

South Brunswick Senior Center/Office on Aging

Monthly Newsletter / February 2023

A Note from Caryl Greenberg, Director

Random Acts of Kindness

It is very rare that I find myself in a fast-food drive-thru lane, but last week while running around knocking errands off my to-do list, I had a desperate craving for a cup of coffee, and no time to stop and go inside somewhere to buy one. I happened to see one of the coffee chains up ahead, so I decided to satisfy my urge with an unusual (for me) quick stop. There were only a couple of cars ahead of me in line, and I was able to place my order in less than 2 minutes. I pulled up to the first window to pay, and the very pleasant young lady looked at me, broke into a big smile, and told me that there was no charge -- the person in the car in front of me had already paid for my order. I have to admit that my first reaction was total shock, but that quickly changed to a feeling of gratitude, of warmth and of appreciation of the grace of a perfect stranger, one who I would never meet. My surprise dissipated enough for me to stammer out a thank-you, and I managed to remember to ask how much the next person's order was, and paid for their meal. It was more than I would have paid for my coffee, but it didn't matter. The human connection that I felt in the moment was too meaningful, too important to lose. I wanted the next person to experience this random act of kindness just as I had, and I hope that the favor was paid forward for many hours at that random coffee shop.

We have a family friend who drives a pickup truck. In the winter, he attaches a plow to the front after storms and drives around his neighborhood, clearing driveways of accumulated snow. He doesn't ring the bell, or ask people if they need it done; he just jumps in, knowing that each driveway he clears makes it that much easier for someone to get to work, or a medical appointment, or get their shopping done.

The great 12th century philosopher and scholar Maimonides described 8 levels of charity. The highest level is to support someone by finding them employment, so they won't need to be dependent on others, but the next highest level is giving to someone anonymously; you don't know who the gift is going to, and the recipient doesn't know who the donor is. This is a true act of kindness.

February is designated Random Acts of Kindness Month. Unexpected acts of kindness are truly a blessing. New research described in the Journal of Experimental Psychology shows that people who perform a random act of kindness tend to underestimate how much the recipient will appreciate it. That miscalculation could hold many of us back from doing nice things for others more often (NY Times 9/2/22)

Each of us interacts with so many others throughout the week. Imagine the increased happiness in everyone's lives if you hold a door open for someone, or compliment them on their new (or old!) sweater, or spend time with a friend who's struggling with an issue. Random acts of kindness can be the fuel that adds to the joy that people experience, can be the reason a smile appears on someone's face, or can turn someone's day from sad to happy. Think about the collective potential power we all have in making our little corner of the world a little better place to live.

All my best,
Caryl



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:

Lion - Friday, February 3rd 10:00am- Five year old Saroo gets lost on a train which takes him thousands of miles across India, away from home and family. Saroo must learn to survive alone in Kolkata, before ultimately being adopted. (2h 22m- bag your lunch for this movie if you'd like)

Till - Monday, February 27th 12:30pm- Till' is a profoundly emotional and cinematic film about the true story of Mamie Till-Mobley's relentless pursuit of justice for her 14-year-old son, Emmett Till, who, in 1955, was lynched while visiting his cousins in Mississippi. 2h 11m

TED Talk Discussion Groups- Mondays 1:30pm

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

NO TED TALKS THIS MONTH WILL RESUME IN MARCH

Travel Club – Meets **last Tuesday of the Month at 1:45pm** 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
Sign up early, so you don't miss out**

Horseracing with Brandywine- Thursday, February 2nd 12:30pm- Leslie and Kelly are back!! Place your bets and win a prize!!

Crafts with Kathy- Thursday, February 2nd and February 23rd at 1:30pm- Join Kathy for fun crafts in a friendly and creative environment. On February 2nd we'll be making a Valentine's craft for the Indian Fields students who will be visiting us for Valentine's Day.

Using Your Wits- Part Two- Friday, February 3rd 1:30pm- Sponsored by Always Best Care- Join Lisa Bayer for Part Two of this informative, fun and interactive series on keeping our brains healthy as we age.

