South Brunswick Senior Center/Office on Aging

Monthly Newsletter / December 2026



Center Happenings

Adult Coloring- 1st Tuesday of the month **10:30am** Enjoy coloring and making new friends.

APSEA- **Last Tuesday Monthly 9:30am – 11:30pm in the Atrium**- **A**merican **P**reventive **S**creening and **E**ducation **A**ssociation empowers communities to prevent diabetes and hypertension. FREE BMI/BP Screening.

Beginners Billiards Lessons – 1st Friday 10am w/ Richie Venuto 2nd Friday 10am w/ Richie Venuto SIGN UP

Book Club- **Thursdays 1:30pm Aud.1** Join our weekly book club where we chat about literature and so much more! Partnered with the South Brunswick Library, a book is chosen for the group and we set a discussion date so members can read at their own pace. **No Club – 12/10, 12/24 & 12/31**

Ceramics- Thursdays 9:30am – 11:30am Each class is $3.00 (class card is $15.00)
Cost includes glazes and kiln firing. Additional $3.00 charge for firing x-large pieces.

Culture Connection- Fridays 12:00pm- 1:00pm in the Art Room- This program will be facilitated by Geeta Bala, Jyoti Patel, and Jyotsna Agarwal. Join this friendly trio in bridging the gap between cultures by teaching English through active and creative expression. **PLEASE SIGN UP**

Garden Guild- Meets Second Wednesday of the Month in the Art Rm 12:30pm- Join facilitators Steve Esser and Greg Monticchio for all things green thumb! This club brings together plant lovers to share growing tips, swap seeds, cuttings, and also help you find broader networks and project ideas.

Karaoke Club- **Tuesdays at 10:30 -11:50 Aud.1**- Join us for a fun filled hour of singing along to music. All music genres, all languages, and all levels of singing is welcome! Hosted by Rajesh and Sharad.

Lotus Flow- Fridays at 1:30- A collaboration of Meditation, QiGong, Sound Healing, and Reiki. Together practitioner's Bart, Sylvia, and JillAnn bring you a unique, transformative, and non- invasive healing experience achieved through vibrational sound, breathwork, and life force energy. **Fri. 12/11 & Thurs. 12/17 Sign up per day**

Match-War with AI- Wednesdays at 9:30am Aud. 2- MATCH-WAR is an exciting card game where the players must pluck a card to find their MATCHING card within 30 minutes.

Mexican Train Dominoes with Bob- **Mondays 12:30pm- Aud.2 CHECK THE CALENDAR FOR DATES**
Dominoes with a twist! So much fun!

Photography Club – Art Room- Third Wednesday of the month 12:30pm- All levels of photographers are welcome to come share their knowledge, pictures, and favorite photogenic spots.

Pins & Needles- 2nd & 4th Thursday monthly 1 – 3pm Looking for a facilitator. Join this friendly and supportive community for sewing enthusiasts of all skill levels to work on personal or group projects, and share experiences and knowledge. **Must bring your own machines, supplies and materials. NO CLUB THIS MONTH**

Rooted Remedies- Tuesdays- 2:00pm- CHECK CALENDAR FOR DATES Are you curious or seeking knowledge about holistic modalities and remedies? **PLEASE SIGN UP PER CLASS**

Rummikub Klub- Thursdays 10:00am – 11:30am- Facilitated by Helen Shropshire Interested players welcome. If you'd like to learn how to play, pop on into Aud. 2 on Thursdays.

Spanish Lessons - 2nd Tuesday & 2nd Wednesday of the Month 2:00pm -3:0pm with Barbara Lee

Storytelling- Third Wednesday of the Month in place of Writing Away 10:30am Every life has stories to tell, and we want to hear yours. Come share your stories!

MOVIE: The Man Who Invented Christmas- Monday, December 28th 1:00pm- Set in London in 1843, the film follows a 31-year-old **Charles Dickens** as he faces a career slump and severe writer's block after the commercial failure of his last three books. **1H 44M**

TED Talk Discussion Groups- Mondays 1:30pm-
Dec 14th: Bryan Stevenson: We need to talk about an injustice *In recognition of Human Rights Day*

UNO No Mercy – Tuesdays 9:30am Art Room- is a more intense version of the classic card game UNO, featuring tougher action cards and new rules. So much fun!!

