

South Brunswick **Beacon Senior Newsletter** **November 2019**

The Senior Center is open to South Brunswick Residents 55+

Hours: Monday - Friday 8:30am - 4:30pm. Sundays-1:00pm-4:00pm (offices closed on Sundays). **Closed– November 5th, 10th, 11th, 28th, 29th**

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

Website: www.southbrunswicknj.gov (Click Departments, then Senior Ctr)

Director: Caryl Greenberg Email: cgreenbe@sbtnj.net

Membership: FREE---Tuesdays & Fridays from 9:30am-12:00pm

Please arrive by 11:30 to allow time to process your paperwork. Fill out a membership form or print form from our website. Proof of age (55+) and South Brunswick residency is required. Minimum 4 month minimum stay required for a visiting membership.

Meals: We are a congregate meal site for Middlesex County. 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. Home Delivery: Suggested donation: \$2.75. Please call Karen for details at 732-329-6171.

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). **This service is on Hiatus until further notice.**
- **Special trips** –Please see the Bus Trip Information page located on page 7

Program Highlights

County Meal Bingo- Monday, November 18th Join Karen Delikat and her team for a fun filled food themed Bingo. **Full Board prize is a Food Basket!**



Transportation Bingo- Friday, November 22nd
12:15pm Join Al Nardi for transportation Bingo.
Full Board prize is a \$10.00 Bus Pass or prize of your choice.

**Bingo is a \$1.00 fee. Purchase Bingo Pass \$5.00 in office.

Friends Bingo – NO FRIENDS BINGO THIS MONTH

United Healthcare Presents on Medicare Benefits-

Mon., November 4th 12:15pm Join United Healthcare representative Sorangie Perez as she discusses the many benefits of Medicare.

Veterans Day Luncheon and Patriotic Party

Friday, November 8th 11:15 – 1:15



Join us in celebrating our South Brunswick Veterans! Lunch is on the house to the first 25 Veterans to sign up. (Further details in the office.)

11:30- Veterans Luncheon

12:00- Veteran Acknowledgements

12:15- Patriotic Party with musical entertainment by Stiletto & Sax

*Please sign up in office if you are eating lunch with us so we can plan accordingly.

The Art Lee Project- Tuesday, November 12th

12:30pm Repurposed items transformed into fabulous, original and unique works of art. Come express yourself! All materials provided. **Please sign up.**



Attention: We are no longer collecting Chip Bags.

Program Highlights



Township Updates- Thurs., November 14th

12:15pm Presented by Bernie Hvozovic, Township Manager - He will provide information and answer questions regarding updates within the township. Please attend this informative session.

French Soiree at Crossroads North - Thurs. Nov. 19th 3:30pm



Middle school students studying the French language and culture will share their poems, artwork and other French projects. Light refreshments will be served. You must provide your own transportation to the event.

Sign Up by November 12th

Police Lecture on Holiday Safety-

Thurs., Nov. 21st 12:30pm

Join SB Police Dept. as they offer valuable tips to keep you safe during the holiday hustle and bustle.



PRAB (Puerto Rican Action Board) - Monday, Nov. 25th 12:15pm

Learn about the weatherization program, home energy assistance, NJ Shares as well as housing services.



Monthly Birthday Lunch- Tues., November 26th 11:00am

Is this your Birthday Month? Please let us know so we can celebrate **your** special day. Join us for trivia, lunch and cake.

Sign up by November 19th.

OUR SENIOR CENTER WILL BE HOLDING A FOOD DRIVE!



We will be collecting foods throughout the months of November and December

Please consider donating an item from the list below

to support the South Brunswick Food Pantry.

Coffee, Canned Tomatoes, Parmalat/Borden Milk Boxes, Canned Fruit, Canned Meats, Prepared Noodles, Rice Mixes, Mac & Cheese, Pasta (whole wheat), Peanut Butter & Jelly, Hearty Soups, Canned Tomatoes, Canned Vegetables, Juice Boxes, Pancake Mix & Syrup Oatmeal, Cereal, Toiletries.

