





| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|--|--|--|--|
| <p>SENIOR CENTER CLOSED 3</p>  | <p>Pool Tournament 10A – 1P 4</p> <p>10:00 BOLLYX 10:00 BEG. BRIDGE LESSONS, Lby 11:00 NOW & ZEN 1:30 ADULT COLORING, Art. Rm. Ticket sales begin today for the Friendly Firs Fundraiser Sold Daily 10:00 am – 12:00 pm in the lobby</p> | <p>5</p> <p>10:00 CROCHET/KNITTING, Cheer Rm. 10:00 ZUMBA 10:00 BRIDGE TOURNAMENT, Aud.2 10:30 TRIP – QUAKERBRIDGE MALL 11:00 BILLIARDS CLUB MEETING, Aud.1 1:30 WRITING AWAY, Piano Rm 2:30 TED TALK, Aud.1</p> | <p>Senior Advisory Council (In person) 6</p> <p>Pool Tournament 10A – 1P 9:30 CERAMICS, Art Rm. 10:30 NO BOOK CLUB, Aud.1 10:30 SAC MEETING, Aud.2(all invited) 11:30 CHAIR YOGA</p> | <p>7</p> <p>10:00 MOVIE- Queen Bees, Aud.1 10:30 BODY SCULPTING 11:00 CHESS CLUB 1:30 WHAT'S ON YOUR MIND?, Aud.1</p> |
| <p>10</p> <p>10:00 MAHJONG LESSONS, Piano Rm 10:00 BINGO, Aud.1 10:45 BODY SCULPTING 1:00 ART CLASS, (session begins) Art Rm</p> | <p>Pool Tournament 10A – 1P 11</p> <p>10:00 BOLLYX 10:00 BEG. BRIDGE LESSONS, Lby 10:30 VETERAN'S GROUP, Aud.1 11:00 NOW & ZEN 1:30 REPURPOSING WITH ART LEE, Art Rm.</p> | <p>12</p> <p>10:00 CROCHET/ KNITTING, Chrs 10:00 ZUMBA 10:00 SENIOR BULLYING – PRESENTED BY ARCHER LAW, Aud. 1 1:30 ART LEE Garden Club- Art Rm. 1:30 WRITING AWAY, Piano Rm 2:30 PODCAST, Aud.1</p> | <p>Pool Tournament 10A – 1P 13</p> <p>9:30 CERAMICS, Art Rm. 10:00 FITNESS VIDEO 10:30 BOOK CLUB, Aud.1 11:30 CHAIR YOGA 1:30 MOSAICS WITH KATHY, Art Rm.</p> | <p>14</p> <p>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?, Aud.1</p> |
| <p>SENIOR CENTER CLOSED 17</p>  | <p>Pool Tournament 10A – 1P 18</p> <p>10-12 Blood Pressure Screening, Penn 10:00 BOLLYX 10:00 BEG. BRIDGE LESSONS, Lby 11:00 NOW & ZEN 1:30 NAVAJO CODE TALKERS WITH JUDY AVILA</p> | <p>19</p> <p>10:00 CROCHET/ KNITTING, Chrs 10:00 ZUMBA 10:00 BRIDGE TOURNAMENT, Aud.2 10:30 TRIP- WALMART- NO. BRUNSWICK 1:30 WRITING AWAY, Piano Rm 2:30 TED TALK, Aud.1</p> | <p>Pool Tournament 10A – 1P 20</p> <p>9:30 CERAMICS, Art Rm. 10:00 FITNESS VIDEO 10:30 BOOK CLUB, Aud.1 11:30 CHAIR YOGA 1:30 MOSAICS WITH KATHY, Art. Rm.</p> | <p>21</p> <p>10:30 BODY SCULPTING 11:00 CHESS CLUB 11:30 BRAINGAMES with Ram, Aud.1 1:30 WHAT'S ON YOUR MIND?, Aud.1</p> |
| <p>24</p> <p>10:00 MAHJONG LESSONS, Piano Rm 10:00 BINGO Sponsored by Artis Senior Living, Aud.1 10:45 BODY SCULPTING 1:00 ART CLASS, Art Rm.</p> | <p>Pool Tournament 10A – 1P 25</p> <p>10:00 BOLLYX 10:00 BEG. BRIDGE LESSONS, Lby 11:00 NOW & ZEN</p> | <p>26</p> <p>10:00 CROCHET/ KNITTING, Chrs 10:00 ZUMBA 1:30 WRITING AWAY, Piano Rm 2:30 PODCAST, Aud.1</p> | <p>Pool Tournament 10A – 1P 27</p> <p>9:30 CERAMICS, Art Rm. 10:00 FITNESS VIDEO 10:30 BOOK CLUB, Aud.1 1:30 DRUMMING FOR WELLNESS With Dave & Cheryl Miller, Aud. 2</p> | <p>28</p> <p>10:30 BODY SCULPTING 11:00 CHESS CLUB 11:15 MEMBER MINGLE- Chrs. 1:30 WHAT'S ON YOUR MIND?, Aud.1</p> |
| <p>31</p> <p>10:00 MAHJONG LESSONS, Piano Rm 10:00 BINGO, Aud.1 10:45 BODY SCULPTING 1:00 MOVIE- Here Today, Aud.1 1:00 ART CLASS, Art Rm.</p> | <p>NEW! Indoor Walking Club daily in the Large Gym 9:00a – 9:45a or Tues. / Thurs. 3:00p – 3:45p Grab your sneakers, meet up with friends and let's get moovin to some Rockin Oldies tunes!</p> |  <p>Movies are Back!! First Friday of the Month- 10AM Last Monday of the Month- 1PM</p> | <p>CALLING ALL CARD PLAYERS... WE NEED YOU!! Looking for players interested in: Canasta, Pinochle, Poker</p> |  <p>TaiChi is on hiatus.</p> |

