

South Brunswick

Beacon Senior Newsletter

November 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 – November 6, 11, 12, 22, 23, 25**

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

November's Bigtime Bingo

Friends Bingo – Friday, November 2nd 12:30 pm

County Meal Bingo- Monday, November 5th Join Karen Delikat and her team for a fun filled food themed Bingo. **Full Board prize is a food basket!**



Transportation Bingo- Monday, November 26th



12:15pm. "A" is for **AWESOME!** Join Al Nardi for a transportation themed Bingo. **Full Board prize is a \$10.00 Bus Pass!** **Bingo is a \$1.00 fee. Purchase Bingo Pass \$5.00 in office. Can share with friend.

Veterans Day Recognition Event

Sponsored by Magyar Bank

Friday, November 9th

Please join us & support our Veteran's!

11:00am Recognition Ceremony

11:30am Star Spangled meal of the day

12:15pm Patriotic Party with entertainment by the Jersey Chix! **Sign up by Nov. 1st**



The Art Lee Project – Tuesday, November 13th 12:15pm



Creativity inspired by the colors of Autumn. All materials provided or you may also bring some your own from home. **Sign up.**

Festival of Lights- Thursday, November 15th 12:15 p.m.

The festival of lights is celebrated every autumn throughout India. One of the most popular festivals, it symbolizes the "victory of light over darkness, good over evil and knowledge over ignorance". Please join us as we bring "light" upon all cultures within our Senior Center and celebrate as one unified community.

Celebration will include music, singing, dancing and sweets. **Sign up by Nov. 8th**



Program Highlights



Monthly Birthday Lunch – Tuesday, Nov. 27th
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 Nov. 20th**

French Soiree at Crossroads North - Thurs. Nov. 29th 4:00pm



Middle school students studying the French language and culture will share their poems, artwork and other French projects. Light refreshments will be served. You must provide your own transportation to the event.

Sign Up by November 21st

**Daylight Savings Time Turn Your Clocks
Back one hour on Sunday, Nov. 4th**



Drop In- Free Blood Pressure Screening
Tuesday, November 20th 10am – Noon

REMINDER: George Street Playhouse Discount Tickets

are available for SB Senior Center members & one guest by calling Jaci D'Ulisse at (732) 846-2895 ext 134. Current shows: **The Trial of Donna Caine-** 10/16- 11/11

A Doll's House- 2 11/27-12/23. ** Discounts vary. Prices vary \$20 - \$50 per person, per show depending on showday and showtime.





Construction Notice

Just a reminder...Construction will be ongoing until late November. During construction there could be an odor from roof tar. We assure you this is non toxic and not hazardous to you. There will also be loud noises especially from 6am-10am. If you are sensitive to noise or smells please keep this in mind. This work will not cause us to be closed and all programs will continue.

Watch emails and signs at the center for any updates.

Program Highlights MOVIES



***Two Weeks Notice- Thurs. Nov. 1st 12:30pm**

Dedicated environmental lawyer Lucy Kelson (Sandra Bullock) goes to work for billionaire George Wade (Hugh Grant) as part of a deal to preserve a community center. PG-13 1hr. 42 min.

***Mamma Mia- Here We Go Again- Tues. Nov. 27th 12:30pm**

Get ready to sing and dance, laugh and love all over again. Ten years after Mamma Mia, you are invited to return to the magical Greek Island with a pregnant Sophie looking to carry on her moms dream in this musical based on the songs of ABBA. PG- 13 1hr. 54

***Bollywood Movie "Muqaddar Ka Sikandar"- Fri., Nov. 30th**

10:30am – 1:30pm- Homeless and orphaned, Sikandar (Amitabh Bachchan) rarely finds compassion on the mean streets of India, as he lives one day to the next doing whatever he can to survive.

Upcoming Senior Center Classes



Art Class- Mondays 1:00pm - 3:00pm,

Oct 29th-Dec 17th Artists of all levels welcomed. Students learn to utilize a variety of materials, techniques & concepts. Bring own supplies. Seven weeks \$42.

Mahjongg Lessons - Tuesdays-Starting Nov. 13th

10:00am Join Gail and learn how to play Mahjong, or get tips to improve your game. Make new friends. **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! **Nov. 1st, 8th & 15th. Sign Up.**

Sign Language- Mondays 10:45-11:45am FREE

Nov. 5th – Dec. 17th Signing to Music. Learn how to incorporate sign language into a song. **Sign Up.**



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.**



****NOTE** No Bus Trips in November of 2018 or
January and February of 2019
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.

- Nov. 7th** 10:30am- Quakerbridge mall
- Nov. 14th** 10:30am- Walmart No. Brunswick
- Nov. 27th** 11:00am- Dayton Diner
- Nov. 28th** 10:30am- E. Brunswick Mall



Donations: Thank you **Bonnie Tommasino**
and **Malti Sadarangani** 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! ☺



**It's November!!!
Taxes are due by
Thursday, November 1st !!**

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. Nov. 5th** (10:00-noon) ~ **Mon. Nov. 19th** (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 – Tuesdays 12:30pm, **Nov. 13th – Dec. 18th 6 weeks \$18**
Brain-based anti-aging exercises use creativity/imagination, memory/recall & analytical thinking. Done in a chair.

