

South Brunswick Senior Center/Office on Aging

Monthly Newsletter / December 2022

A Note from Caryl Greenberg, Director

A New Theory of Relativity!

Yes, it's that time of the year again. One minute we were dealing with the hot sticky temperatures and heat of the summer, the next we're busy planning for the holidays that are just around the corner.

Keeping the holidays fun, meaningful and special for the people in my life is my eternal goal at this time of the year. I start with what we will eat when the relatives fly or drive to us and we're all together, what gifts and holiday presents I will buy to welcome them into our home, and what fun games and activities we can do to add to our yearly traditions.

Of course, along with the anticipation and fun planning is the other side of the coin: the stress! Now, there is no way, no matter how much planning I do, to eliminate all the stresses that accompany the process. The goal here is not to eliminate stress, but to keep it at a moderate, manageable level. How do I do that? For me, it's all about the expectations. The formula is simple: reasonable expectations = moderate stress levels = holiday enjoyment. It's not quite $E=mc^2$, but it works for me!

The gift that gets immediately tossed to the side without acknowledgement after opening, the plate that has a pile of leftover food on it that took hours to cook, the cellphones constantly being used; these are all going to happen, whether I like it or not. It's easy to take things like this personally, to get insulted after investing so much thought, planning and time spent, to be disappointed in others.

But it's almost as easy to recognize that none of these perceived slights have anything to do with how much I'm loved and appreciated. Careless? Maybe. A little thoughtless? Perhaps.

These are all ways that I show my care of others but cleaning a plate for example doesn't really mean anything! We can't take it personally!

Every year our holidays change: families grow and sadly shrink as we lose relatives and friends. Keep this time of year joyous and stress-free by recognizing that we may need to modify our expectations of the celebrations. And of course, perhaps modify our expectations of the people we love. After all, we are all human.

Our dedicated Senior Center staff (Jasmine, Jackie, JillAnn, Dawn, Steve, Darlene) and I all wish you a peaceful and joyous holiday season. Our best wishes for good health, happiness and well-being throughout the holidays and beyond!

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

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. 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 **ON HIATUS UNTIL JANUARY**

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.

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. 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

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 Good House- Friday, December 2nd 10:00am- Based on best Selling Novel, The Good House is a multifaceted portrait of a proud, resilient woman who wouldn't think of asking for help and whose life won't change until she does. 1h 43m

Gigi and Nate- Monday, December 19th 12:30pm- In this uplifting drama inspired by actual events, Nate suffers a near-fatal illness and is left a quadriplegic just weeks before departing for college. As Nate tries to adjust to his new life challenges, his mother helps him bring home an unlikely service animal, Gigi - a curious and intelligent capuchin monkey. 1h 54m

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

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

December 5th: TED: Music Medicine – Sound at a Cellular Level

December 12th: TED: You Don't Actually Know What Your Future Self Wants

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!

Veteran's Group- Meets 2nd Tuesday every month 10:30am. Enjoy the comraderie 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

Native American Dance Group- Thursday, Dec 1st 12:30pm- Music, dance and storytelling about Native American culture

Winter Wonderland Event- Thursday, December 8th Doors open 10:15am

11:30- 12:15 Winter Themed Lunch Served (Donation of \$2.25 for lunch- Check or Money Order Only)

12:15 Barbara Harris will be here to entertain you!!

Sign Up with Jody and Mary in the Kitchen

Holiday Stressors and Stress Management- Friday, December 9th 10:30am- Presented by Braven Health. Participants will learn the definition of stress, identify 3 different types of stress, understand the consequences of stress, learn the negative signs and symptoms of stress and effective coping strategies for dealing with stress.

Repurposing with Art Lee- No Repurposing this month – closed for the holiday- Join Art Lee in turning old things into new things. Friendly crowd and always fun!

Art Lee Indoor Garden Workshop- Wednesday, December 13th 10:30AM- Join Art Lee Master Gardener for garden tips. Indoor gardening and plant tips throughout the late Fall and Winter season

December Birthday Cake Celebration!- Tuesday, December 13th 12:00pm Time to celebrate our center members with Birthday's in December! **Sign up for cake and lunch.**

Cocoa Dreams and Ugly Sweaters- Thursday, December 15th 12:30pm – Sponsored by Princeton Care Center. Lindsay's back! Join us for a Hot Cocoa bar social complete with all the fixins! **DOOR PRIZE ALERT-** Raffle ticket given to all individuals wearing an "Ugly Holiday Sweater"!

