



South Brunswick

Beacon Senior Newsletter

OCTOBER 2016

The South Brunswick Senior Center is open to all residents 55+. FREE to join – Visit office Tuesdays or Fridays (9:30am-12:30pm). Fill out membership form (available on our website too www.sbtnj.net). Must have proof of age (55+) & proof of South Brunswick residency.

Senior Center Hours/Info. Monday - Friday (8:30am - 4:30pm), Sunday (1:00pm - 4:00pm—Office is closed). **CLOSED-Oct 10 (Columbus Day)** (732) 329-4000 x7670, (732) 438-0918(rotary). Christine Wildemuth, Director, cwildemu@sbtnj.net

Meals Congregate meal site for Middlesex County. Lunch (Monday to Friday@11:30 am). Call Karen - (732) 329-6171. For reservations: call by noon, one day ahead. Vegetarian meals also. Suggested donation: \$2.25 per meal. **Meals on Wheels:** Suggested donation: \$2.75.

Transportation: Bus pass required - \$.50 each way. Reservations **MUST** be made by 3:45pm for the next day, week, month, or ride home. To cancel "Same Day Service" call **(732)-329-4000 x7363** before 8:30am. Leave a message, speak clearly, provide name, address, phone number, and reason for call. Buses are wheelchair accessible.

- **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 Finnegans Lane to Kingston), Apna Bazaar (1st & 3rd Mondays of the month).
- **Food Shopping to Stop & Shop** Monday 10:30am - Dayton S&S (for homes south of RT 1), Tuesdays – S&S (for Oakwoods & Charleston Place @10:30am), Thursdays – 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)

Program Highlights

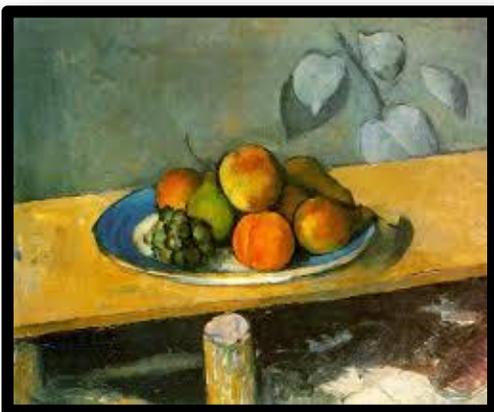
TED Talks – **Wednesdays, Oct. 5 (@12:30pm), Oct 19 (@10:45 am), Oct. 26 (@ 10:45), Aud 1.** Powerful talks and discussion! See Caryl's page for more information.



The World's Greatest Geological Wonders – Video series, **Friday, Oct. 7 @ 10:30am, Aud 1.** Learn all about the "Galapagos Rift – Wonders of Mid-Ocean Ridges." Charles Darwin visited the islands in 1835 and immediately recognized their geological wonder. Learn about the active volcanoes, underwater mountain ridges and how the Galapagos Islands were formed. **FREE.**

Collaborative Art Canvas – **Tuesday, October 11 @12:30 pm, Art Room.** Our own Art Lee believes, "Everyone can be an artist!" He asks, "What is an art canvas made of...paper, cardboard wood, fabric, or other materials? You decide. We are all artists!" Join Art and fellow students for a special collaborative art project! Sign up in the office. Open to first 12 students. **FREE** (materials provided).

Mahjong Lessons – **Starting November 7, Monday@10:00am, Aud 2.** Join Gail and learn how to play Mahjong, or get some tips to improve your game. Classes in November will be held every Monday. Class can decide if they want to switch to Tuesdays starting December. Sign up at office by October 7.

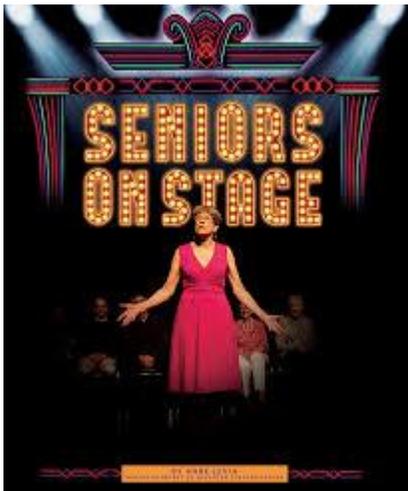


Maurice Mahler features the works of Paul Cezanne – **Friday, Oct. 21 @12:30 pm - Aud 1.** One of the most influential artists in the history of 20th century painting. Paul Cezanne (1839-1906) has inspired generations of modern artists. He is generally categorized as a post-impressionist. **Event sponsored by "FRIENDS." FREE!**

Program Highlights

Jeopardy Challenge – Monday, October 17, @ 12:30 pm – 1:15pm, Aud. 1. We'll break off into teams and play the classic game "Jeopardy." Test your team's knowledge on a range of categories from history to entertainment. Great way to have fun and keep those mental skills active!