Veteran's Group- Meets the **second Tuesday monthly** at **10:30am** in the Conference Room..

What's On Your Mind? – We have a variety of topics during this discussion group plus trivia, fun facts, riddles, news **stories, etc. Fridays 1:30pm NO group – 12/18**

Writing Away- Wednesdays 10:30am Friendly group gathering to creatively write, read and share their work.

December Special Events- Sign up begins Monday, November 16th



LIHEAP Application Table- Tuesday, December 1st 10:30am – 1:30pm- NORWESCAP is one of the agencies that administers the Low-Income Home Energy Assistance Program (LIHEAP) for Middlesex County. We are excited to offer an on-site LIHEAP application day at the center. **NORWESCAP** staff will be present on-site to assist members directly with the application process.

Samba Dance Fitness with Merwick- Wednesday, December 2nd 12:30pm- Join Kelly from Merwick Care & , Ileene from Oasis Senior Advisors and Jill from Platinum Home Care, this dynamic trio is bringing us a FREE Samba Dance Fitness Class today in Auditorium 2. Sign up

Beading 101 - Wednesday, December 2nd 1:30pm- Join Smita for a class in the Art of Beading. All supplies included. **If you can't make the class you MUST call to cancel.**

Frosty's Surprise Giftaway- Thursday, December 3rd 12:30pm - 2:00pm
Participants bring a wrapped gift of $15 value. If you are unable to match the gift value please do not sign up. The goal is that EVERYONE receives a gift of the same value. This is a SIGN UP ONLY EVENT with limited space. Must take the 3pm bus. When you arrive at the center drop gifts with JILL the morning of the event.



Name that Tune with DJ L.A.- Friday, December 4th 12:30pm – 1:30pm- All right all you music lovers, it's your time to shine. **DJ L.A. is BACK** and will bring us down memory lane delighting us with snippets from the 40's, 50's, 60's, 70's and 80's! Can **YOU** name that tune?

Art Lecture w/ Bart- Tuesday, December 8th 12:30pm- Jeff Koons

The Good News About Hospice- Tuesday, December 15th 12:30pm- this presentation is designed to clear up common misconceptions about Hospice care while helping individuals and families understand the many benefits and services available through the program.

Upcoming Art Classes:

Art with Christina- January 4 – February 22 6 wks $42

Artflow with Sangeeta- January 8 – February 26 6 wks $42

December Special Events - Continued



Gingerbread Houses & Hot Cocoa- Tuesday, December 15th 12:30 – 2:00 Join Jill in the for Gingerbread House Making, Holiday Music, and a pipin hot cuppa Cocoa! I will supply the Houses, Cocoa, Holiday Music, Good Cheer and the Royal Icing. **PLEASE BRING YOUR OWN CANDY DECORATIONS. Limited space must take the 3pm bus. Houses will be displayed in the lobby for a Gingerbread House Contest! Winner(s) will be drawn at 11:30am Monday, January 4th.**

How to Leave Peace, Not Problems- Monday, December 21st 1:30pm- Join Damion Oliver, Licensed NJ Life Insurance Agent for a friendly, practical, and never heavy talk about putting your wishes in writing, keeping important papers where family can find them, and understanding how final expenses get paid, so the people you love never have to guess. Every guest takes home a Final Wishes Checklist and gets a free ticket in the drawing for a tin of organic loose leaf tea.

Bhargavi's Flutes- Monday, December 28th 12:30 – 1:00- Join South Brunswick 8th grade student Bhargavi for an introduction to the Indian Bamboo and Western Flutes. **Please attend the unique performance to support our local students.**

January - Save the Dates- Sign up begins Monday, December 14th

"HEADS-UP for SENIORS": FALL PREVENTION & CONCUSSION PREVENTION SAFETY TIPS- Tuesday, January 5th 12:30pm- Presented by Debbie Aidelman, MS, Education and Development Coordinator, Brain Injury Alliance of New Jersey- The goal of this presentation is to educate and inform seniors about strategies intended to increase safety in the home and around the community. You will learn strategies regarding ways to prevent falls, "walk, bike and drive" more safely, and receive a safety checklist to anticipate and avoid potentially hazardous situations.

