

South Brunswick **Beacon Senior Newsletter** **April 2019**

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 – April 19th & 21st**

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

Website: www.southbrunswicknj.gov (Click Departments, then Senior Ctr)

Email: Christine Wildemuth, Director cwildemu@sbtnj.net

Membership: FREE---Tuesdays & Fridays from 9:30am-12:00pm

Must arrive by 11:30. Fill out a membership form or print form from our website. Proof of age (55+) and South Brunswick residency **REQUIRED**. Minimum 4 month stay.

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. (located in the senior center): Bus pass required (50 cents 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 Finnigans 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** -see the trip page

Program Highlights



Bingo - Monday, April 1st & 15th 12:15pm Bingo is \$1.00. Purchase Bingo Pass for \$5.00 in the office. Can share with a friend.

Friends Bingo – Friday, April 12th 12:30pm

Special Bingo- Friday, April 26th 12:15PM Free



Coloring for Adults- Tuesday, April 2nd 12:30pm

Enjoy tranquil music, color, and make a new friends. All materials provided. Free.

So. Brunswick Student Art Gallery-

Thursday, April 4th 10:30am We are invited to a special "Seniors Only" viewing of our District's 15th Annual Student Art Gallery. FREE. Transportation provided and back at the center at 11:30am. Drivers go directly to SBHS.



AARP Driver Safety Class- Friday, April 5th

9:00am-3:00pm \$15 AARP members \$20 non members. Discounts for insurance. Checks only, payable to AARP.



Sign up by April 1st



Wordplay with Jill- Monday, April 8th 12:15pm

This month's game is Pictionary, a Charades inspired word guessing game.

The Art Lee Project – Tuesday, April 9th 12:30pm

Spring themed crafts. All materials provided. **Sign up.**



Spring's Popping Up Party-

Thurs, April 18th 12:15 p.m. Peel off those heavy layers and lighten up!! Spring is busting out all over let's see those Spring Bonnet's Ladies! **Sign up by April 11th**



11:30 Picnic Themed Lunch (Fee of \$2.25 for Lunch)

12:15 Lou Reed is here to entertain you (Sponsored by FRIENDS)

1:15 Friends 50/50 Raffle / Door Prizes

****Wear a Spring Bonnet, Pastel Colors or a Floral Shirt**

Program Highlights



Monthly Birthday Lunch– Tuesday, April 23rd
11:00am Is this your Birthday Month? Please let us know so we can celebrate **your** special day. Join us for trivia & cake. **Sign up by April 16th**

National Take Your Child To Work Day-

Thursday, April 25th 12:15pm

Join us for an Intergenerational Celebration!

Children of employees will be here to perform music, play table games and chat it up with our seniors! Light refreshments will be served. If there is a game **you'd** like to teach the children please bring it.



Please sign up for this fantastic event by April 18th

Living Legacies – Monday, April 29th 12:15pm



Please join the SB High School students as they present monologues reflecting the lives of township residents who have made an impact in South Brunswick. This is a very special intergenerational program not to be missed!

Sign up by April 24th

Upcoming Senior Center Classes

Art Class– March 18th – May 6th Mondays 1:00pm - 3:00pm

Artists of all levels welcomed. Students learn to utilize a variety of materials, techniques & concepts. Bring own supplies. 8 wks \$48

Beadazzled- Monday, April 1st 10:00am – 11:30am

Handcrafted jewelry using beautiful high quality beads. April's project is a bracelet. **Cost: \$5 Sign Up**



Library Tech Classes- Thursdays 10:45am – 12:00pm

“Friending Your Phone and More” Come to the Friending Your Phone class and learn how to harness the power of your smartphone, iPad or other device. **April 4th, 11th, 18th, 25th**

Program Highlights- MOVIES



Instant Family- Thurs., April 4th 12:30pm- 2:30pm

Pete (Mark Wahlberg) and Ellie (Rose Byrne) must learn the ropes of instant parenthood when they bring in three foster children. Inspired by a true story PG-13

Memoirs of a Geisha- Tuesday, April 23rd 12:30pm – 3:00pm

A visually sumptuous and emotionally charged cinematic event, MEMOIRS OF A GEISHA is the long-awaited adaptation of Arthur Golden's best-selling novel. Torn from her family as a young child, Sayuri (ZHANG) is raised to become the greatest Geisha in Japan.

