Silver Linings News

1 Old Bridge Plaza • Old Bridge • New Jersey • 08857
Main Phone: 732-721-5600 ext. 6600 • Transportation: 732-721-5600 ext. 6635
Owen Henry, Mayor • Himanshu Shah, Business Administrator
Matt Mercurio, Director of Parks, Recreation & Social Services • Anahita Feltz, Manager

MySeniorCenter to go LIVE on Friday, February 1st, 2019!

A new, automated check-in system called MySeniorCenter will soon be installed in our lobby. It will replace our current sign-in binder and shift our attendance tracking to an automated, electronic system. It’s specifically designed to help our staff members manage the various sign-ups and sign-ins, and improve the way we report our services to township administration, the county and the state. Moreover, by quickly and accurately detailing which services we’re providing, the system will increase our chances of receiving additional funding in the future. Today, MySeniorCenter is being used by over 900 senior centers across the U.S. and Canada - so it’s a proven tool.

A Change for the Better

The new system is extremely easy to use. Here’s how it works:
• All current members will be receiving barcodes that will be placed on the back of their ID cards.
• Instead of signing into our attendance book, you’ll swipe your ID card at the scanner, or you can enter your name on the touchscreen if you forget your ID. This will register your attendance in the building for the day.

A Smooth Transition

MySeniorCenter will go live on Friday, February 1st. Even though MySeniorCenter is designed to be user-friendly, staff members will be available to help you operate the new check-in system. We want to make the transition as seamless as possible for everyone. Thank you to everyone who attended our information meetings regarding MySeniorCenter. If you have not received your barcode, please see Brittany in the office. You MUST have your Silver Linings ID to receive your barcode!

Please note that we will also begin mobile scanning on the buses on March 1st! So please make sure to get your barcode during the month of February!!
Transportation News:

Please check with your drivers and office staff daily for transportation updates and run cancellations. Make sure to call in advance to schedule pick-ups and look for notices on your buses for transportation news. We appreciate your understanding and cooperation.

Snow Days:

Please note that when Old Bridge Township schools have a delayed opening or are closed due to snow, our buses will not run. If you are unsure if your bus is running due to the weather, please call transportation the morning of your pick up before 8am at 732-721-5600, ext. 6635.

Nutrition Program Information:

Silver Linings at Old Bridge is a congregate meal site for the Middlesex County Department on Aging and is available to Middlesex County residents ages 60 and older. The program is funded in part by a federal grant and relies on clients donations for support. There is a recommended fair share contribution of $2.25 for congregate meals. The program has a varied menu of tasty entrees and also offers a vegetarian menu. Menus are available in the Nutrition Meals office in our building. Lunch is served Monday through Friday at 11:45am. As a courtesy, please make your lunch reservations in advance to ensure that enough food is prepared for all our participating members. Furthermore, home delivered meals are also available for isolated homebound residents who have no formal or informal caregiver and are unable to attend a congregate meal program. There is a recommended fair share contribution of $2.75.

For more information on the nutrition program, please call 732-607-1582!

Center Closed:

Tuesday, February 12th for Lincoln’s Birthday
Monday, February 18th for Presidents’ Day
AARP Foundation Tax-Aide

FREE Tax Preparation

For low and moderate-income taxpayers of any age with special attention given to seniors 60 and over.

Mondays & Thursdays, Feb. 4 - April 11
10:15 am - 2:15 pm
Location: Old Bridge Public Library

Appointments Are Required
For an appointment, call or text (732) 705-7463
or email taxaideoblib@gmail.com

We will need name, phone #, and preferred date & time.
Tax-Aide will return call with a confirmation or alternative time slot.

Please bring the following with you to your appointment:

- Government issued photo ID
- Social Security Card or ITIN letter for all individuals to be listed on the return (no photocopies)
- All 2018 income tax forms (W-2s, 1099s, SSA-1099s, etc.)
- Health care coverage info (1095-A, B, C)
- Tuition statements (1098-T), if applicable
- Deductions documentation for property taxes, medical, charitable contributions, etc. (if applicable)
- Your 2017 Tax Return and all associated documents
Join us on Friday, February 1st at 12 pm for our Monthly Ice Cream Social!
Join us as we celebrate our February birthdays! Come hang out with old friends and connect with new ones! DJ Mel will be here to help us dance the afternoon away!

In addition, we will welcome our “Wheel of Fortune Contestants” to spin the big wheel to discover who will win the prize! “Wheel of Fortune Contestants” are participants whom have correctly solved our Wheel of Fortune Puzzle on the bulletin! If you are one of the contestants listed below, be sure to be here at 1pm to spin the wheel!

