

South Brunswick Beacon Senior Newsletter October 2017

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 Oct. 8th & 9th for Columbus Day.**

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 or Fridays from 9:30am-12:30pm
Fill out a membership form or print form from our website. Proof of age (55+) and South Brunswick residency **REQUIRED**.

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. (now located at the senior center): Bus pass required (\$.50 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 Tuesdays and Wednesdays**-see trip page



Program Highlights

Digital Library Resources - Thursday 10:45 – 12:00

10/5 or 10/19– Class covers resources available with your Library Card ie: Hoopla, Lynda, Overdrive

All Things Google – Thursday 10:45 – 12:00

9/14, 9/28, 10/12 or 10/26,– Class outlines Google services ie: Google Docs, Google Calendar, Google Photos, Youtube

Must **Sign up** in office and leave \$5 deposit. Limited enrollment so sign up now. Meets in the Tech Center. Taught by Library staff.

L'ORÉAL Is In The House!! Hands Up For Manicures!!

Monday, Oct. 2nd & Oct. 23rd 10:30 – 1:30 Get those nails in shape for the holidays! L'OREAL provides these FREE manicures. **Sign Up** in the office.

P.R.A.B. - Thursday Oct. 6th see Marie Brown's page for details.

EZ Ride Lecture – October 12th 12:15pm



Ryde4Life is a membership program run by EZRide for adults ages 50 or older in partnership with Transportation Network Companies like Lyft and Uber. We offer a reliable, affordable way to travel to your destinations. Don't drive?... Come see how this great resource can work for you.



***FRIENDS Bingo** - Friday, Oct. 13th 12:15 pm

***TRICKY TRAY BINGO**-Mon. Oct. 2nd & 30th Bingo tickets in the office \$10 card/10 days. Bingo is \$1.00 a day.

The Art Lee Project – Tuesday, Oct. 10th 12:15

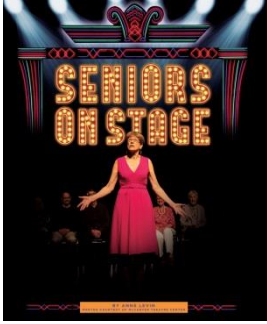
Create works of art from ordinary, everyday things.



Thanks for Your Support!

DONATIONS – Thank you Anil Bajaj, Evelyn Sliwinski, Janusz Dziewiecki, Elizabeth Beckett and Beatrice Louissant for your generous donation, it is greatly appreciated. The Senior Center graciously accepts monetary donations (designated for senior center use). Checks payable to SB Senior Center. "Tribute Cards" are available (\$15) for pack of ten. Donations are tax deductible. All donations go 100% to the Senior Center.

Program Highlights



McCarter Theatre – Thurs. Oct. 19th 12:15pm

Onstage Seniors present “**Surprises & Aha Moments**”

This ensemble—all over 55—perform in all over generating delight, insight, and affirmation about senior memories and experience. **OnStage** shatters all the myths that people have about aging. Their skits and vignettes—some humorous, some touching—the performers totally engage their audiences. **Sign up by October 12. FREE.**

ART LECTURE-with Maurice - Systine Chapel Friday October 20th at 12:30pm



Atrium Sponsored Fall Flower Arranging Monday, October 23rd 12:15pm

Participants will arrange and take home a beautiful Fall Flower Arrangement. This event is FREE thanks to sponsorship from our friends at **Atrium Health & Senior Living**. Atrium is a premier healthcare facility that provides their residents with quality personal care and all the comforts of home. Limited space. **Sign up is required by Oct. 16th**

Monthly Birthday Lunch – Tuesday, Oct. 24th

11:00am Is this your Birthday Month? Please let us know so we can celebrate **your** special day.

Sign up by Oct.17th. Trivia, Celebration & Cake. Always FUN!



Unsung Heroes - “Women of The Civil War”

Thursday, Oct. 26 12:30pm

Presenter: Martin M. Mosho, Civil War Lecturer

This presentation is a comprehensive, one hour review of the heroic and remarkable accomplishments made by women, both North and South. **Sign up required by October 23rd.**





Program Highlights



Halloween - Monster Mash Bash- **Tuesday, October 31st**

10:45am-11:15am- Freaky Facts/Haunted Places w/Jill
11:15am-12:15pm- Halloween Themed Lunch
12:15pm-1:15pm - Monster Mash Bash with music by Winston.
Costume Contest! Prize for 1st place winner. Friends -50/50
Must sign up by October 16th.



