


MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>September is National Senior Center Month!</p>	<p>RSVP Health and Wellness Event Reichler Park RSVP beginning Friday, Sept. 3rd After 9:30 am 732.329.4000 x 7670</p>	<p>10:00 CROCHET/ KNITTING, Chrs 1 10:00 ZUMBA 10:00 CHESS LESSONS with Clive, Lby 11:00 BILLIARDS CLUB MEETING-aud 1 11:00 CHAIR YOGA - Ria from Penn Med FREE ALL ARE WELCOME 732.329.4000 1:30 WRITING AWAY, Piano Rm. x7670 2:30 TED TALK, Aud 1</p>	<p>SENIOR ADVISORY COUNCIL 2 10:30 am All invited to join via TEAMS email Caryl for a link</p> <p>9:30 CERAMICS, Art Rm. 10:00 TAI CHI 2:00 pm BOOK CLUB, Aud.1</p>	<p>3</p> <p>10:30 BODY SCULPTING 1:30 WHAT'S ON YOUR MIND?, Chrs</p>
<p>SENIOR CENTER CLOSED</p> 	<p>Pool Tournament 10A – 1P 7</p> <p>10:00 BOLLYX 10:00 BEG. BRIDGE LESSONS, Aud. 2 11:00 NO NOW & ZEN 1:30 ADULT COLORING, Art. Rm.</p>	<p>8</p> <p>10:00 CROCHET/ KNITTING, Chrs 10:00 ZUMBA 10:00 CHESS LESSONS with Clive, Lby 1:30 WRITING AWAY, Piano Rm 1:30 Penn Med Lecture- “Depression Or Just The Blues” - WC 2:30 PODCAST, Chrs</p>	<p>Pool Tournament 10A – 1P 9</p> <p>9:30 CERAMICS- Art Rm. 10:00 FITNESS VIDEO Free 10:30 NO BOOK CLUB- Aud.1</p>	<p>10</p> <p>10:00 FRIENDS MEETING- Aud.1 Please note the time change above 10:30 BODY SCULPTING 10:45 FRIENDS BINGO, Aud.1 1:30 WHAT'S ON YOUR MIND?, Chrs</p>
<p>13</p> <p>10:00 BINGO WITH LINDSAY Sponsored by Spring Hills Post- Acute Care- Aud.1 FREE!!! FUN!! PRIZES!!! Please call to register 732.329.4000 x 7670</p> <p>10:45 BODY SCULPTING</p>	<p>Pool Tournament 10A – 1P 14</p> <p>10:00 BOLLYX 10:00 BEG. BRIDGE LESSONS, Aud. 2 11:00 NOW & ZEN 1:30 REPURPOSING WITH ART LEE- Art Rm.</p>	<p>15</p> <p>10:00 CROCHET/ KNITTING, Chrs 10:00 ZUMBA 10:00 CHESS LESSONS with Clive- Lby 10:30 ART LEE GARDEN TALK, GD 1:30 WRITING AWAY, Piano Rm 2:30 TED TALK, Aud.1</p>	<p>Pool Tournament 10A – 1P 16</p> <p>9:30 CERAMICS, Art Rm. 10:00 TAI CHI 10:30 BOOK CLUB, Aud.1</p>	<p>17</p> <p>10:30 BODY SCULPTING 1:30 WHAT'S ON YOUR MIND?, Chrs</p> <hr style="border-top: 1px dashed black;"/> <p style="text-align: center;">Vaccination Station</p> <p>4:00p - 6:30p Penn Medicine Wellness Ctr. Second 2nd Phizer vaccine And J&J Vaccine Available: Schedule on NJVSS website</p>
<p>20</p> <p>10:00 BINGO, Aud.1 10:45 BODY SCULPTING 1:30 PRETTY CRAFTY- Do It Yourself TileTrivets, Art Rm. Please call to register 732.329.4000 x 7670</p>	<p>Pool Tournament 10A – 1P 21</p> <p>10:00 BOLLYX 10:00 BEG. BRIDGE LESSONS, Aud. 2 11:00 NOW & ZEN 1:30 ADULT COLORING, Art. Rm.</p>	<p>22</p> <p>10:00 CROCHET/ KNITTING, Chrs 10:00 ZUMBA 10:00 CHESS LESSONS with Clive, Lby 1:30 WRITING AWAY, Aud 1 2:30 PODCAST, Chrs</p>	<p>Pool Tournament 10A – 1P 23</p> <p>9:30 CERAMICS, Art Rm. 10:00 FITNESS VIDEO Free 10:30 BOOK CLUB, Aud.1 1:30 pm ‘Right at Home’ Glamorous Grandma’ See page two for details.</p>	<p>24</p> <p>10:30 BODY SCULPTING 12:15 NEW MEMBER MINGLE, Chrs. 1:30 WHAT'S ON YOUR MIND?, Chrs</p>
<p>27</p> <p>10:00 BINGO, Aud.1 10:45 BODY SCULPTING 2:00 DAWN'S CIDER STAND, Chrs</p>	<p>Pool Tournament 10A – 1P 28</p> <p>10:00 BOLLYX 10:00 BEG. BRIDGE LESSONS, Aud. 2 11:00 NOW & ZEN</p>	<p>FALL INTO HEALTH & REACH FOR 29 WELLNESS EVENT 12:00 – 2:00</p> <p>10:00 CROCHET/KNITTING, Chrs 10:00 NO ZUMBA 10:00 NO CHESS LESSONS with Clive 1:30 NO WRITING AWAY 2:30 NO PODCAST/ TED TALK</p>	<p>Pool Tournament 10A – 1P 30</p> <p>9:30 CERAMICS, Art Rm. 10:00 TAI CHI 10:30 BOOK CLUB, Aud.1</p>	<p>Art Class with Christina begins Monday, October 18th 8 Weeks/\$56</p> <hr style="border-top: 1px dashed black;"/> <p>In Person, Limited Registration Opens Wed., September 8th at 9:00am</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!

