

South Brunswick Beacon Senior Newsletter December 2018

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 – December 23rd, 25th, 30th**

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 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** -see the trip page

Program Highlights



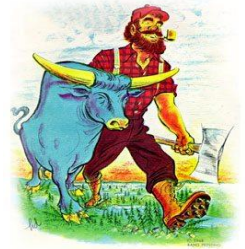
Holiday Bingo - Monday, December 10th 12:15pm Join us for a Bingo that boasts tons of fun and special prizes provided by the So. Brunswick Board of Education. **Bingo is a \$1.00 fee. Purchase Bingo Pass \$5.00 in office. Can share with friend.

Friends Bingo – Friday, December 14th 12:30 pm

Winter Bingo- Wed., Dec. 20th 12:15pm Join Christine for a look at the new Bingo system and a chance to win Winter themed prizes. Free

Lumberjack Party with Special Guests...

Bright Horizons Pre-School Monday, December 3rd 12:15pm Join our awesome preschoolers for an end of the year gathering. Games and a storytime circle with a reading of Paul Bunyon to the children. Wear your favorite Flannels and be a Lumberjack for a day! **Sign up.**



Coloring for Adults- Tuesday, December 4th 12:30 Enjoy tranquil music, color, and make a new friends. All materials provided. Free.



The Art Lee Project – Tuesday, December 11th 12:30pm Holiday Crafts. All materials provided or you may also bring some your own from home. **Sign up.**



Winter Wonderland Event

Sponsored by FRIENDS

Thursday, December 13th Doors open at 10:15am

10:45 Saran Wrap Gift Ball Game

11:00 Marshmallow Relay

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

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

from "The Toys" will be here to entertain you!!

Friends 50/50! * Sign Up By December 6th *****





Program Highlights

South Brunswick High School Choir- sing for us at the Senior Center on:

Monday, December 17th 12:30 pm

Please come and support these talented students.



Monthly Birthday Lunch – Tuesday, Dec. 18th

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 Dec. 11th**



Upcoming Senior Center Classes

Art Class– Mondays 1:00pm - 3:00pm Jan. 7th – Mar. 11th

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

Beadazzled- Friday Dec. 7th 12:30pm – 2:30pm

Handcrafted jewelry using beautiful high quality beads. December's project is a Necklace. **Cost: \$10 Sign Up**



Friending Your Phone Lessons - Thursdays 10:45 In the Senior Center Tech Center. Join Randy and Barbara from the SB Library and learn how useful and fun these devices can be! **December 6th , 13th , 20th Sign Up.**



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.

Program Highlights MOVIES



The Holiday- Thursday, December 6th 12:30pm

Two lovelorn women from opposite sides of the Atlantic Ocean, temporarily exchange homes to escape heartbreak during the holiday season. Comedy.

Into The Wild- Tuesday, December 11th 12:30pm

Based on a true story. After graduating from Emory University, Christopher McCandless abandoned his possessions, gave his entire savings account to charity, and hitchhiked to Alaska to live in the wilderness. Drama.

Bollywood Movie "Shor"- Friday, December 28th 10:30am

Movie is 3 hours long. A story about life, and the obstacles in it.



South Brunswick School's Concert Schedule

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

SBHS Winter Concerts- Dec. 11th, 12th, 13th & 18th at 7:00pm

Dec. 6th 7:00- Crossroads South Jazz Band at the High School

Dec. 10th 7:00- Crossroads North Band at Crossroads North

Dec. 11th 7:00- Crossroads North Strings at Crossroads South

Dec. 13th 7:00- Crossroads South Strings at Crossroads South

Dec. 18th 7:00- Crossroads North Jazz Band at Crossroads North

Dec. 19th 7:00- Crossroads North Choir perform at the High School

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

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.



BUS TRIP INFORMATION

(See Flyers In The Senior Center For Details)

Drumthwacket Tour- Holiday Décor to the Nines!!!

Free self led tour of the Governor's Mansion
Followed by lunch at the Princetonian Diner.
\$5.00 refundable **CASH** Bus Deposit. Lunch at
your cost. Trip will be on a Wednesday in
December!! **Date and time to be announced.**



****Recreation Bus Trips will resume in March****



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

Dec. 11th 11:00am- George Street Grill/Pizza

Dec. 12th 10:30am- East Brunswick Mall

Dec. 19th 10:30am- Walmart North Brunswick





Donations: Thank you **Moustafa Bayoumy,**
Esther Marius and **Bharti Daphtary** for your
donation. Your generosity is greatly appreciated. 😊

Friendly Reminder... Along the line of donations, we are currently
in need of new or newer type items to be used for Game Prizes
and Large Event Door Prizes. If you are looking for suggestions
please call Jill at extension 7675. Thanks so much! 😊

