

South Brunswick Beacon Senior Newsletter February 2018

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). **Closed February 11th, 12th, 18th, 19th**

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 & Fridays from 9:30am-12:00pm
Fill out a membership form or print form from our website. Proof of age (55+) and South Brunswick residency **REQUIRED**. Minimum 4 month stay.

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. (located in the senior center): Bus pass required (50 cents 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** -see the trip page

Program Highlights



BINGO – Monday, February 5th & 26th 12:15pm.

Bingo tickets in the office \$10 card/10 days.

Bingo is \$1.00 a day. Come try your luck!

Friends Bingo – Friday, February 9th 12:30 pm

Adult Coloring with Laura – Tuesday, February 6th

12:15 pm Enjoy tranquil music, aromatherapy, color, and make a new friends. All materials provided.



Don't Miss out!...

ANNUAL DAY WITH THE CHARACTERS!-



Wed, February 7th 10am – 1:30pm.

Join the students from Crossroads North Middle School for their 13th Annual Musical performance of Bye Bye Birdie. Transportation provided.

Anyone who drives **MUST** drive to the senior center and take the school bus at 9:00am.

Lunch with the cast! Bring a bag lunch they will provide dessert. **Must be signed up by Feb. 1st**

Pool Tournament – Thursday, February 8th

10:00am S. Brunswick Breakers vs Plainfield 8

Ballers. Good Luck Everyone! Goooooo Breakers!!!



Zenergy & The Realm of Reiki with Jill-

Thursday, February 8th 12:30pm Reiki is a Japanese technique for stress reduction and relaxation that also promotes healing. Come learn more about this

fascinating and universal life force.

Indian Fields Students Visit: Thursday, February

8th 11:30 am We welcome students from Indian

Fields Elementary School, who will visit during lunch.



Program Highlights

The Art Lee Project – Tuesday, February 13th

12:15pm Chase away those winter blues. Come join us, make something new. Collage art. All materials provided.

Sign up.



Valentine's Name That Tune- Wed, February 14th

10:45 am Enjoy a Love Song "Name That Tune" with Mary Rao on piano.



All Couples Wanted for... The NOT so Newlywed Game- Thursday, February 15th

12:30 pm Any & All couples are welcome!! Come have some fun!! **Couples Sign Up With Jill**



Chinese New Year Social: Friday, February 16th

10:45 am Cultural facts & Music. Find out your Zodiac for this upcoming year! Sign Up



Mardi Gras Celebration!!- Thursday,

February 22nd 12:15 p.m. Come celebrate with us, New Orleans style! Get your beads ready and put on your dancing shoes

Joe Grillo is here to perform for us!!

Please dress in Purple, Green and/or Gold

11:15 am New Orleans Themed Lunch (Fee of \$2.25 for lunch)

1:15 pm FRIENDS Drawing of Annual Program Fundraiser

*****Sign Up By February 13th*****

FREE EVENT- ONCE YOU SIGN UP PLEASE CALL IF YOU ARE UNABLE TO ATTEND SO OTHERS MAY BE ACCOMMODATED.

Art Lecture with Maurice – Fri., February 23rd

12:30 pm Vincent Van Gogh **Sign up.**



Program Highlights



FRIENDS Annual Raffle Fundraiser –

Tickets!! Get your tickets!! Friends will be selling tickets February 1st - February 22nd at a table in the lobby daily 10:00 am – 12:00 pm. Tickets are \$1.00 for 1 ticket and \$3.00 for 3 tickets. You've got to be in it to win it!! Prize to be announced.



Monthly Birthday Lunch – Tuesday, February 27th

11:00am Is this your Birthday Month? Please let us know so we can celebrate **your** special day.

Trivia & Cake Always FUN! **Sign up by Feb. 13th.**

DUNKIRK- February 1st **12:30pm-2:15pm** In this pulse-pounding historical thriller set during the early days of WWII, a number of civilian boats set out to rescue 400,000 British and Allied troops trapped on the beaches of Dunkirk, France.

PG-13



WONDER- February 27th **12:30pm-2:30pm** A young boy with a facial deformity begins the fifth grade in a mainstream school with the help and support of his mother and father. Rated PG

Ted Talks - short, video talks followed by discussion.



Wed, Feb. 21st 12:30 pm- How the blockchain will radically transform the economy.

