

South Brunswick

Beacon Senior Newsletter

March 2017

The Senior Center is open to South Brunswick Residents 55+ Only

Hours: Monday - Friday 8:30am - 4:30pm. **NOTE:** Closed Weekends.

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

NEW Website: www.southbrunswicknj.gov (Click on Departments, then Senior Center).

Email: Christine Wildemuth, Director cwildemu@sbtnj.net

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

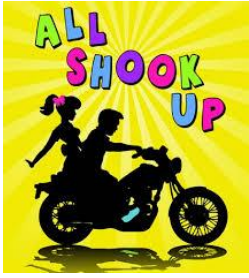
Fill out a membership form or print form from our website. Proof of age (55+) and South Brunswick residency **REQUIRED.**

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: Bus pass required - \$.50 each way. Reservations **MUST** be made by 3:45pm for the next day, week, month, or ride home. To cancel "Same Day Service" call **(732)-329-4000 x7363** before 8:30am. Leave a message, speak clearly, provide name, address, phone number, and reason for call. Buses are wheelchair accessible.

- **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 to 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).

Program Highlights



Day with the Characters, Wednesday, March 1st

10:00am – 1:30pm, Crossroads South Middle School - Musical is "All Shook Up", which features Elvis' music.

This annual event is **not to be missed!** Come support these talented students. Transportation provided for all. Due to construction lunch is at the school so please bring a bagged lunch.

Vision Support Group, Friday, March 3 at 10:30am, Aud. 1

See Caryl for more information.

Bookmobile Tuesdays – The Bookmobile stops at the center every Tuesday at NOON, for all your library needs!

Wednesday Ted Talks - short, powerful video talks followed by discussion. If you want to recommend a Ted Talk, please let Caryl know. No meeting March 1st.



March 8 at 10:45am – 'The other inconvenient truth'

March 15 at 12:30pm – 'Alzheimer's is not normal aging and we can cure it'

March 22 at 10:45am – 'The sibling bond'


March 29 at 12:30pm – 'Why some people are more altruistic than others'

Hollywood Legends, Thursdays, March 9 & 30 at 12:30pm

Leading Ladies (March 9) – Grace Kelly and Joan Crawford,

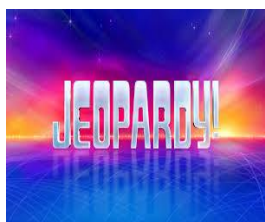
Leading Men (March 30) – Robert Mitchum and William Holden.

These DVD stories include candid interviews and rare behind-the-scene glimpses. Discussion to follow with Wanda.

 **St. Patrick's Day Movie, Thursday, March 16 at 12:30pm, Aud 1.** Join us for the film "In Bruges", one of the top rated St. Patrick's day films.



Program Highlights



Jeopardy, Mondays, March 20 & 27 @ 12:30pm, Aud. 1 Work as part of a team to answer questions on topics such as geography, science, entertainment, movies & film, plus more! Lots of fun and laughs!

Monthly Birthday Lunch – Tuesday, March 28 @ 11:00am,

Is this your birthday month? Trivia and cake! Sign up by March 14.



District Orchestra Festival, Wednesday, March 15 at 7:00pm at SB High School – Featuring the best music students in the schools! Register at the office by March 15. Must have own transportation.

Crossroads Middle School International Night, Thursday, March 16 at 6:00pm at Crossroads North. Sample ethnic food and enjoy a cultural show. Register at office by March 2. Must have own transportation.



Annual Student Art Gallery,

Thurs. March 23 at 10:30 am.

DON'T MISS THIS EVENT! The entire SBHS gym will be converted to an ART GALLERY filled from floor to ceiling with artwork!

Watercolor, acrylic, papier-mâché, digital art, clay, pottery, jewelry, plus other art mediums. Special spring musical performance! Transportation will be provided for bus riders & return to center at 11:30am. Senior only show! Sign up at office by March 9.

International Night: Showcase of Student Talent,

Thursday, March 30, 6:00-8:30pm, at SB High School. Dessert sampling & show. Register in the office by March 16. Must have own transportation.

