



# **South Brunswick**

## **Beacon Senior Newsletter**

### **NOVEMBER 2016**

***The South Brunswick Senior Center is open to all residents 55+. FREE to join – Visit office Tuesdays or Fridays (9:30am-12:30pm). Fill out membership form (available on our website [www.sbtnj.net](http://www.sbtnj.net)). Must have proof of age (55+) & proof of South Brunswick residency.***

**Senior Center Hours/Info.** Monday - Friday (8:30am - 4:30pm), Sunday (1:00pm - 4:00pm—Office is closed). **CLOSED-Nov. 8 (Mon), Nov. 11 (Fri), Nov. 13 (Sun), Nov. 24 (Thurs), Nov. 25 (Fri), Nov. 27 (Sun).** (732) 329-4000 x7670, (732) 438-0918(rotary). Christine Wildemuth, Director, [cwildemu@sbtnj.net](mailto:cwildemu@sbtnj.net)

**Meals** Congregate meal site for Middlesex County. Lunch (Monday to Friday@11:30 am). Call Karen - (732) 329-6171. For reservations: call by noon, one day ahead. Vegetarian meals available. Suggested donation: \$2.25 per meal. **Meals on Wheels:** Suggested donation: \$2.75.

**Transportation:** Bus pass required - \$.50 each way. Reservations **MUST** be made by 3:45pm for the next day, week, month, or ride home. To cancel "Same Day Service" call **(732)-329-4000 x7363** before 8:30am. Leave a message, speak clearly, provide name, address, phone number, and reason for call. Buses are wheelchair accessible.

- **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 to Stop & Shop** Monday 10:30am - Dayton S&S (for homes south of RT 1), Tuesdays – S&S (for Oakwoods & Charleston Place @10:30am), Thursdays – 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)

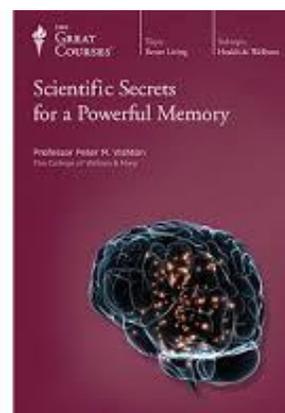
## Program Highlights



**Buy your Raffle Tickets TODAY!** Your chance to win a Thomas & Friends Lionel Train Set or second prize of a 19 inch flat screen TV. Tickets for sale by pool tables. \$1-one ticket, \$2-three tickets. Drawing will be held on Thursday, December 8<sup>th</sup> at 1:15pm at the winter party.

### **Scientific Secrets for a Powerful Memory**

**– Fridays, November 4 @12:30pm & November 18 @10:45am, Aud. 1.** Our next two sessions will focus on “Maximizing Short and Long Term Memory” and “Why and When we Forget.” Don’t forget to show up!



**Vision Support Group** – **Friday, November 4 @ 10:30 am, Art Room.** Please contact Caryl for more information.



**Veteran’s Day Recognition Event** – **Monday, November 7 @11:00 am, Aud. 1.** See Caryl’s page for more information. Please join us and support our Veteran’s! Please sign up in the office.

**Mahjong Lessons** – **Starting Monday, November 14, @10:00am, Aud 2.** Join Gail and learn how to play Mahjong, or get tips to improve your game. Classes in November will be held every Monday. Class can decide if they want to switch to Tuesdays starting December. Sign up at office.

**Sgt. Eugene Rickle – Holiday Safety Lecture** – **Thursday, November 10 @12:30, Aud. 1.** Join Sgt. Rickle from the South Brunswick Police department and learn how to keep yourself and your family safe during the holiday season.

## Program Highlights



**Free Bingo – Monday, November 14 @ 12:30 pm, Aud 1.** Let's be grateful for fun times with good friends! Join us for **FREE** bingo, sponsored by Connie Roberson, Certified Senior Advisor with Oasis, a dedicated provider for those seeking senior living options like assisted living, independent living and memory care. Each time you win a game of bingo you will receive a ticket. At the end, Connie will pick one winner who goes home with a fabulous prize.



