

*From the Desk of the Manager*  
"The first blooms of spring always  
make my heart sing."

Spring is here and we are excited for a fun April with all of you! We had a great 1st quarter of 2023. We welcomed over 100 new members to Silver Linings. We offered new classes, went on fun trips and partied like we always do!

This month, we are heading back to Atlantic City and are bringing back our "Silver Linings Night Out". We have new art education classes for you as well as a new craft project. We are also introducing a new Dancercise class! Lots of great things happening at Silver Linings! I also wanted to take a moment and thank you for bearing with us as we adjust to the growth of our membership and growing schedule of classes. We are always working on making our center the best that it can be, and we couldn't do that without your understanding and constant support! Here's to a great April!

*Anahita Feltz*

## Disco Night!

*Friday, April 21st, 2023 from 6pm to 9pm*

Here's to our first "Silver Linings Night Out" of 2023! Join us as we welcome back DJ Lou Reed for a fun night of disco! Make sure to wear your best disco attire! Light hors d'oeuvres and ice cream will be served. Special thank you to member Cynthia Rueca for sponsoring the ice cream!

**SIGN UP FOR THIS EVENT IS REQUIRED!**

The last day to sign up is April 14th! We hope to see you there!

### Poetry Jam & Jazz Coffeehouse

*Come enjoy an afternoon of  
poetry and jazz music on  
Friday, April 28th at 1pm!*

Not only do we want you to attend, we want you to come prepared with your favorite poem to recite! No sign up required! Just come enjoy some poetry and music with your friends! Coffee, tea and light snacks will be served.

### *Treats & Sweets: Spring Cupcakes Decorating Class*

Our Treats & Sweets classes are back by popular demand! Tuesday, April 11th at 1pm Tuesday, April 18th at 1pm We will be decorating spring-themed cupcakes. No experience necessary. SIGN UP IS REQUIRED. Please note that you can only sign up for 1 session!

**April is filled with some of our favorite programs, classes and trips but also includes some great new stuff as well! Please take the time to review the whole newsletter and the calendar.**

**Registration for April classes and programs will begin on  
Wednesday, March 29th at 8:30am VIA PHONE ONLY!**

FOR MORE INFORMATION, VISIT OUR WEBSITE AT  
[WWW.OLDBRIDGE.COM/SILVERLININGS](http://WWW.OLDBRIDGE.COM/SILVERLININGS)  
OR ON FACEBOOK AT [FACEBOOK.COM/GROUPS/SILVERLININGSATOLDBRIDGE](https://www.facebook.com/groups/silverliningsatoldbridge)

## NEW AT SILVER LININGS! Dancercise with Lysette!

Join us as we welcome a new instructor to Silver Linings! Lysette comes to us with years of experience having owned her own dance school and developing dance programs for those with special needs. We are excited to have her restart a Dancercise class for us and we hope you will attend her classes on Monday, April 10th and Monday, April 24th, both at 10:30am!



## A Study in Pen & Ink Drawing

In continuing with our Art Education program, we are bringing you a new class called "A Study in Pen & Ink Drawing". Pen and ink drawings have existed for thousands of years. Pen and ink is an art form where you draw using a variety of pens instead of pencil. It is a very exciting medium to work in! Stacey will share some famous pen and ink drawings and will teach you how to draw your own masterpiece! In order to accommodate all those interested, Stacey will be offering 4 sessions for this class:

**Wednesday, April 12th at 1:00pm**

**Thursday, April 13th at 10:30am**

**Wednesday, April 19th at 1:00pm**

**Thursday, April 27th at 10:30am**

**SIGN UP IS REQUIRED!** Please keep in mind that you can only sign up for 1 session!



## Indoor Pickleball

Join us for our last month of indoor pickleball - before we head back out for the spring and summer! 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 8:30am.

## Movie Day: "80 for Brady"

**Friday, April 21st at 1pm**

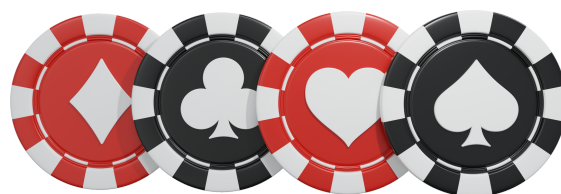
The movie is inspired by the true story of 4 best friends and New England Patriots fans who take a life-changing trip to Super Bowl LI to see their hero Tom Brady play, and the chaos that ensues as they navigate the wilds of the biggest sporting event in the country. Join us for this fun movie event!



