

South Brunswick Senior Center/Office on Aging

Monthly Newsletter / October 2026

Happy
Retirement

Congratulations to
Theresa Thompson
on her Retirement!

We would like to offer our congratulations to Theresa on
an incredible
32 years of dedicated service as a bus driver!

For more than three decades, she has gone above and beyond to provide safe, reliable, and compassionate transportation to our seniors and individuals with disabilities. Her patience, kindness, and caring spirit have made a meaningful difference in the lives of so many people. Theresa was not just a bus driver, she was a trusted friend, a helping hand, and a familiar face that many looked forward to seeing.

Her commitment and years of service are truly something to be proud of. As Theresa begins this new chapter of her life, we hope her retirement be filled with good health, happiness, relaxation, and plenty of time to enjoy the things she loves.

*WE thank her for 32 wonderful years of service,
she will be greatly missed!*



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- American Preventive Screening and Education Association 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 – 10/8, 10/22**

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, 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. **October 2, 9, 16, 23**

MUST SIGN UP FOR EACH DATE THAT YOU WANT TO ATTEND

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.**

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: Under the Tuscan Sun- Monday, October 26th 12:30pm – When Frances learns her husband is cheating on her, her life is turned upside down so her best friend takes her on a tour of Italy. **1h 53m**

TED Talk Discussion Groups- Mondays 1:30pm-

10/19- David Fajgenbaum and Kiah Williams: What to do when you're told there's nothing left to try.

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 on 10/30**

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

October Special Events- Sign up begins Monday, September 14th

Preparing for Senior Living- Thursday, October 1st 12:30pm- Presented by Archer Law- This lecture will encompass, POA's, wills, trusts, healthcare documents and Medicaid.

Beading 101- NO CLASS THIS MONTH 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.**

LIHEAP Application Table- Tuesday, October 6th 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. **Also here on 11/10 & 12/1**

Art Lecture w/ Bart- Tuesday, October 13th 12:30pm- Boticelli's influence on Picasso

Fall Crafts with Brandywine- Thursday, October 15th 12:30pm- Join us in making a beautiful Autumn craft. Seating is limited.

Rank the Dessert- Thursday, October 22nd 1:00pm – 3:00pm- MUST TAKE 3pm BUS- Try Some sweet treats and learn how rank choice voting works. **Sponsored by VCNJ (Voter Choice New Jersey)** is a nonpartisan, nonprofit organization that focuses solely on Ranked-Choice Voting.

It Could Be Poison- Thursday, October 29th 12:30pm- In this program you'll learn about identifying poisons, how poisons can enter the body, and what to do if you suspect poisoning.

Active Aging Week, Monday October 5th - Saturday, October 10th

Event Line Up

Monday, October 5th : Intellectual Wellness Day

- **Carrom Tournament- 10:30 – 12:00** Facilitator- Nalin Modi
- **Jeopardy with Brightstar- 12:30pm** Join us for this fun Braingame

Tuesday, October 6th : Physical Wellness Day

- **Homerun Derby- 9:30 – 11:00-** Facilitator - Bob Alessi
- **Circuit Training with Linda- 12:30 – 1:30-** Circuit training is a fast-paced exercise method where you move through a series of different strength and cardio moves and then rest before repeating the sequence.

Wednesday, October 7th : Vocational / Professional Wellness Day

- **Senior Police Academy Begins Today runs every Wednesday until October 28th – 10:30am – 12:00pm-** This Police Academy for Seniors is a free **FOUR WEEK** educational program designed by the SBPD to build trust, improve communication, and give a behind the scenes look at how the SBPD operates.

Thursday, October 8th : Social / Spiritual Wellness Day

- **"Where Rhythm Meets Purpose," 12:30pm – 1:30pm -** A wellness through music experience designed to engage seniors through live music, storytelling, cultural education, and interactive participation. Led by Grammy-affiliated percussionist and composer Kahlil Kwame Bell, the program combines jazz, world rhythms, and community dialogue to create an uplifting experience that supports social connection, emotional well-being, and meaningful engagement.

