Come test your knowledge & win special Elvis prizes.



Elvis Movie- 12:00pm – 2:20pm

"King Creole"- An Elvis favorite film and one of his few dramatic roles. Attend to be eligible for an Elvis Door Prize.

Elvis Concert Film- 2:20pm – 3:45pm

The younger Elvis. Live from his 1968 concert.
Enter for special Elvis doorprize drawing.



Tuesday, August 8th

Tour of Graceland Video- 12:15pm - 1:15pm

See behind the scenes of Graceland, Elvis's Memphis home, trace his path from poor boy in Tupelo to Memphis through rare photos and video. Enter for Elvis Door Prize.

Thursday, August 10th

ELVIS IS IN THE BUILDING!!! 12:15pm – 1:15pm

Join us as Mike Holland portrays the "well seasoned", heavier Elvis of the late 70's. Dressed as the King himself, singing familiar Elvis songs with a voice that sounds like Elvis, Mike Holland will take you back in time. Enter to win a Door prize, It's Now or Never.



New Jersey 2017 Senior Olympics – September 8th, 9th, 10th

Register ONLINE by Aug. 28th at njseniorolympics.com (or)

See the Office for application. Drive self to Woodbridge.

General Registration Fee \$30 (for 3 events)

Archery, Basketball Foul, Basketball (3 on 3), Bocce, Billiards, Bowling, Cornhole, Cycling, Darts, Fencing, Golf, Horseshoes, Mini Golf, Pickleball, Racquetball, Swimming, Table Tennis, Softball, Tennis, Track & Field, and Volleyball.

Bring Home The Gold South Brunswick!!!



Program Highlights



BEACH DAY- Summertime Fun

Thursday, August 17th 12:00pm – 1:15 pm

Enjoy Margarita Mocktails and some Beach Day Games!

12:00pm – 1:15pm

Beach Ball Volleyball, Coconut Bowling, Feed The Shark, Tube Toss
Indulge in Margarita Mocktails! Enjoy warm breezes and great music. Wear your Beach Garb for a ticket to win a Door Prize!!!



Monthly Birthday Lunch –

Tuesday, August 22 – at 11:00am

Is this your birthday month? Please let us know.

Sign up by Aug 15th. Trivia, Celebration & Cake. Always FUN!

SUMMERTIME YOUTH RUN PROGRAMS

Computer & IPAD Lessons Daily 10:30-1:30.



Horseraces-Mondays, August 14th & 21st 12:15

Join us at our indoor track. Bet your favorites with play money and win prizes!



Let's Get Crafty! – Crafts with Simran

Tuesdays, August 8th & 15th 12:30 p.m.

Come make simple project to take home. Sign Up.



Origami – with Sai Thursday, August 24th 12:15pm

Come learn the ancient art of paper folding and
Make a simple project to take home. Sign Up.



Zentangles –with Ayyan Fridays 12:15pm

Anything is possible one stroke at a time...Zentangles are fun, easy to learn & relaxing. Create beautiful images while increasing your focus, creativity and personal sense of well being. Sign up.

Program Highlights



FRIENDS Bingo - Friday, August 11th 12:30pm

BINGO SPONSORED BY OASIS - Monday, August 28th 12:30pm

Every time you win Bingo you get a ticket then it goes in a basket and we draw one winner for one large item. This event is sponsored by Oasis Senior Living Advisors. Oasis provides personalized service in helping seniors and their families locate the best living option available to them.

****ATTENTION****: Don't forget to purchase your Bingo passes!
A card is \$10 for 10 days. Bingo will start in September at \$1.00 a day.

Great American Roadtrip Video - Thurs. Aug 24th 12:15-2:15

From Hawaiian Volcanoes to Redwood Forests, to Art communities and Working Cattle Ranches, to Yellowstone and Hemingway's House. Join us for a scenic and informative drive through California, Hawaii, Alaska, Montana, Idaho, Wyoming and Washington.



Hawaiian Day- Sponsored by Atrium Health & Senior Living - Thursday, Aug 31st

10:45am -11:15am - "Beautiful Hawaii " Facts & Trivia with Jill

11:15am-12:15pm - **Hawaiian BBQ Lunch**

****Lunch is \$2.25 must sign up August 17th****

12:15pm-1:15pm - **Hawaiian Day Theme Party** with musical entertainment by the awesome Lisa Vann. Swing and sway the day away. **Let's see those Hawaiian Shirts!! Door Prize & 50/50**

*This event is FREE thanks to sponsorship from our friends at **Atrium Health & Senior Living**. Atrium is a premier healthcare facility that provides their residents with quality personal care and all the comforts of home.



Ted Talks - short, powerful video talks followed by discussion. Looking for a volunteer to facilitate Ted Talks.

