

# South Brunswick Senior Center/Office on Aging

Monthly Newsletter / March 2023

A Note from Caryl Greenberg, Director

## **Optimism - Half Full, Half Empty... REFILLABLE!!**

It's so enjoyable thinking about monthly newsletter topics and choosing one to write about. Sometimes the focus is on learning something new, other times the goal is to pass along a tidbit of interesting information, and still other months I try to connect with you on a more personal level. March is designated as National Optimism Month, and if you and I can agree on anything, it's that it is just not always easy to be or remain optimistic. Like everything in life, we have to work at what we want to achieve, even with something so potentially uplifting. Here are a few tips to help us do just that.

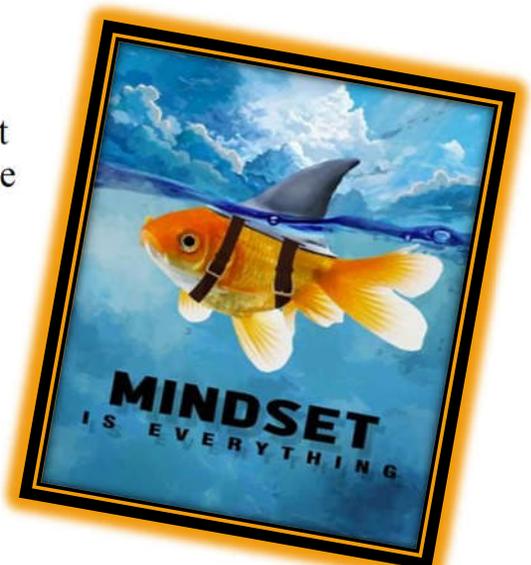
Cultivating a sense of optimism can be a powerful tool in helping us navigate life's ups and downs and finding joy in everyday moments. At its core, optimism is the belief that good things will happen even in the face of adversity. How to cultivate optimism:

- Practice gratitude. Train your brain to reflect on things you're thankful for. Big or little. A new, grandchild or a warm, sunny day.
- Search for the silver lining in every situation no matter how small. A horrible diagnosis? Yes, but fantastic healthcare options which are easily accessible.
- Surround yourself with positive people. Attitude is contagious- in either direction! Come to a 'What's on your Mind' group where you will meet wonderful people and don't forget a stranger is a potential new friend!
- Get enough sleep, eat well, get fresh air daily and stay active. Taking care of yourself impacts your mood.
- Stay curious. Trying new things and learning new skills can keep your mind engaged and helps to feel excited about the future. Take a look at our calendar for wonderful programs! Try something new!

Working at cultivating optimism doesn't mean ignoring real challenges that we may face especially as we age but trying to focus on the positive is how we can maintain the idea of a bright and joyful future. Let's work together at being positive. I look forward to seeing your optimistic smile next time I see you!

All my Best,

Caryl



# Center Happenings

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

**Bingo-** Mondays 10:30am Doors will close at 10:30am & Friday, March 17<sup>th</sup> 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. Book suggestions welcomed!

**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-** 1<sup>st</sup> and 3<sup>rd</sup> 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:

**I Am Woman - Friday, March 3<sup>rd</sup> 10:00am-** In 1966, single-mother Helen Reddy leaves her old life in Australia for New York and stardom. I Am Woman- **Helen Reddy's** 1971 song became an anthem for feminism. 1h 46m

**The Woman King – Monday, March 27<sup>th</sup> 12:30pm-** In the 1800s, a group of all-female warriors protects the African kingdom of Dahomey with skills and fierceness unlike anything the world has ever seen. 2h 15m

### TED Talk Discussion Groups- Mondays 1:30pm

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

**March 6<sup>th</sup>:** The Mission to Safeguard Black History in the US

**March 13<sup>th</sup>:** Why People Love Watching Sports: Women's History Month

**March 20<sup>th</sup>:** Sugar is not a treat

**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 **2<sup>nd</sup> 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**

**South Brunswick Traffic Safety Presentation- Thursday, March 2<sup>nd</sup> 12:30pm** SB Police Department Sergeant Holsten will be here with updates on traffic patterns and safety within the town.

