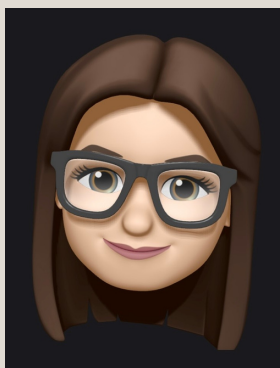


1 OLD BRIDGE PLAZA | OLD BRIDGE, NJ 08857 | 732-721-5600, EXT. 6600 | JULY 2023



INDEPENDENCE DAY

4TH OF JULY



From the Desk of the Manager

How are we already halfway through 2023?! We have had an amazing year so far filled with new classes, programs, trips and all of our favorites!

Our center has grown so much already this year and I would like to take some time to share some numbers with you all. Below are statistics on total members served so far; new members; average attendance; and total rides given.

Total Members Served: 581

New Members: 150

Average Daily Attendance: 123

Total Rides: 9697

Something else that is important to mention is how diverse our membership is - diverse in ethnicity, abilities, interest and age. Our membership ranges from the age of 60 to 99! We strive to provide programs, classes, and trips that appeal to all our members - regardless of age or interest.

As we continue to grow, we thank you for bearing with us during our growing pains. To that end, we are gathering information on how to better serve you - starting with our registration process for classes/programs/trips. Please complete the attached survey on the back of our newsletter and drop it off at the front desk by July 31st. We appreciate your feedback and input.

We are excited for the next half of 2023, and as always, we thank you for your continued support of our center.

Anahita Feltz

GRANDPARENTS CAMP DAYS!

Friday, July 7th and Friday, July 28th



Many of our members babysit their grandchildren during the summer so how about taking them to Camp Silver Linings for a couple of days to see what we do!

Grandchildren (ages 4+) will be welcome on Friday, July 7th and Friday, July 28th. They will be able to participate in all activities those two days. However, if a program/class has a (r) next to it, members will need to sign up for themselves and their grandchildren for those particular programs and classes. Please refer to the calendar for the schedule of activities.

Please note that only children ages 6+ will be allowed to ride the bus.

Out to Lunch! Friday, July 28th



Join us for lunch at Friendly's! Sign up is required for this out to lunch event.

Please note that this lunch is on a Grandparents Camp Day, therefore grandchildren are welcome (however, they also need to sign up to attend).

Friendly's offers a great discounted children's menu. All members will be ordering off the regular menu and will receive a free SMALL Happy Ending Sundae with the purchase of a full-price entree courtesy of Silver Linings. We hope to see you there!

Please take the time to review the whole newsletter and the calendar.

Registration for July classes, programs and trips will begin on

Wednesday, June 28th 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](https://www.facebook.com/groups/silverliningsatoldbridge)

SL Clean Communities Park Cleanup Friday, July 7th at 9:30am

Did you know that July is National Parks & Recreation Month? Help us keep our parks clean with a cleanup at Veterans Park!

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



TAKE ME OUT TO THE BALLGAME! WEDNESDAY, AUGUST 9TH AT 11:05AM

The Somerset Patriots are an American Minor League Baseball team based that is the Double-A affiliate of the New York Yankees. Join us as we head to the ballpark to watch the Somerset Patriots take on the Binghamton Rumble Ponies! Cost is \$12 and registration is required. Money is due by July 28th.



Please be at the center at 9:15am. Also, please note that no outside food/beverages are permitted.



We are taking July and August off from Pickleball! But no worries - outdoor pickleball will be back in the fall!

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.

PIZZA BINGO!

Friday, July 21st at 12pm

Sign up is required. Cost is \$7 and money is due by 7/14. Please note that if payment is not made by 7/14, you will not receive lunch. If you don't want the pizza lunch, you do not need to pay the \$7; however, you must still sign up.



Movie Day & Ice Cream!

"West Side Story"

Friday, July 14th at 12:30pm

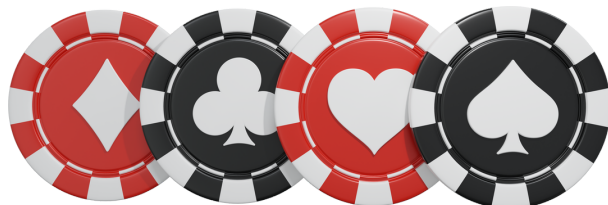
An adaptation of the 1957 musical, West Side Story explores forbidden love and the rivalry between the Jets and the Sharks, two teenage street gangs of different ethnic backgrounds. This is the 2021 Spielberg remake.