Movie Themed Bingo- Friday, December 16th 10:30am- Sponsored by Brandywine Assisted Living.

New Member Mingle- Friday, December 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!!**

Crafts with Kathy- Thursday, December 22nd at 12:30pm- Join Kathy for fun crafts in a friendly and creative environment.

Literacy Awareness & Misinformation Presentation- Thursday, December 29th 12:30am

Join Pranav Karthikeyan, 8th grader from Montgomery Upper Middle School, media literacy advocate, a National Association for Media Literacy Education (NAMLE) ambassador and Keynote speaker at NAMLE conference, 2022. It is important to know how misinformation traps are all around us and how easy it is to fall victim to misinformation. This brief, information-packed 30-minute session with lots of examples will automatically empower us against these traps and help us gain credible information.

January - Save The Dates- SIGN UP at Office

Empowering Seniors to Prevent Healthcare Fraud- Tuesday, January 3rd 12:30pm- Join Charles Clarkson from Senior Medicare Patrol (SMP) learn how to prevent healthcare fraud, errors, and abuse.

Strawberry Shortcake Social- Thursday, January 5th 12:30pm- Join the ladies from Brandywine for some Strawberry Shortcake and Ice Breaker Games!

Using Your Wits- Part One- Friday, January 6th 12:30pm- **Sponsored by Always Best Care-** Join Lisa Bayer for Part One of this informative, fun and interactive series on keeping our brains healthy as we age. In Part One you will learn about each cognitive skill and their importance towards overall brain function.

Flannels and Flapjacks Party- Thursday, January 12th 11:00 – 1:30 **Baby it's cold outside!**

Bust out your favorite flannels and help us welcome back entertainers Pam & Steve!!

Breakfast for lunch today... Flapjacks! Friends 50/50 **Lunch** 11:30 – 12:15 **Music** 12:15 – 1:15

SIGN UP by Thursday, January 5th WITH JODY & MARY IN THE KITCHEN

January Birthday Cake Celebration!- Wednesday, January 18th 12:00pm Time to celebrate our center members with Birthday's in January! **Sign up for cake and lunch.**

Chinese New Year Social- Thursday, January 19th 12:30pm- Celebrating the year of the Rabbit! What does this year's zodiac hold for you!?

New Member Mingle- Friday, January 20th 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!!**



Souper Bowl Social- Thursday, January 26th 12:15pm- The Senior Center Staff Members are at it again!! What's a little friendly competition between friends?...**FUN!!!** Join us for a sampling of our delicious hot, homemade, belly warming, secret recipe, family tradition, soups. Then cast your vote for **your** favorite. This event is limited to the first **50** participants that sign up. ****This does not replace your regular daily meal, please plan to lunch as you normally do. ** Sign up OPENS January 3rd MUST Sign up by January 19th ****

PRAB Services- Tuesday January 31st 12:15pm- PRAB is happy to present to the South Brunswick Senior Center on social services that enable individuals and families to access and use community, immigration, older adult resources, domestic violence intervention, and outpatient mental health services. Our services include immigration & counseling; older adults assistance with various needs, home energy & weatherization; mental health resources, domestic violence counseling, and many family and early childhood programs.

South Brunswick "FRIENDly" Matters

January fast approaches! It is time to renew your FRIENDS membership to be able to take part in all the wonderful events that FRIENDS sponsors in support of your favorite Senior Center awarded the BEST in Middlesex County!!

ONLY \$5.00 for the year!

Bagels, Bingo, Bus Trips, Entertainment, 50/50, Prizes and so much more!!

PLEASE BECOME A MEMBER OF FRIENDS TODAY!

Contact Mohandas Hemrajani at email: 240639@gmail.com

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 * 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 December 6 , 13 **(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.

PLEASE NOTE: BollyX will not continue after December 2022.