Program Highlights



AARP FREE Tax Preparation, Now until April 6 – Tuesdays & Thursdays at SB Public Library, 10:00am – 3:30pm. Make your own online appointment. Go to www.southbrunswicknj.gov and click on taxes. For Questions ONLY – call (732) 329-4000 x7670.

AARP Safe Driving Course, Friday, April 28 @ 9:00am to 3:00pm. One day course. Learn the current rules of the road and defensive driving techniques. Learn how to manage age related changes in vision, hearing and reaction time. You may be eligible to receive an insurance discount upon course completion. Cost - \$15.00 for AARP members, \$20.00 for non-AARP members. CHECK payable to AARP (NO CASH), lunch break at 11:30. Sign-up in office by April 14.

SPECIAL TRIPS



Thursday, April 13- The Grape Escape

See office for availability

Friday, May 12 –“South Brunswick Then & Now”

Bus Tour – **Cost:** \$7 (CASH ONLY) Note: \$5

refundable when you board bus. Docent led tour of Rockingham Historic Site, The Presbyterian Cemetery, The D&R Canal (Locktenders House, Mill), Higgins House. Lunch on own in town of Kingston. Will require walking and getting on and off bus. Registration begins Tuesday, March 7th @10:45am. Limited to 23 participants. Bus leaves from Woodlot Park at 9:15am (must have your own transportation to park).

LOCAL WEDNESDAY TRIPS - Have a bus pass? Call 732-329-4000 x7363 for information or schedule a ride. Trips leave senior center at @10:30am. Trips must have 10 riders.

March 1st-----Day with the Characters

March 8th----- East Brunswick Mall

March 15th-----Quaker Bridge Mall

March 22nd-----Mercer Mall

March 29th-----Walmart, North Brunswick



Program Highlights

Donations – Thank you to Monica Peng. We graciously accept monetary donations (strictly 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. **Your support is appreciated!**

Construction UPDATE

- 1) New partition walls have been installed in the auditoriums. Each has a pass thru door.
- 2) Carpet will begin late February to early March causing some closures so watch for notices & emails.
- 3) To access the Main Office, Art Room, or see Caryl or Marieyou MUST use the side entrance (by the office).
- 4) **ALL volunteers** must scan-in at the office.
- 5) The front entrance is open-use the manual doors only. We will use a mobile scanner to scan you in at the front door.
- 6) This project includes a new tech center, music room, coat room with lockers, carpeting, pool tables and the transportation offices.
- 7) The center will be closed on Sundays during March.
- 8) The Wellness Center and Princeton Healthcare will be unaffected by the construction. Lunch will be closed few days watch for announcements
- 9) We anticipate computers, Ipads, chess, billiards, piano and Wii to resume by April 1st. Look for emails and flyers for updates. Give your email to the main office, if you are not on our email loop!



Inclement Weather – Opening times, programs, class changes/cancellations, call 732-329-4000 ext. 7670, starting 7:30am

George Street Playhouse Discount Tickets

Discount tickets are available for SB Senior Center members and up to one guest, by calling Jaci D’Ulisse, (732) 846-2895 ext. 134. Tuesday, Wednesday, or Thursday 8:00pm shows are \$16 per ticket. Bad Jews (March 21 – April 9), a story of family & faith.



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. March 6th (10:00-noon) or March 20 (11:30-1:30). 15 minutes
- ✓ **New-Personal Training with David**-Tuesdays 12:30-3:00pm. Need a refresher for the machines, have questions or want to set up a personal workout. Must have medical forms on file & have already met with Liz.

Classes-Sign up 2 weeks prior to class start. Fees non refundable

Art Class with Christina – Mon. 1:30-3:00pm, April 3-June 5, \$30.

NEW

Ballroom Dancing –Wed. 1:45pm, March 1-April 19, \$28.

You will be paired up with another student if you do not have a partner.

B.E.S.T. (Balancing, Exercises, Stretching, Toning)- Mon. 1:45pm.

Light weights, balls & bands from a chair. March 27 -May 22, \$32

Chair Yoga – Tues. 10:30am. March 7 -May 2, \$25.