AC TRIP: Resorts Casino

Thursday, July 20th at 8:45am

Join us for this month's AC Trip as we head to Caesars 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 July 14th.



Mini Golf Trip!

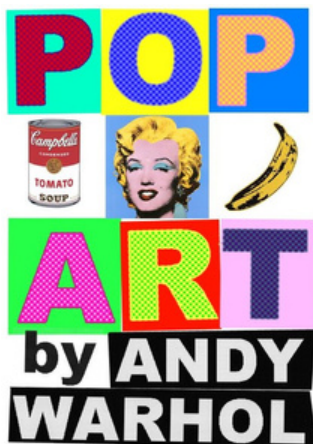
Thursday, July 13th
Thursday, July 27th

Silver Linings is going Mini Golfing! Join us for a fun outing! Cost is \$5 and registration is required. Money for the 7/13 trip is due by 7/7 and money for the 7/27 trip is due by 7/21.

In order to accommodate as many members as possible, we are offering two dates. Please note that you can only sign up for one date.

Please note that buses will leave the center promptly at 11:15am.

A STUDY ON ANDY WARHOL & POP ART



Join us for this month's Art Education class on Andy Warhol and Pop Art! Stacey will teach you about Andy Warhol and his famous Art movement!

Classes will be offered every Thursday at 9:30am during the month of July!

Please note that you can only sign up for 1 class in order to accommodate all members. Also, you will get to create your own pop art that we will be hanging in our hallway for display!

Treats & Sweets:
Summer Cupcake Decorating

Let's decorate some cupcakes! We will offering 2 classes - 7/7 & 7/25. Registration is required and you can only sign up for one class!



Silver Linings Night Out: Cultural Night!

Friday, July 28th | 6pm to 9pm

Let's immerse in the cultural diversity of our center! Join us for an evening of international foods and performances! Registration is required.

This will be a member-led event as we are asking members attending to make food dishes from their cultures that we will all sample. We will also need performers! So when registering for the event, please let us know if you are bringing a dish and/or if you want to perform!



Registration for this event will close on 7/21. Thank you in advance for your participation!

Documentary Tuesdays: "Duty Free"


Starting this month, we will be showing a monthly thought-provoking documentary. Join us on July 18th at 1pm as we screen Sian-Pierre Regis' documentary "Duty Free".

After a 75 year-old immigrant mother gets fired without cause from her lifelong job as a hotel housekeeper, her son takes her on a bucket-list adventure to reclaim her life. As she struggles to find work, he documents a journey that uncovers the economic insecurity shaping not only her future, but that of an entire generation.

Duty Free examines ageism, the care crisis, and economic insecurity in America. Who will care for and support our moms and dads? Our grandmothers and our grandfathers? Who will support us as we age?

We are working on hosting a Zoom meet & Greet with the Director and his mom and hope to have more info about that soon! In the meantime, make sure to come watch this documentary!