Chuck- Thursday, October 5th 12:30 pm- Rated R
1:38min - He was the pride of Bayonne, NJ, a man who went fifteen rounds in the ring with Muhammad Ali. But before all that, Chuck Wepner was a liquor salesman and father with a modest prizefighting career whose life changed overnight.



Megan Leavey - Tuesday, October 23rd 12:30

pm- Rated PG-13 1:56 min- When young Marine Corporal Megan Leavey is assigned to clean up the K9 unit after a disciplinary hearing, Leavey identifies with a particularly aggressive dog, Rex, and is given the chance to train him. Over the course of their service, Megan and Rex complete more than 100 missions together. Based on a true story.

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



Looking for a volunteer to facilitate Ted Talks.

Wed, Oct. 4th 12:30pm- An entertainment icon, Norman Lear on living a life of meaning

In an intimate conversation he shares with humility & humor how his early relationship with the foolishness of the human condition shaped his life & creative vision.

Wed, Oct. 18th 10:45am-What your doctor won't tell you

Wouldn't you want to know if your doctor was a paid spokesman for a drug company? Or held personal beliefs incompatible with the treatment you want?

SPECIAL TRIPS



Peddler's Village Lahaska, PA- Monday, October 16th
Check office for availability.

Morris Museum- Tuesday, November 21st

Museum Detectives: What is it?

The Morris Museum will present unusual & intriguing objects from it's collection and give you clues as to how, when or even why these objects were made for you to figure out. Visitors will use their observation & problem solving skills to classify objects and draw their own conclusions. Past or future? Fine art or scientific object? This interactive exhibit will get you thinking! Self guided visit, not docent led. **COST:** \$5.00 admission cash or check payable to FRIENDS plus \$5.00 refundable CASH deposit. Bag lunch only. Registration opens September 11th at 10:45am. Bus leaves 8:30am from Woodlot Park



Drumthwacket Tour --Holiday Décor to the

Nines!!! Free self led tour of the Governor's Mansion Followed by lunch at the Princetonian Diner. \$5.00 refundable CASH Bus Deposit. Lunch at your cost. Trip will be on a Wednesday in December!! **Date and time to be announced.**



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

- Oct. 4th** 10:30 am - Target/ Michaels/ Wegman's
- Oct. 10th** 11:15 am - Dayton Diner
- Oct. 11th** 10:30 am - Mercer Mall
- Oct. 17th** 11:15 am - Cici's Pizza
- Oct. 18th** 10:30 am - Quakerbridge Mall
- Oct. 25th** 10:30 am - East Brunswick Mall



REMINDER: George Street Playhouse Discount Tickets--

are available for SB Senior Center members & one guest by calling Jaci D'Ulisse at (732) 846-2895 ext 134. Tuesday, Wednesday or Thursday 8:00 pm shows are \$16 per ticket. Current shows: I love you, You're perfect, Now change. (Oct. 10th - Nov. 12th) and An Act of God (Nov.28th - Dec. 23rd)

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. Oct. 2 (10:00-noon) or Oct. 16 (11:30-1:30) 15 minute session

Sign up 2 weeks prior to class start. Fees non refundable. All classes 8 weeks unless stated otherwise. No joining after session starts. Classes need at least 10 students paid 2 weeks in advance

Ageless Grace – Tues. 12:30pm, **Nov. 14th – Dec. 19th**, (6 weeks) \$13



Art Class – Mon. 1:30-3:00pm, **Nov. 13th – Dec. 18th**, (6 weeks) \$28

B.E.S.T. (Balancing, Exercises, Stretching, Toning)- Mon. 1:45pm. Light weights, balls & bands from a chair, **Oct. 16th– Dec 11th**, 9 weeks \$36

Body Gym – Mon. 12:30pm, **Nov.13th – Dec. 18th** (6 weeks) FREE

Chair Yoga - Tues. 10:30am, **Oct.31st – Dec 19th**, (7 weeks) \$22

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

Get Fit – Thurs. 1:45pm. Cardio & strength. **Oct. 12th – Dec. 14th**, (9 weeks) \$36

Now & Zen – Wed. 10:30am. **Nov. 1st – Dec. 13th** (5 weeks) FREE
Program includes deep breathing exercise, guided meditation, chanting and Reiki. Done in a chair.



