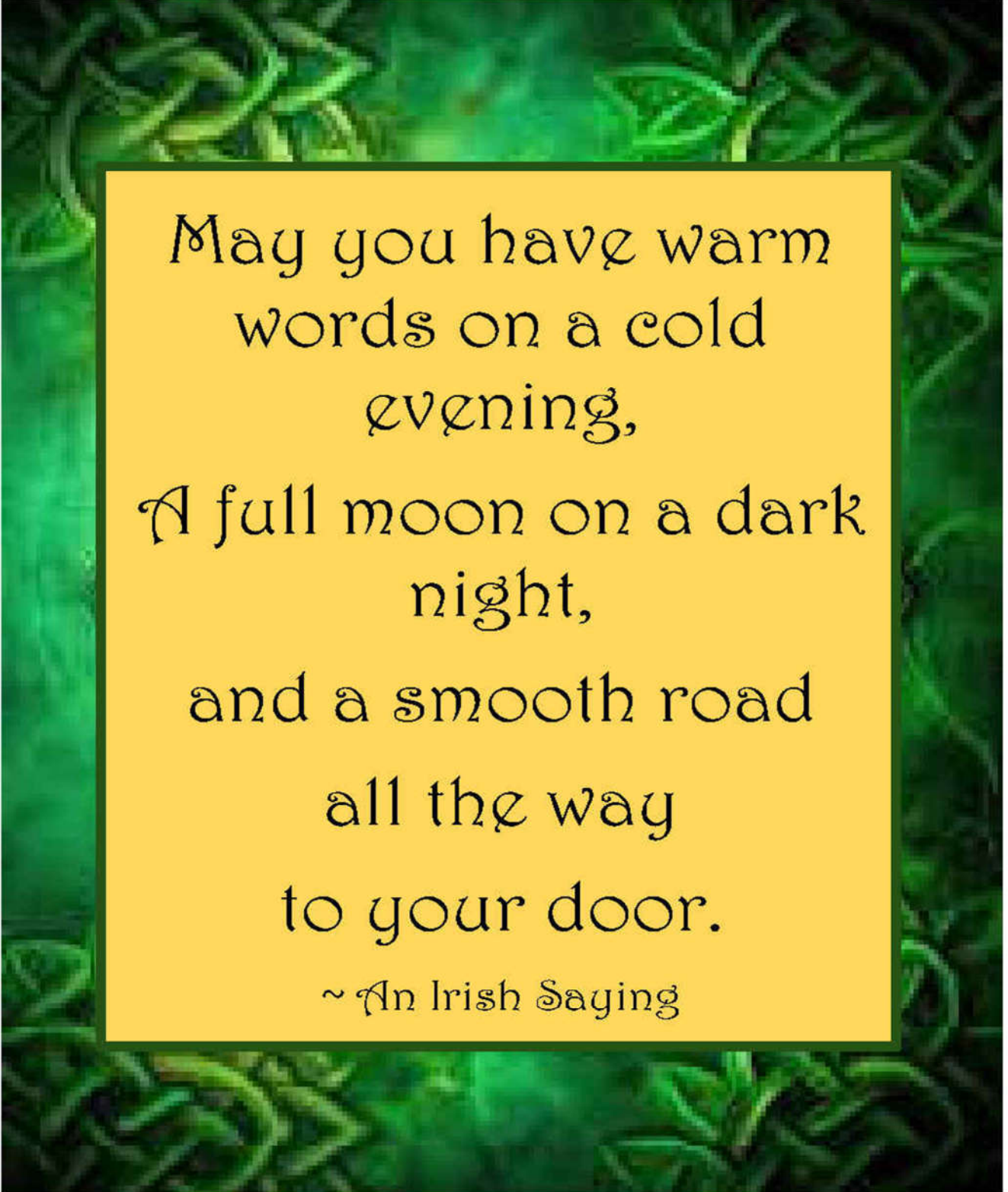


South Brunswick Senior Center/Office on Aging

Monthly Newsletter / March 2026



May you have warm
words on a cold
evening,
A full moon on a dark
night,
and a smooth road
all the way
to your door.

