

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

Older Americans Month: AGING UNBOUND



From the Desk of the Manager

Established in 1963, Older Americans Month (OAM) is celebrated every May. Led by the Administration for Community Living (ACL), OAM is a time for us to acknowledge the contributions and achievements of older Americans, highlight important trends, and strengthen our commitment to honoring our older citizens.

This year's theme, Aging Unbound, offers an opportunity to explore a wide range of aging experiences and to promote the importance of enjoying independence and fulfillment by paving our own paths as we age. Here are some ways we can all participate in Aging Unbound:

- Embrace the opportunity to change. Find a new passion, go on an adventure, and push boundaries by not letting age define your limits. Invite creativity and purpose into your life by trying new activities in your community to bring in more growth, joy, and energy.
 - Explore the rewards of growing older. With age comes knowledge, which provides insight and confidence to understand and experience the world more deeply. Continue to grow that knowledge through reading, listening, classes, and creative activities.
 - Stay engaged in your community. Everyone benefits when everyone is connected and involved. Stay active by volunteering, working, mentoring, participating in social clubs, and taking part in activities at your local senior center or elsewhere in the community.
- This May, join us as we recognize the 60th anniversary of OAM and challenge the narrative on aging here at Silver Linings at Old Bridge.

Anahita Feltz

NEW AT SILVER LININGS!

We are excited to introduce new classes!

- **Strength Training Class:** Join us as we welcome certified fitness instructor Gurdeep to the center for a new strength training class with weights and resistance bands. This will be chair-based class with some standing.
- **Dancercise with Lysette:** Let's officially welcome Lysette to the Silver Linings family with her new dancercise class! If you didn't get a chance to take it in April, make sure to check it out this month!
- **Bucket Drumming:** What's bucket drumming, you ask? Well, it's an exercise and music class all in one! It is becoming widely popular throughout centers so make sure to check it out! Please note that sign up is required for this new class and that you can only sign up for 1 session in order to give everyone a chance to try it out!
- **Bollywood Dancing Class:** Bollywood Dancing is an effective way to build endurance and increase strength! Join us as we welcome Bollywood Dance instructor Varsha for this fun, new class!

Make sure to review the calendar for days/times of these new classes!



Let's welcome back the OBHS Cosmetology students to Silver Linings! They will be providing some pampering for us!

They will be offering hair styling, giving manicures and doing makeup. If you are planning on having your hair styled, please make sure to wash your hair in the morning.

Silver Linings & OBHS End of the Year Breakfast!

We've had such a great time with all the wonderful OBHS Psychology students we met and hung out with this year! Join us as we say goodbye to them with a breakfast! Sign up is required!



May 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 May classes, programs and trips will begin on Wednesday, April 26th 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

Columbus Farmers Market Trip

Let's go shopping! Back by popular demand is our Columbus Farmers Market Trip. Join us on Thursday, May 11th at 9:30 as we head to our favorite indoor/outdoor flea market! Sign up in advance is required. Cost is \$5 and it is non-refundable. Money is due by May 9th.



SL Clean Communities Cleanup Tuesday, May 16th at 1pm

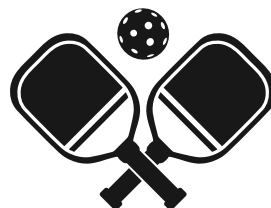
Join us as we head to Geick Park for a park cleanup! It's a great workout and a great way to give back to our community! Let's keep Old Bridge beautiful!

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



DON'T FORGET

- 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.
- Your Silver Linings ID must be with you at all times while at the center and they must be worn when using our buses.



OUTDOOR PICKLEBALL IS BACK!

It's time to move outdoors! Outdoor Pickleball classes will take place on Thursdays from 9am to 11am here at the courts in the Municipal Complex! Our Pickleball instructor Sadie will be overseeing the classes. You must sign up for each class you want to attend. We hope to see you out on the courts!

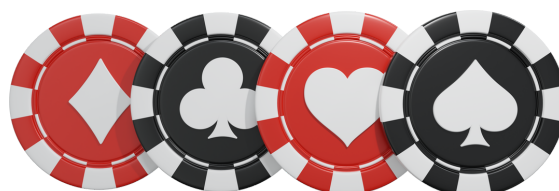
CRAFTING WITH PATTY

Working on a craft project and want to socialize with friends? Join us on Wednesdays at 1pm for Crafting with Patty! If you don't have a project to work on, plastic canvas projects will be available for you to do! See you in the craft room!

