

# South Brunswick Senior Center/Office on Aging

Monthly Newsletter /June 2024

A Note from Caryl Greenberg, Director

## Celebrating Diversity and Freedom:

### A June to Remember

As we bask in the warmth of June's embrace, I am delighted to share with you the excitement and significance of this month. June isn't just about picnics and sunshine; it's a time to celebrate diversity, resilience, and the journey towards freedom.

First and foremost, let's raise our rainbow flags high as we honor Pride Month! June is a time to celebrate love, acceptance, and the beautiful tapestry of LGBTQ+ identities. At our senior center, we embrace diversity in all its forms, and Pride Month gives us the perfect opportunity to reaffirm our commitment to creating an inclusive and welcoming environment for everyone. So, let's hang up our rainbow decorations, attend a Pride-themed parade, and most importantly, let love shine brightly in our hearts!

But that's not all—June holds another significant event that deserves recognition and celebration: Juneteenth! On June 19th, we commemorate the emancipation of enslaved African Americans and celebrate the enduring spirit of resilience and freedom. This Juneteenth, let's come together to honor the sacrifices of those who fought for liberation and justice. From inspirational music performances to insightful discussions about Black history and culture, let's make this Juneteenth a day of reflection, learning, and celebration. If you are able, please join Dawn for TED talks followed by discussion this month highlighting PRIDE and the meaning of Juneteenth.

As we embark on this journey of celebration and reflection, let's remember the power of unity and solidarity. Pride Month and Juneteenth remind us that our differences are our strengths, and our shared humanity unites us all. So, let's come together as one community, embracing diversity, championing equality, and spreading love and joy wherever we go. Wishing you all a June filled with pride, joy, and freedom!



## Center Happenings

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

**Bingo-** Mondays 10:45am Doors will close at 10:45am

**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 Braingames. Every **Second** and **last Friday** of the month 12:30 pm.

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

**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.

**Chess Club Meetup:** If you are interested finding a buddy to play a game of Chess with we have Chess meetup on **Mondays 10:30am – 12:00pm.**

**ESL (English As A Second Language) Class** – Do you wish to improve your English speaking skills for practical uses such as shopping, traveling, and dining out at restaurants? **Tuesdays 10:30am**

**Karaoke Club-** 1<sup>st</sup> and 3<sup>rd</sup> 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 at 9:30am - MATCH-WAR is an exciting card game where the players must pluck a card to find their MATCHING card within 30 minutes.

**Mexican Train Dominoes with Bob-** Mondays 12:30pm Check the calendar for dates  
Dominoes with a twist! So much fun!

**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. **No meeting this month**

### This Month's Movies:

**The Eight Mountains-** Friday, June 7<sup>th</sup> 10:00am – 12:37pm - An epic journey of friendship and self-discovery set in the breathtaking Italian Alps, The Eight Mountains follows over four decades the profound, complex relationship between Pietro and Bruno. **Pack a bag lunch and enjoy! (This is a foreign film with closed caption subtitles)**

**The Holdovers-** Monday, June 24<sup>th</sup> – 12:30pm – 2:45pm A cranky history teacher is forced to remain on campus over the holidays with a grieving cook and a troubled student who has no place to go.

### TED Talk Discussion Groups- Mondays 1:30pm

Watch a selected TED Talk followed by a group discussion.

**June 3<sup>rd</sup>:** The Truth About Juneteenth

**June 10<sup>th</sup>:** Love No Matter What (Pride\*)

**June 17<sup>th</sup>:** Why Eyewitnesses Get it Wrong

**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.

## **June's Special Events**- Sign up is **REQUIRED** for these programs.

**\*\* Attention: Primary Day is Tues., June 4<sup>th</sup> – Auds. 1 & 2 is closed for polling.**

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**Pickleball Tournament**- Friday, July 19<sup>th</sup> 12:30p – 2:30p- Must be a Pickleball Player and have medicals on file. **Registration opens: Monday, June 3<sup>rd</sup>** **Registration Ends**: Friday, July 12<sup>th</sup>

**Shirley's Cocina Demo & Tasting**- Tuesday, June 4<sup>th</sup> 10:45am - Get immersed in Spanish food culture with Shirley Crespo. Shirley will feature recipes from her Puerto Rican heritage first demonstrating the recipe technique, followed by a tasting of the featured recipe.

