

South Brunswick Senior Center/Office on Aging

Monthly Newsletter / May 2023

A Note from Caryl Greenberg, Director

May is Older American's Month

Established in 1963, Older Americans Month (OAM) is celebrated every May. Led by the Administration for Community Living (ACL), OAM is a time for us to acknowledge the contributions and achievements of older Americans, highlight important trends, and strengthen our commitment to honoring our older citizens.

This year's theme, *Aging Unbound*, offers an opportunity to explore a wide range of aging experiences and to promote the importance of enjoying independence and fulfillment by paving our own paths as we age.



This May, join us as we recognize the 60th anniversary of OAM and challenge the narrative on aging. Here are some ways we can all participate in *Aging Unbound*:

- Embrace the opportunity to change. Find a new passion, go on an adventure, and push boundaries by not letting age define your limits. Invite creativity and purpose into your life by trying new activities here or elsewhere to bring in more growth, joy, and energy.
- Explore the rewards of growing older. With age comes knowledge, which provides insight and confidence to understand and experience the world more deeply. Continue to grow that knowledge through reading, listening, classes, and creative activities. Have ideas for us to implement? Let us know!
- Stay engaged! Everyone benefits when everyone is connected and involved. Stay active by volunteering, working, mentoring, participating in social clubs, and taking part in activities at the Senior Center or elsewhere in the community.
- Form relationships. As an essential ingredient of well-being, relationships can enhance your quality of life by introducing new ideas and unique perspectives. Invest time with people to discover deeper connections with family and friends. Remember- a stranger is potentially your next dearest friend!

We have a fully packed calendar this month with options that will feed your soul, stimulate your brain and your exercise your body! There are so many options to support successful aging we hope you find your passion!

All my Best,

Caryl

Center Happenings

Adult Coloring- 1st Tuesday of every month 1:30pm Enjoy coloring, and making new friends.

Bingo- Mondays 10:30am Doors will close at 10:30am *There is no more second Friday Bingo

Book Club- Thursdays 10:30am Come join our weekly book club where we chat about literature and so much more! With the assistance of South Brunswick Library, a book is chosen for the group and we set a discussion date so members can read at their own pace. Book suggestions welcomed!

Braingames with Ram- Studies show that playing games may improve cognitive health in older adults. Join Ram for a variety of trivia and other Braingames. Every **Second** and **last Friday** of the month at 12:30 pm ******No Braingames Friday, May 25th**

Canasta Lessons- Thursdays 10:00am – Canasta is a card game from the Rummy family.

Ceramics- Thursdays 9:30am – 11:30am Each class is \$3.00 (class card is \$15.00) Cost includes glazes and kiln firing. Additional \$3.00 charge for firing x-large pieces. MUST pick up pieces **last Thursday** of every month. Names or initials MUST be on every piece.

Chess Club - Lessons/ Play: If you are interested in learning how to play Chess or are looking for a Chess buddy, center member- Clive Usiskin, can be found in our lobby **Mondays 10:30am – 12:00pm.**

ESL (English As A Second Language) Class – Tuesdays 10:45am- Do you wish to improve your English speaking skills for practical uses such as shopping, traveling, and dining out at restaurants?

Karaoke Club- 1st and 3rd Tuesdays of the Month at 10:30- Calling all center members who love to sing! Join us for a fun filled hour of singing along to music.

Match-War with AI- Wednesdays from 9.30 - 11:30- MATCH-WAR is an exciting card game where the players must pluck a card to find their MATCHING card within 30 minutes.

Storytelling- Third Wednesday of the Month in place of Writing Away 10:30am Come and tell us your story. Perhaps a reminiscence of childhood, a travel adventure, or an event you were a part of. Every life has stories to tell, and we want to hear yours.

This Month's Movies:

Friday, May 5th 10:00am- Belfast 1 hour 38 min. BELFAST is a movie straight from Branagh's own experience. A nine-year-old boy must chart a path towards adulthood through a world that has suddenly turned upside down.

