

# South Brunswick Senior Center/Office on Aging

Monthly Newsletter / April 2023

A Note from Caryl Greenberg, Director

## We Treasure our Volunteers

April is designated in the United States as National Volunteer Month. So what's so special about that? Let's talk about it.

Volunteering for many begins at an early age. I remember back to when I was a youngster, volunteering my time to read to patients in a local nursing home. I had friends who helped run toy drives and others who helped collect food for the local food pantry. In many families, 'activities like these become the cornerstone of a lifetime of volunteering, of giving back, and of helping those who could use a little assist.

As human beings we all want to feel purposeful and do meaningful things; volunteering is one way to achieve this. As the years pass, the way we spend time changes. Maybe you were a PTA parent or coached a little league team; or perhaps you were involved with a faith-based community that was the center of your social and spiritual life. Or maybe you babysat grandchildren and now find yourself with less structured time throughout the week.

Volunteering is a great way to give back without spending a dime! There are even studies which have found that those who volunteer their time find that they feel like they have more time than before!

Volunteering is something that can be done at any age, and simply put, is good for the soul. Giving to others has a positive impact on your wellbeing: it has been shown to do everything from relieving stress and depression to lifting loneliness. Volunteering can introduce you to a new circle of friends and be a boost to your own psychological well-being.

So how does this connect to the Senior Center? That's an easy one: we simply could not run as effectively we do if it were not for volunteers.

Every moment of your valuable time that you give us is a treasured gift! So far, since the beginning of January through my writing this in mid-March, we have benefited from over 800 hours of volunteer time!

To you brilliant teachers, and warm and engaging door greeters, to our skilled crafters, our game creators and ad our ever so talented kitchen workers: **WE ARE GRATEFUL FOR YOU!** Our team is amazing: we have our senior leaders from Friends and the Senior Advisory Council who call new members to make them feel welcome, pick up bagels so there is something delicious to welcome the morning, and organize trips to fun and far places:

**WE COULDN'T DO IT WITHOUT YOU!**

Does that mean we don't need you? Heck no! The richness of options that this senior center offers is in no small part because of the hard work and dedication of our amazing volunteers.

I hope that you who are in that group know how much you all mean to us! There are so many worthy organizations to donate your time to and we feel so grateful that you choose us!

And there's always room for more!



# 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, April 14<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.

**Chess Club - Lessons/ Play:** If you are interested in learning how to play Chess or are looking for a Chess buddy, center member- Clive Usiskin, can be found in our lobby **Mondays 10:30am – 12:00pm.**

**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?

**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.

**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:

**A Man Called Otto** – Monday, April 24<sup>th</sup> 12:30pm- Based on the comical and moving #1 New York Times bestseller, A Man Called Otto tells the story of Otto Anderson (**Tom Hanks**), a grumpy widower who is very set in his ways. When a lively young family moves in next door, he meets his match. 2h 5m

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

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

**April 3<sup>rd</sup>:** The Secret to a Happy Life Lessons (Facilitated by Abby)

**April 10<sup>th</sup>:** Could Fungi Actually Be the Key to Humanity's Survival

**April 17<sup>th</sup>:** Three Steps of Anxiety Overload and How You can Take Back Control

**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 camaraderie 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

### **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.

**Crafts with Kathy**- Thursday, April 6<sup>th</sup> 12:30pm- Join Kathy for fun crafts in a friendly and creative environment.

**Repurposing with Art Lee**- April 11<sup>th</sup> 12:30pm Join Art Lee in turning old things into new things. Friendly crowd and always fun!

**Art Lee Indoor Garden Workshop**- Wednesday, April 12<sup>th</sup> 12:30pm- Join Art Lee Master Gardener for Indoor and Outdoor gardening and plant tips throughout the year. Group is located in the Garden or on the Patio weather permitting, moves to the Art Room during inclement weather.

**Circles of the Hearts**- Thurs., April 13<sup>th</sup> 12:30pm- Join this creative group for a fun filled interactive program incorporating storytelling through Miming, Music and Art. Engage in a joyful in-the-moment experience that will both captivate and inspire you. Together let's find the extraordinary in the ordinary.

