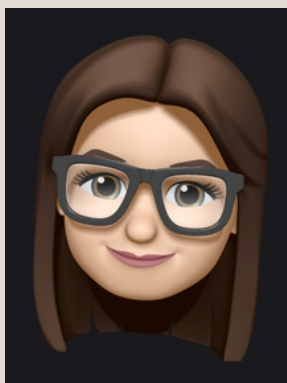


1 OLD BRIDGE PLAZA | OLD BRIDGE, NJ 08857 | 732-721-5600, EXT. 6600 | JANUARY 2024



## From the Desk of the Manager

*"We all get the same 365 days. The only difference is what we do with them."*

Happy New Year  
Silver Linings!

2023 was a great year. We welcomed 284 new members and had 812 members visit the center throughout the year!

As we embrace the dawn of a new year, let's reflect on the past with gratitude, cherish the present, and set resolutions that nurture our growth. May the coming year be a canvas for our aspirations, filled with opportunities for kindness, joy and new memories. Cheers to a great new year!

*Anahita Feltz*

## "Dance Medicine - Release Healing through Dance, Music and Song"

*Tuesday, January 9th, 2024 at 1pm*



Join us as we welcome Broadway Tap Dancer Omar Edwards to Silver Linings!

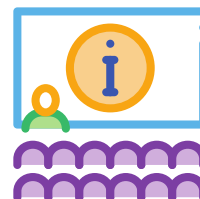
DANCE MEDICINE is a rhythmic back and forth conversation between Tap-dancer Omar Edwards, and his vocalist & keyboardist with workshop participants.

Artists will use their musical instruments: voice, keyboards and in Omar's case, his feet to engage them in the dialogue via a call and response. The mission is to bring joy by making a joyful noise. "Tap dancing can be a distinctively satisfying physical and emotional release because of its ability to produce sound. For children who are being constantly asked to sit down and be quiet, being allowed to stand up and make noise can be particularly Tap dance holds therapeutic benefits for anyone looking to find their voice..."

*Sponsored by the Middlesex County Office of Arts & History*

## Ice Cream Social & Members' Meeting Friday, January 5th at 1pm

Here's to our first sweet treat of 2024! Join us for some ice cream, socializing with new and old friends and to hear general info of the center, a recap on 2023 and what's coming up in 2024! Everyone is welcome - especially new members!



**Please take the time to review the whole newsletter and calendar.**  
**Registration for January 2024 will begin on Wednesday, December 20th, 2023 at 8:30am VIA PHONE ONLY! Indoor Pickleball registration will begin on Thursday, December 28th, 2023 at 8:00am VIA PHONE ONLY!**

WWW.OLDBRIDGE.COM/SILVERLININGS  
OR AT FACEBOOK.COM/GROUPS/SILVERLININGSATOLDBRIDGE

## BOURBON STREET MARDI GRAS PARADE FESTIVAL

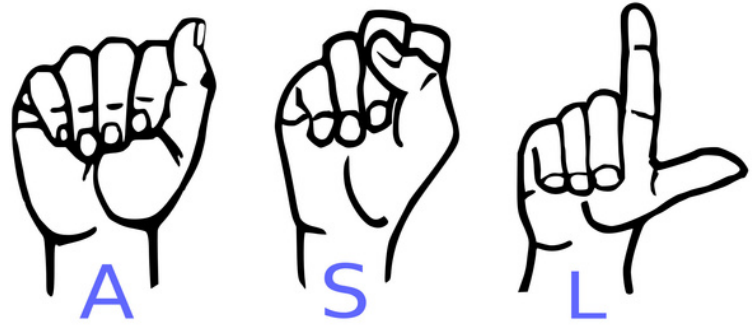
Tuesday, February 20th, 2024 at 10:15am



Join us as we head to the Shore Club in Spring Lake for a Mardi Gras party! Music by The Fabulous Bourbon St. Blues Band. We've got the beads; you bring a crazy mask or hat to revel in the Mardi Gras Parade led by the King and Queen of the day! Cost is \$60 per person. Meal choices are Beef Brisket, Chicken Marsala, or Salmon. REGISTRATION BEGINS ON DECEMBER 20TH, 2023 AT 8:30AM VIA PHONE ONLY. Please have your meal choice picked out when registering. Money is due by January 31st, 2024. No exceptions! This is a non-refundable trip.