Sign Up Now!! 2 NEW Fun & Trendy Fitness Classes (Medicals MUST be on file)



***NEW* BOLLYX-** BollyX utilizes interval training techniques that not only tones your entire body & burns calories. **Mon 12:30, May 6th – June 24th 7 weeks \$16**

***NEW* POUND-** A combination of cardio & strength class with constant simulated drumming using drumsticks (provided). Fun, high energy & exhilarating. Chair and Standing. Limited space available.



Thursdays at 12:30 , May 2nd – June 20th 8 weeks \$22

Free AARP Tax Preparation 10:30am – 3:30pm

Tuesdays & Thursdays at the South Brunswick Library

April Dates: 2nd, 4th, 9th, 11th

Appointments made online **only** at www.southbrunswicknj.gov



Donations: Thank you **Catherine Sconzo** for your donation! Your generosity is greatly appreciated.

We graciously accept monetary donations.

Checks are payable to So.Brunswick Senior Center. "Tribute Cards" are available \$15 for a pack of ten. Donations are tax deductible.

PROGRAM HIGHLIGHTS



HEALTH PROGRAMS

Adult CPR Class- Monday, April 1st 12:30p- 1:15pm

Free Blood Pressure Screening- 10am – Noon
Tuesday, April 16th No Appointment Necessary.



Call (609)497-2230 or visit their desk to register for health programs

LECTURES



Ted Talks - short, video talks followed by discussion.

Wed., April 3rd 12:30pm- The surprising habits of original thinkers.

Wed., April 17th 10:45am- How to tame your wandering mind.

Art Lecture with Maurice- Will return in May!

Financial Lecture on Medicaid Planning-

Thursday, April 11th Carl Archer of Archer Law will be here to give a FREE lecture on the new Medicaid Planning Procedures. Don't miss this informative lecture.



Garden Plots!! Get Your Garden Plots Here!!!!



Our Garden opens April 15th
Must be registered with Jill by April 1st

- * Sign Contract
- * Deposit is \$30 – Cash Only



Call Jill 732-329-4000 x7675

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. April 1st** (10:00-noon) ~ **Mon. April 15th** (11:30-1:30) 15 min sess.
- ✓ Trained already? Come ask questions. Wear sneakers and workout attire.

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

***All classes 8 weeks unless stated otherwise. No joining after session starts.**

***MEDICAL FORMS MUST be on file BEFORE enrolling & renewed every 2 years**

Ageless Grace – Tuesdays 12:30pm, May 7th – June 25th 7 weeks \$20

B.E.S.T. (Balancing, Exercises, Stretching, Toning)- Mondays 1:45pm. Light weights, balls & bands in chair May 13th– July 8th \$32

***NEW* BOLLY X** –Mondays 12:30pm May 6th – June 24th 7 weeks \$16 Intro Price Cardio & Interval training that tones & burns calories.

Chair Yoga- Tues. 10:30am May 7th – June 25th \$28



General Aerobic Fitness- Mon. & Fri. Advanced 9:15am Beginner/Intermediate 10:15. 15 classes \$20 or 30 classes for \$40

Get Fit- Thursdays 1:45pm. Cardio/Strength. May 2nd-June 20th \$32

Now & Zen- Wednesdays 10:30am April 24th – June 19th **(FULL)**

***NEW* POUND**- Thursdays 12:30pm May 2nd -June 20th **\$22 intro price.** Cardio/Strengthening with simulated drumming using provided ripsticks. Fun, high energy & exhilarating.



Pilates-Tuesdays 9:15 Core training. May 7th-June 25th \$32 Need ball

Sculpting with Weights-Wednesday 12:30pm May 1st-June 19th \$28

Sittercize-Mon & Fri 11:15. From chair. 30 class-\$24 or 15 classes \$12

Tai Chi-Thursdays 9:15am April 4th-May 16th 6 weeks \$28



Tap Dance-Tuesdays 1:30pm. Bring Tap Shoes. May 7th – June 25th 8 weeks \$32

Yoga-Thursdays 10:30am Bring mat. April 25th-June 27th 10 weeks \$36

Yogasize-Fridays 12:15pm Yoga & Meditation in a chair March 15th – May 10th 7 weeks \$ 22



Zumba- Fridays 1:15pm March 15th - May 10th \$30

Bus Trip Information

See Flyers For Details. Trips fill fast come get numbers at the office 8:30am



Independence Seaport Museum- Tues., April 30th

Bus leaves Woodlot Park 8:20am



The Raptor Trust: Wednesday, May 29th

Raptor Trust is a wild bird rehabilitation center in Morris County, NJ. Join us for a self-guided walking tour of the sanctuary and meet a live Raptor during an educational lecture. **Lunch:** On your own at The Chimney Rock Inn **Cost:** \$5 cash admission plus \$5 cash for bus. Bus leaves Woodlot Park 8:30am.