**Neurographic Art with Sangeeta**- Wednesday, June 5<sup>th</sup> 12:30pm – 2:30pm- Neurographic art is a meditative and intuitive artistic process that links the unconscious and conscious mind using brain cells called neurons. This creative method stimulates new neural pathways by combining art and psychology. No artistic ability necessary for this class, relax and unwind your mind.

**Crafts with Kathy**- Thursday, June 6<sup>th</sup> 12:30pm- Join Kathy for fun crafts in a friendly and creative environment.

**Deep Roots Rising Sound Healing**- Tuesday, June 11<sup>th</sup> 10:45am - Sound Healing is a powerful method of rejuvenating your body at the cellular level. Sound healing goes right to the DNA of your body's cells helping the cells to release energy that is old and ready to be released, while bringing in space for new energy. The Soundscape created by the sounds of the gongs, Himalayan bowls, chimes, bells, rattles, and other healing instruments creates a frequency that bathes your body. Join us for this special presentation afforded to us through a grant procured by the SB Library. **Bring a Mat to lay on.**

**Foods for Eye Health**- Tuesday, June 11<sup>th</sup> 12:15pm – Want to improve your eye health? It may be as easy as adding or subtracting some foods from your diet. Join Jule Scalera, Nutritionist for the Middlesex County Meal Program for an informative presentation on eye health.

**Repurposing with Art Lee**- Tuesday, June 11<sup>th</sup> 12:30pm Join Art Lee in turning old things into new things. Friendly crowd and always fun!

**Low Vision Group**- Wednesday, June 12<sup>th</sup> 10:30am - Please join us if you have low vision or care for someone with low vision (or even if you are just interested in the topic).

**Art Lee Indoor Garden Workshop**- Wednesday, June 12<sup>th</sup> 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.

**Horseracing with Brandywine**- Thursday, June 13<sup>th</sup> 12:30pm- Kelly is back!! Sponsored by United Healthcare. Join us for this fun game of chance, place your bets and win a prize!

**Bonsai Making with Hemant**- Tuesday, June 18<sup>th</sup> 12:30 – 2:30 - Bonsai is the Japanese art of growing and shaping miniature trees in containers, developed from the traditional Chinese art form of penjing. Join Hemant as he presents and demonstrates the Art in Bonsai Making and the History of the Bonsai Craft. This class is once per month June through September. Space is limited.

**Anniversary Party w/ Barbara Harris** – Thurs., June 20<sup>th</sup> 11:30 – 1:30 Lunch 11:30–12:15 Music 12:15–1:15 Must have signed up by June 6<sup>th</sup> **Check in 10:30 – 11:20** **Be seated by 11:25am**

**New Member Mingle**- Friday, June 21<sup>st</sup> 12:30pm – New Members... join us to hear about all our events, clubs and classes your center offers? This is the perfect opportunity to talk to some of our other members and club presidents. Light refreshments served. **Sign up by 6/20**

## **June's Special Events- Continued**

**Art Lecture with Bart- Picasso the Early and Late Years- Tuesday, June 25<sup>th</sup> 12:30pm – 2:30pm**

**Helping Families of All Ages to Downsize, Declutter and Move Forward- Thursday, June 27<sup>th</sup> 12:30pm** – Join John Walsh, of Walsh Senior Solutions for a presentation on making areas in the home more livable so they can be used properly, and safely navigated.

