

# South Brunswick Beacon Senior Newsletter JULY 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** Tuesday, July 4th.

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

**Website:** [www.southbrunswicknj.gov](http://www.southbrunswicknj.gov) (Click Departments, then Senior Ctr)

**Email:** Christine Wildemuth, Director [cwildemu@sbtnj.net](mailto:cwildemu@sbtnj.net)

**Membership: FREE**---Tuesdays or Fridays from 9:30am-12:30pm (no July 25 & 27) 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** (1<sup>st</sup> & 3<sup>rd</sup> 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



**CARNIVAL DAY**-Come One! Come All!

**Thursday, July 13th 12:15-1:30pm**

Games, Prizes, Refreshments! Try your luck.



**YOUTH TALENT SHOW**- **Thurs, July 20<sup>th</sup>**

**12:15pm-1:15pm** Our summer youth volunteers and some of your grandchildren

entertain us with their talents. Come out and support these youth. Does your Grandchild have a special talent? See Jillann to see if space is available for them in the show.



**26<sup>th</sup> ANNUAL ANNIVERSARY BBQ**

**Thursday, July 27<sup>th</sup> 11:30am**

BBQ will be followed by Great Music at

**12:15 pm** With "The Toys" singer

**Barbara Harris**

Guaranteed To Bring Down The House!!

Lunch is \$2.25 must sign up July 20th



## Lectures this Month

**Monday, July 31<sup>st</sup>—1:30-3:00pm Paul Rao Presents**

**"Human Heritage From Ancient Times To Modern Times"**

Understanding life within us and outside of us, with newer and newer technologies on planet earth.



**Ted Talks** - short, powerful video talks followed by discussion. Looking for a volunteer to facilitate Ted Talks

**Wednesday, July 19th** at 12:30pm- What we don't know about Europe's Muslim kids.

**Wednesday, July 26<sup>th</sup>** at 10:45 am- How to have better political conversations.

## Program Highlights



### Farmer's Market Distribution

**Wednesday, July 19<sup>th</sup> 9:00 – 12:00 p.m.**

**\*\*Pre- Registration Required See Marie Brown\*\***

Distribution in the Wellness Center Large Gym (No Fitness Video)



### Monthly Birthday Lunch

**Tuesday, July 25<sup>th</sup> – at 11:00am**

Sign up by July 18<sup>th</sup>. Is this your birthday month?  
Trivia, Celebration & Cake. Always a fun event!

### Summertime Youth Run Programs

**Computer & IPAD Lessons** Daily 10:30-1:30. Just stop in with your questions and what you want to learn



### **Horseraces-Mondays, July 10<sup>th</sup> & 24<sup>th</sup> 12:15**

Join us at our indoor track. Bet your favorites with play money and win prizes!



### **Let's Get Crafty! – Crafts with Simran**

**Tuesdays, July 11<sup>th</sup> & 18<sup>th</sup> 12:30 p.m.**

Come make simple project to take home. Sign up in the office limited availability.



### **Origami – with Sai Thursday, July 6<sup>th</sup> 12:15pm**

Come learn the ancient art of paper folding and  
Make a simple project to take home. Sign up in the office.

### **Zentangles –with Ayyan** Fridays 12:15pm

Anything is possible one stroke at a time...

Zentangles are fun, easy to learn and relaxing.

Come create beautiful images while increasing

your focus, creativity and personal sense of well being.

Sign up in the office limited space.





## Program Highlights

### Name That Tune with Jill – Monday, July 3<sup>rd</sup> 12:30 p.m.

Clap your hands, Tap your feet

Name that tune and groove to the beat!

### BEST DEMO with Liz ~ Monday, July 10<sup>th</sup> 12:30pm - 1:30pm

Exercise with light weights, balls & bands from a chair.

### FRIENDS Bingo - Friday, July 14<sup>th</sup> 12:30

### TICKET BINGO Monday, July 17<sup>th</sup> 12:30

Every time you win Bingo you get a ticket then it goes in a basket and we draw one winner for one large item.



### **\*\*ATTENTION\*\***: **BINGO is making a comeback!**

Bingo passes are now available for purchase in the Office. A card is \$10 for 10 days. Bingo will start in September at \$1.00 a day. Prizes are from the dollar store. Please let JillAnn know if you have any special requests of \$1.00 store items. Thank You!! ☺



**Billiards Lessons**-Want to Learn how to Play Billiards stop in the pool room and ask for Lou. Pool Club always seeking new members too.

**Donations** – Thank You to Gail Weber, Kalpana Bapat, Janet Koenig & Kathryn Carlin for your generous donations. We graciously accept monetary donations (designated for senior center use). Checks payable to the SB Senior Center. "Tribute Cards" are available (\$15) for pack of ten. Donations are tax deductible. All donation go 100% to Senior Center.