TED Talk Discussion Groups- Mondays 1:30pm
Watch a selected TED Talk followed by a group discussion

May 1st : Why I train Grandmothers to Treat Depression

May 8th : Lets End Ageism

May 15th : Older People Are Happier

May 22nd : How Societies Can Grow Old Better

Travel Club – Meets **last Tuesday of the Month at 1:45pm** Love to travel, want to share your stories and experiences with others or do you want to learn about different countries, cultures? This is the group for you!

Veteran's Group- Meets **2nd Tuesday** every month **10:30am.** Enjoy the camaraderie of fellow veterans.

What's On Your Mind? - We have a variety of topics during this discussion group plus trivia, fun facts, riddles, news stories, etc. **Fridays 1:30pm**

Writing Away- Wednesdays 10:30am Friendly group that gathers to creatively write, read and share their work.

Special Events- Sign up is **REQUIRED** for these programs.

Please sign up with Jasmine in the office or by calling 732 329-4000 x 7670
Sign up early, so you don't miss out

Please Note:

*The South Brunswick Senior Center is hosting the Middlesex's County 90's Birthday Bash and will not offer all our programs and services on May 11th. There is no lunch, no coffee or use of the microwave. Please check the calendar and plan accordingly.

Repurposing with Art Lee- May 9th 12:30pm Join Art Lee in turning old things into new things. Friendly crowd and always fun!

Art Lee Indoor Garden Workshop- Wednesday, May 10th 12:30pm- Join Art Lee Master Gardener for Indoor and Outdoor gardening and plant tips throughout the year. Group is located in the Garden or on the Patio weather permitting, moves to the Art Room during inclement weather.

Michelangelo Caravaggio- Tuesday, May 9th 12:30pm- Challenged traditional way of painting and the religious norms of the Catholic Church.

Sock Hop with Dave Beasley- Thursday, May 18th 11:00 – 1:30 FRIENDS 50/50

Lunch 11:30 – 12:15 Music 12:15 – 1:15 **SIGN UP by Wed., 5/12** w/ Jody & Mary In The Kitchen

Using Your Wits- Friday, May 5th 1:30pm- Sponsored by Always Best Care- Join Lisa Bayer for this informative, fun and interactive series on keeping our brains healthy as we age.

Skin Cancer Prevention- Friday, May 19th 10:45am- Sponsored by Braven Health

This presentation walks people through the prevention of skin cancer, screenings, early detection and also provides a derma scan machine. While DermaScans provide an indicator of what your skin has been through, they are not skin cancer tests and you should discuss anything they show with your doctor before drawing any conclusions.

New Member Mingle- Friday, May 19th 12:30pm- Are you a new member? Want to hear about all the wonderful events, clubs and classes your center offers? Join us here at the New Member Mingle for some light refreshments, social games, and an opportunity to talk to some of our other members and club presidents. **All members are welcome! Sign up by 5/18**

Empowering Seniors to Prevent Healthcare Fraud- Thursday, May 25th 12:30pm- Join Charles Clarkson Esq. from Senior Medicare Patrol (SMP) learn how to prevent healthcare fraud, errors, and abuse.

Crafts with Kathy- Thursday, May 25th 1:30pm- Join Kathy for fun crafts in a friendly and creative environment.

Art and the Eye Tues., May 23rd 12:15 Join esteemed South Brunswick resident Phyllis Rakrow as she discusses the vision problems of famous artists, spanning the centuries. You do not want to miss this

APSEA- BMI and Blood Pressure Screening- Tuesday, May 30th 10:00am – 12:00pm- Aud.1

Rhythmic Relaxation- Wednesday, May 31st 12:30pm- Rhythmic Relaxation (part of *Circles of the Hearts*) through music, art and self expression we will touch on creative ways to reduce stress aiding in restorative relaxation of the body.

Financial Markets and Investments- Thursday, May 4th 12:30pm - Dr. Maury Randall will provide his views on the major events that are driving the economy and the implications for financial markets and investments. What are the emerging forces that we should be watching at this time. Questions from those who attend are encouraged. Please note Dr. Randall's presentation is for general informational and educational purposes only. Dr. Randall is not a fiduciary.