Program Highlights

Upcoming Senior Center Classes



Device Doctor- Thursdays, 10:45am – 12:00pm

Join Randy & Barbara from the library, learn some new tricks in Friending Your Phone.

November 7th & 21st - Skype, Snapchat & Google Photos

November 14th- Calendar, Google Maps & Waze



Mahjong Lessons with Gail- Begin Tues., Nov. 12th

10:00am Lessons are given through March of 2020.

Sign up now!

MOVIES

The Art Of Racing In The Rain- Thurs., Nov. 7th 12:30pm

A dog named Enzo wants to be reincarnated into a human. The dog reflects on his life and relationship with a Formula One race car driver who understands that the techniques needed on the racetrack can also be used to successfully navigate everyday life. PG | 2019 | 1h 49m



Lion King (2019)- Tues., Nov. 26th 12:30pm

A young lion returns to reclaim the throne and the Pride Lands that was stolen from him and his father by his treacherous and fratricidal uncle after spending his adolescence in exile, under the care and supervision of a friendly warthog and meerkat. PG | 2019 | 1h 58m

November Billiards News!! Open play M-F 8:30 – 4:15 & Sun. 1:00 – 4:00 (except on tournament days)

In-House Tournaments Are: 7th, 12th, 19th, 26th

SBSL HOME Tournament VS Plainfield: 14th





Something new! Come try out the new Shuffleboard Table located in the large gym.



Don't know how to play? No worries, we've got you covered,

Sandy Lemlein from the Billiards Club is giving lessons.

PROGRAM HIGHLIGHTS

HEALTH PROGRAMS

5 Wishes- Thursday, November 14th 10:30am - 11:15am

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 how hospice and palliative care programs provide help and support; their similarities and differences; and how they can make a positive difference. Liz Cohen, LCSW, Hospice Social Worker, will present this invaluable program.



Free Blood Pressure Screening- 10am – Noon

Tuesday, November 19th No Appointment Necessary.

**Call (609)497-2230 or visit their desk in the Wellness Center to register for health programs

LECTURES



Ted Talks - short, video talks followed by discussion.

Wed., November 6th 12:30pm- ` Do schools kill creativity?

Wed., November 20th 10:45am- The strange tale of the Norden bombsight.

Art Lecture with Maurice- Friday, November 15th

12:30pm Judy Chicago is an American feminist artist, art educator, and writer known for her large collaborative art installation pieces about birth and creation images, which examine the role of women in history and culture. **Sign up please.**



Donations: We graciously accept monetary donations. All donations go to senior programs. Checks are payable to So.Brunswick Senior Center. "Tribute Cards" available \$15 per pack of ten. Donations are tax deductible.

Friendly Reminder... Along the line of donations, we are currently in need of new or newer type items to be used for Game Prizes and Large Event Door Prizes. If you are looking for suggestions please call Jill at extension 7675. ☺ Thanks so much! ☺

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. Nov. 4th (10:00-noon) * **Mon. Nov. 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, Nov. 12th – Dec. 17th 6 weeks \$18

B.E.S.T. (Balancing, Exercises, Stretching, Toning)- Mondays 1:45pm.
Light weights, balls & bands in chair Nov. 4th – Dec. 16th 6 weeks \$24

BOLLY X – Mondays 12:30pm Sept. 16th – Dec. 9th
10 weeks \$16 Intro Price. Cardio & Interval training that tones
& burns calories. Come try this great new class!



Chair Yoga- Tuesdays 10:30am Nov. 12th – Dec. 17th 6 weeks \$22

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

Get Fit- Thursdays 1:45pm. Cardio/Strength. Oct. 31st – Dec. 12th 6 wks \$24

Now & Zen- Wednesdays 10:30am Sept. 18th – Dec. 4th FREE

Pilates-Tuesdays 9:15 Core training. Oct. 29th – Dec. 17th 7 weeks \$28
Bring your own ball.

POUND- New Day/New Time!! Wednesdays 9:15am Oct. 30th – Dec. 18th
5 weeks \$16 Cardio/Strengthening with simulated drumming using
provided ripsticks. Modified for sitting or standing! Give it a try!