Monthly Bereavement Group – Monday, October 17 @10:45 am - 11:45 am, Aud 1. See Caryl for more information.



McCarter Theatre Center – OnStage Seniors – Thursday, October 20 @12:15 pm, Aud 1.

This ensemble—all over 55—perform in theaters, libraries, schools, conferences, hospitals, senior centers, and senior communities, generating delight, insight, and affirmation about senior memories and experience. In 2014, Onstage officially became a part of McCarter Theatre Center, joining a host of programs designed to educate and engage the community.

OnStage shatters all the myths that people have about aging. Through skits and vignettes—some humorous, some touching—the performers totally engage their audiences. Sign up required by October 14. **FREE.**



"Just for Fun" Bingo – Monday, Oct. 24 @ 12:30pm, Aud 1. FREE !!!! We are playing bingo just for fun...and one large prize! If you win a game of bingo you will receive a ticket. All the tickets will go into a bowl. At the end, we pick one number and the winner goes home with a fun prize.

IDEA & Suggestion Day – Monday, October 24, 10:45-11:30 am, Aud 1. Meet Wanda and Program Committee members in Aud. 1 and bring your ideas and suggestions! We want to hear from you!

Monthly Birthday Lunch – Tuesday, Oct. 25 @ 11:00am, Cheers. Is this your birthday month? Trivia and cake! Sign up by 10/17.

Program Highlights

Want to know what is happening in South Brunswick?

Thursday, October 27, @12:30, Aud 1. Join veteran local journalist and **TAP Into South Brunswick and Cranbury** Editor Charles W. Kim at the Senior Center for a discussion about current events and issues facing our community as well as how the local news media is changing the way we learn about them. The discussion, including time for questions, will include a brief overview of several local issues impacting the township and how changes in technology are affecting the way the local news media covers them. From affordable housing to taxes to the search for a new schools superintendent, these are the issues impacting residents the most. **FREE.**

Coloring for Adults – Friday, October 28 @12:15pm, Art Room – FREE. Materials supplied or bring your own. Join the hottest new craze.

Annual Costume Halloween Party – Monday, October 31. Lunch served @11:30am – (\$2.75). PARTY begins @12:15pm – 1:15pm. Our staff will dress up and we encourage you to wear your best costume too! Prizes will be awarded for the most creative costumes! Music and entertainment provided by Sound Investment Entertainment featuring the music of G. Winston Freeman. Sing-a-long! Sponsored by Atrium Health, providers of post- acute care and rehabilitation services in Lawrenceville, Princeton and other NJ locations. **FREE**, sign-up by Oct. 17.



Library Information Day – Monday, October 31 @10:30am – Noon. Stop by the library table and meet Randy and Barbara. Learn about the services the SB Library offers including educational opportunities, learning about computers and software, obtaining e-books, plus more. Sign up for a library card too.

Donations – Thanks to Kathryn Carlin, William Finn, Nandalal Tilve, and Conrado & Remedios Yson. We graciously accept monetary donations (strictly designated for senior center use). Checks to the SB Senior Center. "Tribute Cards" are available (\$15). **We appreciate your support!**



AARP

Thursday, October 6 & 7, 9:00 am – 12:30 pm. \$15 for AARP members, \$20 for non-members, payable at the door (cash or check). Checks should be made payable to AARP. The techniques learned in this course could result in a reduction in car insurance premiums (consult your insurance company for details), and New Jersey drivers may be eligible to have up to two points removed from their driving record. Participants will learn: defensive driving techniques, new traffic laws and rules of the road, how to deal with aggressive drivers, how to handle potential problem situations such as left turns, right-of-way, interstate highway, traffic and blind spots, how to safely use anti-lock brakes and safety belts. You must be 18 years of age or older and have a valid driver's license to be eligible for this course. You do not need to be a member of AARP to attend. Upon completion of the course, you will receive a certificate to send to your insurance company. This course will be presented by an AARP instructor.



