

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Mahjong Lessons Begin Monday, November 1st 10:00 am Please sign up</p>	<p>Woot, Woot!! Get those Birdies ready</p> <p>BADMINTON IS BACK!!!!</p> <p>MONDAY * WEDNESDAY * FRIDAY 1:30p – 4:15p</p>	<p>This year we are proudly celebrating our Senior Center's 30th Anniversary!!!</p>	<p>Please sign up with Jasmine at x 7670 or email jaynilia@sbtnj.net</p> <p>For all highlighted SC events. Including fitness classes not highlighted.</p>	<p>1</p> <p>10:30 BODY SCULPTING 11:45 – 12:30 MOBILE LIBRARY 1:30 WHAT'S ON YOUR MIND?- Chrs</p>
<p>4</p> <p>10:00 BINGO, Aud.1 10:45 BODY SCULPTING 1:30 PRETTY CRAFTY- Part 2 Do It Yourself TileTrivets, Art Rm.</p>	<p>5</p> <p>Pool Tournament 10A – 1P</p> <p>10:00 BOLLYX 10:00 BEG. BRIDGE LESSONS, Aud. 2 10:30 ADULT COLORING, Art Rm 11:00 NOW & ZEN 1:30 SOUNDTRACK OF OUR LIVES- 1 Presented by Mobility Doctor and Artis Senior Living - Aud.1</p>	<p>6</p> <p>10:00 CROCHET/KNITTING, Chrs 10:00 WALMART- NO. BRUNSWICK 10:00 ZUMBA 11:00 CHESS LESSONS with Clive, Lby 11:00 BILLIARDS CLUB MEETING-Aud.1 1:30 WRITING AWAY, Piano Rm 2:30 PODCAST/ TED TALK, Aud.1</p>	<p>7</p> <p>Senior Advisory Council 10:30 am All invited to join (email for link cgreenbe@sbtnj.net)</p> <p>Pool Tournament 10 -1 Pm 9:30 CERAMICS, Art Rm. 10:00 NO TAI CHI 10:30 NO BOOK CLUB, Aud.1 11:30 CHAIR YOGA BEGINS</p>	<p>8</p> <p style="background-color: #00FF00;">Garden Closes Today Please turn in Keys</p> <p>10:00 FRIENDS MEETING- Aud.1 10:30 BODY SCULPTING 10:45 FRIENDS BINGO, Aud.1 11:45 – 12:30 MOBILE LIBRARY 1:30 WHAT'S ON YOUR MIND?, Chrs</p>
<p>SENIOR CENTER CLOSED 11</p> 	<p>12</p> <p>Pool Tournament 10A – 1P</p> <p>10:00 BOLLYX 10:00 BEG. BRIDGE LESSONS, Aud. 2 10:30 ADULT COLORING, Art. Rm. 11:00 NOW & ZEN 1:30 REPURPOSING WITH ART LEE- Art Rm.</p>	<p>13</p> <p>10:00 CROCHET/ KNITTING, Chrs 10:00 ZUMBA 10:30 ART LEE Garden Talk- Art Rm. 11:00 CHESS LESSONS with Clive, Lby 12:00 PERSONAL SAFETY FOR SENIORS 1.888.897.8979 Penn Med. 1:30 WRITING AWAY, Piano Rm 2:30 PODCAST/ TED TALK, Aud.1</p>	<p>14</p> <p>National Dessert Day! Pool Tournament 10A – 1P</p> <p>9:30 CERAMICS, Art Rm. 10:00 TAI CHI 10:30 BOOK CLUB, Aud.1 10:30-12:30 PENN MEMORY SCREENING 11:30 CHAIR YOGA 1:30 DESSERT MAKING DEMO AND TASTING w/ SPRING HILLS, Patio</p>	<p>15</p> <p>10:30 BODY SCULPTING 11:45 – 12:30 MOBILE LIBRARY 1:30 WHAT'S ON YOUR MIND? Chrs MEDICARE Open Enrollment begins today! Call Darlene to schedule an appt. 732.732.329.4000 x7676</p>
<p>18</p> <p>10:00 BINGO, Aud.1 10:45 BODY SCULPTING 1:00 ART CLASS BEGINS- Art Rm.</p>	<p>19</p> <p>Pool Tournament 10A – 1P</p> <p>10:00 BOLLYX 10:00 BEG. BRIDGE LESSONS, Aud. 2 10a-12p BLOOD PRESSURE CHECKS 10:30 ADULT COLORING, Art. Rm. 11:00 NOW & ZEN 1:30 SOUNDTRACK OF OUR LIVES- 2 Presented by Mobility Doctor and Artis Senior Living- Aud.1</p>	<p>20</p> <p>10:00 CROCHET/KNITTING, Chrs 10:00 ZUMBA 10:30 TARGET- LAWRENCEVILLE 11:00 CHESS LESSONS with Clive, Lby 12:00 PERSONAL SAFETY FOR SENIORS Penn Med .1.888.897.8979 1:30 WRITING AWAY, Piano Rm 2:30 PODCAST/ TED TALK- Aud.1</p>	<p>21</p> <p>Pool Tournament 10A – 1P 30th ANNIVERSARY PARTY 11:30 – 1:30 Music by Joe Grillo from the Gumbo Gumbas!!</p> <p>9:30 CERAMICS, Art Rm. 10:00 NO TAI CHI 10:30 NO BOOK CLUB, Aud.1 11:30 NO CHAIR YOGA</p>	<p>22</p> <p>10:30 BODY SCULPTING 11:45 – 12:30 MOBILE LIBRARY 1:30 WHAT'S ON YOUR MIND?- Chrs</p> <p>** Raindate Anniversary Party</p>
<p>25</p> <p>10:00 BINGO, Aud.1 10:45 BODY SCULPTING 1:00 ART CLASS-,Art Rm. 2:00 DAWN'S CIDER STAND- Chrs</p>	<p>26</p> <p>Pool Tournament 10A – 1P</p> <p>10:00 BOLLYX 10:00 BEG. BRIDGE LESSONS, Aud. 2 10:30 ADULT COLORING, Art. Rm. 11:00 NOW & ZEN</p>	<p>27</p> <p>10:00 CROCHET/ KNITTING, Chrs 10:00 ZUMBA 11:00 CHESS LESSONS with Clive, Lby 1:30 WRITING AWAY, Piano Rm 2:30 PODCAST/ TED TALK, Aud.1</p>	<p>28</p> <p>Pool Tournament 10A – 1P</p> <p>9:30 CERAMICS, Art Rm. 10:00 TAI CHI 10:30 BOOK CLUB, Aud.1 11:30 CHAIR YOGA 1:30 STARRY NIGHT SUNFLOWERS Painting- Art Rm.</p>	<p>29</p> <p>10:30 BODY SCULPTING 11:45 – 12:30 MOBILE LIBRARY 11:15 NEW MEMBER MINGLE- featuring “Getting to know you” BINGO/Prizes 1:30 WHAT'S ON YOUR MIND?- Chrs</p>

