

South Brunswick

Beacon Senior Newsletter

August 2018

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).

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

Please 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, August 10th 12:30 pm

BINGO – Monday, August 13th & August 27th 12:15pm. \$1.00 fee. Must purchase Bingo Pass \$5.00 at the office.

Adult Coloring– Tuesday, August 7th 12:15 pm

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



Summertime Youth Run Programs

Computer/Tech Lessons ~ Mondays 10:45-12:00

Google Drive With Gmail- Aug 6th & 13th

Excel Spreadsheets- Aug. 20th

Phone/IPAD- Aug.27th **Sign Up**

Tuesdays – Fridays 10:30 – 1:30 Student volunteers available to answer questions in Tech Center just drop in.



Seniors vs Youth Tournaments- Tuesdays 10:45am

Wii Bowling- Aug. 7th & 21st **Ladderball**- Aug.14th & 28th

Horseraces- Mondays, August 6th & 20th 12:15pm

Join us at our indoor track. Win prizes!



Let's Get Crafty! – Crafts with Simran 12:30pm Tuesdays

August 14th Windchimes * **August 28th** Photo Frames

Come make a simple project to take home. **Sign up. FREE**



Origami with Sai- August 22nd 12:15pm

Come learn the ancient art of paper folding. Make

a simple project to take home. **Sign up by Aug. 18th**

Ice Cream Social- Thursday, August 9th 12:30pm

Ice Cream and all the fixins. Sugar Free is available.

Followed by...Name That Tune! **Sign up by Aug. 2nd Cost: \$2.00**



Senior Art & Handicraft Show- Sept. 13th 11am-1pm

Details in the September newsletter.

Program Highlights



Caribbean Cruise Themed BBQ – Friends Sponsored **Thursday, August 16th ~ Sign Up by August 9th**

Break Out Your Island Clothes! And Be Prepared To Limbo!!! **11:30am**- BBQ Lunch (\$2.25 for Lunch)
12:15pm- Entertainment by DJ Lou! Friends 50/50 raffle!

Mini Mates Carnival –Thurs, August 23rd 12:15pm – 1:15pm



Bright Horizons Preschool & So. Brunswick's Teens are joining us for a Multi-Intergenerational Event
Join in the fun! Carnival Games & Potato sack races.

Sign up by Aug.16th

Monthly Birthday Lunch – Tuesday, August 28th

11:00am Is this your Birthday Month? Please let us know so we can celebrate **your** special day. Trivia & Cake. **Sign up by August 21st**



Lecture- ClearCaptions Phone- Thursday, Aug. 30th

12:15pm ClearCaptions enables anyone with hearing loss to communicate easier with the most advanced captioning phone system available. Join us for this informative presentation today. **Sign Up**

Dates of Interest



New Jersey 2018 Senior Olympics– Sept. 7th, 8th, 9th

Register Online by Aug. 29th at njseniorolympics.com
Drive yourself to Woodbridge. **Registration Fee: \$30 (for 3 events)** Bring Home The Gold South Brunswick!!!

Senior Health & Fitness Walk Roosevelt Park

Wednesday, September 26th 10:00am-1:00pm

Roosevelt Park, Edison. Box lunch, screenings, and gift raffles! Transportation for bus riders only- leaves center @ 9:00am. Carpooling recommended for drivers. \$5.00 refundable bus deposit when you board the bus. **Registration Opens: August 17th**

~ Sign up by September 5th ~



Program Highlights

**** MOVIES ****

The Leisure Seeker - Thursday, August 2nd 12:30pm

A couple embark on a road trip in their twilight years. Rated R 1:52



The Book Club- Tuesday, August 28th 12:30pm

Four friends in a book club spice up their routine by reading Fifty Shades of Grey. Rated PG-13 1:44

Bollywood Movie "Mughal -E- Azam" – Friday, August 24th 10:30am – 1:30pm- An epic saga of a doomed love affair.