Wed, Feb. 28th 10:45 am- How fake handbags fund terrorism and organized crime.

Free AARP Tax Preparation- February - April

February dates: Feb 6th, 8th, 22nd and 27th

March Dates: All Tuesdays & Thursdays in March

April Dates: April 3rd, 5th, 10th and last day the 12th

At the SBT Library times 10:30, 11:30, 12:30, 1:30 or 2:30

Appointments made online **only** at www.southbrunswicknj



TRIP INFORMATION

(See Flyers At The Senior Center For Details)



Princeton Bus Tour – Monday, March 26th Hop on our bus and enjoy a two hour guided tour of Princeton, given by the Princeton Tour Company. \$15.00 cash plus a \$5.00 refundable CASH Bus Deposit. Lunch at the Princetonian Diner to follow (order & pay yourself). Bus leaves Woodlot Park 9:30am return about 2:45pm. **Registration opens January 22nd** Need minimum of 20 to go.



Philadelphia Zoo- Tues. April 17th **Tickets:** \$17.00 cash Lions and Tigers and Bears... OH MY!! Let's take a walk on the wild side! **Lunch:** Bring a bag lunch or Eat at one of the many cafés at the zoo. **Bus Deposit** \$5.00 cash is refundable when you board bus. Bus leaves Woodlot Park at 8:30am. **Heavy outdoor walking with hills. Registration Opens-** Tuesday Feb. 20th 10:45am. Registration closes when full.

Trenton Thunder- **Wed. May 9th 10:30am Game**

Tickets are \$8.00 cash **Food Vouchers** are \$6.00 cash (optional) (Regular & Vegetarian options available)

Bus Deposit \$5.00 cash refundable when you board bus. Bus leaves Woodlot Park at 9:15am **Registration Opens-** Mon. Feb. 5th 10:45 am **Registration Closes-** Fri. March 30th Noon (Or when full)



River Belle Luncheon Cruise- **Wednesday,**

July 11th 12pm-2pm Cruise the gentle waters of the Barnegat Bay \$35.00 per person cruise & buffet lunch. \$5.00 Refundable Bus Deposit when you board bus. Bus

leaves Woodlot Park at 9:45am **Registration Opens-** January 16th 10:45am **Registration Closes-** March 14th Noon (Or when full)



LOCAL TRIPS –Call 732-329-4000 x7363 for information or to schedule a ride or stop by the Transportation Office in the Senior Center.

Feb. 13th 11:00am- Lunch at China Star

Feb. 14th 10:30am– East Brunswick Mall

Feb. 21st 10:30am– Quakerbridge Mall

Feb. 27th 11:00am- Franklin Park Diner

Feb. 28th 10:30am- Walmart Lawrenceville

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. Feb. 5th (10:00-noon) **or** Mon. Feb. 26th (11:30-1:30) 15 min session

Sign up 2 weeks prior to class start. Fees non refundable. All classes 8 weeks unless stated otherwise. No joining after session starts.

Ageless Grace – Tuesdays 12:30pm, **January 23rd – March 13th** \$20
Brain-based anti-aging exercises use creativity/imagination, memory/recall & analytical thinking. Done in a chair. Great for joint mobility, spinal flexibility, right-left brain coordination, balance, confidence!



B.E.S.T. (Balancing, Exercises, Stretching, Toning)- Mondays 1:45pm. Light weights, balls & bands from a chair **January 22nd – March 26th** \$32

Body Gym – Mondays 12:30pm, **March 5th – April 30th** FREE

Chair Yoga - Tues. 10:30am, **March 6th - May 1st** \$27

General Aerobic Fitness- Mondays & Fridays Advanced 9:15am and Beginner/Intermediate 10:15. 15 classes \$20 or 30 classes for \$40

Get Fit- Thursdays 1:45pm. Cardio & strength. **January 11th – March 1st** \$32

Now & Zen- Wednesdays 10:30am **March 7th – April 25th** FREE

Pilates- Tuesdays 9:15am Bring own ball. **March 6th – April 24th** \$32

***NEW* POUND**- Thursdays 12:30 pm **March 1st - April 19th** Try it for \$22 Introductory Price. A combination of cardio and strength class with constant simulated drumming using drumsticks (provided). Fun, high energy & exhilarating. Chair and Standing. Limited space available so sign up early.

