



South Brunswick Beacon

April 2020

The Senior Center is open to South Brunswick Residents 55+

Hours: Monday - Friday 8:30am - 4:30pm & Sundays-1:00pm-4:00pm
(Office hours Mon. - Fri). **Closed 10th & 12th**

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

Website: www.southbrunswicknj.gov (Click Departments, then Senior Center)

Membership: FREE Become a member Tuesdays & Fridays from 9:30 am-12:00 pm
Please arrive by 11:30 to allow time to process your paperwork. Fill out a membership form here or print out the form on our website. Proof of age (55+) and South Brunswick residency is required. Minimum 4 month stay for 'out of towners' staying with family.

Meals: We are a congregate meal site for Middlesex County. For a delicious hot meal, call Karen at 732-329-6171. Lunch served at 11:30 am, 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 Department - (Located In The Senior Center)

- * Bus pass required (50 cents each way). Wheelchair Accessible Buses
- * Reservations are required and should be scheduled no later than 3:45 pm for the next day pick up.
- * To cancel "Same Day Service" call (732)-329-4000 x7363 by 8:30 am; leave a message, provide name, address, phone number, and reason for call.

Exercise Run: arrives by 9:15am (for those in classes prior to 10:30)

Morning Run: arrives by 10:45am

Afternoon Buses Depart Center: 1:30pm and 3:00pm (M/F 3:15 pm departure not 3pm)

Errand Run: Thursdays- Stop & Shop, Banks, Amish Market, CVS, Post Office, and the Pharmacies (Rt. 27 from Finnigans Lane to Kingston).

Apna Bazar: (1st Monday monthly) If Monday falls on a holiday it will be on Tuesday.

Patel Brothers: (3rd Monday monthly) If Monday falls on a holiday it will be on Tuesday.

Food Shopping:

- *Monday 10:30am- Shoprite (for homes East of Rt.1),
- *Tuesdays 10:30am- Stop & Shop (for Oakwoods & Charleston Place)
- *Thursdays 10:30am- Errand Run (along Rt. 27, Amish Market, banks, etc.)
- *Fridays 10:30am- Shoprite (homes West of Rt.1)

Library Shuttle: Every Wednesday (10:30am – Noon, runs every 30 minutes).

Special Trips: Please see the Bus Trip Information page located on page 7

Program Highlights

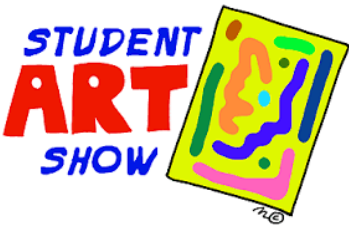
Friends Bingo – No Friends Bingo This Month.

SUPER JACKIE JOHNSON BINGO- Thursday, April 9th 12:15pm

Bingo- Monday, April 27th 12:15pm

Bingo is a \$1.00 fee. Purchase Bingo Pass \$5.00 in office.

Can share with friend. Please purchase cards prior to game time.



So. Brunswick Student Art Gallery

Thursday, April 2nd 10:30am We are invited to a special "Seniors Only" viewing of our District's 16th Annual Student Art Gallery. Transportation provided, all participants will be bused from the Senior Center to the school and back in time for lunch.

Bus departs Senior Center at 10:00 am sharp.

Living Legacies: The Faces In Our Neighborhoods

Friday, April 3rd 12:15-1:15pm (Held in the Sen.Ctr)

Please join the SB High School students as they present monologues reflecting the lives of township residents who have made an impact in South Brunswick.

This is a very special intergenerational program not to be missed! Please come support our HS students!



Adult Coloring- Tues., April 7th 12:15pm Enjoy coloring, music, and making friends.

The Art Lee Project- Tuesday, April 14th 12:30pm

Repurposed items transformed into fabulous, original and unique works of art. Come express yourself! All materials provided.



Thursday, April 16th

11:15am Themed Lunch (\$2.25 for lunch)

12:15pm Musical Renderings by the Jersey Girl Linda Passarella!!!

Sign Up By April 8th with Karen or Mary (in the kitchen) Friends 50/50



Program Highlights

Senior Community Police Services- Thursday, April 23rd 10:45am

The South Brunswick Police Department will present information on services offered to our senior community. **Chief Raymond Hayducka** will be in attendance, greeting the seniors and welcoming **Assemblyman Roy Freiman**, who will be discussing the safe disposal of household medications and distributing free Deterra kits, used to dispose of medications at home. Lieutenant Rickle will discuss the Blue Angel program, the Special Needs Registry, Citizens Police Academy, Neighborhood Watch, and more. Don't miss it!