**Crafts with Kathy- Thursday, March 2<sup>nd</sup> and March 23<sup>rd</sup> at 1:30pm-** Join Kathy for fun crafts in a friendly and creative environment.

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

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

**Sun Salutations Yoga - Floor and Chair – Friday, March 10<sup>th</sup> 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 14<sup>th</sup> 12:00pm** Time to celebrate our center members with Birthday's in March! **Sign up by Tuesday, March 7<sup>th</sup> with Jody & Mary in the kitchen**

**Repurposing with Art Lee- March 14<sup>th</sup> 12:30pm** Join Art Lee in turning old things into new things. Friendly crowd and always fun!

### **Art Lectures with Bart D'Andrea**

**Edward Hopper- Tues., March 14<sup>th</sup> 12:30pm**

**The Italian Futurists-Tues., March 28<sup>th</sup> 12:30pm**

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

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

**Lunch 11:30 – 12:15 Music 12:15 – 1:15 FRIENDS 50/50**

**SIGN UP by Wednesday, March 1<sup>st</sup> WITH JODY & MARY IN THE KITCHEN**

**St. Patty's Day New Member Mingle- Friday, March 17<sup>th</sup> 12:30pm-** Are you a new member? Want to hear about all the wonderful events, clubs and classes your center offers? Join us here at the New Member Mingle for some light refreshments, social games, and an opportunity to talk to some of our other members and club presidents. **All members are welcome! Wear your Green!! Sign up by 3/10**

**APSEA- BMI and Blood Pressure Screening- Tuesday, March 21<sup>st</sup> 10:00am – 12:00pm-** Aud.1

**Chair Yoga with Ria- Wednesday March 22<sup>nd</sup> 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 23<sup>rd</sup> 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 24<sup>th</sup> 10:45am-** Presented by Braven Health. This presentation walks people through the steps we should take in preparation for our doctor visits.

**"Heads-Up For Seniors": Fall Prevention & Concussion Prevention Safety Tips**

**Wednesday, March 29<sup>th</sup> 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.

## **April Save The Dates- SIGN UP at Office**

### **Vitamins & Supplements That Boost The Immune System- Tuesday, April 4<sup>th</sup> 12:30pm-**

Presented by the South Brunswick Pharmacy. Join Kiran and Maithili for this informative presentation on the effectiveness that Vitamins & Supplements have on your immune System.

**Circles of the Hearts- Thurs., April 13<sup>th</sup> 12:30pm-** Shares the language of laughter, the language of fun, the language of movement, and the language of music, as we all connect without the language of words in a web of love. As co-creators we engage in a joyful in-the-moment experience. Our aim is to enjoy community, while we laugh, move, recognize our humanity in each other, rescue our sense of joy, and playfulness, be silly together, trust one another, trust in sharing, trust in listening with all of our senses. Together we just might find the extraordinary in the ordinary.

**So. Brunswick Student Art Gallery Trip - Wednesday, April 19<sup>th</sup>** We are invited to a special "Seniors Only" viewing of our District's Annual Student Art Gallery. FREE. Transportation provided and back at the center at 11:30am. **Participants report at 9:15am. Bus departs the center at 9:30am.**

### **Spring Fling with Terrific Ted- Thursday, April 20<sup>th</sup> 11:00 – 1:30**

**Lunch 11:30 – 12:15 Music 12:15 – 1:15 FRIENDS 50/50**

**SIGN UP by Wednesday, April 13<sup>th</sup> WITH JODY & MARY IN THE KITCHEN**

**New Member Mingle- Friday, April 21<sup>st</sup> 12:30pm-** Are you a new member? Want to hear about all the wonderful events, clubs and classes your center offers? Join us here at the New Member Mingle for some light refreshments, social games, and an opportunity to talk to some of our other members and club presidents. **All members are welcome!**

