

South Brunswick Beacon Senior Newsletter September 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). **Closed Sun. Sept. 2nd & Mon. Sept. 3rd**

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

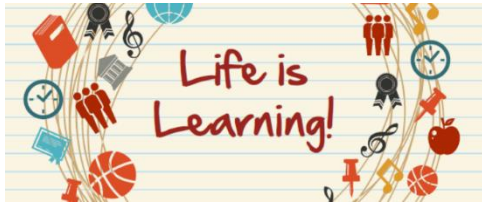
Membership: FREE---Tuesdays & Fridays from 9:30am-12:00pm
Must arrive by 11:30. Fill out a membership form or print form from our website. Proof of age (55+) and South Brunswick residency **REQUIRED**.
Minimum 4 month stay.

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 September is National Senior Center Month!!

This Year's Theme is... Senior Centers: Building Momentum

This year's theme was chosen to highlight how senior centers build momentum for aging well in their communities. This year, senior centers celebrate their 75th anniversary, and our center celebrated 27 years! Just as older adults build on their past experiences and lessons learned to create a rich life, senior center professionals are building on lessons learned from 75 years of experiences and wisdom. We now know the research and importance behind **Connecting** older adults with others, and that making friends matters. That **Learning** new languages and skills and exercising helps care for your body. That **Giving** back at the senior center and within the community fosters purpose and a more meaningful life. And that as long as each of us lives, we want to continue **Growing** to be the most we can be. Senior centers have built a holistic experience where all of that is possible. This year, celebrate the many ways our senior center builds momentum for people's health, economic security, and independence.

amnesty

In Honor of National Senior Center Month We Present...SCAN CARD AMNESTY MONTH

Have you lost your scan card? Just can't find it anywhere! We are giving you a chance to come in and get a new scan card **FREE** of charge. Stop by the office to get your new card.

Senior Center Membership Contest -

For every member you bring in September that joins, your name will be entered to win a \$25. Stop and Shop Gift Card.

CONTEST TIME!



Friends Bingo - Friday, September 14th 12:30 pm

BINGO - Monday, September 10th & 24th 12:15pm. \$1.00 fee. Purchase Bingo Pass \$5.00 in office. Can share with friend

Adult Coloring - Tuesday, September 4th 12:15 pm

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





Program Highlights

Senior Art & Handicraft Show- Sept. 13th 11am-1pm

All Participants interesting in displaying their Artwork or beautiful Handicrafts must sign up at the office. **Two** art pieces per person. Sign ups for hanging artwork will be taken on a first come first serve basis, pieces **MUST** be brought in by Sept. 11th to Jill. All others will be displayed on table easels or tabletops. Hanging art cannot exceed 16x16. Handicrafts **MUST** be brought the day of show (Sept. 13th) no later than 10:00am. Specifications **MUST** be provided when signing up.

Sign Up By Sept. 6th



Wordplay - Monday, Sept. 17th 12:15pm

This month's featured game "**WORDSAUCE**"

Monthly Birthday Lunch - Tuesday, Sept. 25th

11:00am Is this your Birthday Month? Please let us

know so we can celebrate **your** special day. **Sign up by Sept. 18th**



Celebrate Senior Center Month & Start of Autumn-

Thursday, Sept. 27th



11:15- Hardy Autumn Themed
Lunch is \$2.25

12:15- Fabulous entertainment by
Pam & Steve!! **FREE**

Friends 50/50 Raffle ~ Sign up by Sept. 20th



Dates of Interest

So. Brunswick Residential Paper Shred Program

Saturday, Sept. 8th 9:00am - Noon, rain or shine or until truck is full. Go to Beech Woods Park, 37 Beekman Road, MJ. For more information call (732) 745-4170 or email

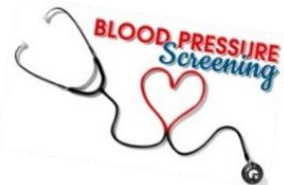
solidwaste@co.middlesex.nj.us



Free Blood Pressure Screening

Tuesday, Sept. 18th 10am - Noon

No Appointment needed just drop in.



