

# South Brunswick Senior Center/Office on Aging

Monthly Newsletter / June 2022

## A Note from Caryl Greenberg, Director

Dear Member,

For those of you who know me, you are most likely aware that I have a strong sense of 'what is right'. As a social worker for over 30 years I find myself gravitating toward advocating for people and situations and some of you may have benefited from my advocacy. Thinking back, I probably went into the field of social work because it allowed me to pursue helping people and causes.

This month I get to reflect on how far the LGBTQ community has come as I am reminded that June is Pride Month.

I find it astounding that just over 10 years ago gay, lesbian, bisexual and transgender Americans could not serve in the military and that just over 10 years ago Massachusetts was the only state that allowed for marriage equality. Less than 50 years ago, 'being gay' was considered a mental illness by the American Psychiatric Association and a little over a decade ago, vicious, violent acts motivated by

prejudice against LGBTQ Americans were not legally recognized by the United States government as hate crimes. In recent years, the LGBTQ community has made tremendous strides towards equality in America. This group has some more work ahead of them but they have come a long way!

### **June 15<sup>th</sup> is World Elder Abuse Awareness**

As Americans, we believe in justice for all. Yet, every year an estimated five million,

or one in ten older Americans experience elder abuse, neglect, or exploitation.

Believe it or not, it can be a friend or a neighbor who is being abused, neglected or exploited. Sometimes we discount our hunch that something might be going on with someone we know. We ruminate over whether we should get involved. Most of the time I think giving people the benefit of the doubt is a good thing to do but in this instance, if you think someone you know may be exploited for example, please reach out to Adult Protective Services. Your name can remain anonymous and you might be helping someone. The number in Middlesex County is: 732.745.3635.

On a lighter note, we have many fantastic programs this month and I look forward to seeing you soon!

## Center Happenings

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

**Bingo-** Mondays **10:30am (please note new time)** Bingo is a \$1.00 fee. Purchase \$5.00 Bingo Pass in office. You can share your card with a friend. **Please purchase cards prior to game time.**

**Book Club-** Thursdays **10:00am** 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. Recommendations on books are always welcomed by the group.

**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**

**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.

**Volunteer Coordinators:** Terry Doremus and Rose Marie Gianvito

**Storytelling-** Third Wednesday of the Month in place of Writing Away **1:30pm**  
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 Movie:

**Dog-** Friday, June 3<sup>rd</sup> **10:00am-** In this road-trip comedy, two hard-charging former Army Rangers paired against their will - Briggs (Channing Tatum) and a Belgian Malinois named Lulu - race down the Pacific Coast in hopes of making it to a fellow soldier's funeral on time. 1h 41m

**Hitman's Wife's Bodyguard-** Monday, June 27<sup>th</sup> **12:30pm** The world's most lethal odd couple-bodyguard Michael Bryce (Ryan Reynolds) and hitman Darius Kincaid (Samuel L. Jackson)-are back on another life-threatening mission. Hilarity at it's best! 1h 40m

### Podcasts/TED Talk Discussion Group- Mondays 1:30pm

Listen to a selected podcast or TED Talk independently followed by a group discussion.

**June 6<sup>th</sup> :** TEDTalk: One More Reason to Get a Good Night's Sleep

**June 13<sup>th</sup> :** TEDTalk: Why We Laugh

**June 20<sup>th</sup> :** TEDTalk: The Best Way to Help is Often Just to Listen

**June 27<sup>th</sup> :** Podcast: The Judgement of Helen Levitt

**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 **1:30pm** Friendly group that gathers to creatively write, read and share their work.

**Wait list for Piano-** would you like to be placed on the piano lesson wait list? Call the office and let us know.

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

Please sign up with Jasmine at x 7670 or email [jaynilia@sbtnj.net](mailto:jaynilia@sbtnj.net)

**Mayflower Descendants**- Monday, June 6<sup>th</sup> 12:30pm- Liberty Tree Society, Walpole, NH - is streaming a virtual presentation about the Mayflower Compact. This educational and engaging presentation is for all people and will establish a continual avenue of communication with immediate family and relations.

**ASL Class (American Sign Language)**- Wednesdays 12:30pm Beginning June 8<sup>th</sup> throughout the Summer- Join center member Debra Hester, ASL Interpreter, for an introductory course to American Sign Language.

