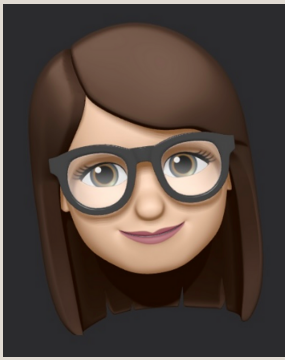


1 OLD BRIDGE PLAZA | OLD BRIDGE, NJ 08857 | 732-721-5600, EXT. 6600 | MARCH 2023



From the Desk of the Manager

*"I still believe, in spite of everything,
that people are truly good at heart."*

This month, we celebrate all the incredible women in our lives and the women who shaped history. Women's History Month is a celebration of women's contributions to history, culture and society and has been observed annually in the month of March in the United States since 1987. Women's History Month is a dedicated month to reflect on the often-overlooked contributions of women to United States history. From Abigail Adams to Susan B. Anthony, Sojourner Truth to Rosa Parks, the timeline of women's history milestones stretches back to the founding of the United States. The National Women's History Alliance designates a yearly theme for Women's History Month. The 2023 theme is "Celebrating Women Who Tell Our Stories." This theme recognizes "women, past and present, who have been active in all forms of media and storytelling including print, radio, TV, stage, screen, blogs, podcasts, news, and social media."

So what is your story? Feel free to share it with us on our "Celebrating Women Who Tell Their Stories" bulletin board beginning March 1st.

We have an exciting and jam-packed month to help us welcome spring. Let's make it a great one!

Anahita Feltz

St. Patrick's Day Party!

Friday, , March 17th from 12pm to 3pm

Join us for our Annual St. Patrick's Day Party! Let's enjoy a traditional St. Patrick's Day meal and dance the afternoon away with Happy Feet DJs. The Friendly's Ice Cream truck will also be here to give out delicious ice cream sundaes! Make sure to wear all your **GREEN** for our "Counting of the Green" Contest!

Please make sure to sign up with Jill in advance for lunch!



MIDDLESEX
COUNTY • NJ

Senior Fraud Prevention Conference *Thursday, March 9th*

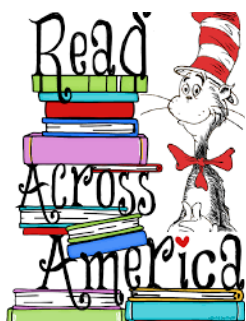
Join us for a discussion on common types of fraud and how to protect yourself against them, including online, phone, and door-to-door fraud. This event is for all older adults (60+), caregivers and those who serve the older adult population. Complimentary refreshments will be served.

This conference will take place at the Piscataway Community Center from 9:30am to 12:30pm. Sign up is required. Please note that the bus will depart promptly at 8:45am.

This event is a collaboration between the Middlesex County Offices of Aging & Disabled Services, Prosecutor's Office, Consumer Affairs and Weights & Measures, the Surrogate's Office, and the Piscataway Senior Center.

**We have a wonderful March planned. Please take the time to
review the whole newsletter and the calendar.
Registration for March classes and programs will begin
on Wednesday, February 22nd at 8:30am VIA PHONE ONLY!**

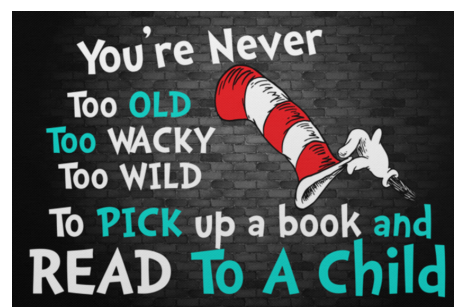
FOR MORE INFORMATION, VISIT OUR WEBSITE AT
WWW.OLDBRIDGE.COM/SILVERLININGS
OR ON FACEBOOK AT FACEBOOK.COM/GROUPS/SILVERLININGSATOLDBRIDGE



Thursday, March 2nd, 2023

We will be heading to Carpenter School to read to our elementary school friends. Space is limited so advance sign up is required.

The bus will leave at 9:30am and will return in time for lunch.



