

From the Desk of the Manager

Happy Fall Silver Linings! This month, we are celebrating National Senior Center Month, with the 2023 theme "Discover Yours." The theme encourages people to come to their senior center - whether they are regulars, or, especially, if they have never visited. The theme also encourages older adults to discover their unique interests, talents, and aspirations. It conveys a sense of exploration, self-discovery, and individuality. We encourage you to continue discovering all the great things Silver Linings has to offer!

Also, included in this month's newsletter are the results from our July survey regarding registration. We appreciate the feedback we received and will continue to do everything we can to better serve our members! Happy September!

Anahita Feltz

Halfway to St. Patrick's Day Ice Cream Social Friday, September 8th at 12:45pm

Join us for a fun afternoon as we celebrate being halfway to St. Patrick's Day by welcoming Round the House Band! The band is made up of a three members: Kevin on guitar, tin whistle, and singer; Jim on guitar and singer; and Terry on the accordion and singer. They will entertain us with Irish and American music for all to enjoy and dance to!

Ice cream will be served and has been sponsored d by our friends Dami & Mahendrakumar! Special thanks also to the Middlesex Office of Arts & History for sponsoring the entertainment!



Silver Linings Night Out: A Night of Laughs

Join us on Friday, September 29th from 6pm to 8pm for a Comedy Show starring Comedian Tom Patorano and his opening acts. Light snacks and beverages will be served. But feel free to B.Y.O.S - Bring Your Own Snacks! Please note that registration is required and the last day to sign up is September 22nd.

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

FOR MORE INFORMATION, VISIT OUR WEBSITE AT
WWW.OLDBRIDGE.COM/SILVERLININGS
OR AT FACEBOOK.COM/GROUPS/SILVERLININGSATOLDBRIDGE



Pickleball is back!
Thursdays at 9am
*(unless otherwise noted
in the calendar)*

We are excited to bring back our Pickleball clinics with our instructor Sadie, following our summer break. Beginners welcome! Please note that this is a teaching/clinic type class. This is not open play. There will be time during the class for open play but that will be overseen by Sadie. Classes will be held at our courts here in the municipal complex. Registration is required and registration will begin on Thursday, August 31st at 8am.

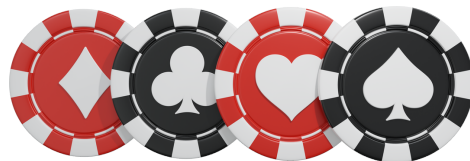
DON'T FORGET

- PLEASE NOTE THAT WE WILL NOT BE LIVESTREAMING CLASSES ON ZOOM THIS MONTH AS WE WORK ON RECONFIGURING OUR EXERCISE SPACE.
- 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.
- 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: Tropicana Casino

Thursday, September 21st 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 September 15th!



PIZZA BINGO!

Friday, September 22

Sign up is required. Cost is \$7 and money is due by 9/15.

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

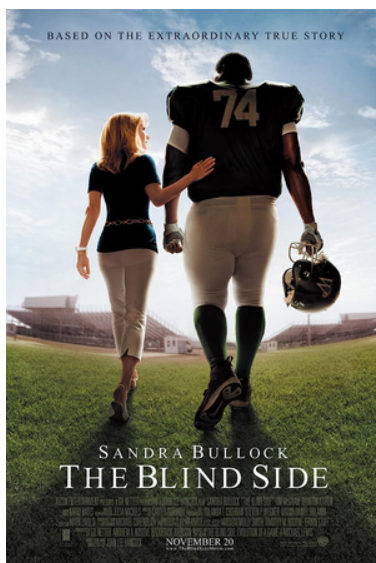


Movie Day:

"The Blind Side"

**Friday, September 15th
at 12:30pm**

Michael Oher (Quinton Aaron), a homeless black teen, has drifted in and out of the school system for years. Then Leigh Anne Tuohy (Sandra Bullock) and her husband, Sean (Tim McGraw), take him in. The Tuohys eventually become Michael's legal guardians, transforming both his life and theirs. Michael's tremendous size and protective instincts make him a formidable force on the gridiron, and with help from his new family and devoted tutor, he realizes his potential as a student and football player.