Sculpting with Weights- Wednesdays 12:30 **January 10th– February 28th** \$28

Sittercize- Mon & Fri 11:15. From a chair. 30 classes-\$24 or 15 classes for \$12

NEW Tai Chi with Jimmy Lee – Thursdays 9:15am **March 1st – April 19th** \$35

Tap Dance-Tuesdays 1:30pm - Bring Tap Shoes **March 6 – April 24th** \$32

Yoga- Thursdays 10:30am, **January 11th – March 1st** \$32 Bring your own mat.

Yogasize- Fridays 12:15pm **March 2nd – April 27th** \$25

Zumba- Fridays 1:15pm **January 12th – March 2nd** \$28

Senior Center Classes

Art Class – Mondays 1:00-3:00pm, **January 22nd – March 26th** \$48

Sign Language- Mondays 10:45am **January 22nd – March 26th** FREE



LUNG CANCER SCREENING
CAN SAVE LIVES



Lung Cancer Screening in High Risk Patients Improves Survivorship

While lung cancer is one of the deadliest forms of cancer, catching lung cancer early through screening can save lives. That's why people with a history of smoking should talk to their doctor about screening for lung cancer, using a low-dose CT scan. "Screening can help detect lung cancer at its earliest stages, when treatments are most effective," says John A. Heim, M.D., board certified in general and thoracic surgery and chairman of the Department of Surgery at University Medical Center of Princeton (UMCP).

If lung cancer is caught before it spreads, the likelihood of surviving improves from 11 percent to 55 percent, according to the American Lung Association. The U.S. Preventive Services Task Force recommends annual screening for lung cancer if you are between the ages of 55 and 80 and:

- Have a tobacco smoking history of at least 30 pack-years (the number of packs per day, multiplied by the number of years)
- Are a current smoker or have quit smoking within the last 15 years

As the American Lung Association notes, if you and your doctor determine you should be screened for lung cancer, it is important that you receive a low-dose CT scan at a facility with staff who have expertise in lung cancer screening. Chest X-rays are not recommended for lung cancer screening.

To help make lung cancer screenings more affordable and accessible, PHCS makes these screenings available at no cost to patients who meet the eligibility criteria.

To schedule an appointment with UMCP's Lung Cancer Screening Program, call 609.853.7070. To find a physician with Princeton HealthCare call 888.742.7496 or visit www.princetonhcs.org

Vitamins & Supplements – Monday, February 5th 12:30 pm

Phil Coco, PharmD, Pharmacy Clinical Specialist with University Medical Center of Princeton, will present this informative program, highlighting the latest information on the use of vitamins and supplements for general wellness.

Blood Pressure Checks- Tuesday, February 20th

10:00am–12:00pm



Hip Fracture- Tuesday, February 20th 10:45 am

During her lifetime one in six U.S. women will experience a hip fracture, mainly due to osteoporosis. Join Brian Culp, MD, board certified in orthopedic surgery and learn what you can do to prevent osteoporosis and bone loss, and explore the symptoms and treatment options of osteoporosis in aging adults.



Inclement Weather Notice - Learn about weather related senior center, delayed opening times, programs, class changes/cancellations, by calling (732) 329-4000 ext. 7670, starting at

7:30am. This message is updated regularly throughout the day. Get on our senior center email loop for up to date information.

DONATIONS – South Brunswick Senior Center would like to thank Susmita Majumdar, Laurie Kopany, Ning Hyang, Arlene Bacher, Jeanne Schechter, Jill Goldberg and Jane Clute for their generosity and support. It is greatly appreciated! The Senior Center graciously accepts monetary donations designated for senior center use only. Checks are payable to South Brunswick Senior Center. “Tribute Cards” are available \$15 for a 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

Extra Help With Medicare Prescription Drug Costs



What is Extra Help with Medicare prescription drug plan costs? Anyone who has Medicare can get Medicare prescription drug coverage. Some people with limited resources and income **may also be able** to get “Extra Help” to pay for the costs—monthly premiums, annual deductibles, and prescription co-payments—related to a Medicare prescription drug plan. Drug costs in 2018 for most people who qualify will be no more than \$3.35 for each generic drug and \$8.35 for each brand-name drug. The “Extra Help” is estimated to be worth about \$4,000 per year. Many people qualify for these important savings and don’t even know it.