**Decoupage with Art Lee --- Tuesday, November 15, @12:30, Art Room.** Back by popular demand! Join our wonderful Art Lee and make a glass decoupage container/vase to keep for yourself or give as a gift! All materials will be supplied. Class size limited to 12. **FREE.** Sign up at the office by November 1.

**French Soiree, Crossroads North Middle School Cafeteria, Wednesday, November 16 @3:30pm. Free.** 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. Register at the Main Office by November 2nd.



### **"South Brunswick – Then & Now, A History of Our Township" November 17 @ 12:30, Aud. 1.**

Join our own **Carolyn McCallum** for an informal roundtable conversation and question and answer session on the history of South Brunswick. Carolyn was the first female mayor of our town in 1978 and was re-elected in 1983. You'll be fascinated to learn about the changes in our township government, our growth from a simple farm community, and the impact our first development (in Kendall Park) had on our infrastructure. Starting in November, Carolyn will also publish a monthly, one-page historical newsletter, which will detail the Revolution through the 1990's (as these events relate to South Brunswick). Her newsletter will be placed on the information table, located in the senior center lobby.

## **Program Highlights**

**Puerto Rican Action Board, Thursday, November 17 from 11:00am - 1:00pm, Cheers & table at lobby** - Christine Rodriguez, outreach worker from the Puerto Rican Action Board, will accept Low Income Home Energy Assistance Program (LIHEAP) and Universal Service Fund applications (USF) for the 2015-2016 heating season. There will be a short presentation and Q&A session followed by an intake session. No appointments necessary. Please see Marie Brown for a list of documents to bring with you.



**Maurice Mahler features the works of Edgar Degas – Friday, Nov. 18@12:30 pm - Aud 1.** Degas was a French artist famous for his paintings, sculptures, prints and drawings. He is especially identified with the subject of dance; more than half of his works depict dancers. He is regarded as one of the founders of impressionism, although he, preferred to be called a realist.

**Event sponsored by "FRIENDS." FREE!**

**Monthly Birthday Lunch – Tuesday, November 22 @ 11:00am, Cheers.** Is this your birthday month? Trivia and cake! Sign up by November 15.

**Coloring for Adults – Tuesday, November 29 @12:15pm, Art Room – FREE.** Relax, listen to peaceful music, color and have some fun. Materials supplied or bring your own.



**Appetizers & Music Social – Wednesday, November 30 @ 12:15pm, Aud. 1.** Let's be grateful for fun times with good friends! Sing, eat and be merry! Bring an appetizer from your culture or your favorite appetizer to share with others! We will eat, enjoy good

conversation, share stories about what we are grateful for and listen to the piano tunes selected for us by Mary Rao.

## **Program Highlights**

**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 as soon as it becomes available. See the senior center office to make sure your email address is up to date.

**Donations** – Thanks to Kalpana Bapat, Sharad Shirali, Bhalchandrav Vagyani. We graciously accept monetary donations (strictly designated for senior center use). Checks to the SB Senior Center. "Tribute Cards" are available (\$15). **We appreciate your support!**



### **Journey Back – Stroke Rehabilitation**

**Monday, November 7, 10:45 am – 11:45am.** Discover what you can do to lower your risk for stroke at this invaluable program led by Kathleen Cooney, RN with University Medical Center of Princeton (UMCP). Learn the early warning signs of a stroke, when to seek medical attention, prevention methods. UMCP is a state-designated Primary Stroke Center.



