

# FEBRUARY 2022

**WE ARE EXCITED TO WELCOME YOU BACK FOR IN-PERSON CLASSES BEGINNING WEDNESDAY, FEBRUARY 2nd.**

**Any program listed on the calendar with an ® next to it requires registration. Any program listed on the calendar with a © next to it means that the class/program/club is filled for the quarter. Registration for February will be on Monday, January 31st at 8:30am via phone only!**

- **Hypertension & You Presentation:** Join us on Friday, February 25th from 10:30am to 12pm for a presentation on Hypertension by Hackensack Meridian Health followed by blood pressure screenings. No sign up required!
- **“Supporting Heart Health: Loving Yourself with All Your Heart”:** Join Mary Catherine from COPSA on Thursday, February 10th at 11:30am for this great presentation on supporting your heart health. The word “heart” has many meanings - the physical pump in your chest, emotions, caring for others, and the hopes that keep you going in tough times. There is a close link between your emotional health and heart health. This presentation will share tips on heart health to enhance your physical and emotional well-being.
- **Pilates for Seniors:** Pilates Stretch for Seniors! Pilates is a low impact exercise using controlled slow movements that help to enhance your balance, core strength, mobility and flexibility.....even your mood! The class will focus on small muscles that support your structure using a combination of chair sitting exercises, balance with standing and strength training with light weights. Pilates is for Every Body! Join us as we welcome Suzy as she hosts her first weekly Pilates classes here at the center!
- **Silver Sewing: Heart Shaped Throw Pillows:** We hope you will join us for our first ever sewing class as we sew heart shaped throw pillows on Friday, February 4th at 1:30pm. No experience necessary. Sign up is required!
- **Valentine’s Day Greeting Card Making:** Want to send a Valentine’s Day card to your love, a friend, child, grandchildren? We will be making homemade Valentine’s Day cards on Wednesday, February 9th at 9am. Space is limited and sign up is required!
- **Heart Walk at Brunswick Square Mall:** Join us for a hearty walk at Brunswick Square Mall on Friday, February 18th from 10am to 12pm. Buses will leave the center at 9:45am. Sign up is required as space is limited. **Please note that this is not a shopping trip but an opportunity for us to get some walking done together indoors!**

**WEAR RED DAY – FRIDAY, FEBRUARY 4TH, 2022**

# February 2022 Guidelines

We are excited to welcome you back to the Center for programs and classes.

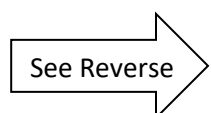
Please read the following documents thoroughly.

## Safety Protocols for participation:

- Masks are required at the center for all classes and programs, except exercise classes. Social distancing will be in place for all exercise classes.
- Masks are required on the buses.
- Temperature checks will be taken upon boarding the buses and/or entering the center.
- Silver Linings IDs must be worn on the buses, and you must have them to enter the building. You will be required to scan in upon entering.
- Please do not arrive earlier than 15 minutes before class begins.
- Spaces and materials will be sanitized after each program/class.
- We encourage you to utilize our handwashing and hand sanitizing stations before/after classes.

## When and how to sign up:

- Please note that pre-registration will not be required for any exercise classes, presentations, Mindful Mondays, and Craft Room Socialization hours. However, space is limited, and it is first-come, first-served so please be on time for the class and/or program. **DO NOT ARRIVE EARLIER THAN 15 MINUTES BEFORE THE CLASS AND/OR PROGRAM BEGINS. Even if space is available, you will not be allowed to enter the class and/or program if you arrive later than 5 minutes after the class and/or program has begun.**
- **Any program listed on the calendar with an ® next to it requires registration.**
- **Any program listed on the calendar with an © next to it means that the program is filled for the quarter.**
- Registration for programs and classes for February will begin on Monday, January 31<sup>st</sup> at 8:30am VIA PHONE ONLY!
- No registration will be taken before the dates/time indicated above. **NO EXCEPTIONS WILL BE MADE.**
- You are only permitted to sign up for yourself. You may not sign up another member.
- **Please note that you can only sign up for 1 Paint and 1 Sketch class per month.**
- Registration will be done via phone ONLY. DO NOT LEAVE A VOICEMAIL. You must talk to a staff member. Members can call one of the following numbers to register:
  - 732-721-5600, ext. 6600
  - 732-721-5600, ext. 6615
  - 732-721-5600, ext. 6620
  - 732-721-5600, ext. 6625
- No registration will be taken via email or Facebook. **NO EXCEPTIONS WILL BE MADE.**



### **Livestreaming selected classes and programs:**

- For those of you who are not comfortable to come back to the center just yet or if a class is filled that you wanted to attend, selected classes and programs will be livestreamed via Zoom for all to participate.
- 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.

### **Transportation:**

- As previously mentioned, masks are **REQUIRED** on the buses.
- Temperatures will be taken upon boarding the bus.
- Please follow seating instructions provided by your driver upon boarding.
- Currently, we are only offering transportation to and from the center for classes and programs and shopping.
- Shopping will be on Tuesdays (ShopRite **ONLY**), Wednesdays (Gateway Shopping Center) and Thursdays (Rt. 18 Walmart **ONLY**). Please note that if you go shopping, you will not be brought back to the center for classes on the same day.
- To make a reservation, please call 732-721-5600, ext. 6635.
- Reservations will be first-come, first-served and must be made as soon as possible but **NO LATER** than 12pm the day before your requested ride. **NO EXCEPTIONS WILL BE MADE.**
- If you need to cancel, please do so by no later than 8am the morning of your ride.