Friday, October 9th : Environmental Wellness Day- To be Announced

Saturday, October 10th : Community Wellness Day

- **Party In Pink- Saturday, October 10th 10:00am – 1:30pm-** Party in Pink is a Zumba fitness charity event that combines the high-energy dance workout of Zumba with a focus on breast cancer awareness and fundraising. Participants are encouraged to **WEAR PINK**. Proceeds from event will be donated to the Move Over Breast Cancer Organization in Princeton. **See Flyers for details.**

Tickets on sale at the office \$15.00 EXACT CASH ONLY
Tuesday, September 1st – Wednesday, September 30th



November - Save the Dates- Sign up begins Tuesday, October 13th

Upcoming Art Classes:

Art with Christina- November 9 – December 18 6wks \$42

Artflow with Sangeeta- November 6 – December 18 6wks \$42

Mahjong Lessons w/ Gail – (Mondays) November 9th – April 12th 1:15pm

Sign up begins on Tuesday, October 13th ~ Deadline for Sign up is Monday, November 2nd

This is a FIVE MONTH CLASS when signing up you are committing to a FIVE MONTH CLASS

Beading 101- NO CLASS THIS MONTH 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.**

The BIG GARBA- Wednesday, November 4th 12:15pm – 1:00pm- **Sponsored by the Indo American Cultural Foundation of Central NJ and Merwick Care & Rehabilitation-** Join us for our annual Garba Celebration!

Mindful Connections: Art Therapy Session- Thursday, November 5th 1:00pm – 2:00pm-

Participants who sign up for this event must register with Mimi to take the 3pm bus. This program is designed to promote creativity, connection, and emotional well-being. No artistic experience is needed.

LIHEAP Application Table- Tuesday, November 10th 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. **Also here on 12/1**

Standing Tall Against Falls- Thursday, November 12th 12:30pm- **Presented by Penn Med.** The Standing Tall Against Falls program, is designed to help older adults understand and reduce their risk of falling.

Holiday Wreath Making- Thursday, November 12th 12:15pm- **Sponsored by Merwick Care & Rehabilitation-** Join us for a heart warming craft session making wreaths and reminiscing.

Let's Make a Deal- Thursday, November 19th – **Sponsored by Brandywine-** 12:30pm- Contestants often dressed in a wide variety of original costumes -- will still compete for money and prizes by striking wacky deal. How far will you go to make a deal??

Nutrition Lecture: Gut Health - Tuesday, November 24th – 12:30pm- Join Maryrose, Registered Dietitian for Middlesex County Office of Aging, as she offers practical tips to help you boost your gut health.

November Operating Updates:

November is a busy month with many holidays which will affect our regular operating hours

Tuesday, November 3rd - CLOSED- Election Day- *Get out there and vote.*

Wednesday, November 11th – CLOSED- Veteran's Day- *Thank you to all our Veteran's for your Service!*

Wednesday, November 25th – SUBJECT TO EARLY CLOSING- *Lunch will be served 11am – 11:45am
There will be NO Transportation other than Shopping and Medical Appointments on this day.*

Thursday, November 26th – CLOSED- Thanksgiving – *We are Thankful for all our Members!*

Friday, November 27th – CLOSED – *Thanksgiving Recovery Day- Pajamas and Netflix Oh Yeah!!*

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- November 4th 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 IT!! Don't miss our annual BIG Garba!!**

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**

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.**

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 of Trip</u>	<u>Restaurant</u>	<u>Registration Opens</u>	<u>Registration Closes</u> <u>at 4pm</u>
October 13	Crown Palace	September 9	October 2
November 13	Naa Mo Thai	October 5	November 2
December 16	Sofra Turkish Grill	November 6	December 1

Old Barracks Museum- Friday, October 2nd 10:30am – 3:30pm

Trip includes a tour of the Museum, a first person interpretation of the Revolutionary regime Washington put together the time they spent at the Trenton Barracks, a Musket Demo and then lunch at a local restaurant. **Cost \$12 EXACT CASH ONLY**

- Lunch cost is on your own at the restaurant Jersey Girl Café (menu selections must be given upon sign up)
- Registration Flyers with details will be available on Monday, July 27th at the office.
- Lottery will be Monday, August 3rd 12:30pm in Aud.1
- Sign Up Deadline is August 25th 4pm
- **Participants will need their own ride in to the center, as well as home from the center**

Old York Cellars Winery

Wednesday, November 18th

Off we go for a Signature 3-Course Wine Pairing Experience!