Sculpting with Weights- Wed. 12:30pm Nov. 6th – Dec. 18th 6 weeks \$22

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

Tai Chi-Thursdays 9:15am Nov. 14th – Dec. 19th 5 weeks \$24

Tap Dance-Tues. 1:30pm. Bring Tap Shoes. Nov. 12th – Dec. 17th 6 wks \$24

Yoga-Thursdays 10:30am Bring mat. Nov. 14th – Dec. 19th 5 weeks \$20

Yogasize- Fridays 12:15pm Nov. 1st – Dec. 13th 6 weeks \$19

Zumba- Fridays 1:15pm Nov. 1st – Dec. 13th 6 weeks \$23

Bus Trip Information



Bus Trips will resume in March. Please visit our suggestion box located near the office window with your trip ideas.



Schedule your Bus Service today!

For information, call 732-329-4000 x 7363 or stop by the Transportation Office to purchase your bus pass.

Local Trips

- November 6th 10:30am- Quakerbridge Mall
- November 13th 10:30am- Walmart No. Brunswick
- November 20th 10:30am- Target, Kohl's, Wegman's
- November 26th 11:00am- Confectionately Yours



**It's November!!!
Taxes are due by
Friday, November 1st !!**

**Daylight Savings Time- Turn Your Clocks
Back one hour on Sunday, Nov. 3rd**





**Afternoon Programs starting
in December.
Stay informed... READ our
newsletter, check whiteboards for
special events**

& class signups, sign up/read email blasts.

From the Desk of Caryl Greenberg

Director- Office on Aging, MSW, LSW x 7212 Email: cgreenbe@sbtnj.net

A Note from the Director:

I am beginning my third week in this position as I write this while sipping coffee in the still of the morning. It gives me a wonderful opportunity to quietly reflect on the many suggestions and advice that people have shared with me since I've started. Some of the ideas are good, others perhaps not so much, but at the end of the day they all point to one wonderful fact – the motivation behind each idea is the same: we are a community that cares about each other and cares about our building. It is a wonderful thing that you all attend classes, come to programs and socialize with friends, and I am so proud of the community that we have built together.

As you know, now and in the coming weeks our main entry doors will be inaccessible because of the new canopy/curb replacement project. Yes, it will be an inconvenience for a time, but the result will be absolutely worth it. One piece of advice I received from a very wise man just last week is that we should treat our building as we would our home, always be working on maintaining and improving it. And that's what this project (and others to come) is all about. When finished, we will have a lovely place to sit and wait for transportation, protected from the rain and sheltered from harmful UVA rays.

Just yesterday, two lovely ladies approached me and told me that there is a bike in need of repairs in the exercise room. My initial reaction was that it was something that would have to wait for regular maintenance (now that I am dealing with the budget I have to be careful about expensive, non-budgeted items) but I realized that their request has a deeper meaning. These two ladies were taking ownership of our senior center, something I hope every member feels comfortable doing. They want to exercise to stay fit and that's wonderful! Taking ownership means having a stake in the continued success of the Senior Center, its programs and its facilities. Please continue to help us by sharing your ideas for improvement. Drop a note into the beautiful hand-made suggestion box outside the office window (thank you to Jyotsna and Kirit Patel) or pop in to see me, or a staff member and share your ideas. I can't promise we can get everything done, but we will absolutely read and consider each one.

~Caryl Greenberg

Veterans Day Celebration/Friday, November 8th

Lunch is on us, Veterans! (Full details at Senior Center office)

Please join us for a delicious Middlesex County lunch at 11:30 am followed by some appreciative words to our Veterans by many individuals including Mayor Charlie Carley. Fantastic musical entertainment to follow! Anyone who would like to eat lunch, please register in the office no later than Wednesday, October 30th so that we can plan accordingly.

