

South Brunswick

Beacon Senior Newsletter

February 2019

The Senior Center is open to South Brunswick Residents 55+ Only

Hours: Monday - Friday 8:30am - 4:30pm. Sundays-1:00pm-4:00pm (offices closed on Sundays). **Closed – February 12th, 17th & 18th**

Phone #: 732-329-4000 x7670 -- 732-438-0918 (rotary phones)

Website: www.southbrunswicknj.gov (Click Departments, then Senior Ctr)

Email: Christine Wildemuth, Director cwildemu@sbtnj.net

Membership: FREE---Tuesdays & Fridays from 9:30am-12:00pm
Must arrive by 11:30. Fill out a membership form or print form from our website. Proof of age (55+) and South Brunswick residency **REQUIRED**.
Minimum 4 month stay.

Meals: We are a congregate meal site for Middlesex County. For a delicious hot meal, call Karen at 732-329-6171. Lunch served at 11:30am, Monday to Friday, must be 60+. Please call by noon one day ahead for reservations. Vegetarian options are available. Suggested donation: \$2.25 per meal.

Meals on Wheels: Suggested donation: \$2.75.

Transportation Dept. (located in the senior center): Bus pass required (50 cents each way). Reservations **MUST** be made by 3:45pm for next day, week, month, or ride home. To cancel "Same Day Service" call **(732)-329-4000 x7363** by 8:30am. Leave a message, provide name, address, phone number, and reason for call. Wheelchair accessible buses.

- **Exercise Run:** arrives by 9:15am (for those in classes prior to 10:30)
- **Cheers Run:** arrives by 10:45am
- **Afternoon Buses Depart Center:** 1:30pm and 3:00pm
- **Errand Run** – Thursdays (banks, Amish Market, CVS, post office, pharmacies along Rt. 27 from Finnigans Lane to Kingston).
- **Apna Bazaar** (1st & 3rd Mondays of the month).
- **Food Shopping- Stop & Shop** Monday 10:30am - Dayton S&S (for homes south of RT 1), Tuesdays – S&S (for Oakwoods & Charleston Place -10:30am), Thursdays - 10:30am – Errand Run (along Rt. 27, Amish Market, banks, etc.), Fridays 10:30am - S&S RT 27 (homes No. of RT 1).
- **Library Shuttle** - Every Wednesday (10:30am – Noon, runs every 30 minutes).
- **Special trips** -see the trip page

Program Highlights



Friends Bingo – Friday, February 8th 12:30pm

Bingo - Monday, February 11th & 25th 12:15pm
Bingo is \$1.00. Purchase Bingo Pass for \$5.00 in the office. Can share with a friend.

Special Bingo- Friday, February 15TH 10:45AM Free



FRIENDS Annual Raffle Fundraiser

Friends are selling tickets **February 1st – March 13th** at a table in the lobby daily 10:00 am – 12:00 pm.

Tickets are \$1.00 for 1 ticket and \$2.00 for 3 tickets. Winner will be drawn at the St. Patty's Day Party Thursday, March 14th.

****Prize is a George Foreman Grill****

Collier High School Youth & Government Delegation

Monday, February 4th 12:15pm

The Collier High School Youth and Government students will be coming to discuss topics of Civic engagement in New Jersey.



Coloring for Adults- Tuesday, February 5th 12:30pm

Enjoy tranquil music, color, and make a new friends. All materials provided. Free.

ANNUAL DAY WITH THE CHARACTERS!

Wednesday, February 6th 10am – 1:30pm.



Join the students from Crossroads North Middle School for their 14th Annual Musical performance. This year our talented So. Brunswick students will be performing the hit musical **GREASE**. Transportation provided. Anyone who drives **MUST** drive to the senior center and take the school bus at 9:15am. Following the show, we'll lunch with the cast! Bring a bag lunch. **Must sign up by February 1st**

Valentine Exchange with The Indian Fields School

Wednesday, February 13th 11:00am

We're welcoming the students from Indian Fields Elementary School for Valentine Exchange.





Program Highlights



Valentine's Day Party- Thurs., February 14th

Join us for a candlelight lunch and a great music!!

