

SEPTEMBER 2010
VOICE OF EXPERIENCE

THE EAST BRUNSWICK DEPARTMENT ON AGI
NG 732-390-6896



REGISTRATION DAY - TUESDAY, SEPTEMBER 7TH Lottery
10:45 - 11:15 a.m. Registration at 11:30 a.m.

SEPTEMBER 24TH - FRIDAY: ATLANTIC CITY SHOWBOAT \$26.00 per person
You will receive \$25.00 credit play on one machine. We need 40 participants.

OCTOBER 28TH - THURSDAY: LA NEVE'S OF HALEDON
OCTOBERFEST \$45.00 per person

An afternoon of polkas, waltzes, marches, and drinking songs. Lunch menu includes salad, soup, roast chicken, sauerbraten, cabbage, potatoes, dessert and one hour open bar.

SENIOR CENTER BUS TRIPS & ACTIVITIES

**SIGN UP AT THE FRONT DESK STARTING WEDNESDAY, SEPTEMBER 1ST AT 11:00 A.
M.**

Sept. 13th - Mon. 10:30 a.m. Have you ever thought of writing a story, or a poem, or keeping a journal to pass down to your family? Come to this beginner's class and jump in. If you can't think of anything, Lillian will get you started with an assigned topic. Lillian Leifer will lead 8 free sessions.

Sept. 14th - Tues. BIRTHDAY CELEBRATION. If your birthday is in September, please sign up by Fri., Sept. 10th.

Sept. 20th - Mon. 10:30 a.m. Lunch Bunch to Mastori's. Please sign up by Thurs., Sept. 16th. Refund by Tues., Sept. 14th.

Sept. 21st - Tues. 10:30 a.m. Trip to PNC Arts Center to see singer, Patti Austin. Please sign up by Thurs., Sept. 16th. Refund by Wed., Sept. 15th.

Sept. 22nd - Wed. 10:00 a.m. 2010 Senior Health & Fitness Walk in Roosevelt Park. Please sign up by Fri., Sept. 10th. Refund by Thurs., Sept. 16th. If you are not using our transportation you still must sign up. We need a lunch count.

Sept. 22nd - Wed. 1:00 p.m. Milltown Ice Cream Depot. Please sign up by Mon., Sept. 20th. Refund by Thurs., Sept. 16th.

Sept. 24th - Fri. 1:00 p.m. Highland Park Farm Market. Please sign up by Wed., Sept. 22nd. Refund by Mon., Sept. 20th.

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Sept. 27th - Mon. 12:00 p.m. Total Hearing Screening. We will have a speaker at noon preceded by a hearing screening. Please sign up by Wed., Sept. 22nd.
No cost.

Sept. 29th - Wed. Lunch Bunch to Sayreville Diner. Please sign up by Mon., Sept. 27th. Refund by Thurs., Sept. 23rd.

SEPTEMBER HIGHLIGHTS

- Sept. 1st Wed. Square Dancing starts at 10:00 a.m. Cost. \$1.
Sept. 1st Wed., 12:15 p.m. Ice Cream Social. Please come join us.
- Sept. 3rd Fri., 12:00 p.m. General Meeting.
- Sept. 10th Fri. Yoga starts at 9:30 a.m. Cost \$1.
- Sept. 12th Sun. Wellness & Lifestyle Fair. 1:00 - 4:00 p.m. Free Screenings.
- Sept. 13th Mon. Creative Writing with Lillian at 10:30 a.m.
Sept. 13th Mon., 12:15 p.m. Hazel Playton of Cranbury Center will be here to speak about Fall Prevention.
- Sept. 14th Tues. Beginner Bridge Class starts at 1:00 p.m.
- Sept. 15th Wed. 12:15 p.m. Dale Ofei-Ayisi will be here to speak about
out "Making Friends as We Age."
- Sept. 16th Thurs. Intermediate Bridge starts at 1:00 p.m.
- Sept. 28th Tues. 10:30 a.m. Maria Sakowitz will be here to speak about
out nutrition. Maria's topic is Simple Sauces To Dress Up Meals.
- Sept. 30th Thurs., 12:15 p.m. Dale will be here to speak about "Dealing With
ing With Difficult People".
- Oct. 1st Fri., 12:00 p.m. Town Council Candidates Forum.

Monthly Lottery System Registration Guidelines

1.

Senior Center members can register for an activity using one number. If one person gives up their number to use a spouse's or a friend's number that number is put back in the box. It can **not** be used again.

