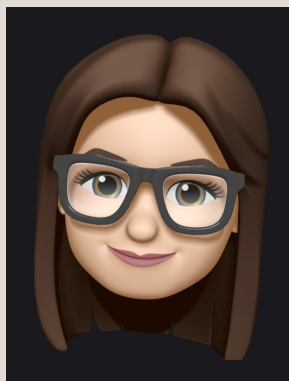


1 OLD BRIDGE PLAZA | OLD BRIDGE, NJ 08857 | 732-721-5600, EXT. 6600 | OCTOBER 2023



From the Desk of the Manager

Fall is in full swing, and we are looking forward to a great final quarter of 2023.

We had a great third quarter that included nights out, trips to new and fun places, great new classes and so much more. We welcomed 72 new members, and 478 members attended the center this past quarter!

September saw the return of outdoor pickleball, and we are excited to continue outdoor pickleball this month! We have great trips planned for this month including Jersey Shore Outlets, Columbus Farmers Market, Wind Creek Casino, and a Halloween Day Bowling trip!

Please note that due to construction in the courtyard, we will be closed the first week of October as access to the center will be limited. Please note that some programs will take place outside of the center that week. See the calendar for more information! We appreciate your understanding and cooperation.

Have a great October!

Anahita Feltz

SILVER LININGS NIGHT OUT:

ANNUAL HALLOWEEN PARTY

🦇 **10.27.23 | 6PM TO 9PM** 🦇

Goblins, witches and ghouls – it's time for our annual Halloween costume party! Sign up is required. We will be serving a light dinner - pizza, snack, drink and dessert and the cost is \$10. Please note that you do not have to sign up for dinner. You can attend the party without having dinner. However, you must still sign up!

DJ Lou Reed is back to spin our favorite tunes.

Don't forget those Halloween costumes! We'll have a friendly competition for the best, funniest, and scariest costumes! We hope to see you there! This is no trick - you are surely in for a treat!



MUMS FUNDRAISER ICE CREAM SOCIAL

Friday, October 6th at 1pm

Join us on Friday, October 6th for an Ice Cream Social with a cause! We will be selling mums with the proceeds going to the Old Bridge Food Bank. The cost of the mums is \$5 - limit 4 per member. Please bring cash and exact change is appreciated. Of course we will be enjoying some Carvel Ice Cream!

Happy Feet DJs will have us dancing all afternoon!

Due to the center closure, this event will take place in the Rec Building.

Please do not arrive earlier than 12:45pm. If you need the bus, please see Nancy in the Transportation office to request a ride!

PLEASE WEAR PINK TO RECOGNIZE BREAST CANCER AWARENESS MONTH!

**Please take the time to review the whole newsletter and the calendar.
Registration for October classes, programs and trips will begin on
Wednesday, September 27th VIA PHONE ONLY!**

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

HALLOWEEN BOWLING AT MAJESTIC LANES

Tuesday, October 31st | 10:30am



Join us as we head to the Bowling Alley for the first time! We will get to play a few games and enjoy lunch! Registration is required. Cost is \$15 and includes 2 games, rental of shoes, and lunch! Please see the choices for lunch below. When registering you will need to indicate which meal you would like to have. **Money is due by October 25th.**

Lunch choices include: Hamburger or Cheeseburger with Fries, Hot Dog with Fries, Grilled Cheese with Fries, or a Personal Pizza. All meals include a 16oz drink.

Columbus Farmers Market Trip

It's time for our annual fall trip to Columbus Farmers Market Trip. Join us on Thursday, October 5th at 9:30am as we head to our favorite indoor/outdoor flea market! Sign up in advance is required. Cost is \$5 and it is non-refundable. **Money is due by September 29th.**



WIND CREEK CASINO TRIP



Let's head to Bethlehem, PA to Wind Creek 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. Registration is required. This trip is non-refundable. **Money is due by October 13th!**

Let the Good Times Roll

Tuesday, November 14th | 9:30am to 3:30pm

We are heading back to the Shore Club for Lunch and a Show! Let the Good Times Roll will pay tribute to Billy Joel, Carole King, and Roy Orbison! We will also enjoy some comedy and of course, dancing! Registration is required and you can start registering on September 27th. Cost is \$60 and includes: one hour open bar, meal and dessert. Meal choices include: Roast Beef, Chicken Marsala, or Herb Crusted Salmon. Please note that you will need to tell us your meal choice when registering.

Money is due by October 27th!



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.

AN INTRO TO STREET ART

Defined as “public-space artwork that's created for consumption outside of the typical art gallery setting,” street art is essentially synonymous with “public art” as it encompasses a variety of mediums like painting, sculpture, or stained glass. Stacey will be teaching us about Street Art and famous artists on Thursdays at 9:30am. Registration is required and please note that you can only sign up for one class.



Pickleball is back! Thursdays at 9am

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, September 28th at 8am.



Movie Day: “The Best Exotic Marigold Hotel”

Friday, October 13th
at 12:30pm

British retirees travel to India to take up residence in what they believe is a newly restored hotel. Less luxurious than advertised, the Marigold Hotel nevertheless slowly begins to charm in unexpected ways.

PIZZA BINGO!

Friday, October 20th at 12pm

Sign up is required.

Cost is \$7 and
money is due by
10/13.

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



Lunch & Learn:
Let's Talk Carbs &
Nutrition Labels
October 26th at
11:30am

Let's welcome our County Nutritionist Julie as we lunch and learn! Julie will talk about carbohydrates, how they break down in our bodies and tools to use to count carbs. She will also tell us explain to us how to understand nutrition labels and the recommended intake of nutrients for older adults. No sign up is required.