Program Highlights



MOVIES

Overboard (2018)- Thursday, Sept. 6th 12:30pm

Spoiled Mexican hier Leonardo hires single mother Kate to clean his yacht but unjustly fires her. When he falls off his boat and wakes up with amnesia, Kate pretends to be Leonardo's wife to get payback making him work for her. PG-13 1:52

Adrift - Tuesday, September 25th 12:30pm A young couple who's sailing 4,000 miles across the Pacific Ocean suddenly find themselves approaching a Category 5 storm with no hope of diverting. PG-13 2:00

Bollywood Movie "Barfi" Friday, Sept. 28th

10:30am – 1:30pm- Shruti loves Barfi, a hearing and speech impaired man but marries someone else. 2:31 min.



Upcoming Classes



Art Class- Mondays 1:00pm - 3:00pm,
Oct 29th-Dec 17th

Artists of all levels are welcomed. Students learn to utilize a variety of materials, techniques & concepts. Bring own supplies.

Beadazzled!!- Friday, September 7th 12:30pm – 2:30pm Make handcrafted jewelry using beautiful high quality beads.

September's project is a Necklace. **Cost: \$12**

Sign Up by September 21st



Sign Language- Mondays 10:45am – 11:45am

Sept. 17th – Oct. 29th Learn American Sign Language.

Learn new things helps the brain! Sign up in office. FREE

Donations-We graciously accept monetary donatons which are used for the senior center programs. Checks payable to the South Brunswick Senior center. Tribute greeting cards also available in the office \$15 for a pack of ten. Donations are tax deductible and you receive a letter. All donations go 100% to the senior center.



TRIP INFORMATION

(See Flyers At The Senior Center For Details)



Amazing Escape Room in Freehold- Wednesday, Sept. 26th

Lunch: At your own cost at Federici's Italian Restaurant. **NO OUTSIDE FOOD.** Restaurant accepts **CASH or CHECK** for payment only. Bus leaves Woodlot Park at 9:30am. Check office for availability.



Pinot's Palette- Tuesday, October 16th - Join us for a 3 hour painting session. Relax, unwind, laugh, socialize, spark your inner artist and take home your very own 16" x 20" masterpiece entitled "River Willow". All painting materials provided. **Cost: \$30.00 cash**
Lunch: Bring a COLD bag lunch/snacks and (non alcoholic) beverage.

Bus Deposit: \$5.00 cash refundable when you board the bus.

Bus leaves Woodlot Park at 9:15am.

Registration Closes: Friday, Sept. 28th or earlier if full.



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

Sept. 12th 10:30am- Quakerbridge Mall

Sept. 18 11:00am- Confectionately Yours

Sept. 19th 10:30am- Walmart - No. Brunswick



Senior Health & Fitness Walk- Wed., Sept. 26th 10:00am-



1:00pm Roosevelt Park, Edison. We are very sorry but Transportation is unable to be provided this year, **MUST DRIVE SELF** or carpool with friends. Health screening, music, lunch and the 1 mile walk. Registration Opens Aug. 17th and must complete the County form to attend. Sign up by Sept. 7th

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. Sept. 17th (10:00-noon) ~ Mon. Sept. 24th (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.**

ageless Grace
Fitness Fitness for the Body & Mind



Ageless Grace – Tuesdays 12:30pm, **Sept. 25 – Oct. 30 6 wks \$18**

Brain-based anti-aging exercises use creativity/imagination, memory/recall & analytical thinking. Done in a chair.

B.E.S.T. (Balancing, Exercises, Stretching, Toning)- Mondays 1:45pm. Light weights, balls & bands from a chair **Oct 15th-Dec 17th 9 weeks \$36**

Body Gym – Mondays 12:30pm, **Sept. 17th – Oct. 29th 6 wks FREE** Resistance Training.