Wednesday, August 2nd at 12:30pm-Never, Ever Give Up

Wednesday, August 16th at 10:45am-The New American Dream

Wednesday, August 30th at 10:45am-The Power of Vulnerability

SPECIAL TRIPS

Point Pleasant Boardwalk Bus Trip – Tuesday, August 29th

Leaves Woodlot 9am back about 3:30pm. Free, pay for attractions or beach access yourself there. Check office for availability. \$5 cash bus deposit.



Snug Harbor Cultural Center & Botanical Garden- \$8.00 Plus \$5.00 bus deposit

Tues, September 19th- Take time to smell the roses, find your Zen in the Chinese Scholars Garden and view the works of Modern and Contemporary artists all in one place. SPECTACULAR Snug Harbor! Docent lead tours. **Buy lunch or bring your own.**

LOTS OF OUTDOOR WALKING!

Registration- starts July 12th 10:45am (Must register in person)

LOCAL TRIPS - Have a bus pass? For information or to schedule a ride call 732-329-4000 x7363 or stop by the Transportation Office in the Senior Center.



August 2 - 10:30am– East Brunswick Mall

August 8 - 11:15 am – Crown of India ~ Lunch Event

August 9 – 10:30am Walmart ~ North Brunswick

August 16 - 10:30 am- East Windsor Shopping Center

August 22 - 11:30 am – Moghul Darbar Buffet-**CASH ONLY** \$10.00

August 23 -10:30 am-Quakerbridge Mall

August 30 –10:30 am Target, Wegman's & Michael's

Beauty & The Beast-Thurs. August 3rd

12:30pm-2:40pm-Rated PG ~ **Romance**

Belle, an independent young woman, is taken prisoner by a beast in his castle. Despite her fears, she befriends the castle's enchanted staff & learns to look beyond the Beast's hideous exterior & realize the kind heart & soul of the true Prince within. Starring: Emma Watson, Dan Stevens & Kevin Kline



The Last Word – Tues. August 22nd 12:30-2:40pm Rated R ~

Comedy - To those who know her, she's overbearing, blunt & a total control freak — but that doesn't begin to describe Harriet Laufer. A former high-powered advertising executive, 80-something Harriet insists on micromanaging every aspect of her life. Starring: Shirley McLaine, Amanda Seyfried & Ann Heche

WANT TO USE OUR GYM OR ATTEND CLASSES?

- ✓ Fill out 3 REQUIRED medical forms, one to be filled out by your doctor.
 - ✓ **Personal Training session with Liz required before gym use** – Mon. Aug 7 (10:00-noon) or Aug. 21 (11:30-1:30) 15 minute session
-

Sign up 2 weeks prior to class start. Fees non refundable.
Classes need at least 10 students paid 2 weeks in advance to run

Ageless Grace with Roz – Tues. 12:30-1:15pm, **Sept 19-Oct 31 ~ 7 wks**
\$15.00 Brain-based anti-aging exercises use creativity/imagination, memory/recall & analytical thinking. Done in a chair. Exercise your mind and body! Great for joint mobility, spinal flexibility, right-left brain coordination, balance, confidence!

Art Class – Mon. 1:30-3:00pm, **Aug 7 – Sept 18, 6 weeks \$28.**



B.E.S.T. (Balancing, Exercises, Stretching, Toning)- Mon. 1:45pm. Light weights, balls & bands from a chair, **July 31st - Sept. 25th, \$32**

Body Gym – Mon. 12:30pm, **Aug. 21st – Oct. 23rd** No charge



Chair Yoga - Tues. 10:30am, **Sept. 5th – Oct. 24th, \$25**

General Fitness- Mondays & Fridays 9:15am advanced and 10:15 intermediate and beginners. 15 classes \$20 or 30 classes for \$40

Get Fit – Thurs. 1:45pm. Cardio & strength, **Aug. 17th – Oct. 5th, \$32**



***NEW*Now & Zen** – Wed. 10:30am. No charge. **Wed, Sept. 6 – Oct. 18 7 wks**
Total body restoration using a variety of techniques to maximize controlled breathing, increase mindfulness and channel energy flow. Program will include deep breathing exercise, guided meditation, chanting and Reiki. Done in a chair.

Pilates – Tues. 9:15am. Bring your own ball, **Aug. 29th – Oct. 17th, \$36**

Sculpting with Weights – Wed. 12:30pm, **Aug. 23rd- Oct. 2nd, \$28**

Sign Language – Mon. 10:45am, Breaks for Summer
Next Session is Sept 11- Oct 30 7 Weeks, no charge



Tai Chi – Thurs. 9:15am, **Aug. 17th – Oct. 12th, \$35**

Tap Dance – Tues. 1:30pm (On Break) **Next Session Sept. 5th – Oct. 24th, \$32**

Yoga – Thurs. 10:30am, **Aug. 24th – Oct. 19th, \$32** Bring your own mat.