## Introduction to American Sign Language

BEGINNERS! Vanessa is back for an introduction to ASL class! Vanessa will teach the basics of ASL: the alphabet as well as key words and phrases. Registration is required. Please check the calendar for class dates and times.



***Please note that this is a one-month class that meets twice a week. It is a commitment. When you sign up for the class, you are signing up for the entire month. We have noticed that as the month goes on, members stop attending. If you cannot plan on attending the majority of the classes, please do not register. It is not fair to the members who want to take the class but get waitlisted and it is disrespectful to the instructor. Furthermore, the cost of this class is covered by a grant and attendance is important to continue receiving funding for our education programs.***



## INTRO TO MOSAICS

Let's continue our Art Education program into 2024 with an Intro to Mosaics class with Stacey! Mosaic is the decoration of a surface with small pieces of material called tesserae. The material is typically stone, glass, or ceramic, but various other materials can be used. Space is limited and registration is required. ***Please note that you can only sign up for one session. Please check the calendar for dates and times of classes.***



## INDOOR PICKLEBALL CLINICS

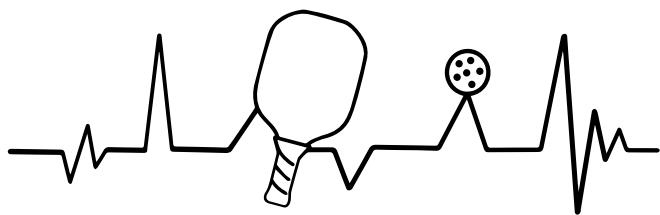
### Thursdays at 9am

Our winter Indoor Pickleball program continues. We will be hosting Pickleball classes at Brunswick Hills every Thursday from 9am to 11am. 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 our instructor Sadie.

Space is limited and registration is required. You must sign up for each class you want to attend.

You can drive yourself to the tennis club (it is located on Route 18 in East Brunswick) or transportation will be provided from the center.

You must tell us if you need the bus when registering. Bus leaves at 8:45am.



## Silver Linings & OBHS

Friday, January 26th at 9:30

Let's welcome the new Psychology students from OBHS for a meet & greet breakfast event! This is one of our favorite intergenerational events and we look forward to kicking off the year with our OBHS friends. Registration is required.

## PIZZA BINGO!

Friday, January 19th at 12pm



Sign up is required. Please note that the new cost is \$8, and **money is due by 01/12 and is non-refundable.**

If you don't want pizza, you do not need to pay the \$8; however, you must still sign up.

## CRAFTING WITH PATTY



We are excited to announce a fun project for January with Patty, our member and craft volunteer. We will be making this cute snowman plastic canvas project.

**Please see the sign up sheet at the front desk or see Patty to have a kit prepared for you. Sessions are on Mondays and Wednesdays at 1pm. Please make every effort to attend the first session on Wednesday, January 3rd at 1pm so you can receive your kit!**

## ZUMBA GOLD WITH VARSHA FRIDAYS IN JANUARY!



Zumba Gold is a lower-intensity version of the typical Zumba class and was designed to meet the anatomical, physiological and psychological needs of seniors. We are excited to bring this new class to Silver Linings with one of our favorite instructors, Varsha! Make sure to come check it out!



## Cardio Drumming

Back by popular demand, we will be hosting 3 cardio drumming classes this month. Registration is required and you can only attend 1 class. Please note that this is a video-led class but it is great exercise! See you there!