We'll dine in the winery's elegant Vista Room, featuring a cozy fireplace and sweeping vineyard views. Each course is thoughtfully chef curated and paired to create a captivating progression from first sip to last bite.
So, Wine not join us?!

- Registration Flyers with details will be available at the office window: September 28th
- Registration Lottery: Monday, October 5th
- Registration Ends: Monday, October 26th @ 4pm
- Cost: \$36.00 (gratuity included) **EXACT CASH ONLY**

If your name is drawn at the lottery you will need to fill out a your menu selection sheet and whether you prefer a sweeter or dryer wine pairing with your courses.

The menu selection sheets will be provided at the Lottery.

Please make sure your name is on your selections. Thank you!

3-COURSE WINE PAIRING MENU

"Three Courses, Endless Flavor"

STARTER – (SELECT ONE)

POTATO LEEK SOUP (V)

VEGETABLE ENPANADA (V)

SERRANO HAM CROQUETTES

SPANISH MEATBALLS W/ RICE

ENTRÉE – (SELECT ONE)

ROASTED CHICKEN W/ CHIMICHURRI + MASHED POTATOES (GF)

SEARED SALMON W/ VEGETABLES + RICE (GF)

NY STRIP STEAK W/ MASHED POTATOES + VEGETABLES (GF) +

STO

SPANISH VEGETABLE PAELLA (VGF)

DESSERT – (SELECT ONE)

POACHED PEAR IN DMC RED WINE (VGF)

TARTA DE SANTIAGO (V)

CHEF'S HOMEMADE CARAMEL FLAN (VGF)

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, October 1st 10:30am

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 * **Secretary-** Jane Soohoo

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

Sub-Committee Coordinators: Iffat Bhatti and Nafees Kahn

Meeting: Monday, October 5th 11:00am

NO Bingo this month

Bridge Club is BACK! **Facilitators:** Lynne Brown, Geeta Bala, and Satya Agarwal.

Tournaments: 2nd & 4th 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:** October 7 & October 21

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 – **NO MEETING THIS MONTH**

Tournaments: 2nd Tuesday and Thursday of the month.

League Tournaments- 10/8- Versus Woodbridge- Away 10/22- Versus South Plainfield- Home

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

Golden Age Club- All are welcomed to join. **Meeting – 10/14 & 10/28 at 3:00pm**

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

SB Pickleball Club- **Meeting-** Friday, October 9th 11:05 – 11:30am before Tournament in the large gym

Dues: \$25.00 annually **SBPC Pickleball Tournament:** Friday, October 9th 11:30am – 1:30pm

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

Next Club Hangout: Pickleball Square Dance Friday, November 20th 1:30 – 3:30 **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

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

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

Library Tech Help / Computer Lab – 2nd Thursday and 4th Monday **October 8th & October 26th**

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.

October 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:

October 21st - 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- 732 329-4000x7676 Email: ddawson@sbtnj.net

Medicare's Fall Open Enrollment 2026

Fall Open Enrollment is an 8-week period every Fall that runs from October 15th through December 7th. During this time any changes you make will become effective January 1, 2027. Your choices of plan changes during the Open Enrollment are as follows:

- Enroll in, leave, or change your Medicare Part D drug plan
- Switch from Traditional Medicare to a Medicare Advantage plan
- Switch from a Medicare Advantage plan back to Traditional Medicare
- Change from one Medicare Advantage Plan to another
- Do nothing and your current Medicare coverage will automatically renew in 2027

