

# South Brunswick Beacon Senior Newsletter October 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 – Oct. 13<sup>th</sup> & 14<sup>th</sup>**

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

**Website:** [www.southbrunswicknj.gov](http://www.southbrunswicknj.gov) (Click Departments, then Senior Ctr)

**Director:** Caryl Greenberg **Email:** [cgreenbe@sbtnj.net](mailto:cgreenbe@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** (1<sup>st</sup> & 3<sup>rd</sup> 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, Oct. 7<sup>th</sup> & Friday, Oct. 25<sup>th</sup> 12:15pm  
Cost \$1.00 Get your punch cards at the office.

**Friends Bingo** – Friday, October 11<sup>th</sup> 12:30pm



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**Coloring for Adults- Tuesday, October 1<sup>st</sup> 12:15pm**  
Enjoy tranquil music, color and make a new friends.  
All materials provided. Free. **Sign up.**

**The Art Lee Project- Tuesday, October 8<sup>th</sup> 12:30pm**  
Repurposed items transformed into fabulous, original and  
unique works of art. Come express yourself!  
All materials provided. **Please sign up.**



## TIME TO PARTY!!!!

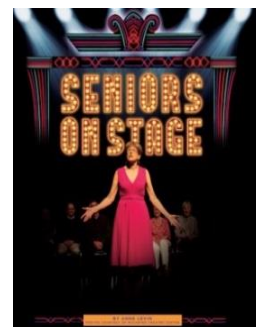
### **WELCOME CARYL GREENBERG!**

**Newly Appointed Director Of The  
South Brunswick Senior Center  
Thursday, October 10<sup>th</sup> 12:15pm**  
Join us in celebrating our new director!  
**Sign Up By October 3<sup>rd</sup>**



## McCarter Theatre Seniors Onstage- FREE

**Thurs., October 17<sup>th</sup> 12:15pm** "In or Out- Exclusion, Inclusion, and being out of your comfort zone." This ensemble—all over 55—perform in all over generating delight, insight, and affirmation about senior memories and experience. The performers totally engage their audiences. **Sign up by October 10<sup>th</sup>.**



## Program Highlights



**Word Play – Jeopardy- Monday, October 21<sup>st</sup>**  
**12:15pm** “Jeopardy!” is a classic game show, with a twist. The answers are given first, and the contestants supply the questions. Join us for this fun filled game!

**Monthly Birthday Lunch– Tuesday, October 22<sup>nd</sup>**  
**11:00am** Is this your Birthday Month? Please let us know so we can celebrate **your** special day. Join us for trivia, lunch & cake. **Sign up by October 15<sup>th</sup>**



## Culture Fest FRIENDaversary Bash!



**Bridging The Gap- Thursday, Oct. 24<sup>th</sup>**

**Celebrating the 20<sup>th</sup> Anniversary of the Senior Center’s FRIENDS Organization.**

What better way to celebrate an anniversary than with a multicultural celebration showcasing all of what our community is about. \*If you are interested in participating and representing your culture through music, poetry, dance or food please see T.K.

**10:30 – 11:30** Cultural Demonstrations

**12:15-** Foods of the World. **Sign Up By October 17<sup>th</sup>**

## Halloween Bash

**Thursday, October 31<sup>st</sup>**

**11:15-** Halloween Themed Lunch

**12:15-** Musical Entertainment by Karickter!  
(Sponsored by FRIENDS)



## **Costume Contest!**

Prize for 1<sup>st</sup> , 2<sup>nd</sup> and 3<sup>rd</sup> place winners.

Friends -50/50 **Sign up by October 23<sup>rd</sup>**

# Program Highlights

## Upcoming Senior Center Classes



**Art with Christina- Oct. 21<sup>st</sup> – Dec. 16<sup>th</sup> 8wks \$48 1pm – 3pm**  
Artists of all levels are welcomed. Students learn to utilize a variety of materials, techniques & concepts. Bring own supplies. **Sign up**



**Crystals, Chakras and More- Mondays, Sept. 16<sup>th</sup> – Nov. 25<sup>th</sup> 10:30am 7wks.** Learn how crystals synchronize with the seven chakras for self-healing and clearing of energy fields. **Sign up.**

**Device Doctor- Thursdays, 10:45am – 12:00pm** Join Randy & Barbara from the library, learn some new tricks in Friending Your Phone.