**Blood Pressure Check, Tuesday, November 15, 2016, 10:00am – Noon.**  
**(no sign-up required)**

**For more information or to sign-up, see or call David (609) 497-2230 or visit [www.princetonhcs.org](http://www.princetonhcs.org).**

## **WANT TO USE OUR GYM OR ATTEND CLASSES?**

- ✓ Fill out 3 REQUIRED medical forms, (one to be filled out by your doctor)
- ✓ Attend a **Personal Training Session – Mondays, November 7 & 21**, (any time from 10:00 am to NOON, 15 minute sessions)
- ✓ Sign up for classes - 2 WEEKS PRIOR to Start Date, Fees non-refundable.

### **Class Schedule**

**Art with Christina** - Mondays @1:30pm, Nov. 28-Dec. 19, (4 weeks), \$15. Mixed media of your choice. Bring your own supplies!

**B.E.S.T. (Balancing, Exercises, Stretching, and Toning) with Liz** - Mondays @1:45pm – Nov. 21- Dec. 19 (5 weeks), \$20. Light weights, balls, and bands are used to strengthen muscles. Sitting in a chair.

**Chair Yoga with Joanne** - Tuesdays @10:30am – Nov. 1 – Dec. 20, (7 weeks). No class Nov. 8, \$22

**Get Fit with Liz** – Thursdays @1:45pm, Oct. 13 – Dec. 8, no class 11/24, (8 weeks), \$32. Mix of cardio and strength exercises to stay healthy and improve overall mobility.

**Introduction to Drawing** – Wednesdays @1:30-2:30pm, Nov. 2 – Dec. 14, (7 weeks), \$21. All levels welcomed to learn or perfect drawing techniques. Materials list available at main office.

**Pilates with Maryanne** – Tuesdays @9:15am – Oct. 11 – Dec. 6, no class Nov. 8, (Bring your own ball). (8 weeks), \$25.00. One of the best ways for older adults to stay healthy.

**Sculpting with Weights** – Wednesdays @12:30pm, Nov. 2 – Dec. 21 (8 week session), Strength training for you! \$27.

**Tai Chi with June** – Thursdays @9:15am – Nov. 10 – Dec. 15, no class 11/24, (5 weeks), \$22. This mind-body practice, has value in treating or preventing many health problems.

**Tap with Robin** - Tuesdays @1:15pm, Nov. 1 – Dec. 20 (7 weeks), no class Nov. 8. \$28. Robin Kaye, co-owner and Director of Kaye-Lynn Dance Studios welcomes newcomers & returning students! Need tap shoes.

**Yoga with Joanne** - Thursdays @10:30am – Oct. 27 – Dec 22, no class 11/24 (Bring your own mat), (8 weeks), \$30. A gentle practice to stay active, lower stress, & maintain a positive attitude.

**Zumba with Fran** – Fridays @1:15 pm, Nov. 18 – Dec. 16, no class Nov. 25 (4 wks), \$14.



**Princeton  
HealthCare System**

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## **Stomachache or Something More Serious?**

Aside from chest pain, abdominal pain is the most common reason that adults visit the emergency room. However, the exact cause of abdominal pain is often not readily apparent.

“A complete medical history can help your doctors narrow down the potential causes of abdominal pain,” says Craig A. Gronczewski, M.D., board certified in emergency medicine and Chairman of the Department of Emergency Medicine at University Medical Center of Princeton (UMCP).

If necessary, blood tests and imaging studies can also help identify whether your pain is due to significant internal illness or injury.

Fortunately, most abdominal pain is not life threatening. For most patients with nonspecific pain, symptoms resolve within hours or days, or are diagnosed by a gastroenterologist as having a more chronic condition such as irritable bowel syndrome or Crohn’s disease.

Elderly patients should be especially cautious when it comes to abdominal pain. Age increases the risk for the more emergent causes of pain such as kidney stones and gallstones, ischemic bowel (the loss of blood supply to part of the colon); and abdominal aortic aneurysm (a weakening or rupture of the body’s largest blood vessel).

While almost everyone experiences abdominal pain from time to time, if the pain is sudden, severe or unlike any pain you’ve experienced, it should be brought to a doctor’s attention.