AC TRIP: Resorts Casino

Thursday, May 18th at 8:45am

Join us for this month's AC Trip 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 May 15th.





MOTHER'S DAY ICE CREAM SOCIAL

Join us on Friday, May 12th at 1pm for our monthly Ice Cream Social honoring all the great mothers and those that are like mothers! Let's enjoy some delicious ice cream and dance the afternoon away with Happy Feet DJs!
See you on the dance floor!

KNOWLEDGE IS POWER!

Join us this month for two very important and informative presentations:

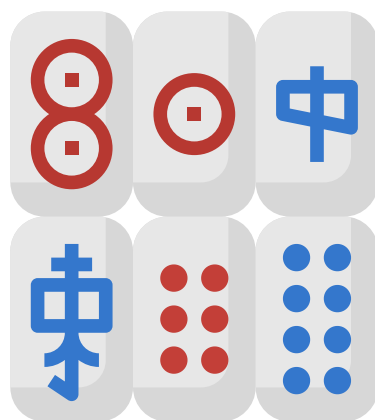
- **Tuesday, May 2nd at 10:30:** "Medicare and Social Security Workshop" with guest speakers Peter Hegel and Robert Ryerson. Topics include: "Medicare: The Basics", "Medicare Supplement vs. Medicare Advantage", "Medicare Part D", "Ways to Reduce Drug Costs", and "How to Maximize Your Social Security Benefits."
- **Thursday, May 4th at 10:00:** The Senior Medicare Patrol will be speaking on Medicare Fraud. Come learn about the current scams in Medicare and how to protect yourself from these scams!

Morning Meditation with Kristin & COPSA Mental Health Presentation



Join us on Tuesday, May 30th for a Morning Meditation session with Kristin at 10:45am followed by a Mental Health Presentation by Edna from Rutgers Behavioral Health at 1:00pm.

Members who attend both will receive a Mental Health Kit after the afternoon presentation!



Come play Mahjong! Check out the calendar for days and times when Mahjong players are around to play!

DIANE KEATON JANE FONDA CANDICE BERGEN MARY STEENBURGEN



Movie Day: "Book Club"

Friday, May 19th at 1pm
Four lifelong friends' lives are turned upside down to hilarious ends when their book club attempts to shake things up by tackling the infamous *Fifty Shades of Grey*. From discovering new romance to rekindling old flames, they inspire each other to make their next chapter the best chapter.



42nd Annual SPRING LAKE HISTORICAL SOCIETY HOUSE TOUR

Thursday, June 8, 2023 • 10 A.M. - 3 P.M.



We are so excited to head to Spring Lake to visit some of their most historic homes! Sign up is required. Cost is \$35 and it is non-refundable. Payment is due by May 26th. You will have the opportunity to purchase lunch in their cute Main Street area! Please arrive at the center at 9am. We will return by 4pm. Please note that due to the historical nature of these homes, a lot of walking is involved. There will be stairs to climb as well. Furthermore, most of the homes cannot accommodate walkers. Please keep that in mind when registering.