Chair Yoga - Tues. 10:30am, Yoga in a chair **Sept. 25th – Dec. 11th 10wks \$35**

General Aerobic 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. **Aug. 23rd- Oct. 11th \$32**

Now & Zen– Wednesdays 10:30am FREE **Sept. 26th – Dec. 5th 7wks FREE**

Pilates– Tues. 9:15am Core training. Bring own ball. **Sept. 4th– Oct. 16th 7wks \$28**

POUND- Thursdays 12:30 pm **Aug. 16th – Oct. 4th 8wks \$26**
Cardio & strength class with constant simulated drumming using ripsticks. Fun & exhilarating. Chair and Standing. Limited space.



Sculpting with Weights– Wednesdays 12:30 **Sept. 5th – Oct. 24th 7 wks \$25**

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

Tai Chi– Thurs. 9:15am **October 25th-Dec 13th 6 wks \$28**



Tap Dance– Tuesdays 1:30pm-Bring Tap Shoes **Sept. 25th – Oct. 30th 6wks \$24**

Yoga– Thursdays 10:30am Bring your own mat. **Sept. 6th – Oct. 18th 7wks \$28**

Yogasize–Fridays 12:15pm Chair Yoga/Meditation **Sept. 7th - Oct. 19th 7wks \$22**

Zumba– Fridays 1:15pm- **Sept. 21st - Nov. 2nd 6wks \$23**



Penn Medicine
Princeton Health

Excessive Daytime Sleepiness Could Signal Sleep Disorder

Do you find yourself excessively sleepy during the day, even when it seems like you've gotten enough sleep the night before?

A sleep disorder, such as sleep apnea, may be responsible.

The Sleep Center at Penn Medicine Princeton Medical Center (PMC), which is accredited by the American Academy of Sleep Medicine, provides a full-range of services to diagnose and treat sleep disorders.

“Quality sleep serves as a restorative function, helping repair and rejuvenate your mind and body,” says David B. Cohn, M.D., board certified in critical care medicine, internal medicine, pulmonary disease and sleep medicine, and the medical director of the Sleep Center at PMC.

Sleep apnea occurs when the upper airways repeatedly become blocked while you sleep, obstructing – and sometimes stopping – breathing for up to 60 seconds at a time throughout the night.

While sleep apnea can occur in anyone, at any age, certain factors can increase the risk for developing the condition, including being overweight or obese; gender; increasing age; family history; neck size; or jaw structure.

If you regularly feel sleepy during the day or fail to wake up refreshed or if your snoring is disrupting the sleep of a loved one, talk to your physician, who will likely suggest a sleep study.

Depending on the severity of your symptoms and your overall health, a sleep study may be performed in your home or in a designated sleep center.

To learn more about the Sleep Center at PMC call, 609.853.7520. To find a physician with Penn Medicine Princeton Health call 888.742.7496 or visit www.princetonhcs.org.

PROGRAM HIGHLIGHTS-LECTURES



Health Lecture-All About Joint Replacement-

Thursday, Sept. 13th 10:30am



Every year thousands of people suffering from painful joint conditions undergo replacement surgery and reclaim their lives. Join Elizabeth Shokoff, RN, MSN, ONC, Orthopaedic

Nurse Navigator, Jim Craigie Center for Joint Replacement, Penn Medicine Princeton Medical Center, for a discussion on how to know when it's time for a joint replacement, what is involved and the services available at Penn Medicine Princeton Medical Center, including the Jim Craigie Center for Joint Replacement. Register at PHC desk or call (609) 497-2230



Ted Talks - short, video talks followed by discussion.

Wed., September 5th 12:30pm- Watson, Jeopardy and me, the obsolete know-it-all.

Wed., September 12th 10:30am – My descent into America's Neo-Nazi movement and how I got out.



Police Lecture "Disaster Prep"-

Thurs., Sept. 20th 12:30pm

Are you ready if disaster hits? This lecture will help you get prepared!

Art Lecture with Maurice- Friday, Sept. 21st 12:30pm Discover the world through the eyes of Degas. Video and discussion.





