





MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>MAHJONG LESSONS BEGIN</b> 1</p> <p>10:00 MAHJONG LESSONS, Aud. 2 10:00 BINGO- Aud.1 10:45 BODY SCULPTING 1:00 ART CLASS, Art Rm.</p>	<p><b>SENIOR CENTER CLOSED</b> 2</p> 	<p>10:00 CROCHET/KNITTING 3 10:00 ZUMBA <b>10:00 BRIDGE TOURNAMENT, Aud.2</b> 11:00 CHESS LESSONS with Clive, Lby <b>10:15 TRIP-QUAKERBRIDGE MALL</b> <b>11:00 BILLIARDS CLUB MEETING, Aud.1</b> 1:30 WRITING AWAY, Piano Room 2:30 Ted Talk, Aud 1</p>	<p><b>Senior Advisory Council (In person) 4</b> <b>Pool Tournament 10A – 1P</b> 9:30 CERAMICS, Art Rm. 10:00 <b>NO TAI CHI</b> 10:30 <b>NO BOOK CLUB, Aud.1</b> <b>10:30 SAC MEETING, Aud.1 (all invited)</b> 11:30 CHAIR YOGA <b>1:30 MOSAICS WITH KATHY- Art Rm</b></p>	<p>5</p> <p>10:30 BODY SCULPTING <b>11:45 – 12:30 MOBILE LIBRARY</b> 1:30 WHAT'S ON YOUR MIND?, Chrs</p>
<p>8</p> <p>10:00 MAHJONG LESSONS, Aud. 2 10:00 BINGO- Aud.1 10:45 BODY SCULPTING 1:00 ART CLASS, Art Rm.</p>	<p><b>Pool Tournament 10A – 1P</b> 9</p> <p>10:00 BOLLYX 10:00 BEG. BRIDGE LESSONS, Lobby 11:00 NOW &amp; ZEN <b>1:30 REPURPOSING WITH ART LEE, Art Rm.</b></p>	<p><b>VETERANS DAY DRIVE BY!</b> 10</p> <p>10:00 CROCHET/ KNITTING, Chrs 10:00 ZUMBA 11:00 CHESS LESSONS with Clive, Lby <b>10:30 ART LEE Garden Talk- Art Rm.</b> 12:00 PERSONAL SAFETY FOR SENIORS W/ RIA from Penn Med 1:30 WRITING AWAY, Piano Room 2:30 PODCAST, Aud.1</p>	<p><b>SENIOR CENTER CLOSED</b> 11</p> 	<p>12</p> <p><b>10:00 FRIENDS MEETING- Aud.1</b> 10:30 BODY SCULPTING <b>10:45 FRIENDS BINGO, Aud.1</b> <b>11:45 – 12:30 MOBILE LIBRARY</b> 1:30 WHAT'S ON YOUR MIND?, Chrs</p>
<p>15</p> <p>10:00 MAHJONG LESSONS, Aud. 2 10:00 BINGO- Aud.1 10:45 BODY SCULPTING 1:00 ART CLASS, Art Rm. <b>2:00 DAWN'S TIPS FOR COPING WITH THE HOLIDAYS Aud.1</b></p>	<p><b>Pool Tournament 10A – 1P</b> 16 <b>10A-12P PENN BLOOD PRESSURE SCREENING</b></p> <p>10:00 BOLLYX 10:00 BEG. BRIDGE LESSONS, Lobby 11:00 NOW &amp; ZEN 1:30 ADULT COLORING, Art. Rm. <i>**Ping Pong room used as a walk through for Blood Pressure</i></p>	<p>17</p> <p>10:00 CROCHET/ KNITTING, Chrs 10:00 ZUMBA <b>10:00 BRIDGE TOURNAMENT, Aud.2</b> 11:00 CHESS LESSONS with Clive, Lby <b>10:15 TRIP- WALMART NO. BRUNSWICK</b> <b>11:00 GENTLE YOGA WITH RIA- no cost</b> 1:30 WRITING AWAY, Piano Room 2:30 TED TALK, Aud.1</p>	<p><b>Pool Tournament 10A – 1P</b> 18</p> <p>9:30 CERAMICS, Art Rm. 10:00 TAI CHI 10:30 BOOK CLUB, Aud.1 11:30 CHAIR YOGA <b>1:30 MOSAICS WITH KATHY- Art Rm</b></p>	<p>19</p> <p>10:30 BODY SCULPTING <b>11:15 NEW MEMBER MINGLE- Chrs.</b> <b>11:45 – 12:30 MOBILE LIBRARY</b> 1:30 WHAT'S ON YOUR MIND?, Chrs</p>
<p>22</p> <p>10:00 BINGO, Aud.1 10:45 BODY SCULPTING 1:00 ART CLASS, Art Rm.</p>	<p><b>Pool Tournament 10A – 1P</b> 23</p> <p>10:00 BOLLYX 10:00 BEG. BRIDGE LESSONS, Lobby 11:00 NOW &amp; ZEN <b>1:30 PRETTY CRAFTY- Mason Jar Lanterns, Art. Rm.</b></p>	<p>24</p> <p>10:00 CROCHET/ KNITTING, Chrs 10:00 ZUMBA 10:30 Podcast (please note time), Aud.1 1:00 CHESS LESSONS with Clive, Lby 1:30 WRITING AWAY, Piano Room</p>	<p><b>SENIOR CENTER CLOSED</b> 25</p> 	<p><b>SENIOR CENTER CLOSED</b> 26</p> <p><b>Save the Date:</b> <b>December 9<sup>th</sup> 1:30 pm</b> Comedian Mark Riccadonna Will be here to tickle your funny bone!</p>
<p>29</p> <p>10:00 BINGO, Aud.1 10:45 BODY SCULPTING 1:00 ART CLASS, Art Rm.</p>	<p><b>Pool Tournament 10A – 1P</b> 30</p> <p>10:00 BOLLYX 10:00 BEG. BRIDGE LESSONS, Lobby 11:00 NOW &amp; ZEN <b>1:30 PRETTY CRAFTY- Vase Craze, Art. Rm.</b></p>	 <p>November &amp; December all donations will go to the SB Food Pantry. Please see page 3 of the calendar for details. Thank you!</p>	<p>Please sign up with Jasmine at x 7670 or email <a href="mailto:jaynilia@sbtanj.net">jaynilia@sbtanj.net</a> For all highlighted SC events. Including fitness classes not highlighted.</p>	<p><b>Bridge Tournaments are back!!!</b> 1<sup>st</sup> &amp; 3<sup>rd</sup> Wednesday of the month 10am – 12pm</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](mailto:kwpeabody@gmail.com) at 732.213.3379. 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:** 1<sup>st</sup> & 3<sup>rd</sup> Wednesday of the month 10am – 12pm in Aud.2 Reach out to Satya Agarwal at [satya.agarwal@gmail.com](mailto: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**