**Bingo with Brandywine**- Friday, April 14<sup>th</sup> 10:30am- Leslie and Kelly are back, and they're bringing the Bingo prizes!! Join us for a Spring themed Bingo!

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

**Paul Gauguin** - Tues., April 11<sup>th</sup> 12:30pm- The Post Impressionist who brought symbolism to the forefront.

**Amedeo Modigliani** - Tues., April 25<sup>th</sup> 12:30pm- Painter and sculptor combined elongated figures with a great deal of rhythm

**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. After the gallery we will join the students for light refreshments. FREE. Transportation is provided and back at the center at 11:30am in time for lunch. **Participants report at 9:15am. Bus departs the center at 9:30am. RSVP ASAP**

### **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 Wear your Tie Dye!!**

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

**Using Your Wits- Part 4**- Friday, April 21<sup>st</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.

**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! Sign up by 4/20**

## May Save The Dates- SIGN UP at Office

**Shirley's Cocina Demo & Tasting- Tuesday, May 2<sup>nd</sup> 10:45am & 12:30pm-** Get immersed in Spanish food culture with with one of our new center members, Shirley Crespo. Shirley will feature recipes from her Puerto Rican heritage first demonstrating the recipe technique, followed by a tasting of the featured recipe. This month's featured recipe is Flan!! This is a two part activity with limited availability, please sign up early.

**Financial Markets and Investments- Thursday, May 4<sup>th</sup> 12:30pm** - Dr. Maury Randall will provide his views on the major events that are driving the economy and the implications for financial markets and investments. What are the emerging forces that we should be watching at this time. Questions from those who attend are encouraged. Please note Dr. Randall's presentation is for general informational and educational purposes only. Dr. Randall is not a fiduciary.

**Cinco de Mayo Margarita Social- Friday, May 5<sup>th</sup> 12:15pm-** Sponsored by Brandywine- Leslie and Kelly are back and they're bringing Margaritas and Chips!! Join us for snacks, music and Cinco de Mayo hoopla!!! Limited availability **MUST** sign up to attend this event.

**Using Your Wits- Part 5- Friday, May 5<sup>th</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.



### **South Brunswick Senior Center Hosts... 90's Birthday Bash Celebration & Luncheon**

Thursday, May 11th – 11:00am to 1:00pm

Reservations Required The Middlesex County Office of Aging and Disabled Services will hold its annual Birthday Bash for South Brunswick, East Brunswick, Jamesburg, Milltown, Monroe, North Brunswick and Plainsboro residents age 90 or older.

**Sign up in the office if you are 90+ by April 26<sup>th</sup> or type the following into your browser:**

<https://forms.office.com/g/1vTbtLb62B>

**Center Members-The Auditoriums are closed and there will be no coffee, microwave, or meals this day.**

**50's Sock Hop with Dave Beasley- Thursday, May 18<sup>th</sup> 11:00 – 1:30**

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

**SIGN UP by Wednesday, May 3<sup>rd</sup> WITH JODY & MARY IN THE KITCHEN**

**Skin Cancer Prevention- Friday, May 19<sup>th</sup> 10:45am- Sponsored by Braven Health-**

This presentation walks people through the prevention of skin cancer, screenings, early detection and also provides a derma scan machine which allows one to do a self-skin analysis.

**New Member Mingle- Friday, May 19<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!**

**Empowering Seniors to Prevent Healthcare Fraud- Thursday, May 25<sup>th</sup> 12:30pm-** Join Charles Clarkson from Senior Medicare Patrol (SMP) learn how to prevent healthcare fraud, errors, and abuse.

**APSEA- BMI and Blood Pressure Screening- Tuesday, May 30<sup>th</sup> 10:00am – 12:00pm-** Aud.1

**Rhythmic Relaxation- Wednesday, May 31<sup>st</sup> 12:30pm-** Rhythmic Relaxation (part of *Circles of the Hearts*) through music, art and self expression we will touch on creative ways to reduce stress aiding in restorative relaxation of the body.

## **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 8:45am – 4:15pm**

### **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 ( Volunteer Run)**

**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    April 5<sup>th</sup> & 19<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** - Open play daily. Check calendar for daily times. Sign up and check in each day at the table outside the gym. Medical waivers must be on file. Priority is given to new players for the first 30 minutes of each day. We will also be offering coached, supervised play with instructor Carolyn Dardani Horensky, for beginners on Fridays beginning May 5<sup>th</sup> from 12:30 - 2 PM. Learn / develop skills while having fun! Limited to 6 players per week and you must sign up in the office. No fee.

