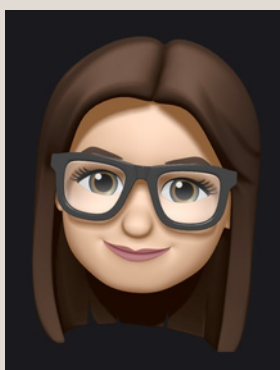


1 OLD BRIDGE PLAZA | OLD BRIDGE, NJ 08857 | 732-721-5600, EXT. 6600 | JUNE 2023



## From the Desk of the Manager

Happy June Silver Linings! Can you believe we are almost halfway through the year??? We've welcome over 130 new members to the center, and we are busier than ever!

The month of June is all about the fellas because it's the official Men's Health Month. Led by Men's Health Network, representatives from six leading men's health organizations around the world met at the 2nd World Congress on Men's Health in Vienna, Austria in 2002 and resolved to work together to launch International Men's Health Week (IMHW). The goal is to increase awareness of male health issues on a global level and to encourage inter- and intra-national institutions to develop health policies and services that meet the specific needs of men, boys, and their families.

The month also coincides with Men's Health Week (June 12-18), a special awareness period recognized by Congress each year, and the #ShowUsYourBlue Wear Blue campaign on June 16, where men and women are encouraged to Wear Blue on Friday to show their support for the health and well-being of men boys and men. So make sure to join us on June 16 and #ShowUsYourBlue!

*Anahita Feltz*

## SILVER LININGS NIGHT OUT: SUMMER '23 KICKOFF PARTY!

Friday, June 30th from 6pm to 9pm

Join us as we kick off the summer with a night out! DJ Mel is back and he will be spinning some summer tunes for us! Summer games will be set up! Dress in your best summer attire and let's spend a fun night together!

Registration is required!

HELLO  
SUMMER!

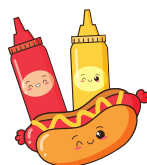
**Snack foods will be available for purchase.**

**Or B.Y.O.S. - Bring Your Own Snack!**

**We will have popcorn, ice cream and drinks for everyone!**

## Hot Dogs & Ice Cream Social!

Friday, June 16th at 11:30am



Join us for a hot dog lunch, ice cream and dancing with Happy Feet DJs!

Registration for the hot dog lunch is required and cost is \$5 (which will include a hot dog, chips, a cookie, and a drink). Money is due by Monday June 12th. The ice cream is sponsored by member Theresa Crenshaw! Thank you Theresa!

**Please note that the County Congregate Meal Program will be closed that day.**

## Coming this June at Silver Linings!

- The "Senior" Prom | June 1 (see page 2)
- National Donut Day | June 2 (see page 3)
- Crafting with Patty | Mon. & Wed. (see page 2)
- Pastel Textile Design with Stacey (see page 2)
- Monmouth Park Trip | June 9 (see page 3)
- AC Trip to Resorts | June 15 (see page 3)
- Silver Crafts | June 20 & 29 (see page 2)
- SL Clean Communities | June 20 (see page 3)
- Pizza Bingo | June 23 (see page 3)
- River Queen Lunch Cruise | July 12 (see page 2)

**And don't forget all your favorites: Strength Training, Line Dancing, Chair Yoga, Pilates, Balance Exercise, Bollywood Dancing, Paint & Sketch, Bucket Drumming and more!**



**Here's to a great June together! Please take the time to review the whole newsletter and the calendar.**

**Registration for June classes, programs and trips will begin on Wednesday, May 31st 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)

## CRAFTING WITH PATTY



Join us in the craft room on Mondays and Wednesdays at 1pm as we make "God Bless America" signs just in time for Independence Day! No sign up is required. However, you must attend at the first Monday (6/5) or Wednesday (6/7) to receive a kit!



## LET'S PLAY PICKLEBALL!

Who's ready for pickleball? 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!

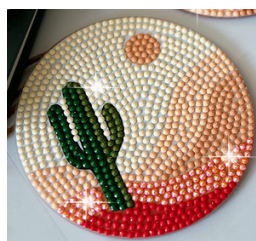
## Pastel Textile Design with Stacey

Join Stacey in the craft room for her next art education class: pastels! Pastel drawings and paintings glow with an intensely luminous color and rich velvety texture. This is because pastel powder is pure pigment! Come learn more about pastels and make a beautiful piece of art! Sign up is required and please note that you can only attend 1 session. Please check the calendar for class dates.