Our Wheel of Fortune Contestants are:
Brenda Christian, Karen Coleman, Elmer Escoto, Estrella Escoto, Rose Saatdjian, Michael Johnson, Rhea Langhurst
Sketching with Stacey
Tuesday, February 5th at 12:30 pm
Friday, February 15th at 10:30 am

Keep in mind that you can only sign up for one date so that everyone can have the opportunity to take the class. Please sign up in the office.

In the Craft Room...

This month, we will crochet trivets! The project will begin on Monday, February 4th at 10am. Advanced sign up is required! If you have an H crochet hook and scissors, please bring them with you!

See you in the craft room!

Madison Center Valentine’s Craft
Thurs., Feb. 7th at 10:30 am
Join us in creating a Valentine’s Day themed Craft.
Space Limited Sign up in the office!
Heart disease is the leading cause of death for men and women in the United States. Every year, 1 in 4 deaths are caused by heart disease. You can make healthy changes to lower your risk of developing heart disease and inspire change in others.

DON’T FORGET TO WEAR RED ON FRIDAY, FEBRUARY 1st TO SHOW YOUR SUPPORT FOR AMERICAN HEART MONTH.

THERE WILL BE A GROUP PHOTO FOR THOSE WHO ARE WEARING “RED”!

Heart disease is the leading cause of death for men and women in the United States. Every year, 1 in 4 deaths are caused by heart disease. You can make healthy changes to lower your risk of developing heart disease and inspire change in others.

DON’T FORGET TO WEAR RED ON FRIDAY, FEBRUARY 1st TO SHOW YOUR SUPPORT FOR AMERICAN HEART MONTH.

THERE WILL BE A GROUP PHOTO FOR THOSE WHO ARE WEARING “RED”!

Heart disease is the leading cause of death for men and women in the United States. Every year, 1 in 4 deaths are caused by heart disease. You can make healthy changes to lower your risk of developing heart disease and inspire change in others.

DON’T FORGET TO WEAR RED ON FRIDAY, FEBRUARY 1st TO SHOW YOUR SUPPORT FOR AMERICAN HEART MONTH.

THERE WILL BE A GROUP PHOTO FOR THOSE WHO ARE WEARING “RED”!

Robert Wood Johnson University Hospital

Thursday, February 21st at 10:30 am

Presentation on “12 Tips to Help You Prevent Digestive Problems!”

Join us for a discussion on how to prevent and eliminate common digestive problems.

Presented by: Farrah Fong, MD
In coordination with
Karen Lin, MD, MS, FAAFP
Assistant Dean, Global Health
Associate Professor
Family Medicine & Community Health
Rutgers Robert Wood Johnson Medical School

Rutgers University Behavioral Health Care

Tuesday, February 26th at 10:30 am

Join us for a presentation on
“Aging Myths vs Facts”!
Sign-up not required!
Bingo & Subs - $8.00
Friday, February 8th
(The last day to sign up is February 5th)

Bingo & Pizza - $8.00
Friday, February 22nd
(The last day to sign up is February 20th)

Bingo starts at 10:30 a.m. and we will break for lunch at 11:45 a.m. Bingo play will resume at 12:15 p.m.

Movie Day
Featuring: “Letters to Juliet”
Friday February 8th at 12:30 pm
With Valentine's Day right around the corner, join us for a romantic movie on our big screen! Popcorn will be served!

UPCOMING CASINO TRIPS!
Our trips to Atlantic City are back! This year, we will be heading to several different casinos!

Thursday, March 21st - Resorts
Thursday, April 18th - Tropicana
Thursday, May 16th - Caesars
Thursday, June 20th - Sands Casino in PA
Thursday, July 18th - Resorts
Thursday, August 15th - Tropicana
Thursday, September 19th - Caesars
Thursday, October 17th - Resorts

Cost is $35. Advance sign up is required. Please sign up in the office. GOOD LUCK!