Intro to Impasto Painting

Join us this month for Stacey's new Art Education class: Impasto Painting. Impasto is a technique used in painting, where paint is laid on an area of the surface thickly, usually thick enough that the brush or painting-knife strokes are visible. Paint can also be mixed right on the canvas. When dry, impasto provides texture; the paint appears to be coming out of the canvas.

Stacey will be offering 3 sessions for this class:

Wednesday, March 1st at 10:30am

Wednesday, March 15th at 1:00pm

Wednesday, March 22nd at 1:00pm

Space is limited and sign up is required! Please keep in mind that you can only sign up for 1 session!



Indoor Pickleball

The weather outside may be cold but we are keeping warm with our indoor pickleball program! Pickleball classes with our instructor Sadie will be held at Brunswick Hills every Thursday from 9am to 11am. Space is limited and registration is required. You must sign up for each class you want to attend. You can drive yourself to the tennis club (it is located on Route 18 in East Brunswick) or transportation will be provided from the center. Bus leaves at 8:45am.



Chair Yoga with Allen is back beginning Monday, March 6th! Check out the calendar for the days/times of his class! Namaste!



The Breakfast Club with OBHS

Thursday, March 30th at 10am

The Psychology students are back! We will be making and enjoying a healthy breakfast, do a light exercise, talk about healthy habits, and hang out.

Advance sign up is required!



HEALTHY HABITS

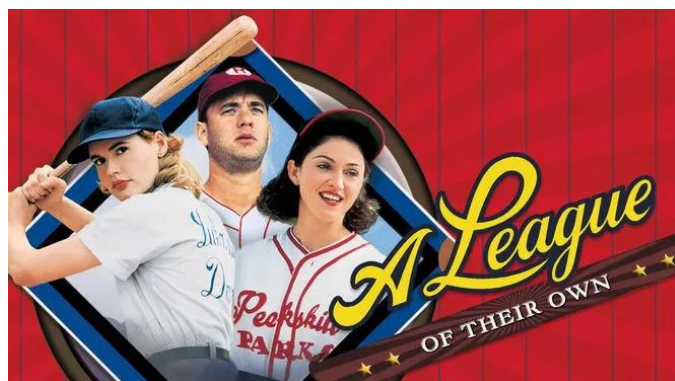


Movie Day: "A League of their Own"

Friday, March 31st at 1pm

The saying "girls can't play ball" is a derogatory offense that the all-female baseball teams at the center of A League of Their Own prove totally false. Set during World War II, when many of America's eligible male baseball players were off fighting, the story starts when a power-hungry executive creates an all-female baseball league in the Midwest. Geena Davis, Rosie O'Donnell, Lori Petty, (and Madonna!), play some of the fictional characters. And they're coached by Tom Hanks in this sports comedy that reveals two major plays: Not only can women step up to the plate just as well as men can, they can also throw a powerful pitch.

Join us as we watch this classic film in honor of Women's History Month and the opening day of the 2023 Major League Baseball season! Classic ballpark snacks will be served! Make sure to wear your favorite baseball team shirt/jersey!



Trip to Zimmerli Art Museum

The Zimmerli Art Museum is one of the largest and most distinguished university-based museums in the country, and is located on the New Brunswick campus of Rutgers. The museum collects, preserves, researches, and exhibits world-class works of art to provide the university community and diverse regional, national, international audiences with direct experience of the visual arts.

Join us as we head to the Zimmerli Art Museum for a guided tour on March 31st! Space is limited and registration is required. The cost of the trip is \$5 and money is due March 22nd. The bus will leave promptly at 10:15am. The tour will be from 11am to 12pm. We will be back at the center by 12:45. Please bring your lunch to have at the center when we return.