May 2023

Mon	Tue	Wed	Thu	Fri
<p><i>1</i> 9:30: Strength Training Class (NEW)</p> <p>10:30: Dancercise with Lysette (NEW)</p> <p>1:00: Chair Yoga</p> <p><i>2:00: Gaming Mondays!</i></p>	<p><i>2</i> 9:30: Pilates</p> <p>10:30: Medicare and Social Security Workshop</p> <p><i>1:00: Sketch Class ®</i></p>	<p><i>3</i> 9:15: Balance Exercise Class</p> <p>10:30: Chair Yoga</p> <p><i>1:00: Paint Class ®</i></p> <p><i>1:00: Crafting with Patty</i></p> <p><i>2:00: Mahjong Hour</i></p>	<p><i>4</i> <i>9:00: Outdoor Pickleball at Municipal Courts ®</i></p> <p>10:00: Medicare Fraud Presentation with Senior Medicare Patrol</p> <p><i>11:00: Line Dancing with Eva</i></p> <p>1:00: Dancercise with Lysette (NEW)</p> <p><i>1:00: Sketch Class ®</i></p>	<p><i>5</i></p> <p>CENTER CLOSED</p> <p><i>County 90s Bash</i></p>
<p><i>8</i></p> <p>CENTER CLOSED</p> <p><i>Staff In-Service Day</i></p>	<p><i>9</i> 9:30: Pilates</p> <p><i>10:00-2:00: Silver Cues Billiards Tournament with the South Brunswick Senior Center ©</i></p> <p><i>10:30: Paint Class ®</i></p> <p><i>1:00: Bucket Drumming (NEW) ®</i></p> <p>THE BILLIARDS ROOM WILL BE CLOSED!</p>	<p><i>10</i> 9:15: Balance Exercise Class</p> <p>10:30: Chair Yoga</p> <p><i>1:00: Sketch Class ®</i></p> <p><i>1:00: Crafting with Patty</i></p> <p><i>2:00: Mahjong Hour</i></p>	<p><i>11</i> <i>9:00: Outdoor Pickleball at Municipal Courts ®</i></p> <p><i>9:30: Columbus Farmers Market - \$5 ®</i></p> <p><i>10:30: Paint Class ®</i></p> <p><i>11:00: Line Dancing with Eva</i></p> <p>1:00: Dancercise with Lysette (NEW)</p>	<p><i>12</i> 9:30: Bollywood Dancing Class (NEW)</p> <p><i>10:30: Spa Day with OBHS Cosmetology Students</i></p> <p><i>1:00: Mother's Day Ice Cream Social with Happy Feet DJs</i></p>
<p><i>15</i> 9:30: Strength Training Class (NEW)</p> <p>10:30: Dancercise with Lysette (NEW)</p> <p>1:00: Chair Yoga</p> <p><i>2:00: Gaming Mondays!</i></p>	<p><i>16</i> 9:30: Pilates</p> <p><i>10:30: Sketch Class ®</i></p> <p><i>1:00: Silver Linings Clean Communities Clean up at Geick Park ®</i></p> <p><i>2:00: Mahjong Hour</i></p>	<p><i>17</i> 9:15: Balance Exercise Class</p> <p>10:30: Chair Yoga</p> <p><i>1:00: Crafting with Patty</i></p> <p><i>2:00: Mahjong Hour</i></p>	<p><i>18</i> <i>8:45: AC Trip - Resorts Casino - \$25 ®</i></p> <p><i>9:00: Outdoor Pickleball at Municipal Courts ®</i></p> <p><i>10:30: Paint Class ®</i></p> <p><i>11:00: Line Dancing with Eva</i></p> <p>1:00: Dancercise with Lysette (NEW)</p>	<p><i>19</i> <i>9:30: Silver Linings & OBHS End of the Year Breakfast ®</i></p> <p><i>1:00: Movie Day: "Book Club" starring Diane Keaton, Jane Fonda, Candice Bergen & Mary Steenburgen</i></p>
<p><i>22</i> 9:30: Breathing Exercises with Kristin</p> <p>10:30: Dancercise with Lysette (NEW)</p> <p>1:00: Chair Yoga</p> <p><i>2:00: Gaming Mondays!</i></p>	<p><i>23</i> 9:30: Pilates</p> <p><i>10:30: Bucket Drumming (NEW) ®</i></p> <p><i>11:15: Silver Reads Book Club Trip to the Movies! ©</i></p> <p><i>1:00-3:00: Mahjong Hours</i></p>	<p><i>24</i> 9:15: Balance Exercise Class</p> <p>10:30: Chair Yoga</p> <p><i>1:00: Crafting with Patty</i></p> <p><i>2:00: Mahjong Hour</i></p>	<p><i>25</i> <i>9:00: Outdoor Pickleball at Municipal Courts ®</i></p> <p>11:00: Monthly Members Meeting</p> <p>1:00: Dancercise with Lysette (NEW)</p>	<p><i>26</i> 9:30: Bollywood Dancing Class (NEW)</p> <p><i>10:30: Silver Cues Billiards Club Monthly Meeting ©</i></p> <p><i>12:00-2:00: Pizza Bingo - \$7 ®</i></p> <p><i>Money is due by 5/19!</i></p>
<p><i>29</i></p> <p>TOWNSHIP CLOSED</p> <p><i>Memorial Day</i></p>	<p><i>30</i> 9:30: Pilates</p> <p><i>10:45: Morning Meditation with Kristin</i></p> <p>1:00: COPSA Presentation with Edna from Rutgers Behavioral Health</p>	<p><i>31</i> <i>8:30: Registration for June classes/ programs/trips VIA PHONE ONLY!</i></p> <p>10:30: Chair Yoga</p> <p><i>1:00: Silver Reads Book Club Monthly Meeting ©</i></p> <p><i>2:00: Mahjong Hour</i></p> <p><i>6pm-9pm: Silver Cues After Dark ©</i></p>	<p><i>Registration for May classes, programs and trips begins on Wednesday, April 26th 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>	