**October 3<sup>rd</sup> & 17<sup>th</sup>-** Calendar, Google Maps & Waze

**October 10<sup>th</sup> & 24<sup>th</sup> -** Skype, Snapchat & Google Photos

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## MOVIES

**Breakthrough- Thursday, October 3<sup>rd</sup> 12:30pm 1h 57m**

After a 14-year-old falls into a frozen Missouri lake, his adoptive parents refuse to give up hope on their son, lying unconscious in a hospital bed. PG | 2019 |



**Rocketman- Tuesday, October 22<sup>nd</sup> 12:30pm**

His music inspires you, his life will surprise you,"

Rocketman is a one-of-a-kind musical celebration set to Elton John's most beloved songs. Discover how a shy, small-town boy becomes one of the most iconic figures in rock & roll. R | 2019 | 2h 1m

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**Donations: Thank you Malti Sadarangani for your generous donation.** We graciously accept monetary donations. All donations go to senior programs. Checks are payable to So. Brunswick Senior Center. "Tribute Cards" available \$15 per pack of ten. Donations are tax deductible.



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**Billiards News!!-** Open play M-F 8:30 – 4:15 & Sun. 1:00 – 4:00 (except on tournament days).  
October In-House Tournaments Are: 8, 10, 15, 22



# PROGRAM HIGHLIGHTS

## HEALTH PROGRAMS

### Fall Prevention- Mon. October 7<sup>th</sup> 12:30pm

One in three people over the age of 60 experiences a fall. Learn about balance, your risk for falls and the role of physical therapy and exercise in overall wellness, balance and fall prevention. Led by Vaani Pillai, physical therapist with Princeton Medical Center Princeton Rehabilitation.



### Vision Screening- Thurs., October 17<sup>th</sup> 10:00am-1:00pm

Princeton HealthCare System & New Jersey Commission for the Blind: offer free vision screenings to uninsured or underinsured adults & kids. Register with PHC at (609)497-2230 or visit their desk in wellness center. **By Appointment Only.**

### Free Blood Pressure Screening- 10am – Noon

**Tuesday, October 15<sup>th</sup>** No Appointment Necessary.



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

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## LECTURES

Ted Talks - short, video talks followed by discussion.



**Wed., Oct. 2<sup>nd</sup> 12:30pm-** The secret to living longer may be your social life.

**Wed., Oct. 16<sup>th</sup> 10:45am-** The human skills we need in an unpredictable world.

Art Lecture with Maurice- Friday, Oct. 18<sup>th</sup> 12:30pm The Great Impressionists- Join us as Professor Mahler lectures about the great Impressionists of days past. **Sign up please.**



### Wills & Probates- Monday, October 28<sup>th</sup> 12:15pm

Join Attorney Kenneth Vercammen for this FREE informative presentation on planning ahead to save your family's assets.

## **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. Oct. 7<sup>th</sup>** (10:00-noon) \* **Mon. Oct. 21<sup>st</sup>** (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, Nov. 12<sup>th</sup> – Dec. 17<sup>th</sup> 6 weeks \$18

**B.E.S.T. (Balancing, Exercises, Stretching, Toning)**- Mondays 1:45pm.

Light weights, balls & bands in chair Nov. 4<sup>th</sup> – Dec. 16<sup>th</sup> 6 weeks \$24

**BOLLY X** – Mondays 12:30pm Sept. 16<sup>th</sup> – Dec. 9<sup>th</sup>

10 weeks \$16 Intro Price. Cardio & Interval training that tones

& burns calories. Come try this great new class!



**Chair Yoga**- Tuesdays 10:30am Nov. 12<sup>th</sup> – Dec. 17<sup>th</sup> 6 weeks \$22

**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. Oct. 31<sup>st</sup> – Dec. 12<sup>th</sup> 6 wks \$24

**Now & Zen**- Wednesdays 10:30am Sept. 18<sup>th</sup> – Dec. 4<sup>th</sup> FREE

**Pilates**-Tuesdays 9:15 Core training. Oct. 29<sup>th</sup> – Dec. 17<sup>th</sup> 7 weeks \$28

Bring your own ball.

**POUND**- Thursdays 12:30pm Oct. 31<sup>st</sup> – Dec. 12<sup>th</sup> 6 weeks \$18

Cardio/Strengthening with simulated drumming using provided ripsticks.

Fun & exhilarating come give this new class a try!