Pilates – Tues. 9:15am. Bring your own ball. **Oct. 24th – Dec. 19th**, \$36

Sculpting with Weights – Wed. 12:30pm **Oct. 25th – Dec. 13th**, (7 weeks) \$25

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

Sign Language – Mon. 10:45am **Nov. 6th – Dec. 18th** (7 weeks) FREE

Tai Chi – Thurs. 9:15am **Oct. 19th – Dec. 14th** , \$35

Tap Dance – Tues. 1:30pm **Oct. 31st – Dec. 19th**, (6 weeks) \$24

Yoga – Thurs. 10:30am, **Oct. 26th – Dec. 14th**, (6 weeks) \$24 Bring your own mat.

Yogasize – Fri. 12:15pm, **Oct. 20th – Dec. 15th** (7 weeks) \$17
Breathing, mindfulness, flexibility and balance. Done in a chair.



Zumba – Fri. 1:15pm **Nov. 3rd – Dec. 15th** (6 weeks) \$24



Varicose Veins: Here Today, Gone Tomorrow

While varicose veins are normally not life threatening, they can be painful and create medical and cosmetic problems that can make life miserable.

“Fortunately, advances in medicine have made treatment for varicose veins quicker and easier than ever, with patients often experiencing same-day results,” says Kenneth A. Goldman, M.D., R.V.T., F.A.C.S., board certified in general surgery and vascular surgery, a registered vascular technologist, a fellow of the American College of Surgeons and a member of the medical staff at UMCP.

At the Center for Vascular Care at University Medical Center of Princeton (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.

Varicose veins tend to develop with age, and the U.S. Department of Health and Human Services estimates that half of all people 50 years and older have them. People with a family history of varicose veins are also at greater risk.

Left untreated, varicose veins will usually progress over time. The symptoms may worsen and veins will enlarge.

In years past, the main approach for getting rid of more severe varicose veins involved surgery and a lengthy recovery period. Today, most patients can have a procedure done in the morning and be back to their normal routine in the afternoon.

If you suffer from varicose veins, talk with your doctor or vascular surgeon about a treatment approach that is right for you.

To find a physician with Princeton HealthCare System, call (888) 742-7496 or visit www.princetonhcs.org.

HEALTH LECTURES

Contact Renu at the desk to register (609) 497-2230



Screening Savvy--Monday, October 02, 2017 12:30pm

With dozens of medical screening options available to you, do you know which screening should be completed and when? Join Barbara Vaning, MHA, EMT Instructor and member of Princeton HealthCare System's Community Education and Outreach Program for this informative session. Barbara will discuss the need for a screening, who regulates the timing, and the different types of screenings available.



AARP Safe Driving Class-October 5th & 6th 9am-12:30pm

\$15 for AARP members \$20 for non-members Payable at the door (cash or check). Checks should be made payable to AARP. The techniques learned in this course could result in a reduction in car insurance premiums (consult your insurance company for details). Participants will learn a variety of defensive driving skills as well as new traffic laws and rules of the road. You must have a valid driver's license to be eligible for this course. Upon completion of the course, you will receive a certificate to send to your insurance company.



Allergies & Asthma--Thursday, October 12, 2017 10:45am

With allergy and asthma season about to kick into high gear there is no better time to explore the best ways to manage environmental triggers. If you suffer from chronic nasal stuffiness, headaches, coughs, or other sinus, allergy or asthma symptoms, join us for this informative program led by Kristyn K. Phelps, MD, board certified in internal medicine and a member of the Medical Staff of Princeton HealthCare System. Learn about the symptoms, causes and treatments of common allergy disorders.



Blood Pressure Checks—Tues. October 17th 10am-12pm



Vis ion Screening-Thurs. October 19th 10:00am-1:00pm

Princeton HealthCare System & the New Jersey Commission for the Blind: offer free vision screenings to uninsured or underinsured adults & kids.

Senior Flu Shots— Tues. Oct. 10th 9:00am – 1:30pm

Senior Flu shots will be administered by Princeton HealthCare in the Wellness Center at the Senior Center. You will need an appointment, call Princeton Healthcare at 609-497-2230.

Cost: \$34 cash or check or present your insurance card.





From the Desk of Marie Brown

Benefits Program Coordinator ext. 7676

Email: mbrown@sbt nj.net

LOW INCOME HOME ENERGY ASSISTANCE

PROGRAM (LIHEAP) and UNIVERSAL SERVICE FUND (USF) INCOME LIMITS

The Low Income Home Energy Assistance Program (LIHEAP) is designed to help low-income families and individuals meet home heating and medically necessary cooling costs. This year, the application period and October 1, 2017 to April 29, 2018. For persons age 60 or over, or who are disabled, applications may be received and returned by mail.