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- Thursdays 2:30pm Join us for a little fun and cardio! **FREE**

Linedancing- December 1st 10:00 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

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

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!!



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!! ☺



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
	December 7 – Target Lawrenceville
	December 14 – East Brunswick Mall
December 13 – IHOP	December 21 - Walmart North Brunswick

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 **Interim Chair:** Getta Balasubramanian

Meeting: Thursday, December 1st 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, December 12th 11:00am- 11:30am **Bingo:** 12:15pm – 1:15pm *Note new times

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

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 12:30p- 2:30p *Note new start time

Coordinator: Satya Agarwal satya.agarwal@gmail.com

Golden Age Club- All welcomed to join. **Meeting December 14th & 28th 1-3pm**

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

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- Fridays 11:15am – 11:45am outside our main entrance

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.

The Senior Center would like to thank the Golden Age Club, Malti Sadarangani and Amandeep Singh for your thoughtfulness and generosity of your donation!!



From the Desk of Dawn Neglia

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

As the winter season approaches, it becomes easier to stay inside and spend less time interacting with friends and loved ones in person. The holidays can bring joy but can also be a time of sadness where we remember those we have lost, or from whom we may be separated. The term the “blues” often comes up at this time of year as well. According to writingexplained.org, “The use of the color blue to mean sadness goes all the way back to the 1300s. Some sources point to Geoffrey Chaucer as the first author to write the word blue. He wrote Wyth teres blewe and with a wounded herte in his poem Complaint of Mars from around the year 1385. Nowadays, we would write with tears of blue and a wounded heart. This could mean from its very first appearance, blue was connected with sadness.” Songs have been written using “blue” as an indication of loneliness and sadness and at times as well and we may find ourselves “singing the blues”.

This winter season I am encouraging everyone to find a new association for the word/color blue! According to colorpsychology.org, “calmness and peace are two words that come to mind when thinking about the color blue. A non-aggressive color encourages serenity, orderliness and tranquility. This could be because we associate oceans with blue and it can be a mentally soothing color for some people.” Blue is one of the rarest colors found in nature – take a minute this month to appreciate the blue sky when you go outside to take a calming breath of fresh air. If you celebrate a holiday this season, find blue decorations or lights that bring you joy to display around your home. Drink a blueberry smoothie to boost your antioxidants and mood, or simply wear your best blue sweater to help bring a new connotation to the winter blues!

At times, a change in perspective can make a major change in our lives. However, if you are struggling with feelings of anxiety or sadness this season, it is important to seek support for your mental health and well-being. There are resources and services available to help. In December, we will be featuring a presentation on “Holiday Stressors and Stress Management”. Presented by Braven Health. Participants will learn the definition of stress, identify three different types, understand the consequences, and learn effective coping strategies for dealing with such. If you are unable to attend and/or need extra support, please feel free to reach out to me directly.

“I will do water - beautiful, blue water.”

Claude Monet.

Ways to beat the Winter Blues...

Take Vitamin D

Go for a Walk During the Day- (Indoor Walking is available at the Senior Center)

Exercise Daily- (Aside from fitness classes- Line dancing & Dancercise are a hoot!)

Eat Lots of Fruits and Vegetables (Don't forget the Dip!!)

Pay Attention to Your Lighting (Salt Lamps are a wonderful addition to the home)

Grow Indoor Plants (Snake Plants filter air, remove toxins and boost mental health)

Try Something New (Life size Jenga, cornhole, ladderball all at the center)

Volunteer (We could always use some help)

Plan Something You Can Look Forward To (Jill needs Bus Trip Ideas)

Learn a New Skill or Practice an Old One (Kathy's Crafts/ Crochet Club)

Dress in More Colors (We wanna see you coming!)

Read an Inspiring Book or Watch an Inspiring Film (Go to Dawn's Book Club)

Sing! (Karaoke Anyone? Call Jill)

Cook With Friends (SO MUCH FUN!!)

Download a Positivity App (Be the change you wish to see in the world)

COME TO THE SENIOR CENTER!!!

From the Desk of Darlene Dawson

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

Get Help Buying Groceries...See What SNAP Can Do For You!

