

# South Brunswick Beacon Senior Newsletter January 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 January 1<sup>st</sup>, 14<sup>th</sup>, 15<sup>th</sup>**

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

**Website:** [www.southbrunswicknj.gov](http://www.southbrunswicknj.gov) (Click Departments, then Senior Ctr)

**Email:** Christine Wildemuth, Director [cwildemu@sbtnj.net](mailto: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** (1<sup>st</sup> & 3<sup>rd</sup> 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, January 8<sup>th</sup> & 29<sup>th</sup> 12:15pm. Bingo tickets in the office \$10 card/10 days. Bingo is \$1.00 a day

**Friends Bingo** – Friday, January 12<sup>th</sup> 12:15 pm

**Adult Coloring with Laura** – Tuesday, January 2<sup>nd</sup>

12:15 pm A great way to relax. Enjoy tranquil music, color, and make a new friends. Coloring has the therapeutic potential to reduce anxiety and create focus. All materials provided.



**The Art Lee Project** – Tuesday, January 9<sup>th</sup> 12:15pm

Chase away those winter blues. Come join us, make something new. Decoupage craft. All materials provided.  
**Sign up.**

**Crossroads South Jazz Band-** Thursday, January 11<sup>th</sup> 12:30 pm Please join us in welcoming these wonderfully talented children.



**Flannels & Flapjacks Social**

Thursday, January 18<sup>th</sup>

**Don't Miss Out On The Fun!**

**11:30-12:15-** Lumberjack Themed Lunch -Music By Mary Rao  
(Fee of \$2.25- Come Join Us- "Breakfast for Lunch" with Karen)

**12:30-12:45-** Flapjack Bar with all the Fixins! **\$1.00 cash**

**12:45-1:30-** Parlor Games, Photo Ops and More!

**Prizes for the best Flannel Fashion Statements**

**\*\*\*MUST Sign Up By January 8th \*\*\***

**Art Lecture with Maurice** – Fri., January 19<sup>th</sup>

12:30pm The Wonder of the Sistine Chapel. Sign up in the office.



## Program Highlights

### Ladderball with Jill- Mon. January, 22<sup>nd</sup> 12:15pm

Join me for the latest craze in fun games!



### Monthly Birthday Lunch – Tuesday, January 23<sup>rd</sup>

**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 January 9<sup>th</sup>.**

### Pool Tournament – Thursday, January 25<sup>th</sup>

**10:00am** S. Brunswick Breakers vs Woodbridge Sharks Good Luck Everyone! Goooooo Breakers!!!



### Wordplay with Jill- Thursday, January 25<sup>th</sup> 12:15pm

This month's featured game "**WORDSAUCE**"

**Don't Miss out!...**

## ANNUAL DAY WITH THE CHARACTERS!-



### Wed, February 7<sup>th</sup> 10am – 1:30pm.

Join the students from Crossroads North Middle School for their 13<sup>th</sup> Annual Musical performance. (TBA) Transportation provided. Anyone who drives **MUST** drive to the senior center and take the school bus. Following the show, we'll lunch

with the cast! Bring a bag lunch.

**Must sign-up at office by January 29<sup>th</sup>**



### **CRAFTERS WANTED By Jill & Laura!!!**

**Come be part of THE BIG PICTURE!**

This beautiful Triptych Tree Painting will be completed by our crafters & then raffled in Spring.

\*There is no right or wrong way, only the way of the creative.\*

**Fridays 12:15pm in the Art Room starting January 12<sup>th</sup>.**

**This activity is FREE. Please sign up.**



## Program Highlights

**The Heist- January 4<sup>th</sup> 12:30pm-** Over the Easter holiday in 2015, a gang of crooks break into a safe-deposit company in London and commit one of the largest robberies in English history. Based on a true story. Rated NR 1:27

**All Saints- January 23<sup>rd</sup> 12:30pm-** A pastor is sent to a small town with orders to sell its church to developers but decides to try farming the land to provide for his congregation in this inspiring religious drama based on a true story. Rated PG 1:48



**Ted Talks** - short, video talks followed by discussion.

**Wed, Jan. 3<sup>rd</sup> 12:30pm-** Why do we sleep?

**Wed, Jan. 17<sup>th</sup> 10:45am-** Are we in control of our decisions?



**Terracycle Fundraiser** – Please collect the following items and drop them off at the main office...Chip bags (all brands and sizes) and/or any Brita products (filters, filter wrappers, pitchers, bottles, and dispensers). The more we collect the more money we get!

**Free AARP Tax Preparation- February-April**



February dates: Feb 6<sup>th</sup>, 8<sup>th</sup>, 22<sup>nd</sup> and 27<sup>th</sup>

March Dates: All Tuesdays & Thursdays in March

April Dates: April 3<sup>rd</sup>, 5<sup>th</sup>, 10<sup>th</sup> and last day the 12<sup>th</sup>

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

Appointments made online **only** at [www.southbrunswicknj.gov](http://www.southbrunswicknj.gov)

Watch the home page for the AARP TAX link in early January



**NJ Transit Tickets – Reduced Fare Coupon Book**

If you are 62+ you are eligible to receive 50% off your NJ Transit bus or train tickets! Show a government issued ID to apply for the NJ Transit card. See Christine in the office for an application and more info.