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## **July- Save the Dates**

**Senior Batting Practice in Reichler Park- Mondays 10:30am – 11:30am** Ed Belding will be holding Senior Softball Batting Practice at Reichler Park Baseball field #1 closest to the pavilion. This program will be great for core strengthening & balance. Imagine hitting a homer and not having to run the bases!  
**Dates:** July 1, 8, 22, 29 August 5, 12, 19, 26 (Weather/Temperature Permitting) **Medicals need to be on file. Bring a Glove if you have one. WeStill looking for right handed glove donations**

**Art Lecture with Bart- TOPICS TO BE ANNOUNCED- Tuesday, July 9<sup>th</sup> & 23<sup>rd</sup> 12:30pm – 1:30pm**

**Patio Palooza with Brandywine- Thursday, July 11<sup>th</sup> 12:30pm-** Kelly is back! Join us for some Summer Games outside! Bring a towel, your sunglasses and don't forget to apply Sunblock!

**Crafts with Kathy- Thursday, July 11<sup>th</sup> 1:30pm**

**Summer Jam with DJ Iron Mike- Thursday, July 18<sup>th</sup> 11:30 – 1:30**

Lunch– 11:30–12:15 Music 12:15– 1:15 **FRIENDS 50/50 Sign up at the office window by July 3<sup>rd</sup>**  
Parties are **CLOSED EVENTS** and are **LIMITED to registrants of the party**. If you are not signed up you will not receive a meal, nor enter the event room. Check in is 10:30 – 11:20 Please be seated by 11:25am at your table.

**New Member Mingle- Friday, July 19<sup>th</sup> 12:30pm** New Members join us to hear about all our events, clubs and classes your center offers? This is the perfect opportunity to talk to some of our other members and club presidents. Light refreshments served. **All members are welcome! Sign up by 7/18**

**Celebrating 18 Years of Hard Work and Dedication  
To The Seniors of South Brunswick...**

*Caryl's Retirement Party*

**Thursday, July 25<sup>th</sup> 12:30 ~ Aud. 1&2**

**Please join the Senior Center Staff as we honor our Director, Caryl Greenberg.**

**APSEA- BMI and Blood Pressure Screening- Tuesday, July 30<sup>th</sup> 10:00am – 12:00pm- Lobby**

## **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.

**Intermediate Mat Yoga with Daria**- Daria is holding a monthly Intermediate Mat Yoga Class through August. Intermediate level yoga includes both strengthening and stretching poses and emphasizes internal awareness. This class is done in standing, kneeling and supine positions on the floor. **This is a free class.** Bring your own mats, blocks, straps and blankets and sign up in the office. Medical waivers must be on file for this class. **Monday, June 10<sup>th</sup>**

**Now & Zen**- Some Tuesdays and Wednesdays 1:30pm **On hiatus until September**

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! **1x per month for beginners. Limited to 6 players per session and you must sign up in the office any time. 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** - Wednesdays 9:30am through out June then Friday's at 10 AM

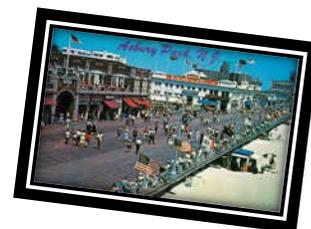
Dance & aerobic movements performed to energetic music. The choreography incorporates hip-hop, samba, salsa, merengue and mambo. Zumba routines incorporate interval training, alternating fast and slow rhythms — to help improve cardiovascular fitness.

# South Brunswick Wheels in Motion!!



**Baps Swaminathan Akshardham** – Wednesday, June 12<sup>th</sup> **TRIP IS FULL**  
Report to Center : 9:30am Depart Center: 9:45am

**Asbury Park Boardwalk**- Friday, July 12<sup>th</sup> - Fantastic food, eclectic boutiques, family fun, colorful nightlife and one of the best live music scenes in the world are just some of the things they've got going on, all tucked neatly along a historic beachfront promenade splashed with vibrant murals. There's something for everyone at the Asbury Park Boardwalk. **Registration Lottery - Monday, June 3<sup>rd</sup> 12:30**