NJ SNAP is a food assistance program to help individuals and families with low incomes buy the groceries needed to eat healthy. To be eligible for NJ SNAP, a single person 18+ can have a gross monthly income of \$2096. A household size of three can have a gross monthly income of \$3,551. Eligibility depends on your household's income, size and resources.

Eligibility for Seniors and People with Disabilities

Applicants aged 60 or older and those on disability, (under age 60).

- No work requirement
- Remain eligible for 24 months before needing to recertify
- Higher resource limits
- Resources counted
- Medical expenses over \$35 per month deducted from income
- Automatically eligible for other utility benefit programs including Low Income Home Energy Assistance Program (LIHEAP) and Universal Service Fund (USF)

HOW CAN YOU APPLY: You can apply in person at your County Board of Social Services. If you are unable to get to the County Board of Social Services due to illness or disability, you may send an authorized representative on your behalf or request a telephone interview. You also can pre-screen or apply online by visiting www.NJHelps.org This is a quick and easy way to find out if you might be able to get help. Screening takes about 5-10 minutes to complete and submitting an application takes about 20-45 minutes.

HOW SOON ARE BENEFITS AVAILABLE? If you qualify, benefits can be available as soon as 30 days. If you need help sooner, you may qualify to receive your benefits within 7 days. NJ SNAP Hotline number: 1-800-687-9512 www.NJSNAP.gov



****Please feel free to stop by my office and I will be happy to answer any questions and assist you with an online application.**



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>

NO LECTURES THIS MONTH

Blood Pressure Screening

No Screening this month

December Recipe Card – December is Pear Month!!

Pears Baked in Amaretto Cream - Recipe by Sherry Lynn

Prep Time: 10 mins | Cook Time: 25 mins | Total Time: 35 mins

Ingredients:

- 2 tablespoons butter, softened and divided
- 2 tablespoons white sugar, divided
- 2 Bosc pears, halved and cored
- ½ cup heavy whipping cream
- 1 tablespoon amaretto liqueur



Directions:

Preheat oven to 375 degrees F

Grease a 9-inch baking dish with 1 tablespoon butter. Sprinkle 1 tablespoon sugar into buttered dish.

Rub remaining butter onto cut sides of pear halves. Arrange pears into the prepared baking dish with the cut sides down. Sprinkle remaining sugar over the pears.

Stir cream and amaretto together in a bowl.

Bake pears in preheated oven for 10 minutes. Pour cream mixture over the pears and continue baking until the pears are tender, about 15 minutes more.

Cook's Note:

Amaretto can be added to cream sauce after baking, if preferred.

December Food Drive!!!

All donations will go to the South Brunswick Food Pantry

ITEMS NEEDED FOR FOOD DRIVE~ Collecting until Friday, Dec. 30th

COFFEE/ TEA/ HOT COCOA PARMALAT/BORDEN MILK BOXES	CANNED TOMATOES/ SAUCE CANNED VEGETABLES/ LEGUMES	OATMEAL/ FARINA/ CREAM OF WHEAT/ BOX CEREAL/ PANCAKE MIX / SYRUP
PASTA/ MACARONI & CHEESE PEANUT BUTTER & JELLY	CANNED FRUIT CANNED HEARTY SOUPS/ STEWS/ SOUP/BOXED BROTH CANNED MEATS (TUNA/ CHICKEN)	BAKED GOODS: (BOXED OR BAGGED) COOKIE/ BREAD/ MUFFIN/ CAKE/ BROWNIE MIX
CONDIMENTS: DRESSING, KETCHUP, MAYO, MUSTARD, COOKING OIL / JARRED GRAVY/ SPICES	SMALL BAGS OF PREPARED RICE/ NOODLES / STUFFING / INSTANT MASHED POTATOES BOXES/ POUCHES	PERSONAL ITEMS: SHAMPOO/ CONDITIONER/ TOOTHPASTE/ SOAP/ SHAVING CREAM etc.
GIFT CARDS: SHOPRITE/ALDI/STOP & SHOP/ WALMART	* PLEASE DROP GIFT CARDS OFF AT THE OFFICE WINDOW	PET FOOD: CANNED AND DRY

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, a Covid-19 Waiver form and show proof of residence and age. If you have a family member living with your 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	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



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