**U.S. Postal Inspectors: Mail Fraud Schemes & Consumer Awareness**- Monday, June 13<sup>th</sup> 12:30pm

The U.S. Postal Inspection Service (USPIS) is the law enforcement branch of the Postal Service. Any fraud that uses the U.S. Mail – whether it originates in the mail, by phone or online – is mail fraud. Come learn from Postal Inspectors about various types of mail fraud schemes and how to protect yourself and others.

**Art Lecture- “What is Art”?**- Tuesday, June 14<sup>th</sup> 12:30pm- Join South Brunswick’s very own Bart D’Andrea for his presentation, "What is Art". A lecture on how we define and understand what our criteria is for labeling Fine Art. Is there good art and bad art? Does taste define art? These and other questions will be discussed along with images of some of the world's most famous art. Along with how some of the greatest artists defined their art.

**Repurposing with Art Lee**- Tuesday, June 14<sup>th</sup> 1:30pm – Join Art Lee in turning old things into new things. Friendly crowd and always fun!

**Art Lee Garden Workshop**- Wednesday, June 15<sup>th</sup> 10:30am- Join Art Lee Master Gardener for garden tips. How does your garden grow? It’s all about the sprout!

**Summer Jam BBQ Event** – Thursday, June 16<sup>th</sup> 11:00am – 1:30pm- Join us for Jersey Shore Style Summer kick off party!! Live DJ, giveaways, FRIENDS 50/50 and a delicious BBQ meal!!

**SIGN UP WITH JODI AND MARY IN THE KITCHEN FOR THIS EVENT**

**Intergenerational Art Project Gardeners/ Cadet Troop 80224**- Friday, June 17<sup>th</sup> 10:45am- Help adorn the senior center garden fence with a craft alongside local Troop # 80224. Using air dry clay, create fun figurines, paint them with acrylics and attach to the fence. Weather permitting, this will be held outside. Sign up only and limited spots.

**New Member Mingle!!**- Friday June 17<sup>th</sup> 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!!**

**Lecture- Romance Languages**- Monday, June 20<sup>th</sup> 10:00am- An introduction to Romance Languages: Learn how Latin shaped the modern languages that we love. This program will explore the evolution of modern Romance Languages like French, Italian, and Spanish from their ancient roots to their use today.

**Crafts with Kathy**- Thursday, June 23<sup>rd</sup> & June 30<sup>th</sup> 1:30pm- Join Kathy for a TIE DYE Extravaganza!! **MUST SUPPLY YOUR OWN SHIRT ( Two Shirt limit per person)**

**Ice Tea and Pound Cake Social**- Thursday, June 23<sup>rd</sup> 12:30pm June is National Iced Tea & Poundcake Month. Join us for Homeade Iced Tea and a tasty slab of Pound Cake!

**Word From Our Sponsor Game** – Tuesday, June 28<sup>th</sup> 12:30pm- Sponsored by Right at Home- Join Audrey for a challenge!! Test your knowledge of “sponsors” classic and new. See if you can remember those infamous commercial jingles.

**“Memory Enhancers: Identifying and Improving Brain Age”**- Thurs., June 30<sup>th</sup> 12:30pm

**Presented by Parker Life**- Sharpen your memory and win prizes at the same time! This Jeopardy-style program begins with a presentation to introduce and explain the “Brain Age” concept originally created By Dr. Ryuta Dawashima at the Smart-Aging Research Center at Tohoku University in Japan.

## Suggested Programs

These programs have been suggested by center members, if you are interested in joining, teaching or leading any of the following programs please sign up on the interest sheets at the office window by **calling Jasmine at x 7670 or emailing [jaynilia@sbtnj.net](mailto:jaynilia@sbtnj.net)**

**Language Class: Update:** 11 signed up for Spanish! We will be reaching out to those signed up. Spanish is coming soon!!

**Linedancing-** Country and today's popular line dances. Nothin crazy just havin fun! **Update: Has been added to our fitness schedule, check pg.5 for details**

**Travel Club-** 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!

**Update:** 4 signed up, **looking for 3 more!! Looking to add this to July's calendar!**

\*\*\*\*\*

## July - Save the Dates- SIGN UP at Office

**Ice Cream Social- Tuesday, July 5<sup>th</sup> 12:30pm-** Sponsored by Spring Hills in Somerset- Ice Cream Sundaes and all the fixins!

**Wineglass Painting- Thursday, July 7<sup>th</sup> 12:30pm-** Sponsored by Care One. Lindsay's back! Join us for some smooth Jazz and Wine Glass painting.

