

SEPTEMBER 2021

Calendar / Information Packet

Pre-registration is required for programs and classes. No walk-ins allowed.

NEW THIS MONTH!

- **“Break a Sweat” Toiletries Drive!** Help us help our neighbors in need at the Food Bank! Throughout the month of September, bring any toiletries (shampoo, conditioner, soap, deodorant, toothbrushes, or toothpaste) to one of our exercise classes, and you will receive a raffle ticket for a prize! If you bring something to each class you attend, you will earn more chances to win!
- **Treats & Sweets - Caramel Apples:** Join us as we make and decorate caramel apples for you to take home!
- **Remembering When: A Fire & Fall Prevention Program:** At age 65, older adults are twice as likely to be injured by fires compared to the population at large. By age 75, that risk increases to three times that of the general population - and to four times by age 85. “Remembering When” is centered around 16 key safety messages - 8 fire prevention and 8 fall prevention. Join us for this comprehensive presentation on fire and fall prevention during Falls Prevention Awareness Week! The presentation will be held at the center and will also be livestreamed on Zoom.
- **Tech Presentation: Using Telehealth Application:** Join us for this informative presentation by our Tech partner, Candoo, as they speak on the difference telehealth applications widely used by doctors. They will also give us other telemedicine tips as well! The presentation will be held at the center and will also be livestreamed on Zoom.

This packet includes the following:

- Protocols for participation in classes and programs at the center
- Information on when and how to sign up for classes and programs
- Information on how to livestream selected classes and programs via Zoom
- Information on transportation
- Information on how to renew your Silver Linings ID
- Information on how to make an appointment to become a member (if you are not one already)
- Information on how to make an appointment for social services
- Calendar of activities for September 2021

Your safety is our #1 priority.

September 2021 Guidelines

We are excited to welcome you back to the Center for programs and classes.

As a reminder, walk-ins are not allowed at this time.

Please read the following documents thoroughly.

Safety Protocols for participation:

- Masks are not required at the center but recommended for those not vaccinated and for those who still wish to wear them.
- Masks are required on the buses.
- Temperature checks will be taken upon boarding the buses and/or entering the center.
- A one-time waiver must be completed and signed on your first day back at the center if you haven't done so already.
- Silver Linings IDs must be worn on the buses, and you must have them to enter the building. You will be required to scan in upon entering.
- Please do not arrive earlier than 15 minutes before class begins.
- Spaces and materials will be sanitized after each program/class.
- We encourage you to utilize our handwashing and hand sanitizing stations before and after classes.

When and how to sign up:

- Registration for programs and classes for the first 2 weeks of September (9/7 through 9/17) will begin on Wednesday, September 1st at 8:30am. You can sign up for a class up until 12pm the day before the class/program you want to attend (unless it is filled).
- Registration for programs and classes for the last 2 weeks of September (9/20 through 9/30) will begin on Wednesday, September 15th at 8:30am. You can sign up for a class up until 12pm the day before the class/program you want to attend (unless it is filled).
- No registration will be taken before the dates/time indicated above. **NO EXCEPTIONS WILL BE MADE.**
- You are only permitted to sign up for yourself. You may not sign up another member.
- Please note that you can only sign up for 1 Paint and 1 Sketch class per month.
- Registration will be done via phone **ONLY**. **DO NOT LEAVE A VOICEMAIL.** You must talk to a staff member. Members can call one of the following numbers to register:
 - 732-721-5600, ext. 6600
 - 732-721-5600, ext. 6615
 - 732-721-5600, ext. 6620
 - 732-721-5600, ext. 6625
- No registration will be taken via email or Facebook. **NO EXCEPTIONS WILL BE MADE.**

See Reverse

Livestreaming selected classes and programs:

- For those of you who are not comfortable to come back to the center just yet or if a class is filled that you wanted to attend, selected classes and programs will be livestreamed via Zoom for all to participate.
- Livestreamed classes are indicated on the calendar in **BOLD**.
- No sign up is required if you plan on attending a class or program via Zoom.
- The Zoom Meeting ID for livestreamed classes and programs is 712-734-9599.