11:15am Valentine's Themed Lunch (Fee of \$2.25 for lunch)

12:15pm Music by The Bobby Emmons Duo!!!

Friends run 50/50 *****Sign Up By February 7th*****

Now We're Cookin!!!- Thursday, February 21st 12:15pm

Join us for a **FREE** cooking demo given by our friends at Right At Home Health Service. Right at Home is a leader in the in-home senior care industry. Their trained caregivers provide quality in-home care for seniors and disabled adults who need some assistance to maintain their independence.



Monthly Birthday Lunch- Tuesday, February 26th

11:00am Is this your Birthday Month? Please let us know so we can celebrate your special day. Join us for trivia & cake. **Sign up by February 19th**

Upcoming Senior Center Classes

Art Class- March 18th - May 6th Mondays 1:00pm - 3:00pm

Artists of all levels welcomed. Students learn to utilize a variety of materials, techniques & concepts. Bring own supplies. 8 wks \$48

Beadazzled- Monday, February 4th 10:00am - 11:30am

Handcrafted jewelry using beautiful high quality beads. February's project are Earrings. **Cost: \$5 Sign Up *Note New Day***

Sign Language- March 11th - April 29th Limited Space (Free)

Mondays 9:45am & 10:45am * **Must Sign Up**

9:45am Sign Language 101- Learning the basics of American Sign Language.



10:45am Conversational Sign Language- Intermediate Level

Program Highlights MOVIES



Here and Now- Thursday, February 7th 12:30pm - 2:10pm

Documentary director Fabien Constant's debut narrative feature film features Sarah Jessica Parker as a New York singer who receives a devastating brain tumor diagnosis a day before an important performance at the Birdland Jazz Club. R

Gotti- Tuesday, February 26th 12:30pm - 2:15pm

The story of John Gotti, who became leader of the infamous Gambino crime family while also trying to foster a relationship with his son John Gotti Jr. R

Bollywood Movie- "Kuch Kuch Hota Hai"- 10:15am- 1:30pm

Friday, February 22nd Love found, Love lost... When life happens, Love conquers all.

Calling All Seniors...We Need Your Help!



We are seeking senior volunteers interested in taking a leadership role in running a program or two to accommodate requests for an afternoon program.

The following activities have been dropped in our suggestion box: Name That Tune * Word Games/ Brain Teasers * Board Games * Culture Club *

Play Reading * Streaming of History/ Travel Channel.

Time Slot: Monday Afternoons 2:00pm – 2:45pm

If you are interested please call Jill at ext. 7675

Free AARP Tax Preparation 10:30am – 3:30pm **Tuesdays & Thursdays * At the South Brunswick Library**

February Dates: 5, 7, 12, 14, 28

March Dates: 5, 7, 12, 14, 19, 21, 26, 28

April Dates: 2, 4, 9, 11



Appointments made online **only** at www.southbrunswicknj.gov

****Watch the website for the AARP TAX link in January****

Notes & Bus Trip Information



"South Brunswick Then & Now" Bus Tour

Tues., March 19th Ceil Leedom (So. Brunswick Historian) takes us on a tour of Historic So. Brunswick.

Lunch: On your own at La Taverna

Cost: \$5 (refundable when boarding bus) Limited seats. Will require walking and getting on and off bus frequently. Check office for availability. Bus leaves from Woodlot Park 9:15am.

LOCAL TRIPS -Call 732-329-4000 x7363 for information, to schedule a ride, or stop by the Transportation Office in the Senior Center.



Feb. 20th 10:30am- Walmart No. Brunswick

Feb. 26th 11:00am- Franklin Diner

Feb. 27th 10:30am- Quakerbridge Mall





Donations: Thank you Jeanette Fleisher and Moustafa Bayoumy for your donation! Your generosity is greatly appreciated. We graciously accept monetary donations. Checks are payable to So. Brunswick Senior Center. "Tribute Cards" are available \$15 for a pack of ten. Donations are tax deductible.



Inclement Weather Notice - Learn about weather related delays and closings, programs & class changes/cancellations, by calling the weather hotline at 732-329-4000 ext. 7670 starting at

7:30am. This message is updated regularly throughout the day. Join the email loop for updates as well.



