

South Brunswick Senior Center/Office on Aging Monthly Newsletter / September 2022

A Note from Caryl Greenberg, Director



September is Senior Center Month!!!

Every year since 1979, the National Council on Aging (NCOA) has celebrated Senior Center Week. In 1985, President Ronald Reagan elevated the celebration by signing the first Senior Center Week Presidential Proclamation, and starting in 2007, the week-long celebration was extended to include the entire month of September.

When thinking of Senior Centers, back in the day, most older adults spent their time playing cards or Bingo. There were few activities, and even fewer opportunities to learn, to exercise, and to socialize. How times have changed! Yes, Bingo and card playing are still offered (and are of course, a lot of fun!), but the number and variety of programs and activities offered by the South Brunswick Senior Center (and others) confirm on a daily basis how important and useful the Center is to the lives of so many of our older and active community members.



Fitness programs, art lectures, gardening, social services, classes and clubs are all here for you and your peers. We are privileged to work with so many wonderful members, and are thrilled that you get to enjoy the fruit of our hard work.

This year, the theme that NCOA has selected for Senior Center Month is 'Strengthening Community Connections.' This is such a wonderful theme: in no small part because of the community partners that we invite to our center -- they are ones that we strongly believe in. We work with these partners to provide you with access to information about your health, economic security, social engagement, purpose, housing, creativity, nutrition, and more— all in a social and fun environment.

When we have a sponsored event we always take the time to ensure that the organization we invite will be beneficial to our community. For example, if an assisted-living facility sends a representative to speak about an issue or topic, you can rest assured that a member of our staff is familiar with the company and they meet or exceed our high standards. Penn Medicine is one of those organizations, and we are very fortunate to partner with them in our Wellness Center. The services they provide are numerous, and we hope you are taking advantage of them.

As I said last month, it 'takes a village'. Nowhere is this clearer than in this year's theme. Like each month, but especially in honor of Senior Centers' Month, we have put together a fabulous array of programs for you, and we hope you join us.

“Strengthening Community Connections”

Center Happenings

Adult Coloring- 1st 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

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. The twist and turns of the game make it an exciting game to watch and to play. This fun and laugh out loud game will provide an opportunity to meet new friends at the Center.

Storytelling- Third Wednesday of the Month in place of Writing Away **10:30am PLEASE NOTE NEW TIME.** 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:

The Tourist - Friday, September 2nd 10:00am- During an impromptu trip to Europe a math teacher finds himself in an extraordinary situation when an alluring stranger places herself in his path. Their seemingly innocent flirtation turns into a dangerous game of cat and mouse. 1H 45M

The Best Exotic Marigold Hotel - Monday, September 26th 12:30pm- British pensioners on a tight budget move to a retirement home in India; their adventures there giving them a new lease on life. 2H 4M

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

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

September 5th - CLOSED

September 12th: TED Talk: The Future of Fashion Made from Mushrooms

September 19th: TED Talk: How Ethics Can Help You Make Better Decisions

September 26th: PODCAST (Don't) Call Me, Maybe

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!

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 PLEASE NOTE NEW TIME** 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 at x 7670 or email jaynilia@sbtnj.net

Bingo- Thursday, September 8th 10:30am- Sponsored by Bright Star Homecare

Art Lectures with Bart D'Andrea-

- **The Sistine Chapel** - September 13th 12:30pm- The Ceiling, The Stanzas, The Last Judgement
- **John Singer Sargent** - September 27th 12:30pm- Madame X

Repurposing with Art Lee- Tuesday, September 13th 1:30pm Join Art lee in turning old things into new things. Friendly crowd and always fun!

Chair Yoga with Ria from Penn Med- Wednesday, September 14th 12:30pm 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. FREE, MUST sign up.

Art Lee Garden Workshop- Wednesday, September 14th 10:30AM- Join Art Lee Master Gardener for garden tips. Heading into Fall and the end of the growing season.

September Birthday Cake Celebration!- Thursday, September 15th 12:00pm Time to celebrate our center members with Birthday's in September! **Please sign up at the office with Jasmine.**

Crafts with Kathy- Thursday, September 15th at 1:30pm- Join Kathy for fun crafts in a friendly and creative environment.

New Member Mingle- Friday, September 16th 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!!**

Health & Senior Fitness Walk- September 21st – Must've Registered by Sept. 1st – Departs 9:15am

Middlesex County Flu Shot Clinic- Thursday, September 22nd 9a – 12p- Middlesex County will be holding a Flu Shot clinic. Offered will be the **Quadri-Valent Flu Shot ONLY**. Participants are asked to bring any insurance cards / Medicare cards if applicable. This is not the 'senior high dose vaccine.' ['http://middlesexcountynj.gov/dispenseassist](http://middlesexcountynj.gov/dispenseassist) Registration for this event is ONLINE ONLY. Need assistance with registering? Let us know.