Blood Pressure Check, Tuesday, October 18, 10:00am – Noon.
(no sign-up required)

Memory & Aging: What's Normal, What's Not

Thursday, October 20, @12:30 pm-1:15pm. Memory loss is often dismissed as a normal part of aging. If you or someone you know is experiencing memory loss or changes in behavior or thinking skills, it's time to learn the facts. Early detection, diagnosis and intervention are vital because they provide the best opportunities for treatment, support and planning for the future. Join Jeffrey T. Apter, MD, board certified psychiatrist and member of the Medical Staff of Princeton HealthCare System, as he explains the difference between mild cognitive impairment, dementia and Alzheimer's disease. Must sign-up.

**For more information or to sign-up, see or call David
(609) 497-2230 or visit www.princetonhcs.org.**

WANT TO USE OUR GYM OR ATTEND CLASSES?

- ✓ Fill out 3 REQUIRED medical forms, (one to be filled out by your doctor)
- ✓ Attend a **Personal Training Session – October 3 & 17**, (any time from 10:00 am to NOON, 15 minute sessions)
- ✓ Sign up for classes - 2 WEEKS PRIOR to Start Date, Fees non-refundable.

Class Schedule

Accent Tile Design with Christina – Fridays @1:30am-3:00pm, Sept. 30 –Dec. 2, (no class Nov. 11 or Nov. 25), (8 weeks), \$40. Create original, one-of-a-kind designs on tiles. Tiles provided, bring oil paints of your choice, and one or two small & medium diameter quality brushes.

Aerobics with Maryanne - Mondays and Fridays. **9:15am – Advanced Fitness/ 10:15am - Beginner Fitness/ 11:15am - Sittersize** - Fitness punch card required - 15 classes(\$20.00) or 30 classes (\$40.00). *****LIVE FITNESS – Wednesday, October 12*****

Art with Christina - Mondays @1:30pm, Nov. 28-Dec. 19, (4 weeks), \$15. Mixed media of your choice. Bring your own supplies!

B.E.S.T. (Balancing, Exercises, Stretching, and Toning) with Liz - Mondays @1:45pm – Nov. 21- Dec. 19 (5 weeks), \$20. Light weights, balls, and bands are used to strengthen muscles. Sitting in a chair.

Chair Yoga with Joanne - Tuesdays @10:30am – Nov. 1 – Dec. 20, (7 weeks). No class Nov. 8, \$22

Get Fit with Liz – Thursdays @1:45pm, Oct. 13 – Dec. 8, no class 11/24, (8 weeks), \$32. Mix of cardio and strength exercises to stay healthy and improve overall mobility.

Introduction to Drawing – Wednesdays @1:30-2:30pm, Nov. 2 – Dec. 21, (8 weeks), \$28. All levels welcomed to learn or perfect drawing techniques. Materials list available at main office.

Mindful Meditation with Aruna – Wednesdays @10:45am, Sept. 14 – Nov. 2, no class Oct. 12, (7 weeks), \$27. Experience improved longevity. **Next Session:** Spring 2017

Pilates with Maryanne – Tuesdays @9:15am – Oct. 11 – Dec. 6, no class Nov. 8, (Bring your own ball). (8 weeks), \$25.00. One of the best ways for older adults to stay healthy.

Sculpting with Weights – Wednesdays @12:30pm, Nov. 2 – Dec. 21 (8 week session), Strength training for you! \$27.

Tai Chi with June –Thursdays @9:15am – Nov. 10 – Dec. 15, no class 11/24, (5 weeks), \$22. This mind-body practice, has value in treating or preventing many health problems.

Tap with Robin - Tuesdays @1:15pm, Nov. 1 – Dec. 20 (7 weeks), no class Nov. 8. \$28. Robin Kaye, co-owner and Director of Kaye-Lynn Dance Studios welcomes newcomers & returning students! Need tap shoes.

Yoga with Joanne - Thursdays @10:30am – Oct. 27 – Dec 22, no class 11/24 (Bring your own mat), (8 weeks), \$30. A gentle practice to stay active, lower stress, & maintain a positive attitude.

Zumba with Fran – Fridays @1:15 pm, Nov. 18 – Dec. 16, no class Nov. 25 (4 wks), \$14.



Pay Attention to Early Signs of Infection

Even a minor infection, if not treated properly, can develop into a serious condition known as sepsis. That is why it is critical not to ignore the early signs and symptoms of infection and to seek care from a physician right away.

Sepsis is the body's overwhelming and life-threatening response to an infection. It occurs when chemicals released by the immune system, meant to fight infection, instead cause widespread inflammation throughout the body.

