

South Brunswick Beacon Senior Newsletter December 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 Dec. 24th, 25th, 31st**

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 or Fridays from 9:30am-12:00pm
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

COMPUTER LESSONS FROM THE LIBRARY

Must **Sign up** in office. Limited enrollment so sign up now.
Meets in the Tech Center. Taught by Library staff.

Digital Library Resources -Thursday, Dec. 14th 10:45am– 12:00pm
Class covers resources available with your Library Card ie: Hoopla, Lynda, Overdrive

All Things Google –Thursday, Dec. 7th 10:45 – 12:00
Class outlines Google services ie: Google Docs, Google Calendar, Google Photos, Youtube



BINGO - Monday December 4th 12:30pm. Special prizes.
FREE as sponsored by the Board of Education.

Friends Bingo – Friday, December 8th 12:15 pm

Adult Coloring with Laura – Tuesday, December 5th 12:15 pm

A great way to relax. Enjoy tranquil music, color, and make a new friends. Coloring has the therapeutic potential to reduce anxiety and create focus. All materials provided.



Winter Storm Prep Lecture - Presented by Atrium Health & Senior Living – Mon. Dec. 11th 12:15pm.

Are you ready for Winter?? Join us and learn how to prepare for the winter's worst weather. Atrium is a premier healthcare facility that provides their residents with quality personal care and all the comforts of home.

Monthly Birthday Lunch – Tuesday, Dec. 12th

11:00am Is this your Birthday Month? Please let us know so we can celebrate **your** special day.
Trivia & Cake Always FUN! **Sign up by Dec. 5th.**



The Art Lee Project – Tuesday, Dec. 12th 12:15pm

"Art for the Holiday Season" Tis the season! Make a holiday card or a wreath. All materials provided. **Sign up.**

Program Highlights

Winter Wonderland Event

Thursday, December 14th

Doors open at 10:15am...Don't Miss Out!

10:45 Build a Snowman ~ **11:00** Ribbons & Bows Relay

11:15 Winter Themed Lunch (Fee of \$2.25 for lunch with Karen)

12:15 BACK BY POPULAR DEMAND!!! BARBARA HARRIS

from "The Toys" will be here to entertain you!! **Friends 50/50!**

*****Sign Up By December 1st *****

FREE EVENT- ONCE YOU SIGN UP PLEASE CALL IF YOU ARE UNABLE TO ATTEND SO OTHERS MAY BE ACCOMMODATED.



Art Lecture with Maurice – Fri., Dec.15th 12:30pm

The Art of Edward Hopper. Edward Hopper was a prominent American realist painter and printmaker.

Sign up in the office.

South Brunswick High School Choir

Performing at the Senior Center on

Monday, December 18th 12:30 pm



It's a Marshmallow World Day! – Thursday, Dec. 21st

11:00 Loco for Hot Cocoa Social- Enjoy a steamy cup of delicious Hot Chocolate complete with all the fixins from the Hot Chocolate Bar!! Then join us for...

12:15 Warm Up Bingo- Bingo that's guaranteed to keep you cozy!! (Bingo cards are purchased in the office)



Pool Tournament – Thurs. December 28th 10:00am

S. Brunswick Breakers vs Plainfield Fast Racks

Good Luck Everyone! Goooooo Breakers!!!



UPDATE Your Photo & Medical Records – If your picture has not been taken within the last five years and/or if your medical forms are more than 2 years old, please stop by the office to update your records, email addresses and emergency contacts.

Program Highlights

The Glass Castle- Thursday, December 7th 12:30 pm- In this moving drama based on a memoir by Jeannette Walls, a young woman reflects on her unconventional upbringing at the hands of her artsy, nonconformist parents. PG-13 2hr.7min.



Dunkirk- Tuesday, December 12th 12:30 pm- In this pulse-pounding historical thriller set during the early days of WWII, a number of civilian boats set out to rescue 400,000 British and Allied troops trapped on the beaches of Dunkirk, France. PG-13 1hr. 45 min.



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

Wed, Dec. 6th 12:30pm- The power of introverts - In a culture where being social and outgoing are prized above all else, it can be difficult, even shameful, to be an introvert.

Wed, Dec. 20th 10:45am- How trees talk to each other - "A forest is much more than what you see," says ecologist Suzanne Simard.

South Brunswick School's Concert Schedule



Free Concerts for Seniors **Sign Up By December 4th**
(Must provide own transportation)

SBHS Winter Concerts- Dec. 12, 13, 14 & 19 -7:00pm

Dec. 5 - 7:00- Orchestra at Crossroads South

Dec. 6 - 7:00- Crossroads North Choir at SBHS

Dec. 7 - 7:00- Crossroads North Orchestra at
Crossroads South

Dec. 7 - 7:00- Crossroads South Band at the High School

Dec. 15 - 7:00- Crossroads North Jazz Band at Crossroads North

Dec. 18 - 7:00- Crossroads North Band perform at the High School

Dec. 20 - 7:00- Crossroads South Choir perform at the High School



TRIP INFORMATION

Drumthwacket Tour –We apologize this trip will not occur this year as at the time of this printing the Governor’s election has not been held and they will not know until late November if they are even having tours this year as it will be based on the outcome of election. We will try for next year.