~ An Irish Saying

Center Happenings

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

APSEA- Last Tuesday Monthly 10:00am – 12:00pm in the Atrium- American Preventive Screening and Education Association empowers communities to prevent diabetes and hypertension. FREE BMI/BP Screening.

Beginners Billiards Lessons – 1st Friday 9am w/ John Majchrzak 2nd Friday 10am w/ Richie Venuto

Bingo- Mondays 10:45am check for dates. Doors will close at 10:45am, no admittance after.

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 - March 5th**

Braingames with Ram- 2nd & 4th Friday of the Month- Studies show that playing games may improve cognitive health in older adults. Join Ram for a variety of Braingames. **March 13 , 27**

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 12:30pm- 1:30pm in the Art Room- This program will be facilitated by Geeta Bala, Iffat Bhatti, and Jyotsna Agarwal. Join this friendly trio in bridging the gap between cultures by teaching English through active and creative expression. **Please sign up**

Karaoke Club- Tuesdays at 10:15-11:50 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.**

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!

Now & Zen- Alternating Tuesdays- 2:00pm- CHECK CALENDAR FOR DATES Restore your mind, body, and soul. Learn healing modalities to maximize controlled breathing, increase mindfulness and channel energy flow. This class is done mostly seated. **March 24th - Please sign up**

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 This program will be facilitated by MaryAnn Gonzalez. 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.**

Rooted Remedies- Alternating Tuesdays- 2:00pm- CHECK CALENDAR FOR DATES Are you curious or seeking knowledge about holistic modalities and remedies? **Bring a notebook, and a pen. March 3rd & 31st - Please sign up**

Spanish Lessons - 2nd Tuesday & 2nd Wednesday of the Month 2:00pm -3:00pm **Closed Class**

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: Simon Birch- Thursday, March 26th 10:00am – 12:00-- Simon Birch, a dwarf who believes he is God's instrument. and his best friend, Joe Wentworth, who is searching for his biological father, share a series of humorous and tragic events that bond them together. 1H 54M

TED Talk Discussion Groups- Mondays 1:30pm

March 9th: Frank Abagnale: Catch Me If You Can – Lesson in Identity Security.

March 16th: How to triple your memory by using this trick- Ricardo Lieuw.

March 23rd: Amy Cuddy: Your body language may shape who you are

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 Art Rm.

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**

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

March Special Events- Sign up begins Tuesday, February 17th

INDOOR SB Softball League Practice- Begins March 2nd – Ends May 26th 10:15 – 11:00 in the Large Gym. If you are interested in joining the league please see/email the league facilitator- John Majchrzak at johnmajc@aol.com . **MUST Sign up!** League will continue outdoors upon the nicer weather.

Beading 101- Wednesday, March 4th 1:30pm – 3:00pm Join Smita for a class in the Art of Beading. All supplies included. Limited Space. **Priority to those who haven't taken the class yet.**

Kathy's Crafts- Thursday, March 5th 12:30pm- Learn new skills and explore your creativity through a variety of arts and crafts.

Repurposing with Art Lee- Tuesday, March 10th 12:30pm – 2:00pm Join Art Lee in turning old things into new things. Friendly crowd and always fun!

Art Lecture w/ Bart – Tuesday, March 10th 12:30pm- Creating Art: Methods & Materials Used

Art Lee Indoor Garden Workshop- Wednesday, March 11th 12:30pm-Join Art Lee, Master Gardener for Indoor and Outdoor gardening and plant tips throughout the year.



St. Patty's Day Party- Tuesday, March 17th 11:30am – 1:30pm w/ Music by DJ Iron Mike
Wear your Green and let's get jiggy!! Please be seated at your table by 11:20am.
Sign up Deadline is Monday, March 2nd 4pm

Bingo with Brightstar- Thursday, March 19th 12:30pm – Space is limited

Taste of Home Recipe Share- Friday, March 20th 12:30pm - First Light Homecare will be here to share a recipe and a taste of home! Bring in your favorite recipe for a swap!

