

South Brunswick Beacon Senior Newsletter November 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 Nov. 7th, 10th, 12th 23rd, 24th & 26th**

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-12:30pm
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

Digital Library Resources - 10:45 – 12:00

Thursday, Nov 2nd & 16th – Class covers resources available with your Library Card ie: Hoopla, Lynda, Overdrive

All Things Google – Thursday, Nov 9th 10:45 – 12:00

Class outlines Google services ie: Google Docs, Google Calendar, Google Photos, Youtube

Must **Sign up** in office and leave \$5 depoist. Limited enrollment so sign up now. Meets in the Tech Center. Taught by Library staff.



Magyar Bank Financial Lecture- Fri. Nov. 3rd 12:15 pm

“Riskology” – Risks of today’s retirement.



TRICKY TRAY BINGO- Mon. Nov. 6th & 13th Bingo tickets in the office \$10 card/10 days. Bingo is \$1.00 a day.

Prize Bingo Atrium Sponsored- Nov. 20th 12:15pm

This Bingo event is FREE thanks to sponsorship from our friends at **Atrium Health & Senior Living**. Atrium is a premier healthcare facility that provides their residents with quality personal care and all the comforts of home.



Veterans Day Recognition Event - Sponsored by

Magyar Bank ~ Thursday, November 9th

11:00am Recognition Ceremony **11:30** Lunch

12:15pm Patriotic Party with entertainment by the Jersey

Chix! Please join us & support our Veteran’s! **Sign up by Nov. 2nd**

L’ORÉAL

Is In The House!! Hands Up For Manicures!! Monday,

November 13th 10:30 – 1:30 Get those nails in shape for

the holidays! L’OREAL provides these FREE manicures. **Sign Up in the office.**



Thanks for Your Support!

DONATIONS – Thank you Jane Clute & Malti Sadarangani for your generous donation, it is greatly appreciated. The Senior Center graciously accepts monetary donations (designated for senior center use). Checks payable to SB Senior Center.

“Tribute Cards” are available (\$15) for pack of ten. Donations are tax deductible. All donations go 100% to Senior Center.

Program Highlights



The Art Lee Project – Tuesday, Nov. 14th

12:15pm "Fall themed Arts & Crafts". FREE. All supplies provided. Bring your creativity. Make a collage, painting or a table decoration. If you like, bring items you would like to include (ie: photos) to put into your art. **Sign up.**



Herbs for Elders w/ Cindy– Wednesday, Nov. 15th

12:15pm In this presentation, we will address the unique health concerns of people in later life and will discover a variety of herbal remedies for prevention and the support for problems associated with aging. **Sign up by Nov. 8th**



Police Lecture on Holiday & Personal Safety–

Thurs., Nov. 16th Learn how to protect yourself from holiday scams and safety tips for safe shopping this holiday season. Keep yourself and your family safe during the holiday season.

French Soiree at Crossroads North - Thurs. Nov. 16th 3:30pm



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 6th.**



Art Lecture with Maurice - Matisse & Picasso - Friday,

Nov. 17th at 12:30pm Join Professor Mahler for a look into the world of two of the most renowned artists. Friends and rivals changed the course of 20th-century art.

Fall Foliage Craft - Brightstar Sponsored- Fri., Nov. 17th

12:15 Brightstar is a leading homecare & medical staffing organization that provides exceptional personalized care to elders. **Sign up by Nov. 6th**

Mahjongg Lessons- Tuesdays-Starting Nov. 14th @10:00am, Aud 2. Learn how to play Mahjong, or get tips to improve your game. **Sign up.**

Program Highlights

Collier High School Model UN- Monday, Nov. 27th 12:15pm

Please join and welcome the students of Collier High School who will be presenting their knowledge of multiple cultures through a variety of activities, stories, poems and conversation. Come support these fantastic students!



Monthly Birthday Lunch – Tuesday, Nov. 28th

11:00am Is this your Birthday Month? Please let us know so we can celebrate **your** special day.