Please make sure that you arrange for a ride home at the end of the day!
Dunkin’ is a proud partner of Silver Linings at Old Bridge! Silver Linings Members can receive a 10% discount simply by showing their Senior ID. Our yellow Celebrate Life senior center shirt is hanging on their wall - make sure to check it out next time you go in! This offer is only valid at the Dunkin’ Donuts on 516 (across from the Senior Center). Enjoy!
Silver Linings at Old Bridge strives to provide innovative programs that are of interest to our members and that give our members a sense of community. This year’s theme of “Seniors Center: Building Momentum – Growing | Learning | Giving | Connecting” is one that we will be carrying throughout 2019 in our various programs and activities. To that end, we are partnering with our Department of Public Works and its Clean Communities Program to bring a new pilot program here at Silver Linings that will incorporate giving back to the community, health and wellness, learning about the importance of recycling and litter removal, and volunteering. In order to serve you better, we ask that you complete this survey which will help us bring you the programs that you want to our center! We welcome and appreciate your feedback.

1. Are you interested in volunteering?
   - Yes
   - No

2. Would you be interested in helping us keep Old Bridge clean and beautiful?
   - Yes
   - No

3. Do you enjoy walking as a form of exercise?
   - Yes
   - No
   If yes, are you able to walk at least 1-2 miles?
   - Yes
   - No

4. Would you be interested in spending an hour at a local park or local area to help with litter removal projects?
   - Yes
   - No

5. How often would you want to go out for litter removal projects?
   - Once a month
   - Twice a month
   - Other ________________

6. How important is recycling to you?
   - Very important
   - Important
   - Somewhat important
   - Not Important

If you are interested in being part of this pilot program and would like to receive more information once the program goes into effect, please leave your name and contact information below. (Please note that you do not need to leave a name to submit the survey if you do not wish to do so. We do accept anonymous surveys.)

Name: ___________________________  Phone: ___________________________

Please complete and return to Anna by no later than Friday, February 22nd.

Please see Anna if you have any questions regarding this upcoming program and/or survey.
Old Bridge Public Library: February Events

6-Week Tai Chi Program
Thursdays @11am

Due to the popularity of our Tai Chi programs, the Library will host a six-week program, beginning on Thursday, Feb. 21 at 11am. This session will taught by Catherine Weresow, a certified trainer with the Tai Chi USA school in East Brunswick, who began training in Yang style Tai Chi under Master Andy Lee in 2011. There is a fee of $30 for the entire program; participants must register and pay by cash or check in-person at the Information Services Desk at the Central Branch.

Chocolate Lovers Program
Wednesday, February 6th @2pm

Join us and learn how to create an assortment of delicious chocolate treats. You will also decorate a gift box to take your goodies home. Enjoy them yourself or give them to your sweetheart for Valentine’s Day! Please register at: www.oldbridgelibrary.org or by calling 732-721-5600 x5033.

Free Tax Preparation
With AARP Tax-Aide

IRS-certified volunteers with the AARP will offer free tax preparation services at the Library from February 4—April 11th.

The service will be held on Mondays and Thursdays from 10:15am - 2:15pm and is available to low and moderate-income taxpayers of all ages, with special attention given to seniors 60 and older. It is not necessary to be a member of AARP to use the service.

Appointments are required, by either calling or texting 732-705-7463 or emailing taxaireoblib@gmail.com. When making an appointment, provide your name, phone number and preferred appointment date and time. Tax-Aide will then return the call with a confirmation or alternative time slot. More information, including necessary paperwork and documents needed for the appointments, can be found at: www.aarp.org/money/taxes/aarp_taxaide/.

Second Saturday Concert Event:
“Ragtime” Jack Radcliffe
Saturday, February 9th @2:30pm

Singer/songwriter “Ragtime” Jack has been dazzling audiences for more than 30 years with his guitar, fiddle and piano. He is a master of traditional country blues, ragtime and stride piano, as well as songs from the Great American songbook. Don’t miss a true original!

The concert is being generously co-sponsored by The Friends of the Library and Gary Matoren, in memory of his daughter Debbie Lynn Matoren.

Attendees are asked to bring a non-perishable, unexpired food donation for the Old Bridge Food Pantry to this free event.