Autumn Flowers Lei Making – Thursday, September 22nd 12:30pm – Join Leslie from Brandwine for Lei making using Autumn Silk flowers. Class limited to 14 MUST sign up.

Motivational Collages- Wednesday, September 28th 1:30pm – Sponsored by Care One. Create Your own personal life coach. Motivational collages often include figurative elements and pictures, along with inspirational phrases.

Fall into Fall With Music by Scott Brandt- Thursday, September 29th 11:00am – 1:30pm
Hello Autumn!! Join us for great food, great music, 50/50. **Sign up with Jodi and Mary in the kitchen!!**

ATTENTION... PLEASE MAKE NOTE

- * **ESL** (English as a Second Language) Class has been moved to Tuesdays at 10:45am in Auditorium 2
- * **Zumba** has moved to Fridays at 10:00am starting September 16th (**Free Demo on September 9th**)
- * **Mahjong Lessons** with Gail Weber begin in November. **Sign up starts Monday, October 3rd.**

Please see Jasmine in the office

OCTOBER- Save The Dates- SIGN UP at Office

Pink Out Party- Wednesday, October 5th 12:30pm – Sponsored by Brandywine Assisted Living. In honor of Breast Cancer Awareness Month, join us in wearing or trimming yourself in pink. There will be light refreshments and games.

Allocating Assets and Basic of Stocks and Bonds- Thursday, October 6th 12:30pm- Maury Randall is back!! Dr. Randall briefly reviews what is happening in investment markets and describes some of the basics in analyzing stocks and bonds including risks and potential returns. General information only, Dr. Randall is not a fiduciary.

October Birthday Cake Celebration!- Wednesday, October 12th 12:00pm Time to celebrate our center members with Birthdays in October! **Please sign up at the office with Jasmine.**

Pie a la Mode Social- Thursday, October 13th 12:30pm – Sponsored by Town Square Adult Day Care. Who doesn't love a slice of pie with a scoop of ice cream on top?

Horseracing- Wednesday, October 19th 12:30pm – Place your bets and win a prize!

Pumpkin Decorating- Thursday, October 20th 12:30pm- Sponsored by Princeton Care Center, Lindsay's back! Join us for some creative fun with pumpkins!

Halloween Masquerade Party - Thursday, October 27th 11:00am – 1:30pm Woot Woot!! **Joe Grillo** is back! Break out your best mask we're havin a party!! **FRIENDS 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.

**Stay tuned FRIENDS is planning another
casino trip for October!!**

**Please consider becoming a member of our
FRIENDS organization
the fee is only \$5.00 per year!**

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 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.

BollyX- Tuesdays 10:00am September 13th & 27th (Please note this month's meeting dates)

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 and students can hold onto their chair for balance.

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- Fridays 2:30pm in Auditorium 2 (Beginning Again September 16th)

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 - Fridays 10:00am **FREE DEMO** to meet "Diane" our new instructor Sept. 9th 10am

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. **Paid class begins Friday, September 16th**

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!!



Red Bank Historical Tour – Tuesday, September 20th
Bus Departs 9:00am SHARP from the Center
Raindate – Tuesday, September 27th CLOSED

The Jersey Tenors- Friday, October 21st

It's off to the Hunterdon Hills Playhouse for a luncheon matinee and a fantastic show! *The Jersey Tenors*, is one of America's hottest new tribute acts, creating an explosive blend of the most iconic Opera classics alongside such Rock 'N Roll industry greats as *Queen, Journey, Elton John* and *Billy Joel* to name but a few! **CLOSED**



It's been a fantastic trip season, send me your suggestions now so I can plan for next year!! jfoxxe@sbtnj.net

Please keep in mind trips cannot be more than 1 hour 15 minutes travel time.

Thank You! 😊

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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 Shopping Wednesdays 10:30am   |
|------------------------------|---------------------------------------|
|                              |                                       |
|                              | September 7 – Walmart North Brunswick |
|                              | September 14 – Target Lawrenceville   |
| September 13 – Dusal's Pizza |                                       |
|                              | September 28 – East Brunswick Mall    |
|                              |                                       |
|                              |                                       |

# 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      **InterimChair:** Geeta Balasubramanian

**Meeting:** Thursday, September 1<sup>st</sup> 10:30am (All are welcome to attend)

**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, September 12<sup>th</sup> 11:00am      **FRIENDS BINGO- 10:00am**

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

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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 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

**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. **Meeting September 14<sup>th</sup> & 28<sup>th</sup> 1-3pm**

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

**President:** Aggie Schwartz      **Dues:** \$15.00 a 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

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**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**

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**Mobile Library-** on Hiatus

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**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.