Beading 101- Wednesday, January 6th 1:30pm Join Smita for a class in the Art of Beading. All supplies included. **If you can't make the class you MUST call to cancel.**

Introduction to Computers- Thursday, January 7th 12:30pm- Join our very own center member Nick Fedele (Retired computer Engineer) for this informative class on navigating computer technology.

Horseracing- Thursday, January 14th 12:30pm- Sponsored by Merwick Place your bets and win a prize!! So much fun!

Nutrition Lecture: - LONGEVITY:The Blue Zones- Tuesday, January 26th – 12:30pm- Join Maryrose, Registered Dietitian for Middlesex County Office of Aging, for an engaging presentation on "Longevity—Living a Healthy Life" regions around the world where people tend to live longer, healthier lives. Participants will learn about the lifestyle habits, eating patterns, physical activity, social connections, and sense of purpose that contribute to healthy aging. Incorporating lessons into daily life.

New Monthly Program Starting!- Third Friday of the Month

Sound Garden- Friday, January 15th at 3:00pm- Join Sound Healer, Sylvia D'Andrea, for an hour-long meditation with the Tama-do © Chakra Sound Tubes. Participants may enter at any time. These specially tuned sound tubes have a positive effect on the physical body and facilitate calmness and serenity for the meditation process. **Please be kind to your fellow particpants-- REMEMBER: Cellphones OFF, Enter quietly, Leave quietly.**

WANT TO ATTEND FITNESS CLASSES OR USE OUR GYM?

Sneakers and Proper attire are REQUIRED in both gyms.
Shoes must be changed before entering either gym during inclement weather.
***WORKOUT GYM IS OPEN 8:45am – 4:15pm**

Cost: Fitness Classes are $3.50 per class. Two payment options are available

10 Class Card for $35.00 – Buys you any 10 classes of your choice. Repurchase when your card is full.
Monthly Class Card- Unlimited Classes (that month) of your choice for $40.00. Repurchase monthly.

Class Descriptions

(all classes can be modified to accommodate all fitness levels)

Body Sculpting – **Mondays 11:00am Wednesdays- 10:30am**
This total body exercise class can accommodate everyone's fitness level. Exercises can be done standing or seated. Stretching is done at the end and we finish with a one minute challenge.

Chair Yoga- Thursdays 11:30am Class is done seated with some standing poses.
Strengthens your muscles, improve your balance, reduce stress and open your heart through modified yogic postures, breath work, relaxation, and meditation. **We do not supply blocks, straps or bolsters, if you need them please bring them with you.**

Chair Aerobics- **1st and 3rd Tuesday of the month 11:15 – 12:15**- Chair aerobics, is a low-impact workout that involves aerobic exercises while seated in a chair to improve cardiovascular health, strengthen muscles, and maintain mobility. It's designed for people with limited mobility or those returning to fitness.

Garba Dancing- January 7th 12:45 pm Open to all center members!! **Garba** is a **dance** that honors the divine feminine form, it's great cardio, and so much fun! Come join us! **FREE MUST SIGN UP- SHOES ARE REQUIRED**

Line Dancing - 2nd and 4th Tuesday of the month 10:45 – 11:45 Facilitated by Carol Forte, join this group for some serious fun while staying fit! Line dancing is a choreographed group dance using a repeating sequence of steps while arranged in one or more lines or rows. Dance to some of today's popular line dance music. **FREE On Hiatus Until Further Notice**

Gentle Mat Yoga with Cynthia from Penn Med- 2nd Wednesday Monthly at 12:30pm- Please come prepared with your Mat. **Don't forget your blocks, straps and bolsters if you need them. This is a FREE class- sign up at the office December 9th**

Pickleball - Check calendar for daily times. Sign up and check in each day at the table outside the gym.
Priority is given to new players for the first 30 minutes of each day.
For beginners we offer a class once per month with our South Brunswick Pickleball Club on the last Thursday of the month. **Sign up for the beginner's class is required. No class this month Beginner class will resume in January.**

QiGong- Thursdays 10:00am- Bring your own Mat! Qigong is a Chinese practice that combines breathing, movement, and meditation to improve health and well-being. The word "qi" means "life force" and "gong" means "work" or "gather". **Please wear YOGA SOCKS, no bare feet. FREE SIGN UP for each day you'll attend.**

Sweatin to the Oldies – **Tuesdays 12:30pm** Class is done standing. Cardiovascular exercise using popular music mostly from the 50's, 60's & 70's.