Senior Center Classes

Art Class– Mondays 1:00pm -3:00pm, Aug. 6th – Sept. 24th



\$48 Artists at all levels are welcomed. Students learn to utilize a variety of materials, techniques, and concepts. Bring own supplies.

Beadazzled!!- Friday, August 3rd 12:30pm – 2:30pm

Make handcrafted jewelry using beautiful high quality beads. August's project is a Bracelet. **Cost: \$8**



Sign Up by July 27th

Sign Language- Mondays 10:45am – 11:45am

Sept. 17th – Oct. 29th Learn American Sign Language.

Sign up in the office. FREE



Ted Talks - short, video talks followed by discussion.



Wed, August 15th 10:45am- Who are you really? The puzzle of personality.

Wed, August 29th 12:30pm – Why do societies collapse?

Reminder: Property Taxes Due
August 1st





TRIP INFORMATION

(See Flyers At The Senior Center For Details)



Lighthouse Tour Bus Trip Participants (FULL)

Bus leaves Woodlot Park Tuesday, August 7th at 8:00am.

Amazing Escape Room in Freehold---Wednesday, Sept. 26th

Escape Rooms are the newest trend worldwide! They challenge your mind and ability to collaborate with others in an interactive, team-building environment where good times and good memories are had by all. You have one hour to figure out clues and escape.

Fee: \$26.00 cash & **Bus Deposit:** \$5.00 cash refundable when you board the bus. Bus leaves Woodlot Park at 9:30am.

Lunch: At your own cost at Federici's Italian Restaurant. **NO OUTSIDE FOOD.** Restaurant accepts **CASH or CHECK** for payment only.

Registration Opens: Monday, July 16th at 10:45am. See office upon arrival beginning at 8:30am and get a number. Please check for availability at the office. Must have form completed & exact change.



Pinot's Palette- Tuesday, October 16th - Join us

for a 3 hour painting session. Relax, unwind, laugh, socialize, spark your inner artist and take home your very own 16" x 20" masterpiece entitled "River Willow". All painting materials provided. **Cost: \$30.00 cash**

Lunch: Bring a COLD bag lunch/snacks and beverage (non alcoholic)

Bus Deposit: \$5.00 cash refundable when you board the bus. Bus leaves Woodlot Park at 9:15am.

Registrations opens: Monday, Aug. 6th at 10:45 am. Get number in the office when you arrive between 8:30am and 10:45am

Registration Closes: Friday, Sept. 28th or earlier if full.

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



August 8th 10:30am- Target, Wegman's, Michaels

August 15th 10:30am- Walmart- Lawrenceville

CLOTHES



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. Aug. 6th (10:00-noon) **or** Mon. Aug. 20th (11:30-1:30) 15 min session
- ✓ 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.**



Ageless Grace – Tuesdays 12:30pm, **Sept. 25 – Oct. 30 6 wks \$18**

Brain-based anti-aging exercises use creativity/imagination, memory/recall & analytical thinking. Done in a chair.

B.E.S.T. (Balancing, Exercises, Stretching, Toning)- Mondays 1:45pm. Light weights, balls & bands from a chair **July 30th – Oct. 1st \$32**

Body Gym – Mondays 12:30pm, **Sept. 17th – Oct. 29th 6 wks FREE** Resistance Training.

Chair Yoga - Tues. 10:30am, Yoga in a chair **Sept. 25th – Dec. 11th 10wks \$35**

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

Get Fit- Thurs. 1:45pm. Cardio & strength. **Aug. 23rd- Oct. 11th \$32**



Now & Zen- Wednesdays 10:30am FREE **Sept. 26th – Dec. 5th 7wks FREE**

Pilates- Tues. 9:15am Core training. Bring own ball. **Sept. 4th- Oct. 16th 7wks \$28**

POUND- Thursdays 12:30 pm **Aug. 16th – Oct. 4th \$26** Cardio & strength class with constant simulated drumming using ripsticks. Fun & exhilarating. Chair and Standing. Limited space.



