

South Brunswick

Beacon Senior Newsletter

June 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).

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

Friends Bingo – Friday, June 8th 12:30 pm

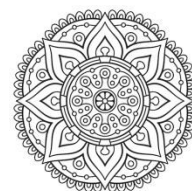
BINGO – Monday, June 12th & 25th 12:15pm.

Bingo tickets in the office \$5 card/5 days.

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



Story Time- Monday, June 4th-12:30pm- English as a second language students from the schools come to the center and read the stories they have written to you in small groups.



Adult Coloring- Tuesday, June 5th 12:15 pm

Enjoy tranquil music, aromatherapy, color, and make new friends. All materials provided.



Reminder- Tuesday, June 5th is Primary Day - The auditoriums are closed no programs in these rooms. Don't forget to **VOTE!**

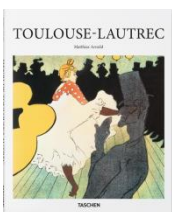
Choir Performance- Monday, June 11th 12:30pm- Cross Roads North Middle school choir will perform at the senior center. Come support these talented students.



The Art Lee Project – Tuesday, June 12th 12:15pm Come make craft project. All materials provided. **Sign up**

History Lecture-Hallowed Ground "PUTTING THE CIVIL WAR DEAD TO REST" by Martin Mosho

Thursday, June 14th 12:15pm This program covers how after the war, Federal and State Governments sought to recover the fallen. **Sign Up by June 7th.**



Art Lecture with Maurice- Friday, June 15th 12:30pm Toulouse-Lautrec-Monfa, also known as Henri de Toulouse-Lautrec, French painter, printmaker, draughtsman, caricaturist, and illustrator. **Sign Up by June 7th**

Program Highlights

Bright Horizons Preschool Visits- Monday, June 18th

12:15pm Coming out to play? Join us for a fun filled hour with today's youth. Parachute games, sing alongs, storytime, ice pops and bubbles. Ready for some fun!!!? **Sign up by June 13th**



Police Lecture- Safe Driving- Thursday, June 21st



12:30pm Presented by SBT Community Police- Strategies will be presented to help prolong safe driving as well as warning signs that it may be time to put down your keys.

Monthly Birthday Lunch – Tuesday, June 26th

11:00am Is this your Birthday Month? Please let us know so we can celebrate **your** special day. Trivia & Cake. **Sign up by June 19th**



Let's Get Groovy Mannnn!... Thursday, June 28th

Breakout Your Tie Dye It's Time To Get FUNKY and Celebrate The 60's! Friends 50/50 raffle!

Sign Up by June 14th Party COST \$2.00

11:30am- 60's Themed Lunch (\$2.25 for Lunch)

12:15pm- Step back in time with the Bobby & Emmons Duo, here to entertain you! Peace, Love & Rock & Roll!



Reminder-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! Everyone needs a NJ Transit ID card now to get the discount. See Christine in the office to apply & pick up coupons.

SAVE THE DATE---Independence Day Celebration

~FIREWORKS~

Tuesday, July 3rd Fireworks 9:00p.m

Rain date set for Friday, July 6th

Activities, Music & Food Vendors 6:00pm-9:00PM

At the Crossroads South Fields on Major Road



Program Highlights

**** MOVIES ****



All I Wish- **Thursday, June 7th 12:30pm**- Sharon Stone stars as an aspiring fashion designer struggles to find success and love. The story cuts into her life once a year, always on the same date: her birthday. NR – 1:34

Forever My Girl- **Tuesday, June 26th 12:30pm**- Country music superstar Liam Page, left his bride Josie at the altar choosing fame and fortune instead. When he unexpectedly returns to his hometown, Liam is torn between his two worlds. PG 1:44

Bollywood Movie -4th **Friday Every Month!**

Judaai (2001)- **June 22nd 11:00am – 1:30pm**

Transference of role reversal from poor housewife to rich jetsetter.