## AC TRIP: Resorts Casino!

**Thursday, April 13th at 8:45am**

Join us for our first AC trip of 2023 as we head back to Resorts Casino! Please be at the center at 8:45am for departure sharply at 9am and we will be back by 6pm. For those that take the bus to the center, you will need to have a ride home in the evening. Cost is \$25 and you will receive a slot play voucher on arrival at the casino. Payment can be made in cash or by check. Space is limited and registration is required. This trip is non-refundable. Money is due by April 11th.



## One Last Bow for Brenda...

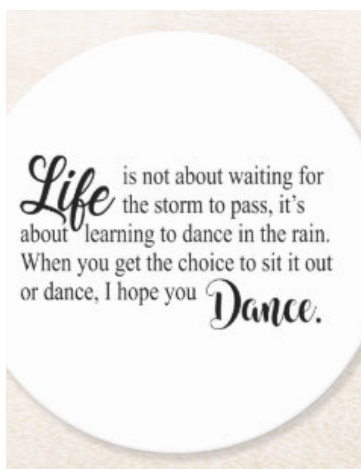


We are absolutely saddened to announce that Brenda's last day with us at Silver Linings will be on March 30th, 2023.

Brenda has been with us since 2015, kicking off her tenure with us with her Move 2 the Groove class. From that class, we ended up with the famous Dancing Divas & Dudes, Tip Tap Toe, and the most popular class at the center, Gentle Strength Training. Brenda even taught a theater class! We were lucky to have had her share so many of her talents with us for the last 8 years. Thank you Brenda from the bottom of our hearts for keeping us moving, dancing and smiling. We wish you the best of luck and WE KNOW we will see you soon!

With love,

**Your Silver Linings Family**



## Spring Fling with OBHS Students!



*Join us on Thursday, April 20th at 9:30am we welcome our OBHS friends to the center for a breakfast and a little spring fun! Sign up is required and the last day to sign up is April 17th.*

### 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 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.



### CRAFTING WITH PATTY

Join us for in the craft room for a fun plastic canvas project. Our Craft Room volunteer Patty will be helping you make a "Welcome" sign. We will be meeting every Monday and Wednesday, starting April 10th, at 1pm. While no sign up is required, please try to attend on the 10th to receive your kit. Please note that this is a project to do at the center.

### Poetry Workshop

**Thursday, April 20th at 1pm**

*We are excited to try out this new class! Come out to learn more about poetry and how to write your own Haiku (to recite at our Poetry Jam & Jazz Coffeehouse)! Space is limited and sign up is required!*



### SL Clean Communities Cleanup

**Friday, April 21st at 9:30am**



Join us as we head to Veterans Park for a park cleanup! Our Clean Communities team has been at it since 2019 and we are excited to bring it back again ahead of Earth Day!

