

South Brunswick

Beacon Senior Newsletter

March 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).

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

Education Fair- Monday, March 4th 11:00am – 1:30pm

The Senior Center will be hosting a panel of professionals who will discuss various areas of health care. Answers to the frequently asked questions plaguing today's senior population. Vendor displays with information packets.



Coloring for Adults- Tuesday, March 5th 12:30pm

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

The Art Lee Project – Tuesday, March 12th 12:30pm Spring themed crafts. All materials provided. **Sign up.**

St. Patty's Day Celebration- Thursday, March 14th



11:15am St. Patty's Day Themed Lunch (\$2.25 for lunch)

12:15pm Music Renderings by Joe Grillo!!! **WEAR GREEN**

1:15pm Winner of FRIENDS fundraiser will be called.

Friends 50/50 Sign Up By March 7th

Musicals of the 1960's- Thurs., March 21st 12:15pm

Travel back in time when roadshow movies were all the rage in the late 1950's and early 1960's. Includes discussions and scenes from " West Side Story", "The Bells are Ringing", and so many more. **Sign up.**



Crossroads Middle School South

International Night- Thurs., March 21st 7:00pm

Students and their families showcase their cultures, talents and ethnic foods in this festival of diversity and blending of community. Please join us for this fantastic event! Transportation on own. Sign up by March 14th.



So. Brunswick Student Art Gallery

Thursday, April 4th 10:30am We are invited to a special "Seniors Only" viewing of our District's 15th

Annual Student Art Gallery. FREE. Transportation provided and back at the center at 11:30am. **Sign up by March 28th**

Program Highlights- Classes



AARP Driver Safety Class- Friday, April 5th 9:00am-3:00pm
\$15 AARP members \$20 non members. Discounts for insurance.
Checks only, payable to AARP. **Sign Up by March 29th**

Art Class- March 18th - May 6th Mondays 1:00pm - 3:00pm
Artists of all levels welcomed. Students learn to utilize a variety of materials, techniques & concepts. Bring own supplies. 8 wks \$48

Beadazzled- Monday, March 4th 10:00am - 11:30am
Handcrafted jewelry using beautiful high quality beads. March's project is a Necklace. **Cost: \$8 Sign Up**

Sign Language- March 11th - April 29th Mondays
9:45am Sign Language 101- Basics of American Sign Language.
10:45am Conversational Sign Language- Intermediate Level



Special Bingo- Monday, March 25th 12:15pm FREE
Come try the new automated system today!

Regular Bingo-Mon. March 11th & 18th \$1.00 per day

Birthday Lunch-Tuesday, March 26th--11am Sign up



MOVIES

A Star is Born(2018)- Thurs., March 7th 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



Boy Erased- Tuesday, March 26th 12:30pm - 2:25pm

A young man is sent to gay conversion camp by his religious parents after he is 'outed' by his college crush. R

Bollywood Movie- "Veer-Zaara"- Fri., March 22nd 10:00am
A saga of love, separation, courage and sacrifice. 3h 16m



Donations: Thank you Ganeshan Vishnampet, Jane Clute, Ning Sheng Huang, Gregg & Debra Weiner, and Arlene Bacher for your donation. Your generosity is greatly appreciated. We graciously accept monetary donations. Checks are payable to So. Brunswick Senior Center. Tribute Cards are available \$15 for a pack of ten.



Program Highlights

So. Brunswick We've Got You Covered!
2 NEW Fun & Trendy Fitness Classes
(Medicals MUST be on file)



***NEW* BOLLYX-** Experience a Bollywood-inspired cardio fitness program that combines exhilarating choreography and calorie-burning workouts with upbeat music from around the world. BollyX utilizes interval training techniques that not only tones your entire body & burns calories. Class will be begin Mondays 12:30pm in May!!

FREE! DEMO Thurs. March 21st 12:30 (medicals still needed)

***NEW* POUND-** A combination of cardio and strength class with constant simulated drumming using drumsticks (provided). Fun, high energy & exhilarating. Chair and Standing. Limited space available.



Class begins Thursdays 12:30pm in May!

DON'T FORGET THESE GREAT CLASSES, SIGN UP NOW!!



Pilates- Tuesdays 9:15am Starts In March! Tone & Firm, Strengthen your core! Try Pilates! *Bring your own Pilates ball!

Tap- Tuesdays 1:30pm Starts in March! Good for the mind, body, and lots of fun! * Bring Tap shoes!



Yogasize- Fridays 12:15pm Starts in March! For those who can't get on the floor to do a traditional mat yoga class, this class offers many wonderful health benefits.

Zumba- Fridays 1:15pm Zumba is dance & aerobic movements performed to energetic music. The choreography incorporates hip-hop, samba, salsa, merengue and mambo.



