



From the Desk of the Manager

Another month has come and gone! Thank you to everyone who completed our registration survey last month. Out of 450 surveys distributed, we only received 81 back (as of 7/18).

We are in the process of reviewing the results and suggestions provided. We encourage you to take the time to participate in future surveys. Your opinion and feedback are greatly valued. We are always working to improve our programs and services to ensure that we are meeting all of our members' needs and we need your help to do that!

Survey results will be out late August. Be sure to be on the lookout for that. And feel free to stop my office if you have any questions. We've got a great month ahead and we look forward to spending these dog days of summer with you!

Anahita Feltz

Annual Hawaiian Luau *Thursday, August 31st*

6:00pm to 9:30pm ~ Palms Plaza

Pick out your best Luau apparel and join us for a fun night out! Let's spend the evening dancing with Happy Feet DJs. Registration is REQUIRED and the cost is \$45. It includes a cold buffet and hors d'oeuvres, hot buffet, an ice cream bar, soda, coffee, and tea. There will also be a cash bar. Money is due by 8/23. Get ready to hula! Hope to see you there!

NJ State Museum & Planetarium Trip *Thursday, August 24th at 9:15am*

The NJ State Museum is a center for the exploration of science, history and the arts. It preserves and shares stories that inspire curiosity and creativity for the enrichment of our communities.

The museum also boasts a state-of-the-art planetarium.



Join us as we head to the state museum for the first time ever! We will also enjoy a planetarium show during our visit. Cost is \$5 and registration is required! Payment is due by 8/18.

Please bring your own lunch.

**Please take the time to review the whole newsletter and the calendar.
Registration for August classes, programs and trips will begin on
Wednesday, July 26th at 8:30am VIA PHONE ONLY!**

Cardio Drumming



Session 1:
August 1st & August 22nd
Session 2:
August 10th & August 15th

Back by popular demand! We are excited to bring back bucket drumming. While we are still on the search for an instructor, we have some great new instructional videos for you to get your cardio drumming on! We will be offering two dates per session. Registration is required.

Please note that when you sign up for a session, you are signing up for both dates of that session!

New at Silver Linings: Intro to Dandiya

Dandiya, or Raas as it is more commonly known, is a traditional Indian folk dance that originated in the state of Gujarat. The dance consists of Gaarba, which is a series of elaborate steps done in a circle over and over again & Raas which consists of people dancing to a beat with sticks in their hands to match the beat. It is usually performed during the festival of Navaratri.

Join our Bollywood Instructor Varsha as she introduces us to Dandiya on Thursday, August 3rd and Thursday, August 17th, both at 1pm. No sign up required!



PIZZA BINGO!

Friday, August 18th

Sign up is required. Cost is \$7 and money is due by 8/11.

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

Please note that if payment is not made by 8/11, you will not receive lunch.



INTRO TO FOLK ART

Join us for this month's Art Education class as Stacey teaches us about Folk Art! You will also be making your own folk art collage!

Please check the schedule for class days/times. Please note that you can only sign up for 1 class in order to accommodate all members.

Grandparents Camp Day!

Grandchildren (ages 4-13) will once again be welcome on Friday, August 25th. They will be able to participate in all activities on that day. However, if a program/class has a (r) next to it, members will need to sign up for both themselves and their grandchildren for those particular programs and classes. Please tell our staff when registering if your grandchildren are attending a class.



Please refer to the calendar for the schedule of activities.

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

Sorry we're
CLOSED

**August 28th
through
September 4th**

The center will be closed from August 28th through September 4th for construction and Labor Day. Transportation will be available for medical appointments and shopping (except on Monday, September 4th due to the holiday.)

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.



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

AC TRIP: Tropicana Casino

Thursday, August 17th at 8:30am

Join us for this month's AC Trip as we head to Tropicana 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 August 11th.



Silver Crafts: Gem Painting Keychains

Join us this month as we gem paint and make keychains! This project will take place on Friday, August 25th at 1pm and registration is required!



IMPORTANT

- We've had a lot of no-shows in our classes/programs these last few months. While we understand that things come up, a courtesy call to let us know that you will not be attending a class or program you've signed up for is greatly appreciated. Not only do we purchase materials for the classes, but we often have members on the waitlist. If you do not call and do not show, we are unable to fill those spots at the last minute.
- Please be mindful of payment deadlines. While we have done courtesy calls in the past when payment deadlines have been missed, with our increased membership, we are unable to continue doing so. If you do not pay for a program/trip you have registered for by the payment deadline indicated in the newsletter, you will be at risk of losing your spot.



Movie Day:

"Where'd you go, Bernadette"

Friday, August 11th at 1pm

A loving mom becomes compelled to reconnect with her creative passions after years of sacrificing herself for her family. Her leap of faith takes her on an epic adventure that jump-starts her life and leads to her triumphant rediscovery.

