

South Brunswick

Beacon Senior Newsletter

JUNE 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** Sunday June 18th.

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

Website: www.southbrunswicknj.gov (Click Departments, then Sr 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

Lectures this Month

Thursday, June 8th-12:30pm-Senior Driving Strategies-



presented by SBT Community Police- As we age, driving skills may suffer due to physical conditions such as a loss of range of motion, diminished vision, and slowing of reaction times. Strategies will be presented to help prolong safe driving as well as warning signs that it may be time to put down your keys.

Friday, June 16th -12:30pm- Art Lecture with Maurice! Maurice features women artists with video and discussion.



Thursday, June 29th-12:30pm-Summer Herbs for Health presented by Cindy Scribner. She has given several informative talks that are so well received we have her back by popular demand.



Ted Talks - short, powerful video talks followed by discussion.

Wednesday, June 14th at 10:45am-Asking for help is a strength not a weakness

Wednesday, June 21st at 12:30pm-
The price of Happiness

REMINDER NUMBERS COUNT DON'T FORGET TO SIGN IN.
BRING YOUR SCAN CARD EVERY TIME YOU COME TO THE CENTER AS WE CAN NOT MANUALLY SCAN YOU IN.

Program Highlights

Reminder-June 6th is Primary day and the auditoriums are closed no programs in these rooms. Don't forget to **VOTE!**



Reminder-NJ Transit Tickets – Reduced Fare Coupon Book

If you are 62+ you are eligible to receive 50% off your NJ Transit bus or train tickets! If you are age 62 – 65, apply for a NJ Transit Card. See Christine in the office to apply & pick up coupons. If you are over 65, just show us your Medicare card.

Coloring For Adults-Tuesday, June 6th-12:15 PM- This is the hot new trend Enjoy tranquil music, relax, color, and make a new friend. Coloring has the therapeutic potential to reduce anxiety, create focus, and bring about more mindfulness. All materials provided.



The Art Lee Project – FREE – Tuesday, June 13th - 12:30 – Collage Art.

Create a collage on a canvas (e.g. picture frame, matte board, cardboard,) using paint and other items such as photos, cutouts from calendars and magazines, fabrics and other available items. Bring items to put into your collage. We will have fun. Creativity unlimited. Materials provided. See you there.

Ice Cream Social – Thursday, June 22nd at 12:30pm.

Celebrate the start of summer and join us for a cold ice cream sundae (sugar free available). Plenty of toppings too! Catch up with friends and listen to the keyboard music of Mary Rao. **Cost - \$2. Sign up REQUIRED** at Main Office by June 15.



Monthly Birthday Lunch

Tuesday, June 27th – at 11:00am

Sign up by June 20th. Is this your birthday month? Trivia, Celebration & Cake. Always a fun event!

Program Highlights

Programs at the Center by the Schools

June 5th-12:30pm-English as a second language students from the schools come to the center and read the stories they have written to you in small groups.

June 15th-12:30pm-CrossRoads South Middle school choir will perform at the senior center. Come support these talented students.



SENIOR CHORUS – Are you interested in joining a senior chorus? Sign the interest sheet at the Main Office! Instructor led. Rehearsals and performances.

Computer Lessons , 10:45am-12, Tech Center.

Taught by staff from the South Brunswick Library.

June 1st -Digital Library Resources-This class will cover resources available with your library card like Overdrive for ebooks, Zinio for e magazines, Hoopla for movies and music.

June 8th All things Google-Google docs, google calendar, google photos, & YouTube.



Sign up in the office required limited to 7 students per class. \$5 deposit refunded after you attend. Sign up for one or both topics

“Just for Fun” Bingo – Monday, June 19th at 12:30pm, Aud 1. FREE !!!! Every time you win Bingo you get a ticket then it goes in a basket and we draw one winner for one large item.



Want to Learn how to Play Billiards stop in the pool room and ask for Lou or see the office. Pool Club always seeking new members too.



*****SPECIAL TRIPS*****

Registration Forms/Flyers in Lobby (Lucite holders)

Tuesday, June 6 – Philadelphia Museum of Art

Docent led tour of the PA Museum of Art, one of the largest and most renowned museums in the country! COST:\$26, plus \$5 (CASH) refundable bus fee. See Office for availability.

LOCAL TRIPS - Have a bus pass? For information or to schedule a ride call 732-329-4000 x7363 or stop by the Transportation Office in the Senior Center.

June 7, 10:30am- Quakerbridge Mall

June 13, 11:00am- Dusals

June 14, 10:30am- Walmart in Lawrenceville

June 21, 10:30am- Target, Wegmans, Michaels

June 27, 11:00am- Americana Diner

June 28, 10:30am- Mercer Mall



La La Land-Thurs. June 1st 12:30pm-2:40pm-Rated PG

Mia, an aspiring actress, and Sebastian, a dedicated jazz musician, are struggling to make ends meet in a city known for crushing hopes and breaking hearts. Set in modern day Los Angeles, this original musical about everyday life explores the joy and pain of pursuing your dreams. Starring Ryan Gosling & Emma Stone.