2.

When there is more than one trip offered during registration only one trip can be chosen. You can place your name on the second trip wait list at time of registration. The placement of the names on the wait list is based on your registration number.

3.

When a friend or spouse is using your number he/she is permitted to sign up for one or all of the activities that the number holder has chosen.

4.

Members can register for one friend or a spouse who may not be present. In order for the friend or spouse's name to be placed on the list, payment and a completed registration form must be received.

5.

If the activity is filled we encourage you to place your name on the waiting list.

6.

Please make cancellations as far in advance as possible. If there is no waiting list or if you are not replaced from the existing wait list you will be unable to receive a refund. You can not ask a member who is not on the wait list to take your place. Members who are on the wait list get first priority.

7.

If you are unable to attend registration you can call the Senior Center office any day after registration has been completed to ask about openings. If there are openings you need to come to the Center with payment and then you will be added to the trip/activity list.

PARKING PERMITS: Parking decals for the blue lined area of the Center's lot can be obtained in the office. The \$4.00 fee collected by the Friends supports the Center.

CENTER CAFÉ: Lunch is served daily from 11:30 a.m. to 12:15 p.m. The "Special of the Day", a soup and a variety of sandwiches are also available. Exact change is appreciated. We are **unable** to take reservations left on the voice mail. Please be aware that the lunch menu is subject to change.

BIRTHDAY LUNCH: You are invited to celebrate your birthday during our monthly special lunch **free of charge**. Please register for your Birthday Celebration lunch in the month of your birthday.

TREE OF LIFE: The Friends of the Senior Center have created a "Tree of Life". If you are interested in purchasing a leaf (\$35) to celebrate a life cycle event, please see Leo Veleiro or come to the office. A specially inscribed leaf can be a lasting tribute to a new grandchild or great grandchild, a special wedding or anniversary, a remembrance of a dear spouse, relative or a beloved friend or pet. Monies collected by the Friends support the Center.

REGISTRATION: A lottery system is used for trips and special events. Numbers are drawn between 10:45 a.m. and 11:15 a.m. Drawing of numbers ends at 11:15 a.m. (Using the dining room clock). Separate registration forms and checks are required for each activity. (Checks are made payable to Twp. of East Brunswick - Sr. Ctr.) Registration begins at 11:30 a.m. If you have not drawn a number, you still may register after all numbers have been called. If you have missed registration, come to the office.

TRIP & SPECIAL EVENT CANCELLATIONS: Each trip or special event has a cancellation and refund policy. Please review before you register.

MEDICAL TRANSPORTATION: This program provides non-emergency medical transportation for members within East Brunswick. There is a co-pay for each trip. Please call **at least one(1) business day** in advance. We are **unable** to accept medical appointments left on the voice mail.

For trips outside of East Brunswick please call MCAT at 1-800-221-3520 to register.

GROCERY SHOPPERS: Please call the day shopping is scheduled to reserve a space. Please limit bags to three (3). Remember, you are responsible for the handling of your own groceries.

Top 10 Strategies for Aging Successfully

1. **USE IT OR LOSE IT.** Use & challenge your physical, mental, and social skills or you will find them no longer available.
2. **KEEP MOVING.** Exercise is the closest thing to a fountain of youth. Try to walk every day. Tai chi, strength training, yoga, or other physical activity 2-3 times per week.
3. **CHALLENGE YOUR MIND.** Converse with friends. Play word games. Read. Take a class. Most mental ability lost with age is due to lack of use.
4. **STAY CONNECTED.** Cherish family. Rebuild social bridges. Nurture friendships, new & old.
5. **NEVER ACT YOUR AGE.** Rather, act how you feel. Develop a positive attitude. Stay productive. Use your skills or the time you have to help others and to make the world a better place.
6. **LOWER RISK FOR DISEASE.** Find out what diseases you are at risk for, and do whatever is necessary to lower those risks.
7. **EAT FOR THE LONG HAUL.** Do not diet, but do eat all food groups. You need fewer calories than when you were younger, but more special vitamins and minerals.
8. **HAVE CHILDREN IN YOUR LIFE.** The relationship between elders and children is ancient and necessary for both.
9. **BE NEEDED.** Plants & pets will continue to need you even as fewer people in your life do.
10. **LAUGH.** Humor can cure disease and stimulate the immune system; it certainly makes for a more pleasant journey.