Sculpting with Weights- Wednesdays 12:30 **Sept. 5th – Oct. 24th 7 wks \$25**

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

Tai Chi- Thurs. 9:15am **Sept. 13th – October 25th 7 wks \$31**



Tap Dance- Tuesdays 1:30pm-Bring Tap Shoes **Sept. 25th – Oct. 30th 6wks \$24**

Yoga- Thursdays 10:30am Bring your own mat. **Sept. 6th – Oct. 18th 7wks \$28**

Yogasize-Fridays 12:15pm Chair Yoga/Meditation **Sept. 7th - Oct. 19th 7wks \$22**

Zumba- Fridays 1:15pm- **Sept. 21st - Nov. 2nd 6wks \$23**



Penn Medicine
Princeton Health

Rehab Program Helps Get Golfers Back on Course

Hitting a golf ball with distance and accuracy is hard enough when you're in good health, let alone when you're in pain or recovering from an injury or surgery.

Specialized rehabilitation programs, however, can help older adults who don't want to give up their favorite sport.

"Penn Medicine Princeton Medical Center's (PMC) Outpatient Rehabilitation Network provides specialized physical therapy services for people with golf-related injuries and for those who want to get back in the game after an illness or surgery," says Barbara Kutch, P.T., D.P.T, C.S.C.S., a physical therapist and certified strength and conditioning specialist with PMC's Outpatient Rehabilitation Network.

Most injuries are related to improper technique or overuse – repeating the same motion over and over again, which places significant stress on the same muscles, tendons and joints.

As part of the program, a physical therapist, certified by the Titleist Performance Institute™, performs a complete physical therapy evaluation. In addition, the therapist performs a comprehensive swing/form analysis and functional movement screen to accurately determine areas of deficits during the various phases of your swing.

The therapist uses advanced biofeedback technology to assess, modify and improve mechanics during a golf swing to prevent further injury. Golf-specific exercises are prescribed to improve posture, body control and mobility.

Medicare and most private insurance plans cover physical therapy with a doctor's referral.

To learn more about PMC's Outpatient Rehabilitation Network golf rehabilitation program, call (609) 853-7840 or visit www.princetonhcs.org



HEALTH LECTURES

Register at PHC desk or call (609) 497-2230



Penn Medicine
Princeton Health

Get Back in the Swing of Things- Monday, August 6th

12:30pm- Whether you have been golfing for years or are new to the sport, swinging a club can have a serious impact on your body. Join Barbara Kutch, PT, DPT, CSCS, physical therapist with Princeton Medical Center Princeton Rehabilitation, who is certified by the Titleist Performance Institute, as she provides golf swing assessments and discusses: The components of the golf swing.



Get Balanced: Don't Fall – Thursday, August 9th 10:30am-



Each year, one in three people over the age of 60 experiences a fall. This informative four-part class will explore how to improve your balance and what you can do to prevent falls. Each class includes 30 minutes of exercise, so wear sturdy shoes and comfortable clothes. Class will be taught by trained facilitators, with a special presentation by Sunita Mani, PT, DPT, MBA, CEAS, Director of Princeton Medical Center Princeton Rehabilitation.

Free Blood Pressure Screening

Tuesday, August 21st 10am - Noon

No Appointment needed just drop in.





CHECK THE SENIOR CENTER HEALTH LUCITE RACKS FOR NEW & INFORMATIVE ARTICLES & BROCHURES ABOUT YOUR HEALTH PROVIDED BY SAC HEALTH COMMITTEE!!

DONATIONS– We graciously accept monetary donations designated for the senior center use only. Checks are payable to South Brunswick Senior Center. "Tribute Cards" are also available \$15 for a pack of ten. Donations are tax deductible. All donations go 100% to Senior Center.



From the Desk of Marie Brown

Benefits Program Coordinator ext. 7676 Email: mbrown@sbtnj.net



Project Lifesaver

What is Project Lifesaver?

Project Lifesaver is a national program that uses radio technology to help locate missing persons. Participants wear a bracelet, equipped with a transmitter, which can aid specially trained Sheriff's Officers in locating them once reported missing. The bracelet requires daily monitoring by the caregiver.

