



South Brunswick Beacon

March 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).

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

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

Director: Caryl Greenberg **e-mail:** cgreenbe@sbtnj.net

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 or print form from 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 MUST be made 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 – Friday, March 13th 12:30pm

Bingo- Monday, March 16th & 30th 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.



FRIENDS Annual Raffle Fundraiser



Friends are selling tickets **Until March 12th**

at a table in the lobby daily 10:00 am – 12:00 pm.

Tickets are \$1.00 for 1 ticket or \$2.00 for 3 tickets.

Winner will be drawn at the St. Patty's Party Thursday, March 12th.

****Prize is a Silver Stone 9 pc Nonstick Cookware Set****

Adult Coloring- Tuesday, March 3rd 12:15pm

Enjoy music, coloring, and making new friends. All materials provided.

Low Vision Support Group Is Making A Comeback!!

First...

Vision Health Lecture- Monday, March 2nd 12:15pm

Speaker from the Commission of the Blind and Visually Impaired will be here to present on Vision Health. **THEN...**

Vision Support Group- Friday, March 6th 10:30am



Come join our low vision support group... This is an opportunity to meet new people, share information and benefit from mutual support related to vision loss. Our members are encouraged to share resources and we also invite in experts to discuss popular topics related to vision loss.

Meets first Friday of each month.

The Art Lee Project- Tuesday, March 10th 12:30pm

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



St. Patty's Day Celebration- Thursday, March 12th

11:15am St. Patty's Day Themed Lunch (\$2.25 for lunch)

12:15pm Music Renderings by Benny Rosa!!!

1:15pm Winner of FRIENDS fundraiser will be called.

Friends 50/50 Sign Up By March 2nd



Monthly Birthday Lunch- Tuesday, March 24th 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 March 17th.**



Program Highlights



New Member Mingle: Thursday, March 19th 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 to attend. **Please sign up.**

What's That Tune!- **March 23rd 12:15pm** Well, you may not win the money...But It Sure Will Be Fun to Play! Bring back all those fond memories of the 30's, 40's and 50's when you play...

"What's that tune?" GREAT GIVEAWAYS FOR EVERYONE!

Presented by the Young Specialists from Right at Home



FRAUDS, SCAMS and FINANCIAL ASSISTANCE for Seniors!!

Friday, March 27th 12:15pm



Assemblyman Andrew Zwicker, in partnership with the Division of Consumer Affairs (DCA) and Department of Human Services (DHS), will be hosting this event to educate senior citizens on avoiding fraud and accessing the state's financial assistance programs.

Wordplay With Ram- **Friday, March 27th 10:30am – 11:30am**

Join Ram Sundar for popular games such as Jeopardy and the many others sure to knock your noggin.



March Podcasts (Monday's at 2:15pm)

You Must Remember This

Fake News: Fact Checking Babylon

(Secrets / Forgotten Histories of Hollywood's First Century)

- ❖ The Trials of Confidential Magazine: Dorothy Dandridge
- ❖ The Trials of Confidential Magazine: Maureen O'Hara
- ❖ Buggy Siegel
- ❖ Mae West
- ❖ Mary Astor's Diary





Billiards Tournament Schedule

In House- 3rd , 5th , 10th , 19th **SBL**- 12th Home - Breakers vs Elizabeth

Program Highlights

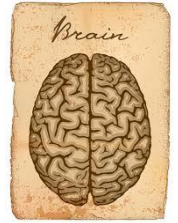
Upcoming Senior Center Classes

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. **Sign up by March 23rd**.

“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.



Week 1: How Your Brain Works
Week 2: How your Brain Changes
Week 3: Care and Feeding of the Brain
Week 4: Creativity and the Playful Brain
Week 5: Focusing your Attention
Week 6: Enhancing Your Memory

Week 7: Exercising Your Working Memory
Week 8: Putting Your Senses to Work
Week 9: Enlisting Your Emotional Memory
Week 10: Practicing for Peak Performance
Week 11: Taking Advantage of Technology
Week 12: Building Your Cognitive Reserve

Registration for this event is preferred- Thank you.



Beginning April 6th!!

ESL Conversational Classes- Mondays 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. If you'd like to brush up on your English skills, this is the class for you. **Please sign up.**

MOVIES



Harriet- Thursday, March 5th 12:30pm PG-13 | 2019 | 2h 5m

The incredible true story of one of America's greatest heroes, Harriet Tubman. From her escape from slavery to the dangerous missions she led, setting free hundreds of slaves through the Underground Railroad.

The Good Liar- Tuesday, March 24th 12:30pm R | 2020 | 1h 49m

Roy Courtney has made a successful living as a con artist. He crosses paths with wealthy widow Betty McLeish, who seems like the perfect opportunity for an easy job.