**Sculpting with Weights**- Wed. 12:30pm Nov. 6<sup>th</sup> – Dec. 18<sup>th</sup> 6 weeks \$22

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

**Tai Chi**-Thursdays 9:15am Nov. 14<sup>th</sup> – Dec. 19<sup>th</sup> 5 weeks \$24

**Tap Dance**-Tues. 1:30pm. Bring Tap Shoes. Nov. 12<sup>th</sup> – Dec. 17<sup>th</sup> 6 wks \$24

**Yoga**-Thursdays 10:30am Bring mat. Nov. 14<sup>th</sup> – Dec. 19<sup>th</sup> 5 weeks \$20

**Yogasize**- Fridays 12:15pm Nov. 1<sup>st</sup> – Dec. 13<sup>th</sup> 6 weeks \$19

**Zumba**- Fridays 1:15pm Nov. 1<sup>st</sup> – Dec. 13<sup>th</sup> 6 weeks \$23

# Bus Trip Information

**Trip Registration 8:30am-11:45am. Registration Drawing Is At Noon.  
Must Be Present To Sign Up.**



## Eastern State Penitentiary- Monday, Oct. 21<sup>st</sup> **LEAVES WOODLOT PARK 8:30AM**

America's Most Historic Prison. Eastern State Penitentiary was once the most famous and expensive prison in the world. It's vaulted, sky-lit cells once held many of America's most notorious lawbreakers, including "Slick Willie" Sutton and

"Scarface" Al Capone. **Cost:** \$10.00 admission

**Bus:** \$5 refundable bus deposit when you board the bus.

**Lunch:** Dine on your own at surrounding eateries or bring a bag lunch and eat in the picnic area located on the prison's baseball field. **Registration Closes:** Wednesday, October 7<sup>th</sup> please check for availability. **Please see trip flyers for explicit details regarding accessibility, climate & attire.**

## **Center Members...**

I hope you enjoyed our trips together this year. This month's trip to Eastern State Penitentiary concludes our 2019 Bus Trip Season.

Bus Trips will resume again in March 2020.

Please drop suggestions for bus trips in the suggestion box near the office window. Thank you! ~ Jill :0)

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### **Schedule your Bus Service today!**

For information, call 732-329-4000 x 7363 or stop by the Transportation Office to purchase your bus pass.

### Local Trips

October 16<sup>th</sup> 10:30am- East Brunswick Mall  
October 22<sup>nd</sup> 11:00am- China Star Buffet  
October 30<sup>th</sup> 10:30am- Walmart Lawrenceville

# From the Desk of Caryl Greenberg

Director- Office on Aging, MSW, LSW x 7212 Email: cgreenbe@sbtnj.net



## Transitions

By now, I hope that you have heard that I have started in a new role here at the Senior Center. After 20 years in her position as Director, Christine Wildemuth retired last month, and no doubt, I have big shoes to fill. And while my responsibilities have expanded, I will continue to draw on my 30-year experience as a social worker to ensure that the South Brunswick Senior Center continues to thrive as a center of excellence.

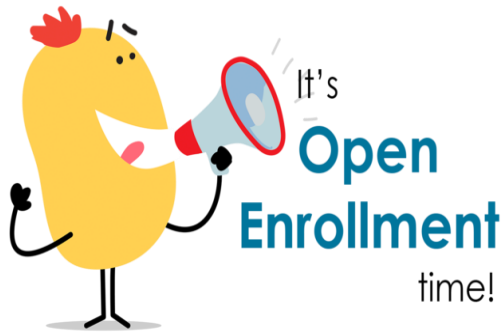
Social work has always afforded me the ability to help individuals draw from their own strengths and help them recognize and live up to their capacities. My approach to my clients has always started with an assessment: what does this person need from a psychosocial, economic and environmental point of view? In other words, you are having a hard time with a life transition; for example, you have discovered you have a chronic illness that is debilitating. Does this mean that you might have to modify your home, stop driving, look into better health insurance? Do you have a strong relationship with your family? How have you dealt with adversity in the past? How do you deal with stress now? Considering 'the problem' in relation to the whole person has always been important to me – I have always felt as a social worker that a holistic approach to stressors is critical and encompasses the entire person's world. I was not always successful in helping people 'solve their problem' but I always left at the end of the day knowing that I impacted someone, hopefully in a positive way.

Now that I am in this new role, I realize that my overall goal will not change: I want to continue to impact the senior community for the better. I will continue to look at our center as a whole as there are many components to it. I may now be delivering on those goals in a different way, but at the end of the day, I anticipate going home knowing that the people who come to the South Brunswick Senior Center feel enriched by their experience. Whether you come to participate in activities, share a meal or just shoot the breeze, I look forward to you enjoying a positive and meaningful experience. In the next few weeks, I look forward to meeting you if I don't already know you; please pop in to say hello!



## **From the Desk of Darlene Dawson**

Benefits Coordinator EMAIL: [ddawson@sbtnj.net](mailto:ddawson@sbtnj.net) 732 329-4000 x7676



## **When is Medicare Open Enrollment?**

The Medicare Open Enrollment period is from October 15 until December 7, 2019. Changes made during this time will become effective January 1, 2020.

During the annual enrollment period (AEP), you can make changes to various aspects of your coverage.