The Center for Emergency Care at UMCP sees more than 50,000 patients each year. The Center also offers a Senior Care emergency unit designed especially for older adults.

**To find a physician with Princeton HealthCare System, see or call David (609) 497-2230 or visit [www.princetonhcs.org](http://www.princetonhcs.org).**

**LOCAL TRIPS** - Everyone is welcomed to go on trips as long as you have a bus pass. Call 732-329-4000 x7363 to obtain bus pass information or to schedule your ride for one of these trips. Trips depart from the senior center at @ 10:30 am. Trips with less than 10 riders will be cancelled.

- November 2** – Quakerbridge Mall
- November 9** – Delicious Orchards
- November 16** – Walmart, Lawrenceville
- November 30** – East Brunswick Mall



**\*\*\*Special Trips ----will resume late March 2017**

We are breaking for the months of November 2016 – February 2017, due to winter weather.



**All Movies begin at 12:30 pm, Aud 1**

**November 3 (Thurs.) – Now You See Me “2” – (PG – 13, 1:56, Action)** With the help of FBI, the Horsemen mount a meticulously planned surprise appearance, hoping to expose corrupt tech tycoon Owen Case. But their scheme backfires, exposing the Horsemen and sending all five of them back on the run. The Horsemen soon find themselves once again squaring off against unscrupulous businessmen as they attempt to accomplish the most difficult heist of their careers — but even they cannot anticipate the ultimate surprise awaiting them. Starring Woody Harrelson, Mark Ruffalo

**November 21 – Bollywood Movie – TBA**

**November 22 (Mon) – Me Before You – (PG 13 – 1:50, Drama).** Louisa "Lou" Clark lives in a quaint town in the English countryside. With no clear direction in her life, the quirky and creative 26-year-old goes from one job to the next. She becomes caregiver and companion to Will Traynor, a wealthy young banker who became wheelchair bound in an accident two years prior, and whose whole world changed dramatically. No longer the adventurous soul he once was, the now cynical Will has given up---that is until Lou determines to show him that life is worth living. Starring Emilia Clarke, Sam Claflin.



## From the Desk of Marie Brown

Outreach/Program Coordinator

Ext. 7676 Email: [mbrown@sbtnj.net](mailto:mbrown@sbtnj.net)

### LOW INCOME HOME ENERGY ASSISTANCE PROGRAM (LIHEAP) and UNIVERSAL SERVICE FUND (USF)INCOME LIMITS

The Low Income Home Energy Assistance Program (LIHEAP) is designed to help low-income families and individuals meet home heating and medically necessary cooling costs. This year, the application period is October 1, 2016 to April 29, 2017. For persons age 60 or over, or who are disabled, applications may be received and returned by mail.

To be eligible for LIHEAP benefits, the applicant household must be responsible for home heating or cooling costs, either directly or included in the rent; and have gross income noted in the chart below. The amount of the LIHEAP heating benefit is determined by income, household size, fuel type, and heating region. This year, the medically necessary cooling assistance benefit is set at \$200., that will be applied as a credit to an active electric account in the system.

The LIHEAP application is also an application for the Universal Service Fund Program (USF). You apply for two benefit programs at the same time. USF is a program created by the State of New Jersey to help make natural gas and electric bills more affordable for low-income households. If you are eligible, USF can lower the amount you pay for gas and electricity.

Additional information about LIHEAP and USF, including an application, are available at the Senior Center.

<b>MAXIMUM MONTHLY GROSS INCOME ELIGIBILITY LEVELS</b>	<b>USF Program</b>	<b>LIHEAP Program</b>
<b>Household Size</b>		
1	\$1733	\$1980
2	\$2337	\$2670

On **Thursday, November 17 from 11:00 - 1:00pm (Cheers & table at lobby)**-Christine Rodriguez, outreach worker from the Puerto Rican Action Board, will accept LIHEAP/USF applications for the 2015-2016 heating season. There will be a short presentation and Q&A session followed by an intake session. She will have access to the state database to check current client's status. No appointments necessary. Please see me for a list of documents to bring with you to complete your applications.