New Member Mingle: Thursday, April 23rd 12:30pm- 1:15pm

Cozy meet and greet with other new members, and our well seasoned members. Chat over coffee and light refreshments. All are welcome.



With Ram- Friday, April 24th 10:30am – 11:30am

Monthly Birthday Lunch- Tuesday, April 28th 11:00 am

Is this your Birthday Month? Please let us know so we can celebrate **your** special day. Join us for trivia, lunch and cake. **Sign up by April 21st.**



April's Podcasts (Monday's at 2:15pm) "I Spy" – Hear from spies who tell stories and secrets about the operations they were a part of.



- ❖ The Art Dealer
- ❖ The Man with the Antidote
- ❖ The Sleeper Agent
- ❖ The Master of Disguise



Billiards Tournament Schedule

In House- 7, 9,14, 21, 23- (pool club) **SBL-** 2nd Home - Breakers vs. Ewing Sharks
Pool Club- 23rd Vs. Woodbridge 30th Home - Breakers vs. Union



Get Your Garden Plots Here! Check out the NEW and IMPROVED "Digs"

Newest Additions:

4 More Raised Garden Beds, 4 Framed Plots, and a Sitting Area!

Now accepting signups for space * Garden Opening to be Announced

Our new additions have been sponsored by our **Eagle Scout Jay Thaker - Troop 888**

Thank you Jay for choosing our Center to fulfill your Eagle Scout Project.

Your kindness and generosity are greatly appreciated.

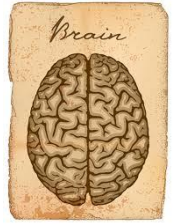
Upcoming Senior Center Classes

Art Class- Mondays 1:00pm – 3:00pm April 6th – May 18th 7 wks \$49

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

“Brain Health” Tuesdays 10:30–11:30am (except the 2nd Tues.of the Month)

Join Dawn Neglia, LSW, for a for a 12-week course that will be exploring how our brains work and what we can do to keep them healthy. Each class will focus on a different area of brain health and will combine the lecture series “Optimizing Brain Fitness” with interactive learning. Each class will last approximately one hour and you are welcome, but not required to come to all 12.
(Sign up in office)



Upcoming topics

- 4/7- Focusing your Attention
- 4/21- Enhancing Your Memory
- 4/28- Exercising Your Working Memory
- 5/5 - Putting your Senses to Work
- 5/19- Enlisting Your Emotional Memory

Continued: Brain Health

- 5/26:Practicing for PeakPerformance
- 6/2 Taking Advantage of Technology
- 6/16 Building Your Cognitive Reserve

ESL Conversational Classes- Begins Wed. April 8th Please sign up.

Wednesday’s 12:30pm – 1:15pm English as a Second Language
(ESL) classes are designed to teach a variety of language skills to non-native English speakers. Have fun while sharpening your English skills- topics that all can relate to!

The Device Doctors are BACK!!- Thursdays, 10:45am – 12:00pm Join Randy & Barbara from the library, learn some new tricks to “Friend Your Phone.”

MOVIES

Knives Out - Thursday, April 2nd 12:30pm PG-13 | 2019 | 2h 10m

On his 85th birthday, crime novelist Harlan Thrombey is found dead. Just as authorities are about to dismiss the tragedy as suicide due to the lack of evidence to prove otherwise, Benoit Blanc arrives at the scene to conduct his own investigation.



Clemency- Tuesday, April 28th 12:30pm R | 2019 | 1h 53m

Bernadine Williams is a prison warden made tough and unfeeling by the numerous deaths she has witnessed throughout her long career. Her strong facade, however, begins to crumble after her 12th execution goes awry.

SAVE THE DATE! AARP Driver’s Safety Class- Friday May 22nd 9:00am – 3:00pm

\$15 AARP members \$20 non_members. Discounts for insurance.

Checks only, payable to AARP. **Sign up by May 1st**

HEALTH PROGRAMS

Playing it Safe When it Comes to Medications and More- Monday, April 6th 12:30pm – 1:30pm Join Barbara Vaning, MHA, EMT instructor with Princeton Health's Community Wellness, to learn about identifying poisons, how poisons can enter the body, dos and don'ts of using medications and household cleaners, and what to do if you suspect poisoning.

Blood Pressure Screening- Tuesday, April 21st 10am – Noon No appointment needed. Call (888) 897-8979 or visit the Penn Med desk in the Wellness Center to register.

Ted Talks – Short, video talks followed by discussion.

Wed., April 1st 12:30pm- Laura Rovner- What happens to people in solitary confinement?