Shirley's Cocina Demo & Tasting- Tuesday, May 2nd 10:45am & 12:30pm- Get immersed in Spanish food culture with with one of our new center members, Shirley Crespo. Shirley will feature recipes from her Puerto Rican heritage first demonstrating the recipe technique, followed by a tasting of the featured recipe. This month's featured recipe is Flan!! This is a two part activity with limited availability, please sign up early.

Cinco de Mayo Margarita Social- Friday, May 5th 12:15pm- Sponsored by Brandywine- Leslie and Kelly are back and they're bringing Margaritas and Chips!! Join us for snacks, music and Cinco de Mayo hoopla!!! Limited availability **MUST** sign up to attend this event.

South Brunswick Senior Center Hosts... 90's Birthday Bash Celebration & Luncheon

Thursday, May 11th – 11:00am to 1:00pm

Reservations Required The Middlesex County Office of Aging and Disabled Services will hold its annual Birthday Bash for South Brunswick, East Brunswick, Jamesburg, Milltown, Monroe, North Brunswick and Plainsboro residents age 90 or older.

Center Members-The Auditoriums are closed and there will be no coffee, microwave, or meals this day.



50's Sock Hop with Dave Beasley- Thursday, May 18th 11:00 – 1:30

Lunch 11:30 – 12:15 Music 12:15 – 1:15 FRIENDS 50/50

SIGN UP by Wednesday, May 12th WITH JODY & MARY IN THE KITCHEN

June Save the Dates/ Sign up in the office beginning on June 1st

June 6th Middlesex County Nutrition Program- presentation

June 9th 10:30 Presentation by Penn Med Princeton Health on CPR

June 13th Art Lecture Artemisia Gentileschi

June 14th 10-12 Memory Screening

June 15th 11:00am- 1:30 PM Anniversary Party

June 16th No County Meals Program/Bring your own lunch or order in!

June 16th Bingo Sponsored by Harbor Chase Senior Living

June 22nd Ice Cream Party sponsored by Artis Senior Living

June 28th Special Chair Yoga with Ria from Penn Medicine

June 29 Chartcuterie Boards and Cooking Demo Sponsored by Brandywine

WANT TO ATTEND FITNESS CLASSES OR USE OUR GYM?

Medical Clearance by your Doctor is REQUIRED and needs renewal every 2 years

Sneakers and Proper attire are REQUIRED in both gyms.

Shoes must be changed before entering either gym during inclement weather.

***WORKOUT GYM IS OPEN 8:45am – 4:15pm**

Fitness Class Cost

Fitness Classes are \$3.50 per class. Two payment options are available

10 Class Card for \$35.00 – Buys you any 10 classes of your choice. Repurchase when your card is full.

Monthly Class Card- Unlimited Classes (that month) of your choice for \$40.00. Repurchase monthly.

Class Descriptions

(all classes can be modified to accommodate all fitness levels)

Body Sculpting – Mondays 11:00am Wednesdays- 10:30am

This total body exercise class can accommodate everyone's fitness level. Exercises can be done standing or seated. Stretching is done at the end and we finish with a one minute challenge.

Chair Yoga- Thursdays 11:30am

Strengthens your muscles, improve your balance, reduce stress and open your heart through modified yogic postures, breath work, relaxation, and meditation. Chair Yoga classes incorporate mainly seated poses; some standing poses are also included and students can hold onto their chair for balance.

Dancercise- Mondays 12:30pm Join us for a little fun and cardio! **FREE (Volunteer Run)**

Linedancing- **ON HIATUS** A line dance is a choreographed dance in which a group of people dance along to a repeating sequence of steps while arranged in one or more lines or rows. Dance to Country hits and some of today's popular linedance music. Let's have some fun! **FREE**

Now & Zen- Some **Wednesdays and Tuesday's 1:30pm** (please check calendar)

Promotes total body restoration by incorporating a variety of holistic healing modalities to maximize controlled breathing, increase mindfulness and channel energy flow. Program will include Pranayama, breath work with stretching, guided meditation, chanting and Reiki. This class is done seated. **FREE**

Pickleball - Open play daily. Check calendar for daily times. Sign up and check in each day at the table outside the gym. Medical waivers must be on file. Priority is given to new players for the first 30 minutes of each day. We will also be offering coached, supervised play with instructor Carolyn Dardani Horensky. Learn / develop skills while having fun!