Zumba – Fri. 1:15pm, (Break for summer) next **Sept. 8th – Oct. 20th, \$21 6 wks**



Get the Swing Back in Your Game

Whether you have been golfing for years or are just starting out, swinging a club can take a serious toll on your body. In fact, thousands of people seek treatment for golf related injuries each year.

“Though to some swinging a golf club may look easy, a golf swing is actually a complex and coordinated series of high-velocity movements that involve your entire body. Over time, these repetitive movements can cause wear and tear to your muscles, tendons and joints and result in pain and injury,” says Barbara Kutch, PT, DPT, CSCS, a physical therapist and certified strength and conditioning specialist with University Medical Center of Princeton’s (UMCP) Outpatient Rehabilitation Network. She is also Titleist Performance Institute Certified.

UMCP’s Princeton's Outpatient Rehabilitation Network offers specialized therapeutic and rehabilitative services for golf-related injuries designed to improve flexibility, joint stability, endurance and conditioning so patients can get back in the game.

Patients (with a prescription from their doctor) receive an initial evaluation and individualized plan of care that includes strengthening and corrective exercises specific to their unique needs.

In addition, the K-Vest – a wearable, biofeedback device – enables physical therapists to measure and assess your golf swing and customize your rehabilitation program to target specific areas and movements that need to be adjusted. One of the best ways to prevent injury or re-injury is to ensure you have a solid swing technique.



To learn more about UMCP’s Outpatient Rehabilitation Network golf rehabilitation program, call (609) 853-7840 or visit

www.princetonhcs.org

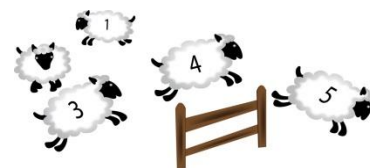
HEALTH LECTURES

CONTACT PHC Desk to register (609) 497-2230

Tired of Being Tired: What's Keeping You from a Good Night's Sleep?

Monday, August 7 - 12:30pm

Join David B. Cohn, MD, for an eye-opening discussion of common sleep disorders and their relationship to other medical conditions, such as heart disease, as well as accurate sleep disorder diagnosis and current treatments. Insomnia, restless leg syndrome, sleep apnea and narcolepsy are among the disorders that will be discussed. Dr. Cohn is board certified in critical care medicine, internal medicine (primary care), pulmonary disease and sleep medicine, and is a member of the Medical Staff of Princeton HealthCare System.



Are You at Risk for Falls?

Thursday, August 10 - 10:45am

Falls pose a serious health risk — particularly for seniors, people with chronic medical conditions and those taking multiple medications — but there are steps you can take to help prevent falls. Join Kate Hall, MSW, LSW, Social Worker with Princeton HomeCare, to learn more about who is at risk, how falls can be prevented and when a fall requires medical attention.



****FREE Blood Pressure Screening****

Tuesday, August 15 - 10 a.m. - 12 p.m.



Donations –The Senior Center graciously accepts monetary donations (designated for senior center use). Checks payable to the SB Senior Center. "Tribute Cards" are available (\$15) for pack of ten. Donations are tax deductible. All donations go 100% to Senior Center.

From the Desk of Marie Brown

Benefits Program Coordinator ext. 7676 Email: mbrown@sbtnj.net



*Project Lifesaver®
International*

Project Lifesaver

What is Project Lifesaver?

Project Lifesaver is a national program that uses radio technology to help locate missing persons. Participants wear a bracelet, equipped with a transmitter, which can aid specially trained Sheriff's Officers in locating them once reported missing. The bracelet requires daily monitoring by the caregiver.

Who is Eligible?

Middlesex County residents (age 5 and over), with a history of wandering due to illness or disability, (for example: Autism, Alzheimer's). A caregiver must live with participant and be able to check the battery signal daily.

What does the bracelet look like?

The bracelet is approximately the size of a large wristwatch. The bracelet is plastic, lightweight and water resistant. Each bracelet has a unique radio frequency. The bracelet can be worn on the wrist or ankle.

Project Lifesaver does not replace the need for constant supervision and monitoring of a person prone to wandering and is not intended to replace an alarm or other safety equipment.

What does the program cost?

Current County funding allows for a limited number of participants to receive this service **free** of charge. The County will examine the interest and operation of this pilot phase of Project Lifesaver to determine if the program can be expanded in the future.

How do I apply?

In order to register for the program, interested individuals should call the Middlesex County Office of Aging and Disabled Services at 732-745- 3295. A brief pre-registration form will be completed over the phone. Further program information, a Liability Release form and Physician Certification form (to be completed by the participant's doctor) will then be mailed to the caregiver.



