





MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 <p>Accepting donations until December 31st. All donations will go to the SB Food Pantry. Please see page 3 of the calendar for details.</p>		<p>10:00 CROCHET/KNITTING, Chrs 1 10:00 ZUMBA 10:00 BRIDGE TOURNAMENT, Aud.2 10:15 TRIP - MERCER MALL LAWRENCEVILLE 11:00 BILLIARDS CLUB MEETING, Aud.1 1:30 WRITING AWAY, Aud.1 2:30 PODCAST, Chrs</p>	<p>Senior Advisory Council (In person) 2 9:30 CERAMICS, Art Rm. 10:00 TAI CHI 10:30 NO BOOK CLUB, Aud.1 10:30 SAC MEETING, Aud.1(all invited) 11:30 CHAIR YOGA</p>	<p>3 10:30 BODY SCULPTING 11:00 CHESS CLUB 1:30 WHAT'S ON YOUR MIND?, Chrs</p>
<p>10:00 MAHJONG LESSONS, Aud. 2 6 10:00 BINGO- Aud.1 10:45 BODY SCULPTING 1:00 ART CLASS, Art Rm (End of Session) Please sign up now for next Art Class Session: January 10th – March 14th 8 wks - \$56</p>	<p>Pool Tournament 10A – 1P 7 10:00 BOLLYX 10:00 BEG. BRIDGE LESSONS, LBY 11:00 NOW & ZEN 1:30 ADULT COLORING, Art. Rm.</p>	<p>8 10:00 CROCHET/ KNITTING, Chrs 10:00 ZUMBA 11:00 THE PRICE IS RIGHT Sponsored by RIGHT AT HOME Home Care, Aud.1 1:30 WRITING AWAY, Aud.1 2:30 TED TALK, Aud.1</p>	<p>Pool Tournament 10A – 1P 9 9:30 CERAMICS, Art Rm. 10:00 TAI CHI 10:30 BOOK CLUB, Aud.1 11:30 CHAIR YOGA 1:30 COMEDIAN MARK RICCODONNA, Aud.1&2</p>	<p>10 10:00 FRIENDS MEETING- Aud.1 10:30 BODY SCULPTING 10:45 FRIENDS BINGO, Aud.1 11:00 CHESS CLUB 1:30 WHAT'S ON YOUR MIND?, Chrs</p>
<p>13 10:00 MAHJONG LESSONS, Aud. 2 10:00 WINTER BINGO- Aud.1 10:45 BODY SCULPTING 2:00 DAWN'S TIPS FOR COPING WITH THE HOLIDAYS Aud.1</p>	<p>Pool Tournament 10A – 1P 14 10:00 BOLLYX 10:00 BEG. BRIDGE LESSONS, LBY 10:30 Veterans Group 11:00 NOW & ZEN 1:30 REPURPOSING WITH ART LEE, Art Rm.</p>	<p>15 10:00 CROCHET/ KNITTING, Chrs 10:00 ZUMBA 10:00 BRIDGE TOURNAMENT, Aud.2 10:15 TRIP- TARGET- LAWRENCVILLE 10:30 ART LEE Garden Club- Art Rm. 1:30 WRITING AWAY, Aud.1 2:30 PODCAST/ TED TALK, Aud.1</p>	<p>Pool Tournament 10A – 1P 16 9:30 CERAMICS, Art Rm. 10:00 TAI CHI 10:30 BOOK CLUB, Aud.1 10:45 SB Library/Randy Technology Help, Phone/Computer/Tablet etc. Comp.Rm 11:30 CHAIR YOGA 1:30 GIANT LIFE SIZE JENGA, AUD.2</p>	<p>17 10:30 BODY SCULPTING 11:00 CHESS CLUB 11:15 NEW MEMBER MINGLE- Chrs. 1:30 WHAT'S ON YOUR MIND?, Chrs</p>
<p>20 10:00 MAHJONG LESSONS, Aud. 2 10:00 BINGO- Aud.1 10:00 FITNESS VIDEO 1:30 PRETTY CRAFTY- DIY UPSCALE BOTTLES 1, Art Rm</p>	<p>Pool Tournament 10A – 1P 21 10A-12P PENN BLOOD PRESSURE SCREENING 10:00 BEG. BRIDGE LESSONS, LBY 10:00 FITNESS VIDEO 11:00 NOW & ZEN</p>	<p>22 10:00 CROCHET/ KNITTING, Chrs 10:00 FITNESS VIDEO 1:30 WRITING AWAY, Aud.1 2:30 TED TALK, Aud.1</p>	<p>Pool Tournament 10A – 1P 23 9:30 CERAMICS, Art Rm. 10:00 FITNESS VIDEO 10:30 BOOK CLUB, Aud.1</p>	<p>SENIOR CENTER CLOSED 24</p> 
<p>27 10:00 MAHJONG LESSONS, Aud. 2 10:00 BINGO- Aud.1 10:00 FITNESS VIDEO 1:30 PRETTY CRAFTY- DIY UPSCALE BOTTLES 2, Art Rm</p>	<p>Pool Tournament 10A – 1P 28 10:00 BEG. BRIDGE LESSONS, LBY 10:00 FITNESS VIDEO 11:00 NOW & ZEN</p>	<p>29 10:00 CROCHET/ KNITTING, Chrs 10:00 FITNESS VIDEO 10:15 TRIP- WALMART- NORTH BRUNSWICK 1:30 WRITING AWAY, Aud.1 2:30 PODCAST/ TED TALK, Aud.1</p>	<p>Pool Tournament 10A – 1P 30 9:30 CERAMICS, Art Rm. 10:00 FITNESS VIDEO 10:30 BOOK CLUB, Aud.1</p>	<p>31  10:45 New Year's Countdown & Trivia with Staff, 1:00 WHAT'S ON YOUR MIND?, Chrs</p>