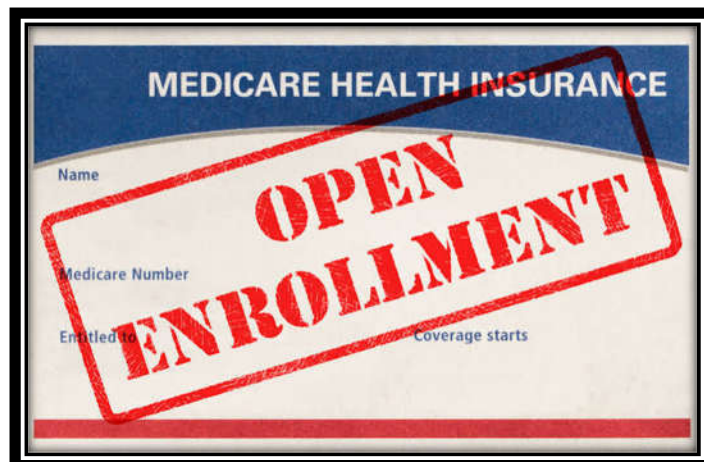
How Do I Know if I Need to Make Changes to my Plan?

Your Medicare Advantage or Part D Insurance plan provider will send you a document in September called the "Annual Notice of Change". Take 15 minutes to sit down and review this document. It will tell you if the premium is changing, and also if your copays, drug formulary or pharmacy networks are changing. The Annual Notice of Change lists the plan's changes side-by-side from 2026 to 2027. This makes it easy to compare changes to coverage.

Good reasons to change your plan may be...your plan is dropping one of your important medications next year, or dropping one of your doctors from their network, or your plan has a drastic increase in premium.

Just review the "Annual Notice of Change". See if there are changes that make you want to shop around. If you are happy and nothing significant is changing, don't feel like you have to shop around just because you hear the word "Medicare" every 90 seconds on the radio or TV.

I will be available by appointment if you would like to review or make changes to your Medicare coverages this Fall. Please call or stop by my office to schedule an appointment after October 15th. 732-329-4000 x7676



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 - Wednesday, October 14th

\$87 EXACT CASH ONLY



Sign Up Dates:

Tuesday, September 22nd

Wednesday, September 23rd

Thursday, September 24th

10:30am – 12:30pm

at FRIENDS table in the lobby

Save the Date!!

Hunterdon Hills Playhouse – Friday, December 11th

\$92 EXACT CASH ONLY

Stayed Tuned
for more details



October Recipe Card

Radicchio Pumpkin Salad with Tahini Dressing

By Lyda Jones Burnette Yields: 6 Prep: 25min Total: 1h25m

Sugar pumpkins (also called pie pumpkins) are smaller, softer, and sweeter than their carving cousins, which make them a better fit for cooking.

Ingredients

- 1/2 cup hazelnuts
- 1 (2-pound) sugar pumpkin, seeded and cut into 1 1/2-inch cubes
- 2 Tbsp. plus 1/3 cup olive oil, divided
- Kosher salt and freshly ground black pepper
- 1 tsp. lemon zest, **plus** 1/4 cup lemon juice
- 1 Tbsp. pure honey
- 1 Tbsp. tahini
- 1 clove garlic, chopped
- 1 large head radicchio, trimmed and torn into bite-size pieces
- 1 small beet, peeled and thinly sliced
- 1/3 cup crumbled Feta



Directions

Step 1 Preheat oven to 375°F. Place hazelnuts on a small rimmed baking sheet and roast just until fragrant and lightly browned, 7 to 9 minutes. Transfer to a large clean dish towel and rub until skins release. Cool completely.

Step 2 Toss together pumpkin and 2 tablespoons oil on a small rimmed baking sheet. Season with salt and pepper. Bake until tender and cooked through, 34 to 36 minutes.

Step 3 Whisk together lemon zest and juice, honey, tahini, garlic, and remaining 1/3 cup oil in a bowl. Season with salt and pepper. Toss together radicchio, hazelnuts, pumpkin, and 1/4 cup dressing in a bowl. Top with sliced beets and Feta. Serve immediately with additional dressing alongside.

How to Cut Up a Sugar Pumpkin: Start by removing the stem. (The skin is edible but, if desired, peel with a Y-shaped peeler.) Place the pumpkin, stem or root side down, on a cutting board, and use a sharp knife to cut in half vertically. With a sharp-edged metal spoon, scrape out the seeds and strings. Cut into desired size slices or cubes.

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

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