Zumba - Wednesdays at 9:30 and Friday's at 10 AM Dance & aerobic movements performed to energetic music. The choreography incorporates hip-hop, samba, salsa, merengue and mambo. Zumba routines incorporate interval training, alternating fast and slow rhythms — to help improve cardiovascular fitness.

South Brunswick on the Move… Road Trips!!

Oh, the places we will go…

Sofra Turkish Grill - Wednesday, December 16th

Participants should arrive at 10:30am we'll depart the center at 10:45am

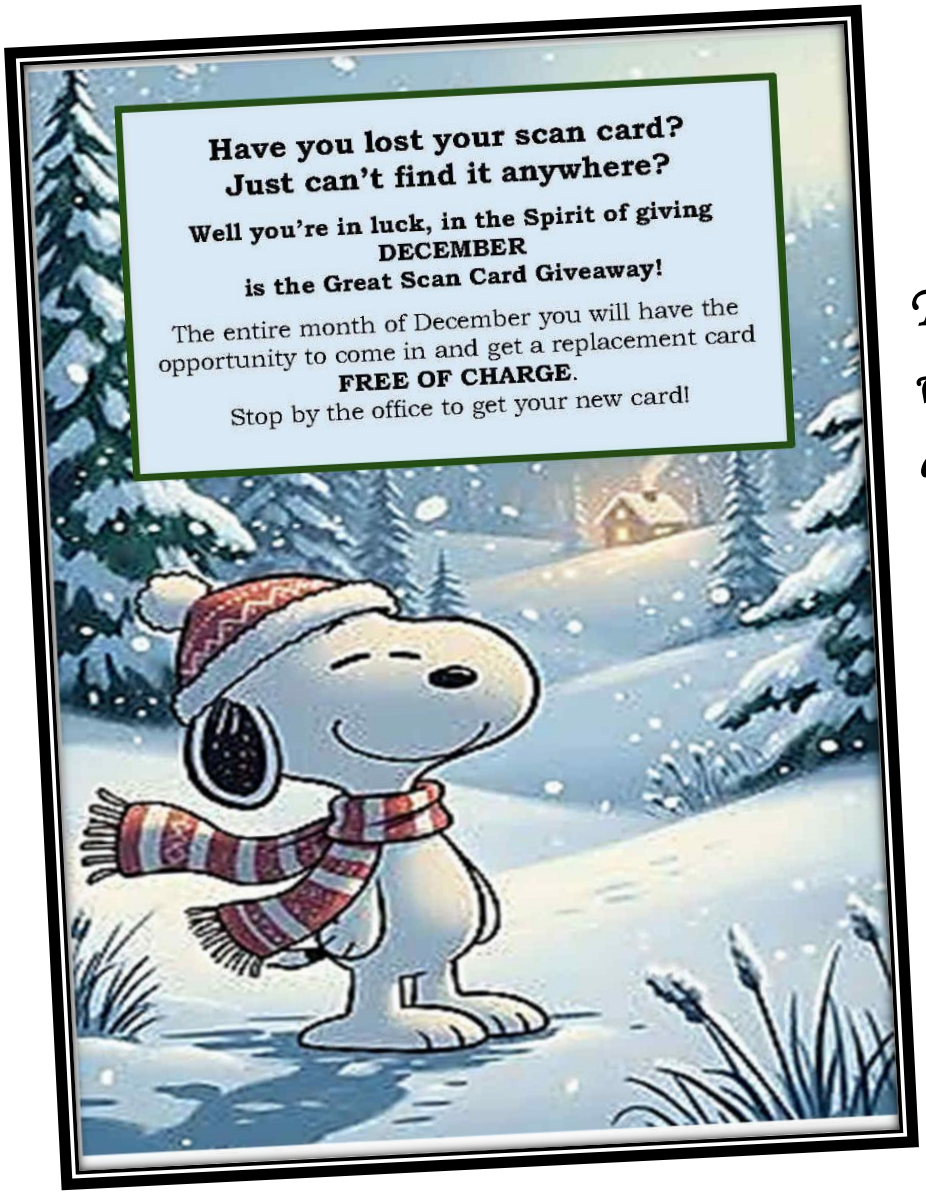
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Sons of Mystro- Friday, February 5th