Senior Center Classes



Art Class- Mondays 1:00pm -3:00pm, **June 11th – July 30th**
\$48 Artists at all levels are welcomed. Students learn to utilize a variety of materials, techniques, and concepts essential to understanding the visual arts and the role of the artist.

Bring your own supplies.

Beadazzled!!- **Friday, June 1st 12:30pm – 2:30pm** Make handcrafted jewelry using beautiful high quality beads. June's project is pierced Earrings. **Cost \$5 Sign Up - space limited.**



Sign Language- Mondays 10:45am – 11:45am **July 9th – August 27th** Learn ASL (American Sign Language). All levels welcome! **\$5 Deposit Sign up by June 25th**

Friending Your Phone - **Thursday, June 14th & June 28th**
10:45 am – 12:00 pm This class will teach you how to harness the power of your smart phone. Taught by So. Brunswick Library Tech Team. **FREE - Sign Up**



Ted Talks - short, video talks followed by discussion.

Wed, June 6th 10:45- Who are you, really? The puzzle of personality.

Wed, June 20th 12:30 – A boat carrying 500 refugees sunk at sea. The story of two survivors.

TRIP INFORMATION

(See Flyers At The Senior Center For Details)



Great Paterson Falls & Paterson Museum-Sold Out
Wednesday, June 13th report to Woodlot park at 7:45am



Lighthouse Tour- Tuesday, August 7th

Highlands Twin Lights & Sandy Hook Lighthouse Tour. What is life by the sea like as a Light Keeper? Get the answer to this and so much more on our self guided tour of two of New Jersey's most historical lighthouses.

Fee: \$2.00 cash **Lunch:** **On your own** at Bahr's Landing famous for their seafood, steaks, crab cakes & clam chowder. DELISH!! **NO OUTSIDE FOOD PERMITTED**

Bus Deposit: \$5.00 cash refundable when you board bus. Bus leaves Woodlot Park 8:00 am. Heavy Outdoor/Indoor Walking. Rain or Shine, dress for the weather.

Registration Opens: June 18th at 10:45am get a number in the office when arrive. We expect this trip to sell out quickly. If you can't come to registration give your form and money to a friend as they can sign you up.



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

June 6th 10:30am- Quakerbridge Mall

June 12th 11:00am- Franklin Park Lunch Trip

June 20th 10:30am- Mercer Mall

June 26th 11:00am- PJ Pancake House

June 27th 10:30am- Walmart North Brunswick



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. June 4th (10:00-noon) **or** Mon. June 18th (11:30-1:30) 15 min session
- ✓ 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.

Ageless Grace – Tuesdays 12:30pm, **May 22nd – July 10th** \$22
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 **June 4th – July 23rd** \$32

Body Gym – Mondays 12:30pm, **July 16th- August 27th** 7 wks
FREE Resistance Training.



Chair Yoga - Tues. 10:30am, **July 10th - August 28th** 7 wks \$25
Yoga in a chair

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. **June 28th – August 16th** \$32

Now & Zen- Wednesdays 10:30am **May 2nd – June 27th** 7 wks FREE - FULL

Pilates- Tues. 9:15am Core training. Bring own ball. **June 26th – Aug.14th** \$32

POUND- Thursdays 12:30 pm **June 21st – August 9th** \$26
Cardio & strength class with constant simulated drumming using ripsticks. Fun & exhilarating. Chair and Standing. Limited space.



Sculpting with Weights- Wednesdays 12:30 **June 27th - August 22nd** \$28

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



Tai Chi- Thurs. 9:15am **July 12th - August 16th** 6 wks \$28



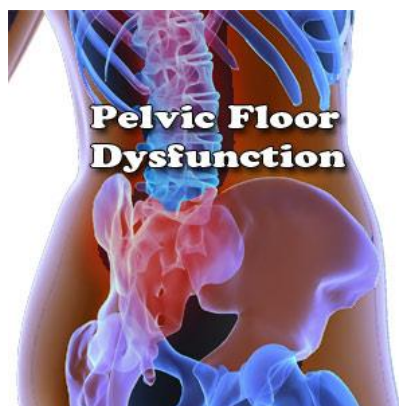
Tap Dance-Tuesdays 1:30pm-Bring Tap Shoes- **On Break For Summer**

Yoga- Thursdays 10:30am, **July 12th – August 30th** \$32 Bring your own mat.

