

# MARCH 2010

## VOICE OF EXPERIENCE



THE EAST BRUNSWICK DEPARTMENT ON AGING 732-390-6896

### REGISTRATION DAY - TUESDAY, MARCH 2<sup>ND</sup>

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

MARCH 26<sup>TH</sup> - FRIDAY: ATLANTIC CITY SHOWBOAT \$26.00 per person  
\$25.00 credit play on one machine is included.

APRIL 14<sup>TH</sup> - WEDNESDAY: SURFLIGHT THEATER \$45.00 per person  
Sisters of Swing/The Story of the Andrew Sisters Show preceded by lunch at the Spray Beach Inn. Entree choice includes Chicken, Beef or Fish. Please see flyer in lobby for further details.

### MARCH HIGHLIGHTS

March 1<sup>st</sup> Mon., 12:15 p.m. SPEAKER: Visiting Nurse Association. Rita Harris  
- Topic: Winter Precautions.

March 4<sup>th</sup> Thurs., 11:00 a.m. Eduardo Cartaya of Collette Tours will answer questions about the Northern National Parks Tour scheduled for Oct. 7<sup>th</sup>.

March 8<sup>th</sup> Mon., 12:15 p.m. SPEAKER: Dr. Allan Nasar - Topic: Knee and Hip Replacements.

March 9<sup>th</sup> Tues., 11:00 a.m. Senator Bono will "Meet and Greet" and answer any questions you may have.

March 16<sup>th</sup> Tues. & Thurs., 10:30 a.m. Students from the East Brunswick High School II March 18<sup>th</sup> Sociology Class will be visiting the Senior Center and joining us for lunch.

March 17<sup>th</sup> Wed., 11:30 a.m. St. Patrick's Day Celebration Lunch. The cost is

\$9.00.

The menu includes Corn Beef & Cabbage, Potatoes and Dessert. Billy Phillips will entertain. Sign up begins Monday, March 1<sup>st</sup>. Deadline is

March 12<sup>th</sup>. All classes are cancelled.

# SENIOR CENTER BUS TRIPS & ACTIVITIES

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

- March 22<sup>nd</sup> - *Mon.* Lunch Bunch to Alfonso's at 11:00 a.m. Please sign up by Thurs., March 18<sup>th</sup>. Refund by Tues., March 16<sup>th</sup>.
- March 23<sup>rd</sup> - *Tues.* BIRTHDAY CELEBRATION. If your birthday is in March, please sign up by Fri., March 19<sup>th</sup>.
- March 24<sup>th</sup> - *Wed.* Wegman's Shopping Center. Please sign up by Mon., March 22<sup>nd</sup>. Refund by Thurs., March 18<sup>th</sup>.
- March 26<sup>th</sup> - *Fri.* Lunch Bunch to East Grand Buffet in East Brunswick. Please sign up by Wed., March 24<sup>th</sup>. Refund by Mon., March 22<sup>nd</sup>.
- March 31<sup>st</sup> - *Wed.* AC Moore trip at 12:00 p.m. for "Making Memories", a fun and interactive craft event focusing on making and preserving memories. All participants will leave with a completed scrapbook page that can be framed. Please sign up by Fri., March 26<sup>th</sup>. Refund by Thurs., March 25<sup>th</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. 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. 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.