## Silver Crafts: Diamond Painting



**Tuesday,  
June 20th at  
1pm**  
**Thursday,  
June 29th at  
9:30am**



Come see what "Diamond Painting" is all about! It is not only entertainment in leisure time, but also cultivates our patience and concentration. Sign up is required and please note that you can only sign up for 1 session.



**The Senior Prom**

**1 JUNE 23 | From 12-3 P.M.**

**DRESS TO IMPRESS!**

**EVENTS FEATURED:**

- DJ & DANCING
- PHOTOBOOTH
- FOOD & REFRESHMENTS

**Location: The Silver Linings at Old Bridge**

**BROUGHT TO YOU BY OBHS CHICK-FIL-A LEADERSHIP ACADEMY** \*Sponsored by the OBEA\*

**SIGN UP REQUIRED!**

You are cordially invited to the "Senior" Prom! Sign up is required! Dress as if you're going to the prom! Please note that the center will be closed that day and will only be open for this event. The building will open at 11:45am.

## River Queen Lunch Cruise Wednesday, July 12th

Cruise along the beautiful, calm inland waters of the Manasquan River, Point Pleasant Canal, and Barnegat Bay while enjoying a meal on board! Registration is required and cost is \$40 (non-refundable). Money is due by July 7th.



Chef's selection will include beef or chicken and pasta/rice dishes. All meals include veggies and a salad, butter, cookies, coffee, tea. Please arrive at the center at 10am for departure. We will be back at the center after 3pm.





## SL Clean Communities Beach Cleanup

**Tuesday, June 27th at 10am**

June is National Oceans Month so join us as we head to the Laurence Harbor Beach Front cleanup! It's a great workout and a great way to give back to our community! Let's keep our beaches clean!

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



## NATIONAL DONUT DAY! FRIDAY, JUNE 2ND

Join us at 1pm on June 2nd as we celebrate Donut Day! Come decorate your own donut! Sign up is required!

## TRIP TO MONMOUTH RACETRACK FRIDAY, JUNE 9TH



Let's go to the Racetrack!  
Registration is required for this trip. Please note that you will need to pay your own admission when you arrive at the park, which is \$6. You can also bring your lunch/snack if you'd like. Please see Nancy for more info!

### Movie Day:

**"Ticket to Paradise"**

**Friday, June 9th at 1pm**

George Clooney and Julia Roberts team up as exes who find themselves on a shared mission: to stop their lovestruck daughter from making the same mistake they once made.



## PIZZA BINGO!

**Friday, June 23rd at 12pm**

Sign up is required. Cost is \$7 and money is due by 6/16!

If you don't want the pizza lunch, you do not need to pay the \$7; however, you must still sign up.



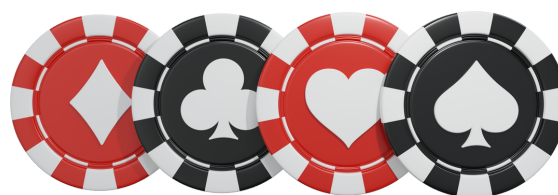
## DON'T FORGET

- 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.