Princeton Art Museum - Tues., Jan. 30th

Self led tour. Group admission-\$2.00 cash plus a \$5.00 refundable CASH Bus Deposit. Bus leaves Woodlot 9:30am return about 1:30. Registration opens Nov 20th at 10:45am.



Stay Tuned
FOR something
AWESOME

Bus Trips will break in February and resume again in March, stay tuned for details!!



LOCAL TRIPS –Call for information or to schedule a ride 732-329-4000 x7363 or stop by the Transportation Office in the Senior Center.

Dec. 6th 10:30 am – E. Windsor Shoppes
Dec. 12th 11:00 am – Dusal’s Restaurant
Dec. 13th 10:30 am – Walmart (Lawrenceville)



*****PLEASE NOTE*****

Lunch **WILL NOT** be served **Wednesday, Dec. 13th**
****Please bring a bag lunch****

DONATIONS – Thank you Esther Marius, Hoe & Soon Kim, Carol Piekarski, Jeanette Fleischer, Bhupendra Patel, Elaine Tarnofsky, Jane Clute, Carol Salas & Edith Neimark for your generous donations, it is greatly appreciated! Checks are payable to South Brunswick Senior Center. “Tribute Cards” are available \$15 for a pack of ten. Donations are tax deductible so think of making a 2017 donation now. All donations go 100% to Senior Center.



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. Dec. 4th (10:00-noon) **or** Mon. Dec. 18th (11:30-1:30) 15 min session

Sign up 2 weeks prior to class start. Fees non refundable. All classes 8 weeks unless stated otherwise. No joining after session starts.

Ageless Grace – Tuesdays 12:30pm, **January 23rd – March 13th**, \$20



Art Class – Mondays 1:30-3:00pm, **January 22nd – March 26th** \$28



B.E.S.T. (Balancing, Exercises, Stretching, Toning)- Mondays 1:45pm. Light weights, balls & bands from a chair **January 22nd– March 26th** \$32

Body Gym – Mondays 12:30pm, **January 22nd–March 26th** FREE

Chair Yoga - Tues. 10:30am, **January 9th – February 27th** \$25



General Aeorbic Fitness- Mondays & Fridays Advanced 9:15am and Beginner/Intermediate 10:15. 15 classes \$20 or 30 classes for \$40

Get Fit – Thursdays 1:45pm. Cardio & strength. **January 11th– March 1st** \$32

Now & Zen – Wednesdays 10:30am. **January 10th– February 28th** FREE Program includes deep breathing exercise, guided meditation, chanting and Reiki. Done in a chair.



Pilates – Tuesdays 9:15am. Bring own ball. **January 9th– February 27th** \$32

Sculpting with Weights –Wednesdays 12:30 **January 10th–February 28th** \$28

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

Sign Language – Mondays 10:45am **January 22nd – March 26th** FREE

Tai Chi – Thursdays 9:15am **ON BREAK UNTIL MARCH 2018**



Tap Dance – Tuesdays 1:30pm , **January 9th–February 27th** \$32

Yoga – Thursdays 10:30am, **January 11th–March 1st** \$32 Bring your own mat.

Yogasize – Fridays 12:15pm **On Break Until March 2018**
Breathing, mindfulness, flexibility and balance. Done in a chair.



Zumba – Fridays 1:15pm **January 12th–March 2nd** \$28



Lower Risk for Heart Disease by Controlling Cholesterol

Do you want to lower your risk for coronary artery disease, heart attack and stroke?

“Pay attention to your cholesterol levels,” says Kristyn K. Phelps, M.D., board certified in internal medicine and a member of the medical staff at University Medical Center of Princeton.

Cholesterol – a waxy, fat-like substance – is found throughout your bloodstream and plays an important role in ensuring your body functions normally.

But when you have elevated levels of cholesterol in your blood it can build up in the walls of your blood vessels.

This build up is called plaque, which contributes to atherosclerosis, a narrowing and hardening of the arteries that can partially or completely restrict blood flow to the heart, brain and other areas in your body.

If a clot forms and blocks a narrowed artery, it can result in a heart attack or stroke.

High cholesterol in and of itself is a silent condition without any symptoms. The only sure way to know if you have high cholesterol is with a simple blood test.

Taken together along with other risk factors – such as family history, increasing age, being overweight and smoking – your cholesterol levels can help your doctor assess your risk for heart disease and determine a treatment approach.

The American Heart Association recommends that all adults age 20 and over have their cholesterol checked every four to six years. Some people may need to have their cholesterol checked and other risk factors assessed more often. It is important to talk with your doctor about what is best for you.

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

HEALTH LECTURES

Contact Renu at the desk to register_(609) 497-2230



Medical Waste Disposal - Monday, Dec. 4th 12:30 pm

You may automatically think of a hospital or doctor's office when you hear the term "medical waste," but most homes generate medical waste as well. Please join us along with Barbara Vaning, MHA, EMT Instructor & member of Princeton HealthCare System's Community Education & Outreach Program, for this informative session discussing home-generated medical waste & how to dispose of it, including medications, needles and dialysis supplies.