📌 **November 3<sup>rd</sup>: What Silence Can Teach You About Sound** (Hosted by Harriet Hershenov)

[https://www.ted.com/talks/dallas\\_taylor\\_what\\_silence\\_can\\_teach\\_you\\_about\\_sound](https://www.ted.com/talks/dallas_taylor_what_silence_can_teach_you_about_sound)

📌 **November 10<sup>th</sup>: Margins of Error: Paranormal**

<https://www.cnn.com/audio/podcasts/margins-of-error?episodeguid=df1d6ac7-d47f-4b82-b6d3-ada5015c838f>

📌 **November 17<sup>th</sup>: Can We Edit Memories?**

[https://www.ted.com/talks/amy\\_milton\\_can\\_we\\_edit\\_memories](https://www.ted.com/talks/amy_milton_can_we_edit_memories)

📌 **November 24<sup>th</sup>: How Thanksgiving Works** **Please note early start time**

<https://www.podchaser.com/podcasts/stuff-you-should-know-8201/episodes/how-thanksgiving-works-414596/about>

**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**

Caryl Greenberg, Director x 7682 [cgreenbe@sbt nj.net](mailto:cgreenbe@sbt nj.net)

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Jackie Johnson, Administrative Secretary x 7677 [jjohnson@sbt nj.net](mailto:jjohnson@sbt nj.net)

Jasmine Aynilian, Main Office Secretary x 7670 [jaynilian@sbt nj.net](mailto:jaynilian@sbt nj.net)

**November Special Events:** Please sign up with Jasmine at x 7670 or email [jaynilia@sbtnj.net](mailto:jaynilia@sbtnj.net)

**Repurposing with Art Lee-** Tuesday, November 9<sup>th</sup> 1:30 – Join Art lee in turning old things into new things. Friendly crowd and always fun!

**Art Lee Garden Workshop-** Wednesday, November 10<sup>th</sup> 10:30- Join Art Lee Master Gardener for garden tips, and gardening in home throughout the cold season.

**Personal Safety For Seniors-** Wednesday, November 10<sup>th</sup> 12:00 Noon- Presented by Ria from Penn Med- **MODULE 1 Emergency Preparedness-** The power is out, the roads are closed, phone lines are down. Learn what you need to do to be prepared for emergencies. Please register directly with Penn Medicine Princeton Health 1.888.897.8979

**Gentle Yoga with Ria from Penn Med-** November 17<sup>th</sup> This slow-paced class, led by a certified yoga instructor, includes breath work, stretching, and seated postures, which will help improve flexibility and reduce stress. The class is ideal for anyone new to yoga and anyone who desires a relaxed practice of yoga. **SIGN UP** with Jasmine Aynilian x 7670 [jaynilian@sbtnj.net](mailto:jaynilian@sbtnj.net)

**New Member Mingle-** Friday, November 19<sup>th</sup> 11:15- Calling all new members, it's your time to shine!! C'mon down and meet the staff and other senior members too! All members are welcome to attend!! Test your luck at "Getting to know you Bingo".

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

### ITEMS NEEDED FOR FOOD DRIVE **No expired items please**

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 <b>* PLEASE DROP GIFT CARDS OFF AT THE OFFICE WINDOW</b>
CEREAL	

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