Elegant Coaster Designs with Sangeeta- Tuesday, March 24th 12:30 – 2:30- Join Sangeeta and make a beautiful set of four Coasters. **Must take the 3pm bus Cost \$4.00 Limited Space**

Nutrition Lecture: Diabetes- Tuesday, March 31st 12:30pm- Join Mary Rose- Join Maryrose, a Registered Dietitian Nutritionist with the Middlesex County Office on Aging, as discusses key factors in proper Nutrition for Diabetics.

Upcoming Art Classes

Sign Up for these classes begins February 17th

Art with Christina

March 9 – April 20 7weeks \$49

Sign up Deadline is March 2nd 4pm

Artflow with Sangeeta

March 6 – April 24 7weeks \$49

Sign up Deadline is February 27th 4pm

The following information is for center members who have signed up for...

Creative Aging

**The Art of Living Collective
Act Your Age on Screen and on Stage**

Ready to step into the spotlight?

South Brunswick Public Library, the South Brunswick Office on Aging, and NextGen Aging are joining forces on a two-year creative-aging adventure for seniors. Across the series, professional teaching artists will guide neighbors through acting, movement, voice, storytelling, technical theatre, and more, proving that artistry—and friendship—grow richer with age. This will be followed by a rehearsal process, pulling those skills into practice, culminating in a final production - a theatrical performance on South Brunswick Public Library's new stage or the debut of a short film on SBPL's projector on their new stage. Together we'll turn the Senior Center into a friendly rehearsal hall where neighbors gather to laugh, move, and tell stories that matter!

Timeline

Theatrical Foundations – September 29 - 1:30-3:30pm

Voice, Projection & Voice Over – October 27th – 10:30am-12:30pm

Creative Movement for Actors – November 17th – 10:30am-12:30pm

Storytelling & Playwriting – January 26th – 10:30am – 12:30pm

Tech & Design Basics – February 23rd – 10:30am-12:30pm

Rehearsals – March-May - 10A

Performance – May 21st

April- Save the Dates- Sign up begins Monday, March 16th

Beading 101- Wednesday, April 1st 1:30pm- Join Smita for a class in the Art of Beading. All supplies included. Limited Space. **Registration priority to those who haven't taken the class yet.**

Kathy's Crafts- Thursday, Thursday, April 2nd 12:30pm- Learn new skills and explore your creativity through a variety of arts and crafts.

South Brunswick Human Relations Committee Presentation- Tuesday, April 7th 12:30pm
Did you know South Brunswick has a Human Relations Committee? What is a Human Relations Committee, and what do they do? Join Vivienne Munn and other members from our Human Relations Committee today as they answer these, and many more questions on how they serve South Brunswick's Community. In celebration of National Poetry Month, the Committee will also have a brief Poetry reading from a variety of cultures.

AARP Smart Driver Course- Thursday, April 9th 9am – 4pm - This course is a comprehensive, research-based defensive driving program designed primarily for drivers aged 50 and older to refresh skills, boost confidence, and reduce crash risks. **CASH ONLY- \$20 members of AARP \$25 for Non-Members.** Limited seating. This is an all day course bag your lunch!

MVC Mobile Unit at the Senior Center – Friday, April 10th 9am – 2:45pm **Please see or call Dawn if you need an appointment.**

Art Lecture w/ Bart – Tuesday, April 14th 12:30pm- Fine Art and AI

AARP- Social Security and Retirement Income Planning- Thursday, April 16th 12:30pm – 1:30pm
Please join us as Joel discusses ways to: Optimize your social security to reduce taxes and hedge for inflation, Common misconceptions about retirement planning, and Financial strategies that could increase your retirement income and last a lifetime.

Horseraces with Brandywine- Tuesday, April 21st 12:30pm – 1:30 pm Place your bets, win a prize!

Annual Student Art Show- Wednesday, April 22nd - We are invited to our District's Annual Student Art Gallery. After the gallery we will join the students for light refreshments. Transportation is provided and we'll back at the center at 11:30am in time for lunch. **Participants drivers and busers report at 9:15am. Bus departs the center at 9:30am. All participants MUST sign up and take the bus. Registration deadline is Monday, April 6th @ 4pm**

National Take Our Kids to Work Day- Thursday, April 23rd – Get ready for an Epic intergenerational day filled with fun! I'm off the hook for this event! This event will be led by the South Brunswick Police Department's, Officer Ryan Bartunik and our very own dynamic Senior Center Director, Dawn Neglia. Details to follow...stay tuned!!