B.E.S.T. (Balancing, Exercises, Stretching, Toning)- Mondays 1:45pm. Light weights, balls & bands from a chair **Oct 15th- Dec 17th 9 weeks \$36**

Body Gym – Mondays 12:30pm, **Nov. 5th – Dec. 17th 6 weeks FREE**
Resistance Training.

Chair Yoga -Tues. 10:30am, Yoga in a chair **Sept. 25th-Dec. 11th 10 weeks \$35**

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



Get Fit- Thurs. 1:45pm. Cardio & strength. **Oct. 18th – Dec. 20th 9 weeks \$36**

Now & Zen- Wednesdays 10:30am FREE **Oct. 3rd – Dec. 5th 6 weeks FULL**

Pilates- Tues. 9:15am Core training. Bring own ball. **Oct. 23rd – Dec. 18th \$32**

Sculpting with Weights-Wednesdays 12:30 **Oct. 31st – Dec. 19th 7 weeks \$25**



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

Tai Chi- Thurs. 9:15am **October 25th - Dec 13th 7 weeks \$28**



Tap Dance-Tuesdays 1:30pm-Bring Tap Shoes **Nov. 13th-Dec. 18th 6 weeks \$23**

Yoga-Thursdays 10:30am Bring your own mat. **Oct. 25th-Dec. 13th 7 weeks \$28**

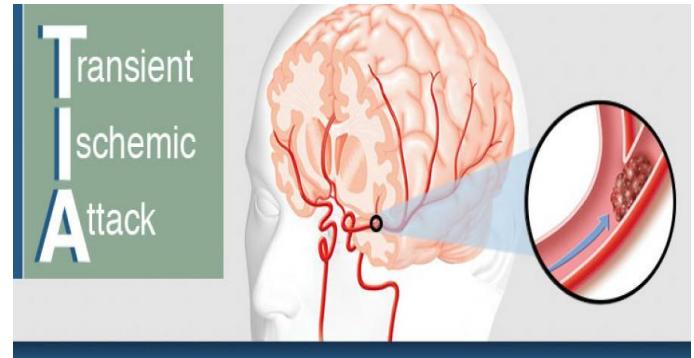
Yogasize-Fridays 12:15pm Yoga & Meditation done in a chair
Oct. 26th – Dec. 14th 7 weeks \$22

Zumba- Fridays 1:15pm- **Nov. 9th – Dec. 21st 6 weeks \$23**



Penn Medicine
Princeton Health

A Mini Stroke May be a Warning Sign



Did you know that according to the American Stroke Association people who have severe strokes often report having earlier warning signs?

“That’s why it is important to recognize the symptoms of a mini-stroke and seek prompt medical attention even if the symptoms last only a few minutes,” says Paul Kaiser, M.D., board certified in clinical neurophysiology, neurology and vascular neurology, and a member of the Penn Medicine Princeton Health medical staff.

At Penn Medicine Princeton Medical Center, designated by the State of New Jersey as a Primary Stroke Center, specially trained acute stroke teams are available 24/7 to diagnose stroke.

A mini-stroke or a transient ischemic attack (TIA) is a temporary blockage of blood flow to the brain caused by a clot that disappears on its own or gets dislodged so that it stops causing symptoms. However, a TIA is a warning sign that can indicate the likelihood of a full-blown stroke in the future.

Symptoms of a mini-stroke are the same as a full-blown stroke and may include sudden onset of: weakness, numbness or paralysis of the face, arm or leg, usually on one side; slurred or garbled speech; difficulty comprehending language; double visions or loss of vision in one or both eyes; dizziness or loss of concentration; and severe headache.

Though these symptoms may resolve quickly, proper medical evaluation is needed to determine whether you have had a TIA, a stroke or another medical problem and whether treatment is needed. If you experience symptoms of a TIA or stroke, call 9-1-1 and seek immediate medical care.

For more information about the PMC Stroke Center or to find a physician affiliated with Princeton Health, call 888.742.7496 or visit www.princetonhcs.org.

PROGRAM HIGHLIGHTS **LECTURES**



Stop the Bleed- Monday, Nov. 5th 12:30pm

Stop the Bleed is a national awareness campaign and call-to-action intended to cultivate grassroots efforts that encourage bystanders to become trained, equipped, and empowered to help in a bleeding emergency before professional help arrives. Join Barbara Vaning, MHA, EMT Instructor with Princeton Health for this invaluable discussion.

