

JULY 2010
VOICE OF EXPERIENCE



THE EAST BRUNSWICK DEPARTMENT ON AGING 732-390-6896

REGISTRATION DAY - TUESDAY, JULY 6TH

Lottery 10:45 - 11:15 a.m. Registration at 11:30 a.m.

JULY 23RD - FRIDAY: ATLANTIC CITY SHOWBOAT \$26.00 per person

You will receive \$25.00 credit play on one machine. We need 40 participants.

AUGUST 18TH - WEDNESDAY: BOARDWALK SHOW. \$45.00 per person

Royal Manor, Garfield, NJ.

Summertime music & fun, line dances and comedy will round out the show. Family Style Lunch with roast beef and chicken including one hour open bar.

JULY HIGHLIGHTS

July 5th Mon. Senior Center Closed for Independence Day Holiday.

July 16th Fri., 10:00 a.m. - 12:00 p.m. Farm Market Voucher Distribution.

July 21st Wed. 12:00 p.m. Ice Cream Social. Dave Schlossberg will entertain us with his keyboard for singing and dancing. Everyone is welcome to attend free of charge.

CLASSES ON RECESS FOR SUMMER

NO Beginner or Intermediate Bridge Lessons

NO Square Dancing

NO Yoga Classes

for the months of July and August.

Classes will resume in September.

SENIOR CENTER BUS TRIPS & ACTIVITIES

SIGN UP AT THE FRONT DESK STARTING THURSDAY, JULY 1ST AT 11:00 A.M.

July 9th - *Fri.* 12:30 p.m. Giamarese Farm Market. Please sign up by Wed., July 7th. Refund by Fri., July 2nd.

July 12th - *Mon.* 10:30 a.m. North Brunswick Dollar Store and McDonalds. Please sign up by Thurs., July 8th. Refund by Tues., June 6th.

July 14th - *Wed.* 10:30 a.m. Trip to Freehold Mall. Please sign up by Mon., July 12th. Refund by Thurs., June 8th.

July 15th - *Thur.* BIRTHDAY CELEBRATION. If your birthday is in July, please sign up by Tues., July 13th.

July 16th - *Fri.* Trip to Magnifico's Ice Cream. Please sign up by Wed., July 4th. Refund by Mon., July 12th.

July 23rd - *Fri.* Lunch Bunch to Mastori's. Please sign up by Wed., July 21st. Refund by Mon., July 19th.

July 26th - *Mon.* 10:30 a.m. Wegman's on Route 9. Please sign up by Thurs., July 22nd. Refund by Tues., July 20th.

July 27th - *Tues.* VISITING NURSE. Please sign up for your appointment.

July 28th - *Wed.* Trip to Carvel Ice Cream for a treat. Please sign up by Mon., July 26th. Refund by Thurs., July 22nd.

July 30th - *Fri.* 1:00 p.m. Rutger's Farm Market. Please sign up by Wed., July 28th. Refund by Mon., July 26th.
Farm Market vouchers are NOT accepted at this location.

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.