

South Brunswick

Beacon Senior Newsletter

May 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** Mon. May 29 & Sunday May 14 & 28.

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

Website: www.southbrunswicknj.gov (Click Departments, then Sr 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

May Is Older American's Month—

May is Older American's Month (OAM), a time to celebrate the contributions of older adults to the nation. The 2017 OAM theme is Age Out Loud which is intended to give aging a new voice one that reflects what today's Older Americans have to say about aging. This theme will shine light on important issues and trends facing older adults today. Older adults are working longer, looking for community engagement, focusing on health and wellness and maintaining independence. They expect to continue to live life to the fullest and advocate for changes that make this possible. Come join us this month for our many special events and learn more about our programs and services.



South Brunswick Senior Center Hosts... 90's Birthday Bash Celebration & Luncheon

May 25th - Thursday – 11:00am to 1:00pm

Reservations Required The Middlesex County Office of Aging and Disabled Services

will hold its annual Birthday Bash for South Brunswick, East Brunswick, Jamesburg, Milltown, North Brunswick and Plainsboro residents age 90 or older. Sign up in the office if you are 90+ by April 30th 2017.



Center Members---The Auditoriums are closed and there will be no meals this day.



State Theater Presents-Poetry & Conversation- Mon. May 8th-12:15-1:30pm

Join Glenis Redmond an award winning poet, educator and writer from North Carolina who travels the world carrying the message of poetry. She tells tales of her life, her family and her heritage through her poetry. Program is free as funded by the Artist in residency program. Sign up in the office for this marvelous program.



Program Highlights

Veterans Outreach Forum-Tuesday May 9th

10:30am. Veteran Representative, Doug Breen, Frank Quartino and Joe Battito will discuss programs and benefits available for Veterans and answer your questions. Call Caryl 732 329 4000 x7212 if you have any questions.

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



May 3 @ 12:30 pm Alzheimer's is not normal aging and we can cure it

May 17th @ 10:45 Beautiful new words to describe obscure emotions

May 31st @ 12:30 The ethical dilemma of designer babies

Lecture-Wills, Estate Planning & Probate-Mon. May 15th 12:30 presented by Kenneth Vercammen, ESQ and author of ABA Wills and Estate administration. January 2017 new estate tax law made a number of changes to the NJ & Federal estate tax and gift Tax. This seminar will address those changes, as well as living wills, power of attorney and much more. Brochures and handouts.

Lecture- -S. Brunswick Then and Now- Mon. May 22nd- 12:30 Join Carolyn McCallum, center member & former Mayor, as she focuses on the changes in how local Government has changed.

The Art Lee Project – FREE – Tuesday, May 9th - 12:30–
"Create your own clothing design". Bring an old article of clothing that you can experiment with; e.g. baseball cap, tee shirt, trousers, old shoes -you decide. We'll have fun. Let your creativity flow. Limited to 15 students – must sign up by May 1st.



Art Lecture with Maurice! Friday, May 19th - 12:30pm, Aud. 1

Maurice features the artist Rembrandt with video and discussion.



Program Highlights

Musical Events at the Center by the Middle Schools

Mon. May 1st-12:30-CrossRoads South Jazz Band performs

Thurs. May 11th-12:30-CrossRoads North Jazz Band performs



It's Party Time-Thurs. May 18th
12:15pm-1:15pm



Celebrate Older Americans Month with Live music by Winston. This is a free event thanks to Atrium Health and Senior Living for their sponsorship. Atrium provides premier healthcare to their residents.



Franklin High Steppers-Tues May 30th 12:30pm

This is a wonderful dance troupe of adults 55+ that perform a variety of shows all over. Come and celebrate Older Americans Month with this entertaining group of dancers!



SENIOR CHORUS – Are you interested in joining a senior chorus? Sign the interest sheet at the Main Office! Instructor led. Rehearsals and performances.

Computer Lessons , 10:45am-12, Tech Center.

Taught by staff from the South Brunswick Library.

May 4th or June 1st -Digital Library Resources-This class will cover resources available with your library card like Overdrive for ebooks, Zinio for e magazines, Hoopla for movies and music.



May 11th or June 8th All things Google-Google docs, google calendar, google photos, & YouTube.

Sign up in the office required limited to 7 students per class. \$5 deposit refunded after you attend. Sign up for one or both topics



*****SPECIAL TRIPS*****

Registration Forms/Flyers in Lobby (lucite holders)

Friday, May 12 – “SB Then & Now” Bus Tour – Filled.