Patriots Day- June 27th-12:30-2:40pm Rated R

In 2013, the Boston Marathon erupted into chaos when a bomb exploded along the course. This is the story of what happened that day and how the FBI, local police, state police and local first responders worked together to track, identify and apprehend the suspected bombers. Starring Mark Wahlberg, Kevin Bacon, & John Goodman

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. June 5 (10:00-noon) or June 19 (11:30-1:30). 15 minute sessions.
- ✓ **Personal Training with David-** Tuesdays 12:30-3:00pm. See David for questions or set up a workout routine. **Must have medical forms on file and have already trained with Liz.**

Sign up 2 weeks prior to class start. Fees non refundable.
Classes need at least 10 students paid 2 weeks in advance to run

NEW

Ageless Grace with Roz – Tues. 12:30-1:15pm, **May 16-June 27**, **Special Introductory Price: \$12.** Brain-based anti-aging exercises use creativity/imagination, memory/recall and analytical thinking. Program done in a chair. Exercise your mind and body! Great for joint mobility, spinal flexibility, right-left brain coordination, balance, confidence!

Art Class – Mon. 1:30-3:00pm, **June 12-July 31**, \$35.



B.E.S.T. (Balancing, Exercises, Stretching, Toning)- Mon. 1:45pm. Light weights, balls & bands from a chair. **June 5-July 24**, \$32

Body Gym – Mon. 12:30, June 5-Aug 7th no charge



Drawing – Wed. 1:30pm, **May 3 – June 21**, \$28

Get Fit –Thurs. 1:45pm. Cardio & strength. **June 22-Aug 10**, \$32

Pilates – Tues. 9:15am. Bring your own ball. **June 27-Aug 22**, \$25

Sculpting with Weights – Wed. 12:30pm. **June 28-Aug 16**, \$28



NEW

Sign Language – Mon. **June 12-July 31** @ 10:45am. A great exercise for keeping the brain fit and excellent for finger dexterity. Learn the alphabet and easy phrases. Rose, is an experienced interpreter and has even signed for a president. FREE-\$5 refundable deposit required. Limited enrollment.

Tai Chi –Thurs. 9:15am, **June 22-Aug 10**, \$35



Tap Dance – Tues. 1:15pm. Bring tap shoes. **July 11th 7 wks**, \$28

Yoga – Thurs. 10:30am, **June 22-Aug 17th**, \$32 Bring your own mat.

Zumba – Fri. 1:15pm. **Back in September** as breaks for summer

Managing High Cholesterol

Did you know that according to the Centers for Disease Control and Prevention (CDC) people with high cholesterol have about twice the risk of heart disease as people with lower levels?

“Knowing if you have high cholesterol is the first step in managing it and reducing your risk for having a heart attack, stroke or developing heart disease,” says Kristyn K. Phelps, M.D., board certified in internal medicine and a member of the medical staff at University Medical Center of Princeton.

Low-density lipoprotein (LDL) is known as “bad” cholesterol because having high levels can lead to plaque buildup.

High-density lipoprotein (HDL) is known as “good” cholesterol because it essentially absorbs bad cholesterol and helps your body get rid of it.

In general, your LDL levels should be lower than 100 and your HDL levels should be higher than 60.

As the CDC notes, all adults aged 20 or older, need to get their cholesterol checked. If you have not been diagnosed with heart disease, the CDC recommends that your cholesterol be checked every five years. Some people may need to get their cholesterol checked more often. It is important to talk to your doctor about what’s best for you.

Often, lifestyle changes are enough to manage high cholesterol. Some people, however, may need medication, especially those who have other risk factors for heart disease and stroke, such as high blood pressure, diabetes, and family history of heart disease.

Managing high cholesterol begins with knowing your levels and talking with a doctor about ways to keep them in a healthy range.

To find a physician with Princeton HealthCare System call (888) 742-7496 or visit www.princetonhcs.org.





HEALTH LECTURES

CONTACT David to register for PHC lectures (609) 497-2230

Could It Be Crohn’s Disease-Monday, June 5th-12:30pm

If you experience recurring digestive problems, along with fever and unexpected weight loss, you might be dealing with more than a simple stomach bug. Join Stanley Hsu, MD, board certified gastroenterology, to learn more about the signs and symptoms of the inflammatory bowel disorder known as Crohns disease. Dr Hsu, a member of the Medical Staff of Princeton HealthCare System will also discuss the diagnosis and treatment options that are available.

Individualized Care: Manipulating your immune system to fight cancer-Thursday, June 8th 10:45am

Attend this informative program led by Sheetal Shrimanker, MD, board certified in hematology (blood disorders), internal medicine and medical oncology, to learn about immunotherapy. A new technique that uses medications to boost a patients immune system to combat cancer cells. Dr. Shrimanker is a member of the medical Staff of Princeton HealthCare System.