Participants Report at 8:15am Bus Departs at 8:30 **SHARP**

Hats off and thank you to our fantastic
Transportation Department
for getting us busy bees all the places we want to go!

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From our house to yours…

The Senior Center Staff would like to wish you and your loved ones a Wonderful, Bright, and Joyful Holiday Season filled with Peace, Health, and Happiness!
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Club News

Senior Advisory Council (SAC)– a 13 member board appointed by the Mayor and Township Council who discuss issues that impact the Senior Center. Everyone is welcome.
Township Liaison: Councilwoman Archana (Ann) Grover **Chair**: Geeta Balasubramanian
Meeting: Thursday, December 3rd 10:30am **All are welcome to attend**

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FRIENDS – Friends is a 501(c)(3) non-profit organization raising funds to promote and supplement the Senior Center activities as well as improve the lives of seniors. **Dues:** $15.00/year (resident seniors). Membership forms are available at the office or on our website. See **"FRIENDLY Matters"** for updates
President: Barbara Christiano **Email**: mcjh1972@gmail.com
Vice Pres – Paul Dwyer * **AVP/ Membership**- Gupta Shikaram * **Secretary**- Jane Soohoo
Questions on FRIENDS Trips/Programs: Paul Dwyer **Email:** dbrx@aol.com
Sub-Committee Coordinators: Iffat Bhatti and Nafees Kahn
Meeting: Monday, 14th 11:00am **FRIENDS Bingo at 12:15pm $1.00 Donation EXACT CASH**

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Bridge Club is BACK! **Facilitators:** Lynne Brown, Geeta Bala, and Satya Agarwal.
Tournaments: 1st & 3rd Wednesday of the month 12:30pm – 3:00pm MUST TAKE 3pm BUS
ALL PLAYERS ARE RESPONSIBLE FOR CORRECTLY SCORING THEIR OWN CARD. Sign up for Tournaments will be done with Lynne at the end of play the week prior to the next date. Table Schedule for next tournament will be made at that time and posted on the community board in the lobby.
Questions? email: satya.agarwal@gmail.com **Tournaments are: No tournaments this month**

Billiards Club- All welcomed to play daily. Lessons 1st & 3rd Friday of the month at 10am sign up at office
Pool club membership is required for tournaments. There is a $25 yearly membership fee.
Meeting: 1st Wednesday of Month at 11:00am Auditorium 1
Tournaments: For Inhouse Tournaments please check the calendar in the Billiards Room
League Tournaments- 12/3 – AWAY vs Ewing Sharks **12/17- HOME vs Woodbridge Warriors**
President: Naga Iyengar **Email**: nagasimhai@yahoo.com **Cell**: 848-702-2786

Golden Age Club- All are welcomed to join. **President**: Aggie Schwartz **Dues**: $15.00 per year
Meeting: 12/9- Holiday Lunch at Dusals 12pm **12/23- Regular Meeting with Bingo**

SB Pickleball Club- Meeting- Meeting will be at the Holiday Party
Dues: $25.00 annually **SBPC Pickleball Tournament: To be determined**
Pickleball Club Practice: Please check calendar for dates and times as they may differ.
Next Club Hangout: Pickleball Holiday Party - December 10th 11a-2:30p Sign up with Ken & Patty
Board Members: Ken Patel, Patti Jensen, Nancy Kinal, Paul Nolan, Galo & Maryann Gonzalez
Questions: Please contact Ken Patel at sbpc.seniorcenter.nj@gmail.com