From the Desk of Marie Brown

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

National Do Not Call Registry

You can reduce the number of unwanted sales calls you get by signing up for the National Do Not Call Registry. It's free. Visit donotcall.gov to register your number.

Most legitimate companies don't call if your number is on the Registry. If a company is ignoring the Registry, there's a good chance that it's a scam. If you get these calls, hang up and file a complaint with the FTC.

How do I register?

Add your phone number for free by visiting donotcall.gov, or calling **1-888-382-1222** from the phone you want to register

If you register online, you will receive a confirmation email from donotcall.gov. You must click on the link in the email within 72 hours to complete your registration.

How long does it take?

Your phone number should show up on the Registry the next day. Most sales calls will stop once your number has been on the Registry for 31 days. You can verify that your number is on the Registry by visiting donotcall.gov or calling 1-888-382-1222.

If I register my number, will ALL unwanted calls stop?

No, the Do Not Call Registry prohibits sales calls. You still may receive political calls, charitable calls, debt collection calls, informational calls, and telephone survey calls. In addition, companies may still call if you've recently done business with the company, or if you've given the company written permission to call you. However, if you ask a company not to call you again, it must honor your request. Record the date of your request.

Reporting Illegal Calls

Where can I file a complaint about an illegal sales call or a robocall? To file a complaint, visit donotcall.gov or call 1-888-382-1222





From the Desk of Caryl Greenberg

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

Speak No Evil

You might remember that I wrote about this topic a couple of years ago; I thought this was a lesson worth repeating. We generally do not think about this but, what words we choose to use matters. What we say has an impact. Words could be encouraging, complimentary, supportive and kind or they can come from a place of jealousy, negativity, be cruel, full of gossip and ultimately create barriers. Can you remember a time when you went 24 hours without saying something negative about someone else? We all do it; its human nature and it doesn't mean that we are bad people but what will make us better? Engaging in conversation that raises others up so that at the end of the conversation you all walk away feeling good. That is what will make us better. A famous author, Joseph Telushkin talks about words that heal and words that hurt. One bit of advice that he gave that really stood out for me was the following: when you are upset with someone the two words that he said you must never use is 'always' and 'never'. When you disagree with someone focus on the specific issue. Don't say 'you are 'always' late and you 'never' care about how I feel'.... The better way of dealing with this scenario is something along the lines of 'Because you were late, I missed the show. I am angry and hurt because it feels like you don't care about me and my needs.' When you speak about the specific incident you do not put the person on the defensive, you are not personally attacking them you are simply dealing with the here and now. Because words are intangible, we don't think about the harm they can do. However, they do harm. Hurtful gossip for example is usually exaggerated to gain the allegiance of the person we pull into our web. Therefore, we are not only criticizing someone but we try to create an 'us against them' situation. If we were to walk into a room and overhear a conversation about our character, our wound can last a lifetime. I bet we all have a story to share about that happening to us. So what do you think about our very own 'Speak no Evil' day? Keep note of how you do with lifting people up and by the end of the day you will be a better person for it. Lets talk about this- let me know how your 'personal speak no evil day' went!



Monthly Bereavement Group: Sept. 24th 10:45 am Anyone who has suffered the loss of a spouse or partner is welcome to attend the monthly bereavement group. Prior bereavement group attendance is not necessary. Please do not be late. 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. Acting Chair: Gail Weber **Thursday, Sept. 6th 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. Acting Presidents: Muthu Subramanian and Marvin Schlaffer **Meeting: Friday, Sept. 14th 10:30am * Bingo 12:30pm**

South Brunswick Senior Social Club – Members needed! Dues: \$15.00. **Meeting: Tuesday, Sept. 4th & 18th 1:00pm.** Brief business meetings, make friends, refreshments, bingo, trips. President: Aggie Schwartz
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, Sept. 12 & 26th 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

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.

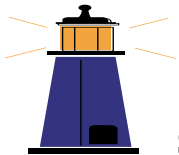
Extensions

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 HealthDonna (609) 497-2230



South Brunswick Office On Aging

540 Ridge Road
Monmouth Junction, NJ 08852