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## **South Brunswick "FRIENDly" Matters**

Contact Satya Agarwal at email: [satya.agarwal@gmail.com](mailto:satya.agarwal@gmail.com)

**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.**

### **2023 FRIENDS Officers**

**President:** Satya Agarwal

**Co-Vice Presidents:** Gina Seepurshad, Geeta Balasubramanian and Shikaram Gupta

**Treasurer:** Sharad Patel **Secretary:** Barbara Christiano

**Must be a member of FRIENDS to attend FRIENDS BINGO**

or

**FRIENDS BUS TRIPS**

**FRIENDS Atlantic City Bus Trip – Thursday, March 30<sup>th</sup>**

**Save the Date!! Details coming soon!**

## **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**- **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**- Wednesdays 12:30pm March 1<sup>st</sup>, 15<sup>th</sup>, 29<sup>th</sup> – 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**

**Pickleball**- No Cost, supervised play for members who have had some experience playing. Friday's from 12:30 PM to 2 PM with Carolyn Dardani Horensky. Must sign up with Jasmine only 6 players per week.

**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.

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

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During Inclement Weather shoes **MUST** be changed before going into the  
Large gym or workout gym

# South Brunswick Wheels in Motion!!



Annnd we're off....

## American Dream Mall~ Wednesday, April 12<sup>th</sup> The second largest mall in America!!

Located in East Rutherford, New Jersey, and just minutes from New York City, the center is comprised of over 3 million square feet of leading attractions that include DreamWorks Water Park, Nickelodeon Universe, Big SNOW, Angry Birds Mini Golf, Skating Rink, Blacklight Mini Golf, Mirror Maze, SEA LIFE Aquarium, LEGOLAND and so much more! The complex includes over 450 shops, services and amenities, complemented by the best in entertainment, food, art and culture.

**Registration Lottery is Tuesday, March 7<sup>th</sup> at 11:15 am in Aud. 1**  
**Registration Closes Tuesday, April 4<sup>th</sup> or when full**

Please see details on the trip registration flyers located at the office

This trip includes **Heavy Walking** with places to sit.

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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
	March 1 <sup>st</sup> - Town Center Mall- East Windsor
	March 15 <sup>th</sup> - Mercer Mall
No lunch trip this month	March 29 <sup>th</sup> - Walmart - No. 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, March 2<sup>nd</sup> 10:30am      **Special Guest Township Manager Bryan Bidlack**

**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:** Monday, March 13<sup>th</sup> 11:00am      **FRIENDS BINGO 12:15pm**

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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 \$25 yearly 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 12:30p- 2:30p

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

**Golden Age Club-** All welcomed to join. **Meeting March 8<sup>th</sup> & 22<sup>nd</sup> 1-3pm**  
(March 22<sup>nd</sup> will be held in Aud.2)

**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

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

**Pickleball-** Available for play on Mondays - Thursdays 1:30pm – 4:15pm Fridays at 11am  
**Must have medical clearance and participant waivers on file.**

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**Mobile Library-** Fridays 11:45am – 12:30pm outside our main entrance

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

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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.



## From the Desk of Dawn Neglia

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

# Women's History and National Social Workers Month



During the month of March we celebrate both Women's History Month and National Social Workers Month. This is a great opportunity to recognize the amazing women in history who have contributed to the field of social work and paved path for change. Jane Addams is considered the "Mother of

Social Work" and had a strong desire to help others. She started the Hull House in 1889, creating place for immigrants to receive services and learn skills. Through her advocating efforts, Jane helped create labor laws and access to childcare. Jane held multiple titles in her life including president of the National Conference of Charities and Corrections, an officer in the National American Women's Suffrage Association, co-founder of the National Association for the Advancement of Colored People, president of the International Congress of Women and founded/headed the Women's Peace Party and the Women's International League for Peace and Freedom. She was also the first American woman to receive the Nobel Peace Prize.

