

# FEBRUARY 2010

## VOICE OF EXPERIENCE



**THE EAST BRUNSWICK DEPARTMENT ON AGING 732-390-6896**

*The Staff and Members wish East Brunswick  
A Happy 150<sup>th</sup> Birthday.*

### **REGISTRATION DAY - TUESDAY, FEB. 2<sup>ND</sup>**

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

MARCH 10<sup>TH</sup> - WEDNESDAY: \$45.00 per person. St. Patrick's Festival - From Ireland to America featuring a comedian, Irish tenor and bagpipes. A great time at Doolan's Spring Lake. Entree choices are Corned Beef & Cabbage, Half Roast Chicken, and Salmon with Dill Sauce.

E.B. SENIOR CENTER WILL BE CLOSED ON  
Friday, February 12<sup>th</sup> and Monday, February 15<sup>th</sup>

### **FEBRUARY HIGHLIGHTS**

- Feb. 3<sup>rd</sup>, Wed. 9:00 a.m. Tax Preparation begins on Wednesdays and Fridays. Please call 732-390-6896 to schedule an appointment. Bring last year's return.
- Feb. 5<sup>th</sup>, Fri. 11:15 a.m. Total Body Resistance Band Workout Class. If you have a resistance band, please bring it. Co-sponsored by the Senior Center and the Info Link Grant.
- Feb. 8<sup>th</sup>, Mon. 12:15 p.m. Speaker - Nicole Lewis from the N.J. Chapter of the Arthritis Foundation. Topic: Physical Activity and Arthritis.
- Feb. 10<sup>th</sup>, Wed. 11:30 a.m. CHINESE NEW YEAR LUNCHEON - \$7.00 per person. Celebrate the Year of the Tiger and enjoy the music of Dave Schlossberg. Menu includes Vegetable Lo Mein, Chicken & Broccoli, Sweet & Sour Chicken and Vegetable Egg Roll. Please register by Thursday, Feb. 4<sup>th</sup>.

# SENIOR CENTER BUS TRIPS & ACTIVITIES

SIGN UP AT THE FRONT DESK STARTING MONDAY, FEBRUARY 1<sup>ST</sup> AT 11:00 A.M.

- Feb. 1<sup>st</sup> - *Mon.* Lunch Bunch to IHOP at 11:15 a.m. Registration was in January.
- Feb. 8<sup>th</sup> - *Mon.* Lunch Bunch to Edison Diner at 11:15 a.m. Please sign up by Thurs., Feb. 4<sup>th</sup>. Refund by Tues., Feb. 2<sup>nd</sup>.
- Feb. 17<sup>th</sup> - *Wed.* Ash Wednesday. Bus to St. Bart's for ashes and Mass. Watch for flyer for time. Please sign up by Tues., Feb. 16<sup>th</sup>. Refund by Tues., Feb. 9<sup>th</sup>.
- Feb. 18<sup>th</sup> - *Thurs.* BIRTHDAY CELEBRATION. If your birthday is in February, please sign up by Mon., Feb. 15<sup>th</sup>.
- Feb. 22<sup>nd</sup> - *Mon.* Secret Bingo! 12:30 p.m. Yes, our Winter Bingo Game in the Craft Room. Come join us, don't forget, it's "Secret Bingo".
- Feb. 23<sup>rd</sup> - *Tues.* VISITING NURSE. Please sign up for your appointment.
- Feb. 24<sup>th</sup> - *Wed.* Lunch Bunch to Mastori's at 10:30 a.m. Please sign up by Fri., Feb. 19<sup>th</sup>. Refund by Thurs., Feb. 18<sup>th</sup>.
- Feb. 26<sup>th</sup> - *Fri.* Lunch Bunch to Olive Garden at 11:15 a.m. Please sign up by Wed., Feb. 24<sup>th</sup>. Refund by Mon., Feb. 22<sup>nd</sup>.

# Snow Policy

If the East Brunswick Schools are closed, the Senior Center building will be open, but there will be no programs, transportation or lunch. If the East Brunswick Schools have a delayed opening the Center will be open with programs, transportation and lunch.

## Beginner Mah Jong Class

A Beginner Mah Jong Class will begin Wed., March 3<sup>rd</sup> at 10 a.m. Please sign up starting in February. Phyllis Silver and Evelyn Selinger will be the instructors.

## Beginner Canasta Class

A Beginner Canasta Class will begin Monday, March 1<sup>st</sup>. Please sign up starting in February. Pat Ho will be the instructor. Only four classes are needed to be ready to play the game.

# Please Help Feed the Hungry

East Brunswick Senior Center is continuing our food drive. Please help M.C.F.O.O.D.S. feed needy families in Middlesex County

Donate nonperishable food and personal products in bins in the Senior Center lobby Monday - Friday, 9 a.m. - 4 p.m.

## Items Most Needed Include

### Canned Goods or Plastic Jars (no glass)

Tuna Fish	Peanut Butter	Jelly	Soup
Meat	Vegetables	Stew	Fruit
Cereal	Pasta		
Shampoo	Soap	Toothpaste	
Deodorant	Baby Wipes	Diapers	

*Thank you for your generosity.*  
Middlesex County Public Health  
Department Message

Four Ways to Prevent the Spread of Flu  
for a healthier community:

1. Cover your coughs and sneezes.
2. Wash your hands often.
3. Stay home if you feel sick.
4. Get your flu shot.

## 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.