Badminton: Mondays * Wednesdays * Fridays 1:30 – 4:15

Billiards/Pool: Except as noted in the above calendar the billiard tables are open to all. There is a Pool Club and you can join at any time; there is a fee for this. Please reach out to Ken Peabody if you are interested in joining at kwpeabody@gmail.com at 732-991-4717. Please take good care if you use the pool tables, absolutely NO food or drink near the tables. If you need guidance on how to play please let the office know and we will match you up with a pro.

Bridge Tournaments: 1st & 3rd Wednesday of the month 10am – 12pm in Aud.2 Reach out to Satya Agarwal at satya.agarwal@gmail.com for details.

Ceramics: Each class is \$3.00 (purchase a card for \$15.00) which includes glazes and kiln firing. Additional charges for x-large pieces.

- Ceramics Firing takes place on the **third** (or fourth Thursday if there are five Thursdays that month) **Thursday** of the month.
- Pieces MUST be picked up on the **last Thursday** of every month.
- Names or initials MUST be on the back or underside of every piece.

Dawn's Tips for Coping with the Holidays: “Holidays are joyous times, but can also increase our stress level and our sense of loss. Join Dawn to talk about how you can stay healthy and find ways to cope during the upcoming season.” Call Dawn to sign up for this program 732 329-4000 x 7212

Friends Bingo: Second Friday of the Month 10:45 am – 11:45 am Cost: \$1 PRIZES!! Open to all center members!

Ping Pong: Available all day in our dedicated table tennis room. Monday's, Wednesday's and Fridays drop in from 2 pm-4 pm to play against our two volunteer players.