From the Desk of Caryl Greenberg

Social Worker, MSW LSW - ext. 7212 Email: cgreenbe@sbtnj.net



New Six Week Bereavement Group Forming

When a person we love dies, we face one of life's greatest changes and challenges. This small group will offer emotional support, education and comfort through your journey of grief. If you have experienced the recent loss of a spouse or partner, reside in South Brunswick and are 55 or older please give me a call to register and/or for any questions you may have. We will meet on Mondays' on the following dates September 11th, 18th, 25th, October 2nd, 16th and 23rd. Meetings will be at the South Brunswick Senior Center at 10:45am -12:15 pm. For further information and to register please contact Caryl Greenberg MSW, LSW at 732.329.4000 ext. 7212.



Safe Care Cam

An Initiative to Protect Your Loved Ones Receiving Care

Division of Consumer Affairs announced a new program designed to ensure that NJ residents who suspect their loved ones are being abused, mistreated, or neglected by unscrupulous home health care providers can have access to micro-surveillance cameras that can be easily hidden to detect abuse and protect patients. When you schedule an appointment, the program participant will be required to do the following:

Provide a copy of a driver's license or other official identification.
Provide contact information, including phone number, cell phone number, and address.

Sign a program contract, which sets forth the rules and obligations under the "Safe Care Cam" Program. These cameras are loaned for 30 days and may be extended. Call the Division (973) 504-6375 and follow voice prompts to a "Safe Care Cam". When you go to pick up the Safe Cam you will also be given a brief training to learn how footage can be recorded, viewed and saved. Value of this program? Priceless!

***Vision Support Group please see Caryl about August's meeting.**

Club News

Senior Advisory Council – a 13 member board appointed by the Mayor and Township Council who discuss issues that affect the senior center. Everyone is welcomed. Township Liaison: Deputy Mayor Charlie Carley.

SAC Chairman: Don Bergman. **Meeting: Thursday, August 3rd - 10:30am.**

FRIENDS – Friends is a charitable non-profit organization who raise funds to promote, support and supplement Senior Center activities as well as improve the lives of seniors. They sponsor cultural events, shows, and lectures and purchase items for our senior center. Dues: \$3.00/year (resident seniors), \$5.00 (non-residents and non-seniors). See office or website for membership forms.

President: Don Bergman, Vice-Presidents: Muthu Subramanian & Marvin Schlaffer

Meeting: Friday, August 11th - 10:30am, followed by FRIENDS bingo.

South Brunswick Senior Social Club – Members needed! Dues: \$10.00.

Meeting: Tuesday, August 1st & August 15th - 1:00pm. Brief business meetings, make friends, refreshments, bingo, trips. President: Lillian Donovan (908)307-6422.

The Golden Age Club – bring together & promote the welfare of seniors through fun trips and parties. Dues are \$10.00.

Meeting: Wednesday, August 9th & August 23rd, - 1:00pm.

President: Gloria Zimmerman, 732-355-1860.

Billiards Club – All welcomed to play daily. Tournaments are played home and away. Pool club membership is required for tournaments. President: Lewis Gould and Captain Lou Mazza. **Meeting: August 2nd - 11:00am, Aud. 1.**

Bridge Group - Friendly Duplicate tournaments are played **1st & 3rd Wednesdays** of the month. Daily bridge play in Aud. 2



Knit and Crochet Club – The Knitting and Crochet Club supports those less fortunate and in crisis. **Wednesdays at 9:30am to 11:00am.** Yarn Donations Please! Newcomers are welcomed!

Badminton Friendly play. See Wellness Center calendar for days/times. Just stop by the gym to play. Equipment provided.

Ping Pong – Group play with others on **Mondays, Wednesdays, and Fridays -(3:00 – 4:15pm).** OPEN Play all day every day!



Staff Directory

To reach our staff members call (732) 329-4000, followed by their extension. After hours leave a voicemail.

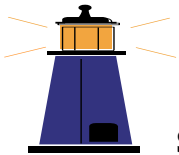
Extensions

Christine Wildemuth, Director, Office on Aging.....x7682
Caryl Greenberg, Social Workerx7212
JillAnn Foxxe, Program Coordinator.....x7675
Marie Brown, Program Coordinator (Benefits).....x7676
Jackie Johnson, Administrative Secretary.....x7677
Jasmine Aynilian, Main Office, Secretaryx7670
Steve Aker, Custodian.....x7350
After Hours/Weather Updatex7670
Transportation.....x7363

Meals on Wheels & Daily Meal Program:

Karen Delikat (732) 329-6171 or Karen Lahrman, Driver

Princeton HealthCare System.....(609) 497-2230



South Brunswick Office On Aging
540 Ridge Road
Monmouth Junction, NJ 08852