Limited to 6 players per week and you must sign up in the office. No fee.

Sweatin to the Oldies – Tuesdays 12:30pm

Class is done standing. Cardiovascular exercise using popular music mostly from the 50's, 60's and 70's.

Zumba- Fridays 10:00am

Dance & aerobic movements performed to energetic music. The choreography incorporates hip-hop, samba, salsa, merengue and mambo. Zumba routines incorporate interval training, alternating fast and slow rhythms — to help improve cardiovascular fitness.

Indoor Walking - Daily in the **Morning 8:45am – 9:45a**

Please wear appropriate footwear in the gyms. During inclement weather there are rubber mats for your convenience to place your outside shoes on. We appreciate your efforts to keep our floors free of salt and dirt.

South Brunswick Wheels in Motion!!



Rutgers Gardens

Tuesday, May 16th ~ Raindate Tuesday, May 23rd

Rutgers Gardens is a 180-acre botanic garden, consisting of designed gardens, farms, plant collections, natural habitats, and a farmer's market. Rutgers Gardens is truly a magical place! The signature giant Adirondack chairs are just one of the beautiful landmarks there, and each of the individual gardens offers something new to show off to visitors. This is such a great place to spend the day and the admission is FREE!

Afterwards lunch at On The Border Mexican Grill and Cantina



Pleasant Valley Lavender Farm

Tuesday, June 27th ~ Raindate Friday, June 30th

Nestled in the heart of Monmouth County! Enjoy harvesting your own beautiful, fragrant bundles of Lavender or select from dried and fresh bouquets. Pleasant Valley Lavender also carries a wide selection of paper and fabric sachets, honey, soaps and candles all produced on the farm. Sample fresh homemade Lavender cookies and Lavender lemonade and make your own Lavender sachet!



Registration information for all trips is disseminated via email blast as well as registration flyers located at the office window.

Schedule Your Bus Service Today!

Call 732-329-4000 x 7363 or stop by the Transportation Office to purchase your bus pass

Lunch Trip Tuesday 11:00am	Special Trips Wednesdays 10:30am
	May 3 rd Confectionatly Yours
	May 10 th East Brunswick Mall
	May 17 th Town Center East Windsor
	May 24 th Walmart North Brunswick
	May 31 st Target/Kohls/Wegmans

Pick up your Transportation calendar in the Transportation Office.

Club News

Senior Advisory Council (SAC)– 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:** Geeta Balasubramanian

Meeting: Thursday, May 4th 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:** \$10.00/year (resident seniors).

Membership forms are available at the office or on our website.

Co- Presidents: Satya Agarwal **Vice Pres. Public Relations-** Geeta Balasubramanian

Vice Pres. Programs- Gina Seepurshad **Vice Pres. Membership-** Shikaram Ramananda Gupta

Meeting: Monday, May 8^h 11:00am **FRIENDS BINGO 12:15pm**

Billiards Club- All welcomed to play daily. Tournaments are played weekly. Lessons on request. Pool club membership is required for tournaments. There is a \$25 yearly membership fee.

Meeting: First Wednesday of the month at 11:00am

President: Ken Peabody kwpeabody@gmail.com or 732-991-4717

Sequence Club- Daily Sequence play. Friendly tournaments are played.