## AC TRIP: Resorts Casino

**Thursday, June 15th 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 June 9th.



# June 2023

Mon	Tue	Wed	Thu	Fri
<p>Registration for June classes, programs and trips begins on Wednesday, May 31st at 8:30am VIA PHONE ONLY!</p> <p>The center will open at 9:30am that morning.</p> <p>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.</p> <p>DO NOT LEAVE A VOICEMAIL - you must speak to a staff member to register.</p>			<p>1</p> <p><b>Silver Linings &amp; OBHS</b></p> <p><b>“Senior” Prom ®</b></p> <p><b>12:00pm to 3pm</b></p> <p>The Center will be closed all day except for this event.</p> <p>Doors will open at 11:45am.</p>	<p>2</p> <p><b>9:30: Bollywood Dancing Class</b></p> <p>10:30: Paint Class ®</p> <p>1:00: National Donut Day: Decorate your own donut! ®</p>
<p>5</p> <p><b>9:45: Strength Training with Gurdeep</b></p> <p><b>10:45: Dancercise with Lysette</b></p> <p><b>1:00: Chair Yoga</b></p> <p>1:00: Crafting with Patty!</p> <p>2:00: Gaming Mondays!</p>	<p>6</p> <p><b>CENTER CLOSED</b></p> <p>PRIMARY ELECTIONS</p>	<p>7</p> <p><b>9:30: Dancercise with Lysette</b></p> <p><b>10:30: Chair Yoga</b></p> <p>1:00: Crafting with Patty!</p> <p>2:00: Mahjong Hour</p>	<p>8</p> <p>9:00: Spring Lake Society House Tour ©</p> <p>9:00: Outdoor Pickleball at Municipal Courts ®</p> <p>11:00: Line Dancing with Eva</p> <p>1:00: Pastel Textile Design ®</p>	<p>9</p> <p><b>9:30: Bollywood Dancing Class</b></p> <p>10:30: Sketch Class ®</p> <p>12:00: Monmouth Park Trip ®</p> <p>1:00: Movie: “Ticket to Paradise” starring Julia Roberts &amp; George Clooney</p>
<p>12</p> <p><b>9:45: Strength Training with Gurdeep</b></p> <p><b>10:45: Dancercise with Lysette</b></p> <p><b>1:00: Chair Yoga</b></p> <p>1:00: Crafting with Patty!</p> <p>2:00: Gaming Mondays!</p>	<p>13</p> <p><b>9:30: Pilates</b></p> <p>10:30: Paint Class ®</p> <p>1:00: Breathing Exercises with Kristin</p>	<p>14</p> <p><b>9:30: Dancercise with Lysette</b></p> <p><b>10:30: Chair Yoga</b></p> <p>1:00: Pastel Textile Design ®</p> <p>1:00: Crafting with Patty!</p> <p>2:00: Mahjong Hour</p>	<p>15</p> <p>8:45: AC Trip - Resorts Casino - \$25 ®</p> <p>9:00: Outdoor Pickleball at Municipal Courts ®</p> <p>11:00: Line Dancing with Eva</p> <p>1:00: Bucket Drumming ®</p>	<p>16</p> <p><b>WEAR BLUE DAY!</b></p> <p><b>9:30: Bollywood Dancing Class</b></p> <p>10:30: Sketch Class ®</p> <p>11:30: Hot Dogs &amp; Ice Cream Social w/ Happy Feet DJs - \$5 ®</p>
<p>19</p> <p><b>9:45: Strength Training with Gurdeep</b></p> <p><b>10:45: Dancercise with Lysette</b></p> <p><b>1:00: Chair Yoga</b></p> <p>1:00: Crafting with Patty!</p> <p>2:00: Gaming Mondays!</p>	<p>20</p> <p><b>9:30: Pilates</b></p> <p>10:00: Jersey Shore Outlets Trip - \$3 ®</p> <p>10:30: Bucket Drumming ®</p> <p>1:00: Silver Crafts: Diamond Painting Coasters with Anna ®</p>	<p>21</p> <p><b>9:30: Balance Exercise Class</b></p> <p><b>10:30: Chair Yoga</b></p> <p>1:00: Crafting with Patty!</p> <p>2:00: Mahjong Hour</p>	<p>22</p> <p>9:00: Outdoor Pickleball at Municipal Courts ®</p> <p>10:30: Sketch Class ®</p> <p><b>11:00: Dancercise with Lysette</b></p> <p>1:00: Pastel Textile Design ®</p>	<p>23</p> <p><b>9:30: Bollywood Dancing Class</b></p> <p>10:30: Paint Class ®</p> <p>12:00: Pizza Bingo - \$7 ®</p> <p>Money due by 6/16!</p>
<p>26</p> <p><b>9:45: Strength Training with Gurdeep</b></p> <p><b>10:45: Dancercise with Lysette</b></p> <p><b>1:00: Chair Yoga</b></p> <p>1:00: Crafting with Patty!</p> <p>2:00: Gaming Mondays!</p>	<p>27</p> <p><b>9:30: Pilates</b></p> <p>10:00: SL Clean Communities Beach Cleanup ®</p> <p>10:30: Sketch Class ®</p> <p>1:00: Silver Cues Billiards Club Monthly Meeting ©</p>	<p>28</p> <p>8:30: Registration for July classes/ programs/trips VIA PHONE ONLY!</p> <p><b>10:30: Chair Yoga</b></p> <p><b>1:00: Balance Exercise Class</b></p> <p>1:00: Crafting with Patty!</p> <p>2:00: Mahjong Hour</p> <p>6pm to 9pm: Silver Cues After Dark ©</p>	<p>29</p> <p>9:00: Outdoor Pickleball at Municipal Courts ®</p> <p>9:30: Silver Crafts: Diamond Painting Coasters with Anna ®</p> <p>11:00: Line Dancing with Eva</p> <p>1:00: Pastel Textile Design ®</p>	<p>30</p> <p><b>9:30: Bollywood Dancing Class</b></p> <p>10:30: Paint Class ®</p> <p>1:00: Silver Reads Book Club Monthly Meeting ©</p> <p><b>6pm to 9pm: Silver Linings Night Out: Summer '23</b></p> <p><b>Kick Off Party! ®</b></p>