Tuesday, June 6 – Philadelphia Museum of Art

Docent led tour of the PA Museum of Art, one of the largest and most renowned museums in the country! COST:\$26, plus \$5(CASH) refundable bus fee. See Office for availability.

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



- May 3,** 10:30am–Quakerbridge Mall
- May 10,** 10:30am– Walmart, Lawrenceville
- May 16,** 11:00am- China Star for Lunch
- May 17,** 10:30 am–Target/Wegmans/Michaels
- May 23,** 11:00am- Confectionately Yours for Lunch
- May 24,** 10:30am- East Brunswick Mall
- May 31,** 10:30am– Mercer Mall

Allied –Thurs. May 4th-12:30- Rated R-2:04

For two secret World War II operatives the key to survival is never being truly known by anyone. Experts in deception, play-acting and assassination they accidentally fall for each other and their hope is to leave all the double-dealing behind but instead, suspicion and danger become the core of their wartime marriage but they are pitted against each other in a potentially lethal test of identity and love with global consequences.



Passengers –Rated PG-2hrs-Thurs May 23rd-12:30

Two passengers onboard a spaceship transporting 5,000 people to a new life on another planet. The trip takes a deadly turn when their hibernation pods mysteriously wake them 90 years before they reach their destination. They try to unravel the mystery and they begin to fall for each other, unable to deny their intense attraction – only to be threatened by the imminent collapse of the ship and the discovery of the truth behind why they woke up.

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. May 1 (10:00-noon) or May 15 (11:30-1:30). 15 minute sessions.
- ✓ **Personal Training with David-** Tuesdays 12:30-3:00pm. See David for questions or set up a workout routine. **Must have medical forms on file and have already trained with Liz.**

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

NEW

Ageless Grace with Roz – Tues. 12:30-1:15pm, **May 16-June 27**, **Special Introductory Price: \$12**. 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!

Art Class – Mon. 1:30-3:00pm, **June 12-July 31**, \$35.



B.E.S.T. (Balancing, Exercises, Stretching, Toning)- Mon. 1:45pm. Light weights, balls & bands from a chair. **June 5-July 24**, \$32

Chair Yoga – Tues. 10:30am. **May 9 – June 27**, \$25.



Drawing – Wed. 1:30pm, **May 3 – June 21**, \$28

Get Fit –Thurs. 1:45pm. Cardio & strength. **April 27 –June 15**, \$32

Mindful Meditation – Wed. 10:45am, **May 3 – June 28**, \$30

Pilates – Tues. 9:15am. Bring your own ball. **May 2 – June 20**, \$25

Sculpting with Weights – Wed. 12:30pm. **May 3 – June 21**, \$28



NEW **Sign Language** – Mon. **June 5-July 24** @ 10:45am. A great exercise for keeping the brain fit and excellent for finger dexterity. Learn the alphabet and easy phrases. Rose, is an experienced interpreter and has even signed for a president. FREE-\$5 refundable deposit required. Limited enrollment.

Tai Chi –Thurs. 9:15am, **April 27 – June 15**, \$35



Tap Dance – Tues. 1:15pm. Bring tap shoes. **May 9 – June 27**, \$32

Yoga – Thurs. 10:30am, **April 27-June 15**, \$32 Bring your own mat.

Zumba – Fri. 1:15pm. **May 5-June 23**, \$28

*****We are looking for a new teacher Line Dance*****



Aging and Breast Health

Many women experience changes in their breasts as they age. Typically, these changes are normal and are just a natural part of growing older.

“However, increasing age is a significant risk factor for breast cancer,” says Rachel P. Dultz, fellowship trained breast surgical oncologist, board certified surgeon, fellow of the American College of Surgeons, and medical director of the Breast Health Center at University Medical Center of Princeton (UMCP).

As you age and your hormones change so do your breasts. Women approaching menopause may notice that their breasts feel tender – even when they’re not menstruating – and lumpier than usual. Lumps are common, and while they are often non-cancerous cysts, they should be examined by your doctor to be sure.

Regular mammograms can help find breast cancer at an early stage, when it is usually not causing any symptoms and treatment is most successful. Additionally, you should see your doctor if notice any abnormalities in your breasts or you have breast pain that does not go away.

No matter how old you are, it is important to talk to your doctor about changes in your breasts as they occur and to determine the best plan of regular screening for you.

The Breast Health Center is part of the overall cancer care program at UMCP, and has been awarded a three-year full accreditation by The National Accreditation Program for Breast Centers (NAPBC).