**River Queen Lunch Cruise**- Wednesday, August 7<sup>th</sup> –  
 Get ready to set sail aboard the River Queen, an elegant two-story classic riverboat, complete with a gently turning paddlewheel for a relaxing luncheon on the water! Enjoy the sights and sounds of the beautiful Manasquan River, and conditions permitting, the Pt. Pleasant Canal, Metedeconk River, and Barnegat Bay with time for sightseeing on the return trip. **FULL – Waitlist only**

**Registration flyers with details are available at the Office!**

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## **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                |
|---------------------------------------------------------------------------|-------------------------------------------------|
|                                                                           |                                                 |
|                                                                           |                                                 |
| No Lunch Trip This Month                                                  | June 26 <sup>th</sup> – Walmart North Brunswick |
|                                                                           |                                                 |
| <b>Pick up your Transportation calendar in the Transportation Office.</b> |                                                 |

If Anyone has any local shopping destination suggestions please email Mimi at:

[mdoria@sbtnj.net](mailto:mdoria@sbtnj.net)

# 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:** Councilwoman Archana (Ann) Grover **Chair:** Geeta Balasubramanian

**Meeting:** Thursday, June 6<sup>th</sup> 10:30am All are encouraged to attend.

**No meeting July or August**

**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, June 10<sup>th</sup> 11:00am **FRIENDS BINGO 12:15pm**

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**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 – 6/5 (this month AUD. 2) 11:00am **President:** Ken Peabody

[kwpeabody@gmail.com](mailto:kwpeabody@gmail.com) or 732-991-4717

**Bridge Club-** Daily play. **Lessons-** Wednesdays in the lobby ***Need 3 Facilitators For Bridge Program***  
**Tournament:** No tournament this month

**Bridge Coordinator:** Shikaram Ramananda Gupta [ramashikaram@yahoo.com](mailto:ramashikaram@yahoo.com)

**Golden Age Club-** All are welcomed to join. **Meeting – June 12<sup>th</sup> & 26<sup>th</sup> 1-3pm**

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

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

**SBSC Pickleball Club-** Meeting- First Thursday every Month at 12:30pm in Aud. 2

**Dues:** Yet to be determined **Next Tournament:** Friday, July 19<sup>th</sup> (open to all pickleball players)

**Senior Olympics Pickleball Practice:** Mondays 8:30 – 10:30 beginning Monday, June 3<sup>rd</sup>

**Next Club Hangouts:** Knob Hill Country Lanes Rt.33 - Thursday, June 6<sup>th</sup> Details to follow

**Committee Members:** Richard Jackson, Bart D'Andrea, Raj Saktivel, Gina Seepurshad,

Patty Jensen, Palma D'Angelo, Nancy Kinal **Questions:** [rjackson2012@aol.com](mailto:rjackson2012@aol.com)

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**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.**

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**Mobile Library-** Tuesdays 12:00pm – 12:45pm outside our main entrance

**Library Tech Help / Computer Lab – On Hiatus until September**

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**Donations:** We are looking for donations of empty liquor / wine bottles, white tissue paper, white chalk paint, printed rice paper for decoupage

# From the Desk of Dawn Neglia

Dawn Neglia, LSW -Social Worker- 732 329-4000 x7212 Email: [dneglia@sbtnj.net](mailto:dneglia@sbtnj.net)

## World Elder Abuse Awareness Day

The United Nations has recognized June 15<sup>th</sup> as “World Elder Abuse Awareness Day” and encourages citizens to take notice and action against abuse and neglect of our older adult population. According to World Health Organization, “elder abuse can be defined as "a single, or repeated act, or lack of appropriate action, occurring within any relationship, where there is an expectation of trust, which causes harm or distress to an older person." Elder abuse can take various forms such as physical, psychological or emotional, sexual and financial abuse. It can also be the result of intentional or unintentional neglect”.