From the Desk of Darlene Dawson

Benefits Coordinator EMAIL: ddawson@sbtnj.net 732 329-4000 x7676

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

The Pharmaceutical Assistance to the Aged and Disabled program, (**PAAD**) helps eligible New Jersey residents pay for prescription drugs, insulin, and syringes 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 \$27,951 if single or less than \$34,268 if married; and
- Medicare-eligible PAAD beneficiaries are also required to enroll in a Medicare Part D Prescription Drug Plan in NJ. 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, 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 \$27,951 and \$37,951 if you are single or between \$34,268 and \$44,268 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.



Depression: Not a Normal Part of Aging

While it's true that almost everyone experiences feelings of sadness or grief at different points in their lives, often those feelings subside with a little time. Depression can be a common condition among older adults, but it is not a normal part of aging. Fortunately, once diagnosed, depression is treatable.

Depression is more than just feeling down or blue every now and then. It is a true medical condition characterized by persistent feelings of sadness or anxiety that last for weeks at a time. Signs of depression can include:

- Feelings of sadness, unhappiness and/or anxiety
- Fatigue, lack of energy
- Loss of interest or pleasure in everyday activities
- Sleep problems, including trouble getting to sleep, very early morning waking, and sleeping too much
- Eating more or less than usual
- Crying too often or too much
- Aches and pains that don't go away when treated
- A hard time focusing, remembering or making decisions
- Feeling guilty, helpless, worthless
- Irritability
- Thoughts of death or suicide or a suicide attempt

If you or a loved one has several of these warning signs and they last for more than two weeks, see a doctor.

For more information about services available through Penn Medicine Princeton House Behavioral Health, call 888-742-7496 or visit www.princetonhcs.org.

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: Gail Weber **Meeting: Thursday, November 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: \$5.00/year (resident seniors). Membership forms are at the office or on website. President: Muthu Subramanian Vice Presidents: Cindy Scribner & Satya Agarwal **Meeting: No meeting or Bingo this month.**

South Brunswick Senior Social Club – Members needed! Dues: \$15.00. **Meeting: Tuesday, (NO meeting on the 5th) November 19th 1:00pm.** Brief business meetings, make friends, refreshments, bingo, trips. President: Aggie Schwartz

The Golden Age Club – bring together & promote the welfare of seniors through fun trips and parties. Dues are \$10.00. **Meeting: Wed., November 13th & 27th 1:00pm.** President: Gloria Zimmerman

Billiards Club – All welcomed to play daily. Tournaments are played home and away. Pool club membership is required for tournaments. President: Gary Harraman Captain: Ken Peabody **Meeting: November 6th 11am** **Free Billiard Lessons** are offered the first Friday of every month by Billiards President Gary Harraman. Lessons are by appointment only 10am – 11:30am.

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 – They support those less fortunate in crisis. **Wednesdays at 9:30am to 11:00am.** Yarn Donations Please! Newcomers are welcomed! Coordinators: Ann Markey & Diane Duffy

Badminton -See Wellness Center calendar for days/times.

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.

Caryl Greenberg - Director, Office on Aging..... x7682 email: cgreenbe@sbtnj.net
To Be Announced, Social Workerx7212
JillAnn Foxxe, Program Coordinator.....x7675 email: jfoxxe@sbtnj.net
Darlene Dawson, Program Coordinator (Benefits)x7676 email: ddawson@sbtnj.net
Jackie Johnson, Administrative Secretary.....x7677 email: jjohnson@sbtnj.net
Jasmine Aynilian, Main Office, Secretaryx7670 email: jaynilia@sbtnj.net
Steve Aker, Custodian.....x7350
After Hours/Weather Updatex7670
Transportation.....x7363 email: mdoria@sbtnj.net

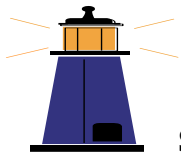
Meals on Wheels & Daily Meal Program:

Karen Delikat, Site Manager (732) 329-6171 email: karen.delikat@co.middlesex.nj.us



Follow us on Facebook- South Brunswick Office on Aging/ Senior Center

Penn Medicine Princeton Health (609) 497-2230



South Brunswick Office On Aging

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