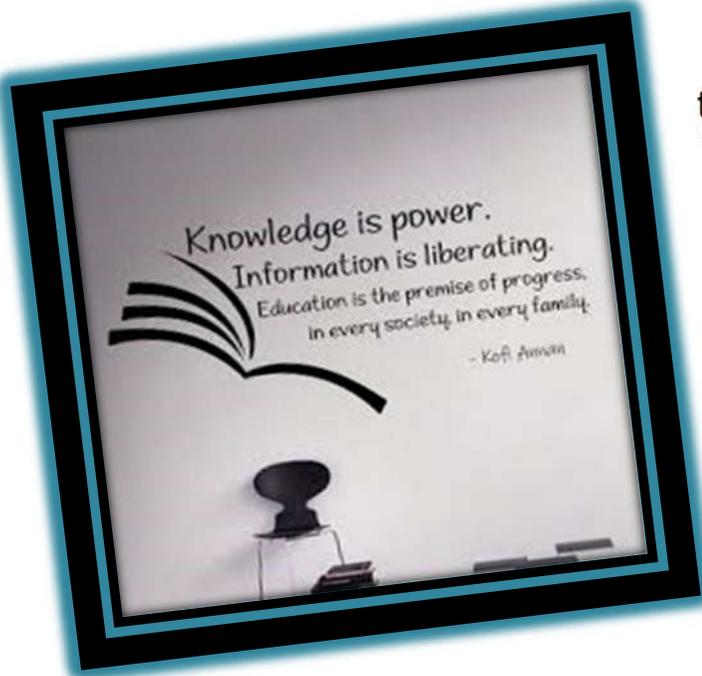
**Thank you Somnath Saha for your generous donation, it is greatly appreciated.**

**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@sbtmj.net](mailto:dneglia@sbtmj.net)



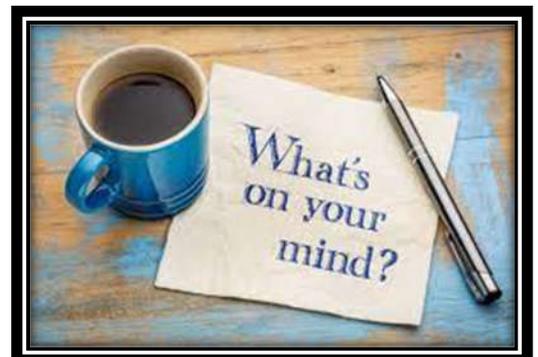
When we think of September, we often think about students getting ready to go “back to school” and see stores stocked with notebooks, pencils and other supplies to get students ready for a new year. A new school year means new lessons and new experiences, but this does not have to be limited to just those who are school-aged. In previous articles, we have explored brain-games and how a healthy body can help keep our mind healthy, but what about learning new things just for fun?

If you like the structure of a lecture or teacher-led course but do not want to enroll in a local college or program, a simple Google search will lead you to hundreds of free online course for adults. Always had an interest in crime TV...take a course on forensics! Think you have a knack for cooking...take a course on French cuisine! Maybe you have always wanted to tour The Louvre or The Van Gough Museum but have no plans to travel... learn more by taking an online tour. The saying goes that “knowledge is power” and that the world’s most successful people never stop learning, so taking time to learn about any topic of interest can be beneficial.

At the center, we have a weekly TEDTalk/Podcast program where we watch or listen together and then discuss. Topics vary and have included history, the arts, emotions, and the environment and so on. The discussions that follow are always entertaining and often the group learns something new from the expert who hosted. Come by and join us Mondays at 1:30pm (no sign-up required).

If you like to share your thoughts, we also have “What’s On Your Mind?” on Fridays at 1:30pm. Join this fantastic group and share your opinions and experiences with your fellow members on a variety of topics (no sign-up required).

Look forward to seeing you there!



# **From the Desk of Darlene Dawson**

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

## **“Inflation Reduction Act of 2022” Signed into Law**



President Joe Biden signed the “Inflation Reduction Act of 2022” on Aug. 16, 2022. The Inflation Reduction Act for the first time authorizes Medicare to negotiate the prices of some high-cost prescription drugs with pharmaceutical companies, and puts an annual \$2,000 limit on how much Part D prescription drug plan members will have to pay out of pocket for their medications. It will also levy tax penalties on drug makers that increase product prices by more than the rate of inflation. The new law also caps the cost of Medicare-covered insulin at \$35 a month and eliminates out-of-pocket costs for most vaccines under Medicare.