**If you plan on having lunch,
please sign up with Jill!**



Silver Linings
at Old Bridge
An Activity Center for Adults 60+

HEALTH & WELLNESS FAIR

Saturday, October 21st

at Silver Linings at Old Bridge
9:00am to 12:00pm

Join us as we host a Health & Wellness Fair in partnership with Hackensack Meridian Health! We will have various health screenings and 10-minute massages. ShopRite Pharmacy will be here administering flu shots. We will also have information tables from our County Office on Aging & Disabled Services, our Police & Fire Departments and more! The Police Department will also be accepting your old medicine to dispose properly. We encourage you to bring an adult family member if you'd like! Please note that if you need transportation, you must sign up with the transportation office by 10/18th! All members that attend will be entered into a gift basket raffle!



For more information, please call 732-721-5600, ext. 6600 or visit www.oldbridge.com/silverlinings

October 2023

Mon	Tue	Wed	Thu	Fri
<p>2</p> <p>CENTER CLOSED Municipal Complex Construction</p>	<p>3</p> <p>CENTER CLOSED Municipal Complex Construction</p> <p>10:00: Jersey Shore Outlets - \$3 ®</p>	<p>4</p> <p>CENTER CLOSED Municipal Complex Construction</p>	<p>5</p> <p>CENTER CLOSED Municipal Complex Construction</p> <p>9:00: Outdoor Pickleball Clinics ® 9:30: Trip to Columbus Farmers Market - \$5 ®</p>	<p>6</p> <p>CENTER CLOSED Municipal Complex Construction</p> <p>WEAR PINK DAY! 1:00: Mums Fundraiser Ice Cream Social with Happy Feet DJs</p>
<p>9</p> <p>9:45: Strength Training with Gurdeep 10:45: Dancercise with Lysette 1:00: Chair Yoga with Al 1:00: Crafting with Patty 2:00: Gaming/Mahjong Hour</p>	<p>10</p> <p>9:30: Pilates with Suzy 10:30: Paint Class ® 1:00: SL Book Club Meeting ©</p>	<p>11</p> <p>9:30: Dancercise with Lysette 11:00: Chair Yoga with Al 1:00: Crafting with Patty 2:00: Gaming/Mahjong Hour</p>	<p>12</p> <p>9:00: Outdoor Pickleball Clinics ® 9:30: An Intro to Street Art ® 11:00: Line Dancing with Eva 1:00: Dandiya with Varsha</p>	<p>13</p> <p>9:30: Bollywood Dance with Varsha 10:30: Sketch Class ® 12:30: Movie Day: "The Best Exotic Marigold Hotel" starting Judi Dench, Maggie Smith & Dev Patel</p>
<p>16</p> <p>9:45: Strength Training with Gurdeep 10:45: Dancercise with Lysette 1:00: Chair Yoga with Al 1:00: Crafting with Patty 2:00: Gaming/Mahjong Hour</p>	<p>17</p> <p>9:30: Pilates with Suzy 10:30: Sketch Class ® 1:00: Square Dancing with Lysette!</p>	<p>18</p> <p>9:30: Dancercise with Lysette 11:00: Chair Yoga with Al 1:00: Crafting with Patty 2:00: Gaming/Mahjong Hour</p>	<p>19</p> <p>8:30: Wind Creek Casino - \$25 ® 9:00: Outdoor Pickleball Clinics ® 9:30: An Intro to Street Art ® 11:00: Line Dancing with Eva 1:00: Dandiya with Varsha</p>	<p>20</p> <p>9:30: Bollywood Dance with Varsha 10:30: Paint Class ® 12:00: Pizza Bingo - \$7 ® Money for Pizza Bingo is due by 10/13!</p>
<p>23</p> <p>9:45: Strength Training with Gurdeep 10:45: Dancercise with Lysette 1:00: Chair Yoga with Al 1:00: Crafting with Patty 2:00: Gaming/Mahjong Hour</p>	<p>24</p> <p>9:30: Pilates with Suzy 10:30: Paint Class ® 1:00: Breathing Exercises & Mindfulness with Kristin</p>	<p>25</p> <p>8:30: Registration for November Classes/Programs/ Trips VIA PHONE ONLY! 9:45: Dancercise with Lysette 11:00: Chair Yoga with Al 1:00: Crafting with Patty 2:00: Gaming/Mahjong Hour</p>	<p>26</p> <p>9:00: Outdoor Pickleball Clinics ® 9:30: An Intro to Street Art ® 10:30: Line Dancing with Eva 11:30: Lunch & Learn: Let's talk Carbs & Nutrition Labels 1:00: Dandiya with Varsha</p>	<p>27</p> <p>9:30: Bollywood Dance Class with Varsha 10:30: Sketch Class ® Center closes at 1pm 6pm to 9pm: Silver Linings Night Out: Halloween Party with DJ Lou Reed - \$10 ®</p>
<p>30</p> <p>9:45: Strength Training with Gurdeep 10:45: Dancercise with Lysette 1:00: Chair Yoga with Al 1:00: Crafting with Patty 2:00: Gaming/Mahjong Hour</p>	<p>31</p> <p>9:30: Pilates with Suzy 10:30: Sketch Class ® 10:30: Halloween Bowling Trip to Majestic Lanes - \$15 ® 1:00: Paint Class ®</p>	<p>Registration for October classes, programs and classes begins on Wednesday, September 27th at 8:30am via PHONE ONLY!</p>	<p>Registration for September Pickleball Clinics begins on Thursday, September 28th at 8am via PHONE ONLY!</p>	<p>Join us on Saturday, October 21st from 9am to 12pm for our 1st Annual Health and Wellness Fair! See page 4 of the newsletter for more information!</p>