

South Brunswick Senior Center/Office on Aging

Monthly Newsletter / January 2023

A Note from Caryl Greenberg, Director

Ageism

Have you ever felt discriminated against because of your age? It can be subtle, so subtle that you don't even realize it's happening. For example, a clerk in a retail store asking a person younger than you if they need help even though you were there first... or your physician making eye contact with and speaking to your son or daughter, about you!

Ageism exists on a societal level as well; it's certainly not hard to find products and services being advertised that they "will make you look younger", or phrases that disparage aging ("70 is the new 50").

Becca Levy, PhD, in her book '*Breaking the Age Code: How Your Beliefs About Aging Determine How Long and Well You Live*,' argues that the epidemic of ageism produces not only the human costs of the diminished wellbeing of the older person, but also a large financial cost for society as a whole.

You may ask how can my beliefs about aging determine how long and well I live? Here are two of Levy's evidence-based examples:

1. People with pro-aging beliefs live an average of 7.5 years longer than people who fear or deny getting older.
2. Pro-aging beliefs reduce the incidence of Alzheimer's disease among people who have the APOE4 gene that predisposes them to Alzheimer's.

Levy has quantified how ageism leads to excess costs of over \$63 billion a year for a broad range of health conditions in this country among those 60 and older. That is astounding!



So let's do our part not to propagate ageism and let's embrace everything positive that growing old has to offer! In that vein, I found this lovely poem written by 60 year old Henry Longfellow which he wrote when he spoke at his 50th class reunion in 1875 at Bowdoin College:

**"It is too late! Ah, nothing is too late—
Cato learned Greek at eighty; Sophocles
Wrote his grand "Oedipus," and Simonides
Bore off the prize of verse from his compeers
When each had numbered more than fourscore years;
And Theophrastus, at fourscore and ten,
Had begun his "Characters of Men."
Chaucer, at Woodstock, with his nightingales,
At sixty wrote the "Canterbury Tales."
Goethe, at Weimar, toiling to the last,
Completed "Faust" when eighty years were past.
What then? Shall we sit idly down and say,
"The night has come; it is no longer day"?
For age is opportunity no less
Than youth itself, though in another dress.
And as the evening twilight fades away,
The sky is filled with stars, invisible by day.**

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

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.

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

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

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

Ticket To Paradise - Friday, January 6th 10:00am- George Clooney and Julia Roberts team up as exes who find themselves on a shared mission: to stop their lovestruck daughter from making the same mistake they once made. 1h 44m

The Lost City- Monday, January 30th 12:30pm- After being kidnapped by a villainous treasure hunter, a successful romance novelist is forced to team up with her cover model as they are swept into a cutthroat jungle adventure that proves stranger than fiction. 1h 52m

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

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

January 9th : TED: 1:30 PM The Benefits of Not Being a Jerk to Yourself

January 23rd : TED: 1:30 PM The Power of Introverts

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

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.

Repurposing with Art Lee- January 10th 12:30pm Join Art Lee in turning old things into new things. Friendly crowd and always fun!

Art Lectures with Bart D'Andrea

Tuesday, January 10th - Salvador Dali

Tuesday, January 24th - Raphael

Art Lee Indoor Garden Workshop- Wednesday, January 11th 12:30pm- Join Art Lee Master Gardener for garden tips. Indoor gardening and plant tips throughout the late Fall and Winter season

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! **Lunch** 11:30 – 12:15 **Music** 12:15 – 1:15

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

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 with Jody & Mary in the kitchen**

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 2:30pm- 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!! Join us for a sampling of our delicious hot, homemade, belly warming, soups. Then cast your vote for **your** favorite. This event is limited to the first **50** participants .

****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 ****

Crafts with Kathy- Thursday, January 26th at 1:45pm- Join Kathy for fun crafts in a friendly and creative environment.

PRAB Services- Tuesday January 31st 12:15pm- PRAB – Need assistance with home energy costs, weatherization or do you have questions about immigration? PRAB offers a host of various resources; join us to learn more.

February - Save The Dates- SIGN UP at Office

Horseraces- Thursday, February 2nd 12:30pm Place your bets, win a prize! Sponsored by Brandywine

Using Your Wits- Friday, February 3rd 12:30pm- Sponsored by Always Best Care- Join Lisa Bayer for 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.

Lottery Presentation- Thursday, February 9th 12:30pm- Join us for a presentation on the NJ Lottery

Valentine's Day Social- Tuesday, February 14th 12:30pm Join us for some sweet treats and music!

Mardi Gras Party with Joe Grillo- Thursday, February 16th 11:00 – 1:30

Dress to impress wear your Green, Gold and Purple Threads, and Masks and Beads!!