Get Fit –Thurs. 1:45pm. Cardio & strength. March 2 -April 20, \$32

NEW
Country Line Dancing –Thurs. 12:30pm. March 2-April 20, \$28

Mindful Meditation- Wed. 10:45am, March 1-April 26, \$30.

Pilates – Tues. 9:15am. Bring your own ball. Feb. 28 -April 25, \$25

Sculpting with Weights – Wed. 12:30pm. Mar 8-Apr 26, \$28

Tai Chi –Thurs. 9:15am, March 2- April 20, \$35



Tap Dance – Tues. 1:15pm. Bring tap shoes. March 7-May 2, \$32.

Yoga – Thurs. 10:30am, March 2-April 20, \$32 Bring your own mat.

Zumba – Fri. 1:15pm. March 3-April 28, \$28.



Stopping Colon Cancer Before it Starts

Early detection is key to fighting colon cancer, and screening with a colonoscopy can detect and stop cancer before it starts.

“Colon polyps are extra pieces of tissue that grow inside the large intestine. While most polyps are not dangerous, some types can change into cancer over the course of several years,” says Anish Sheth, MD, board certified in gastroenterology, Chief of Gastroenterology and Director of the Esophageal Program at University Medical Center of Princeton (UMCP).

Anyone can get polyps, but some people are at greater risk. Common risk factors include being over the age of 50, prior history of polyps, having a family member with polyps or a family history of colon cancer. If you have any of these risk factors, talk to your doctor about screening. The National Institutes of Health (NIH) recommends that men and women of average risk should have a colon cancer-screening test starting at age 50.

UMCP, through a partnership with local gastroenterologists, offers a Direct Access Colonoscopy program to help speed the process of scheduling a routine screening for certain patients.

To be eligible, individuals must be age 50 or older, must not have a family history of colon cancer, cannot be on blood thinners or have a history of bleeding disorders, cannot have a history of chronic obstructive pulmonary disease, must never have been diagnosed with congestive heart failure, and must not have experienced chest pains or a heart attack within the past 12 months.

Those who meet the criteria can call UMCP’s Surgical Scheduling Office directly to make an appointment for a colonoscopy and if they meet certain screening criteria, will be scheduled for the procedure within days. For more information, or to schedule a colonoscopy through the Direct Access Colonoscopy program at UMCP, call (609)853-7510.

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

Preventing Falls-Monday, March 6 at 12:30pm-1:15pm

Every 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 habits and environment. Attend this class to learn how to improve your balance and what you can do to prevent falls. The class will include a lecture and exercises, so wear sturdy shoes and comfortable clothes. Classes will be taught by Carolyn Schindewolf, Health Educator with Princeton HealthCare System's Community Education & Outreach Program and Matter of Balance Instructor.

Stroke, Thursday, March 9 at 10:45am-11:45am

An estimated 80% of all strokes can be prevented if you know and address your risk factors. Join Kimberly Rogers, BSN, RN, CEN, Stroke Coordinator, to learn about risk factors, warning signs and the importance of seeking medical attention, as well as the services available through University Medical Center of Princeton's state-designated Primary Stroke Center Stroke Program to identify and treat stroke. UMCP is a state-designated Primary Stroke Center.

Blood Pressure Screening, Tues. March 21-10:00 am – NOON. FREE



The Girl on The Train –Thursday, March 2, 12:30pm, (R – 1:52, Drama) Devastated by her recent divorce, Rachel spends her daily commute fantasizing about the seemingly perfect couple who live in a house that her train passes. One morning she sees something shocking happen there and becomes entangled in the mystery. Starring: Emily Blunt.

BOLLYWOOD Movie – Tuesday March 14, 12:30pm. TBA

Manchester by The Sea – Tuesday, March 28, 12:30pm (R – 2:15, Drama) After the death of his older brother, Lee Chandler is shocked that he is the sole guardian of his nephew, Patrick. Taking leave of his job, Lee reluctantly returns to Manchester-by-the-Sea and is forced to deal with a past that separated him from his wife and his community. Starring Casey Affleck, Michelle Williams.