**It's February!!!
Taxes are due by
Friday, February 1st !!**

WANT TO USE OUR GYM OR ATTEND CLASSES?

- ✓ Fill out 3 REQUIRED medical forms, one to be filled out by your doctor.
- ✓ **Personal Training session with Liz required before gym use** –
- ✓ **Mon. Feb. 11th** (10:00-noon) ~ **Mon. Feb. 25th** (11:30-1:30) 15 min sess.
- ✓ Trained already? Come ask questions. Wear sneakers and workout attire.

***Sign up 2 weeks prior to class start. Fees non refundable.**

***All classes 8 weeks unless stated otherwise. No joining after session starts.**

***MEDICAL FORMS MUST BE ON FILE BEFORE ENROLLING IN A CLASS.**

***Medicals MUST be updated every two years**

Ageless Grace
Specialized Fitness for the Body & Mind



Ageless Grace – Tuesdays 12:30pm, **March 12th – April 30th**

8 weeks \$22

B.E.S.T. (Balancing, Exercises, Stretching, Toning)- Mondays 1:45pm.

Light weights, balls & bands in chair **March 18th – May 6th**

8 weeks \$32

Body Gym– Mondays 12:30pm, **March 18th – April 29th** 7 weeks FREE
Resistance Training. This will be the last session of Body Gym.

Chair Yoga- Tuesdays 10:30am, Yoga in a chair **March 12th – April 30th**

8 weeks \$28

General Aerobic Fitness- Mondays & Fridays Advanced 9:15am
Beginner/Intermediate 10:15. 15 classes \$20 or 30 classes for \$40



Get Fit– Thurs. 1:45pm. Cardio & strength. **March 7th – April 25th**

8 weeks \$32

Now & Zen– Wed. 10:30am **Feb. 27th – April 17th** 8 weeks **FULL**

Pilates– Tues. 9:15am Core training. Bring a ball. **March 12th – April 30th**

8 weeks \$32

Sculpting with Weights–Wednesdays 12:30 **March 6th – April 24th**

8 weeks \$28

Sittercize- Mon & Fri 11:15. From chair. 30 class-\$24 or 15 classes for \$12

Tai Chi– Thurs. 9:15am Next Session To Be Announced check in office

Tap Dance–Tuesdays 1:30pm-Bring Tap Shoes **March 12 – April 30th**

7 weeks \$28

Yoga– Thursdays 10:30am Bring your own mat. **February 28th – April 18th**

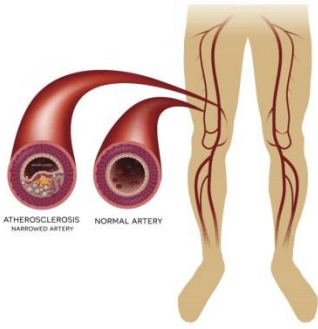
8 weeks \$32

Yogasize– Fridays 12:15pm Yoga & Meditation in chair.

March 15 – May 10 8 weeks \$25



Zumba– Fridays 1:15pm **March 15th – May 10th** 8 weeks \$30



Penn Medicine
Princeton Health

Walking With Peripheral Artery Disease **Can Be a Pain**

On a good day, how far can you walk on flat ground before your legs start to hurt? If the answer is “not far,” it’s time to talk to your doctor about peripheral artery disease, a narrowing of the arteries outside the heart or brain.

“PAD is usually a result of atherosclerosis or plaque that builds up in the arteries that carry oxygenated blood throughout the body. This buildup makes the arteries narrower, restricting blood flow,” says Kenneth A. Goldman, MD, RVT, FACS, board certified in general surgery and vascular surgery and a member of the medical staff at Penn Medicine Princeton Medical Center (PMC).

PAD is more common as people get older. Many people with PAD have few if any symptoms. Others may have muscle cramping in the buttocks, thighs or calves while walking, climbing stairs or exercising. More severe symptoms include pain in the feet at rest, sores on toes, feet, or legs that won’t heal, color changes in the skin of the feet, and poor nail growth and decreased hair growth on toes and legs.

Treatment for PAD often begins with lifestyle changes to improve circulation, relieve symptoms and reduce the risk for more severe health complications.