HEALTH PROGRAMS

Varicose Veins: Now You See Them, Now You Don't

Monday, March 2nd 12:30pm – 1:15 pm

Varicose veins and spider veins can cause pain and discomfort, and may lead to serious health problems if left untreated. Join Alissa Brotman-O'Neill, for this informative discussion on the latest minimally invasive and noninvasive treatment options and an overview of the Princeton Medical Center for Vascular Care.

Summer Emergencies- Thurs. March 12th 10:30am – 11:30am

Summer brings with it lots of fun and freedom for children, but also lots of health safety concerns. Join Barbara Vaning, MHA, EMT Instructor with Princeton Health's Community Wellness, for this informative session explaining ways to stay safe during the summer months, including staying hydrated, pool safety, insect bites, heat stroke, and safety concerns in vehicles and at home.

Vision Screenings- Thurs. March 19 (10 a.m. – 1 p.m.) Appointment needed.

Blood Pressure Screening- Tuesday, March 17th 10am – Noon No appointment needed.

Call (888) 897-8979 or visit the Penn Med desk in the Wellness Center to register for health programs and screenings.

Ted Talks – Short, video talks followed by discussion.

Wed., March 4th 12:30pm- 12 Truths I learned from Life and Writing.

Wed., March 18th 10:45am– Why some people are more altruistic than others.



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

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

March 2nd – Lillian Hellman- Watch on the Rhine

March 9th – Eugene O'Neill- The Hairy Ape

March 16th – John Steinbeck- Of Mice and Men

March 23rd – Tennessee Williams- The Glass Menagerie

March 30th – Woody Allen- Zelig



Art Lecture with Maurice- Friday, March 20th 12:30pm

Join Professor Mahler for a presentation on Gustav Klimt. **Sign up please.**

Nutrition Lecture- Portion Control / Sizes- Tuesday, March 24th 10:30am

Join Middlesex County Program Nutritionist, Kristen Slinger, RDN, to learn about Portion Size and Portion Control.

Police Services Lecture- March 26th 12:30pm

Do you know our South Brunswick Police Department offers a variety of services to our community? Join Lieutenant Rickle of South Brunswick's Finest to find out about programs such as Blue Angels, etc..



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. March 2nd (10:00-noon) **Mon. March 16th** (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- 1 st class free	Mon. 1:45	March 16 – May 4	8	\$31.50	Mar. 2
Bolly X	Mon. 12:30	March 16 – May 4	8	\$24	Mar. 2
Chair Yoga *	Tues. 10:30	March 3- April 28	7	\$31.50	Feb 18
Get Fit- 1 st class free	Thurs. 1:45	March 5 – April 30	8	\$31.50	Feb. 20
Now & Zen *	Wed. 10:30	March 4 – April 22	6	-----	Feb. 19
Pilates (bring ball)	Tues. 9:15	March 3 – April 21	8	\$32	Feb. 18
Sculpting / Weights	Wed. 12:30	March 11 –April 29	8	\$32	Mar. 11
Sweatin To Oldies	Wed. 9:05	March 25 – May 20	8	\$24	Mar. 11
Tai Chi	Thurs. 9:15	March 5 – April 30	8	\$36	Feb. 20
Tap (bring shoes)	Tues. 1:30	March 3 – April 21	7	\$35	Feb. 18
Yoga (bring mat)	Thurs.10:30	March 5 - April 30	7	\$31.50	Feb. 20
Zumba	Fri. 1:15	March 6 – May 1	8	\$34	Feb. 21
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)

Jersey Gardens Mall- Wednesday, March 25th (See Trip Flyers For More Details)

Jersey Gardens is a two-level indoor outlet mall in Elizabeth, NJ that hosts many upscale retail stores at outlet prices. LET'S SHOP! **Cost:** Whatever you spend. **Lunch:** On your own. There are many different dining experiences to choose from or bring a bag lunch and sit in the Food Court. **Bus Deposit:** \$5.00 cash refundable when you board bus. Bus leaves Woodlot Park at 8:45am. Heavy walking with resting spots. Handicapped accessible. **Registration Closes:** Wednesday, March 18th or when full.

Bus departs Woodlot Park at 8:45 sharp.

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. Then lunch 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 2st

Registration Closes: Thursday, March 25th or when full.

Bus departs Woodlot Park at 8:45 sharp.

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



March 4- 10:30am Walmart (Lawrenceville)

March 11- 10:30am Quakerbridge Mall

March 17- 11:00am IHOP

March 25- 10:30am Target, Wegman's, Michaels

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 will depart Senior Center at 10:00 am sharp. **Sign up by March 26th**



Donations: A hearty 'thank you' to Shanti Bajaj's son Anil Bajaj for his 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.



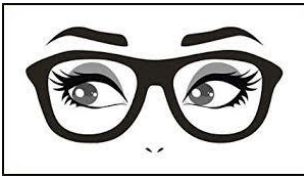
From the Desk of Dawn Neglia LSW

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

The APPS have it!!