**Review of Financial Investment Markets- Monday, July 11<sup>th</sup> 12:30pm-** Our very own center member, Dr. Maury Randall will present his analysis and opinions on what is driving the movements of prices and returns in financial markets. Please note Dr. Randall's presentation is for general informational and educational purposes only. Dr. Randall is not a fiduciary.

**Emotional Aspects of Vision Loss- Wednesday, July 20<sup>th</sup> 10:30am-** Please join us for a presentation about the emotional aspects of the loss hosted by the New Jersey Commission for the Blind and Visually Impaired. This presentation is beneficial to both those who have vision loss and anyone who cares for or interacts with someone who has vision loss.

**Horserace Tricky Tray- Thursday, July 21<sup>st</sup> 12:30pm-** Prizes sponsored by Platinum Homecare. Join us for an hour at the races!!

**BBQ with Music by Scott Brandt- Thursday, July 28<sup>th</sup> 11:00- 1:30-** There's nothing like a Summer BBQ, great food, great music, 50/50. **Sign up with Jodi and Mary in the kitchen!!**

\*\*\*\*\*

## "FRIENDly" Matters

**FRIENDS of South Brunswick Senior Center** is a non-profit organization, registered with the state of New Jersey, operating within the Senior Center. FRIENDS supports many programs and events at the center. Funds come from annual membership, donations and fundraising activities.

### Please Consider Becoming A Member Of Friends:

Membership is only \$5 per year. FRIENDS is a registered not-for-profit organization, your membership dues and donations are tax deductible. Please contact Mohandas to sign up. We appreciate your help and we promise to keep you entertained by supplementing Senior Center activities and running fun trips. Applications are available at the FRIENDS Bulletin Board located in the Cheers Room

### Club Tournament Fundraisers: Calling All Billiards, Ping Pong, Mahjong Players!!

Did you know that your Club here at the senior center could help raise funds to subsidize events, entertainers and so much more!? Twice a month the Bridge Club holds a Tournament to help raise funds for the Senior center. If your club is interested in running a fundraising tournament that would be open to all center members please contact Satya Agarwal. [satya.agarwal@gmail.com](mailto:satya.agarwal@gmail.com)

**PLANT SALE COMING IN JULY!!!! Stay tuned to your Sunday constant contact emails for details!**

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

**Medical Clearance by your Doctor is REQUIRED and needs renewal every 2 years**  
(Please see Jasmine to fax the form to your physician)

Sneakers and Proper attire are REQUIRED in both gyms.  
Shoes must be changed before entering either gym during inclement weather.

**\*WORKOUT GYM IS OPEN WITH LIMITED HOURS\* Masks are optional**

### **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 & Fridays 10:30am

Total body exercise can accommodate everyone exercises can be done standing or seated. Stretching is done at the end and we finish with a one minute challenge.

#### **BollyX**- Tuesdays 10:00am

BollyX is a Bollywood-inspired dance-fitness program that combines dynamic choreography with the hottest music from around the world. Its 50-minute cardio workout cycles between higher and lower-intensity dance sequences to get you moving, sweating, and smiling.

#### **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, in which students can hold onto their chair for balance.

#### **Drumdance**: Monday, June 6<sup>th</sup> & 20<sup>th</sup> at 10:00am **FREE Please bring your own fitness ball!**

This new fitness trend combines drumsticks and an exercise ball creating one of the most fun workouts ever! Using the exercise ball and the floor as your drum, and we'll mix in some fun dance moves! Drumming increases the heart rate and blood flow, resulting in an invigorating interval workout. It boosts the immune system, increases endorphins and activates those stress busting responses in your body!

**Linedancing**- Last Thursday of the month 10:00am- 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!

#### **Now & Zen**- Fridays 2:15pm

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**

#### **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 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 9:15a – 9:45a

**Afternoons** Monday, Tuesday, and Thursday 2:30p – 3:15p **No Reservations needed**

# South Brunswick Wheels in Motion!!



## **Grounds For Sculpture- June 9<sup>th</sup>**

Departs the senior center at 9:00am SHARP

## **Point Pleasant Boardwalk- Tuesday, July 12<sup>th</sup>**

Jenkinson's Boardwalk offers a wide range of fun and exciting activities for everyone! You'll never run out of things to do. Aquarium, Arcades, Sweet Shop and a warm sandy beach!



**Raindate July 14<sup>th</sup>**

## **August Trip- Coming Soon, Stay tuned!**

For more information...

Stop by the Office Window and get your Trip Flyers today!