To qualify for Extra Help:

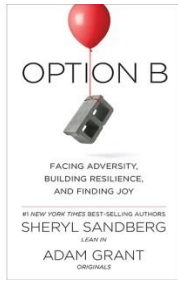
1. You must reside in one of the 50 states
2. Your **resources** must be limited to \$13,820 for an individual or \$27,600 for a married couple living together. Resources include such things as bank accounts, stocks and bonds. We **do not** count your home, car or any life insurance policy as resources.
3. Your **annual income** must be limited to \$18,090 for an individual or \$23,895 for a married couple living together. Even if your annual income is higher, you still may be able to get some help.

It’s easy and free to apply for Extra Help:

- Apply [online](#)
- Call Social Security at 1-800-772-1213.



**REMINDER: It's February!!!
Taxes are due by
Thursday, February 1st !!**



From the Desk of Caryl Greenberg

Social Worker, MSW LSW - ext. 7212

Email: cgreenbe@sbtnj.net

Sheryl Sandberg's Option B

In case you don't know, Sheryl Sandberg is an executive, activist and author. She has many accolades but most recently, she has been in the news because of her husband's sudden death at age 47. In the days and weeks following his death, she felt certain she and her children would never be able to feel pure joy again. Her good friend and psychologist Adam Grant told her there are concrete steps people can take to recover and rebound. Sheryl wrote a book I am going to tell you a little bit about because I think it would be helpful for many of us to know we can find joy again as we enter this new year and beyond. Option A doesn't work-there is 'Option B' which combines Sheryl's personal insights with Adam's research on finding strength in the face of adversity. It explores the stories of a broad range of people who have overcome challenges in their lives. Here are lessons from the book: **The Importance of Resilience**; Resilience is the strength and speed of our response to adversity. There are steps we can take to build resilience even before we face difficulties. **The Elephant in the Room: Talking About Loss and Hardship** We often have a hard time talking about adversity but staying silent can make our loved ones feel even more isolated after loss or hardship. Talking to people we love about their loss as well as being able to talk is the first step toward healing. **Fighting Permanence**: One way we build resilience is by fighting permanence, which is the belief that our grief or pain will last forever. Taking steps to remind ourselves that even the most painful feelings won't always be so intense can help us find the strength to heal. **Self-Confidence & Self-Compassion** When you treat yourself with the same kindness and understanding you'd show a friend, that's self-compassion. When you believe in your abilities, that's self-confidence. We can practice self-compassion and develop our self-confidence on a daily basis to build resilience. **Finding Meaning** after loss or trauma, we all hope to bounce back. Some of us manage to bounce forward. Learn how helping others gives our suffering meaning, allowing us to grow from the most difficult experiences of our lives. **Taking Back Joy** The guilt we feel after loss or trauma can prevent us from enjoying the things we love. But when we give ourselves permission to do what we love, we allow ourselves to reclaim joy in our lives. Please call me if interested in a Bereavement Group, which will begin in the Spring and will incorporate some of the concepts above and more.

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 welcome. Township Liaison: Deputy Mayor Charlie Carley.

SAC Chairman: TBA **Meeting: Thursday, February 1st 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 and Marvin Schlaffer **Meeting: Friday, February 9th 10:30am Bingo 12:30pm**

South Brunswick Senior Social Club – Members needed! Dues: \$10.00. **Meeting: Tuesday, February 6th & 20th 1:00pm.** Brief business meetings, make friends, refreshments, bingo, trips. President: TBA

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

Meeting: Wednesday, February 14th & 28th 1:00pm. President: TBA

Billiards Club –All welcomed to play daily. Tournaments are played home and away. Pool club membership is required for tournaments. President: Lou Mazza

Meeting: Wednesday, February 7th 11:00am, Aud. 1.

Bridge Group - Friendly Duplicate tournaments are played **1st & 3rd Wednesdays** of the month. Coordinators: Mr. & Mrs. Subramanian 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! Coordinators: Ann Markey & Diane Duffy

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! Equipment provided.

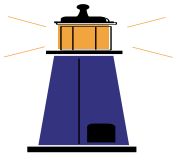
Staff Directory

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