Often, we hear of unfortunate circumstances of child abuse, as there is a more heightened awareness to this terrible issue. However, older adults are also vulnerable to abuse due to their reliance on caregivers, physical limitations and cognitive impairment. These same factors can also result in the under-reporting of allegations of abuse or neglect. Abuse is also not an issue that only occurs in care facilities, it occurs in private residences as well. If an older adult is primarily isolated in a home, there may be no one to advocate for the person. Signs of physical and emotional abuse can include withdrawn or sad mood, unexplained injuries and bruises and isolation from friends or family. Financial abuse can be detected by a recent change in banking or spending patterns and signs of neglect can be noted when a person is disheveled or not receiving proper medical care.

If you believe someone is being abused or neglected, there are steps you can take to address the problem. In instances where you are witnessing physical harm to an adult, the police should be the immediate contact. Although it can be intimidating to report abuse or neglect and some fear reporting misinformation, it can make the difference in the well-being of an older adult. Adult Protective Services can be contacted to investigate any suspected abuse or neglect in the private home of an older adult as well and most calls can be made confidentially.

For more information on elder abuse and what you can do, see the United Nations website at: [United Nations - World Elder Abuse Awareness Day](#)

For more information on Adult Protective Services and elder abuse, see their website at: [Adult Protective Services](#)



# From the Desk of Darlene Dawson

Benefits Coordinator [ddawson@sbtnj.net](mailto:ddawson@sbtnj.net) 732 329-4000 x7676

## Do These Things Today, Be Safer Tomorrow...

### AN UPDATED "TO-DO" LIST TO MAKE IT MUCH HARDER FOR SCAMMERS TO REACH YOU.

- ❖ Open your iPhone's contact list and add your family, friends, doctors and other important numbers. Then go into your phone settings and turn on the setting for "silence unknown callers." This will send any caller who isn't in your contacts list directly to voicemail.
- ❖ Every few months, revise the passwords on your financial accounts. Your best bet is to use a passphrase: Ilovey17dogz! is much stronger than Scruffy23. Keep track of passwords in a highly secure password manager or by writing them down and storing them safely.
- ❖ Make sure you are signed out of any financial apps on your phone—credit cards, financial institutions and peer-to-peer apps such as Venmo, CashApp or Zelle. Also make sure your account settings require security measures such as a PIN, fingerprint or facial recognition. This ensures that if your phone is stolen, the thief will not have access to your money.
- ❖ Audit your wallet or purse. That means remove cards and information you don't need to carry (such as your Social Security or Medicare card). And make copies of anything you do need to carry (front and back) and store in a safe place at home.
- ❖ Be skeptical. Many criminals use friendliness, compassion and kindness as their persuasion method, rather than fear and intimidation. Likewise, scammers create a sense of urgency to get you to act out of emotion rather than logic. If you feel pressured or manipulated, walk away, or hang up the phone.
- ❖ Check your social media settings to make sure you have your accounts set to private. This allows only people you choose to trust to view your pages and contact you.
- ❖ Routinely monitor your credit report. Some banks or credit cards offer this as a free service. You can also go to [AnnualCreditReport.com](http://AnnualCreditReport.com) or call 877-322-8228 to get free reports from the big three credit bureaus. Watch for unusual activity; if you see any, report it immediately to all three bureaus and appropriate financial institutions.



# South Brunswick “FRIENDly” Matters

Contact Satya Agarwal at email: [satya.agarwal@gmail.com](mailto: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 the website.

**Upcoming FRIENDS Events:** \* Events are Subject to Change

|                              |                                                                                                                |
|------------------------------|----------------------------------------------------------------------------------------------------------------|
| Longwood Gardens             | June 26 <sup>th</sup> – Register in the Lobby at the FRIENDS table                                             |
| Ping Pong Tournament         | June 28 <sup>th</sup> - Sign Up Begins Mon., June 3 <sup>rd</sup> at the Ping Pong Room in the Wellness Center |
| Jersey Shore Premium Outlets | July 16 <sup>th</sup>                                                                                          |
| Wine Train                   | August - Date to be Announced                                                                                  |
| FRIENDS ANNUAL PICNIC        | September 19 <sup>th</sup>                                                                                     |
| Casino Trip                  | October – Date to be Announced                                                                                 |
| CULTUREFEST                  | November 21 <sup>st</sup>                                                                                      |