Diabetes & Nutrition - Thursday, December 14th 10:45 am

Join us for an informative session presented by Sandra Byer-Lubin, MS, RD, CDE, Diabetes Clinician and Certified Diabetes Educator with the UMCP Diabetes Management Program, to learn how to manage your diabetes and reduce your risk of developing diabetes and pre-diabetes through nutrition.



Adult/Child CPR Only

Wednesday, December 6th 10:30 am – 12 pm

Blood Pressure Checks—Tuesday, December 19th 10am–12pm



★ **NEW
HOURS!** ★

PLEASE NOTE NEW HOURS

Princeton Healthcare Desk Hours

Mon. 10:30 am * **Tues.** 8:30 am * **Wed.** 10:30 am

Thurs. 8:30 am * **Fri.** 8:30 am



Inclement Weather Notice - Learn about weather related senior center opening times, programs, class changes/cancellations, by calling 732-329-4000 ext. 7670, starting at 7:30am. This message

is updated regularly throughout the day. Get on our senior center email loop and we will email you weather related changes. See the senior center office to make sure your email address is up to date.



From the Desk of Marie Brown

Benefits Program Coordinator ext. 7676

Email: mbrown@sbtnj.net

Social Security Announces

2.0 Percent Benefit Increase for 2018

Monthly Social Security and Supplemental Security Income (SSI) benefits for nearly 61 million recipients will increase 2.0 percent in 2018. The 2.0 percent cost-of-living adjustment (COLA) will begin with benefits in January 2018. Increased payments to SSI beneficiaries will begin on December 29, 2017.

The Benefits of an Online Social Security Account

At each stage of your life, *my* Social Security is for you. **Your personal online *my* Social Security account** is a valuable source of information beginning in your working years and continuing throughout the time you receive Social Security benefits.

If you Receive Benefits or Have Medicare, you Can:

Use a *my* Social Security online account to:

- Get your benefit verification letter
- Check your benefit and payment info and your earnings record
- Change your address and phone number
- Start or change direct deposit of your benefit payment.

If you Do not Receive Benefits, you can:

Use a *my* Social Security online account to get your *Social Security Statement*, to review estimates of your:

- Retirement, disability, and survivors benefits
- Earnings record
- Social Security and Medicare taxes you've paid

How do I create a *my* Social Security Online account?

To create an account, you must provide some personal information about yourself and give answers to some questions that only you are likely to know. Next, you create a username and password that you will use to access your online account. This process protects you and keeps your personal Social Security information private.

For additional information and to sign up for an account please visit www.socialsecurity.gov/myaccount or call Marie for assistance at ext.7676



From the Desk of Caryl Greenberg

Social Worker, MSW LSW - ext. 7212

Email: cgreenbe@sbtnj.net

Diversity and Acceptance

Let's be honest. Most of us have preconceived notions of each other based on our differences. Is it really fair to judge a person based on where someone comes from, what language they speak or what they look like? 'Of course it is not fair'. The cliché 'don't judge a book by its cover' has never been more fitting than it is today. The notable Dalai Lama has this to say, 'When I meet a new person, I always believe we are the same; we are all human beings, consisting of the human body and the human mind. Our physical structure is the same and our mind and our emotional nature is also the same. I find it much easier to communicate with others when I relate to them as humans. When I say I am a Buddhist then there are differences. Those things are important but secondary. If the differences are put aside, then exchange of ideas and shared experiences are easily communicated.' So what does this have to do with the senior center and you? We are a culturally rich environment. Look around next time you are here. Are you ever curious about others? Maybe their ancestors have been in America for several generations. Maybe this is the first time a family has put down roots in this country. Maybe their struggles have been similar to yours. Instead of having preconceived notions, let's learn about each other. When we relate as humans, we discover similarities. When we take the time to learn about cultures and religions we enrich our knowledge base and gain an appreciation of the world and the individual that we are learning from. So why did I entitle this 'Diversity and Acceptance' instead of 'Diversity and Tolerance'? Tolerance makes me think that I have to accept something because those are the rules. But why just 'tolerate' others? Why not go a step further and accept them? That is our challenge- next time you come to the center think about all the similarities you have with others and if you are wondering about the differences embrace them, get in touch with your curious side and learn about each other.

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: Deputy Mayor Charlie Carley.

SAC Chairman: Don Bergman. **Meeting: Thursday, December 7th 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, December 8th - 10:30am

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

Meeting: Tuesday, December 5th - 1:00pm. NO meeting December 19th 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: Wednesday, December 13th - 1:00pm. No meeting December 27th
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: Wed. December 6th - 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 – 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.

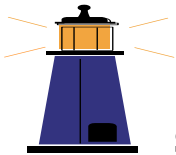
Extensions

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 (732) 329-6171 or Karen Lahrman, Driver

Princeton HealthCare System-Renu.....(609) 497-2230



South Brunswick Office On Aging
540 Ridge Road
Monmouth Junction, NJ 08852