---

## **Schedule Your Bus Service Today!**

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

### **Local Trips Wednesdays 10:30am**

**June 1** – East Windsor Mall

**June 8-** Walmart North Brunswick

**June 15** – Quakerbridge Mall

**June 22** – Mercer Mall – Lawrenceville

**June 29-** Target Lawrenceville (Nassau Park)

The transportation department offers trips to physician offices, to supermarkets, errands and to the senior center as well as larger day trips. Please pick up the calendar for additional details.

# Club News

**Senior Advisory Council** – a 13 member board appointed by the Mayor and Township Council who discuss issues that impact the senior center. Everyone is welcome.

**Township Liaison:** Mayor Charlie Carley      **Chair:** Coleen Schlaffer

**Meeting:** Thursday, June 2<sup>nd</sup> 10:30am ~ All are welcome to attend, join us!

**FRIENDS** – Friends is a non-profit organization raising funds to promote and supplement the Senior Center activities as well as improve the lives of seniors. **Dues:** \$5.00/year (resident seniors).

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

**Co- Presidents:** Satya Agarwal & Mohandas Hemrajani

**Co- Vice Presidents:** Lynne Brown & Geeta Balasubramanian

**Meeting:** Monday, June 13<sup>th</sup> 11:00am      **FRIENDS BINGO- 10:00am**

**\*\*Please note the change in day and time for FRIENDS meeting and FRIENDS Bingo**

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

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

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

**Bridge Club-** Daily Bridge play. Friendly Duplicate tournaments are played.

**Lessons- Wednesdays 10:00am** with Lynne Brown (**Lessons on Hiatus**)

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

**Coordinator:** Satya Agarwal [satya.agarwal@gmail.com](mailto:satya.agarwal@gmail.com)

**Golden Age Club-** All welcomed to join. **ReOrg meeting June 8<sup>th</sup> 1-3pm** by Cecelia

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

**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

\*\*\*\*\*  
**Badminton-** Keep your eye on the Birdie! **Wednesdays 1:30 – 4:15** Equipment Provided.

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

\*\*\*\*\*  
**Mobile Library-** SB Mobile Library is parked out front main entrance on **Tuesdays 11:45am – 12:30pm**

\*\*\*\*\*  
**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.

**We are always in need of new items for Bingo prizes and door prizes.**



## **From the Desk of Dawn Neglia**

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



According to the Alzheimer's Association, there are "more than 55 million living with Alzheimer's or another dementia" worldwide. The month of June recognizes Alzheimer's and Brain Awareness and is a great opportunity to educate yourself on brain health and related conditions.

June 21<sup>st</sup> has been designated "The Longest Day" and is often used as a day to raise awareness and funds for Alzheimer's Associations.

Many people are unaware that although Alzheimer's is the most common type of dementia, there are actually over 100 different memory and behavior conditions that fall under the term "dementia". It is important to note that not all forgetfulness is a definite sign that you are experiencing dementia. According to the National Institute of Aging, "forgetfulness can be a normal part of aging. As people get older, changes occur in all parts of the body, including the brain. As a result, some people may notice that it takes longer to learn new things, they don't remember information as well as they did, or they lose things like their glasses."

There are also medical conditions that can mimic symptoms of dementia and Alzheimer's. It is important to consult your physician if you are noticing any changes or concerns.

In addition to a healthy diet, good sleep practices and an exercise routine to promote healthy aging, it is recommended that you exercise your brain by playing challenging games, doing puzzles and trying new things. It is also important to socialize when possible. Staying social is proven to improve and maintain brain health.

There are many opportunities to do just that here at our center!

## From the Desk of Darlene Dawson

Benefits

Coordinator



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

The State of NJ, Department of Human Services, (Division of Aging), has an online application called NJSAVE.

**NJ Save** is an online application to help low-income seniors, and individuals with disabilities, **save** money on Medicare premiums, prescription costs, and other living expenses.

NJSAVE enrolls eligible applicants into the following programs:

- [Pharmaceutical Assistance to the Aged and Disabled \(PAAD\)](#)
- [Senior Gold Prescription Discount Program](#)
- [Lifeline Utility Assistance](#)
- [Medicare Savings Programs](#) (SLMB, QMB & QI-1)
- [Medicare Part D's Low Income Subsidy \(LIS, also known as "Extra Help"\)](#)
- [Hearing Aid Assistance to the Aged and Disabled \(HAAAD\)](#)

The application is also used to "screen individuals" for numerous savings and assistance programs.