A Celebration of Poetry- Tuesday, April 28th 12:30pm – April is National Poetry Month and South Brunswick's Got Talent!! This event will spotlight creativity at it's finest! All poets that would like to share their works in a relaxed, friendly atmosphere are encouraged to join us today!

Rutgers Health & Aging- Monday, April 27th 9:30am – 12:30pm- **Visit the table in the lobby if you are interested in participating.** The NJ Health Study, designed by a team of researchers at Rutgers Institute for Health, Health Care Policy, and Aging Research.

WANT TO ATTEND FITNESS CLASSES OR USE OUR GYM?

Medical Clearance by your Doctor is REQUIRED and needs renewal every 2 years

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.

Chair Aerobics- 1st and 3rd Tuesday of the month 11:00 – 12:00- 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- NEXT GARBA IS Thursday, April 2nd 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 This is NOT an instructed class.

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 Must Sign Up**

Pickleball - Check calendar for daily times. Sign up and check in each day at the table outside the gym. Medical waivers must be on file. Priority is given to new players for the first 30 minutes of each day.

For beginners we'll be offering a class once per month with our South Brunswick Pickleball Club usually the last Thursday of the month. **Sign up for this class is a must.**

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**

MUST SIGN UP.

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...

Elegant Dining Trips - Save the Dates

(No lottery drawings just sign up at the office)

Separate checks are not available- MUST bring cash on the day of trip unless the restaurant is prepaid. Thank you!

<u>Date</u>	<u>Restaurant</u>	<u>Registration Opens</u>	<u>Registration Closes</u> <u>at 4pm</u>
March 18	Zinna's Bistro	February 23	March 11
April 15	Ole' Craft Kitchen & Bar	March 9	April 8
May 20	Tavern on the Lake	April 13	May 13
June 25	Dootsie's Kitchen	May 26	June 18
The following trip dates for the restaurants listed below will be announced at a later time- Stay Tuned!			
July	Dear Dehli		
August	Tony's Open Kitchen		
September	Blue Danube Restaurant		
October	Crown Palace		
November	Naa Mo Thai		
December	Sofra Turkish Grill		

Newly Renovated Princeton University Art Museum- Thursday, March 12th

The Princeton University Art Museum is the Princeton University gallery of art, located in Princeton, New Jersey. With a collecting history that began in 1755, the museum was formally established in 1882, and now houses over 117,000 works of art ranging from antiquity to the contemporary period.

Departure 9:30am (participants must find their own ride into the center in the morning)

Registration Flyers will be available on Wednesday, January 21st at the office window

Trenton Farmer's Market- Thursday, May 14th – A shopping we will go!!

Farmer-owned cooperative since 1939, the Trenton Farmers Market is a beloved farmers market filled with a wide selection of Jersey Fresh fruits and vegetables, a smoke shop, Amish meats and poultry, a Polish deli, kielbasa, artisan cheese, baked goods, BBQ, rotisserie chicken, vegan selections, clothing, jewelry, handbags, home goods, essential oils, hand crafted soaps and body care, sweets, donuts, local wine, burgers and fries.

Departure 9:15am (Participants must find their own way to the center in the morning)

Registration Flyers will be available on Monday, April 6th at the office window

Monmouth Park Racetrack- Friday, June 5th 12pm – 5:00pm And There Off!

Join me for a day at the real horse races! Departure 11:00am

(Participants will need to find their own way home after trip) Stay tuned for more details

Save The Dates- Stay tuned for more details

Annual Point Pleasant Boardwalk- Tuesday, July 7th 10am – 2pm (Raindate July 14th)

Walk the Boards, Miniature golf, Aquarium, Arcades, Eateries, Shops and...the Beach!

River Queen Lunch Cruise- Wednesday, August 12th 12pm-2pm

Let's set sail and lunch along the beautiful shores of Point Pleasant!