To be eligible for LIHEAP benefits, the applicant household must be responsible for home heating or cooling costs, either directly or included in the rent; and have gross income noted in the chart below. The amount of the LIHEAP heating benefit is determined by income, household size, fuel type, and heating region. This year, the medically necessary cooling assistance benefit is set at \$200. that will be applied as a credit to an active electric account in the system.

The LIHEAP application is also an application for the Universal Service Fund Program (USF). You apply for two benefit programs at the same time. USF is a program created by the State of New Jersey to help make natural gas and electric bills more affordable for low-income households. If you are eligible, USF can lower the amount you pay for gas and electricity.

Additional information about LIHEAP and USF, including an application, are available at the Senior Center.

MAXIMUM MONTHLY GROSS INCOME ELIGIBILITY LEVELS	USF Program	LIHEAP Program
Household Size		
1	\$1733	\$1980
2	\$2337	\$2670



On **Thursday, October 6 from 9:30 - 12:30pm**
(Cheers & table at lobby)-Christine Rodriguez,

outreach worker from the Puerto Rican Action Board, will accept LIHEAP/USF applications for the 2015-2016 heating season. There will be a short presentation and Q&A session followed by an intake session. She will have

access to the state database to check current client's status. No appointments necessary. Please see Marie for a list of documents to bring with you to complete your applications.

From the Desk of Caryl Greenberg

Social Worker, MSW LSW - ext. 7212

Email: cgreenbe@sbtnj.net



Save the Date: November 9th 2017 @11:00 am **In Honor of South Brunswick Veterans**

Whether you volunteered or were drafted, whether you were overseas or stateside, whether you served on a ship, land or air, if you were a bombardier, repaired aircraft or provided sustenance to the troops while on K.P, I know I speak for everyone when I say that we are incredibly grateful for the sacrifices you made in your lives to keep us safe & our country free.

After meeting monthly for the last several years with our Veterans Group I have grown to appreciate all of you and all you have done. Many of you were practically babies at 18 or 19 years old surviving basic training and beyond with conditions that were difficult and lonely. You didn't know if you would ever see your parents again or get married or have families. You are all heroes; those who had engaged in active combat and those who did not. Richard B Cheney stated 'every veteran has contributed to this nation and to the advance of human freedom. Every veteran has earned this nation's permanent gratitude'. In just a couple of weeks we will be celebrating Veterans Day at the senior center. Veterans Day is largely intended to thank all veterans but is especially salient for living Veterans to honor them for their dedicated and loyal service to our country. We also solemnly respect and rightly honor those who have died for our country on this day.

This is a really nice opportunity to honor our local Veterans and thank them for their service to this great country. You can show your appreciativeness by attending this year's ceremony. We will have speakers and a special surprise from the South Brunswick Knitting Club. If you are a veteran please sign up in the office so we know you will be attending. Additionally if you would like to participate in the ceremony by reciting a poem (which I can provide) or simply sharing some sentiments please let me know no later than October 30th. Please help to make this year's ceremony meaningful by being part of it.

On another note:



Tuesday, December 21st is the first day of winter! Do you know who's shoveling your driveway? Please do not wait to make arrangements. There will be flyers in the senior center from licensed and insured landscapers willing to provide snow removal to you along with their rates or contact Caryl.

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 welcomed. Township Liaison: Deputy Mayor Charlie Carley.

SAC Chairman: Don Bergman. **Meeting: Thursday, Oct. 5th - 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: Don Bergman, Vice-Presidents: Muthu Subramanian & Marvin Schlaffer

Meeting: Friday, October, 13th - 10:30am, followed by FRIENDS bingo.

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

Meeting: Tuesday, October 3rd & October 17th - 1:00pm. Brief business meetings, make friends, refreshments, bingo, trips. President: Lillian Donovan (908) 307-6422.

The Golden Age Club — bring together & promote the welfare of seniors through fun trips and parties. Dues are \$10.00.

Meeting: Wednesday, October 11th & October 25th - 1:00pm.

President: Gloria Zimmerman, 732-355-1860.

Billiards Club —All welcomed to play daily. Tournaments are played home and away. Pool club membership is required for tournaments. President: Lewis Gould and Captain Lou Mazza. **Meeting: October 4th - 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!



Staff Directory

To reach our staff members call (732) 329-4000, followed by their extension. After hours leave a voicemail.

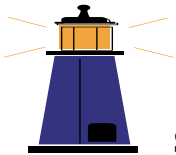
Extensions

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

Princeton HealthCare System.....(609) 497-2230



South Brunswick Office On Aging
540 Ridge Road
Monmouth Junction, NJ 08852