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Crochet/Knitting Club- Tuesdays, Fireside in the Lobby 10:00am – 11:30am Gather round the Hearth of our beautiful center with this friendly easy going group. Knitting and crocheting, all levels are welcome, this is not an instructed class. **Facilitators:** Jyotsna Agarwal, Iffat Bhatti, and Edy Nolan

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Mobile Library- Tuesdays 12:00pm – 12:45pm (outside main entrance)
Library Tech Help / Computer Lab – 2nd Thursday and 4th Monday **December 10th & 28th**

From the Desk of Dawn Neglia

Dawn Neglia, Director - Office on Aging- 732 329-4000x7682 Email: dneglia@sbtnj.net

Transportation News:

In addition to trips to the center and medical appointments, transportation offers a variety of shopping trips and errand runs.
Call 732-329-4000 x 7363 or stop by the Transportation Office for more information, to sign up and purchase your bus pass.
We encourage the purchase of bus passes in the office before 1pm.

December 2026 Trips:

Every Monday: 10:30am - Stop & Shop (approx. 1 hour)

Tuesday Trips: 10:30am - See Below For Special Luncheons

Wednesday Trips: 10:30am - See Below For Special Shopping Trips

Every Thursday: 10:30am - Errand Run (approximately 30min) on Route 27 (CVS, Dollar Store, Amish Market, Banks, Walgreens, Post Office)

Every Friday: 10:30am - ShopRite (approx. 1 hour)

Special Trips:

December 2nd – Walmart
December 8th – Quakerbridge
December 16th – Target/Wegmans (Lawrenceville)

**** Reminder: There will be no transportation on 12/24 and 12/31 as we anticipate early closure – there will be food shopping on these dates to replace 12/25 and 1/1****

Please let Mimi (at 732 329-4000 x 7363) know:

1. **If you find an alternate ride to or from the center.**
2. **If you need to cancel your ride.**
3. **If you signed up for an early event such as a party.**





Let's Talk About Sign Up Etiquette:

No Shows Without 48 hour Cancellation:

- There are people on event waitlists that **WANT** to be there, you not showing up or deciding the day of the event that you're not coming into the event takes away the opportunity of someone else's pleasure.
- Now trending in our center are people signing up for an event, being present in the center the day of the event, and then refusing to come in for the event. This is the same as **NOT SHOWING and NOT CANCELLING**.
- **Going Forward**: If you are a No Show without 48 hour prior cancellation whether in the center or not, you will be unable/removed from the next large event sign up.

Planning / Headcount:

- Events have many components to organizing them and headcount is crucial to the planning and success of each one.

Food supplies for the event:

- Food/Snacks are ordered according to how many are signed up. When you are a no call or no show the day of the event, the food ordered for you is wasted as being able to fill your spot on that day, is not guaranteed.

Room Set up-

- The room is set up with tables and chairs for the amount of people that signed up. For example: If a party that has 30 people that did not show (that's usually the number of people that don't show up not) that's 4 tables and 32 chairs that didn't have to be set up, which is a lot of lifting , pulling and pushing.

Meal Program Waste:

- Not showing up wastes meal program supplies such as placemats, utensils, beverages, condiments, to set those tables.

Start Times:

- Events have start times, coming late to an event disrupts the event and is unwelcoming to our lectures or sponsors that are here providing us with these wonderful programs.
- Going forward, at the start time of the event, the door will close as will the admission to into that event, **even if you are signed up**.

The Day of the Event:

- If you are not sure you are signed up for an event, the day to inquire about that is the day before, not getting in line at the check in the day of the event when I am trying to get everyone into the event and begin on time.

It is my pleasure to provide our center members with qualitative, fun filled activities and events. Your kindness, courtesy and respect extended to those efforts as well as our other event supporting Staff, Sponsors and fellow center members is appreciated.