July 2023

Mon	Tue	Wed	Thu	Fri
<p>3</p> <p><i>CENTER CLOSED</i> <i>Staff In-Service Day</i></p>	<p>4</p> <p><i>TOWNSHIP CLOSED</i></p> 	<p>5</p> <p>9:30: Balance Exercise with Janice 10:30: Chair Yoga with Al 1:00: Paint Class with Stacey ® 1:00: Crafting with Patty 2:00: Mahjong Hour</p>	<p>6</p> <p>9:30: A Study on Andy Warhol & Pop Art ® 11:00: Line Dancing with Eva 1:00: Bollywood Dancing with Varsha</p>	<p>7</p> <p>GRANDPARENTS CAMP DAY 9:30: SL Clean Communities at Veterans Park ® 11:00: Dancercise with Lysette 1:00: Treats & Sweets: Summer Cupcakes Decorating Class ®</p>
<p>10</p> <p>9:45: Strength Training with Gurdeep 10:45: Dancercise with Lysette 1:00: Chair Yoga with Al 1:00: Crafting with Patty 2:00: Mahjong Hour</p>	<p>11</p> <p>9:30: Pilates with Suzy 10:30: Sketch Class with Stacey ® 1:00: Coffee & Karaoke!</p>	<p>12</p> <p>9:30: Balance Exercise with Janice 10:00 River Queen Lunch Cruise © 10:30: Chair Yoga with Al 1:00: Crafting with Patty 2:00: Mahjong Hour</p>	<p>13</p> <p>9:30: A Study on Andy Warhol & Pop Art ® 11:00: Line Dancing with Eva 11:15: Mini Golf at Woodbridge Center - \$5 ® 1:00: Dancercise with Lysette</p>	<p>14</p> <p>9:30: Bollywood Dancing with Varsha 10:30: Paint Class with Stacey ® 12:30: Movie Day & Ice Cream: West Side Story (2021)</p>
<p>17</p> <p>9:45: Strength Training with Gurdeep 10:45: Dancercise with Lysette 1:00: Chair Yoga with Al 1:00: Crafting with Patty 2:00: Mahjong Hour</p>	<p>18</p> <p>9:30: Pilates with Suzy 10:30: Sketch Class with Stacey ® 1:00: Documentary Tuesdays: "Duty Free" by Sian-Pierre Regis</p>	<p>19</p> <p>9:30: Balance Exercise with Janice 10:30: Chair Yoga with Al 1:00: Paint Class with Stacey ® 1:00: Crafting with Patty 2:00: Mahjong Hour</p>	<p>20</p> <p>8:30: AC Trip to Caesars Casino - \$25 ® 9:30: A Study on Andy Warhol & Pop Art ® 11:00: Line Dancing with Eva 1:00: Dancercise with Lysette</p>	<p>21</p> <p>9:30: Bollywood Dancing with Varsha 10:30: Sketch Class with Stacey ® 12:00: Pizza Bingo - \$7 ®</p>
<p>24</p> <p>9:45: Strength Training with Gurdeep 10:45: Dancercise with Lysette 1:00: Chair Yoga with Al 1:00: Crafting with Patty 2:00: Mahjong Hour</p>	<p>25</p> <p>9:30: Pilates with Suzy 10:30: Sketch Class with Stacey ® 1:00: Treats & Sweets: Summer Cupcakes Decorating Class ®</p>	<p>26</p> <p>8:30: Registration for August Classes/Programs/Trips via PHONE ONLY! 10:30: Chair Yoga with Al 1:00: Balance Exercise with Janice 1:00: Crafting with Patty 2:00: Mahjong Hour 6pm to 9:00pm: Silver Cues After Dark ©</p>	<p>27</p> <p>9:30: A Study on Andy Warhol & Pop Art ® 11:00: Line Dancing with Eva 11:15: Mini Golf at Woodbridge Center - \$5 ® 1:00: Dancercise with Lysette 2:00: Silver Reads Book Club ©</p>	<p>28</p> <p>GRANDPARENTS CAMP DAY 9:30: Bollywood Dancing with Varsha 10:30: Paint Class with Stacey ® 12:00: Out to Lunch at Friendly's ® 1:30: Board Games & More! 6pm to 9pm: Silver Linings Night Out: Cultural Night! ®</p>
<p>31</p> <p>9:45: Strength Training with Gurdeep 10:45: Dancercise with Lysette 1:00: Chair Yoga with Al 1:00: Crafting with Patty 2:00: Mahjong Hour</p>		<p>Registration for July classes, programs and trips begins on Wednesday, June 28th at 8:30am VIA PHONE ONLY! <u>Bus service will run on a delayed opening schedule that morning. The center will open at 9:30am that morning.</u> 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.</p>		

SILVER LININGS FEEDBACK SURVEY:

PROGRAMS/CLASSES/TRIPS REGISTRATION PROCESS

As we continue to work towards bettering our programs and services, we appreciate your help by providing us with your feedback.

	Yes	No	Neutral	N/A
• Are you satisfied with the current registration process for programs/classes/trips?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
• Do you find it easy to get through on the phone when calling on registration day?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
• Have you missed out on a program/class/trip because you couldn't get through on the phone and/or got through too late?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
• Would you prefer registration be in-person?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
• If registration were to be done in person, you would be given a number when arriving at the center on registration day. Numbers will then be called at random, and when your number is called, you would go see a staff member to register. Would you like that?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
• Should the process be left as it currently is?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Please see back of page.

SILVER LININGS FEEDBACK SURVEY:

PROGRAMS/CLASSES/TRIPS REGISTRATION PROCESS

- Please provide any additional comments and/or suggestions below.

***You are welcome to complete this survey anonymously.
However, please feel free to leave your name below if you'd like.***

Name (optional): _____

Date: _____

***Please return completed surveys to the box at the front desk.
Please see Anna if you have any questions! Thank you for your participation.***