Sign up by Nov. 21st. Trivia & Cake Always FUN!



The House- Thursday, November 2nd 12:30 pm-

Rated R- 1:28 min - In this outrageous comedy, a married couple attempt to pay for their daughter's college tuition by running an illegal casino in the suburbs.

Maudie – Tuesday, November 28th 12:30 pm-

Rated PG-13- 1:55 min- Uplifting biopic of Canadian artist Maud Lewis, who overcame rheumatoid arthritis to become a renowned folk painter.



Ted Talks - short, powerful video talks followed by discussion. Looking for a volunteer to facilitate Ted Talks.

Wed, Nov. 1st 12:30pm- Do Schools Kill Creativity?

Sir Ken Robinson makes an entertaining and profoundly moving case for creating an education system that nurtures (rather than undermines) creativity.

Wed, Nov. 15th 10:45am- How I held my Breath for 17 Minutes.

In this highly personal talk from TEDMED, magician and stuntman David Blaine describes what it took to hold his breath underwater for 17 minutes -- a world record (only two minutes shorter than this entire talk!) -- and what his often death-defying work means to him.



Winter Wonderland Party-SAVE THE DATE

Thursday, December 14th 12:15 pm

BACK BY POPULAR DEMAND!!! BARBARA HARRIS from "The Toys" will be here to entertain you!! Details-December newsletter.

SPECIAL TRIPS

Morris Museum- Tuesday, November 21st

Museum Detectives: What is it? The Morris Museum will present unusual & intriguing objects. Self guided visit. **COST:** \$5.00 admission cash or check payable to FRIENDS plus \$5.00 refundable CASH bus deposit. Bag lunch only. Bus leaves 8:30am from Woodlot Park return about 3:30pm.



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.**



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.



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

Nov. 1st 10:30 am - Walmart (Lawrenceville)

Nov. 14th 11:00am - Hoysola (Lunch Trip)

Nov. 15th 10:30 am - East Brunswick Mall

Nov. 28th 11:00 am - IHOP (Lunch Trip)

Nov. 29th 10:30 am - Shoppes at North Brunswick



REMINDER: George Street Playhouse Discount

Tickets-- are available for Senior Center members & one guest by calling Jaci D'Ulisse at (732) 846-2895 ext 134. Tuesday, Wednesday or Thursday 8:00 pm shows are now \$20 per ticket. Current shows: I love you, You're perfect, Now change. (Oct. 10th - Nov. 12th) and An Act of God Nov. 28th-Dec. 23rd



**It's Property Tax
Time Again!**



**REMINDER: It's November!!!
Taxes are due by
Wednesday, 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 6th (10:00-noon) or Nov 20th (11:30-1:30) 15 minute session

Sign up 2 weeks prior to class start. Fees non refundable. All classes 8 weeks unless stated otherwise. No joining after session starts. Classes need at least 10 students paid 2 weeks in advance

Ageless Grace – Tues. 12:30pm, **Nov. 14th – Dec. 19th**, (6 weeks) \$13



Art Class – Mon. 1:30-3:00pm, **Nov. 13th – Dec. 18th**, (6 weeks) \$28

B.E.S.T. (Balancing, Exercises, Stretching, Toning)- Mon. 1:45pm. Light weights, balls & bands from a chair, **Oct. 16th– Dec 11th**, 9 weeks \$36

Body Gym – Mon. 12:30pm, **Nov.13th – Dec. 18th** (6 weeks) FREE

Chair Yoga - Tues. 10:30am, **Oct.31st – Dec 19th**, (7 weeks) \$22

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. 12th – Dec. 14th**, (9 weeks) \$36

Now & Zen – Wed. 10:30am. **Nov. 1st – Dec. 13th** (5 weeks) FREE
Program includes deep breathing exercise, guided meditation, chanting and Reiki. Done in a chair.