***Sign up is required! Please make sure to wear for the weather that day and wear comfortable walking shoes.***

# April 2023

Mon	Tue	Wed	Thu	Fri
<p>3</p> <p><b>CENTER CLOSED</b> STAFF IN-SERVICE DAY</p>	<p>4</p> <p><b>9:30: Pilates</b></p> <p>10:30: Paint Class ®</p> <p>1:00: Color Me Zen! Come out to the craft room to learn more about our coloring space!</p>	<p>5</p> <p><b>9:15: Balance Exercise Class</b></p> <p>10: 15: Departure for Shore Club Best of Broadway Show Trip ©</p> <p><b>10:30: Chair Yoga</b></p> <p>1:00: Mahjong Hour</p> <p><b>NO SHOPPING!</b></p>	<p>6</p> <p>9:00: Indoor Pickleball at Brunswick Hills ®</p> <p>10:30: Sketch Class ®</p> <p>1:00: Line Dancing with Eva</p>	<p>7</p> <p><b>TOWNSHIP CLOSED</b> GOOD FRIDAY</p>
<p>10</p> <p><b>9:30: Breathing Exercises with Kristin</b></p> <p><b>10:30: Dancercise with Lysette! (NEW)</b></p> <p><b>1:00: Chair Yoga</b></p> <p>1:00: Crafting with Patty: Plastic Canvas “Welcome” Sign</p> <p>2:00: Gaming Monday!</p>	<p>11</p> <p><b>9:30: Pilates</b></p> <p>10:30: Sketch Class ®</p> <p>1:00: Treats &amp; Sweets: Spring Cupcakes Decorating Class ®</p>	<p>12</p> <p><b>9:15: Balance Exercise Class</b></p> <p><b>10:30: Chair Yoga</b></p> <p>1:00: A Study in Pen &amp; Ink Drawing ®</p> <p>1:00: Crafting with Patty: Plastic Canvas “Welcome” Sign</p> <p>2:00: Mahjong Hour</p>	<p>13</p> <p>8:45: AC Trip to Resorts Casino - \$25 ®</p> <p>9:00: Indoor Pickleball at Brunswick Hills ®</p> <p>10:30: A Study in Pen &amp; Ink Drawing ®</p> <p>1:00: Line Dancing with Eva</p> <p>2:00: S-C-R-A-B-B-L-E!</p>	<p>14</p> <p>9:30: Zumba for Seniors (TV class)</p> <p>10:30: Paint Class ®</p> <p>12:00: Pizza Bingo - \$7 ® - Money is due by April 10th!</p>
<p>17</p> <p>9:30: Chair Exercises (TV class)</p> <p><b>10:30: Silver Leaf Plant &amp; Garden Club Informational Meeting</b></p> <p><b>1:00: Chair Yoga</b></p> <p>1:00: Crafting with Patty: Plastic Canvas “Welcome” Sign</p> <p>2:00: Gaming Monday!</p>	<p>18</p> <p><b>9:30: Pilates</b></p> <p>10:30: Paint Class ®</p> <p>1:00: Treats &amp; Sweets: Spring Cupcakes Decorating Class ®</p>	<p>19</p> <p><b>9:15: Balance Exercise Class</b></p> <p><b>10:30: Chair Yoga</b></p> <p>1:00: A Study in Pen &amp; Ink Drawing ®</p> <p>1:00: Crafting with Patty: Plastic Canvas “Welcome” Sign</p> <p>2:00: Mahjong Hour</p>	<p>20</p> <p>9:00: Indoor Pickleball at Brunswick Hills ®</p> <p>9:30-11:30: Spring Fling with OBHS students ®</p> <p>1:00: Poetry Workshop ®</p>	<p>21</p> <p>9:30: SL Clean Communities Clean up at Veterans Park ®</p> <p>10:30: Sketch Class ®</p> <p>1:00: Movie Day: “80 for Brady”</p> <p>6:00-9:00: SL Night Out: DISCO NIGHT with DJ Lou Reed ®</p>
<p>24</p> <p><b>9:30: Breathing Exercises with Kristin</b></p> <p><b>10:30: Dancercise with Lysette! (NEW)</b></p> <p><b>1:00: Chair Yoga</b></p> <p>1:00: Crafting with Patty: Plastic Canvas “Welcome” Sign</p> <p>2:00: Gaming Monday!</p>	<p>25</p> <p><b>9:30: Pilates</b></p> <p>10:00-2:00: Freehold Mall Trip - Sign up in the Transportation office</p> <p>10:30: Sketch Class ®</p> <p>1:00: Silver Cues Monthly Meeting ©</p> <p>2:00: Zumba for Seniors (TV Class)</p>	<p>26</p> <p>8:30: Registration for May VIA PHONE ONLY!</p> <p><b>10:30: Chair Yoga</b></p> <p>1:00: Crafting with Patty: Plastic Canvas “Welcome” Sign</p> <p>2:00: Mahjong Hour</p> <p>6:00-9:00: Silver Cues After Dark ©</p> <p><b>NO SHOPPING!</b></p>	<p>27</p> <p>9:00: Indoor Pickleball at Brunswick Hills ®</p> <p>10:30: A Study in Pen &amp; Ink Drawing ®</p> <p>1:00: Line Dancing with Eva</p> <p>2:00: Silver Reads Book Club Monthly Meeting ©</p>	<p>28</p> <p>9:30: Chair Exercises (TV class)</p> <p>10:30: Paint Class ®</p> <p>1:00: Poetry Jam &amp; Jazz Coffeehouse</p>

