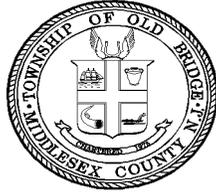


**OWEN HENRY
MAYOR**



**HIMANSHU R. SHAH
BUSINESS ADMINISTRATOR**

TOWNSHIP OF OLD BRIDGE

**FOR IMMEDIATE RELEASE
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SILVER LININGS AT OLD BRIDGE CELEBRATES NATIONAL SENIOR CENTER MONTH

***Mayor will offer Proclamation recognizing how the Community Grows,
Learns, Gives and Connects at Silver Linings***

Old Bridge Township, NJ – Old Bridge Mayor Owen Henry will help kick off National Senior Center Month at the Township’s award-winning Silver Linings at Old Bridge on Friday, September 6th at 10:30am. In addition to a Mayoral Proclamation designating September as Senior Center Month, the event will highlight special programming and events scheduled for the month, including new Tai Chi and trivia sessions.

“Silver Linings is a wonderful resource for our seniors and allows them to become fully engaged in the community by giving back, socializing and learning,” said Mayor Henry.

This year’s national theme, “Senior Centers: The Key to Aging Well,” emphasizes the tremendous potential that senior centers unlock in their communities, empowering older adults to grow, learn, give and connect. Silver Linings offers members a wide array of programming, including financial planning presentations, exercise and wellness programs, crafting classes and technology sessions, and social activities such as dances, parties and trips.

“Today’s senior centers are vibrant activity centers which serve as fitness centers, social clubs and transportation hubs,” noted Anahita Feltz, Manager of Silver Linings at Old Bridge. “By providing fun, engaging and valuable programs, we are giving our members practical tools and resources to help them stay healthy and independent.”

Silver Linings is the only Senior Center in Middlesex County accredited by the National Institute of Senior Centers. It is located within the Municipal Complex at 1 Old Bridge Plaza. Membership is available to Old Bridge residents aged 60 and older; there is a one-time \$5 registration fee. For additional information about Silver Linings, please contact (732) 721-5600 ext.6600 or go to: www.oldbridge.com/silverlinings.

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