Wed., April 15th 10:45am– Monica Lewinsky – The price of shame



Famous Playwrights- Monday's at 10:00am Presented by Bill Roufberg

All about their private life and their plays. Sign up please.

April 6th - Agatha Christie – Mousetrap

April 20th - Shakespeare – Othello

April 13th - Elie Wiesel- Trial of God

April 27 - Anton Chekhov- The Cherry Orchard

May 4th - Arthur Miller – The Price

Nutrition Lecture- Nutrition Jeopardy- Tuesday, April 14th 11:00 am

Join Middlesex County Program Nutritionist, Kristen Slinger, RDN, to learn about the do's and don't's of everyday nutrition.

Financial and Investments Markets: What's Happening, and Impact on Retired People- Tuesday, April 14th 12:15pm Join our very own Maury Randall, PhD for discussions on topics such as economic forces, the federal reserve, interest rates, forces behind the stock market and the outlook for your pension fund and much more.

Art Lecture with Maurice- Friday, April 17th 12:30pm Sign up please.

Join Professor Mahler for a presentation on Monet's Gardens.

Mahatma Gandhi the "Great Soul" of India- Mon. April 20th 12:15pm

Presented by our very own **Ramesh Shah**. Join us for a lecture on India's non violent social activist, and writer, who became the leader of the nationalist movement against the British rule of India and came to be considered the father of his country.

WANT TO USE OUR GYM OR ATTEND CLASSES?

Fill out 3 REQUIRED medical forms, one to be filled out by your doctor.

Training for the Usage of Fitness Machines: Session With Liz Required Before Gym Use

Mon. April 6th (10:00-noon) Mon. April 20th (11:30-1:30) 15 min. sessions

Trained already and still have questions? We are available and happy to answer questions.

Sneakers and proper attire required/Medical form on file before enrolling and renewed every 2 years.

Sign Up For 3 Fitness Classes Get the 4th free!!

(Not including General Fitness or Sittersize) ****Lowest cost class will be free****

Class <small>* Class done in chair</small>	Day/Time	Session Dates	# of Wks	Cost	Please Sign Up By
BEST	Mon. 1:45	May 11 – July 6	8	\$36	Apr. 27
Bolly X	Mon. 12:30	May 11 – July 6	8	\$24	Apr. 27
Chair Yoga *	Tues. 10:30	May 5 – June 30	9	\$40.50	Apr. 21
Get Fit	Thurs. 1:45	May 7 – June 25	8	\$36	Apr. 23
Now & Zen *	Wed. 10:30	April 15 – June 10	8	-----	Apr. 1
Pilates (bring ball)	Tues. 9:15	April 28 - June 16	8	\$32	Apr. 14
Sculpting / Weights	Wed. 12:30	May 6 – June 24	8	\$32	Apr. 22
Sweatin To Oldies	Wed. 9:05	June 3 – July 29	8	\$24	May 20
Tai Chi	Thurs. 9:15	May 7 – June 25	8	\$36	Apr. 23
Tap (bring shoes)	Tues. 1:30	April 28 – June 16	8	\$40	Apr. 14
Yoga (bring mat)	Thurs.10:30	April 30 – June 25	9	\$40.50	Apr. 16
Zumba	Fri. 1:15	May 8 – June 26	8	\$34	Apr. 24
General Fitness	Mon. & Fri.	Advanced 9:15 Beginner 10:15	15 classes- \$20 30 classes- \$40		
Sittercise *	Mon. & Fri.	11:15am	15 classes- \$12 ~ 30 classes- \$24		

Bus Trip Information (Please see trip flyers for registration details)

Northlandz- Wednesday, April 29th Tour A Guinness World Record Museum!!! Northlandz is a model railroad layout and museum located near Flemington, New Jersey, built by Bruce Williams Zaccagnino. The museum also features over 200 dolls from around the world, a 94-room dollhouse, art galleries a plenty and a 2,000-pipe organ! Then off we go on a 1890's replica narrow gauge steam train ride around the grounds. We'll be lunching in our own private party room. What a day this will be!!

Lunch: Bring a complete bag lunch. Snack bar is available. **Cost:** \$21.50 per person
Lots of walking but there are areas to rest. **Registration Opens:** Monday, March 2nd
Registration Closes: Thursday, March 25th or when full.

Bus departs Senior Center at 8:45am sharp.