All Library Programs are Free and Open to the Public
February 2019

<table>
<thead>
<tr>
<th>Mon</th>
<th>Tue</th>
<th>Wed</th>
<th>Thu</th>
<th>Fri</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Sign up for all classes, trips, programs and events will begin on Thursday, January 31st at 9:30am.</strong></td>
<td></td>
<td></td>
<td></td>
<td>10:30 am Zumba</td>
</tr>
<tr>
<td>4 10:00 am First Day of Crochet Project</td>
<td>5 10:00 am Crochet Project</td>
<td>6 10:00 am Crochet Project</td>
<td>7 10:00 am Crochet Project</td>
<td>10:30 am Paint Class</td>
</tr>
<tr>
<td>10:30 am Gentle Strength Training</td>
<td>10:30 am Divas &amp; Dudes Practice</td>
<td>10:30 am Yoga</td>
<td>10:30 am Madison Center Valentine’s Day Craft - Sign up required</td>
<td>10:30 am Bingo &amp; Subs</td>
</tr>
<tr>
<td>1:00 pm Yoga</td>
<td>10:30 am Gentle Fitness DVD</td>
<td>1:00 pm Move 2 The Groove</td>
<td>11:30 am Friendly’s</td>
<td>12:00 pm Crochet Project</td>
</tr>
<tr>
<td></td>
<td>12:30 pm Choral</td>
<td></td>
<td>1:00 pm Gentle Strength Training</td>
<td>12:30 pm Movie &amp; Popcorn</td>
</tr>
<tr>
<td></td>
<td>12:30 pm Sketch Class</td>
<td></td>
<td>“Letters to Juliet”</td>
<td></td>
</tr>
<tr>
<td>Last Day to Sign-up for Sub Bingo</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td>8 10:30 pm Ice Cream Social With DJ Mel</td>
</tr>
<tr>
<td>10:00 am Crochet Project</td>
<td></td>
<td>11:00 am Friendly’s</td>
<td></td>
<td></td>
</tr>
<tr>
<td>10:30 am Gentle Strength Training</td>
<td>12:30 pm Choral</td>
<td>1:00 pm Gentle Strength Training</td>
<td></td>
<td></td>
</tr>
<tr>
<td>1:00 pm Yoga</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td>15 10:00 am Crochet Project</td>
</tr>
<tr>
<td>Lincoln’s Birthday</td>
<td>12</td>
<td>13</td>
<td>14</td>
<td>10:30 am Sketch Class</td>
</tr>
<tr>
<td>Center Closed</td>
<td></td>
<td>10:00 - 12:00: PD5 Tax Deduction w/ Lori</td>
<td>10:00 am Crochet Project</td>
<td>1:15 pm Zumba</td>
</tr>
<tr>
<td></td>
<td></td>
<td>10:00 am Crochet Project</td>
<td>10:30 am MC Public Health Flu &amp; Cold Education Program</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>10:30 am Yoga</td>
<td>11:30 am Friendly’s</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>1:00 pm Move 2 The Groove</td>
<td>1:00 pm Gentle Strength Training</td>
<td></td>
</tr>
<tr>
<td>19</td>
<td>Presidents’ Day</td>
<td>20</td>
<td>21</td>
<td></td>
</tr>
<tr>
<td>Center Closed</td>
<td>10:00 am Intergenerational Program</td>
<td>10:00 Senator Thompson’s Office</td>
<td>10:00 am Crochet Project</td>
<td>10:00 am Podiatry by Appt.</td>
</tr>
<tr>
<td></td>
<td>10:00 am Crochet Project</td>
<td>10:30 am Crochet Project</td>
<td>10:30 am RWJ: Digestive Health</td>
<td>10:30 am Paint Class</td>
</tr>
<tr>
<td></td>
<td>10:30 am Divas &amp; Dudes Practice</td>
<td>10:30 am Yoga</td>
<td>11:30 am Friendly’s</td>
<td>10:30 am Pizza Bingo</td>
</tr>
<tr>
<td></td>
<td>12:30 pm Choral</td>
<td>1:00 pm Move 2 The Groove</td>
<td>1:00 pm Gentle Strength</td>
<td>12:00 pm Crochet Project</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Last Day to Sign-up for Pizza Bingo</td>
<td></td>
<td>1:00 pm Walk Aerobics DVD</td>
</tr>
<tr>
<td>22</td>
<td>Presidents’ Day</td>
<td>25</td>
<td>26</td>
<td>February 15</td>
</tr>
<tr>
<td></td>
<td></td>
<td>10:00 am Crochet Project</td>
<td>10:00 am Crochet Project</td>
<td>American Heart Month</td>
</tr>
<tr>
<td></td>
<td></td>
<td>10:30 am Rutgers Mental Health: Aging Myths vs Facts</td>
<td>10:00 pm Zumba</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>10:30 am Divas &amp; Dudes Practice</td>
<td>12:00 pm Crochet Project</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>12:30 pm Choral</td>
<td>1:00 pm Gentle Strength Training</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>1:00 pm Gentle Fitness DVD</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td>28 10:00 pm Calendar Review Meeting</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td>1:00 pm Move 2 The Groove</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td>1:00 pm Gentle Strength Training</td>
</tr>
</tbody>
</table>