From the Desk of Marie Brown

Outreach/Program Coordinator
ext. 7676 Email: mbrown@sbt.nj.net



NJ SHARES provides energy assistance to moderate and fixed-income households experiencing a financial crisis.

Eligibility is based on household size and income. Participants are families and individuals who do not qualify for Federal and State assistance programs due to the household's income. NJ SHARES Grant amounts can be up to \$700 for heating source (natural gas - including cooking gas and electric heat), and can be up to \$500 for electric service. Grants must result in continuance and/or restoration of service. Applicants must demonstrate a temporary financial need and a history of good-faith payments to their energy provider.

Eligibility Guidelines

Applicants Must:

- Reside in New Jersey
- Be experiencing a financial crisis, such as a job loss or illness
- Be behind on their energy bill
- Have income over the limit for Federal programs such as the Low Income Energy Assistance Program (LIHEAP) and state programs such as the Universal Service Fund (USF)
- Have an income level that does not exceed 400% of the Federal Poverty Level
- Have made a good-faith payment of \$100 or more within 90 days of applying for NJ SHARES

Guidelines for Seniors and the Disabled:

- Applicants 65 years of age or older, with households of one or two members, will be eligible for NJ SHARES if the maximum household income is \$70,000 gross annually or \$5,833 gross monthly. Proof of age is required.
- Applicants receiving Federal Social Security Disability (SSD) benefits, with households of one or two members, will be eligible for NJ SHARES if the maximum household income is \$70,000 gross annually or \$5,833 gross monthly. Applicants must show proof of Federal SSD benefit.

From the Desk of Caryl Greenberg

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

Intergenerational Program Not to be Missed: Living Legacy's

a Living
Legacy

Living Legacy's is a program which the South Brunswick High School students will present at the Senior Center on April 27th at 12:15 pm. The students will be interviewing residents or family members of residents who have impacted this township in some way. The groups of students are a very skilled at interviewing, writing and performing and we will be in for a treat. Some of you might remember this program in conjunction with Jacque Rubel and the 'Aging in Place Partnerships' nonprofit she created. Though 'AIPP' is no longer operational, Jacque's legacy will live on through this program. Jacque believed in partnering with others and creating links that become conduits for resources. She had been very involved in the arts and intergenerational programs and in her memory the High School and Senior Center have committed to this annual program.



Vision Support Group

Also worth noting the monthly 'Vision Support group' invites all interested individuals to a special meeting with speaker Susan Vanino LSW, from the New Jersey Commission for the Blind and Visually Impaired on April 7th at 10:30 am. Susan will discuss 'Emotional Stages to Vision Loss.' If you have been diagnosed with an eye disease and glasses or surgery cannot increase your vision you do not want to miss this program. You will walk out feeling hopeful, inspired and a part of a larger group.

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: Councilman Charlie Carley.

SAC Chairman: Don Bergman. **Meeting: Thursday, March 2 at 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 for resident seniors and \$5.00 for non-residents and non-seniors. See office or website for membership forms.

President: Don Bergman, Vice-Presidents: Muthu Subramanian & Marvin Schlawer
Meeting: Friday, March 10 at 10:30am.

South Brunswick Senior Social Club — Newcomers welcome! Dues: \$10.00.

Meeting: Tuesdays, March 7 & 21 at 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: Wednesdays, March 8 & 22, at 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: March 1 at 11:00am, Aud. 1.**

Bridge Group - Friendly Duplicate tournaments are played 1st & 3rd Wednesdays of the month. **However in light of our renovation and construction, tournaments will start again on April 5, 2017.** 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 every Tuesday and Wednesday. See Wellness Center calendar for times. Just stop by the gym to play. Equipment provided.

Ping Pong – play with others on **Mondays, Wednesdays, and Fridays - (3:00 – 4:15pm).** OPEN Play Daily!

Staff Directory

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

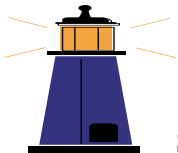
Extensions

Christine Wildemuth, Director, Office on Aging.....x7682
Caryl Greenberg, Social Workerx7212
Wanda Garrin, 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