

South Brunswick

Beacon Senior Newsletter

January 2019

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 1st, 20th, 21st**

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

Must arrive by 11:30. 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 Finnigans 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



Friends Bingo – Friday, January 11th 12:30pm

Bingo - Monday, January 14th & 28th 12:15pm

Bingo is \$1.00. Purchase Bingo Pass for \$5.00 in the office. Can share with a friend.

Special Bingo- Thursday, January 31st 12:15pm Join us for a free Bingo while we continue to try out our new computerized bingo system. There will be prizes.

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Finding the Song Within-

Monday, January 7th 12:15pm

Music can be used to address a myriad of health and wellness related concerns in a safe way. Improvisation is a key musical skill. It can be viewed as a valuable avenue for helping unite a group, fostering camaraderie and building social skills. Join us for this outstanding, fun and highly interactive musical program. **Sign up by January 2nd**



The Art Lee Project – Tuesday, January 8th

12:30pm Decoupage and crafts made from repurposed items such as bottles, wood frames, pictures, and items from nature. All materials provided. **Sign up.**

Wreath Making with Jackie- Wed., January 9th

12:15pm Come make a beautiful deco mesh Winter Wreath. Sample will be on display in the lobby. All materials provided. **Cost \$15** Sign Up by January 2nd



Crossroads South Jazz Bands are back!!

Join us for...

January Jazz!!!!

Thursday, January 17th

12:30pm

Come support their hard work and talent!!





Program Highlights

Pot Luck Party- Thurs., January 24th 12:15pm

Join us for a Pot Luck Party!! Bring in your favorite prepared appetizer or dessert and the printed recipe.

Life is one big taste test, let's dig in! **You must bring a dish to attend. **Sign up by January 17th**

Monthly Birthday Lunch – Tuesday, Jan. 22nd

11:00am Is this your Birthday Month? Please let us know so we can celebrate your special day. Join us for trivia & cake. **Sign up by January 15th**





Upcoming Senior Center Classes

Art Class– Mondays 1:00pm - 3:00pm Jan. 7th – Mar. 11th

Artists of all levels welcomed. Students learn to utilize a variety of materials, techniques & concepts. Bring own supplies. 8 wks \$48

Beadazzled- Friday Jan. 4th 12:30pm – 2:30pm Handcrafted jewelry using beautiful high quality beads. January's project is a Necklace. **Cost: \$10 Sign Up**

Sign Language-Resumes in March

ANNUAL DAY WITH THE CHARACTERS!

Wednesday, February 6th 10am – 1:30pm.

Join the students from Crossroads North Middle School for their 14th Annual Musical performance. This year our talented So. Brunswick students will be performing the hit

musical **GREASE**. 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 Jan. 28th**



Program Highlights MOVIES



A Star is Born(2018)- Thursday, January 3rd 12:30pm

An update of the classic rise and fall fable about the perils of hitting the big time in show business. 2h 15m R

First Man- Tuesday, January 22nd 12:30pm The journey of Neil Armstrong the first man to walk on the moon. 2h 11m PG-13

Bollywood Movie- "Om Shanti Om"- Friday, January 25th 10:30am A film extra in 1970s Bollywood is madly in love with a reigning superstar. However, she loves a devious producer, but his greed for power and money is greater than his need for her. 3h 16m



Inclement Weather Notice - Learn about weather related delays and closings, programs & class changes/cancellations, by calling the weather hotline at 732-329-4000 ext. 7670 starting at 7:30am. This message is updated regularly throughout the day. Join the email loop for updates as well.

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.



Free AARP Tax Preparation

AARP® February 5TH – April 11TH
Tuesdays & Thursdays
10:30am – 3:30pm

At the South Brunswick Library

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

****Watch the website for the AARP TAX link in January****

Bus Trip Information



“South Brunswick Then & Now” Bus Tour –
Tues., March 19th Ceil Leedom (So. Brunswick Historian) takes us on a tour including the Indian Trails, Wetherill, the area where the great Mastodon of 10,000 BC walked, a one room school house still in use, farm where Washington switched horses on the way to the battle of Monmouth, cemeteries, and much more. **Lunch:** On your own at the historic Whitlock Inn (now called La Taverna). Will require walking and getting on and off bus frequently. **Cost:** \$5 (refundable when you board bus) Limited seats. Bus leaves from Woodlot Park at 9:15am. **Registration Opens:** Monday, January 14th 11:00am.



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



- Jan. 9th** 10:30am- E. Brunswick Mall
- Jan. 16th** 10:30am- Walmart (Lawrenceville)
- Jan. 22nd** 11:00am- Dayton Diner
- Jan. 23rd** 10:30am- Target, Wegman’s, Michaels
- Jan. 30th** 10:30am- Quakerbridge Mall





Donations: Thank you Carol Piekarski for your donation. Your generosity is greatly appreciated. We graciously accept monetary donations. Checks are payable to S. Brunswick Senior Center. “Tribute Cards” are available \$15 for a pack of ten. Donations are tax deductible.