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### **Independence Day Celebration ~FIREWORKS~**

**Friday, June 30<sup>th</sup> Fireworks 9:15p.m**

**Rain date set for Saturday, July 1st**

**Activities, Music & Food Vendors 6:00pm**

**At the Crossroads South Fields Major Road**



## SPECIAL TRIPS

### Point Pleasant Boardwalk & Beach Trip--Tues, August 29<sup>th</sup>

Stick your feet in the warm sand of one of the Jersey Shore's finest beaches \$9, Walk the boards, Shoot some Mini Golf \$10, Dine on foods and treats of all kinds, Visit the Aquarium \$7, Test your game skills, or just sit on a bench and watch the clouds roll by. Beach Chair Rental \$8/Umbrella Rentals \$10 Lockers \$.75 Enjoy some fun and sun! Don't forget your sunblock!! Artists...Bring your sketchbooks!



**Registration-** starts June 12<sup>th</sup> 10:45am \$5.00 bus deposit

**Cost-** Varies depending on your Activities for the day  
Departing Woodlot Park 9:00am ~ Return Woodlot about 3:30pm. Must supply own transport to the park.

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



**July 5<sup>th</sup>**- 10:45am- Quakerbridge Mall

**July 11<sup>th</sup>**- 11:15am- Omega Diner

**July 12<sup>th</sup>**- 10:45am- Walmart, North Brunswick

**July 18<sup>th</sup>**-11:15am-Moghul Darbar Indian Restaurant ~

\*\*All you can eat buffet **\$10.00 cash only\*\***

**July 19<sup>th</sup>** 10:45am- East Brunswick Shopping Center

**July 26<sup>th</sup>**-10:45am-Delicious Orchards

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### The Great Wall-Thurs. July 6<sup>th</sup> 12:30pm-2:40pm-Rated PG-13

A mercenary warrior is imprisoned within the Great



Wall, he discovers the mystery behind one of the greatest wonders of the world. Starring: Matt Damon, Jing Tian and Andy Lau.

### Hidden Figures – Tues. July 25<sup>th</sup> 12:30-2:40pm PG

Three brilliant African-American women at NASA serve as the brains behind one of the greatest operations in history: the launch of astronaut John Glenn into orbit. Starring: Taraji P. Henson, Octavia Spencer and Janelle Monae

## **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. July 3 (10:00-noon) or July 17(11:30-1:30). 15 minute session
- 

**Sign up 2 weeks prior to class start. Fees non refundable.**  
**Classes need at least 10 students paid 2 weeks in advance to run**

### **Ageless Grace with Roz** – Tues. 12:30-1:15pm, **July 11<sup>th</sup> – Aug. 29<sup>th</sup>** \$17.00

Brain-based anti-aging exercises use creativity/imagination, memory/recall and analytical thinking. Program done in a chair. Exercise your mind and body! Great for joint mobility, spinal flexibility, right-left brain coordination, balance, confidence! New & last session very popular everyone loved it!

**Art Class** – Mon. 1:30-3:00pm, **Aug. 7<sup>th</sup> - Oct. 2<sup>nd</sup>** , \$35.



**B.E.S.T. (Balancing, Exercises, Stretching, Toning)**- Mon. 1:45pm. Light weights, balls & bands from a chair. **July 31<sup>st</sup>- Sept. 25<sup>th</sup>**, \$32

**Body Gym** – Mon. 12:30, **Aug.21<sup>st</sup> – Oct. 23<sup>rd</sup>** No charge



**Chair Yoga-** **July 11<sup>th</sup> – August 29<sup>th</sup>**, \$25

**General Fitness**-Mondays & Fridays 9:15am advanced and 10:15 intermediate and beginners. 15 classes \$20 or 30 classes for \$40

**Get Fit** –Thurs.1:45pm. Cardio & strength. **Aug. 17<sup>th</sup> –Oct. 5<sup>th</sup>**, \$32

**Pilates** – Tues. 9:15am. Bring your own ball. **June 27-Aug 22**, \$36

**Sculpting with Weights** – Wed. 12:30pm. **Aug.23<sup>rd</sup>-Oct.2<sup>nd</sup>**, \$28



**Sign Language** – Mon. **June 12-July 31** @ 10:45am. Class is full.

**Tai Chi** –Thurs. 9:15am, **Aug. 17<sup>th</sup> – Oct. 5<sup>th</sup>**, \$35

**Tap Dance** – On break for summer returns September



**Yoga** – Thurs. 10:30am, **Aug. 24<sup>th</sup> – Oct. 12<sup>th</sup>**, \$32  
Bring your own mat.

**Zumba** – Fri. 1:15pm. **Back in September** as breaks for summer



## **Heart Attack: Know the Warning Signs**

When it comes to treating a heart attack time is of the essence. At University Medical Center of Princeton, a special team of board certified physicians, specialists and nurses provides prompt, quality care to heart attack patients, including critical life-saving treatments such as emergency angioplasty and therapeutic hypothermia. A heart attack occurs when the blood flow to a part of the heart is suddenly blocked and the heart cannot get enough oxygen. Most blockages are caused by clots that are a result of plaque buildup in the arteries, a condition called atherosclerosis. The risk for a heart attack increases with age. Other risk factors include family history, smoking, high blood pressure, high cholesterol, overweight and obesity, an unhealthy diet, lack of physical activity, and high blood sugar. The most common signs of a heart attack include pain or discomfort in the center or left side of the chest; shortness of breath; and upper body discomfort in one or both arms, the back, shoulders, neck, jaw or upper part of the stomach. Other signs of a heart attack include breaking out into a cold sweat, nausea, vomiting, lightheadedness and fatigue. Lowering your risk factors is the best way to guard against a heart attack. Have a discussion with your doctor, find out your numbers and what you can do to lower your risk. Your numbers to know include total cholesterol, LDL (bad cholesterol), HDL (good cholesterol), triglycerides, blood pressure, fasting blood sugar, and body mass index. Get regular check-ups and talk to your doctor about your risk for heart disease and make sure you know the warning signs of a heart attack. Quick treatment can save your life. To find a physician with Princeton HealthCare System, call (888) 742-7496 or visit [www.princetonhcs.org](http://www.princetonhcs.org).



