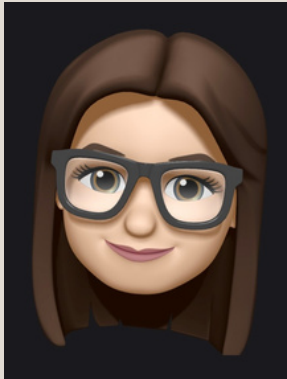


1 OLD BRIDGE PLAZA | OLD BRIDGE, NJ 08857 | 732-721-5600, EXT. 6600 | NOVEMBER 2023



From the Desk of the Manager

"Gratitude can transform common days into thanksgivings, turn routine jobs into joy, and change ordinary opportunities into blessings."

With just two months left in 2023, it is the perfect time to reflect on all the great things that 2023 has brought us. Yes, there have been sad and somber moments. But there is still plenty to be grateful for: our families, our health, our friends, our center.

Our staff works hard daily and year-round to provide a fun, happy, safe and inclusive place for our members. Make sure to take a moment and thank them this month.

I am thankful for my staff and their support. And I am thankful for our members. Your support and appreciation of Silver Linings is what keeps us going and for that, we thank you.

Happy Thanksgiving!

Anahita Feltz

ANNUAL FRIENDSGIVING BRUNCH

Wednesday, November 22nd at 9:30am

**THERE'S
always
SOMETHING TO BE
THANKFUL
for**

You are cordially invited to our 2nd Annual Friendsgiving Brunch!

Join us as we enjoy a delicious breakfast with friends and staff!

Registration is required as space is limited. Cost is \$10 and money is due by Friday, November 17th.

Let's kick off Thanksgiving weekend by sharing a meal with our Silver Linings Family! Hope to see you there!

Diwali Celebration Ice Cream Social

Friday, November 3rd at 1pm

Diwali, known as the Festival of Lights, is one of the most important Indian holidays. While Diwali falls on November 12th this year, join us on November 3rd as we learn more about Diwali and celebrate this beautiful holiday a week early! Ice cream and special treats will be served. Our Dandiya and Bollywood students will be performing a couple of numbers for us. We are excited to share this holiday with all of you and look forward to celebrating together.

Special thanks to Beulah Remedios for sponsoring our ice cream, in honor of her beloved late husband, Rob.



**Please take the time to review the whole newsletter and calendar.
Registration for November classes, programs and trips will begin on
Wednesday, October 25th VIA PHONE ONLY!**

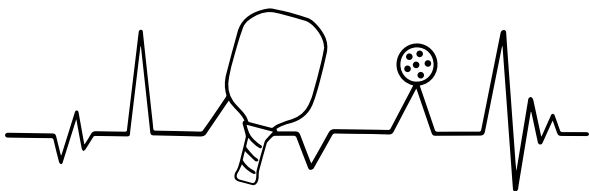
FOR MORE INFORMATION, VISIT OUR WEBSITE AT
WWW.OLDBRIDGE.COM/SILVERLININGS
OR AT FACEBOOK.COM/GROUPS/SILVERLININGSATOLDBRIDGE

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.

Don't worry! Pickleball will be back in December!

We are excited to bring back our indoor Pickleball clinics at Brunswick Hills in December! Look out for the December newsletter later this month for more info!

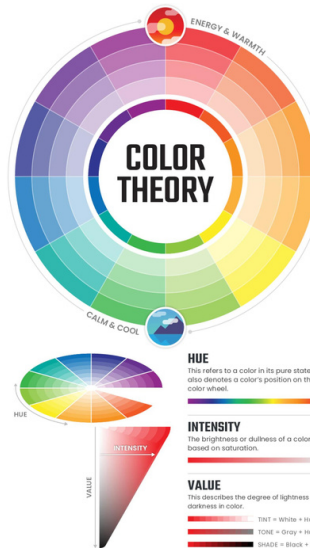


BRUNSWICK SQUARE MALL TRIP

Tuesday, November 28th | 11am

Time to start holiday shopping! Join us as we head to Brunswick Square mall for a shopping trip. Stores include: Macy's, Old Navy, JC Penney, Bath & Body Works, Barnes and Noble, and more! You can also enjoy lunch at Red Robin, Panera, etc. Sign up is required for this trip! Happy shopping!