Registration Opens: March 26th



Great Paterson Falls & Paterson Museum-FULL

Wednesday, June 12th Bring a bag lunch. Bus leaves Woodlot Park at 8:15 am. This trip is a rescheduled one due to last years cancellation. **Heavy outdoor walking.**

Spirit of Philadelphia Lunch Cruise-

Wednesday, July 31st Grab your group of friends and experience Philadelphia in a new way aboard the Spirit Lunch Cruise! Enjoy delicious food, fun deck games, a narrated tour, DJ/dancefloor and unbeatable skyline views from Spirit's rooftop lounge. **Cost** \$47.00 (CASH ONLY)



Bus Deposit: \$5.00 cash refundable when you board the bus.
Lunch: Buffet Lunch/ Dessert. Coffee, Tea and water included. Cash Bar for all other beverages. **Registration Opens: Monday, April 8th at 12:00pm. Pick up a number starting 11am.**
Registration Closes: Mon. May 20th or when full.



LOCAL TRIPS- Schedule your Bus Service today!
For information, call 732-329-4000 x 7363 or stop by our transportation office.

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|------------------------------|-------------------------------------|
| April 3rd | 10:30am- Mercer Mall |
| April 10th | 10:30am- Walmart (No. Brunswick) |
| April 16th | 11:00am- IHOP |
| April 17th | 10:30am- Target, Wegman's, Michaels |



From the Desk of Caryl Greenberg

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



Incredible Immigrants **An Intergenerational Program Not to be Missed**

Living Legacy's is a program that the South Brunswick High School students will present at the Senior Center on April 29th at 12:15 pm. Under the direction of the very talented Jillian Trader, her students will be interviewing residents or family members of residents who are First Generation Immigrants. 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 Partnership' 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.

There were many good things that came out of the AIPP including a focus on accessing transportation and how critical it is to quality of life. Jacque would be happy to know that in addition to South Brunswick's transportation that bring individuals to malls, restaurants, doctor appointments and more, there is also a huge movement toward using Uber and Lyft. If you have a smart phone this service is an inexpensive way to travel anywhere including lunch out, hair appointments, movies and many other venues that lends a level of richness to our day. If you want instruction on how to utilize your smart phone app please reach out to me and I can connect you with someone who can work with you. Alternatively, if you don't have a smart phone you are in luck because there is a service called EZ Ride/Ryde4Life that can connect you to UBER or LYFT for a nominal fee (for free if you have PAAD) The ride is not free, just the added fee.

You can call them directly at 866.208.1307 ext 4.
Please let me know if you need help and see you on the 29th!



Monthly Bereavement Group: Monday, April 15th 10:45am

Anyone who has suffered the loss of a spouse or partner is welcome to attend the monthly bereavement group.

Questions? Please call Caryl x 7212



From the Desk of Marie Brown

Benefits Program Coordinator ext. 7676

Email: mbrown@sbtnj.net

Outreach Services

I am available to meet with seniors and assist them with the application process for a variety of government assistance programs, including gas and electric support, Pharmaceutical Assistance (PAAD), Senior Gold Applications, home energy assistance (HEAP) and The New Jersey Shares Program. Information and Applications are also available for water & sewer deductions, home care & respite care services, Property tax relief programs, telephone and cable discounts etc.

The Low Income Home Energy Assistance Program

(LIHEAP) 1-800-510-3102 is designed to help low-income households meet home heating and medically necessary cooling costs. This year, the application period is November 1, 2018 to April 30, 2019. The maximum monthly income to qualify for a household of 1 is \$2010 and for a household of 2 is \$2,707. You must apply yearly for this benefit.

The Universal Service Fund (USF) 1-866-240-1347 USF is a program created by the State of New Jersey to help make natural gas and electric bills more affordable for low-income households. If you are eligible, USF can lower the amount you pay for gas and electricity. To be eligible, a household must meet the same income guidelines as LIHEAP (listed above), and pay more than 3% of its annual income for electric, or more than 3% for natural gas. USF accepts applications all year. The maximum monthly income to qualify for a household of 1 is \$1,759 and for a household of 2 is \$2,369. You must apply yearly for this benefit.

NJ Lifeline- 1-800-792-9745 a \$225.00 annual benefit is available for seniors 65+ or persons receiving SSD benefit. Income must not exceed for a single person \$27,951 or 34,268 for a married couple. Applications accepted all year.