**Common Problems of the Foot and Ankle****Monday, July 03, 2017 ~ 12:30p-1:15pm**

This informative session will give an overview of the treatment options for common orthopedic, dermatologic, vascular and neurological disorders of the foot and ankle. Ample time will be allowed for your questions and answers. This lecture will be presented by Jennifer Hasan, DPM, board certified in podiatry and foot and ankle surgery. Dr. Hasan is the Chief of Podiatry at University Medical Center at Princeton.

**Osteoarthritis****Thursday, July 13, 2017 10:45am -11:45am**

Osteoarthritis, a chronic condition, causes stiff joints and makes even the simplest tasks such as walking or tying your shoes difficult. Join Brian M. Culp, MD, specializing in orthopedic surgery and a member of the Medical Staff of Princeton Health Care System, and Eileen Kast, PT, OCS, a physical therapist with University Medical Center of Princeton's Outpatient Rehabilitation Network for an informative session on what causes arthritis and other hip conditions, how it can affect your daily life, and what non-surgical and surgical treatment options exist to help get you moving.

**All About Joint Replacement****Wednesday, July 26, 2017 10:30am-11:30am**

Every year, thousands of people suffering from painful joint conditions undergo replacement surgery and reclaim their lives. Join Victoria Ribsam, RN, BSN, ONC, Orthopedic Patient Navigator, for a discussion on how to know when it's time for a joint replacement, what is involved and the services available at UMCP, including the Jim Craigie Center for Joint Replacement.

**Blood Pressure Screening****Tuesday, July 18th-10:00 am – NOON ~ FREE**



## **From the Desk of Marie Brown**

Benefits Program Coordinator ext. 7676 Email: [mbrown@sbtanj.net](mailto:mbrown@sbtanj.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  
Wednesday, July 19<sup>th</sup> 9:00 am – 12:00 pm  
In the Wellness Center Large Gym**

**Vouchers may be used until November 30, 2017**

**\*\*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

### **If you Cannot Feed a Hundred People Then Feed Just One (Mother Theresa)**

Some of you might not be aware that we are a town with a big heart. If you are having a difficult time making ends meet the township has a Social Service Department/food pantry that can really help if you are struggling. All funds and foods are provided by private donations. Jeannie Wert who runs the department also maintains a crisis intervention component which provides immediate assistance for those most at risk. The pantry assists with utility bills, rent, food certificates and more. There is an application process with certain criteria to meet including South Brunswick residency. If you are reading this and find yourself in a position to donate food or a monetary contribution it will be greatly appreciated. Jeannie can be reached at 732.329.4000 ext.7674.

I also want to share some info on another food bank that is right here in town that I recently became aware of called Bentley Community Services. Bentley has been helping families in financial crisis regain self-sufficiency by providing a full range of quality grocery provisions and more each week, supplementing income and offsetting grocery bills. Bentley creates access to healthy foods and families receive full shopping carts each week with healthy and nutritious foods from the major food groups. Bentley also offers educational and informational workshops throughout the year facilitated by professionals. What makes this an exciting time for Bentley is that they will be starting to address the needs of seniors starting on June 1<sup>st</sup>. There are also criteria to meet in order to take advantage of this service.

You can contact Bentley at (908) 227-0684

**HUNGER  
HEROES**

Donations are gladly accepted here as well.

# 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, July 6th - 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, July 14th - 10:30am, followed by FRIENDS bingo.**

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

**Meeting: Tuesday, July 18th - 1:00pm. NO meeting July 4th** as the Senior Center is closed for Independence Day. 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: Wednesdays, July 12<sup>th</sup> & 26<sup>th</sup>, - 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: July 5th - 11:00am, Aud. 1.**

**Bridge Group** - Friendly Duplicate tournaments are played 1<sup>st</sup> & 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.

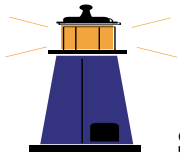
### **Extensions**

Christine Wildemuth, Director, Office on Aging.....x7682  
Caryl Greenberg, Social Worker .....x7212  
JillAnn Foxxe, Program Coordinator.....x7675  
Marie Brown, Program Coordinator (Benefits).....x7676  
Jackie Johnson, Administrative Secretary.....x7677  
Jasmine Aynilian, Main Office, Secretary .....x7670  
Steve Aker, Custodian.....x7350  
After Hours/Weather Update .....x7670  
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