**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 8:45am – 9:45a

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**During Inclement Weather**

shoes **MUST** be changed before going into the large gym or workout gym.

Please utilize the mats in the Atrium for your wet shoes. Thank you!

# South Brunswick Wheels in Motion!!



**American Dream Mall- Wednesday, April 12<sup>th</sup>**  
**Participants report at 9:40am**  
**Bus departs at 10:00am SHARP (TRIP IS FULL)**

## Rutgers Gardens

**Tuesday, May 16<sup>th</sup> ~ Raindate Tuesday, May 23<sup>rd</sup>**

Rutgers Gardens is a 180-acre botanic garden, consisting of designed gardens, farms, plant collections, natural habitats, and a farmer's market. Rutgers Gardens is truly a magical place! The signature giant Adirondack chairs are just one of the beautiful landmarks there, and each of the individual gardens offers something new to show off to visitors. This is such a great place to spend the day and the admission is FREE!



**Afterwards lunch at On The Border Mexican Grill and Cantina**



**Pleasant Valley Lavender Farm**  
**Tuesday, June 27<sup>th</sup> ~ Raindate Friday, June 30<sup>th</sup>**

**Details coming soon!!**

Registration information for all trips is disseminated via email blast as well as registration flyers located at the office window.

## 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
	April 12 <sup>th</sup> – American Dream Mall
No lunch trip this month	April 19 <sup>th</sup> – Walmart North Brunswick
	April 26 <sup>th</sup> - East Windsor Mall

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, April 6<sup>th</sup> 10:30am

**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, April 10<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

**Sequence Club-** Daily Sequence play. Friendly tournaments are played.

**Lessons-** Daily in the lobby

**Tournaments:** 1st & 3rd Tuesdays of the month at 12:00p- 2:30p

**Coordinator:** Bhogilal Patel [bhogilal1939@gmail.com](mailto:bhogilal1939@gmail.com) (or) Smita Mehta [sh35mehta53@yahoo.com](mailto:sh35mehta53@yahoo.com)

**Golden Age Club-** All welcomed to join. **Meeting April 12<sup>th</sup> & 26<sup>th</sup> 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

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

**Pickleball-** Check calendar for play times.

**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.



*Thank you Michael Coppola 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](mailto:dneglia@sbtnj.net)

### **Finding homecare options that work for you...**

Frequently I receive calls regarding the need for some assistance in the home and discuss various options for aide and companion services. These services are paid for privately (out of pocket), by some long-term care insurance policies or by Medicaid. These services are not covered by Medicare or private insurance on a long term basis and unfortunately the cost of home care services can be quite high. If you do not qualify for Medicaid but have low income and resources, there are two alternative programs that could help. These programs have financial and clinical eligibility requirements and can be explored further by contacting 732-745-3295.

#### **Middlesex County Multi-Assistance Program (MCMAP):**

County-funded program that provides services to assist county residents with their personal needs to live safely in the community.

#### **Jersey Assistance for Community Caregiving (JACC):**

A State-funded program that provides a broad array of in-home and community-based services to individuals age 60 and older who meet clinical eligibility for nursing home level of care and who desire to remain in their homes within the community. The JACC program is designed with the goal of diverting or delaying the placement of the individual in a nursing facility.

Both programs can provide the following services (depending on eligibility):

- Care Management
- Chore service
- Companion
- Environmental modification/Barrier Free Assistance
- Home delivered meals
- Home Healthcare/Personal Care Assistance/Homemaker
- Medical equipment and supplies
- Medical or Social adult day care
- Medical transportation
- Personal care assistance
- Personal emergency response system
- Prescription assistance
- Respite for Caregivers in home or in facility
- Adult Day Care (medical or social)



If you need assistance exploring these options further, do not hesitate to reach out to Dawn at 732-329-4000 x7212.