Yogasize-Fridays 12:15pm Yoga/Meditation in chair- **On Break For Summer**

Zumba- Fridays 1:15pm- **On Break For Summer**





Pelvic Floor Disorders: **Gaining Control Over the Urge to Go**

Millions of Americans – the majority women – experience some form of urinary incontinence – stress incontinence (leakage caused by coughing, sneezing, running and jumping) or urge incontinence (the pressing need to pass urine), especially as they grow older.

Frequent visits to the bathroom, urinary leakage and other pelvic floor problems can make it difficult to enjoy everyday activities.

“These conditions are more common in women and are often related to the weakening of the muscles, tissues and ligaments that make up the pelvic floor,” says Heather M. van Raalte, M.D., chairperson of the Department of Obstetrics and Gynecology at Penn Medicine Princeton Medical Center (PMC) and Medical Director of the Center for Pelvic Wellness.

The pelvic floor supports and holds the pelvic organs (vagina, uterus, bladder, urethra and rectum) in place. For women, weakening of the pelvic floor is typically caused by pregnancy, childbirth, age and obesity.

Signs of pelvic floor problems may include: frequent urination, urgent urination, leakage when sneezing, coughing or laughing, painful urination, difficulty urinating and recurring bladder infections.

As a result of advanced age, women can also experience pelvic organ prolapse, when the tissues and muscles can no longer support the pelvic organs and they drop down.

The Center for Pelvic Wellness at PMC offers a range of treatments from physical therapy to medication and surgical procedures to help manage and even cure pelvic floor disorders which can help women regain comfort and confidence so that they can live life actively again.

For more information about the Center for Pelvic Wellness or to find a urogynecologist with Penn Medicine Princeton Health, call 888.742.7496 or visit www.princetonhcs.org.

HEALTH LECTURES

Register at PHC desk or call (609) 497-2230

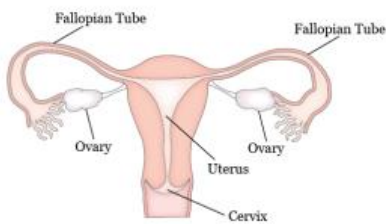


Penn Medicine
Princeton Health

Constipation: How Physical Therapy Can Help

Monday, June 4th 12:30pm

Join Becky Keller, PT, MSPT, PRPC, and Katrina Heath, PT, DPT, both physical therapists specializing in pelvic wellness with the Center for Pelvic Wellness at Princeton Medical Center, and learn some simple and practical ways to manage and improve constipation symptoms.



Gynecological Issues: What Could It Be?

Thursday, June 14th 10:30am

Many women suffer in silence from painful periods, fibroids, endometriosis or other pelvic health problems when they don't have to. Join Shyama S. Mathews, MD, board certified in gynecology and member of the Medical Staff of Penn Medicine Princeton Health as she discusses these topics and treatments.

Free Blood Pressure Screening

Tuesday, June 19th, 2018 10am-Noon

No Appointment needed just drop in.





CHECK THE SENIOR CENTER HEALTH LUCITE RACKS FOR NEW & INFORMATIVE ARTICLES & BROCHURES ABOUT YOUR HEALTH PROVIDED BY SAC HEALTH COMMITTEE!!

DONATIONS– Thank you Deborah Passaflume for your generous donation. We graciously accept monetary donations designated for the senior center use only. Checks are payable to South Brunswick Senior Center. "Tribute Cards" are also available \$15 for a pack of ten. Donations are tax deductible. All donations go 100% to SeniorCenter.