Jambalaya for lunch today! **Lunch** 11:30 – 12:15 **Music** 12:15 – 1:15

SIGN UP by Thursday, February 9th WITH JODY & MARY IN THE KITCHEN

February Birthday Cake Celebration!- Thursday, February 16th 12:00pm Time to celebrate our center members with Birthday's in February! **Will take place during the Mardi Gras Party**

New Member Mingle- Friday, February 17th 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!!**

Exploring Rhythm and World Music- Thursday, February 23rd 12:30pm- **Another great program sponsored by the Middlesex Office of Arts and History.** Musician, Victor Marshall, will take the audience through an interactive and engaging introduction to drumming and percussion from around the world.

South Brunswick "FRIENDly" Matters

January is here! 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 \$10.00 for the year!

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

PLEASE BECOME A MEMBER OF FRIENDS TODAY!

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

South Brunswick FRIENDS NEED YOUR HELP!!!

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.

Chair Yoga- Thursdays 11:30am

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

Dancercise- Mondays 12:30pm Join us for a little fun and cardio! **FREE – PLEASE NOTE NEW DAY**

Stay Tuned for a NEW CLASS- FENDELKRAIS COMING SOON!!

Linedancing- January 12th 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- Wednesdays January 4th & 18th 12:30pm in Auditorium 2

PLEASE NOTE NEW DAY / TIME

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
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
	January 4- Mercer Mall
	January 11- Plainsboro Shopping Center
No lunch trip this month	January 18- Target Lawrenceville
	January 25- 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, January 5th 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, January 9th 11:00am- 11:30am Bingo: 12:15pm – 1:15pm

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

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

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

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**

Coordinator: Satya Agarwal satya.agarwal@gmail.com

Golden Age Club- All welcomed to join. **Meeting January 11th & 25th 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**

Pickleball- Available for play on Tuesdays and Thursdays 1:30pm – 4:15pm Must have medicals clearance and participant waivers on file.

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

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

Donations: We gratefully accept monetary donations. All donations go to senior programs. Checks are payable to So. Brunswick Senior Center. "Tribute Cards" available \$15 per pack of ten. Donations are tax deductible.



From the Desk of Dawn Neglia

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

New Year, New You?

Each January many of us make our list of resolutions for the New Year that typically includes dieting, exercise, getting organized and making amends with others. However, this year I challenge you to change it up and to make your resolutions fun and exciting! Here are some ideas to make 2023 sensational (after all, don't we deserve that?)

- Get your photo taken in five interesting places: This could be local or far. Find an interesting mural if you cannot take a trip. Extra points if you get in on social media!
- Learn a party trick: Impress others with your ability to recite the alphabet backwards.
- Make a new friend: There is always room for one more!
- Try a new food: We have plenty of local restaurants that feature cuisines you may have not tried. Or start small and add a new flavor to your coffee.
- Practice saying "no": It is okay not to be a people pleaser.
- Learn a new language: There are many apps that can help with this...you can be fluent by 2024.

This New Year's Eve when you gather with friends and family, take time to come up with more ways to celebrate 2023 in a positive manner. Any resolution that makes you feel happy will get the New Year started off on the right foot and with an entertaining list of resolutions, it is quite possible that you will be more likely to keep them.



That in itself is rewarding!

From the Desk of Darlene Dawson

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

January 3rd at 12:30pm you are invited to join
Charles Clarkson ESQ.

“Empowering Seniors to Prevent Healthcare Fraud, Errors, and Abuse.”

The Senior Medicare Patrol (SMP) program empowers and assists Medicare beneficiaries to prevent health care fraud, errors, and abuse. They serve beneficiaries of all ages, their family members and caregivers. Whether you have questions about how to prevent fraud, or you need assistance determining if it has occurred, SMP can help you to protect yourself and your loved ones.

Medicare loses an estimated \$60 billion each year due to fraud, errors, and abuse. Every day these issues affect people across the country and can lead to identity theft and cost you money.

You can learn to prevent, detect, and report Medicare fraud, errors, and abuse by contacting SMP. SMP is a national program with offices in every state. When you contact your local SMP office, trained team members will answer your questions and share useful tips to help you prevent problems before they happen, or if they have already occurred. They will provide confidential support to address your concerns, and help report and refer issues to the appropriate state and federal agencies for further assistance.

ANCHOR – Affordable NJ Communities for Homeowners and Renters.

This program provides property tax relief to NJ residents who:

- Owned their principle residence (main home) on Oct. 1, 2019 and met income limits.
- Or, you rented and occupied a residence in New Jersey that was your principal residence (main home) on October 1, 2019; and your name was on the lease or rental agreement; and you paid rent.