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

- ✚ 9/1: How Dolly Parton Led Me to an Epiphany https://www.ted.com/talks/jad_abumrad_how_dolly_parton_led_me_to_an_epiphany/transcript
- ✚ 9/8: Amelia Earhart – What Really Happened? <https://www.strangeandunexplainedpod.com/post/episode-5-amelia-earhart-what-really-happened>
- ✚ 9/15: Where Joy Hides and How to Find it https://www.ted.com/talks/ingrid_fetell_lee_where_joy_hides_and_how_to_find_it/transcript?rid=mqjkQsfTF5zx
- ✚ 9/22: On the Money <https://podcasts.apple.com/us/podcast/on-the-money/id1168154281?i=1000520218563>

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 or Gary Harraman 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.
- **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 Fridays drop in from 2 pm-4 pm to play against our two volunteer players.
- **Writing Away** We all have stories, who will tell yours when you are not here - how childhood was different back in your day? Explain family traditions, tell the funny mishaps and travel adventures you have had. Come join us at Writing Away and get some help putting down your memories and experiences for your family, share some poetry or finish the great American novel you are working on. We meet every Wednesday, at 1:30.

Special Programs

9/1 Chair Yoga with Ria from Penn Med NO Fee **RSVP to 732.329.4000 x 7670** this gentle form of yoga incorporates standard yoga poses while sitting on or standing next to a chair. The class, taught by a certified yoga instructor, is an adaptation of a standard yoga class and will improve flexibility, concentration, and strength while reducing stress and joint strain.

9/8 Depression or Just the Blues- Presented by Penn Medicine_Princeton Health Please register here: <https://www.eventbrite.com/e/in-person-depression-or-just-the-blues-registration-166675730597?aff=ebdssbdestsearch>

9/13 Special BINGO with Lindsay sponsored by Spring Hills Post Acute Care fun, prizes, free! Call to register-732.329.4000 x 7670

9/20 Tile Craft with JillAnn- rsvp 732.329.4000 x 7670

9/23 Glamorous Grandma! Right at Home will instruct women over 60 on best make up techniques. Bring your makeup, a small mirror and wipes. We will be outside, weather permitting.

9/29 Health and Wellness Event- RSVP beginning September, 3 at 9:30 am. Enjoy a day in Reichler Park with a complimentary Playa Bowl, compliments of 'Magyar Bank' and the 'Friends of South Brunswick', keep track of your steps with a Pedomotor, compliments of 'Brandywine Living of Princeton', Swingin to the Oldies with Linda, Chair Yoga with Ria from Penn Medicine, Princeton Health and so much more.

10/18 Art with Christina- Registration begins Wednesday, September 8th at 9:00 am \$56 for 8 classes 1-3 pm

Staff Directory 732.329.4000

Caryl Greenberg, Director x 7682 cgreenbe@sbtnj.net

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

Dawn Neglia, Social Worker x7212 dneglia@sbtnj.net

Jasmine Aynilian, Main Office Secretary x 7670 jaynilian@sbtnj.net

JillAnn Foxxe, Program Coordinator x7675 jfoxxe@sbtnj.net ([questions about programs? Please reach out](#))

Darlene Dawson, Program Coordinator (Benefits) x7676 ddawson@sbtnj.net

To join the Senior Center Please fill out a free membership application. Proof of age and residency is required.