Lessons- Daily in the lobby

Tournaments: 1st & 3rd Tuesdays of the month at 12:00p- 2:30p

Coordinator: Bhogilal Patel bhogilal1939@gmail.com (or) Smita Mehta sh35mehta53@yahoo.com

Golden Age Club- All welcomed to join. **Meeting May 24th 1-3pm (only one meeting in May)**

Meeting: Second & Fourth Wednesday of the Month at 1:00 – 3:00pm

President: Aggie Schwartz **Dues:** \$15.00 per year

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

Meets: Wednesdays 10:00am - 12:00pm. **Coordinators:** Ann Markey & Diane Duffy

Ping Pong- Group play with others! Equipment provided. **Weekdays:** 8:30am – 4:15pm

Pickleball- Check calendar for play times.

Must have medical clearance and participant waivers on file.

Mobile Library- Fridays 11:45am – 12:30pm outside our main entrance

Library Tech Help / Computer Lab - 2nd Monday and 4th Thursday every Month 10:45 – 12:00

Donations: We gratefully 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.



*Thank you **Jeanne Schechter** for your generous donation, it is greatly appreciated!*

From the Desk of Dawn Neglia

Dawn Neglia, LSW -Social Worker- 732 329-4000 x7212 Email: dneglia@sbtnj.net

“Spring Cleaning”

Spring is upon us and as we enjoy the mild weather and blooming flowers, we often find ourselves ready for another task... spring cleaning! Spring cleaning typically includes those household projects we reserve for once or twice a year that refresh our home. However this spring, lets shift the focus to “spring clean” and refresh our minds!

Mindfulness is defined as “a mental state achieved by focusing one's awareness on the present moment, while [calmly acknowledging](#) and accepting one's feelings, thoughts, and bodily [sensations](#)”. Studies show that practicing mindfulness can have positive effects on both physical and mental health. It can reduce stress and increase improve mood, in addition to improving brain functions. The University of Washington Healthy Aging and Physical Disability Research and Training Center offers the following suggestions on how to incorporate mindfulness into your life:

- **Mindful breathing** – One of the simplest exercises is mindful breathing. Simply spend a few minutes focusing your awareness on the movement of your thoughts and your breath in and out, without trying to change them in any way.
- **Body scan** – While seated or lying down, gradually focus your attention on one body part at a time, noticing any physical sensations without judging or reacting to them. A typical body scan might start with the soles of the feet and then progressively move awareness to the knees, hips, back, belly, chest, neck, and head.
- **Mindful eating** – This exercise involves eating very slowly and deliberately while paying attention to the sensations of holding the item, smelling, tasting, chewing, and swallowing it.
- **Loving kindness meditation** – An exercise in which you direct positive thoughts and wishes first to yourself, then to your close family and friends, then to more distant acquaintances, and finally to all humanity.
- **Mindful movement** – While walking or rolling, pay close attention to your breathing, your body movements, and your surroundings. You can also practice mindfulness while doing familiar exercises, such as yoga, focusing on the physical sensations as you enter and hold each pose.

While you are making your Spring “to do” list be sure to add “practice mindfulness” to start the season off right!



From the Desk of Darlene Dawson

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

Affordable Connectivity Program

The Affordable Connectivity Program is an FCC program that helps connect families and households struggling to afford internet service. The benefits provide up to \$30/month discount for internet service; and a one-time discount of up to \$100 for a laptop, desktop computer, or tablet purchased through a participating provider.

Are You Eligible? A household is eligible if a member meets at least one of the criteria:

- Has an income that is at or below 200% of the Federal Poverty Guidelines
- Has a dependent child in the home
- Participates in certain assistance programs such as SNAP, Medicaid, SSI, or Lifeline, or Federal public Housing Assistance.
- Meets the eligibility criteria for a participating broadband provider's existing low-income program.

Two-Steps to Enroll:

1. Go to AffordableConnectivity.gov to submit an application or print out a mail-in application; and
2. Contact your preferred participating provider to select an eligible plan and have the discount applied to your bill.

Some providers may have an alternative application that they will ask you to complete. Eligible households must both apply for the program, and contact a participating provider to select a service plan.

The Low-Income Household Water Assistance Program (LIHWAP).

A program offered by the State of NJ Department of Community Affairs.