ANCHOR Applicants: If you have not yet filed for your ANCHOR Benefit you still have time. The deadline for filing your application is January 31, 2023. They will begin paying ANCHOR benefits in the late Spring of 2023. ANCHOR benefits will be paid in the form of a direct deposit or check, not as credits to property tax bills.



For more information on how to apply for this program,
please call or
stop by my office for assistance.

732.329.4000 x 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 8:00am - 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- Tuesday, January 17th 10am – Noon
(No Appointment necessary)

Vision Screening- Thursday, January 19th 9:30am – 12:30am
(Appointment Needed)

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

Or register online at:

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

January Recipe Card~ Winter Wellness



WINTER SORE THROAT TEA

Make sure you have some of this ready.
Great recipe for sore throats and chest colds.
Makes about 2 cups.

1. Two lemons thoroughly cleaned and sliced
2. Two piece of ginger about the size of your pointer & middle finger sliced into coin size pieces
3. Honey (about 1 cup or Your preferences)

Optional: ~1 tsp. ground cinnamon

In a 12-16 oz. jar combine lemon slices and sliced ginger.
Pour honey over it slowly.
This may take a little time to let the honey sink down and around the lemon and ginger slices.
Make sure when the honey has filled in all the voids, there is enough to cover the top of the lemon slices.
Close jar and put it in the fridge, it will form into a "jelly".
To serve: Spoon jelly into mug and pour boiling water over it.
Store in fridge 2-3 months.

- ### Foods That Boost The Immune System
- Blueberries
 - Chicken Soup
 - Elderberry
 - Garlic
 - Ginger
 - Honey
 - Leafy Greens
 - Lemon
 - Oranges
 - Turmeric
 - Walnuts
 - Yogurt

Get Your Daily D

The Vitamin D Guide

Recommended daily dosage

Age	IU Govt Recommendation	Harvard School of Public Health	NIH (NIH) Recommended
0-12 months	400 IU	1000 IU	2000 IU
1-18 years	600 IU	1000 IU	4000 IU
19-50 years	600 IU	1500-2000 IU	4000 IU
51-70 years	800 IU	1500-2000 IU	4000 IU
71+ years	800 IU	1500-2000 IU	4000 IU

(1) "Infants and children at high risk of deficiency - those who are born premature, have dark skin, or live at high latitudes - may need supplements of up to 800 IU per day, especially in the winter."
(2) "People who are at high risk of deficiency, including people with darker skin, who are obese, or who spend little time in the sun, may need 2,000 IU of vitamin D (or more) to achieve adequate levels in the blood. If you fall into one of these groups, taking 2,000 IU of vitamin D safe range."

Vitamin D works better than flu shots
The shots work on only 1 out of 100 people who take the shots. Vitamin D prevents influenza infection for everybody and prevents cold, flu and pneumonia.

Vitamin D is especially important for expectant mothers
Vitamin D makes healthy babies with strong immune systems. It also reduces the risk of premature birth.

Symptoms of deficiency
Depression
Osteoporosis
Backache
Multiple sclerosis
Cancer
Hypertension
Diabetes

Sunlight and vitamin D:
White skin absorbs the most sunlight and produces the most vitamin D.
Brown skin absorbs less sunlight and produces less vitamin D.
Black skin absorbs the least sunlight and is usually associated with vitamin D deficiency.
Working indoors almost always leads to chronic vitamin D deficiency.

Vitamin D supplements:
Always choose vitamin D3.
Now available in 10,000 IU doses.
Test your vitamin D levels and consult your health care provider to determine proper dosage.

Additional vitamin D benefits
Lowers risk of falls in elderly by 19%
Reduces risk of hip fractures in elderly by over 20%
Reduces influenza infections by 40%
Improves heart function
Speeds wound healing

Diseases prevented by vitamin D
Cancers (of all types)
High blood pressure
Osteoporosis
Rickets
Depression
Diabetes
Heart disease
Kidney disease
Tuberculosis
Respiratory infections
Influenza
Obesity
Hair loss

Vitamin D food sources
Salmon
Sardines
Mackerel
Shrimp
Cod
Eggs
Cow's milk (fortified)
Yogurt (fortified)

Skin color, distance from equator:
Someone living far from the equator receives very little sunlight and is usually vitamin D deficient.
Someone living closer to the equator receives more sunlight and more vitamin D.

Credits:
The guide was developed by the National Osteoporosis Foundation and the National Institutes of Health. It is based on the most current scientific information available. It is not intended to replace the advice of your health care provider. For more information, visit www.nof.org or www.nih.gov.

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



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