Bus Trip Information

(Trips fill up fast, come get a number in office starting 8:30am)

Reminder - "South Brunswick Then & Now" Bus Tour

Tues., March 19th Bus leaves Woodlot Park 9:15am. Ceil Leedom (So. Brunswick Historian) takes us on a tour of Historic So. Brunswick. **Lunch:** On your own at the historic Whitlock Inn (now called La Taverna). **TRIP SOLD OUT**

Independence Seaport Museum- Tuesday, April 30th



Join us for a self-guided tour of the Seaport Museum's galleries as well as a guided tour of two National Historic Landmark Ships, the Cruiser *Olympia* and Submarine *Becuna*. **Lunch:** On your own at any of the Waterfront's cafes. **Cost:** \$11 Admission (cash) plus \$5 (cash)- (refundable when boarding the bus) Please see flyers for important details **Registration Opens:** Tuesday, February 26th at 11:00am **Registration Closes:** Monday, March 25th

Bus leaves Woodlot Park 8:20am

The Raptor Trust: Wednesday, May 29th

Raptor Trust is a not for profit wild bird rehabilitation center located in Morris County, NJ. Join us for a self-guided walking tour of the sanctuary and meet a live Raptor during an educational lecture. **Lunch:** On your own at The Chimney Rock Inn **Cost:** \$5 (cash admission) plus \$5 (cash refundable when boarding the bus) Please see flyers for important details. **Registration Opens:** Tues., March 26th 11:00am closes when full. **Bus leaves Woodlot Park 8:30am**



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



- March 6th** 10:30am- East Brunswick Mall
- March 12th** 11:00am- Dayton Diner
- March 13th** 10:30am- Walmart (Lawrenceville)
- March 27th** 10:30am- Target, Wegmans, Michaels



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. Mar. 4th** (10:00-noon) ~ **Mon. Mar. 18th** (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 & renewed every 2 years**

Ageless Grace – Tuesdays 12:30pm, March 12th - April 30th \$22

B.E.S.T. (Balancing, Exercises, Stretching, Toning)- Mondays 1:45pm. Light weights, balls & bands in chair March 18th - May 6th \$32

Body Gym– Mondays 12:30pm March 18th - April 29th 7 weeks (**FULL**)

***NEW* BOLLY X - FREE DEMO Thurs. March 21st 12:30**

Cardio & Interval training that tones & burns calories. Class will be held Mondays 12:30 starting in May for 7 weeks. **Intro Price \$16**

Chair Yoga- Tues. 10:30am March 12th - April 30th \$28



General Aerobic Fitness- Mon. & Fri. Advanced 9:15am

Beginner/Intermediate 10:15. 15 classes \$20 or 30 classes for \$40

Get Fit– Thurs. 1:45pm. Cardio/Strength. March 7th - April 25th \$32

Now & Zen– Wed. 10:30am Feb. 27th - April 17th (**FULL**)

***NEW* POUND**- Thursdays 12:30pm May 2nd - June 20th

\$22 intro price. Cardio/Strengthening with simulated drumming using provided ripsticks. Fun, high energy & exhilarating.



Pilates–Tues. 9:15am Core training. March 12th-April 30th \$32 Need ball

Sculpting with Weights–Wed. 12:30pm March 6th - April 24th \$28

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

Tai Chi– Thurs. 9:15am April 4th - May 16th 6 weeks \$28

Tap Dance–Tuesdays 1:30pm. Bring Tap Shoes.

March 12th - April 30th 7 weeks \$28



Yoga– Thurs. 10:30am Bring mat. February 28th - April 18th \$32

Yogasize–Fri. 12:15pm Yoga & Meditation in a chair

March 15th - May 10th \$25



Zumba– Fri. 1:15pm March 15th - May 10th \$30



Penn Medicine
Princeton Health

An Option for Post-Mastectomy Breast Reconstruction

Many women who undergo a mastectomy to treat breast cancer opt for reconstructive surgery to help rebuild the shape and look of their breast.

“At Penn Medicine Princeton Health, women have the option of reconstructive surgery that uses their own tissue to recreate the breast instead of using a breast implant,” says Evan Katzel, M.D., a microvascular plastic surgeon and member of the medical staff at Penn Medicine Princeton Medical Center.

The procedure is called the Deep Inferior Epigastric Perforator Flap or free flap procedure for breast reconstruction.

During the procedure, a flap of tissue is removed from the abdomen, similar to the area removed during a tummy tuck, and shaped to recreate the breast. The flap contains skin, fat and blood vessels that bring healthy tissue and blood supply to the affected area. Little or no muscle is taken from the abdomen, and the reconstructed breast incorporates naturally with surrounding tissue.

Studies have shown that the risk of infection, hospital readmission and future revision surgeries are reduced compared to other methods of reconstruction. Improved blood supply provided by the transferred tissues also helps the tissue respond better to radiation treatments.

The availability of the procedure at Princeton Health means that patients can have breast reconstruction surgery and their follow up exams close to home, where they can heal with the support of their loved ones.

For more information about the flap procedure, please call
609.853.6365

PROGRAM HIGHLIGHTS **LECTURES**



Making Medical Decisions for Others- Monday, March 4th 12:30pm. Are you prepared to make medical decisions for an elderly parent or someone with cognitive impairment or dementia? Join David Barile, MD, board certified in geriatric medicine to learn what you need to know to make informed decisions for your loved ones.