Medications may also reduce symptoms and prevent formation of blood clots. When lifestyle changes and medication are not enough to treat PAD, patients may need surgery to restore blood flow. Today, most surgeries for PAD can be performed using minimally invasive techniques.

PAD is a common condition that can be debilitating. If you have signs of PAD, talk with your doctor about testing. Treatment can help improve blood flow so walking is no longer a pain.

For more information about PMC’s Center for Vascular Care or to find a physician affiliated with Penn Medicine Princeton Health call (888) 742-7496 or visit www.princetonhcs.org

PROGRAM HIGHLIGHTS LECTURES



Regenerative Medicine- Monday, February 4th 12:30p.m.



Zachary Perlman, DO, (still waiting on credentials) will discuss musculoskeletal and movement disorders, such as arthritis and tendon injuries, and the latest therapies to manage them, including platelet-rich plasma (PRP) and stem cell therapy.

Call (609)497-2230 or visit their desk to register for health lectures

Ted Talks - short, video talks followed by discussion.

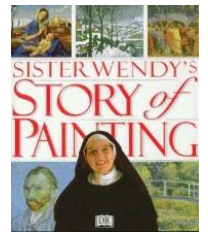


Wed., February 13th 10:45am- My son was a Columbine shooter. This is my story...

Wed., February 20th 12:30am- The surprising habits of original thinkers.

Art Lecture with Maurice- Friday, February 15th 12:30pm

Sister Wendy Beckett is a Nun in England, and is an Amazing Art Historian. **Part Two** of this three part series will take us to the world's famous museums and tell the history of the art each museum has. Sculpture and Paintings. **Sign Up.**



Frauds and Scams!- Thursday, February 28th 12:30pm



South Brunswick Police will give us information on the latest scams and frauds and what you can do to protect yourself. Very informative please attend.

HEALTH PROGRAMS

Free Blood Pressure Screening- 10am – Noon

Tuesday, February 19th Penn Medicine Princeton Health. NO APPOINTMENT NECESSARY.





From the Desk of Marie Brown

Benefits Program Coordinator ext. 7676

Email: mbrown@sbtnj.net

Extra Help With Medicare Prescription Drug Plan Costs

The Medicare Prescription Drug program gives you a choice of prescription plans that offer various types of coverage.

You may be able to get extra help to pay for the monthly premiums, annual deductibles, and co-payments related to the Medicare Prescription Drug program. However, you must be enrolled in a Medicare Prescription Drug plan to get this extra help.

An application for Extra Help does not enroll you in a Medicare prescription drug plan. You will have to enroll directly with an approved Medicare prescription drug provider for coverage.

Who Should Complete This Application For Extra Help With Medicare Prescription Drug Plan Costs?

You should complete an application for Extra Help if:

- You have Medicare Part A (Hospital Insurance) and/or Medicare Part B (Medical Insurance); and
- You live in one of the 50 States or the District of Columbia; and
- Your combined savings, investments, and real estate are not worth more than \$28,150, if you are married and living with your spouse, or \$14,100 if you are not currently married or not living with your spouse. (Do NOT count your home, vehicles, personal possessions, life insurance, burial plots, irrevocable burial contracts or back payments from Social Security or SSI.) If you have more than those amounts, you may not qualify for the extra help.

If you need help completing an application, or more Information please contact Marie at 732-329-4000 ext. 7676