Infection occurs when germs enter a person's body and multiply, causing illness and tissue damage.

While anyone can get sepsis as a result of infection, infants and older adults over 65 are more susceptible. In addition, patients with compromised immune systems, such as those taking immunosuppressant medications or undergoing chemotherapy or other treatments for chronic illness may be at higher risk for developing sepsis.

Sepsis causes a combination of symptoms that can often mimic symptoms associated with the flu including confusion and lethargy, a temperature above 101 F or below 96 F, shortness of breath or rapid breathing rate, heart palpitations or rapid heart rate, lack of appetite, or low blood pressure.

If you think you have an infection or sepsis, call your doctor or go to the emergency room right away.

The best way to prevent sepsis is to prevent infection. General protective measures such as getting vaccination against the flu and following your doctor's instructions for other vaccinations, including the pneumonia vaccine are important. Clean scrapes and wounds thoroughly and wash your hands regularly.

To find a physician with Princeton HealthCare System, see or call David (609) 497-2230 or visit www.princetonhcs.org.

LOCAL TRIPS - Everyone is welcomed to go on trips as long as you have a bus pass. Call 732-329-4000 x7363 to obtain bus pass information or to schedule your ride for one of these trips. Trips depart from the senior center at @ 10:30 am. Trips with less than 10 riders will be cancelled.

- October 5** – Princeton Marketfair Mall
- October 12** – Mercer Mall, Lawrenceville
- October 19** – Walmart, No. Brunswick
- October 26** – East Brunswick Mall



*****Special Trips ----will resume late March 2017**

We are breaking for the months of November 2016 – February 2017, due to winter weather.



All Movies begin at 12:30 pm, Aud 1

October 6 - The Hundred Foot Journey – (PG – 13, 2:02, Drama/Comedy)

A famous chef at a three-star French restaurant reluctantly begins mentoring an Indian chef whose family owns a rival establishment in the neighborhood. Starring Helen Mirren, Om Puri.

October 11 – Bollywood Movie – TBA

October 25 - Mother's Day – (PG 13 – 1:59, Comedy). The lives of a group of strong, loving and wildly imperfect women are followed during the week before Mother's Day. A divorced mother deals with her kids' new stepmom, a young mom is trying find her birth mother, and four families have one day to reconnect and embrace what's new and to prepare for some big surprises. Starring Julia Roberts, Kate Hudson.

From the Desk of Marie Brown

Outreach/Program Coordinator

Ext. 7676 Email: Mbrown@sbtnj.net

2016 Fall Open Enrollment



Fall Open Enrollment is the time of year when you can change your Medicare coverage. You can do this by joining a new Medicare Advantage plan or by joining a new stand-alone prescription drug plan (PDP). You can also return to Original Medicare with or without a stand-alone Part D plan from a Medicare Advantage plan during this time. Listed below are six things to keep in mind while you are deciding on your Medicare coverage for 2017.

- **Fall Open Enrollment occurs from October 15 to December 7 of every year.** If you enroll in a plan during Fall Open Enrollment, your coverage starts January 1.
- In most cases, Fall Open Enrollment is the only time you can pick a new Medicare Advantage or Medicare Part D plan.
- If you have Medicare Advantage, you can also switch to Original Medicare. To get Medicare drug coverage, you can join a stand-alone Part D plan at this time.
- **Review your Current Medicare Health and Drug Coverage.** If you have Original Medicare, take a look at next year's Medicare & You handbook to know your Medicare costs and benefits for the upcoming year. If you are unsatisfied with your Original Medicare coverage, you can make changes to your coverage during Fall Open Enrollment.
- If you have a Medicare Advantage plan or a stand-alone Part D plan, you should receive an [Annual Notice of Change \(ANOC\)](#) and/or [Evidence of Coverage \(EOC\)](#) from your plan. Review these notices for any changes in the plan's costs, benefits and rules for the upcoming year. If you are dissatisfied with any changes, you can make changes to your coverage during this time.
- Even if you are satisfied with your current Medicare coverage, **take action** and look at other Medicare options in your area that may better suit your individual needs in the upcoming year. For example, even if you are satisfied with your current Medicare Advantage or Part D plan, you should check to see if there is another plan in your area that will offer you better health and/or drug coverage at a more affordable price.
- **Help is out there.** If you want to join a [stand-alone prescription drug plan \(PDP\)](#), use the [Plan Finder](#) tool on [Medicare.gov](#). The [Plan Finder](#) tool compares plans based on the drugs you need, the pharmacy you go to and your drug costs.
- If you want to join a [Medicare Advantage plan](#), call 800-Medicare to find out what plans are in your area or visit their website. When you receive the list of plans, check the plan websites to see which best fits your needs. A listing of all plans in Middlesex County is available at the senior center.