# January 2024

Mon	Tue	Wed	Thu	Fri
<p>1 <b>TOWNSHIP CLOSED</b></p> 	<p>2 9:30: Pilates with Suzy  10:30: Sketch Class ®  1:00: Square Dancing with Lysette</p>	<p>3 9:30: Dancercise with Lysette  11:00: Chair Yoga with Al  1:00: Crafting with Patty  1:00: Introduction to ASL ®  2:00: Gaming/Mahjong Hour</p>	<p>4 9:00: Indoor Pickleball Clinics at Brunswick Hills ®  10:00: Blood Sugar &amp; Blood Pressure Screenings by St. Peter's ®  11:00 Line Dancing with Eva  1:00: Introduction to ASL ®</p>	<p>5 9:30: Zumba Gold (NEW)  10:30: Paint Class ®  1:00: Ice Cream Social and 2024 Annual Members Meeting</p>
<p>8 9:30: Strength Training with Gurdeep 10:45: Bollywood Dance with Varsha 1:00: Chair Yoga with Al 1:00: Crafting with Patty 2:00: Gaming/Mahjong Hour 2:00: Dancercise with Lysette</p>	<p>9 9:30: Pilates with Suzy 10:30: Paint Class ® 1:00: Omar Edwards Presents: "Dance Medicine - Release Healing through Dance, Music and Song" 2:00: Introduction to ASL ®</p>	<p>10 9:30: Dancercise with Lysette  11:00: Chair Yoga with Al  1:00: Crafting with Patty  2:00: Gaming/Mahjong Hour</p>	<p>11 9:00: Indoor Pickleball Clinics at Brunswick Hills ®  11:00 Line Dancing with Eva  1:00: Introduction to ASL ®  2:00: Cardio Drumming ®</p>	<p>12 9:30: Zumba Gold (NEW)  10:30: Sketch Class ®  1:00: Silver Arts: Intro to Mosaics ®</p>
<p>15 <b>TOWNSHIP CLOSED</b></p>  <p>Martin Luther King Jr. Day</p>	<p>16 9:30: Pilates with Suzy 9:30: Hand Evaluations by First Rehab ® 10:30: Sketch Class ® 1:00: Introduction to ASL ® 2:00: Square Dancing with Lysette</p>	<p>17 9:30: Dancercise with Lysette  11:00: Chair Yoga with Al  1:00: Crafting with Patty  2:00: Gaming/Mahjong Hour  2:00: Introduction to ASL ®</p>	<p>18 9:00: Indoor Pickleball Clinics at Brunswick Hills ®  11:00 Line Dancing with Eva  1:00: Silver Arts: Intro to Mosaics ®</p>	<p>19 9:30: Zumba Gold (NEW)  10:30: Paint Class ®  12:00: Pizza Bingo - \$8 ® - Money is due by January 12th!</p>
<p>22 9:30: Strength Training with Gurdeep 10:45: Bollywood Dance with Varsha 1:00: Chair Yoga with Al 1:00: Crafting with Patty 2:00: Gaming/Mahjong Hour 2:00: Dancercise with Lysette</p>	<p>23 9:30: Pilates with Suzy  10:30: Paint Class ®  1:00: Introduction to ASL ®  2:00: Cardio Drumming ®</p>	<p>24 9:30: Dancercise with Lysette  11:00: Chair Yoga with Al  1:00: Silver Arts: Intro to Mosaics ®  1:00: Crafting with Patty  2:00: Gaming/Mahjong Hour</p>	<p>25 9:00: Indoor Pickleball Clinics at Brunswick Hills ®  11:00 Line Dancing with Eva  1:00: Cardio Drumming ®  2:00: Introduction to ASL ®</p>	<p>26 9:30-11:30: Meet &amp; Greet Breakfast with OBHS Psychology Students ®  1:00: Zumba Gold (NEW)  2:00: Silver Reads Book Club ®</p>
<p>29 9:30: Strength Training with Gurdeep 10:45: Bollywood Dance with Varsha 1:00: Chair Yoga with Al 1:00: Crafting with Patty 2:00: Gaming/Mahjong Hour 2:00: Dancercise with Lysette</p>	<p>30 8:00: Registration for February Indoor Pickleball Clinics VIA PHONE ONLY! 9:30: Pilates with Suzy 10:30: Sketch Class ® 1:00: Introduction to ASL ® 2:00: Square Dancing with Lysette</p>	<p>31 8:30: Registration for February VIA PHONE ONLY! 9:45: Dancercise with Lysette 11:00: Chair Yoga with Al 1:00: Silver Arts: Intro to Mosaics ® 1:00: Crafting with Patty 2:00: Gaming/Mahjong Hour</p>	<p><b>Registration for January begins on Wednesday, December 20th at 8:30am via PHONE ONLY! Please note that the center will open at 9:30am on 12/20 and transportation will be on an 1-hour delayed opening schedule.</b> <b>Registration for January Indoor Pickleball Clinics begins on Thursday, December 28th at 8am via PHONE ONLY!</b></p>	