Exploring Rhythm and World Music- Monday, February 6th 12:30pm- Another great cultural 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.

Lottery Presentation- Thursday, February 9th 12:30pm- Join us for a presentation on the NJ Lottery.
Psssst!... You don't want to miss it! They'll be giveaways! 😊

Repurposing with Art Lee- February 14th 12:30pm Join Art Lee in turning old things into new things. Friendly crowd and always fun!

Valentine's Day Social- Tuesday, February 14th 12:30pm Join us for some sweet treats and some very special visitors from the Indian Fields school! **Space is Limited**

Art Lectures with Bart D'Andrea

Henri Matisse - February 7th 12:30pm- Master of color and simplicity

Henri Lautrec - February 28th 12:30pm- Post impressionists who brought the city of Paris to his paintings.

Art Lee Indoor Garden Workshop- Wednesday, February 15th 12:30pm- Join Art Lee Master Gardener for garden tips. Indoor gardening and plant tips throughout the late Fall and Winter season.

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 8th WITH JODY & MARY IN THE KITCHEN

February Birthday Cake Celebration will be during the Mardi Gras Party please let us know if you are celebrating your birthday this month when you sign up for Mardi Gras

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!!**

Kindness is Key- Thursday, February 23rd 12:30pm- Join Jill for a fun filled uplifting event about spreading kindness and positivity.

March- Save The Dates- SIGN UP at Office

Using Your Wits- 3 - Friday, March 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.

South Brunswick Traffic Safety Presentation- Thursday, March 2nd 12:30pm SB Police Department Sargeant Holsten will be here with updates on traffic patterns and safety within the town. Please join us for an informative presentation and Q&A session with the officers at the end.

Spring Crafts with Brandywine – Thursday, March 9th 12:30pm- Leslie and Kelly are back!! Join us for crafts. **Space is limited. Sign up by Wednesday, March 1st**

Sun Salutations Yoga - Floor and Chair – Friday, March 10th 12:15 - Join Ashwini and Health for Humanity for traditional as well as chair surya namaskar in our large gym. This program targets all levels and the instructors will be demonstrating floor positions as well as chair positions. **If you will be participating in floor positions please bring your own mat. FREE**

March Birthday Cake Celebration!- Tuesday, March 14th 12:00pm Time to celebrate our center members with Birthday's in March! **Sign up by Tuesday, March 7th**

Let's Get Jiggy Party with Bruce Foster- Thursday, March 16th 11:00 – 1:30

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

SIGN UP by Wednesday, March 8th WITH JODY & MARY IN THE KITCHEN

St. Patty's Day New Member Mingle- Friday, March 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! Wear your Green!! Sign up by 3/10**

APSEA- BMI and Blood Pressure Screening- 10:00am – 12:00pm- Auditorium 1

Chair Yoga with Ria- Wednesday March 22nd 12:30pm- Strengthens your muscles, improve your balance, reduce stress and open your heart through modified yogic postures, breath work, relaxation, and meditation. FREE, MUST sign up.

History of New Jersey Towns and Businesses- Thursday, March 23rd 12:30pm- Presented by Shaun Illingworth, Director of the Rutgers Oral History Archives. Join Shaun and learn the origins and history of our local towns and their businesses.

Effective Physician Office Visits- Friday, March 24th 10:45am- Presented by Braven Health. This presentation walks people through the steps we should take in preparation for our doctor visits. The time spent with the doctor is also discussed and shows how, by preparing and using the simple tools provided, the visit can flow smoothly and the patient will walk away feeling "heard". There is also a focus on post-visit responsibilities, and the "contract" that was made with the practitioner. Tools are provided to help break the communication barrier between patient and physician.

“Heads-Up For Seniors”: Fall Prevention & Concussion Prevention Safety Tips

Wednesday, March 29th 10:30am- Presented by Debbie Aidelman The goal of this presentation is to educate and inform seniors about strategies intended to increase safety in the home and around the community. You will learn strategies regarding ways to prevent falls, “walk, bike and drive” more safely, and receive a safety checklist to anticipate and avoid potentially hazardous situations.