From the Desk of Marie Brown

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



New Jersey Senior Farm Market Program: (NJSFMP)

is a program designed to provide seniors with limited income aged 60+ with fresh locally grown fruits and vegetables. Eligible seniors receive five \$5.00 (\$25.00) vouchers to use at a state registered farm market. Grocery stores do not accept a SFMNP voucher.

Pre-Registration is required.

Eligibility requirements are: Income limit Single person is \$22,311 a year or \$1860.00 per month Household of two the income limit is \$30,044 per year or \$2,504.00 per month.

Recipients of the Medicaid, Food Stamps, and SSI need to provide a valid ID card at registration and Income Statements.

Voucher Distribution Will Be Held At:

**The Senior Center
Friday, June 15th 10:00 am – 12:30 pm
Auditorium 2**

Vouchers may be used until November 30, 2018

****You must be present to receive your vouchers****

Please call Marie at ext. 7676 to set-up an appointment for income verification and to register for the program.



From the Desk of Caryl Greenberg

Social Worker, MSW LSW - ext. 7212

Email: cgreenbe@sbtnj.net



How to Stop Feeling Inadequate

What is it about us that certain people bring out our insecurities? As a college student, I was so happy when I achieved an A- in this one particular class that was challenging for me. A friend that seemed to have things come easy to her including receiving an A without studying

made it a point of telling me she received the highest grade in the class. She always had a story that topped mine, you get the picture. She wasn't a bad person she just did a bit of bragging. So, the inadequacy feeling I had was all about me-not her making me feel that way.

According to Ellen Hendriksen, PhD there are ways to overcome our feelings of inadequacy and I'd like to share them with you. A couple of people came to me recently feeling a little inadequate themselves so I thought perhaps this would help us all!

Tip #1- Trust That Everyone Has His Or Her Stuff My college friend that did a bit of boasting probably feels some degree of inadequacy herself. True adequacy doesn't need to advertise. She might have felt the need for affirmation; who knows? We are all human and as such, we are all insecure at times. When I realize that, no one is perfect I feel better.

Tip #2- Add Yet Trying to lose those last 10 pounds or working on putting those pictures in albums? Feeling bad about yourself because you are not achieving your goals? Think about your goals as a process not a fixed mindset. 'I have not lost those 10 pounds **'yet'**.

Tip #3- Broaden Your Scope Financial success, appearance, relationship bliss...this belief system, that if you don't measure up you are not successful sets us up for failure. Having integrity, being curious, a hunger to learn, doing things you love, speaking the truth, and most of all, creating and maintaining warm and loving relationships with friends and family; these are areas in which we have success.

Tip #4- Contingent Self Esteem term called contingent self-esteem is the tendency to change one's self-evaluation based on feedback. It's the most fragile form of self-esteem, as it is controlled by others. Work on feeling good about yourself and don't base your self-esteem on how others compliment you.

Tip#5- Perfection Is Boring

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: Don Bergman **Meeting: Thursday, June 7th 10:30am.**

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: Don Bergman Vice-Presidents: Muthu Subramanian and Marvin Schlaffer **Meeting: Friday, June 8th 10:30am * Bingo 12:30pm**

South Brunswick Senior Social Club — Members needed! Dues: \$10.00. **Meeting: Tuesday, June 19th 1:00pm. No MEETING June 5th** due to primaries. Brief business meetings, make friends, refreshments, bingo, trips. For 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, June 13th & 27th 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 **Meeting: Wednesday, June 6th 11:00am, Aud. 1.**

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

Golf Group-now accepting members. Play at Tamarack on **Tuesdays** Must shoot 120 or better. Call John Fuller 732-297-0387 or Brian Barcelo 609-921-3383

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.

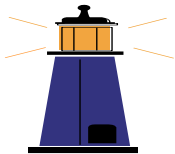
Extensions

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 HealthDonna (609) 497-2230



South Brunswick Office On Aging

540 Ridge Road
Monmouth Junction, NJ 08852