According to the Consumer Technology Associations, the aging technology market "is expected to grow to nearly \$30 billion in the next few years". This means there may be an app or device to assist almost everyone! Many people are familiar with technology devices like Alexa and Google Home, as they offer many different models that can set reminders, answer questions, make lists and even video chat from the comfort of your home. For those who do not drive, Lyft and Uber have user-friendly apps for iPhone and Androids. Video doorbell systems like Ring have become popular and allow people to view who is at the door before opening it to a potential dangerous visitor. However, there are other types of technology and phone apps marketed specifically for seniors to help with life and safety. My articles for March and April will focus on these options.



Vision and hearing impairment affect many seniors and at times, eyeglasses and hearing aides are not enough. The iPhone offers a free app called "Be My Eyes" that can help magnify and illuminate text on documents and menus when you find yourself struggling with fine print. Vendors MaxiAid and Independent Living offer products such as scales, thermometers, blood pressure monitors, glucose monitors and even pill bottles that will dictate the text aloud. For those with hearing difficulties, there are devices like TV Ears, which assists with volume control for television and allows the user to adjust the volume on their personal device, without affecting fellow viewers. Caption phones such as ClearCaptions, can display text to make conversations less frustrating and better yet, can be provided at no cost!



When you are managing multiple medications, it can often be difficult to recall what time each pill is due for administration and sometimes it is just impossible to open the bottle! iPhone offers an app called Pillboxie that can have reminders sent to your device that help track your pill times. There are also devices like the TabSafe Medication dispenser that can set reminders, administer and alarm to help with medication compliance, when an app is not enough.

This article only highlights a few options and is not intended as an advertisement or an endorsement of any particular brand, but presents ideas for further research. If you are interested in learning more, please stop by the office at any time.

Part 2 of this article will be featured in the April Beacon.

From the Desk of Darlene Dawson

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

Help Fight Medicare Fraud



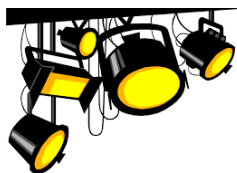
Con artists may try to get your Medicare Number or personal information so they can commit Medicare fraud. Each year millions of dollars are lost because of Medicare fraud.

Fraud results in higher health care costs and taxes for everyone.

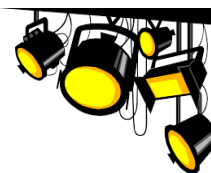
Here are some tips to protect yourself from Medicare fraud:

- Guard your Medicare Card like it's a credit card.
- Protect your Medicare number and your Social Security number
- Medicare will never call you to sell you anything
- You may get calls from people promising you things such as money or gifts for free Medicare. This is a scam.
- Medicare will never visit you at your home.
- Medicare can't enroll you over the phone unless you called first.

Also, check regularly for **Medicare Billing Fraud**. Review your Medicare claims and "Medicare Summary Notices" for any services billed to your Medicare Number you don't recognize. Report anything suspicious to Medicare. If you suspect fraud, call 1800-MEDICARE.



Volunteer Spotlight



As members scan in at the kiosk during their visit to the Senior Center, one of our wonderful volunteers greets you. One of those friendly faces is **Olga D'Sousa**, who has been an active volunteer at the center since she joined ten years ago. Olga volunteers as a door greeter, to help at parties and Friends Bingo, in the kitchen, or wherever needed. She says, "I love it! I enjoy meeting people and talking, seeing new faces... it is a lovely job." Olga is originally from Bombay, India where she also volunteered with her church and visited hospitals and prisons to offer companionship. She reports that she would recommend the South Brunswick Senior Center to people because the staff are friendly and the people are very nice.

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



Understanding Atrial Fibrillation (AFib)

A fluttering in your chest, racing heartbeat and shortness of breath can be signs of being overly excited. But they can also be indications of atrial fibrillation or Afib, a common but serious heart condition that requires medical attention.

“An arrhythmia is when the heart beats too slowly, too fast, or in an irregular way. Atrial fibrillation is an arrhythmia in which the two upper chambers of the heart beat irregularly,” explains Lisa S. Motavalli, MD, a member of the medical staff at Penn Medicine Princeton Health who is board certified in cardiovascular disease and internal medicine.

Some people who have Afib don't detect any symptoms and don't know they have it until it's discovered during an unrelated medical visit. Others may experience the following:

- Irregular heartbeat
- Heart palpitations (rapid, fluttering or pounding)
- Lightheadedness
- Extreme fatigue
- Shortness of breath
- Chest pain

If you are experiencing symptoms of Afib, see your doctor for a medical evaluation. Left untreated, this condition can greatly increase the risk for blood clots, stroke, and heart failure.

To find a physician with Penn Medicine Princeton Health 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, March 5th 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: Friday, March 13th 10:30am

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

Meeting: Wednesday, March 4th 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, March 11th & 25th 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, March 3rd & 17th 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	
Transportation.....	x7363	mdoria@sbtnj.net

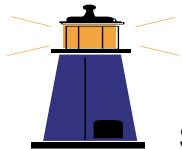
Meals on Wheels & Daily Meal Program:

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

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