Dawn's Cider Stand- Socialize with our friendly neighborhood Social Worker – Come and sit outside while you enjoy a glass of cider with Dawn. We will have trivia, word games and fantastic glasses of cider! A great opportunity to catch up and chat. **Drop in!**

Podcasts/TED Talk Discussion Group - Listen to a selected podcast or TED Talk independently and then discuss it together. **Wednesdays**

- 📌 **October 6th: The Past, Present and Future of Native American Food** https://www.ted.com/talks/sean_sherman_the_past_present_and_future_of_native_american_food/transcript
- 📌 **October 13th: That Time People Were Terrified of the Library** <https://open.spotify.com/episode/5dR9IhcX5oYHcFsDxGIYp2>
- 📌 **October 20th: What is Your Happiness Score?** https://www.ted.com/talks/dominic_price_what_s_your_happiness_score/transcript
- 📌 **October 27th: Haunted Histories: Halloween Special** <https://podcasts.apple.com/us/podcast/299-haunted-histories-a-backstory-halloween-special/id281261324?i=1000454901529>

What's On Your Mind? - We have a variety of topics during this discussion group - trivia, fun facts, riddles, news stories, etc. **Fridays**

Billiards/Pool: Except as noted in the above calendar the billiard tables are open to all. There is a Pool Club and you can join at any time; there is a fee for this. Please reach out to Ken Peabody if you are interested in joining at kwpeabody@gmail.com at 732.213.3379. Please take good care if you use the pool tables, absolutely NO food or drink near the tables. If you need guidance on how to play please let the office know and we will match you up with a pro.