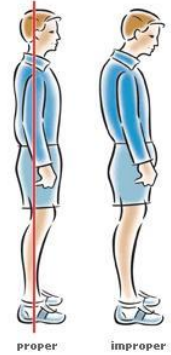
For more information or to make an appointment, call 609.688.2700.

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



HEALTH LECTURES

**CONTACT David to register for
PHC lectures (609) 497-2230**



Tuesday, May 2nd-Posture Perfect 10:45am

Poor or improper posture can have a negative impact on your body. Poor posture can cause problems with digestion, breathing, muscles, joints and ligaments. Join Eileen Kast, PT, OCS, physical therapist with University Medical center of Princeton’s Outpatient Rehabilitation Network. To learn what constitutes proper posture, as well as some exercises to improve posture sign up today.

Thursday, May 18th-Free Vision Screening 10:00am-1:00pm

Half of all blindness is preventable through regular vision screenings and education so have your eyes checked today. Princeton Healthcare System and the NJ Commission for the Blind: Project prevention Unit are pleased to offer these free vision screenings to uninsured and underinsured adults and children. Must sign up by calling David at 609-497-2230



Blood Pressure Screening

Tuesday, May 16-10:00 am – NOON. FREE

+++++

Donations – Thank you to Jeanette Fleisher. 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.

+++++



George Street Playhouse Discount Tickets

Discount tickets are available for SB Senior Center members and one guest. Call Jaci D’Ulisse, (732) 846-2895 ext. 134. Tue., Wed., and Thurs. 8:00pm shows are \$16. Curvy Widow (May 2- 21).



From the Desk of Marie Brown

Benefits Program Coordinator ext. 7676

Email: mbrown@sbtnj.net

New Jersey Division of Consumer Affairs Fraud Alert

ALERT – Don't Fall for Area Code Scam – The "area code" scam is making a comeback, according to a article on APP. com. The scam is simple: You get a phone call from a strange area code. A message might be left or it may be a hang-up call. Curiosity gets the best of you, and you call the number back. Then you get socked with a bill for calling an international number, sometimes up to \$20 for the first minute. Experts quoted in the article warned against dialing the number back without recognizing where it came from. If you're curious, look up the area code on Google, an expert advised. If you see the code is from a foreign country, chances are that it's a scam..

ALERT – IRS Warns of Tax Scams Making the Rounds – There are 12 different scams the Internal Revenue Services is warning taxpayers to avoid. Those scams include phishing scams, in which taxpayers receive an email, purportedly from the IRS, providing a link to a website that, when opened, allows a program to installed on the recipient's computer. That program can then mine for personal data and financial information, which can be used in identity theft schemes. Similar scams use text messaging or phone calls to threaten consumers with arrest if they do not provide personal information. The IRS says it will never demand personal information in such a manner and urges taxpayers to double check all email and phone claims with an IRS office.

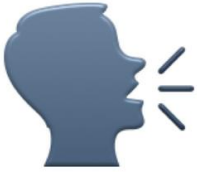
FRAUD ALERT N.J. Division of Consumer Affairs

800-242-5846

FightingFraud.NJ.gov



Reminder-Property Tax payments are due this month for all South Brunswick Township homeowners



From the Desk of Caryl Greenberg

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

Speak No Evil Day

We generally don't 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 and 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 both walk away feeling good is good karma. That is what will make us better.

A famous author, Joseph Telushkin talks about words that heal and words that hurt. I recently attended a presentation where he was discussing this topic. 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 and 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. But they do harm. Hurtful gossip is usually exaggerated to gain the allegiance of the person we pull into our web so we are not only criticizing someone but we try to create an 'us against them' situation. When we walk into a room and overhear a conversation about our character our wound can last a lifetime. 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.

So what do you think of having your own 'Speak no Evil' day?

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, May 4 - 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, May 12 - 10:30am, followed by FRIENDS bingo.

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

Meeting: Tuesdays, May 2nd & 16th - 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, May 10th & 24th, - 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: May 3rd - 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 – play with others on **Mondays, Wednesdays, and Fridays - (3:00 – 4:15pm).** OPEN Play Daily!

Golf Group-now accepting members. Play at Tamarack every Tuesday. Must shoot 120 or better. Call John Fuller 732-297-0387 or Brian Barcelo 609-921-3383

Staff Directory

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

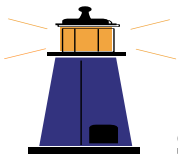
Extensions

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