## April 2023 Regular Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>Please note that all menus:</b></p> <p>-May change due to unforeseen circumstances.</p> <p>-Include 8oz. 1% milk and 4oz. 100% juice.</p> <p>-HD and diabetic clients will receive light or sugar-free desserts only.</p>				
<p>Chicken Teriyaki <b>3</b></p> <p>Rice Pilaf</p> <p>Asian Blend Vegetables</p> <p>Vegetable soup</p> <p>Multi Grain Bread</p> <p>Pears</p>	<p>Meatloaf w/Gravy <b>4</b></p> <p>Mashed Potatoes</p> <p>Green Beans</p> <p>Spinach Salad with Cranberries</p> <p>Dinner roll</p> <p>Mixed Fruit</p>	<p>Macaroni and Beef Casserole <b>5</b></p> <p>Italian Blend Vegetables</p> <p>Caesar Salad with Croutons</p> <p>Whole Wheat Bread</p> <p>Fresh Orange</p>	<p>Breaded Fish <b>6</b></p> <p>Confetti Rice</p> <p>Peas and Carrots</p> <p>Cole Slaw</p> <p>Pumpnickel Bread</p> <p>Lorna Doone Cookie</p>	<p><b>7</b></p> <p><b>HOLIDAY</b></p> <p><b>OFFICE CLOSED</b></p>
<p>Meatball Sub <b>10</b></p> <p>Tortellini w/ Marinara Sauce</p> <p>Broccoli Florettes</p> <p>Corn Chowder</p> <p>Club Roll</p> <p>Vanilla Pudding</p>	<p>Turkey w/ Gravy <b>11</b></p> <p>Diced Sweet Potato</p> <p>Mixed Vegetables</p> <p>Spinach Salad with Cranberries</p> <p>Multi Grain Bread</p> <p>Apple</p>	<p>Beef Chili <b>12</b></p> <p>White Rice</p> <p>Peas and Corn</p> <p>Potato Salad</p> <p>Rye Bread</p> <p>Pineapple</p>	<p>Cheese Omelet <b>13</b></p> <p>Turkey Sausage</p> <p>Diced Potato</p> <p>Black Bean and Corn Salad</p> <p>Dinner Roll</p> <p>Mixed Fruit</p>	<p>Crab Cakes <b>14</b></p> <p>Confetti Rice</p> <p>Italian Blend Vegetables</p> <p>Cole Slaw</p> <p>Corn Muffin</p> <p>Peaches</p>
<p>Pork Loin w/ Gravy <b>17</b></p> <p>Mashed Potatoes</p> <p>Sliced Carrots</p> <p>Lentil Soup</p> <p>Dinner Roll</p> <p>Applesauce</p>	<p>Chicken Cacciatore <b>18</b></p> <p>Brown Rice Pilaf</p> <p>Broccoli Florettes</p> <p>Cucumber and Tomato Salad</p> <p>Rye Bread</p> <p>Yogurt</p>	<p>BBQ Beef Ribque <b>19</b></p> <p>Diced Sweet Potatoes</p> <p>Green Beans</p> <p>Macaroni Salad</p> <p>Pumpnickel Bread</p> <p>Fresh Orange</p>	<p>Breaded Chicken <b>20</b></p> <p>Rotini with Pesto Sauce</p> <p>Italian Blend Vegetables</p> <p>Caesar Salad with Croutons</p> <p>Dinner Roll</p> <p>Oatmeal Raisin Cookie</p>	<p>Kielbasa <b>21</b></p> <p>Pierogies</p> <p>Sauerkraut</p> <p>Mixed Vegetables</p> <p>Cole Slaw</p> <p>Club Roll</p> <p>Peaches</p>
<p>Salisbury Steak w/ Gravy <b>24</b></p> <p>Mashed Potato</p> <p>Peas and Corn</p> <p>Health Salad</p> <p>Pumpnickel Bread</p> <p>Pineapple</p>	<p>Chicken Stir Fry <b>25</b></p> <p>Brown Rice</p> <p>Asian Blend Vegetables</p> <p>Cucumber Salad</p> <p>Multi Grain Bead</p> <p>Apple</p>	<p>Ham w/Pineapple Sauce <b>26</b></p> <p>Diced Potato</p> <p>Mix Vegetables</p> <p>Lemon Chick Pea Salad</p> <p>Dinner Roll</p> <p>Lorna Doone Cookie</p>	<p>Chicken Marsala <b>27</b></p> <p>White Rice</p> <p>Green Beans</p> <p>Split Pea Soup</p> <p>Rye Bread</p> <p>Pears</p>	<p>Cheeseburger. <b>28</b></p> <p>Red Skin Oven Roasted Potato</p> <p>Mushrooms and Onions</p> <p>Four Bean Salad</p> <p>Hamburger Roll</p> <p>Peaches</p>