Ceramics: Each class is \$3.00 (purchase a card for \$15.00) which includes glazes and kiln firing. Additional charges for x-large pieces.

- Ceramics Firing takes place on the **third** (or fourth Thursday if there are five Thursdays that month) **Thursday** of the month.
- Pieces MUST be picked up on the **last Thursday** of every month.
- Names or initials MUST be on the back or underside of every piece.
- **FRIENDS BINGO:** **Second Friday of the Month 10:45 am – 11:45 am Cost: \$1 PRIZES!! Open to all center members!**
- **Ping Pong:** Available all day in our dedicated table tennis room. **Monday's, Wednesday's and Friday's drop in from 2 pm-4 pm to play against our two volunteer players.**

Staff Directory 732.329.4000

Caryl Greenberg, Director x 7682 cgreenbe@sbtanj.net

Jackie Johnson, Administrative Secretary x 7677 jjohnson@sbtanj.net

Dawn Neglia, Social Worker x7212 dneglia@sbtanj.net

Jasmine Aynilian, Main Office Secretary x 7670 jaynilia@sbtanj.net

JillAnn Foxxe, Program Coordinator x7675 jfoxxe@sbtanj.net

Darlene Dawson, Program Coordinator (SHIP Counsler/Medicare) x7676 ddawson@sbtanj.net

Mimi Doria, Transportation Department Coordinator x7363 mdoria@sbtanj.net

October Special Events: Please sign up with Jasmine at x 7670 or email jaynilia@sbtnj.net

Soundtrack of Our Lives- Part 1- Tuesday, October 5th 1:30 – Presented by Mobility Doctor and Artis Senior Living- Interactive and fun!! Travel along a musical journey of your life.

Repurposing with Art Lee- Tuesday, October 12th 1:30 – Join Art lee in turning old things into new things. Friendly crowd and always fun!

Art Lee Garden Talk- Wednesday, October 13th 10:30- Join Art Lee Master Gardener for garden tips, and gardening in home throughout the cold season.

Personal Safety For Seniors- Wednesday, October 13: 12:00 Noon- Presented by Ria from Penn Med- **MODULE 1 Emergency Preparedness**- The power is out, the roads are closed, phone lines are down. Learn what you need to do to be prepared for emergencies. Please register directly with Penn Medicine Princeton Health 1.888.897.8979

National Dessert Day- Thursday, October 14th 1:30 Dessert Demonstration by Spring Hills Post Acute Care Chef DOUG MCGEE. Satisfy that sweet tooth and join us for a demo (and tasting) on how to make Pumpkin Pie in a jar!! Yummy!!

Soundtrack of Our Lives- Part 2- Tuesday, October 19th 1:30 – Presented by Mobility Doctor and Artis Senior Living- Interactive and fun!! Travel along a musical journey of your life.

Personal Safety For Seniors- Wednesday, October 20th 12:00 - **MODULE 2- Financial Safety**- Seniors are often targeted in financial scams. Learn how to protect yourself and your resources from the schemers. Please register directly with Penn Medicine Princeton Health 1.888.897.8979

Senior Center 30th Anniversary Party- Thursday, October 21st 11:30 - 1:30 Wooooo! Come celebrate with us!!! Kick up your heels and dance, music by Joe Grillo from the Gumbo Gumbas!!



Starry Night Sunflowers- Thursday, October 28th 1:30 – Join Jill in our Art Room for painting with a Van Gogh flare!! Supplies provided.

New Member Mingle- Friday, October 29th 12:15- Calling all new members, it's your time to shine!! C'mon down and meet the staff and other senior members too! All members are welcome to attend!! Test your luck at "Getting to know you Bingo".