DON'T FORGET

- Our exercise classes now take place in our front room and will be limited to 45 seats. This will be strictly enforced due to the size of the room and fire codes. Furthermore, latecomers (more than 5 minutes late after class has begun) will not be able to attend class in order to limit disruption. If you do come in late, please grab a seat in the back of the room as to not disturb class. The exercise room will open 15 minutes before class begins. Also, please do not reserve seats for anyone other than yourself.
- The big room is now be set up with additional tables for recreation and socialization. You'll be able to play games, color, and hang out with friends in this area. Please note that breakfast and lunch should remain in the dining room. Coffee/tea and snacks are permitted in this area,
- Requests for transportation must be made by 12pm the (business) day before the ride is needed.
- Any programs/classes/trips with a (r) next to it require registration. Any programs/classes/trips with a (c) next to it means that it is closed to new registration for the quarter. Any programs/classes with nothing next to it means it is an open program/class that you can attend.
- 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.
- When paying for a trip/program, please try to bring exact change or a check.
- If you'd like to have lunch (whether daily or once in a while) with the Congregate Meal program, please order lunch in advance with Jill to ensure that Jill has enough meals for everyone. Also, don't forget to check in on MySeniorCenter when you come in for lunch.
- Your Silver Linings ID must be with you at all times while at the center and they must be worn when using our buses.



St. Patrick's Day Centerpieces Project Friday, March 10th

Sign up to help us make centerpieces for our St. Patrick's Day party! Space is limited and registration is required! We thank you in advance for your help.

Out to Lunch!

Join us as we head to Bubba's for lunch on Tuesday, March 21st! Sign up is required as space is limited. You will be responsible to pay for your meal at the restaurant. The bus will leave here at 11:15 and we will return by 1:30pm. Sign up is required!

Working on a craft project and want to spend your time with your friends? Check out the calendar for our "Crafting Hour"! We encourage members to work on their crafts here in the center with their friends during those "Crafting Hours".



Ice Cream Social
Friday, March 10th at 1pm
Come and spend an afternoon with your friends enjoying ice cream, cake and music from DJ Lou Reed!