INTRO TO COLOR THEORY



In the visual arts, color theory is the body of practical guidance for color mixing and the visual effects of a specific color combination. Color terminology based on the color wheel and its geometry separates colors into primary color, secondary color, and tertiary color.

Join us Thursdays this month as Stacey teaches us about Color Theory and we create our own color wheel. Registration is required. Note that you can only sign up for 1 class.

Silver Crafts: Gem Painting Ornaments

One of our favorite new craft activities is back this month! Let's gem paint ornaments just in time for the holidays! Please refer to the calendar for the dates - and please note that registration is required. You can only sign up for 1 class.

PIZZA BINGO!

Friday, November 17 at 12pm

Sign up is required. Cost is \$7 and **money is due by 11/13.**

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



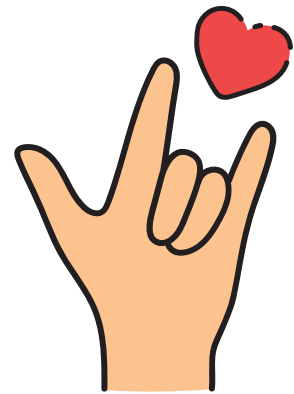


Redhawk Native American Council Performance

Wednesday, November 1st at 1pm

Join us as we welcome Redhawk dancers, who will be sharing Native American history, dance, music and traditions of America's First People. This program is sponsored by the Middlesex County Office of Arts & History.

ASL Intro: Holiday Songs



Join us as we welcome back our favorite ASL instructor Vanessa back to the center! Vanessa will be back in November to give us an intro to American Sign Language by teaching us how to sign "Deck the Halls" ahead of our annual December Intergenerational Singalong! Please note that classes are on Mondays at 10:30am and Thursdays at 1pm. Registration is required and when you register, you are registering for the whole month of classes. Please do not sign up if you cannot make at least 75% of the classes.

Hand Evaluations by First Rehab *Thursday, November 30th at 9:30am*

Are you struggling with persistent pain, stiffness, or numbness in your hands? Are these issues impacting your daily activities and interfering with hobbies you enjoy? Many people experience discomfort in their hands, assuming it's just a natural part of aging but there are actually treatments available to ease the pain and improve functionality in your hands.

First Rehab is excited to offer FREE hand consultations for members to explore the potential benefits of hand therapy. We're bringing the expert to you! During the consultation, First Rehab hand therapist, Patricia Deutsch, OTR/L, will assess your specific needs, listen to your concerns, and answer any questions you may have. From arthritis to carpal tunnel, our Hand Therapist has the expertise to address various hand-related concerns to reduce pain, increase mobility and strengthen the muscles in the hands.



Spots are limited AND registration is required!

Advance Care Planning Seminar

Thursday, November 16th at 9:30am

Join us for this very important, informative seminar on advance care planning presented by Hackensack Meridian. Social workers from Raritan Bay Medical Center will go over the types of advanced care planning documents, how they are utilized and why it is encouraged to have them completed. Sample cases will be presented where advanced care planning was either completed or not completed and what the outcomes were. Documents and information will be provided. We strongly encourage you to attend this seminar!