### **Renewal of Silver Linings IDs and Registration of New Members:**

- If you need to renew your ID, you can do so by making an appointment. Appointments should be made by calling 732-721-5600, ext. 6620.
- If you are attending a class or program and need your ID renewed, you can drop off your ID at the front desk along with any changes that need to be made before class, and your renewed ID will be returned to you after class.
- Interested new members should call 732-721-5600, ext. 6620 to make an appointment to come in to register. New members should bring with them a picture ID (if they have), a proof of residency and \$5 cash or check for our one-time registration fee.

### **Appointments for Social Services:**

- We offer unbiased information and explanation of various Medicare plans and supplements through our State Health Insurance Program (SHIP) counseling covering all aspects of Medicare, Supplemental Policies and Part D.
- Benefit counseling and assistance is also offered for PAAD (Pharmaceutical Assistance to the Aged and Disabled), Senior Gold, Medicare Savings Program (SLMB), Lifeline, Low Income Heat and Energy Assistance and Universal Service Fund.
- If you need to make an appointment for social services, please call 732-721-5600, ext. 6615.

# February 2022

Mon	Tue	Wed	Thu	Fri
	1 <b>CENTER CLOSED</b>	2 10:30: <b>Chair Yoga</b> 1:00: <b>Move 2 the Groove</b> 2:00: <b>French Class</b> © 2:00-3:30: <b>Billiards / Ping Pong / Socialization</b>	3 9:00: <b>Pickleball at Brunswick Hills</b> ® 11:30: <b>Pilates for Seniors!</b> 1:00: <b>Gentle Strength Training</b> 2:00: <b>Tip Toe Tap!</b>	4 <b>WEAR RED DAY!</b> 9:00-11:00: <b>Billiards / Ping Pong / Socialization</b> 11:00: <b>Paint Class</b> ® 1:30-3:00: <b>Silver Sewing: Heart Shaped Throw Pillows (NEW)</b> ®
7 9:00: <b>Mindful Monday</b> 10:30: <b>Gentle Strength Training</b> 1:00: <b>Chair Yoga</b> 2:00: <b>French Class</b> © 2:00-3:30: <b>Billiards / Ping Pong / Socialization</b>	8 9:30: <b>Divas &amp; Dudes Audition!</b> 11:00: <b>Sketch Class</b> ® 1:00: <b>Balance Exercise Class</b>	9 9:00-10:30: <b>Valentine's Day Greeting Card Making</b> ® 10:30: <b>Chair Yoga</b> 1:00: <b>Move 2 the Groove</b> 2:00: <b>French Class</b> © 2:00-3:30: <b>Billiards / Ping Pong / Socialization</b>	10 9:00 <b>Pickleball at Brunswick Hills</b> ® 11:30: <b>"Supporting Heart Health: Loving Yourself with All Your Heart" Presentation</b> 1:00: <b>Gentle Strength Training</b> 2:00: <b>Pilates for Seniors!</b>	11 <b>TOWNSHIP CLOSED</b>
14 9:00: <b>Mindful Monday</b> 10:30: <b>Gentle Strength Training</b> 1:00: <b>Chair Yoga</b> 2:00: <b>French Class</b> © 2:00-3:30: <b>Billiards / Ping Pong / Socialization</b>	15 9:30: <b>Divas &amp; Dudes Practice</b> 11:00: <b>Paint Class</b> ® 1:00: <b>Balance Exercise Class</b>	16 10:30: <b>Chair Yoga</b> 1:00: <b>Move 2 the Groove</b> 2:00: <b>French Class</b> © 2:00-3:30: <b>Billiards / Ping Pong / Socialization</b>	17 9:00: <b>Pickleball at Brunswick Hills</b> ® 11:30: <b>Pilates for Seniors!</b> 1:00: <b>Gentle Strength Training</b> 2:00: <b>Tip Toe Tap!</b>	18 9:00-11:00: <b>Billiards / Ping Pong / Socialization</b> 10:00-12:00: <b>Heart Walk at Brunswick Square Mall</b> ® 1:30: <b>Informational Meeting on Silver Leaf Plant &amp; Garden Club</b>
21 <b>TOWNSHIP CLOSED</b>	22 9:30: <b>Divas &amp; Dudes Practice</b> 11:00: <b>Sketch Class</b> ® 1:00: <b>Balance Exercise Class</b> 2:00: <b>Silver Reads Book Club</b> ©	23 8:30: <b>Registration for March classes VIA PHONE ONLY!</b> 10:30: <b>Chair Yoga</b> 1:00: <b>Move 2 the Groove</b> 2:00: <b>French Class</b> © 2:00-3:30: <b>Billiards / Ping Pong / Socialization</b>	24 9:00 <b>Pickleball at Brunswick Hills</b> ® 11:30: <b>Tip Toe Tap!</b> 1:00: <b>Gentle Strength Training</b> 2:00: <b>Pilates for Seniors!</b>	25 9:00-11:00: <b>Billiards / Ping Pong / Socialization</b> 10:30-12:00: <b>Hypertension &amp; You Presentation followed by Blood Pressure Screenings by Hackensack Meridian Health</b> 1:00: <b>Paint Class</b> ®
28 9:00: <b>Mindful Monday</b> 10:30: <b>Gentle Strength Training</b> 1:00: <b>Chair Yoga</b> 2:00: <b>French Class</b> © 2:00-3:30: <b>Billiards / Ping Pong / Socialization</b>				