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, March 5th 10:30 am All are welcome to attend

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 * **Treasurer-** Walter Preller * **Secretary-** Jane Soohoo

Questions on FRIENDS Trips/Programs: Paul Dwyer **Email:** dbrx@aol.com

Sub-Committee Coordinators: Iffat Bhatti and Nafees Kahn

Meeting: Monday, March 9th at 10:45am FRIENDS Bingo at 12:15pm on Wed., March 4th

Billiards Club- All welcomed to play daily. Tournaments are played weekly. Lessons on request. Pool club membership is required for tournaments. There is a \$25 yearly membership fee.

Meeting: 1st Wednesday of Month – Wednesday, March 4 11:00am Aud.1

Tournaments: 2nd Tuesday and Thursday of the month.

Thursday, March 5th Breakers vs Plainfield 8 Ballers- (Away)

Thursday, March 19th Breakers vs Ewing Sharks- (Home)

President: Ken Peabody kwpeabody@gmail.com or 732-991-4717

Golden Age Club- All are welcomed to join. **Meeting – March 11 & 25**

Meeting: Second & Fourth Wednesday this month 1:00 – 3:00pm

President: Aggie Schwartz **Dues:** \$15.00 per year

SB Pickleball Club- Meeting- Wednesday, March 4th 10:00am

Dues: \$25.00 annually **SBPC Pickleball Gymkhana:** Friday, March 6th 12:30 – 2:30 ish

Pickleball Club Practice: Please check calendar for dates and times as they may differ.

Next Pickleball Club Hangout: SBPC Spring Fling Wednesday, April 29th 11:00 – 2:30 Aud. 1&2

Board Members: Ken Patel, Patti Jensen, Nancy Kinal, Paul Nolan, Galo & Maryann Gonzalez

Questions: Please contact Ken Patel at sbpc.seniorcenter.nj@gmail.com

Crochet/Knitting Club- Fridays, Fireside in the Lobby 10:00am – 11:30am Gather around 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. Items are made and donated to Veterans and Local Healthcare Facilities. **Facilitators:** Jyotsna Agarwal, Iffat Bhatti, and Edy Nolan

Mobile Library- Tuesdays 12:00pm – 12:45pm (outside main entrance)

Library Tech Help / Computer Lab – March 12 & 23 10:45am – 12:00pm

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.

March 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 March Trips:

March 4th - Walmart

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.



From the Desk of Darlene Dawson

Darlene Dawson, Benefits Coordinator - 732 329-4000 x7676 Email: ddawson@sbtnj.net

Tax Relief Programs

New Jersey offers significant property tax relief for residents in 2026, primarily through the ANCHOR program (up to \$1,750 for homeowners/renters), [Stay NJ](#) (50% reimbursement for seniors up to \$6,500+), and the [Senior Freeze program](#). Applicants must meet specific income, age, and residency requirements, with most applications processed online through the state taxation division.

Key 2026 Property Tax Relief Programs:

[ANCHOR Program](#) (All Residents): Provides up to \$1,500-\$1,750 for homeowners and up to \$450 for renters, based on 2024 income and residency, with payments starting in late 2025/early 2026.

[Stay NJ](#) (Seniors 65+): A new program designed to reimburse eligible seniors for 50% of their property tax bills, with a maximum benefit of \$6,500 for 2024 (based on 2024 income <\$500,000).

[Senior Freeze](#) (Property Tax Reimbursement): Reimburses eligible seniors or disabled persons for property tax increases on their principal residence.

[Senior/Disabled Deduction](#): An annual deduction of up to \$250 from property taxes for homeowners 65+ or disabled.

Eligibility and Application:

Deadlines: Application deadlines for 2026, often tied to the 2024 tax year, are typically in the fall on October 31, 2026.

Requirements: Most programs require being a NJ resident for at least 3-10 years, owning/renting a primary home, and meeting specific income limits.

Application: Applications can generally be printed or filed online at the [NJ Division of Taxation website](#).

Other Tax Relief Options:

Veteran Deductions: A \$250 annual deduction for honorably discharged veterans.

Property Tax Deduction/Credit: A deduction or credit on state income tax returns for property taxes paid.

Key NJ Veteran Tax Benefits for 2026:

[\\$6,000 Income Tax Exemption](#): Available to honorably discharged veterans (or their spouses on joint returns) who served on active duty. Must submit the Veteran Income Tax Exemption Submission Form with a DD214.