## TRIP INFORMATION



**Princeton Art Museum – Tues. Jan. 30<sup>th</sup>** Self led tour. Group admission-\$2.00 cash plus a \$5.00 refundable CASH Bus Deposit. Bus leaves Woodlot 9:30am return about 1:30. See office for availability.

**There will be early registration for the following bus trips as deposits are required by the Vendors...**



**River Belle Luncheon Cruise- Wednesday, July 11<sup>th</sup> 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

**\*Please read important details on Trip Flyer\***

Registration Opens- January 16<sup>th</sup> 10:45am

Registration Closes- March 14<sup>th</sup> Noon

**Trenton Thunder- Wed. May 9<sup>th</sup> 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. February 5<sup>th</sup> 10:45 am

**Registration Closes-** Fri. March 30<sup>th</sup> Noon



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

**Jan. 9<sup>th</sup>** 11:00am- Crown of India Restaurant

**Jan. 10<sup>th</sup>** 10:30am- Walmart (Lawrenceville)

**Jan. 17<sup>th</sup>** 10:30am– East Brunswick Mall

**Jan. 24<sup>th</sup>** 10:30am– Quakerbridge Mall

**Jan. 30<sup>th</sup>** 11:00am- IHOP Restaurant

**Jan. 31<sup>st</sup>** 10:30am- Target, Michaels, Wegmans



## 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. Jan. 8<sup>th</sup> (10:00-noon) **or** Mon. Jan. 22<sup>nd</sup> (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 23<sup>rd</sup> – March 13<sup>th</sup>**, \$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 22<sup>nd</sup>– March 26<sup>th</sup>** \$32

**Body Gym** – Mondays 12:30pm, **March 5<sup>th</sup> – April 30<sup>th</sup>** FREE

**Chair Yoga** - Tues. 10:30am, **January 9<sup>th</sup> – February 27<sup>th</sup>** \$25

**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 11<sup>th</sup>– March 1<sup>st</sup>** \$32

**Now & Zen**- Wednesdays 10:30am **January 10<sup>th</sup>– February 28<sup>th</sup>** FREE

**Pilates**- Tuesdays 9:15am Bring own ball. **January 9<sup>th</sup>– February 27<sup>th</sup>** \$32

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

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

**Tai Chi**- Thursdays 9:15am **ON BREAK UNTIL MARCH 2018**

**Tap Dance**-Tuesdays 1:30pm - Bring Tap Shoes **January 9<sup>th</sup>–February 27<sup>th</sup>** \$32

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

**Yogasize**- Fridays 12:15pm **ON BREAK UNTIL MARCH 2018**

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

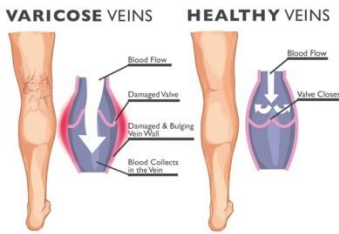
**\*New Class Coming\* POUND**- Thursdays 12:30 **March 1<sup>st</sup> - April 19<sup>th</sup>** \$22  
Introductory Price. A combination of cardio and strength class with constant simulated drumming. Fun, high energy & exhilarating. Chair and Standing. Limited space available.

### **Senior Center Classes**

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

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





## **Varicose Veins: Common and Treatable**

Varicose veins are a common condition. Federal health statistics indicate that about one in five adults suffers from varicose veins.

“But treatment options for varicose veins have changed over the years, making it easier to make them disappear,” says Elliot Sambol, M.D., R.P.V.I., F.A.C.S. double board certified in general surgery and vascular surgery and a member of the medical staff at University Medical Center of Princeton (UMCP).

Though not a life-threatening condition, varicose veins can be cosmetically distressing and can cause other symptoms and complications such as: swelling of the ankles and feet; painful, achy or heavy-feeling legs; throbbing or cramping in the legs; itchy legs; discolored skin; sores or ulcers; bleeding; or superficial blood clots that occur close to the skin.

If your varicose veins aren’t causing many symptoms, your doctor may recommend lifestyle changes such as losing weight, increasing physical activity and wearing compression stockings. However, in cases where varicose veins are causing uncomfortable symptoms and complications, medical treatment is normally necessary.

Treatment for most varicose veins has advanced from what was once a hospital-based procedure with a lengthy recovery time to a minimally invasive approach that can essentially be performed during your lunch hour. Patients are typically able to return to their normal activities within one to two days.

At the Center for Vascular Care at UMCP, board certified vascular surgeons along with skilled nurses and trained vascular staff offer a variety of treatment options for vascular conditions, including varicose veins.

For more information about UMCP’s Center for Vascular Care or to find a physician affiliated with Princeton HealthCare System, call (888) 742-7496 or visit [www.princetonhcs.org](http://www.princetonhcs.org).