HEALTH PROGRAMS



Free Blood Pressure Screening- Tues., January 15th
10am – Noon Penn Medicine Princeton Health



Vision Screenings- Thurs., January 17th 10am – 1pm
 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 have your eyes checked today!

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. 14** (10:00-noon) ~ **Mon. Jan. 28** (11:30-1:30) 15 min sess.
- ✓ Trained already? Come ask questions. Wear sneakers and workout attire.

***Sign up 2 weeks prior to class start. Fees non refundable.**

***All classes 8 weeks unless stated otherwise. No joining after session starts.**

***MEDICAL FORMS MUST BE ON FILE BEFORE ENROLLING IN A CLASS.**

***Medicals MUST be updated every two years**

Ageless Grace – Tuesdays 12:30pm, **On Break Until March**

B.E.S.T. (Balancing, Exercises, Stretching, Toning)- Mondays
1:45pm. Light weights, balls & bands in chair **Jan. 7th – March 11th**
8 weeks \$32



Body Gym– Mondays 12:30pm, **Jan. 7th – March 11th 7 weeks FREE**
Resistance Training.

Chair Yoga- Tuesdays 10:30am, Yoga in a chair **Jan. 8th – March 5th**
8 weeks \$28

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



Get Fit– Thurs. 1:45pm. Cardio & strength. **Jan. 10th – Feb. 28th**
8 weeks \$32

Now & Zen– Wednesdays 10:30am **Feb. 27th – April 17th 8 weeks FREE**
****Limited space. Registration Opens January 9th 11:00am**

Pilates– Tues. 9:15am Core training. Bring own ball. **Jan. 8th – March 5th**
8 weeks \$32

Reiki- **Jan. 8th – Feb. 5th Tues. 5 weeks FREE**
By appointment only **Registration Opens December 17th 11:00am



Sculpting with Weights–Wednesdays 12:30 **Jan. 9th – Feb. 27th**
8 weeks \$28

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

Tai Chi– Thurs. 9:15am **Jan. 3rd – Feb. 21st 8 weeks \$35**

Tap Dance–Tuesdays 1:30pm-Bring Tap Shoes **On Break Until March**

Yoga– Thursdays 10:30am Bring your own mat. **Jan. 3rd – Feb. 21st**
8 weeks \$32

Yogasize– Fridays 12:15pm Yoga & Meditation in chair. **On Break Until March**

Zumba– Fridays 1:15pm **On Break Until March**



Penn Medicine
Princeton Health

Treat Osteoarthritis to Prevent Pain

Osteoarthritis, the most common condition of the joints, affects nearly 30 million American men and women, according to the Arthritis Foundation. And while it can occur at any age, it is most common in people older than 6

“However, while osteoarthritis may seem like an inevitable part of aging, it can be treated so you can live with less pain or possibly no pain at all,” says W. Thomas Gutowski, III, M.D., F.A.A.O.S., board certified in orthopaedic sports medicine and orthopaedic surgery and Medical Director of the Jim Craigie Center for Joint Replacement at Penn Medicine Princeton Medical Center.

As you age, it’s normal to wake up with joint stiffness or experience episodes of joint pain that last a few days. Joint pain becomes a concern when it doesn’t improve after you’re up and moving for 30 to 60 minutes in the morning, if it is accompanied by fever, redness or swelling, or if it persists for more than a week or for several episodes in a month.

If joint pain is preventing you from being able to perform ordinary tasks at home or work or keeping you from doing the things you love, it is time to see the doctor.

When joint symptoms are severe and cannot be managed through conservative measures, joint replacement surgery may be necessary.

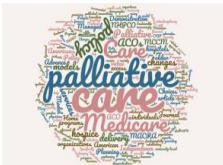
The Jim Craigie Center for Joint Replacement offers a comprehensive approach to joint replacement surgery including special technology and patient specific guides to help size and place joint components more accurately as well as robotic arm-assisted hip and knee procedures.

To learn more about the Jim Craigie Center for Joint Replacement or to find an orthopaedic surgeon affiliated with Penn Medicine Princeton Health, visit www.princetonhcs.org or call 888.742.7496.

PROGRAM HIGHLIGHTS **LECTURES**



Plant-Based Diets for Heart Health- Monday, January 7th 12:30p.m. A plant-based diet—focused on fruits, vegetables, nuts, beans, whole grains and meat substitutes, may help reduce your risk for heart disease, as well as other conditions. Join Alyssa Luning, RD to learn the value of plant-based foods in overall Health.



Palliative Care- Thursday, January 10th 10:30 a.m.

It can be challenging to make sound decisions during difficult times, but understanding the choices that are available can help reduce the stress and anxiety. Learn the in and outs of hospice and palliative care programs and how they can make a positive difference. Presented by Liz Cohen, LCSW, with the Hospice Program of Princeton HomeCare.

Call (609)497-2230 or visit their desk to register for health lectures



Ted Talks - short, video talks followed by discussion.

Wed., January 2nd 12:30pm- What happened when we tested thousands of abandoned rape kits in Detroit.

Wed., January 16th 10:45am- The future of storytelling.