From the Desk of Caryl Greenberg

Social Worker, MSW, LSW x 7212 Email: cgreenbe@sbtnj.net



Educational/Vendor Event

What exactly is the difference between a nursing home and an assisted living? Will Medicare pay for home care? What is a home health companion authorized to do for me and how much will it cost? Can an elder attorney preserve my savings in case I end up hospitalized for an extended amount of time or need nursing home care? These are just some of the questions you will have answered when you attend the **Educational Fair on March 4th**. The Senior Center will be hosting a panel of professionals who will discuss various areas of health care. The panel will include Carmen Fernandez from 'Always Best Care Senior Services', Deanna Mellon from 'Acorn Glen Assisted Living', Michelle Barry from Princeton Care Center, Bob Goldbetter from 'Ascend Hospice' and lastly Sheli Monacchio from Van Dyck Law. You will have an opportunity to ask questions in a non-sales pitch atmosphere. There will also be vendor tables which will add a touch of festivity to this event! All are welcome; no sign up necessary. By the time you receive this newsletter it will be the New Year; 2019! It's hard to believe the holidays are behind us and we can now look forward to some cold, brisk stinging winds and perhaps snow blanketing our neighborhoods. It might be beautiful but it can certainly be slippery. Given the choice most of us want to stay home and not risk a fall when the weather is inclement. And that makes sense! If that sounds like you- please stay in touch with us. When we see you on a regular basis and then we don't we worry; and we really care that you are alright. For those individuals who stop coming to the center entirely in the winter, social isolation and depression can slowly impact you. Please call me so we can keep in touch. Just a quick shout out about my Friday afternoon group- it is a drop in group- come any Friday at 1:45 pm- it's a great opportunity to get your fill of conversation!



Monthly Bereavement Group: Monday, February 25th

10:45am Anyone who has suffered the loss of a spouse or partner is welcome to attend the monthly bereavement group. **Please note different date this month.** Questions? Please call Caryl x 7212

Club News



Senior Advisory Council – a 13 member board appointed by the Mayor and Township Council who discuss issues that affect the senior center. Everyone is welcome. Township Liaison: Mayor Charlie Carley. 2019 Chair: TBA **Thursday, February 7th** .

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: \$3.00/year (resident seniors), \$5.00 (non-residents and non-seniors). Membership forms are at the office or on website. President: Muthu Subramanian Vice Presidents: Cindy Scribner & Satya Agarwal
Meeting: Friday, February 8th 10:30am Bingo 12:30pm

South Brunswick Senior Social Club – Members needed! Dues: \$15.00.
Meeting: Tuesday, February 5th & 19th 1:00pm.
Brief business meetings, make friends, refreshments, bingo, trips. President: Aggie Schwartz
AC Trips Contact: Gloria Zimmerman at (732) 355-1860



The Golden Age Club – bring together & promote the welfare of seniors through fun trips and parties. Dues are \$10.00.

Meeting: Wednesday, February 13th & 27th 1:00pm.

President: Gloria Zimmerman

For AC Trips Contact: Gloria Zimmerman at (732) 355-1860



Billiards Club – All welcomed to play daily. Tournaments are played home and away. Pool club membership is required for tournaments. President: Gary Harriman Captain: Larry Logan

Bridge Group - Daily bridge play. Friendly Duplicate tournaments are played **1st & 3rd Wednesdays** of the month.

Coordinator: Satya Agarwal and Dakshi Subramanian



Knit and Crochet Club – The Knitting and Crochet Club supports those less fortunate in crisis. **Wednesdays at 9:30am to 11:00am.** Yarn Donations Please! Newcomers are welcomed! Coordinators: Ann Markey & Diane Duffy

Badminton Friendly play. See Wellness Center calendar for days/times. Just stop by the gym to play. Equipment provided.

Ping Pong – Group play with others on Mondays, Wednesdays, and Fridays 3:00 – 4:15pm. OPEN Play all day every day! Equipment provided.

Staff Directory

To reach our staff members call (732) 329-4000, followed by their extension. After hours leave a voicemail.

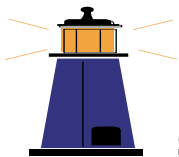
Extensions

Christine Wildemuth, Director, Office on Aging.....x7682
Caryl Greenberg, Social Workerx7212
JillAnn Foxxe, Program Coordinator.....x7675
Marie Brown, Program Coordinator (Benefits).....x7676
Jackie Johnson, Administrative Secretary.....x7677
Jasmine Aynilian, Main Office, Secretaryx7670
Steve Aker, Custodian.....x7350
After Hours/Weather Updatex7670
Transportation.....x7363

Meals on Wheels & Daily Meal Program:

Karen Delikat (732) 329-6171 or Karen Lahrman, Driver

Penn Medicine Princeton Health (609) 497-2230



South Brunswick Office On Aging
540 Ridge Road
Monmouth Junction, NJ 08852