South Brunswick “FRIENDly” Matters

It is time to renew your FRIENDS membership to be able to take part in all the wonderful events that FRIENDS sponsors at our center. ONLY \$10.00 for the year!

Contact Satya Agarwal at email: satya.agarwal@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.

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**

Linedancing- February 16th 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! **FREE**

Now & Zen- Wednesdays 12:30pm **NO NOW & ZEN THIS MONTH**

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.

Attention!

During inclement weather changing your shoes before going into the workout gym or the large gym is a must. Thank you!

Indoor Walking - Daily in the Morning 9:15a – 9:45a

South Brunswick Wheels in Motion!!



**Woot! Woot!!!
Wake up everybody it's time to go, go, go!!!**

**Our First Trip will be a special trip to The Picture Show movie theater to see the movie we've been advertising in our lobby "80 for Brady"! Transportation Provided
Registration will open Wednesday, February 1st.
See Trip Registration Flyers for details available at the office.**

**Stay tuned our regular Bus Trips will
resume in April!**

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
	February 1 st - Quakerbridge Mall
	February 8 th - East Brunswick Mall
No lunch trip this month	
	February 22 nd - 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 **Chair:** Geeta Balasubramanian

Meeting: Thursday, February 2nd 10:30am (All are welcome to attend) SAC luncheon directly after Meeting in Aud 1.

FRIENDS – Friends is a non-profit organization raising funds to promote and supplement the Senior Center activities as well as improve the lives of seniors. **Dues:** \$10.00/year (resident seniors). Membership forms are available at the office or on our website.

Co- Presidents: Satya Agarwal **Vice Pres. Public Relations-** Geeta Balasubramanian

Vice Pres. Programs- Gina Seepurshad **Vice Pres. Membership-** Shikaram Ramananda Gupta

Meeting: NO FRIENDS MEETING OR BINGO THIS MONTH due to holiday closure

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 February 8th & 22nd 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 Mondays, Tuesdays & Thursdays 1:30pm – 4:15pm Fridays at 11am
Must have medical 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.



Thank you Bhalchandra Vagyani for your generous donation, it is greatly appreciated!

From the Desk of Dawn Neglia

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

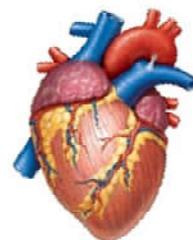
American Heart Month

February celebrates American Heart Month where we focus on all the ways we can keep our hearts healthy – diet, stress reduction, exercise and regular medical care. It also celebrates Valentine’s Day where we recognize our loved ones and tell them how much they mean to us. Heart shaped chocolates and candies become very popular this time of year and we hear phrases like “love you with all my heart” or “my heart is filled with love”, but have you ever given any thought to how our heart actually experiences love?

According to Science Daily, “Falling in love causes our body to release a flood of feel-good chemicals that trigger specific physical reactions,” said Pat Mumby, PhD, co-director of the Loyola Sexual Wellness Clinic and professor, Department of Psychiatry & Behavioral Neurosciences, Loyola University Chicago Stritch School of Medicine (SSOM). “This internal elixir of love is responsible for making our cheeks flush, our palms sweat and our hearts race.” Levels of these substances, which include dopamine, adrenaline and norepinephrine, increase when two people fall in love. Dopamine creates feelings of euphoria while adrenaline and norepinephrine are responsible for the pitter-patter of the heart, restlessness and overall preoccupation that go along with experiencing love. MRI scans indicate that love lights up the pleasure center of the brain.” Loyola University also research shows that in later stages of relationships, “endorphins and the hormones vasopressin and oxytocin create a sense of well-being and security.”

The heart symbol has been associated with love since ancient Greeks and Romans and is widely displayed during Valentine’s Day celebrations. It is thought that it is based on a rare plant called silphium (now thought to be extinct), which was used as an aphrodisiac and a method of birth control (among many, many other uses). It apparently had seeds that looked very similar to the heart shape we know today. This year as you see these symbols popping up in February, take a minute to think about how your actual heart is responding to those in your life whom you love,

AND BE SURE TO TELL THEM !