## FRESH AIR AND SUNSHINE AND SNEAKERS.... OH MY!

Spring is here and there is no better trifecta for health and wellness than fresh air, sunshine and ...What, sneakers? Yes, lace up a pair of comfortable shoes and step outside. Whether you pull up a chair in your backyard or enjoy a stroll in your neighborhood, the sights and sounds of spring are everywhere. It is always uplifting when you start to notice longer days and the sounds of birds chirping earlier and earlier in the morning. Life abounds as the energy of the sun shines through and just as flowers convert the energy from the sun, so do our bodies.

## BENEFITS OF SPENDING TIME OUTSIDE:

### BONE HEALTH

The sunlight converts a chemical in your skin into an active form of Vitamin D. Vitamin D is a nutrient our bodies need for building and maintaining healthy bones. Calcium can only be absorbed in the presence of Vitamin D. Studies have shown that people who get enough Vitamin D and calcium in their diets have slower bone mineral loss which can help prevent osteoporosis. According to the WHO, getting 15-20 minutes of sunlight on arms, hands, and face 2-3 times a week is enough to enjoy the Vitamin D boosting benefits of the sun. If you are out in the sun for more than 15 minutes, it is a good idea to apply sunscreen.

### IMMUNE FUNCTION

According to studies, the benefits of Vitamin D extend beyond bone health. Vitamin D also regulates other cellular functions. As an anti-inflammatory and antioxidant, Vitamin D supports immune health. Low levels of Vitamin D have been shown to be associated with increased susceptibility to infection.

### SUNLIGHT AND SEROTONIN

Exposure to sunlight is thought to release a hormone in the brain called serotonin. Serotonin is associated with boosting mood. Without enough sun exposure our serotonin levels can dip resulting in an increased risk of feeling gloomy or melancholy. Give yourself a lift by spending time outside and enjoy all the benefits fresh air and sunshine have on our wellbeing.

## Middlesex County Office of Aging & Disabled Services

### UPCOMING EVENTS

#### 90's Birthday Celebration

For those who turn 90 and older in 2023



**May 5th, 2023**

Old Bridge Senior Center

**May 11th, 2023**

South Brunswick Senior Center

**May 18th, 2023**

Sayreville Senior Center

**May 23rd, 2023**

Piscataway Senior Center

**Registration is required**

**For further details contact  
your local senior center  
or call 732-745-3295**



[middlesexcountynj.gov](http://middlesexcountynj.gov)

## NUTRITION RESOURCES

**RePLeNISH** (formerly M.C.F.O.O.D.S.) provides referrals to food pantries and soup kitchens throughout the County that offers assistance to Middlesex County Residents.



To learn more and locate food pantries, scan the QR code or visit [middlesexcounty.gov/replenish](http://middlesexcounty.gov/replenish)

**732-729-0880**

## PROTECT YOURSELF FROM ABUSE, NEGLECT AND EXPLOITATION!

If you or others experience abuse or neglect in a community setting, Adult Protective Services (APS) is here to help. The APS mission is to ensure the safety and well-being of elders and dependent adults.

## CENTRAL JERSEY LEGAL SERVICES (CJLS)

CJLS is a non-profit law firm offering free legal help in civil (non-criminal) cases for low-income residents of Middlesex County. CJLS provides legal assistance for: Housing Problems, Family Law & Domestic Violence, Consumer Problems, Public Benefits & Employment, Access to Health Care and other health care issues.

CJLS: 732-249-7600 or 732-324-1613  
[www.lsnj.org/cjls](http://www.lsnj.org/cjls)

## OFFICE OF AGING AND DISABLED SERVICES

Laila Caune, *Aging and Disabled Services Director*

### Middlesex County Board of County Commissioners

Ronald G. Rios, *Director*  
Shanti Narra, *Deputy Director*  
Claribel A. Azcona-Barber  
Charles Kenny  
Leslie Koppel  
Chanelle Scott McCullum  
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