The Low-Income Household Water Assistance Program is available to eligible individual households that pay for their own water and sewer and meet low-income requirements. The monthly household income must be at or below 60% of the NJ State median income, which is the same income guidelines for the LIHEAP program. This program helps you avoid service disruptions, restore services, stay up to date on your payments, pay reconnections fees.

Apply Online at: www.waterassistance.nj.gov

Need help with filling out the forms? Please reach out and I will be happy to assist you!

South Brunswick “FRIENDly” Matters

Contact Satya Agarwal at email: satya.agarwal@gmail.com

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: \$10.00/year

***Membership forms are available at the office or on our website.**

Trip Ideas Welcome please email suggestions to Satya Agarwal

Please be advised that you must be a member of FRIENDS to participate in FRIENDS Bus Trips and FRIENDS BINGO.



Penn Medicine Princeton Health is proud to partner with the South Brunswick Wellness Center to provide you with convenient access to medical care, lab services, community education and physical therapy.

Lab/Phlebotomy Services:

Tuesdays from 8:00am - 12 Noon walk ins only

Physical Therapy: By appointment 609 497-2230

Primary Care- Dr. Jose C. Vagario ~ By appointment 609 395-2470

Blood Pressure Screening

Tuesday, May 16th 10am – 12pm

No appointment necessary

To Register For Community Education Lectures

<https://www.princetonhcs.org/events?term=south+brunswick>

or call (888) 897-8979 (Follow the prompts)

May's Recipe Card



As we get close to Memorial Day and BBQ season, it's always good to have some varied side dishes to add to your repertoire and here is one that is delicious, easy and healthy!!

Summer Orzo Salad

Ingredients

- 1 lb. uncooked orzo
- 1/3 cup basil pesto (Costco sells ready made basil; you can also use a salad dressing you enjoy instead)
- 2 Tbsp. extra-virgin olive oil
- 2 tsp. grated lemon zest plus 2 Tbsp. fresh juice (from 1 lemon)
- 1 (15-oz.) can white beans, drained and rinsed
- 1 pt. cherry tomatoes, halved
- 2 cups loosely packed baby spinach, coarsely chopped
- 1 cup half-moon sliced cucumber (from 1 [8-oz.] cucumber)
- 4 oz. feta cheese, crumbled (about 1 cup), divided (I'm crazy for feta/I would use more)
- 1/2 cup chopped roasted pistachios (substitute for another nut or seed or omit entirely)
- **Directions**

1. Cook orzo according to package directions; drain and rinse with cold water until pasta feels cool to the touch.
2. While pasta cooks, stir together pesto, oil, lemon zest, and lemon juice in a large bowl.
3. Add pasta, beans, tomatoes, spinach, cucumber, salt, and 1/2 cup of the feta to pesto mixture; stir to combine. Let stand 10 minutes. Sprinkle with pistachios and remaining 1/2 cup feta. Serve.

Senior Center General Information

Senior Center Hours: Monday - Friday 8:30am - 4:30pm

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

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

Membership: FREE Become a member by filling out a registration form with proof of residence and age. If you have a family member living with you for at least 4 months they are welcome to become a member.

Meals: We are a congregate meal site for Middlesex County. For a delicious hot meal, call Jodi or Mary 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.

Home Delivery : Suggested donation: \$2.75. Please call if you need home delivery.

Transportation Department - (Located In The Senior Center)

* Bus pass required (50 cents each way). Purchase a \$10.00 (or more) pass.

Wheelchair Accessible Buses

* Reservations are required and should be scheduled no later than 3:45 pm for the next day pick up in order to be brought to the Senior Center, food shopping, weekly trips or on the errand shuttle. Please call for Medical transport with as much notice as possible. This is curb to curb service. AM pick up to come to the senior center and return at 1:30 PM and/or 3:15 PM

* 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. Please see the transportation calendar for details.

Staff Directory

To reach our staff members call (732) 329-4000, followed by their extension.
After hours please leave a voicemail. Fax 732.438.9826

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:

Jody Kehayas, Site Manager (732) 329-6171 jody.kehayas@co.middlesex.nj.us



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