[\\$250 Property Tax Deduction](#): Available for honorably discharged veterans with active wartime service, or their unmarried surviving spouses, who own a home in NJ. Apply through the local municipal assessor or tax collector.

[100% Disabled Veteran Exemption](#): A total exemption from property taxes is available for 100% permanently and totally disabled veterans (or their surviving spouses).

[Wounded Warrior Caregivers Credit](#): A credit for family caregivers of post-9/11 veterans, up to \$675, based on federal disability compensation.

[Active Duty Exemption](#): Military pay is not subject to NJ income tax for nonresidents, and residents may qualify for specific combat zone exclusions.

How to Claim:

First-time applicants for the \$6,000 exemption must submit their DD214 and the [Veterans Exemption Form](#) to the NJ Division of Taxation. The \$250 property tax deduction is filed locally. Further information can be found at the [NJ Division of Taxation's dedicated military page](#).



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 Trip:

Zimmerli Art Museum- Wednesday, March 25th Cost- \$5.00 Non-refundable fee **CASH ONLY**
Registration Dates: Tues., March 3rd – Thurs., March 5th **FRIENDS table in Lobby 10:30 – 12:30**

Save the Date- Essex Falls Cherry Blossom Festival- Tuesday, April 14th Details to be announced



Penn Medicine Princeton Health proudly partners with the South Brunswick Wellness Center to provide you with convenient access to medical care, lab services, community education and physical therapy.

Lab/Phlebotomy Services: **Appointments preferred**- call (609) 853-6816
Tuesdays from 8:00am – 1:00pm

Physical Therapy: By appointment (609) 497-2230

Primary Care: Dr. Jose C. Vagario ~ By appointment (609) 395-2470

Upcoming Penn Med Community Programs

No Community Programs This Month

To Register For Community Education Lectures/ Events

<https://www.princetonhcs.org/events?term=south+brunswick>

or call (888) 897-8979 (Follow the prompts)

March Recipe Card

Baby Bok Choy Recipe

by Katerina Petrovska

Ingredients

For the Bok Choy:

- 3 tablespoons vegetable oil
- 4 pieces (about 1.5 pounds total) [baby bok choy](#), halved longwise

For the Garlic Soy Dressing:

- 1 tablespoon vegetable oil
- 3 cloves garlic, minced
- 4 tablespoons [low sodium soy sauce](#)
- 1 to 2 tablespoons sriracha sauce
- 1 tablespoon rice vinegar
- 1 tablespoon lime juice
- 1 tablespoon [sesame oil](#)
- 1 tablespoon [toasted sesame seeds](#), for garnish



Instructions

Heat 3 tablespoons vegetable oil in a large skillet set over medium-high heat.

To the hot oil add the halved bok choy pieces to the skillet, cut side down; cook for 2 minutes. Turn over the bok choy and cook for a minute. Add more oil, if needed.

Cover and continue to cook for about 3 to 4 minutes, or until crisp-tender. Turn the bok choy couple times while cooking. Remove bok choy from the skillet and set aside.

Return skillet to the heat and add a tablespoon of vegetable oil. Stir in the minced garlic and cook for 20 seconds, or until fragrant. To the skillet, add soy sauce, sriracha, rice vinegar, lime juice, and sesame oil; whisk until well combined.

Cook for 1 minute, or until the sauce starts to thicken. Remove from heat.

Drizzle or brush the sauce over the bok choy. Garnish with sesame seeds. Serve.

Notes:

Rinse: Wash bok choy thoroughly to eliminate grit or dirt.

Batch Cooking: Avoid overcrowding in the pan, which might steam the stalks.

Spice Adjustments: Swap spicy sriracha with sweet chili sauce if preferred.

Store leftovers in an airtight container and keep it in the refrigerator for up to 3 days. Store the sauce separately. To reheat, place the bok choy and sauce in a covered skillet over low heat and cook until just heated through.

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 4 months 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.

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 or Money Order Only). Please call if you need home delivery.

Transportation Department - (Located In The Senior Center)

* Bus pass required (50 cents 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