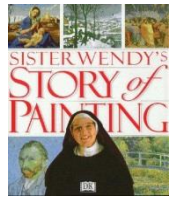
Plan Ahead and Rest in Peace: All about Funerals-



Thursday, January 10th 12:15pm Are you aware of your rights as a consumer, or of how to cut costs when planning a funeral? Please join Caryl for this eye opening and informative lecture. **Sign up**

Art Lecture with Maurice- Friday, January 18th 12:30pm

Sister Wendy Beckett is a Nun in England, and is an Amazing Art Historian. This three part series will take us to the world's famous museums and tell the history of the art each museum has. Sculpture and Paintings.



Sign Up

From the Desk of Marie Brown

Benefits Program Coordinator ext. 7676 Email: mbrown@sbt nj.net

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

The Pharmaceutical Assistance to the Aged and Disabled program helps eligible New Jersey residents pay for prescription drugs, insulin, insulin needles and syringes and needles for injectable medicines used for the treatment of multiple sclerosis. 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 2019 of less than \$27,950 if single or less than \$34,334 if married; and
- 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 2019 is between \$27,950 and \$37,599 if you are single or between \$34,267 and \$44,334 if you are married.

NOTE: All Medicare-eligible Senior Gold beneficiaries are also required to enroll in a Medicare Part D Prescription Drug Plan of their choice. They will be responsible for paying the monthly premium directly to the Medicare Part D plan. They also will be responsible for paying any late enrollment penalty imposed by Medicare for each month they were eligible to enroll in Medicare Part D but did not enroll.



Funeral Costs

FREQUENTLY
ASKED
QUESTIONS

From the Desk of Caryl Greenberg

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

Plan Ahead and Rest in Peace: All about Funerals

If you regularly read my page, you'll know that I write about the funeral industry every couple of years. We are so lucky to have a non-profit consumer group that monitors this business and gives practical advice about funeral planning from an economic point of view. There are lots of ways to save money if you do your homework and shop before you're in crisis mode! You wouldn't walk into the closest car dealership and buy whatever car and options the salesperson recommended just because you need a new car but that is how most people buy funeral goods and services. Most people assume they should use a nearby funeral home or one they have used in the past. If you're not using a funeral home for viewing or a service, you don't need to use a local facility; there may be one in a nearby town that is half the price. That's right; half the price!

When shopping for a funeral, bring a friend with you who will encourage you to stick to your budget. It's easy to fall into thinking that the more money you spend is a direct correlation to how much you love the person. Sometimes unscrupulous salespeople may imply that doing anything other than the traditional is unsuitable and this feeds into feelings of guilt. Many people are finding themselves wanting unique and personalized funerals and memorials which is more meaningful to them and generally is less costly. Caskets and casket kits are available on-line for a fraction of the price charged by some funeral homes. Mortuaries are required by law to accept a casket from an outside vendor and cannot charge you a fee for ordering one. You can also call or visit any funeral home and they are legally obligated to give you a ('GPL') general price list which enables you to compare 'apples to apples' from various funeral homes. Should you prepay for a funeral? How else can you save money and what other legal rights do you have? Come to the lecture on January 10th at 12:15 pm and find out!



Monthly Bereavement Group: Monday, Jan. 14th 10:45am

Anyone who has suffered the loss of a spouse or partner is welcome to attend the monthly bereavement group. Please do not be late.

Questions? Please call Caryl x 7212 **Please Note different week.**

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: Mayor Charlie Carley. 2019 Chair: TBA **Thursday, January 3rd 10:30 am**

FRIENDS – Friends is a non-profit organization raising funds to promote and supplement the Senior Center activities as well as improve the lives of seniors. Dues: \$3.00/year (resident seniors), \$5.00 (non-residents and non-seniors). Membership forms are at the office or on website. President: Muthu Subramanian Vice Presidents: Cindy Scribner & Satya Agarwal
Meeting: Friday, January 11th 10:30am Bingo 12:30pm

South Brunswick Senior Social Club – Members needed! Dues: \$15.00.
Meeting: Tuesday, January 15th 1:00pm. No meeting January 1st
Brief business meetings, make friends, refreshments, bingo, trips. President: Aggie Schwartz
AC Trips Contact: Gloria Zimmerman at (732) 355-1860



The Golden Age Club – bring together & promote the welfare of seniors through fun trips and parties. Dues are \$10.00.
Meeting: Wednesday, January 9th & 23rd 1:00pm.
President: Gloria Zimmerman For AC Trips Contact: Gloria Zimmerman at (732) 355-1860

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



Bridge Group - Daily bridge play. Friendly Duplicate tournaments are played **1st & 3rd Wednesdays** of the month.
Coordinator: Satya Agarwal and Dakshi Subramanian

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.

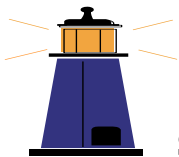
Extensions

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

Penn Medicine Princeton Health (609) 497-2230



South Brunswick Office On Aging

540 Ridge Road
Monmouth Junction, NJ 08852