August 2023

Mon	Tue	Wed	Thu	Fri
<p><i>Registration for August classes, programs and classes begins on Wednesday, July 26th at 8:30am via PHONE ONLY!</i></p> <p><i>The center will open at 9:30am on July 26th and buses will be on delayed opening schedule.</i></p>	<p><i>1</i> 9:30: Pilates with Suzy</p> <p><i>10:30: Paint Class ®</i></p> <p><i>1:00: Cardio Drumming - Session 1 ®</i></p>	<p><i>2</i> 9:30: Balance Exercise with Janice</p> <p>11:00: Chair Yoga with Al</p> <p><i>1:00: Crafting with Patty</i></p> <p><i>2:00: Mahjong Hour</i></p>	<p><i>3</i> 9:30: An Intro to Folk Art ®</p> <p><i>11:00: Line Dancing with Eva</i></p> <p><i>1:00: Intro to Dandiya with Varsha (NEW)</i></p>	<p><i>4</i> 9:30: Bollywood Dance with Varsha</p> <p><i>10:30: Sketch Class ®</i></p> <p><i>1:00: Ice Cream Social with Happy Feet DJs - Thank you Herb & Eva for sponsoring this month's ice cream!</i></p>
<p><i>7</i> 9:45: Strength Training with Gurdeep</p> <p><i>10:45: Dancercise with Lysette</i></p> <p>1:00: Chair Yoga with Al</p> <p><i>1:00: Crafting with Patty</i></p> <p><i>2:00: Mahjong Hour</i></p>	<p><i>8</i> 9:30: Pilates with Suzy</p> <p><i>10:30: Sketch Class ®</i></p> <p><i>1:00: An Intro to Folk Art ®</i></p>	<p><i>9</i> <i>9:15: Somerset Patriots Game ©</i> 9:30: Balance Exercise with Janice</p> <p>11:00: Chair Yoga with Al</p> <p><i>1:00: Crafting with Patty</i></p> <p><i>2:00: Mahjong Hour</i></p>	<p><i>10</i> 9:30: Cardio Drumming - Session 2 ®</p> <p><i>11:00: Line Dancing with Eva</i></p> <p><i>1:00: Dancercise with Lysette</i></p>	<p><i>11</i> 9:30: Bollywood Dance with Varsha</p> <p><i>10:30: Paint Class ®</i></p> <p><i>1:00: Movie Friday: "Where'd You Go, Bernadette?"</i></p>
<p><i>14</i> 9:45: Strength Training with Gurdeep</p> <p><i>10:45: Dancercise with Lysette</i></p> <p>1:00: Chair Yoga with Al</p> <p><i>1:00: Crafting with Patty</i></p> <p><i>2:00: Mahjong Hour</i></p>	<p><i>15</i> 9:30: Pilates with Suzy</p> <p><i>10:30: Paint Class ®</i></p> <p><i>1:00: Cardio Drumming - Session 2 ®</i></p>	<p><i>16</i> 9:30: Balance Exercise with Janice</p> <p>11:00: Chair Yoga with Al</p> <p><i>1:00: Crafting with Patty</i></p> <p><i>2:00: Mahjong Hour</i></p>	<p><i>17</i> 8:30: AC Trip to Tropicana Casino - \$25 ®</p> <p>9:30: An Intro to Folk Art ®</p> <p><i>11:00: Line Dancing with Eva</i></p> <p><i>1:00: Intro to Dandiya with Varsha (NEW)</i></p>	<p><i>18</i> 9:30: Bollywood Dance with Varsha</p> <p><i>10:30: Sketch Class ®</i></p> <p><i>12:00: Pizza Bingo - \$7 ®</i></p> <p>Money is due by Friday, August 11th</p>
<p><i>21</i> 9:45: Strength Training with Gurdeep</p> <p><i>10:45: Dancercise with Lysette</i></p> <p>1:00: Chair Yoga with Al</p> <p><i>1:00: Crafting with Patty</i></p> <p><i>2:00: Mahjong Hour</i></p>	<p><i>22</i> 9:30: Pilates with Suzy</p> <p><i>10:30: Cardio Drumming - Session 1 ®</i></p> <p><i>1:00: Karaoke with Kristin!</i></p>	<p><i>23</i> 9:30: Balance Exercise with Janice</p> <p>11:00: Chair Yoga with Al</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>24</i> 9:15: Trip: NJ State Museum & Planetarium - \$5 ®</p> <p>9:30: An Intro to Folk Art ®</p> <p><i>11:00: Line Dancing with Eva</i></p> <p><i>1:00: Dancercise with Lysette</i></p>	<p><i>25</i> GRANDPARENTS CAMP DAY</p> <p>9:30: Bollywood Dance with Varsha</p> <p><i>10:30: Sketch Class ®</i></p> <p><i>1:00: Gem Painting Keychains ®</i></p>
<p><i>28</i></p> <p>CENTER CLOSED FOR CONSTRUCTION</p>	<p><i>29</i></p> <p>CENTER CLOSED FOR CONSTRUCTION</p>	<p><i>30</i></p> <p>CENTER CLOSED FOR CONSTRUCTION</p> <p><i>8:30: Registration for September Classes/Programs/Trips via PHONE ONLY!</i></p>	<p><i>31</i></p> <p>CENTER CLOSED FOR CONSTRUCTION</p> <p><i>8:30: Registration for September Pickleball Clinics via PHONE ONLY!</i></p> <p><i>6pm to 9:30pm: Annual Luau at Palms Plaza - \$45 ®</i></p>	<p><i>The September Newsletter will be out on Friday, August 25th. Printed copies will be available at the center. Digital copies will be available on our Facebook page and website beginning at 8am on 8/25.</i></p>