Fall Prevention- Thursday, March 14th 10:30am



Each year, one in three people over the age of 60 experience a fall. Many of these accidents can be prevented with the right exercises and some simple changes in your habits and environment. Join Vaani Pillai, PT, DPT, physical therapist to learn about balance, fall risks, and the role of physical therapy and exercise in overall wellness, balance and fall prevention.

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



Ted Talks - short, video talks followed by discussion.

Wed., March 6th 12:30pm- Is war between China and the US inevitable?

Wed., March 20th 10:45am- Why giving away our wealth has been the most satisfying thing we've done. (25 min.)

Art Lecture with Maurice- Friday, March 15th 12:30pm

Part Three of this Sister Wendy Beckett series will take us to the world's famous museums and tell the history of the art each museum has. Sculptures and Paintings. **Sign Up.**



Free Blood Pressure Screening- 10am – Noon
Tuesday, March 19th by Penn Medicine Princeton Health
No appointment necessary

From the Desk of Marie Brown

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



The Property Tax Reimbursement Program

The Property Tax Reimbursement Program reimburses eligible senior citizens and disabled persons for property tax increases. The amount of the reimbursement is the difference between the amount of property taxes that were due and paid for the "base year" (the first year that you met all the eligibility requirements) and the amount due and paid for the current year for which you are applying for the reimbursement, provided the amount paid for the current year was greater.

You must meet all the eligibility requirements for the base year and for each succeeding year, up to and including the current year to qualify for the reimbursement.

Residents who receive homestead benefits and/or property tax credits or deductions may also receive the property tax reimbursement if they meet the eligibility requirements.

You may be eligible for a reimbursement of the difference between the amount of property taxes you paid for the base year (the year you first became eligible) and the amount paid for the year for which you are applying for a reimbursement if you met **all** the following requirements:

- For 2017 and 2018, You must have been age 65 or older or receiving Federal Social Security disability benefits; **and**
- You have lived in New Jersey continuously since December 31, 2007, as either a homeowner or a renter; **and**
- You have owned and lived in your home (or have leased a site in a mobile home park on which you have placed a manufactured or mobile home that you own) since December 31, 2014 or earlier **and**
- You have paid the full amount of property taxes or (site fees paid if you are a mobile home owner) : **and**
- You meet the [income limits](#) for the base year and for each succeeding year, up to and including the year for which you are claiming the reimbursement.

For 2017: \$87,268 or less and For 2018 TBA. These limits apply regardless of marital/civil union status.



From the Desk of Caryl Greenberg

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

Go Ahead and Vent; But Just One Time

I recognized myself after reading an article in 'Don't Sweat the Small Stuff' and though this is a topic that many can relate to. When something really bugs me my tendency is vent- not once but many times to

almost any one who I could grab to blab to. The more I vent about the same thing the more it seemed like I was trying to convince myself I am justified in how I feel. I was not even aware of how often I was venting to friends over and over until I began to preface my conversation with 'stop me if I told you this already'. Venting has become a sport – a way of passing time and is likely gossipy too. That is another topic in and of itself! It has become clear to me however by observing my own feelings, that repeatedly venting destroys any potential positive aspects of the process. Venting one time can be useful even healing, repeat venting does the exact opposite. We don't feel relief instead we create even more anger and frustration by reliving the issues over and over. For me, this is an outward way of ruminating- it is not problem solving in fact it is the opposite of moving on. When I constantly complain I recognize that I am in a low mood and my attention is focused on what is wrong in my life. Commiserating with someone who is also feeling down will even make me feel lower. So what should we do when we want to vent? Give yourself permission and find one person who you think will be empathic to you, vent to them once, feel good about it once and then drop it.

If you find yourself wanting to complain to someone else stop yourself and recognize that will only lead to being stuck with negative feelings. Incidentally, if you want to vent to me my door is wide open!

Monthly Bereavement Group: Monday, March 18th 10:45am

Anyone who has suffered the loss of a spouse or partner is welcome to attend the monthly bereavement group.

Questions? Please call Caryl 732 329-4000 x 7212



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. Chair: TBA **Thursday, March 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: Muthu Subramanian Vice Presidents: Cindy Scribner & Satya Agarwal
Meeting: Friday, March 8th 10:30am Bingo 12:30pm

South Brunswick Senior Social Club – Members needed! Dues: \$15.00.
Meeting: Tuesday, March 5th & 19th 1:00pm.

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, March 13th & 27th 1:00pm.

President: Gloria Zimmerman

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: Gary Harriman Captain: Sandy Lemlein



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

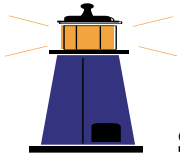
Meals on Wheels & Daily Meal Program:

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



Follow us on Facebook- South Brunswick Office on Aging

Penn Medicine Princeton Health (609) 497-2230



South Brunswick Office On Aging

540 Ridge Road
Monmouth Junction, NJ 08852