### **Intimacy As We Age – Mon. January 8<sup>th</sup> 12:30pm**

As our bodies change with age, inspiring and maintaining intimacy in our relationships can be a challenge. Join Shyama S. Mathews, MD, board certified in gynecology, for an informative discussion about the physical and emotional aspects of aging that can influence intimacy.

**Blood Pressure Checks**- Tuesday, January 16<sup>th</sup>  
10:00am–12:00pm



### **Vision Screening**- Thursday, January 18<sup>th</sup>

**10:00am - 1:00pm** Please call 1.888.897.8979 to make an appointment. Space is limited. Half of all blindness is preventable through regular vision screenings and education,



so have your eyes checked today! Princeton HealthCare System and the NJ Commission for the Blind: Project Prevention Unit are pleased to offer free vision screenings to uninsured or underinsured adults and children.



**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** – 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. Thank you to Vishnampet Ganeshan for your donation!





## From the Desk of Marie Brown

Benefits Program Coordinator ext. 7676

Email: [mbrown@sbtnj.net](mailto:mbrown@sbtnj.net)



### Pharmaceutical Assistance to the Aged and Disabled (PAAD) Senior Gold Prescription Discount Program

The Pharmaceutical Assistance to the Aged & Disabled program helps eligible New Jersey residents pay for prescription drugs. The PAAD co-payment will be \$5 for each PAAD covered generic drug prescription and \$7 for each PAAD covered brand name drug prescription. PAAD beneficiaries may pay less for generic drugs if their Medicare prescription drug plan charges them less than the \$5 PAAD co-payment for generics.

You may be eligible for **PAAD** if you meet the following requirements:

- A New Jersey resident;
- 65 years of age or older, or 18 years of age or older and receiving Social Security Title II Disability benefits; and
- Annual income for 2018 of less than \$27,188 if single or less than \$33,334 if married
- Medicare-eligible PAAD beneficiaries are also required to enroll in a Medicare Part D Prescription Drug Plan in New Jersey. PAAD will pay the monthly premium for certain standard basic Part D plans. The federal Medicare Plan and/or PAAD will pay any costs above the PAAD copayment of \$5 for each covered generic drug or \$7 for each covered brand name drug, including premiums.

Senior Gold Prescription Discount Program (**Senior Gold**) is a State funded prescription program with a different co-payment structure and income eligibility guidelines than those of PAAD. You are eligible for Senior Gold if you meet the following requirements:

- A New Jersey resident
- 65 years of age or older, or 18 years of age or older and receiving Social Security Title II Disability benefits; and
- Annual income for 2017 is between \$27,188 and \$37,388 if you are single or between \$33,334 and \$43,533 if you are married.

## From the Desk of Caryl Greenberg

Social Worker, MSW LSW - ext. 7212

Email: cgreenbe@sbtnj.net



### Changing our Narrative on Ageism

Many of us have had the experience of feeling disrespected because of our age. A doctor responds to your daughter even though you asked the question, a sales clerk speaks to you loudly assuming you have a hearing impairment or a waiter refers to you as 'young lady/man' and so on. Ageism is the stereotyping, prejudice, and discrimination against people on the basis of their age. Ageism is everywhere, yet it is the most socially "normalized" of any prejudice, and is not widely countered – like racism or sexism. The World Health Organization (WHO) recently came out with a study that suggests that negative or ageist attitudes towards older people are not only widespread but they also negatively affect older people's physical and mental health. More than 83,000 people in 57 countries took part in the survey, which assessed attitudes to older people across all age groups. John Beard, WHO Director of Ageing and Life Course says, 'Like sexism and racism, changing social norms is possible. It is time to stop defining people by their age; it will result in more prosperous, equitable and healthier societies. Older people who feel they are a burden perceive their lives to be less valuable, putting them at risk of depression and social isolation. Most of us are probably not aware that we likely perpetuate ageism in our everyday conversations. Have you ever said 'Wow, you look great for 70, or '60 is the new 40' putting value on youth thereby demeaning older age? This 'ism' will affect everyone so we are all in this one together. Let us change the narrative about ageism and recognize the value in all of us.



# Club News

## Club Officers Elections to be held in January New Officers will be announced in February's Newsletter

**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, January 4<sup>th</sup> 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: TBA, Vice-Presidents: TBA **Meeting: Friday, January 12<sup>th</sup> 10:30am**

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

**Meeting: Tuesday, January 2<sup>nd</sup> & 16<sup>th</sup> 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, January 10<sup>th</sup> & 24<sup>th</sup> 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 and Captain TBA. **Meeting: Wednesday, January 3<sup>rd</sup> 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! Equipment provided.

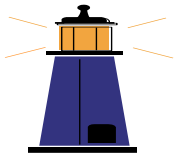


## **Staff Directory**

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 Worker .....x7212  
JillAnn Foxxe, Program Coordinator.....x7675  
Marie Brown, Program Coordinator (Benefits).....x7676  
Jackie Johnson, Administrative Secretary.....x7677  
Jasmine Aynilian, Main Office, Secretary .....x7670  
Steve Aker, Custodian.....x7350  
After Hours/Weather Update .....x7670  
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