Badminton: Wednesdays 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.

Braingames with Ram- Join Ram for a variety of trivia and other Braingames. Studies show that playing games may improve cognitive health in older adults. **Third Friday** of the month

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.

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

MOVIES:

- **Queen Bees - Friday, January 7th 10:00 am - PG-13** While her house undergoes repairs, fiercely independent senior Helen reluctantly moves into a nearby retirement community JUST “temporarily”.
- **Here Today- Monday, January 31st 1:00pm- PG-13** Veteran comedy writer Charlie Berns, who is slowly but surely losing his grip on reality, befriends a talented young New York street singer.

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**

January 5th: The art of paying attention https://www.ted.com/talks/wendy_macnaughton_the_art_of_paying_attention/transcript

January 12th: How to carry on a family recipe, in your own way <https://www.npr.org/2020/11/11/933796991/carrying-on-a-family-recipe-in-your-own-way>

January 19th: How reliable is your memory? https://www.ted.com/talks/elizabeth_loftus_how_reliable_is_your_memory/transcript

January 26th: Auctioneers: Why do they talk like that? <https://podcasts.apple.com/us/podcast/auctioneers-why-do-they-talk-like-that/id1225760210?i=1000541985407>

What's On Your Mind? - We have a variety of topics during this discussion group - trivia, fun facts, riddles, news stories, etc. **Fridays**

Staff Directory 732.329.4000

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

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

Repurposing with Art Lee- Tuesday, January 11th 1:30 – Join Art lee in turning old things into new things. Friendly crowd and always fun!

Art Lee Garden Workshop- Wednesday, January 12th 10:30- Join Art Lee Master Gardener for garden tips, and gardening in home throughout the cold season

Mosaics with Kathy- Thursday, January 13th & 20th 1:30pm- Join Kathy for Mosaics small projects, materials supplied. If you have a small project that you'd like to cover in Mosaics bring it on in!

Navajo Code Talkers with Judy Avila- Tuesday January 18th 1:30pm – Judith Avila is a best-selling author who wrote the non-fiction book “Code Talker”. This book is the memoir of Chester Nez – the only memoir by one of the original Navajo code talkers of WWII. Please join is for an amazing opportunity to hear about her experience writing the book and for stories about the Navajo code talkers and their heroism. Judith is a former social worker, artist, air traffic controller and computer consultant and we are honored to have her join us (virtually) to discuss the book and more! We will ‘zoom’ as a group in Aud. 1

BINGO sponsored by Artis- Monday, January 24th 10:00- Please join Barbara Forschner from Artis Senior Living for a special BINGO. Space is limited.

Senior Bullying with Archer Law- Wednesday, Jan 12th 10:00 am. You don't have to be a 'young' to be a victim of intentional embarrassment, humiliation or harm. Join us to learn how to recognize and deal with mean contemporaries.

Drumming For Wellness- Thursday, January 27th 1:30pm

Dave & Cheryl Miller invite you to Laugh, Drum and Dance with them.

This is a wonderful rhythmic program with lots of laughter & loads of FUN!!

Seating is limited please call to sign up



Tickets Here!! Get your Tickets for...

The 2022 Annual South Brunswick Friends Fundraiser

Friendly Firs

8 Mini Fir Trees each one adorned with gift cards from local businesses

Ticket sales will begin Tuesday, January 4th – Thursday, February 10th

Tickets will be sold in the lobby Monday – Friday * 10:00am – 12:00pm * Price of tickets are: \$4.00 for 5 tickets \$6.00 for 10 tickets

Drawing wil be held on Thursday, February 10th at 12:15 pm at the Mardi Gras event