## From the Desk of Darlene Dawson

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

### Stay Covered NJ – “Eligibility Unwinding” – What You Should Know

Since March of 2020, NJ FamilyCare/Medicaid has followed special rules related to the federal COVID-19 Public Health Emergency (PHE). These rules have allowed most NJ FamilyCare/Medicaid members to keep their health coverage, even if they no longer qualified – for example, if their income was too high. However, Congress recently passed legislation that said state Medicaid programs have to go back to following normal federal rules on April 1, 2023.

NJ FamilyCare is going to start re-determining members' eligibility on April 1, 2023. This means that all members enrolled in an NJ FamilyCare program will be reviewed to see if they still qualify for coverage. As part of this review, many members will receive mail from the State of New Jersey or their County Board of Social Services. Members will have to provide or confirm additional information so NJ FamilyCare/Medicaid can decide whether they still qualify for healthcare coverage. Members who do not respond to NJ FamilyCare/Medicaid mail may lose their coverage.

#### What You Can Do:

- Make sure NJ FamilyCare/Medicaid has your correct mailing address. Members can confirm or update their contact information by calling NJ FamilyCare at 1-800-701-0710 (TTY: 711). NJ FamilyCare will use this information to communicate with members about their healthcare coverage.
- Respond to mail from NJ FamilyCare/Medicaid. Members need to look for and respond to mail from the State of New Jersey or their local County Board of Social Services. If NJ FamilyCare requests information, they need to respond right away to avoid a gap in their NJ FamilyCare coverage.

NJ FamilyCare/Medicaid wants everyone to stay insured in New Jersey. If you or someone you know has NJ FamilyCare coverage, you can help raise awareness about the unwinding. This process will go from April 1, 2023 to June 1, 2024. Members should expect to renew their coverage once a year from now on.

NJ FamilyCare/Medicaid is also working closely with GetCoveredNJ to ensure all New Jerseyans have access to healthcare coverage; even if they are no longer eligible for NJ FamilyCare/Medicaid.

If you receive a letter in the mail requesting information regarding your FamilyCare/Medicaid eligibility and need assistance, please call or stop by my office for help.



# **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.**

## **Trip Ideas Welcome please email suggestions to Satya Agarwal**

Please be advised that you must be a member of FRIENDS to participate in FRIENDS Bus Trips or FRIENDS BINGO.



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

### **Blood Pressure Screening**

**Tuesday, April 18<sup>th</sup> 10am – 12pm**

**No appointment necessary**

### **Hobbies For Health: Meditative Painting**

**Wednesday, April 26<sup>th</sup> 10:30am – 12:00pm-**

Relax, recharge, and get inspired by learning simple painting techniques with Leena Dave, art instructor, Creative Corner of Plainsboro.

**To Register For Community Education Lectures**

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

**or call (888) 897-8979 (Follow the prompts)**

# April Recipe Card

## National Pretzel Day – Wednesday, April 26<sup>th</sup>

### Super Easy Soft Pretzel Bites

This soft pretzel bites recipe is SO easy you won't believe it! Using canned biscuits, these quickly come together in 15 minutes.

Prep Time: 10 mins - Cook Time: 15 mins - Total Time: 25 mins - Servings: 8 servings

**Author:** Nikki Gladd

**Recipe can be found at:** [www.seededatthetable.com](http://www.seededatthetable.com)

#### Ingredients:

1 can refrigerated biscuit dough (8 ct.)  
1/4 cup baking soda  
1 egg, plus 1 tablespoon water for egg wash  
coarse salt



#### Instructions:

Preheat oven to 425°F. Line large baking sheet with parchment paper.

Separate biscuits and roll each into a small rope. Cut into 4 equal pieces.

Fill a large pot halfway with water and bring to a boil. Once boiling, carefully stir in baking soda.

Working in batches, drop dough balls into baking soda bath and boil 15 seconds on each side. Use a slotted spoon to transfer dough balls to baking sheet.

In a small bowl, mix together the egg with 1 tablespoon water. Brush egg wash over each dough ball and immediately sprinkle with salt.

Bake 15 minutes, until golden. Some will be darker than others.

Pretzel bites are best the day made, but will keep in the refrigerator for up to 2 days.

#### More variations:

Brush with melted butter and sprinkle with cinnamon sugar right after removing from oven.

After Egg Wash, lightly dip in Parmesan Cheese and Bacon Bits before putting in the oven.

## 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:

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