*****PLEASE NOTE IMPORTANT DATES*****



Lunch **WILL NOT** be served **Wednesday, Dec. 12th**
****PLEASE BRING A BAG LUNCH****

Free Blood Pressure Screening- Penn Medicine Princeton Health
Tuesday, December 18th 10am – Noon



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. 3rd** (10:00-noon) ~ **Mon. Dec. 17th** (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 IN A CLASS.**

Ageless Grace
Empowering Women for the Body & Mind



Ageless Grace – Tuesdays 12:30pm, **On Break Until March**

B.E.S.T. (Balancing, Exercises, Stretching, Toning)- Mondays
1:45pm. Light weights, balls & bands in chair **Jan. 7th – March 11th**
8 weeks \$32

Body Gym- Mondays 12:30pm, **Jan. 7th – March 11th** **7 weeks** FREE
Resistance Training.

Chair Yoga- Tuesdays 10:30am, Yoga in a chair **Jan. 8th – March 5th**
8 weeks \$28

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



Get Fit- Thurs. 1:45pm. Cardio & strength. **Jan. 10th – Feb. 28th**
8 weeks \$32

Now & Zen- Wednesdays 10:30am FREE **On Break Until February**

Pilates- Tues. 9:15am Core training. Bring own ball. **Jan. 8th – March 5th**
8 weeks \$32



Sculpting with Weights-Wednesdays 12:30 **Jan. 9th – Feb. 27th**
8 weeks \$28

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

Tai Chi- Thurs. 9:15am **Jan. 3rd – Feb. 21st** **8 weeks \$35**



Tap Dance-Tuesdays 1:30pm-Bring Tap Shoes **On Break Until March**

Yoga- Thursdays 10:30am Bring your own mat. **Jan. 3rd – Feb. 21st**
8 weeks \$32

Yogasize- Fridays 12:15pm Yoga & Meditation in chair. **On Break Until March**

Zumba- Fridays 1:15pm **On Break Until March**



Penn Medicine
Princeton Health

Finding Prostate Cancer Early

One in nine. That's how many men will be diagnosed with prostate cancer during his lifetime, according to the American Urological Association.

The prostate is a walnut-shaped gland that sits below the bladder and surrounds the urethra. It is part of the male reproductive system and is responsible for the production of prostate fluid, one of the components of semen.

"As men age, their risk for developing prostate cancer increases," says Alexander P. Vukasin, M.D., board certified in urology and the Chief of Urology at Penn Medicine Princeton Medical Center.

The decision to screen for prostate cancer is a personal one that begins with a conversation with your doctor about your risk for the disease. In general, screening is recommended for men with no symptoms who are between the ages of 55 to 69.

However, screening may also be recommended for men 70 and over if they are otherwise healthy and have a life expectancy of more than 10 years.

Some men who are considered high-risk for prostate cancer should consider screening beginning as early as age 40.

Prostate cancer typically does not exhibit any signs or symptoms unless it is in an advanced stage. If you have symptoms such as urinary frequency or urgency, talk to your doctor. Often, they are associated with other benign health conditions, including an enlarged prostate.

There is no one-size-fits-all approach to diagnosing and treating prostate cancer, making it even more important to talk with your doctor about screening and an approach to prostate health that is right for you.

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

PROGRAM HIGHLIGHTS

LECTURES



Establishing Patient Goals in Geriatric Medicine:

“The POLST Form”- Monday, Dec. 3rd 12:15pm

Practitioner Orders for Life-Sustaining Treatment (POLST) Paradigm Program benefits those who are seriously ill and improves their quality of care at the end of life. Barbara Vaning, MHA ,EMT Instructor, Princeton Health Community Wellness, will discuss the POLST form.

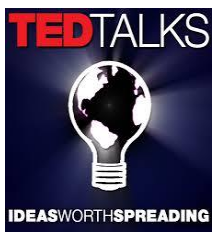
Balance Screening- Thursday, Dec. 13th 10:30am

Each year, one in three people over the age of 60 experience a fall. Join Vaani Pillai, PT, DPT, physical therapist with Princeton Medical Center Princeton Rehabilitation, for your individual balance screening, including the 30-second sit-to-stand test, timed get-up-and-go test and static balance test.



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

Ted Talks - short, video talks followed by discussion.



Wednesday, Dec. 5th 12:30pm- A thirty year history of the future.

Wednesday, Dec. 19th 10:45am- Americans forgotten working class.

Art Lecture with Maurice- Friday, Dec. 21st 12:30pm

Michelangelo and the Lost Secrets of The Sistine Chapel.