Blood Pressure Screening **Tuesday, June 20th-10:00 am – NOON. FREE**

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Donations –We graciously accept monetary donations (designated for senior center use). Checks payable to the SB Senior Center. “Tribute Cards” are available (\$15) for pack of ten. Donations are tax deductible. All donation go 100% to Senior Center.

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From the Desk of Marie Brown

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

National Do Not Call Registry

If you missed this information last time:

You can reduce the number of unwanted sales calls you get by signing up for the National Do Not Call Registry. It's free. Visit donotcall.gov to register your number.

Most legitimate companies don't call if your number is on the Registry. If a company is ignoring the Registry, there's a good chance that it's a scam. If you get these calls, hang up and file a complaint with the FTC.

How do I register?

Add your phone number for free by visiting donotcall.gov, or calling 1-888-382-1222 from the phone you want to register (TTY: 1-866-290-4236).

If you register online, you will receive a confirmation email from donotcall.gov. You must click on the link in the email within 72 hours to complete your registration.

How long does it take?

Your phone number should show up on the Registry the next day. Most sales calls will stop once your number has been on the Registry for 31 days. You can verify that your number is on the Registry by visiting donotcall.gov or calling 1-888-382-1222.

If I register my number, will ALL unwanted calls stop?

No, the Do Not Call Registry prohibits sales calls. You still may receive political calls, charitable calls, debt collection calls, informational calls, and telephone survey calls. In addition, companies may still call if you've recently done business with the company, or if you've given the company written permission to call you. However, if you ask a company not to call you again, it must honor your request. Record the date of your request.

Reporting Illegal Calls

Where can I file a complaint about an illegal sales call or a robocall? To file a complaint, visit donotcall.gov or call 1-888-382-1222 (TTY: 1-866-290-4236).



From the Desk of Caryl Greenberg

Social Worker, MSW LSW - ext. 7212 Email: cgreenbe@sbtnj.net



Strengthening our Emotional Health

People who are emotionally healthy are in control of their emotions and their behavior. They are able to handle life's inevitable challenges, build strong relationships, and lead productive, fulfilling lives. When bad things happen, they're able to bounce back and move on. Unfortunately, too many people take their mental and emotional health for granted – focusing on it only when they develop problems. But just as it requires effort to build or maintain physical health, so it is with emotional health. The more time and energy you invest in your emotional health, the stronger it will be. The good news is that there are many things you can do to boost your mood, build resilience, and get more enjoyment out of life. According to Monique Marie, people who are emotionally healthy have many characteristics some of which include: An overall sense of contentment, a sense of meaning and purpose, flexibility to learn new things and adapt to change, ability to build and maintain fulfilling relationships, and self-esteem. (This is by no means a comprehensive list) These positive characteristics of emotional health allow you to participate in life to the fullest extent possible through productive, meaningful activities and strong relationships. These positive characteristics also help you cope when faced with life's challenges and stresses. Being emotionally and mentally healthy doesn't mean never going through bad times or experiencing emotional problems. We all go through disappointments, loss, and change. And while these are normal parts of life, they can still cause sadness, anxiety, and stress. The difference is that people with good emotional health have an ability to bounce back from adversity, trauma, and stress. In the psychological world that is referred to as resilience. People who are emotionally healthy have the tools for coping with difficult situations and maintain a positive outlook. They remain focused, flexible, and creative in bad times as well as good. One of the key factors in resilience is the ability to balance your emotions. The capacity to recognize your emotions and express them appropriately helps you avoid getting stuck in depression, anxiety, or other negative moods; having trusted people you can turn to for encouragement and support will boost your resilience in tough times as well. There are many skills one can use to improve resiliency and one of those is hearing from others in the same boat and comparing coping strategies. If you are interested in joining 'Stress Busters' a short term group to start sometime in September to talk about improving and developing approaches to increase emotional resiliency please let me know.

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: Councilman Charlie Carley.

SAC Chairman: Don Bergman. **Meeting: Thursday, June 1st - 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: Friday, June 9th - 10:30am, followed by FRIENDS bingo.

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

Meeting: Tuesdays, June 20th - 1:00pm. NO meeting June 6th as Auditoriums closed for the primaries. Brief business meetings, make friends, refreshments, bingo, trips. President: Lillian Donovan(908)307-6422.

The Golden Age Club – bring together & promote the welfare of seniors through fun trips and parties. Dues are \$10.00. **Meeting: Wednesdays, June 14 & 28th, - 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: June 7th - 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!

Golf Group-now accepting members. Play at Tamarack every Tuesday. Must shoot 120 or better. Call John Fuller 732-297-0387 or Brian Barcelo 609-921-3383

Staff Directory

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

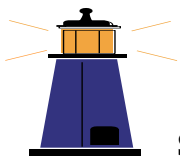
Extensions

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