Podcasts/TED Talk Discussion Group - Listen to a selected podcast or TED Talk independently and then discuss it together. **Wednesdays**

12/1: Laundry Done Right <https://www.pushkin.fm/episode/laundry-done-right/>

12/8: How Humanity Doubled Life Expectancy https://www.ted.com/talks/steven_johnson_how_humanity_doubled_life_expectancy_in_a_century/transcript#t-436912

12/15: One of the Weirdest Crimes of Austin <https://www.cnn.com/audio/podcasts/great-big-story?episodeguid=15ac04b7-5845-4c6d-a406-ac22001e2d0f>

12/22: Secret to Living Longer May be Your Social Life https://www.ted.com/talks/susan_pinker_the_secret_to_living_longer_may_be_your_social_life/transcript?referrer=playlist-the_secret_to_lifelong_friendship

12/29: New Year's Eve History <https://shapingopinion.com/new-years-eve-episode-44/>

Technology Teacher: Thursday, Dec. 16th 10:45 – 12:00 Join Randi Marsola, Technology Librarian, for help with your devices, virtual platforms, zoom meetings, social media accounts etc. **Third Thursday Monthly**

What's On Your Mind? - We have a variety of topics during this discussion group - trivia, fun facts, riddles, news stories, etc. **Fridays** **(Please note there is a time change for Friday, December 31st)**

Staff Directory 732.329.4000

Caryl Greenberg, Director x 7682 cgreenbe@sbtmj.net

Dawn Neglia, Social Worker x7212 dneglia@sbtmj.net

JillAnn Foxxe, Program Coordinator x7675 jfoxxe@sbtmj.net

Darlene Dawson, Program Coordinator (Benefits) x7676 ddawson@sbtmj.net

Mimi Doria, Transportation Department Coordinator x7363 mdoria@sbtmj.net

Jackie Johnson, Administrative Secretary x 7677 jjohnson@sbtmj.net

Jasmine Aynilian, Main Office Secretary x 7670 jaynilian@sbtmj.net

December Special Events: Please sign up with Jasmine at x 7670 or email jaynilia@sbtnj.net

THE PRICE IS RIGHT – Wednesday, December 8th 11:00am - C'MON DOWN!!!! Test out your shopping knowledge. Join us for a game of “The Price is Right”, sponsored by Right at Home Home Care

COMEDIAN MARK RICCADONNA- Thursday, December 9th 1:30 pm- Laughter is Medicine!! Join our very own South Brunswick comedian Fred Stein as he welcomes International Comedic Performer Mark Riccadonna to our center stage!

Repurposing with Art Lee- Tuesday, December 14th 1:30 – Join Art lee in turning old things into new things. Friendly crowd and always fun!

Art Lee Garden Workshop- Wednesday, December 15th 10:30- Join Art Lee Master Gardener for garden tips, and gardening in home throughout the cold season

December Food Drive!!! All donations will go to the South Brunswick Food Pantry

ITEMS NEEDED FOR FOOD DRIVE

COFFEE/ TEA/ HOT COCOA	CANNED TOMATOES/ SAUCE
PARMALAT/BORDEN MILK BOXES	CANNED VEGETABLES
PASTA	CANNED FRUIT
MACARONI AND CHEESE	CANNED HEARTY SOUPS/ STEWS/ SOUP LEGUMES
JARRED GRAVY	CANNED MEATS (TUNA/ CHICKEN)
PEANUT BUTTER & JELLY	SMALL BAGS OF PREPARED RICE/ NOODLES
PANCAKE MIX / SYRUP	INSTANT MASHED POTATOES Boxes/ Pouches
OATMEAL/ FARINA/ CREAM OF WHEAT	STUFFING
BAKED GOODS: (BOXED OR BAGGED) COOKIE/ BREAD/ MUFFIN/ CAKE/ BROWNIE MIX	PERSONAL ITEMS: SHAMPOO/ CONDITIONER/ TOOTHPASTE/ SOAP/ SHAVING CREAM etc.
CONDIMENTS: DRESSING, KETCHUP, MAYO, MUSTARD, COOKING OIL etc.	
SPICES	GIFT CARDS: SHOPRITE/ALDI/STOP & SHOP/ WALMART * PLEASE DROP GIFT CARDS OFF AT THE OFFICE WINDOW
CEREAL	

Please place items in marked donation bins by the office window – Thank you for your generosity!