Medicare saves hundreds of billions of dollars over 10 years as a result of the new law, with the majority of the savings coming as a result of prescription drug price negotiations, and the rebates to Medicare designed to encourage pharmaceutical companies to keep price increases to no more than the rate of inflation. That means beneficiaries will be able to get the same medications they do now, but some of those drugs will cost them and Medicare less. The savings will not be the result of any cuts to the Medicare program.

The new law also extends by three years, the expanded subsidies and other financial enhancements first included in the 2021 American Rescue Plan, that help bring down the costs of health insurance plans in the ACA marketplace. These subsidies are particularly important to those ages 50 to 64, who pay up to three times more for their insurance

**Part D Changes** - For the first time, out-of-pocket costs for Medicare Part D prescription drugs will be capped. Starting in 2025, beneficiaries will not have to pay more than \$2,000 a year for their share of Part D drug prices. Also beginning in January, most vaccines will be free in Medicare.

Part D premiums cannot increase more than 6 percent a year through at least 2029. The income threshold for beneficiaries to qualify for a subsidy to help pay for Part D out-of-pocket costs, is increased from 135 percent of the federal poverty level (\$18,347 for an individual in 2022), to 150 percent (\$20,385 for an individual in 2022).

**Negotiating Drug Prices** - The law authorizes the Health and Human Services secretary to begin negotiating the prices of 10 high-cost prescription drugs in 2023, and the negotiated prices will go into effect in 2026 for Part D medications, and in 2028 for drugs covered under Medicare Part B. The number of drugs whose prices will be negotiated on behalf of Medicare, will increase in subsequent years, and by 2029, 60 drugs will be subject to negotiated prices.



**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 8:00am - 12 Noon walk ins only

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

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

**Lectures**

**To Register For Community Education Lectures**

**Call (888) 897-8979 (Follow the prompts)**

**Or register online at:**

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

**Mental Health First Aid Training- Wednesday, September 14<sup>th</sup> 8am – 5pm**

The training will help you identify and understand signs and symptoms of individuals who may be dealing with issues such as depression, anxiety, substance use, eating disorders, trauma, psychosis, and deliberate self-injury. You will also learn how to respond in a mental health crisis, offer support to someone who appears to be in emotional distress and, if necessary, guide the person to appropriate services.

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**Blood Pressure Screening- Tuesday, September 20<sup>th</sup> 10a – 12p**

# September Recipe Card

September is National Honey & Fig Month!!

EatingWell

## Honey, Balsamic & Rosemary Roasted Figs

★★★★★

These roasted figs are brimming with sweet-and-savory flavors. The final dish tastes like a less sweet, chunkier version of fig jam but also delivers savory depth, thanks to the rosemary and salt. Add these roasted figs atop yogurt, ice cream, toast or even grilled pork or chicken.

**Active:** 10 mins

**Total:** 35 mins

**Servings:** 6

**Servings:** 6



### Ingredients

2 pounds firm-ripe fresh figs (about 35 figs), halved lengthwise

3 tablespoons aged balsamic vinegar

2 tablespoons honey

½ teaspoon vanilla extract

1 teaspoon kosher salt

5 sprigs rosemary

2 tablespoons unsalted butter, cubed

½ teaspoon lemon zest (from 1 lemon)

### Directions

#### Step 1

Preheat oven to 425 degrees F. Place figs, cut sides up, on a rimmed baking sheet. Drizzle evenly with balsamic vinegar, honey and vanilla; sprinkle with salt. Add rosemary sprigs to baking sheet.

#### Step 2

Roast in preheated oven until figs soften slightly, about 10 minutes. Remove from oven; flip figs using tongs. Sprinkle baking sheet evenly with butter cubes.

#### Step 3

Return to oven, and roast at 425 degrees F until butter is melted and balsamic vinegar is thick and syrupy, about 5 minutes. Remove from oven; let cool on baking sheet 10 minutes. Discard rosemary sprigs. Sprinkle figs with lemon zest.

### Nutrition Facts

**Serving Size:** about 6 figs

**Per Serving:** 175 calories; protein 1g; carbohydrates 36g; dietary fiber 4g; sugars 32g; fat 4g; saturated fat 2g; niacin equivalents 0.8mg; vitamin b6 0.2mg; sodium 324mg; added sugar 6g; calories from fat 36kcal.

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## Senior Center General Information

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

**Phone #:** (732) 329-4000 x7670 or (732) 438-0918 (for 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 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>     |
| 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)



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