From the Desk of Caryl Greenberg

Social Worker,MSW LSW ext.7212

Email: cgreenbe@sbtnj.net



In Honor of South Brunswick Veterans

Save the Date: Monday, November 7th 11:00 am

This is a nice opportunity to pay tribute to our local Veterans and thank them for their service to this great country. This year's remembrance ceremony is extra special with a couple of surprise speakers, a special

rendition of 'God Bless America' and a special thank you from the South Brunswick Knitting Club. If you are a veteran please let the front desk know you will be attending the event so that we can recognize you. Also, if you would like to participate in the ceremony, please let me know by October, 26th; limited spots available.



TED TALKS: Wednesdays

October 5th, 12:30 - Why people believe weird things. Michael Shermer/ 13 minutes. Why do people see the Virgin Mary on a cheese sandwich or hear demonic lyrics in 'Stairway to Heaven'? Using video and music, skeptic Michael Shermer shows how we convince ourselves to believe-and overlook the facts.

October 19th 10:45 - How to overcome our biases? Walk boldly toward them. Verna Myers/18 minutes. Diversity advocate Vernā Myers looks closely at some of the subconscious attitudes we hold toward out-groups. She makes a plea to all people: Acknowledge your biases. Then move toward, not away from, the groups that make you uncomfortable. In a funny, impassioned, important talk, she shows us how.

October 26th 10:45 - What makes a good life? Lessons from the longest study on happiness. Robert Waldinger 13 minutes. If you think fame and money, make us happy and healthy – you're not alone, but, according to psychiatrist Robert Waldinger, you're mistaken. As the director of a 75-year-old study on adult development, Waldinger has unprecedented access to data on true happiness and satisfaction. In this talk, he shares three important lessons learned from the study as well as some practical, old-as-the-hills wisdom on how to build a fulfilling, long life.

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 welcomed.** **Township Liason:** Councilman Charles Carley, **SAC Chairman:** Don Bergman. **Next meeting: October 6 @ 10:30 am – Noon**

FRIENDS – Friends is a charitable non-profit organization who raise funds to promote, support and supplement Senior Center activities as well as improve the lives of seniors. They sponsor cultural events, shows, and lectures and purchase items for our senior center. Dues: \$3.00/year for resident seniors and \$5.00 for non-residents and non-seniors. See office or website for membership forms. President: Muthu Subramanian. **Meeting: October 14 @ 10:30 am** – followed by Friends Bingo @ 12:30 pm.

South Brunswick Senior Social Club – Newcomers welcome! Dues are \$10.00. **Meetings: October 4 & 18 @ 1:00pm, Aud 1.** Brief business meetings and bingo. SBSC President: Lillian Donovan 908-307-6422.

The Golden Age Club – bring together & promote the welfare of seniors through fun trips and parties. Dues are \$10.00. **Meetings: October 12 & 26 @1:00pm, Aud 1.** President: Gloria Zimmerman, 732-355-1860.

Billiards Club –All are welcomed to play daily. Tournaments are played home and away. Pool club membership is required for tournaments. President: Lewis Gould and Captain Lou Mazza. **Meeting: October 5 @ 11:00am (Aud. 1).**

Bridge Group - Friendly Duplicate tournaments are played 1st & 3rd Wednesdays. **Oct. 5 & 19 @ 12:30pm, Aud 2.** Daily bridge play in lobby.

Knit and Crochet Club – The Knitting and Crochet Club supports those less fortunate and in crisis. **Wednesdays at 9:30am to 11:00am (Cheers).** Yarn Donations Please! Newcomers are welcomed!

Badminton Friendly non-competitive play every Tuesday (2:30-4:15 pm) and Wednesdays, (2:00-4:15pm). See Wellness Center calendar for dates. Just stop by the gym to play. Equipment provided.

Ping Pong – play with others on **Monday's, Wednesday's and Friday's - (3:00 – 4:30 pm), most Sunday's (1:00-4:00 pm).** OPEN Play Daily!

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
Wanda Garrin, 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

Princeton HealthCare System.....(609) 497-2230



South Brunswick Office On Aging

540 Ridge Road
Monmouth Junction, NJ 08852