Pilates – Tues. 9:15am. Bring your own ball. **Oct. 24th – Dec. 19th**, \$36

Sculpting with Weights – Wed. 12:30pm **Oct. 25th – Dec. 13th**, (7 weeks) \$25

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

Sign Language – Mon. 10:45am **Nov. 6th – Dec. 18th** (7 weeks) FREE

Tai Chi – Thurs. 9:15am **Oct. 19th – Dec. 14th** , \$35

Tap Dance – Tues. 1:30pm **Oct. 31st – Dec. 19th**, (6 weeks) \$24

Yoga – Thurs. 10:30am, **Oct. 26th – Dec. 14th**, (6 weeks) \$24 Bring your own mat.

Yogasize – Fri. 12:15pm, **Oct. 20th – Dec. 15th** (7 weeks) \$17
Breathing, mindfulness, flexibility and balance. Done in a chair.

Zumba – Fri. 1:15pm **Nov. 3rd – Dec. 15th** (6 weeks) \$24



Tired of Being Tired

Sleep – like food, water and air – is a basic human need. Without it, your body cannot function properly.

“In fact, lack of quality sleep may not only cause you to feel tired all the time, but it can also lead to serious health problems, including diabetes, cardiovascular disease, obesity and depression,” says David B. Cohn, M.D., board certified in critical care medicine, internal medicine, pulmonary disease and sleep medicine, and the medical director of the University Medical Center of Princeton (UMCP) Sleep Center.

For individuals who struggle to get a good night’s sleep, the Sleep Center at UMCP, accredited by the American Academy of Sleep Medicine, provides a full-range of services to diagnose and treat sleep disorders.

A sleep study is often the first step in diagnosing a sleep disorder. Typically, studies are performed during an overnight stay at the Sleep Center at UMCP. However, home sleep studies are also available for individuals who are unable to spend the night at the Sleep Center.

During a sleep study, technologists apply sensors and monitor you as you sleep with a state-of-the-art digital sleep recording system. Results are used to identify any physical problems that may be causing disrupted sleeping.

Treatment for sleep disorders depends on the specific condition. If sleep apnea is diagnosed, treatment may include lifestyle changes such as losing weight or a breathing device like a continuous airway pressure (CPAP) machine, which helps keep the airway open so you are able to breathe normally during sleep.

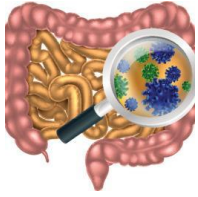
Patients with insomnia or restless leg syndrome may benefit from lifestyle and behavioral changes alone or along with medication.

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



Treating Diverticulosis and Other Colorectal Conditions

Monday, Nov. 6th 12:30 pm

Colorectal conditions can impact your quality of life and may indicate more serious problems. The first step in diagnosing the problem may be a colonoscopy, which is a key for early detection of colon cancer and can also reveal other abnormalities of the colon, such as diverticulosis and internal hemorrhoids. Attend this informative program led by Amy R. Shriver, MD, board certified in gastroenterology and internal medicine, and learn about common colon conditions, as well as treatment options. Dr. Shriver is a member of the Medical Staff of Princeton HealthCare System.



Nutrition Meets Tradition - Thursday, Nov. 9th 10:45 am

Learn about superfoods and how you can incorporate them into your favorite holiday dishes.



Blood Pressure Checks—Tuesday, Nov. 21st 10am–12pm

REMINDER: SNOW REMOVAL



Tuesday, December 21st is the first day of winter! Do you know who's shoveling your driveway? Please do not wait to make arrangements. There are flyers in the senior center from licensed and insured landscapers willing to provide snow removal to you along with their rates or contact Caryl at x7212.

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@sbtanj.net

2017 Fall Open Enrollment

Fall Open Enrollment is the time of year when you can change your Medicare coverage. You can do this by joining a new Medicare Advantage plan or by joining a new stand-alone prescription drug plan (PDP). You can also return to Original Medicare with or without a stand-alone Part D plan from a Medicare Advantage plan during this time.

Listed below are six things to keep in mind while you are deciding on your Medicare coverage for 2016.