November 2023

Mon	Tue	Wed	Thu	Fri
<p>Registration for November begins on Wednesday, October 25th at 8:30am via PHONE ONLY! The center will open at 9:30am on October 25th due to registration and the buses will run on a 1-hour delayed opening.</p>		<p><i>1</i> 9:30: Dancercise with Lysette 11:00: Chair Yoga with Al 1:00: Redhawk Native American Arts Council Performance</p>	<p><i>2</i> 9:30: Intro to Color Theory ® 11:00: Line Dancing with Eva 1:00: ASL Intro: Holiday Songs ® 2:00: Gaming/Mahjong Hour</p>	<p><i>3</i> 9:30: Silver Crafts: Gem Painting Ornaments ® 10:30: Paint Class ® 1:00: Diwali Celebration Ice Cream Social Thank you Beulah Remedios for sponsoring the ice cream!</p>
<p><i>6</i> 9:45: Strength Training with Gurdeep 10:30: ASL Intro: Holiday Songs ® 1:00: Chair Yoga with Al 1:00: Crafting with Patty 2:00: Gaming/Mahjong Hour 2:00: Dancercise with Lysette</p>	<p><i>7</i> CENTER CLOSED ELECTION DAY</p>	<p><i>8</i> 9:30: Dancercise with Lysette 11:00: Chair Yoga with Al 1:00: Crafting with Patty 2:00: Gaming/Mahjong Hour</p>	<p><i>9</i> 9:30: Intro to Color Theory ® 11:00: Line Dancing with Eva 12:30: Sketch Class ® 1:00: Bollywood Dance with Varsha 2:00: Silver Crafts: Gem Painting Ornaments ®</p>	<p><i>10</i> TOWNSHIP CLOSED  HONORING ALL WHO SERVED VETERANS DAY</p>
<p><i>13</i> 9:45: Strength Training with Gurdeep 10:30: ASL Intro: Holiday Songs ® 1:00: Chair Yoga with Al 1:00: Crafting with Patty 2:00: Gaming/Mahjong Hour 2:00: Dancercise with Lysette</p>	<p><i>14</i> 9:30: Pilates with Suzy 9:30: Let the Good Times Roll at the Shore Club Trip © 10:30: Paint Class ® 1:00: Intro to Color Theory ®</p>	<p><i>15</i> 9:30: Dancercise with Lysette 11:00: Chair Yoga with Al 1:00: Sketch Class ® 1:00: Crafting with Patty 2:00: Gaming/Mahjong Hour</p>	<p><i>16</i> 9:30: Advance Care Planning Seminar with Hackensack Meridian 11:00: Line Dancing with Eva 1:00: ASL Intro: Holiday Songs ® 2:00: Silver Crafts: Gem Painting Ornaments ®</p>	<p><i>17</i> 9:30: Bollywood Dance with Varsha 10:30: Paint Class ® 12:00: Pizza Bingo - \$7 ® Money for Pizza Bingo is due by 11/13!</p>
<p><i>20</i> 9:45: Strength Training with Gurdeep 10:30: ASL Intro: Holiday Songs ® 1:00: Chair Yoga with Al 1:00: Crafting with Patty 2:00: Gaming/Mahjong Hour 2:00: Dancercise with Lysette</p>	<p><i>21</i> 9:30: Pilates with Suzy 10:30: Sketch Class ® 1:00: Intro to Color Theory ®</p>	<p><i>22</i> 9:30: Annual Friendsgiving Brunch - \$10 ® 11:00: Chair Yoga with Al Center closes at 1pm</p>	<p><i>23</i> TOWNSHIP CLOSED  HAPPY Thanksgiving</p>	<p><i>24</i> TOWNSHIP CLOSED</p>
<p><i>27</i> 9:45: Strength Training with Gurdeep 10:30: ASL Intro: Holiday Songs ® 1:00: Chair Yoga with Al 1:00: Crafting with Patty 2:00: Gaming/Mahjong Hour 2:00: Dancercise with Lysette</p>	<p><i>28</i> 9:30: Pilates with Suzy 10:30: Paint Class ® 11:00: Trip to Brunswick Square Mall ® 1:00: Bollywood Dance Class with Varsha</p>	<p><i>29</i> 8:30: Registration for December Classes, Programs and Trips VIA PHONE ONLY! 9:45: Dancercise with Lysette 11:00: Chair Yoga with Al 1:00: Sketch Class ® 1:00: Crafting with Patty 2:00: Gaming/Mahjong Hour</p>	<p><i>30</i> 8:00: Registration for December Indoor Pickleball Clinics VIA PHONE ONLY! 9:30: Hand Evaluations with First Rehab ® 11:00: Line Dancing with Eva 1:00: ASL Intro: Holiday Songs ® 2:00: Silver Crafts: Gem Painting Ornaments ®</p>	<p>PLEASE READ THE WHOLE NEWSLETTER FOR MORE INFORMATION!</p>