Old Barracks Museum- Tuesday, May 12th History with a twist! Two fabulous places all in one trip! First we'll brunch at the infamous Jersey Girl Café!! Check out their menu!... Then we're off and running to the "Coolest Museum in NJ" for an afternoon tour! Take a step back in time to the Old Barracks Museum, which preserves the history of a building constructed in 1758 as a French and Indian War military barracks. Learn about the variety of purposes this building had throughout the Revolutionary War. **Cost:** \$11.00 admission **Brunch:** On your own at the Jersey Girl Café. **Registration Opens:** Wednesday, April 1st

Registration Closes: Tuesday, May 5th or when full.

Bus departure location to be announced.

Medieval Times- Tuesday, June 9th Experience a medieval themed lunch and show - chivalry, rivalry & revelry! Knights, horses, falconry, jousting, the color & action of medieval Spain. **Cost:** \$37.27 **Lunch:** Included in cost. Please see trip flyer for details. Regular and Vegetarian options are available.

Registration Opens: Wed., April 8th **Registration Closes:** Wed. May 20th or when full.

Bus departure location to be announced.



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

April 8 - 10:30am Walmart (New Brunswick)

April 14 - 11:00am Dusal's

April 22- 10:30am Mercer Mall

April 29- 10:30am Target, Wegman's, Michael's

Donations: 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.



From the Desk of Dawn Neglia LSW

Dawn Neglia, LSW -Social Worker- Office on Aging, x 7212 Email: dneglia@sbtnj.net

The APPS have it!! – Part 2

Last month we began reviewing different types of technology and apps for phones that may assist seniors with maintaining independence. We continue this month with highlighting some options. This article is not an endorsement or advertisement for any specific brand.



Personal Emergency Response systems are a great option for people who live alone. These devices work with the press of a button to alert emergency responders that you are in distress or have fallen. Many like GreatCall and MobileHelp work both in and outside of the home and offer fall detection in cases where a person cannot push the button. For people who would prefer an app and not a device, iPhone and Android offer “Red Panic Button” which sends messages to a pre-designated list when you press the app.



As a caregiver, you may have concerns with a loved one who has mild dementia but continues to drive, or you may be someone who drives but finds new destinations more challenging. Verizon offers the Hum device that is not only diagnostic, but tracks where a vehicle has been and sends this information to an app for a loved one to monitor. The app is user friendly and the package comes at a low cost. How many of us put our keys down and cannot locate them in our purse or home? The TilePro is a device that attaches to your keyring and uses a Bluetooth tracker to set off an alarm when you need help with finding them around the house.



In addition to devices and applications to increase independence and safety, I encourage all seniors who live alone to consider the Blue Angel Program offered by our police department. This program helps the police and emergency responders with entering your home via a special lockbox device that hold your house key. This can minimize a delay in reaching you and prevents damage to the door/home when forced entry would be used if you cannot reach the door to allow responders into the home. The township also offers a Special Needs Registry where you can ensure the safety of a loved one who may have cognitive impairment, such as dementia. These are free programs and I am happy to assist anyone who may need an application.

From the Desk of Darlene Dawson

Benefits Coordinator ddawson@sbtnj.net 732 329-4000 x7676

2019 Senior Freeze Applications - (Property Tax Reimbursement)

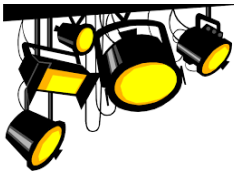
The Senior Freeze Program reimburses eligible senior citizens and disabled persons for property tax or mobile home park site fee increases on their principal residence. To qualify, you must meet all the eligibility requirements for each year from the base year through the application year (the current application year is 2019).

Applications are scheduled to be mailed beginning in mid-February and they are typically mailed to the last address you filed with. If you do not receive your booklet by early March, contact the Senior Freeze Property Tax Reimbursement Information Line for assistance at 1-800-882-6597.

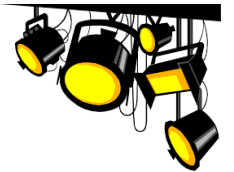
Note: Any changes to the eligibility requirements (i.e., Income Limits) and benefit amounts for 2019 will not be finalized until the completion of the State Budget that must be adopted by July 1, 2020.

For detailed information please visit website: www.state.nj.us/treasury/taxation/ptr

** If you need assistance with filling out your PTR we will have an AARP volunteer scheduled here in May and beyond to assist you. You can call the office with your name and contact info and we will call you in a few weeks to schedule an appointment.