Transportation:

- As previously mentioned, masks are **REQUIRED** on the buses.
- Temperatures will be taken upon boarding the bus.
- Please follow seating instructions provided by your driver upon boarding.
- Currently, we are only offering transportation to and from the center for classes and programs. No other transportation will be available.
- To make a reservation, please call 732-721-5600, ext. 6635.
- Reservations will be first-come, first-served and must be made as soon as possible but **NO LATER** than 12pm the day before your requested ride. **NO EXCEPTIONS WILL BE MADE.**
- If you need to cancel, please do so by no later than 8am the morning of your ride.

Renewal of Silver Linings IDs and Registration of New Members:

- If you need to renew your ID, you can do so by making an appointment. Appointments should be made by calling 732-721-5600, ext. 6620.
- If you are attending a class or program and need your ID renewed, you can drop off your ID at the front desk along with any changes that need to be made before class, and your renewed ID will be returned to you after class.
- Interested new members should call 732-721-5600, ext. 6620 to make an appointment to come in to register. New members should bring with them a picture ID (if they have), a proof of residency and \$5 cash or check for our one-time registration fee.

Appointments for Social Services:

- We offer unbiased information and explanation of various Medicare plans and supplements through our State Health Insurance Program (SHIP) counseling covering all aspects of Medicare, Supplemental Policies and Part D.
- Benefit counseling and assistance is also offered for PAAD (Pharmaceutical Assistance to the Aged and Disabled), Senior Gold, Medicare Savings Program (SLMB), Lifeline, Low Income Heat and Energy Assistance and Universal Service Fund.
- If you need to make an appointment for social services, please call 732-721-5600, ext. 6615.

September 2021

Mon	Tue	Wed	Thu	Fri
<p><i>HAPPY NATIONAL SENIOR CENTER MONTH!</i> We are Silver Linings! Strength Community Resiliency #SLFamilyStrong</p>		<p>1 8:30: Registration for 9/7 - 9/17 classes - VIA PHONE Center Closed Office staff is available by appointment</p>	<p>2 Center Closed Office staff is available by appointment</p>	<p>3 Center Closed Office staff is available by appointment</p>
<p>6 Labor Day Township Closed</p>	<p>7 9:30: Divas & Dudes Practice 11:00: Paint Class 1:30: Balance Exercise Class</p>	<p>8 9:00: Crafting Hour 10:30: Chair Yoga 1:00: Move 2 the Groove</p>	<p>9 9:30: Silver Leaf Meeting 11:00: Crocheting Class (August Project) 1:00: Gentle Strength Training</p>	<p>10 9:00-11:00: Billiards / Cards / Ping Pong 11:30: Treats & Sweets: Caramel Apples 1:00: Movie Friday - "Judy"</p>
<p>13 9:00: Mindful Monday 10:30: Gentle Strength Training 1:00pm: Chair Yoga</p>	<p>14 9:30: Divas & Dudes Practice 11:00: Sketch Class 1:30: Balance Exercise Class</p>	<p>15 8:30: Registration for 9/20 - 9/30 classes - VIA PHONE 10:30: Chair Yoga 1:00: Move 2 the Groove</p>	<p>16 9:30: Silver Leaf Meeting 11:00: Tip Toe Tap! 1:00: Gentle Strength Training</p>	<p>17 9:00-11:00: Billiards / Cards / Ping Pong 11:30: Silver Reads Meeting 1:30: BINGO!</p>
<p>20 9:00: Mindful Monday 10:30: Gentle Strength Training 1:00: Chair Yoga</p>	<p>21 9:30: Divas & Dudes Practice 11:00: Paint Class 1:30: Balance Exercise Class</p>	<p>22 9:00: Walk with the Manager at Mannino Park 10:30: Chair Yoga 1:00: Move 2 the Groove</p>	<p>23 9:30: Silver Leaf Meeting 11:00: Crocheting Class (August Project) 1:00: Gentle Strength Training</p>	<p>24 9:00-11:00: Billiards / Cards / Ping Pong 11:30: "Remembering When: A Fire & Fall Prevention Program" 1:00: Tech Presentation: Using Telehealth applications</p>
<p>27 9:00: Mindful Monday 10:30: Gentle Strength Training 1:00: Chair Yoga</p>	<p>28 9:30: Divas & Dudes Practice 11:00: Sketch Class 1:30: Balance Exercise Class</p>	<p>29 8:30: Registration for 10/1 - 10/15 classes - VIA PHONE 10:30: Chair Yoga 1:00: Move 2 the Groove</p>	<p>30 9:30: Silver Leaf Meeting 11:00: Tip Toe Tap! 1:00: Gentle Strength Training</p>	