PLEASE SIGN UP



“What’s On Your Mind”?- Friday, Dec. 14th 1:45 pm

We are delighted that Barbara Forshner from Artis Senior Living will be joining our ‘What’s on Your Mind’ group. Interactive discussion will focus on signs and symptoms of memory impairment. Everyone is welcome to attend.



From the Desk of Marie Brown

Benefits Program Coordinator ext. 7676 Email: mbrown@sbtnj.net

Social Security Announces 2.8 Percent Benefit Increase for 2019



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Social Security and Supplemental Security Income (SSI) benefits for more than 67 million Americans will increase 2.8 percent in 2019, the Social Security

Administration announced today. The 2.8 percent cost-of-living adjustment (COLA) will begin with benefits payable to more than 62 million Social Security beneficiaries in January 2019. Increased payments to more than 8 million SSI beneficiaries will begin on December 31, 2018. The Social Security Act ties the annual COLA to the increase in the Consumer Price Index as determined by the Department of Labor's Bureau of Labor Statistics.

Social Security and SSI beneficiaries are normally notified by mail in early December about their new benefit amount. This year, for the first time, most people who receive Social Security payments will be able to view their COLA notice online through their my Social Security account. People may create or access their my Social Security account online at www.socialsecurity.gov/myaccount.

Information about Medicare changes for 2019, when announced, will be available at www.medicare.gov. For Social Security beneficiaries receiving Medicare, Social Security will not be able to compute their new benefit amount until after the Medicare premium amounts for 2019 are announced. Final 2019 benefit amounts will be communicated to beneficiaries in December through the mailed COLA notice and my Social Security Message Center.



From the Desk of Caryl Greenberg

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

How To Avoid Disappointment Near The Holidays

Do you put pressure on yourselves year after year because of 'New Year's Resolutions'? Many of us remember the plans and promises we made to ourselves the previous year, and even the year before that and realizing our disappointment when we don't come near realizing those goals. Perhaps we aim higher the following year to compensate for not reaching our goal in the first place and become more disheartened when those goals are not reached yet again. So you get the picture. It can become a vicious cycle of setting ourselves up for failure. There is a lot of self-prescribed pressure for us at the end of each year. Reevaluating how we want to improve our physical, emotional and perhaps medical well-being is valuable. As human beings it's important to constantly grow as a person, to improve interpersonal relationships and of course try to figure out how to be and feel healthy. So how can we achieve this realistically? Do not make goals that are unattainable and too specific. Hoping to achieve a 40 lb. weight loss is not unreasonable but if you have been hoping to achieve this for several years what makes you think this year will be any different? Modify the goal. Vow to take steps to be healthier and there is a good chance that a consequence of some behavior change will be weight loss. Don't set goals that are beyond your control. An example of this is to aspire to reconcile friendships or family relationships. We only have control over our own actions. Decide to reach out to others by calling or writing and then at least you can achieve what you set out to do. If the relationship blossoms that is wonderful but you will gain satisfaction in knowing you did what you can do and met your goal. Here is something you can do for free and quite easily. SMILE. This simple thing lets people know they can approach you. So if you decide to make a resolution this year add smiling to your list and see what happens.

Monthly Bereavement Group: Monday, Dec. 17th 10:45am

Anyone who has suffered the loss of a spouse or partner is welcome to attend the monthly bereavement group. Please do not be late. Questions? Please call Caryl 732.329.4000 x 7212



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. Acting Chair: Gail Weber **Thursday, December 6th 10:30 am**

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: \$3.00/year (resident seniors), \$5.00 (non-residents and non-seniors). Membership forms are at the office or on website. President: Muthu Subramanian Vice Presidents: Cindy Scribner & Satya Agarwal **Meeting: Friday, December 14th 10:30am Bingo 12:30pm**

South Brunswick Senior Social Club – Members needed! Dues: \$15.00. **Meeting: Tuesday, December 4th & 18th 1:00pm.** Brief business meetings, make friends, refreshments, bingo, trips. President: Aggie Schwartz
AC Trips Contact: 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: Wednesday, December 12th 1:00pm. NO meeting 26th. 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: Lou Mazza



Bridge Group - Daily bridge play. Friendly Duplicate tournaments are played **1st & 3rd Wednesdays** of the month. Coordinator: Satya Agarwal and Dakshi Subramanian

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! Coordinators: Ann Markey & Diane Duffy

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.

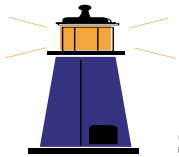
Extensions

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

Penn Medicine Princeton Health (609) 497-2230



South Brunswick Office On Aging

540 Ridge Road
Monmouth Junction, NJ 08852