South Brunswick "FRIENDly" Matters

Contact **Barbara Christiano** at email: mcjh1972@gmail.com

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: $15.00/year **Details under "Club News"**

Upcoming FRIENDS Trips

Hunterdon Hills Playhouse

Friday, December 11th



$92.00 (includes meal, show, tax & gratuity)

- **If you're paying cash it's Exact Cash Only.**
- **If you are paying by check make it out to FRIENDS of the South Brunswick Senior Center.**

Sign up will be at the FRIENDS table in the Lobby:

Tuesday, November 17th
Wednesday, November 18th

10:30am – 12:30pm

December Recipe Card

Spicy Deviled Walnuts

By The Good Housekeeping Test Kitchen Published: Jan 22, 2018

Ingredients



1/4 cup sugar
2 tsp. paprika
1 tsp. ground cumin
1/2 tsp. ground cinnamon
1 1/2 tsp. salt
1/2 tsp. black pepper
1 large egg white
1 Tbsp. Hot pepper sauce
3 cups walnuts

Directions

Step 1 Heat oven to 325°F. Line large rimmed baking sheet with parchment paper.

Step 2 In large bowl, combine sugar, paprika, cumin, cinnamon, salt, and pepper. Stir in egg white and hot sauce until fully incorporated. Add walnuts and toss to coat well.

Step 3 Arrange on prepared baking sheet in single layer and bake, stirring halfway through, until toasted and dry, about 25 minutes.

Senior Center General Information

Senior Center Hours: Monday - Friday 8:30am - 4:30pm
Phone #: 732-329-4000 x7670
Website: www.southbrunswicknj.gov (Click Departments, then Senior Center)
Membership: FREE Become a member by filling out a registration form with proof of residence and age. If you have a family member living with you for at least 6 mos they are welcome to become a member.
Payments: The Senior Center only accepts **CASH** or **CHECKS** for payments of classes, **we do not accept credit cards and we do not accept bills larger than twenty dollars.**
Meals: We are a congregate meal site for Middlesex County. For a delicious hot meal, call Jodi or Mary at 732-329-6171. Lunch served at 11:30 am, Monday to Friday, must be 60+.
Home Delivery : Suggested donation: $2.75. (Payable by Check, Card or Money Order). Please call if you need home delivery.

Transportation Department - (Located In The Senior Center)

* Bus pass required (50cents each way). Purchase a $10.00 (or more) pass. Wheelchair Accessible Buses
* Reservations are required and should be scheduled no later than 3:45 pm for the next day pick up in order to be brought to the Senior Center, food shopping, weekly trips or on the errand shuttle. Please call for Medical transport with as much notice as possible. This is curb to curb service. AM pick up to come to the senior center and return at 1:45 PM and/or 3:15 PM
* To cancel "Same Day Service" call (732)-329-4000 x7363 by 8:30 am; leave a message, provide name, address, phone number, and reason for call.

Staff Directory

To reach our staff members call (732) 329-4000, followed by their extension.
After hours please leave a voicemail. Fax 732.438.9826

Dawn Neglia - Director, Office on Aging……..	x7682	dneglia@sbtnj.net
Dawn Neglia, Social Worker …….....	x7682	dneglia@sbtnj.net
JillAnn Foxxe, Program Coordinator……	x7675	jfoxxe@sbtnj.net
Darlene Dawson, Benefits Coordinator……..	x7676	ddawson@sbtnj.net
Jackie Johnson, Admin. Secretary / Vol. Coord……..	x7677	jjohnson@sbtnj.net
Jasmine Aynilian, Main Office, Secretary ……	x7670	jaynilia@sbtnj.net
Steve Aker, Custodian	x7350	
After Hours/Weather Update …….	**x7670**	
Mimi Doria Transportation/Reservations ……	x7363	mdoria@sbtnj.net

Meals on Wheels & Daily Meal Program:
Jody Kehayas, Site Manager (732) 329-6171 jody.kehayas@co.middlesex.nj.us

Follow us on Facebook- South Brunswick Office on Aging/ Senior Center

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Lab/Phlebotomy Services: Appointments Preferred Call- 609 853-6816
Tuesdays 8:00am – 1:00pm
Physical Therapy: By appointment only 609 497-2230
Primary Care: Dr. Jose C. Vaggario By appointment only 609 395-2470