New at Silver Linings: Dandiya with Varsha

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 continues her Dandiya classes in September! Please check the calendar for the class schedule!



Silver Crafts:

Gem Painting "Happy Fall" Sign



Have you joined the Gem Painting craze yet? Join us on Tuesday, September 12th or Thursday, September 21st at 1pm as we "gem paint" Happy Fall signs! You will receive your own kit and sign to make. Registration is required. Please note you can only sign up for one class.



Let's go shopping! Freehold Mall Trip September 12th at 10am

Time to go shopping for some fall clothing! Join us as we head to Freehold mall for those early fall sales! Sign up is required. The bus will leave the center at 10am and will depart Freehold Mall at 2pm.

INTRO TO SURREALISM

Surrealism is a style in art and literature in which ideas, images, and objects are combined in a strange way, like in a dream. Join Stacey this September as she takes us into the world of surrealism! Classes will be on Thursdays at 9:30am. Registration is required and please note that you can only sign up for one class!



July 2023 Survey Results

Thank you to everyone who completed our July Survey regarding our registration process. To the right, you will see the results of the survey. As you can see, the majority of respondents (59%) believe that the process should be left as is. Again, majority of respondents (62%) would not prefer registration to take place in person. For now, we will leave the process as is. Registration will continue to be done via phone. But please note that in order to alleviate the abundance of calls, registration for our Pickleball clinic will take place the day after regular registration. Please refer to the calendar for those days and times.

Also, thank you to those who provided feedback regarding our exercise classes and programming. We greatly appreciate your continued support and understanding as we continue to grow!



Total Respondents: 89

1. Are you satisfied with the current registration process for programs/classes/trips?

YES	NO	NEUTRAL	N/A
46	28	12	3

2. Do you find it easy to get through on the phone when calling on registration day?

YES	NO	NEUTRAL	NA
26	49	9	5

3. Have you missed out on a program/class/trip because you couldn't get through on the phone and/or got through too late?

YES	NO	NEUTRAL	NA
41	39	4	5

4. Would you prefer registration to be in person?

YES	NO	NEUTRAL	NA
25	56	7	1



5. 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?