March 2023

Mon	Tue	Wed	Thu	Fri
<p><i>Registration for March classes and programs begins on Wednesday, February 22nd at 8:30am VIA PHONE ONLY!</i></p> <p><i>The center will open at 9:30am that morning.</i></p> <p><i>To register, please call 732-721-5600 and dial any of the following extensions: 6600, 6615, 6620 or 6625. The phone lines do get busy, so keep calling until you speak to a staff member. DO NOT LEAVE A VOICEMAIL - you must speak to a staff member to register.</i></p>		<p><i>1</i></p> <p>9:30: Balance Exercise Class</p> <p><i>10:30: Intro to Impasto Painting ®</i></p> <p><i>1:00: Color Me Zen</i></p>	<p><i>2</i></p> <p><i>9:00: Indoor Pickleball at Brunswick Hills ®</i></p> <p><i>9:30am: Read Across America at Carpenter School ®</i></p> <p>11:00: Gentle Strength Training</p> <p><i>1:00: ASL I Class ©</i></p>	<p><i>3</i></p> <p>CENTER CLOSED</p> <p>STAFF IN-SERVICE DAY</p>
<p><i>6</i></p> <p>9:30: Breathing Exercises with Kristin</p> <p>10:45: Gentle Strength Training</p> <p>1:00: Chair Yoga</p> <p><i>2:00: Gaming Mondays</i></p>	<p><i>7</i></p> <p>9:30: Pilates</p> <p><i>10:30: Sketch Class ®</i></p> <p><i>1:00: Crafting Hour</i></p> <p><i>1:00: ASL I Class ©</i></p> <p><i>2:00: ASL II Class ©</i></p>	<p><i>8</i></p> <p>9:30: Balance Exercise Class</p> <p>10:45: Chair Yoga</p> <p><i>1:00: Color Me Zen</i></p> <p><i>2:00: Mahjong Hour</i></p>	<p><i>9</i></p> <p><i>8:45: 2023 Senior Fraud Prevention Conference ®</i></p> <p><i>9:00: Indoor Pickleball at Brunswick Hills ®</i></p> <p>11:00: Gentle Strength Training</p> <p><i>1:00: ASL I Class ©</i></p> <p><i>2:00: ASL II Class ©</i></p>	<p><i>10</i></p> <p><i>9:30: Silver Crafts: St. Patrick's Day Centerpieces Project ®</i></p> <p><i>10:30: Paint Class ®</i></p> <p><i>1:00: Ice Cream Social with DJ Lou Reed!</i></p> <p>Thank you Eufracia Go for sponsoring our Ice Cream!</p>
<p><i>13</i></p> <p><i>9:30: Color Me Zen</i></p> <p>10:45: Gentle Strength Training</p> <p>1:00: Chair Yoga</p> <p><i>2:00: Gaming Mondays</i></p>	<p><i>14</i></p> <p>9:30: Pilates</p> <p><i>10:30: Paint Class ®</i></p> <p><i>1:00: Crafting Hour</i></p> <p><i>1:00: ASL I Class ©</i></p> <p><i>2:00: ASL II Class ©</i></p>	<p><i>15</i></p> <p>9:30: Balance Exercise Class</p> <p>10:45: Chair Yoga</p> <p><i>1:00: Intro to Impasto Painting ®</i></p> <p><i>2:00: Mahjong Hour</i></p>	<p><i>16</i></p> <p><i>9:00: Indoor Pickleball at Brunswick Hills ®</i></p> <p>11:00: Gentle Strength Training</p> <p><i>1:00: ASL I Class ©</i></p> <p><i>2:00: ASL II Class ©</i></p>	<p><i>17</i></p> <p><i>9:30: Color Me Zen - St. Patrick's Day Edition!</i></p> <p><i>10:30: Sketch Class ®</i></p> <p><i>12:00-3:00: St. Patrick's Day Party with Happy Feet DJs!</i></p> <p><i>Sign up for lunch with Jill!</i></p>
<p><i>20</i></p> <p>9:30: Breathing Exercises with Kristin</p> <p>10:45: Gentle Strength Training</p> <p>1:00: Chair Yoga</p> <p><i>2:00: Gaming Mondays</i></p>	<p><i>21</i></p> <p>9:30: Pilates</p> <p><i>10:30: Sketch Class ®</i></p> <p><i>11:15: Out to Lunch: Bubba's ®</i></p> <p><i>1:00: Crafting Hour</i></p> <p><i>1:00: ASL I Class ©</i></p> <p><i>2:00: ASL II Class ©</i></p>	<p><i>22</i></p> <p>9:30: Balance Exercise Class</p> <p>10:45: Chair Yoga</p> <p><i>1:00: Intro to Impasto Painting ®</i></p> <p><i>2:00: Mahjong Hour</i></p>	<p><i>23</i></p> <p><i>9:00: Indoor Pickleball at Brunswick Hills ®</i></p> <p>11:00: Gentle Strength Training</p> <p><i>1:00: Line Dancing with Eva</i></p> <p><i>1:00: ASL I Class ©</i></p> <p><i>2:00: ASL II Class ©</i></p>	<p><i>24</i></p> <p><i>9:30: Silver Cues Billiards Club Monthly Meeting ©</i></p> <p><i>10:30: Paint Class ®</i></p> <p><i>12:00: Pizza Bingo - \$6 ® - Money is due by March 15th.</i></p>
<p><i>27</i></p> <p>9:30: Members Meeting & Calendar Review</p> <p>10:45: Gentle Strength Training</p> <p>1:00: Chair Yoga</p> <p><i>2:00: Gaming Mondays</i></p>	<p><i>28</i></p> <p>9:30: Pilates</p> <p><i>10:30: Paint Class ®</i></p> <p><i>1:00: Crafting Hour</i></p> <p><i>1:00: ASL I Class ©</i></p> <p><i>2:00: ASL II Class ©</i></p>	<p><i>29</i></p> <p><i>8:30: Registration for April VIA PHONE ONLY!</i></p> <p>10:45: Chair Yoga</p> <p>1:00: Balance Exercise Class</p> <p><i>2:00: Silver Reads Book Club ©</i></p> <p><i>2:00: Mahjong Hour</i></p>	<p><i>30</i></p> <p><i>9:00: Indoor Pickleball at Brunswick Hills ®</i></p> <p><i>10:00: The Breakfast Club with OBHS Students ®</i></p> <p>11:00: Gentle Strength Training</p> <p><i>1:00: Line Dancing with Eva</i></p> <p><i>1:00: ASL I Class ©</i></p> <p><i>2:00: ASL II Class ©</i></p>	<p><i>31</i></p> <p><i>10:00: Zimmerli Art Museum Trip - \$5 ®</i></p> <p><i>10:30: Sketch Class ®</i></p> <p><i>1:00: Movie Day: "A League of Their Own"</i></p> <p>Wear your favorite baseball team shirt/jersey for MLB opening day!</p>