Another notable woman is Clara Barton who founded the American Red Cross in 1881 after reflecting on her nursing experiences during the Civil War. Clara was a self-taught nurse and is credited for her humanitarian efforts and civil rights work before women even had the right to vote. Before her career in nursing, she was a teacher and opened the first free (public) school right here in Bordentown, New Jersey. She also served as a clerk at the U.S Patent Office, a role that was typically not held by women during that era. Following her time at the American Red Cross, Clara founded the National First Aid Society.

France Perkins, a lesser known name, was the first woman to ever serve in a president cabinet when she was appointed United States Secretary of Labor from 1933-1945. In her earlier years, Perkins had volunteered with Jane Addams in the Hull House in Chicago and was also very active in the women's suffrage movement. She is credited with developing policy for social security in 1945 under President Franklin Roosevelt and was heavily involved with unemployment insurance, federal minimum wage laws and federal laws regarding child labor.

Without these trailblazers, the field of social work and creation of charitable and humanitarian organizations would not be where they are today. At a time when women were fighting for equal rights, these individuals took their work further and advocated for those who needed a voice. Take time this month to read more about females in history and present day who can continue to inspire this change.



# From the Desk of Darlene Dawson

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

## Senior Freeze – PTR

**What is the Senior Freeze – Property Tax Reimbursement? Does it actually freeze my taxes?** This property tax relief program does not actually freeze your taxes, but will reimburse you for any property tax increases you have once you're in the program. You will get the difference between your base year, (first year of eligibility) property tax amount, and the current year property tax amount, as long as the current year is higher than the base year, and you met all other eligibility requirements listed below.



**Age/Disability:** You (or your spouse/civil union partner) were 65 or older on December 31, 2021; **or** actually receiving Federal Social Security disability benefit payments, on or before December 31, 2021.

**Residency:** You lived in New Jersey continuously since December 31, 2011 or earlier, as a homeowner or a renter.

### Home Ownership

**Homeowners:** You owned and lived in your home since December 31, 2018, or earlier (and you still owned and lived in that home on December 31, 2022).

**Mobile Home Owners:** You leased a site in a mobile home park where you placed a manufactured or mobile home that you owned since December 31, 2018, or earlier (and still lived in that home/leased the site on December 31, 2022)

**Property Taxes/Site Fees:** You have paid the full amount of property taxes or (site fees paid if you are a mobile home owner), that were due on your home for 2021 by June 1, 2022, and the 2022 property taxes must be paid by June 1, 2023.

**Income Limit:** Your total annual income (combined if you were married or in a civil union and lived in the same home) was:

For 2021: \$94,178 or less (Single or Married/CU couple)

For 2022: \$99,735 or less (Single or Married/CU couple)

**Eligible Applicants:** Deadline to file the 2022 Property Tax Reimbursement Application is **October 31, 2023**.

\* To receive a paper application, call the PTR Hotline: 1-800-882-6597

\* **New for 2022**, eligible applicants have the option to electronically file their PTR-1 and PTR-2 application online at: [njportal.com/taxation/ptr](http://njportal.com/taxation/ptr)



**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

**Memory Screening**

**Wednesday, March 15<sup>th</sup> 10am-12pm  
(By appointment only)**

**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 for these events at the link below**

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

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**Blood Pressure Screening**

**No Blood Pressure Screening this month**

# March Recipe Card

March 9<sup>th</sup>  
is  
National  
Crab Day



## Maryland Crab Cakes

### Ingredients:

- ¼ tsp salt
- 1 tsp. Mustard
- 1 tbsp Mayonnaise
- 1 tbsp. Worcestershire
- 1 tbsp Parsley
- 1 egg- slightly beaten
- 5 or 6 Ritz crackers- in fine crumbs (reserve for last step)

### Directions:

Into the beaten eggs add the other ingredients **CRAB FIRST**

Make a well for the rest of the ingredients

Fry over Medium heat

Roll cakes in the crumbs

Makes 12 cakes - Serve with Remoulade Sauce



# 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 with 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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