YES	NO	NEUTRAL	NA
21	56	10	2

6. Should the process be left at it currently is?

YES	NO	NEUTRAL	NA
53	23	12	1

September 2023

Mon	Tue	Wed	Thu	Fri
<p><i>Registration for September classes, programs and classes begins on Wednesday, August 30th at 8:30am via PHONE ONLY!</i></p>	<p><i>Registration for September Pickleball Clinics begins on Thursday, August 31st at 8am via PHONE ONLY!</i></p>	<p><i>The October Newsletter will be out on September 22nd. Printed copies will be available at the center. Digital copies will also be available on our Facebook page and website beginning on 9/22.</i></p>		<p><i>1</i></p> <p>CENTER CLOSED FOR CONSTRUCTION</p>
<p><i>4</i></p> <p>TOWNSHIP CLOSED</p> 	<p><i>5</i></p> <p>9:30: Pilates with Suzy</p> <p>10:30: Paint Class ®</p> <p>1:00: Karaoke with Kristin!</p>	<p><i>6</i></p> <p>9:30: Dancercise with Lysette</p> <p>11:00: Chair Yoga with Al</p> <p>1:00: Crafting with Patty</p> <p>2:00: Gaming/Mahjong Hour</p>	<p><i>7</i></p> <p>9:00: Outdoor Pickleball Clinic ®</p> <p>9:30: Intro to Surrealism ®</p> <p>11:00: Line Dancing with Eva</p> <p>1:00: Dandiya with Varsha</p>	<p><i>8</i></p> <p>9:30: Bollywood Dance with Varsha</p> <p>10:30: Sketch Class ®</p> <p>12:45: Halfway to St. Patrick's Day Ice Cream Social with entertainment by Round the House Irish Band!</p>
<p><i>11</i></p> <p>9:30: Color Me Zen!</p> <p>10:30: Dancercise with Lysette</p> <p>1:00: Chair Yoga with Al</p> <p>1:00: Crafting with Patty</p> <p>2:00: Gaming/Mahjong Hour</p>	<p><i>12</i></p> <p>9:30: Pilates with Suzy</p> <p>10:00-2:00: Freehold Mall Trip ®</p> <p>10:30: Sketch Class ®</p> <p>1:00-2:30: Gem Painting "Happy Fall" Wall Sign ®</p>	<p><i>13</i></p> <p>9:30: Dandiya with Varsha</p> <p>11:00: Chair Yoga with Al</p> <p>1:00: Crafting with Patty</p> <p>2:00: Gaming/Mahjong Hour</p>	<p><i>14</i></p> <p>9:00: Outdoor Pickleball Clinic ®</p> <p>9:30: Intro to Surrealism ®</p> <p>11:00: Line Dancing with Eva</p> <p>1:00: Dancercise with Lysette</p>	<p><i>15</i></p> <p>9:30: Bollywood Dance with Varsha</p> <p>10:30: Paint Class ®</p> <p>12:30: Movie Friday: "The Blind Side" starring Sandra Bullock, Quinton Aaron & Tim McGraw</p>
<p><i>18</i></p> <p>9:45: Strength Training with Gurdeep</p> <p>10:45: Dancercise with Lysette</p> <p>1:00: Chair Yoga with Al</p> <p>1:00: Crafting with Patty</p> <p>2:00: Gaming/Mahjong Hour</p>	<p><i>19</i></p> <p>9:30: Pilates with Suzy</p> <p>10:30: Paint Class ®</p> <p>1:00: Bollywood Dance with Varsha</p>	<p><i>20</i></p> <p>9:15-2:00: County Health & Fitness Walk ©</p> <p>9:30: Dancercise with Lysette</p> <p>11:00: Chair Yoga with Al</p> <p>1:00: Crafting with Patty</p> <p>2:00: Gaming/Mahjong Hour</p>	<p><i>21</i></p> <p>8:30: AC Trip to Tropicana - \$25 ®</p> <p>9:00: Outdoor Pickleball Clinic ®</p> <p>9:30: Intro to Surrealism ®</p> <p>11:00: Line Dancing with Eva</p> <p>1:00-2:30: Gem Painting "Happy Fall" Wall Sign ®</p>	<p><i>22</i></p> <p>9:30: Silver Cues Meeting ©</p> <p>10:30: Sketch Class ®</p> <p>12:00: Pizza Bingo - \$7®</p> <p>Money for Pizza Bingo is due by 9/15!</p>
<p><i>25</i></p> <p>9:45: Strength Training with Gurdeep</p> <p>10:45: Dancercise with Lysette</p> <p>1:00: Chair Yoga with Al</p> <p>1:00: Crafting with Patty</p> <p>2:00: Gaming/Mahjong Hour</p>	<p><i>26</i></p> <p>9:30: Pilates with Suzy</p> <p>10:30: Sketch Class ®</p> <p>1:00: Silver Reads Book Club ©</p> <p>6pm to 9pm: Silver Cues After Dark ©</p>	<p><i>27</i></p> <p>8:30: Registration for October Classes/Programs/Trips VIA PHONE ONLY!</p> <p>9:45: Dandiya with Varsha</p> <p>11:00: Chair Yoga with Al</p> <p>1:00: Crafting with Patty</p> <p>2:00: Gaming/Mahjong Hour</p>	<p><i>28</i></p> <p>8:00: Registration for October Pickleball Clinics VIA PHONE ONLY!</p> <p>9:30: Outdoor Pickleball Clinic ®</p> <p>9:30: Intro to Surrealism ®</p> <p>11:00: Line Dancing with Eva</p> <p>1:00: Dancercise with Lysette</p>	<p><i>29</i></p> <p>9:30: Bollywood Dance with Varsha</p> <p>10:30: Paint Class ®</p> <p>1:00: Karaoke with Kristin!</p> <p>6pm to 8pm: SL Night Out: Comedy Show featuring Comedian Tom Patorano ®</p>