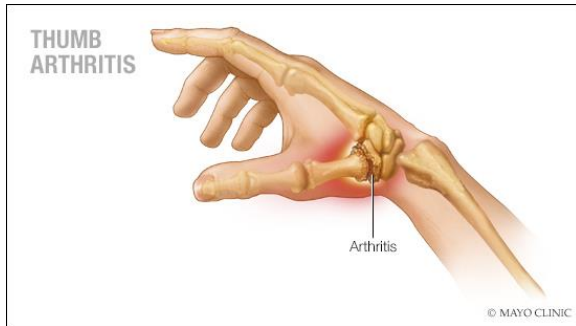
- You can switch from Original Medicare to Medicare Advantage, or vice versa.
- You can also switch from one Medicare Advantage plan to another, or from one Medicare Part D (prescription drug) plan to another.
- And, if you didn't enroll in a Medicare Part D plan when you were first eligible, you can do so during the general open enrollment, although a late enrollment penalty may apply.

If you're already enrolled in a Medicare Part D prescription plan, or a Medicare Advantage Plan and you *don't want to make changes* to your coverage for the coming year, you don't need to do anything during open enrollment.

But, be aware that your benefits and premium could change from one year to the next. So even if you're confident that you want to keep your current coverage for the following year, it's important to make sure you understand any changes that may apply.



## **Getting a Grip on Thumb Arthritis**



Your thumb is able to swivel, pivot, pinch and grasp thanks to the joint at its base. But, just like other joints in your body, it is susceptible to osteoarthritis.

“Arthritis of the thumb is becoming an increasingly common problem, especially

among women over the age of 40. In fact, according to the Arthritis Foundation, by age 80, up to 80% of women are affected,” says Jon Ark, MD, who is board certified in orthopaedic surgery and surgery of the hand. He is Chair of Orthopaedics at Penn Medicine Princeton Medical Center.

Osteoarthritis is a common condition characterized by the wearing down of the smooth cartilage that covers the end of your bones and enables them to glide easily without pain. When the cartilage wears away, the bones rub against each other, damaging the joint and causing symptoms such as pain; weakness; swelling and tenderness; aching; and limited motion. A bony prominence or bump may also form over the joint.

The sooner you seek treatment for thumb problems, the better. Typically, conditions can be diagnosed with a medical exam and imaging tests such as X-rays and MRI.

Treatment often begins conservatively with warm water soaks or ice. In the case of arthritis, anti-inflammatory medication and rest are often recommended. If problems continue, cortisone shots may help relieve symptoms. In some cases, surgery may be necessary.

If you are experiencing unexplained pain, numbness, swelling or mobility problems in your thumb, the first step is to see a doctor to determine the cause and help you get a grip on the condition.

# 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: Gail Weber **Meeting: Thursday, October 3<sup>rd</sup> 10:30am**

**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, October 11<sup>th</sup> 10:30am Bingo 12:30pm**



**South Brunswick Senior Social Club** – Members needed! Dues: \$15.00. **Meeting: Tuesday, Oct. 1<sup>st</sup> & 15<sup>th</sup> 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., Oct. 9<sup>th</sup> & 23<sup>rd</sup> 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 Harraman Captain: Ken Peabody **Meeting: October 2<sup>nd</sup> 11am** **Free Billiard Lessons** are offered the first Friday of every month by Billiards President Gary Harraman. Lessons are by appointment only 10am – 11:30am.

**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** – 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.

Caryl Greenberg - Director, Office on Aging..... x7682 email: cgreenbe@sbtnj.net  
To Be Announced, Social Worker .....x7212  
JillAnn Foxxe, Program Coordinator.....x7675 email: jfoxxe@sbtnj.net  
Darlene Dawson, Program Coordinator (Benefits)x7676 email: ddawson@sbtnj.net  
Jackie Johnson, Administrative Secretary.....x7677 email: jjohnson@sbtnj.net  
Jasmine Aynilian, Main Office, Secretary .....x7670 email: jaynilia@sbtnj.net  
Steve Aker, Custodian.....x7350  
After Hours/Weather Update .....x7670  
Transportation.....x7363 email: mdoria@sbtnj.net

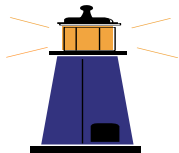
### **Meals on Wheels & Daily Meal Program:**

Karen Delikat, Site Manager (732) 329-6171 email: karen.delikat@co.middlesex.nj.us



**Follow us on Facebook**- South Brunswick Office on Aging/ Senior Center

**Penn Medicine Princeton Health** ..... (609) 497-2230



### **South Brunswick Office On Aging**

540 Ridge Road  
Monmouth Junction, NJ 08852