Manage Pre-Diabetes & Diabetes-

Thursday, Nov. 8th 10:30am

Learn about lowering your risks of pre-diabetes and Type 2 diabetes, reducing complications for those diagnosed with diabetes and nutrition recommendations at this informative session presented by Louise Gross and Sandra Byer-Lubin.



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



Ted Talks - short, video talks followed by discussion.

Wednesday, Nov. 7th 12:30pm- Should you be able to patent a human gene?

Wednesday, Nov. 21st 10:45am- Depression, the secret we share.



Police Lecture- Holiday & Personal Safety- Thursday,

Nov. 8th Learn how to protect yourself from holiday scams and safety tips for safe shopping this holiday season.

Art Lecture with Maurice- Friday, Nov. 16th 12:30pm

Vermeer- Johannes Vermeer was a Dutch painter who specialized in domestic interior scenes of middle-class life.

Sign up by Nov. 9th



Feast for the Eyes- Thursday, November 29th 12:15pm

Presented by Vanessa Young. Take a journey from the ancient world to the present as we explore the connection between food and art. **Sign Up.**



From the Desk of Marie Brown

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



Low-Income Home Energy Assistance Program

LOW INCOME HOME ENERGY ASSISTANCE PROGRAM (LIHEAP) and UNIVERSAL SERVICE FUND (USF) INCOME LIMITS

The Low Income Home Energy Assistance Program (LIHEAP) is designed to help low-income families and individuals meet home heating and medically necessary cooling costs. For persons age 60 or over, or who are disabled, applications may be received and returned by mail.

To be eligible for LIHEAP benefits, the applicant household must be responsible for home heating or cooling costs, either directly or included in the rent; and have gross income noted in the chart below. The amount of the LIHEAP heating benefit is determined by income, household size, fuel type, and heating region. This year, the medically necessary cooling assistance benefit is set at \$200. that will be applied as a credit to an active electric account in the system.

The LIHEAP application is also an application for the Universal Service Fund Program (USF). You apply for two benefit programs at the same time. 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.

Additional information about LIHEAP and USF, including an application, are available at the Senior Center.

| MAXIMUM MONTHLY GROSS INCOME ELIGIBILITY LEVELS | USF Program | LIHEAP Program |
|--|--------------------|-----------------------|
| Household Size | | |
| 1 | \$1733 | \$1980 |
| 2 | \$2337 | \$2670 |

On **Tuesday, Nov. 13th from 10:00am – 1:00pm (Table in Lobby)**- Christine Rodriguez, outreach worker from the Puerto Rican Action Board, will accept LIHEAP/USF applications for the 2017-2018 heating season. There will be a short presentation and Q&A session followed by an intake session. She will have access to the state database to check current client's status. No appointments necessary. Please see Marie for a list of documents to bring with you to complete your applications.

Giving Thanks

From the Desk of Caryl Greenberg

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



Thanksgiving can be a wonderful holiday which often brings together family, friends, chilly weather and delicious food. It is not however so stress-free for everyone. You might be hosting this year and have to clean the house, figure out where everyone is going to

sit, food shop, food shop again because invariably you've forgotten something and lastly, come up with a menu to accommodate a gluten free guest, a vegetarian and a lactose intolerance grandchild! Or maybe it's not about hosting woes—maybe your family has suffered a loss recently, and this is the first holiday since then and the feelings of sadness are very fresh and raw. It can be very hard to be thankful at a time like that. It might not even be about a recent loss but your holidays might be different from years back when we were all younger and you had a houseful of noise and laughter. It might feel sometimes like what is there to give thanks for when our lives have evolved and our joy is not quite as joyous as years back. One thing we can do is create new traditions to lift our spirits and create new memories. Invite over a friend or go out to eat. Don't attempt perfection- this will automatically create unwanted stress. Try to find little things to be grateful for. It can be the new 350 count thread sheets that help you have a good night sleep, to the doctors' report that you are still in remission. I always tell people when invited somewhere always say 'yes' and you can change your mind later. I stand behind that advice but if your 'yes' response is causing stress for you change that response to a 'no'. I can go on about tips to find joy throughout your day but the one other suggestion I want to include is to take the month of November to thank a Veteran and express gratefulness to him or her for their service to this country. In that same vein, we will be thanking our South Brunswick Veterans on Friday, November 9th at 11 am and you are all welcome to attend this short but sweet ceremony. The event will be followed by the County lunch program (suggested donation) and entertainment. My wishes are for you all to have an enjoyable and meaningful Thanksgiving.



Monthly Bereavement Group: Nov. 19th 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, November 1st 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, November 2nd 10:30am Bingo 12:30pm
**** (please note different date) ****

South Brunswick Senior Social Club — Members needed! Dues: \$15.00.
Meeting: Tuesday, November 20th 1:00pm.
(No meeting Nov. 6th) 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, November 14th & 28th 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: 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.

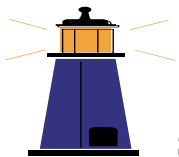
Extensions

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