If it looks like they may qualify, their data is forwarded on for enrollment. These programs include:

- [Universal Service Fund \(USF\)](#)
- [Low-Income Heating and Energy Assistance Program \(LIHEAP\)](#)
- [Supplemental Nutrition Assistance Program \(SNAP\)](#)

Finally, individuals who qualify for PAAD and Lifeline Utility Assistance through NJSave may also be eligible for:

- [Property Tax Freeze](#)
- [Reduced Motor Vehicle Fees](#)
- [Low-Cost Spaying/Neutering](#)

If you think you may qualify, and would like so more information, please feel free to contact me. I can also assist you with an online application.

732-329-4000 ext. 7676.



**Penn Medicine**  
Princeton Health

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 8:00 AM- 12 Noon walk ins only

**Physical Therapy:** By appointment 609.497.2230

**Primary Care-** Dr. Jose C. Vagarro By appointment 609.395.2470

**Community Education-** 888.897.8979

**Call (888) 897-8979 To Register For Penn Med's Events**

**Memory Screening- Wednesday, June 8<sup>th</sup> 10am – 12pm** - Take this opportunity to get a memory screening, consisting of a series of questions and/or tasks designed to test memory, language skills, thinking ability, and other intellectual functions. The 15-minute screenings and review of the results are both confidential. Note: A memory screening is not used to diagnose any particular illness and does not replace consultation with a qualified physician or other healthcare professional.

**( By Appointment Only- NO WALK INS)**

**Blood Pressure Screening- Tuesday, June 14<sup>th</sup> 10am – Noon**  
(No appointment needed)

## June Recipe Card

### National Poundcake Month

#### **CREAM CHEESE PECAN POUND CAKE**

Yield 12-16 SERVINGS

#### **INGREDIENTS**

- 1 cup (226g) unsalted butter, softened
- 8 ounces (226g) cream cheese, softened
- 2 & 1/2 cups (500g) granulated sugar
- 6 large eggs
- 1 & 1/2 teaspoons vanilla extract
- 3 cups (360g) sifted cake flour
- 1/4 teaspoon salt
- 1 & 1/2 cups chopped pecans



#### **INSTRUCTIONS**

- Preheat oven to 325°F. Grease and flour a 10-inch tube pan.
- With a hand mixer or stand mixer, cream together the butter and cream cheese. Add the sugar gradually and mix until light and fluffy. Add the eggs, one at a time, mixing well after each addition. Mix in the vanilla.
- Reduce mixer speed to low. Gradually mix in the cake flour and salt. Mix in the pecans.
- Pour batter into pan. Bake for about an hour and twenty minutes or until a pick inserted into the center comes out clean.
- Cool the cake in the pan for about 10 minutes, then remove the cake from the pan and finish cooling on a wire rack.

\*\*\*\*\*

## Fun Facts of June

The month of June is one of the four months that contain only 30 days.

June 1<sup>st</sup> brings with it new seasons, with meteorological summer beginning in the Northern Hemisphere, and meteorological winter beginning in the Southern Hemisphere.

The month of June, like all the best superheroes, has several origin stories. One theory states that June was named after the Roman goddess Juno, wife to Jupiter and goddess of marriage.

Another theory states that June got its name from the Latin word “*iuniores*” which roughly translates to “younger”, since it follows the month of [May](#) which is rumored to have been named after the Latin word for “elders” .

# **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, a Covid-19 Waiver form and show 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.

**Meals on Wheels:** 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 transportation with as much notice as possible. 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>
Darlene Dawson, Program Coordinator (Benefits)...	x7676	<a href="mailto:ddawson@sbtnj.net">ddawson@sbtnj.net</a>
Jackie Johnson, Admin. Secretary / Vol. Coord.....	x7677	<a href="mailto:jjohnson@sbtnj.net">jjohnson@sbtnj.net</a>
Jasmine Aynilian, Main Office, Secretary .....	x7670	<a href="mailto:jaynilia@sbtnj.net">jaynilia@sbtnj.net</a>
Steve Aker, Custodian	x7350	
<b>After Hours/Weather Update .....</b>	<b>x7670</b>	
Mimi Doria Transportation/Reservations .....	x7363	<a href="mailto:mdoria@sbtnj.net">mdoria@sbtnj.net</a>
Al Nardi/Transportation Supervisor .....	x7362	<a href="mailto:anardi@sbtnj.net">anardi@sbtnj.net</a>

## **Meals on Wheels & Daily Meal Program:**

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



**Follow us on Facebook-** South Brunswick Office on Aging/ Senior Center