Applications for all the home energy programs are available at the Senior Center. Not sure if you qualify or need assistance with the application, call to schedule an appointment.

Medicare Counseling (S.H.I.P) Assistance is available to understand Medicare information including supplemental Insurance policies, Medicare Advantage Plans (HMO'S) and the New Part D Drug coverage. Assistance is available for medical claims and hospital billing problems and employer health plans in conjunction with Medicare.



When it Comes to Digestive Problems, Women are More Sensitive

The National Institutes of Health estimates that up to 70 million Americans are living with digestive disorders, such as acid reflux and irritable bowel syndrome.

“Women are affected more than men with gastrointestinal issues, and in fact, digestive problems are among the most common reasons why women visit the doctor,” says Kristina N. Katz, M.D., board certified in gastroenterology and internal medicine, and a member of the medical staff at Penn Medicine Princeton Health.

Common digestive disorders include gastroesophageal reflux disease (GERD), irritable bowel syndrome (IBS), celiac disease and gallstones. Other less common digestive disorders include GI cancers, inflammatory bowel disease, liver problems such as cirrhosis, amongst many others.

Because women have more sensitive GI tracts than men, due in part to hormonal differences, they are more likely to experience problems with digestion. Disorders of the pelvic floor, the group of muscles that support organs in the pelvis, are more common in women after childbirth and menopause, and can lead to constipation, abdominal discomfort and pelvic pain.

If you are suffering from a digestive disorder, it’s important to see your doctor for a proper evaluation and diagnosis. Once diagnosed, digestive disorders can often be managed through lifestyle changes, medication or a combination of the two.

The Center for Digestive Health at Penn Medicine Princeton Medical Center (PMC) offers comprehensive gastrointestinal healthcare services that include advanced diagnostics, endoscopic therapies and advanced minimally invasive surgical procedures. The Center’s skilled clinical team works closely with each patient to develop a diagnosis and individualized treatment plan.

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

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 welcome. Township Liaison: Mayor Charlie Carley. 2019 Chair: TBA **Thursday, April 4th**.

FRIENDS – Friends is a non-profit organization raising funds to promote and supplement the Senior Center activities as well as improve the lives of seniors. Dues: \$5.00/year (resident seniors). Membership forms are at the office or on website. President: Muthu Subramanian Vice Presidents: Cindy Scribner & Satya Agarwal

Meeting: Friday, April 12th 10:30am Bingo 12:30pm

South Brunswick Senior Social Club – Members needed!

Dues: \$15.00. **Meeting: Tuesday, April 2nd & 16th 1:00pm.**

Brief business meetings, make friends, refreshments, bingo, trips.

President: Aggie Schwartz AC Trips: Gloria Zimmerman at (732) 355-1860



The Golden Age Club – bring together & promote the welfare of seniors through fun trips and parties. Dues are \$10.00.

Meeting: Wed., April 10th & 24th 1:00pm. President: Gloria Zimmerman
For AC Trips Contact: Gloria Zimmerman at (732) 355-1860

Billiards Club – All welcomed to play daily. Tournaments are played home and away. Pool club membership is required for tournaments.

President: Gary Harriman Captain: Sandy Lemlein

Bridge Group - Daily bridge play. Friendly Duplicate tournaments are played **1st & 3rd Wednesdays** of the month.

Coordinator: Satya Agarwal and Dakshi Subramanian



Golf Group- Now accepting members. Play at Tamarack Tuesdays, beginning April 2nd. Must shoot 120 or better. Call John Fuller 732-297-0387 or Brian Barcelo 609-921-3383 to sign up.

Knit and Crochet Club – They support those less fortunate in crisis.

Wednesdays at 9:30am to 11:00am. Yarn Donations Please! Newcomers are welcomed! Coordinators: Ann Markey & Diane Duffy

Badminton -See Wellness Center calendar for days/times.

Ping Pong – Group play with others on Mondays, Wednesdays, and Fridays 3:00 – 4:15pm. OPEN Play all day every day! Equipment provided.

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
JillAnn Foxxe, 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

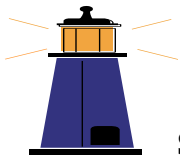
Meals on Wheels & Daily Meal Program:

Karen Delikat, Site Manager (732) 329-6171 or Karen Lahrman, Driver



Follow us on Facebook- South Brunswick Office on Aging

Penn Medicine Princeton Health (609) 497-2230



South Brunswick Office On Aging

540 Ridge Road
Monmouth Junction, NJ 08852