From the Desk of Darlene Dawson

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

“January Key Enrollment Periods” for Older Adults and People with Medicare

- **Annual Medicare Advantage Open Enrollment Period:** January 1 through March 31 each year, if you're enrolled in a Medicare Advantage Plan, you can switch to a different Medicare Advantage Plan, or switch to Original Medicare (and join a separate Medicare drug plan), once during this time. Your coverage will begin the first day of the following month of enrollment.
- **General Enrollment Period:** The GEP takes place January 1 through March 31 of each year. During this period, you can enroll in Medicare Part B. When you enroll during the GEP, coverage begins the first of the month after you enroll. For example, if you enroll in January, your coverage begins February 1. Enrolling in Medicare during the GEP means you may have to pay a [Part B premium penalty](#).

If you wish to make any changes or would like more information, please contact me for an appointment.

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### Governor Murphy Extends the “NJ ANCHOR Benefit” Deadline to February 28<sup>th</sup>, 2023



#### 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.

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.

\*\*If you have not yet applied for this benefit, or did not receive an application by mail to apply, please call or stop by my office for assistance and to apply.



**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

**AARP Driver Safety Program**

**Wednesday, March 22<sup>nd</sup> 9:00am – 3pm**

**\$20 AARP members \$25 non-members.**

**Discounts for insurance. Pay at the Door.**

**Event will be held in Auditorium 1 senior center**

**Register at the link below**

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

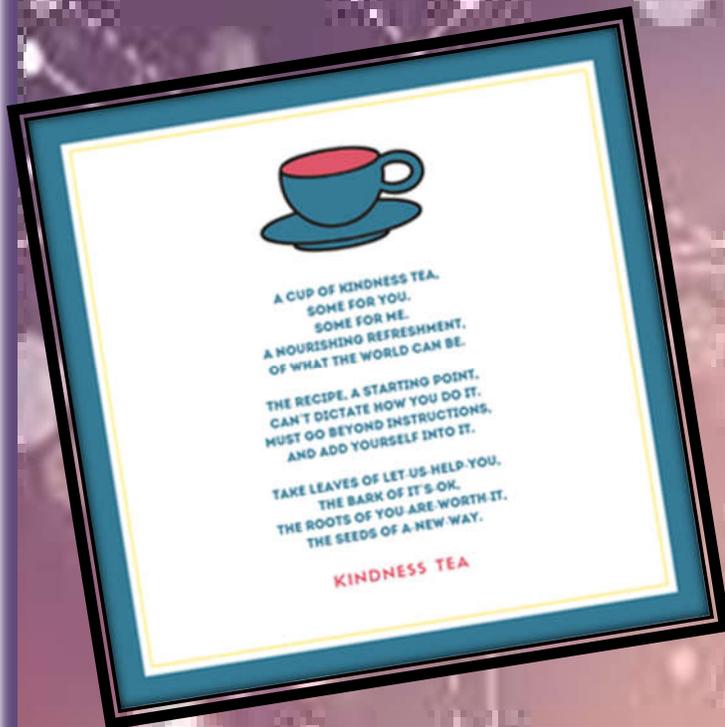
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**Blood Pressure Screening- Tuesday, February 21<sup>st</sup>**

**10am – Noon**

**(No Appointment necessary)**

## February Recipe Card For Kindness



### Random Acts of Kindness

- Smile at someone just because.
- Gather old blankets and towels make homemade dog treats and deliver them to the animal shelter.
- Donate to your local Food Pantry
- Donate Clothing
- Learn the name of someone you may see often
- Spend some time answering trivia on <https://freerice.com/>  
Every correct answer equals 10 grains of rice towards the UN World Food Program
- Deliver a surprise gift
- Spend quality time with someone
- Make treat bags for your postal carriers and delivery drivers.
- Run an errand for someone
- Write a letter or send a care package to a deployed soldier
- Practice "Self Love Sunday"- do something special for yourself
- Let someone go ahead of you in the store
- Paint rocks and leave on walking trails or in playgrounds for people to find.
- Pay for the coffee of the person behind you in line.
- Make care bags of essentials for the homeless.

## 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 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        | <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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