Volunteer Spotlight



Celebrating Art Lee

Most of us are familiar with Art Lee as he is a colorful and friendly presence around the center. If you do not attend one of his classes, you may see him handing out his creations in the common areas, always with a smile! Art has been a volunteer at the Senior Center for 5 years. He has a passion for art and states that his belief and philosophy is that “everyone is an artist and we all have artistic abilities”. Some may not know that he has an extensive professional background as a member and administrator in the Peace Corp and as a Masters of Public Health with many amazing jobs. He notes that “problem solving equals creativity”, whether it be in your life or your career and he views art as a way to remove barriers and allows people to express themselves, no matter what that may mean to them personally. We appreciate Art and his contributions to the center.

Thanks to Art and all of our volunteers who make our community special!



Penn Medicine
Princeton Health



HEALTHY
AGING

How do you stay feeling good as the candles on your birthday cake start to multiply?

Joseph A. DeBlasio, Jr., M.D., a member of the medical staff at Penn Medicine Princeton Health suggests, “One simple way, no matter your age, is to check in with your doctor at least once a year—even if you’re healthy.”

As the Centers for Disease Control and Prevention (CDC) notes, regular health exams can help identify health concerns before they start. They also can help find problems early, which may offer you a better chance for treatment and a cure.

There are other steps you can take to stay healthy throughout your 50s, 60s and beyond. For example:

- Keep your vaccinations current. The Centers for Disease Control (CDC) recommends annual flu and pneumonia vaccines for people over age 65. The CDC also recommends that older adults get vaccinated against the shingles virus.
- Protect your bones. To help prevent falls and fractures, be sure to undergo screening for osteoporosis and work with your doctor to identify ways to keep your bones—and the muscles that support them—strong.
- Be aware of warning signs. For example, erectile dysfunction can be a red flag for heart disease. Men who experience erectile dysfunction should share their concerns with their doctor.

Regardless of how many candles are on your cake, remember the old adage: It’s not the years in your life that count. It’s the life in your years.

To find a physician with Penn Medicine Princeton HealthCare System, call 888.742.7496 or visit www.princetonhcs.org.

Club News

Senior Advisory Council – a 13 member board appointed by the Mayor and Township Council who discuss issues that impact the senior center. Everyone is welcome.

Township Liaison: Mayor Charlie Carley Chair: Laura Wabrick

Meeting: Thursday, April 2nd 10:30am ~ All are welcome to attend, please join us!

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 available at the office or on our website.

Co- Presidents: Satya Agarwal & Mohandas Hemrajani

Co- Vice Presidents: Lynne Brown & Geeta Balasubramanian

Meeting: NO MEETING THIS MONTH

Billiards Club- All welcomed to play daily. Tournaments are played home and away. Pool club membership is required for tournaments.

Meeting: Wednesday, April 1st 11:00am

President: Gary Harraman Captain: Ken Peabody

Bridge Club- Daily Bridge play. Friendly Duplicate tournaments are played.

Meets: 1st & 3rd Wednesdays of the month.

Coordinators: Satya Agarwal and Dakshi Subramanian

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

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

President: Gloria Zimmerman

Knit and Crochet Club- Supports organizations serving communities in crisis. Yarn donations are always appreciated! Newcomers are always welcomed!

Meets: Wednesdays 9:30am - 11:00am.

Coordinators: Ann Markey & Diane Duffy

Senior Social Club- Members needed! Dues: \$15.00.

Brief business meetings, make friends, refreshments and bingo

Meeting: Tuesday, April 7th & 21st 1:00pm..

President: Aggie Schwartz

Badminton- See Wellness Center calendar for days/times.

Ping Pong- Group play with others! Equipment provided.

Weekdays: 8:30am – 4:15pm

Sundays: 1:00pm – 4:00pm

Staff Directory

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

Caryl Greenberg - Director, Office on Aging.....	x7682	cgreenbe@sbtnj.net
Dawn Neglia, Social Worker	x7212	dneglia@sbtnj.net
JillAnn Foxxe, Program Coordinator.....	x7675	jfoxxe@sbtnj.net
Darlene Dawson, Program Coordinator (Benefits)...	x7676	ddawson@sbtnj.net
Jackie Johnson, Admin. Secretary / Vol. Coord.....	x7677	jjohnson@sbtnj.net
Jasmine Aynilian, Main Office, Secretary	x7670	jaynilia@sbtnj.net
Steve Aker, Custodian.....	x7350	
After Hours/Weather Update	x7670	
Mimi Doria Transportation/Reservations	x7363	mdoria@sbtnj.net
Al Nardi/Transportation Supervisor	x7362	anardi@sbtnj.net

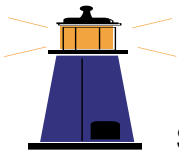
Meals on Wheels & Daily Meal Program:

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



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

Penn Medicine Princeton Health (888) 897-8979



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