Penn Medicine Princeton Health proudly partners 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:** Appointments preferred- call (609) 853-6816

Tuesdays from 8:00am - 12 Noon

**Physical Therapy:** By appointment (609) 497-2230

**Primary Care:** Dr. Jose C. Vagario ~ By appointment (609) 395-2470

## **June Events:**

**Stop The Bleed- Wednesday, June 5<sup>th</sup> 10:30am-** Stop the Bleed is a national awareness campaign intended to cultivate grassroot efforts that encourage bystanders to become trained, equipped, and empowered to help in a bleeding emergency before professional help arrives. Join Barbara Vaning, MHA, EMT Training Center Coordinator, with Penn Medicine Princeton Health Community Wellness, for this invaluable discussion.

## **July Save The Dates:**

**Memory Screening – Wednesday, June 24<sup>th</sup> 9:30 – 11:30**

To Register For Community Education Lectures/ Events

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

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

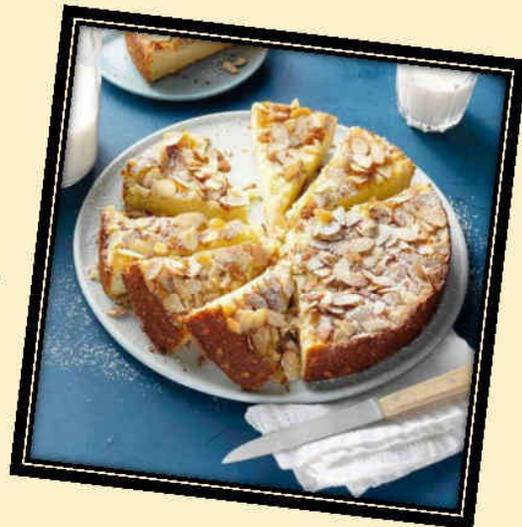
# Classic Almond Ricotta Cake

**TOTAL TIME:** Prep: 20 min. **Bake:** 45 min. + cooling **YIELD:** 12 servings.

*Add ingredients like lemon zest or fresh blueberries for a change of pace.  
Carrie Dault, Baxter, Tennessee (recipe copied from [www.tasteofhome.com](http://www.tasteofhome.com) )*

## Ingredients

- 1/2 cup unsalted butter, softened
- 1 cup sugar
- 2 large eggs, room temperature
- 1-1/4 teaspoons almond extract
- 1 teaspoon vanilla extract
- 1-1/2 cups all-purpose flour
- 1-1/4 teaspoons baking powder
- 1/4 teaspoon salt
- 1 carton (15 ounces)  
whole-milk ricotta cheese
- 3/4 cup sliced almonds
- Confectioners' sugar, optional



1. Preheat oven to 350°. In a large bowl, cream butter and sugar until light and fluffy, 5-7 minutes. Add eggs, 1 at a time, beating well after each addition. Beat in extracts. Sift flour, baking powder and salt together; gradually add to creamed mixture alternately with ricotta. Spread into a greased 9-in. springform pan. Sprinkle with almonds.

2. Bake until a toothpick inserted near the center comes out with moist crumbs, 45-50 minutes. Cool on a wire rack for 15 minutes. Loosen sides from pan with a knife; remove rim from pan. Allow cake to cool completely. If desired, dust with confectioners' sugar before serving.



## 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](http://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+.

**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        | <a href="mailto:cgreenbe@sbtnj.net">cgreenbe@sbtnj.net</a> |
| Dawn Neglia, Social Worker .....                   | x7212        | <a href="mailto:dneglia@sbtnj.net">dneglia@sbtnj.net</a>   |
| JillAnn Foxxe, Program Coordinator.....            | x7675        | <a href="mailto:jfoxxe@sbtnj.net">jfoxxe@sbtnj.net</a>     |
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