Who is Eligible?

Middlesex County residents (age 5 and over), with a history of wandering due to illness or disability, (for example: Autism, Alzheimer's). A caregiver must live with participant and be able to check the battery signal daily.

What does the bracelet look like?

The bracelet is approximately the size of a large wristwatch. The bracelet is plastic, lightweight and water resistant. Each bracelet has a unique radio frequency. The bracelet can be worn on the wrist or ankle.

Project Lifesaver does not replace the need for constant supervision and monitoring of a person prone to wandering and is not intended to replace an alarm or other safety equipment.

What does the program cost?

Current County funding allows for a limited number of participants to receive this service **free** of charge. The County will examine the interest and operation of this pilot phase of Project Lifesaver to determine if the program can be expanded in the future.

How do I apply?

In order to register for the program, interested individuals should call the Middlesex County Office of Aging and Disabled Services at 732-745- 3295. A brief pre-registration form will be completed over the phone. Further program information, a Liability Release form and Physician Certification form (to be completed by the participant's doctor) will then be mailed to the caregiver.

**PROJECT
LIFESAVER**
SAVING LIVES
One Bracelet at a Time

From the Desk of Caryl Greenberg

Social Worker, MSW LSW

732-329-4000 x 7212 Email: cgreenbe@sbtnj.net

Slowing Down



Sometimes my mind feels like it's still in college, but my body screams a different story: The drive I had to begin a new exercise regime programs gives way to the unpleasant realities of aching muscles, arthritic joints and minor injuries. We have spent lifetimes being busy volunteering, working, raising families, travelling and much more. Now that we are older, we are slowing down with less formal schedules and more time on our hands. How can we still be involved in meaningful realistic activities? How can we still feel valued in a society that looks up to productivity? How do we embrace the fact that we will invariable have to slow down, even just a little? One of the things that I have noticed in taking fitness classes with a wide age-range of participants is that the good instructors will always demonstrate modifications that allow all to benefit, at a level that works for the individual participant. For example someone with bad knees isn't going to jump when doing jumping jacks, but they can still enjoy the cardio and muscular benefits by changing to step-out jacks.

Some people can continue with the activities that have brought them joy over the course of a lifetime, although sometime a modification or two may be in order.

Others may find that the golden years are the ideal time to embrace new sources for cognitive stimulation, creative expression and physical stamina to fill the extra time you find yourself having daily. With people living well beyond their 90's it is important to stay busy and to enjoy activities and events we simply can't do what we use to do but I believe most of us still want to feel valued. Unlike Asian cultures associated with the Confucius doctrine of filial piety (which means obedience, respect and support for elderly parents) that demand great respect for elders, our Western culture puts more emphasis on accomplishing goals and being busy. Fortunately, we've got that covered!

Here at the senior center there are dozens of programs and events to join that offer stimulation on multiple levels. PLEASE JOIN US! We look forward to you enjoying the company of others, whether it's staying fit, discussing a book, taking an art class, playing a game or that all-time great pastime: people watching.

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: Deputy Mayor Charlie Carley. **Chairman: Don Bergman Thursday, Aug. 2nd 10:30 am**

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: Don Bergman Vice-Presidents: Muthu Subramanian and Marvin Schlafter
Meeting: Friday, August 10th 10:30am * Bingo 12:30pm

South Brunswick Senior Social Club – Members needed! Dues: \$15.00.
Meeting: Tuesday, Aug. 7th & 21st 1:00pm. Brief business meetings, make friends, refreshments, bingo, trips. President: Aggie Schwartz
For 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, Aug. 8th & 22nd 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: Lou Mazza

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



Knit and Crochet Club – The Knitting and Crochet Club supports those less fortunate and 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.

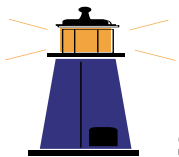
Extensions

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 HealthDonna (609) 497-2230



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