# From the Desk of Caryl Greenberg

Social Worker,MSW LSW ext.7212

Email: [cgreenbe@sbtnj.net](mailto:cgreenbe@sbtnj.net)



## Thank you American Hero's

Whether you volunteered or were drafted, whether you were overseas or stateside, whether you served on a ship, land or air, if you were a bombardier, repaired aircraft or provided sustenance to the troops while on K.P, I know I speak for everyone when I say that we are incredibly grateful for the sacrifices you made in your lives to keep us safe and our country free.

After meeting monthly for the last several years with our Veterans group I have grown to appreciate all of you and all you have done. Many of you were practically babies at 18 or 19 years old surviving basic training and beyond with conditions that were difficult and lonely. You didn't know if you would ever see your parents again or get married or have families. You are all heroes; those who had engaged in active combat and those who did not. It takes everyone to do their designated job to win a war. And that is not just my sentiments; Richard B Cheney stated 'every veteran has contributed to this nation and to the advance of human freedom. Every veteran has earned this nation's permanent gratitude'.

The Veterans group that meets monthly is made up of WWII, Korean War Veterans and now a couple of wonderful men from the Viet Nam War. This group enjoys retelling their stories, listening to accounts of various experiences and sharing a camaraderie which is specific to Veterans.

In just a couple of weeks after this newsletter is published, we will be celebrating Veterans Day at the senior center. We would be grateful if you would mark your calendars for **November 7th @11:00** at which time you will have an opportunity to thank and honor all veterans who served to make this country the great country that it is today. Please sign-up in the office if you are a veteran and would like to be recognized, or wish to attend.

### TED Talks

November 2 @12:35 - **How societies can grow old together**

November 9 @10:45 - **How to raise successful kids without over-parenting**

November 16 @12:30-**Jane Fonda's life's third act**

November 23 @10:45-**How to live to be 100+**

November 30 @10:45-**Why we laugh**

# 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. **Next meeting: November 3 @ 10:30 am – Noon**

**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 for resident seniors and \$5.00 for non-residents and non-seniors. See office or website for membership forms. President: Muthu Subramanian. **Meeting: No meeting in November.**

**South Brunswick Senior Social Club** — Newcomers welcome! Dues are \$10.00. **Meetings: November 1 & 15 @ 1:00pm, Aud 1.** Brief business meetings and bingo. SBSC 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. **Meetings: November 9 & 23 @ 1:00pm, Aud 1.** President: Gloria Zimmerman, 732-355-1860.

**Billiards Club** —All are 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 2 @ 11:00am, Aud. 2.**

**Bridge Group** - Friendly Duplicate tournaments are played 1<sup>st</sup> & 3<sup>rd</sup> Wednesdays. **November 2 & 16 @ 12:30pm, Aud 2.** Daily bridge play in lobby.

**Knit and Crochet Club** — The Knitting and Crochet Club supports those less fortunate and in crisis. **Wednesdays at 9:30am to 11:00am (Cheers).** Yarn Donations Please! Newcomers are welcomed!

**Badminton** Friendly non-competitive play every Tuesday (2:30-4:15 pm) and Wednesdays, (2:00-4:15pm). See Wellness Center calendar for dates. Just stop by the gym to play. Equipment provided.

**Ping Pong** – play with others on **Monday's, Wednesday's and Friday's - (3:00 – 4:30 pm), most Sunday's (1:00-4:00 pm).** OPEN Play Daily!

## **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 Worker .....x7212  
Wanda Garrin, Program Coordinator.....x7675  
Marie Brown, Program Coordinator (Benefits).....x7676  
Jackie Johnson, Administrative Secretary.....x7677  
Jasmine Aynilian, Main Office, Secretary .....x7670  
Steve Aker, Custodian.....x7350  
After Hours/Weather Update .....x7670  
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