- **Fall Open Enrollment occurs from October 15 - December 7 of every year.**
- If you enroll in a plan during Fall Open Enrollment, your coverage starts January 1.
- In most cases, Fall Open Enrollment is the only time you can pick a new Medicare Advantage or Medicare Part D plan.
- If you have Medicare Advantage, you can also switch to Original Medicare. To get Medicare drug coverage, you can join a stand-alone Part D plan at this time.
- **Review your Current Medicare Health and Drug Coverage.**
- If you have a Medicare Advantage plan or a stand-alone Part D plan, you should receive an [Annual Notice of Change \(ANOC\)](#) and/or [Evidence of Coverage \(EOC\)](#) from your plan. Review these notices for any changes in the plan's costs, benefits and rules for the upcoming year. If you are dissatisfied with any changes, you can make changes to your coverage during this time.



Even if you are satisfied with your current Medicare coverage, **take action** and look at other Medicare options in your area that may better suit your individual needs in the upcoming year. For example, even if you are satisfied with your current Medicare Advantage or Part D plan, you should check to see if there is another plan in your area that will offer you better health and/or drug coverage at a more affordable price.

From the Desk of Caryl Greenberg

Social Worker, MSW LSW - ext. 7212

Email: cgreenbe@sbtnj.net



Being Grateful Will Make You Happier

Being grateful will make you happy. This shouldn't come as a surprise choosing to focus on good things makes you feel better than focusing on bad things. However for many people gratitude is difficult because life is difficult. But we don't have to be slaves to our feelings, circumstances and genes. Evidence suggests that we can actively choose to practice gratitude and that doing so raises our happiness. There is evidence based science to back this up.

For example, researchers in one 2003 study randomly assigned one group of study participants to keep a short weekly list of the things they were grateful for, while other groups listed hassles or neutral events. Ten weeks later, the first group enjoyed significantly greater life satisfaction

than the others. Other studies have shown the same pattern and lead to the same conclusion. If you want a truly happy holiday, choose to keep the "thanks" in Thanksgiving, whether you feel like it or not. How does all this work? One explanation is that acting happy, regardless of feelings, coaxes one's brain into processing positive emotions. In one famous 1993 experiment, researchers asked human subjects to smile forcibly for 20 seconds while tensing facial muscles, notably the muscles around the eyes called the orbicularis oculi (which create "crow's feet"). They found that this action stimulated brain activity associated with positive emotions. Gratitude is a way for people to appreciate what they have instead of what they don't have. (Based on an article by Jason Brooks)

I hope to see many of you at the Veterans Day Event on November 9th at 11 am where we will express our gratitude to Veterans who have contributed to this great nation and to the advance of human freedom. Every veteran has earned this nation's permanent gratitude and we have an opportunity to personally thanks our Veterans!

Lastly, I am grateful for many things one of which is **you** for reading this in its entirety! Thank you and Happy Thanksgiving to all.

Gratitude is the best channel
to attract more abundance.

- Jonny G. Perry



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 welcomed. Township Liaison: Deputy Mayor Charlie Carley.

SAC Chairman: Don Bergman. **Meeting: Thursday, Nov. 2 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: NOTE DIFFERENT DATE: Friday, Nov. 17th - 10:30am, NO FRIENDS Bingo after.

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

Meeting: Tuesday, November 21st - 1:00pm. Brief business meetings, make friends, refreshments, bingo, trips. President: Lillian Donovan (908) 307-6422. **NO** meeting Nov 7th.

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

Meeting: Wednesday, November 8th & November 22nd - 1:00pm.

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: November 1st - 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!



Staff Directory

To reach our staff members call (732) 329-4000, followed by their extension. After hours leave a voicemail.

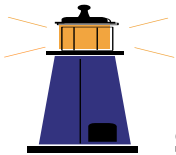
Extensions

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.....(609) 497-2230



South Brunswick Office On Aging

540 Ridge Road
Monmouth Junction, NJ 08852