



From the Desk of the Manager

For a short month (though we do get an extra day this year!), we have a packed February ahead. February is Heart Health Month. You have the power to take action to protect yourself against heart disease. Small heart-healthy actions like adding more movement to our day or choosing healthy foods, can have a big impact on protecting our hearts.

February is also Black History Month. It is a time when we honor and recognize the contributions and sacrifices of African Americans who have helped shape the nation. Black History Month celebrates the rich cultural heritage, triumphs and adversities that are an indelible part of our country's history. We will be highlighting Black History Month on our Facebook page as well as at the center!

HAPPY FEBRUARY!

Anahita Feltz

Mardi Gras Ice Cream Social

Friday, February 2nd at 1pm



Join us for a fun Mardi Gras themed Ice Cream Social featuring Happy Feet DJs! Let's enjoy some ice cream and dance the afternoon away with friends!

We will have Mardi Gras masks for you but make sure to wear Red for "Wear RED Day"!

SIGNING BLACK IN AMERICA

a documentary by the Language & Life Project at NC State

Friday, February 16th at 1:30pm

SIGNING BLACK in AMERICA is the first documentary about Black ASL: the unique dialect of American Sign Language (ASL) that developed within historically segregated African American Deaf communities. Black ASL today conveys an identity and sense of belonging that mirror spoken language varieties of the African American hearing community. The African American Deaf community is now embracing their unique variety as a symbol of solidarity and a vital part of their identity.

Join us for a viewing of this powerful documentary followed by an open discussion led by our ASL instructor Vanessa.

Please take the time to review the whole newsletter and calendar.
Registration for February 2024 will begin on Wednesday, January 31st at 8:30am VIA PHONE ONLY! Indoor Pickleball registration will begin on Tuesday, January 30th at 8:00am VIA PHONE ONLY!

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

INDOOR PICKLEBALL CLINICS

Thursdays at 9am

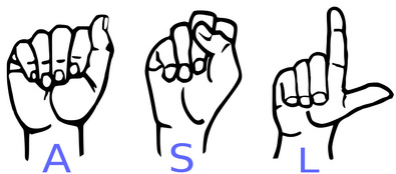
Our winter Indoor Pickleball program continues. We will be hosting Pickleball classes at Brunswick Hills every Thursday from 9am to 11am. Please note that this is a teaching/clinic type class. This is not open play. There will be time during the class for open play but that will be overseen by our instructor 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.

PLEASE DO NOT SHOW UP AT THE CLUB IF YOU ARE NOT REGISTERED OR ARE NOT ON THE WAITLIST. EVEN IF A SPOT IS OPEN, YOU WILL NOT BE ABLE TO PARTICIPATE UNLESS YOU ARE REGISTERED OR ON THE WAITLIST.



ASL: Theme Week Edition!

Join us this month as our ASL instructor Vanessa hosts weekly themed ASL classes this month. She will be here every Tuesday at 1pm teaching ASL words and phrases based on the theme for that week. For example, on February 13th, Vanessa will be teaching us Valentine's Day related words and phrases and members will also prepare valentine's day cards to be sent to deaf 5th graders at Union Street School! Registration is required and you MUST register for each week individually.



ZUMBA GOLD WITH VARSHA

FRIDAYS IN FEBRUARY

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. Have you tried out our new class yet?

Make sure to come check it out!

BINGO & SNACKS!

Friday, February 23rd at 1pm

We are doing things a little different this month! We will be playing bingo and enjoying some snacks.

There is no cost but sign up is required.

Please note that the February 9th Bingo is the make-up day from our January Bingo that was cancelled due to snow. There are no spots available as it is filled.

BINGO

INTRO TO LINE DANCING

Since we have so many dancers (and a lot of new members), we've decided to offer a new class for line dancing. Eva will continue to offer her advanced line dancing class but this new class, which will be run by our own member Jody, is perfect for those that are brand new to line dancing! We will offer two classes: 2/7 and 2/28. Check the calendar for times and we hope you will join us!

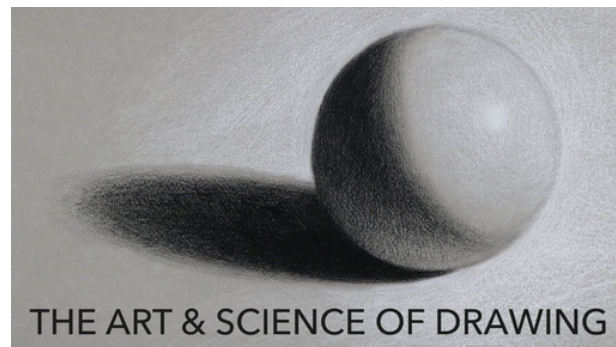
Silver Linings & OBHS

Thursday, February 29th at 10am

Let's welcome back our friends from OBHS as they join us for socialization as well morning activities including Advanced Line Dancing with Eva! We hope to see you there!

Intro to Light and Shadow

The depiction of light and shadow is an important technique to represent illusory space in painting. Without light, nothing can be seen but with shadow and shade objects and the space surrounding them can be realistically defined. Join Stacey this month for another great art education class! Registration is required and you can sign up for one class.



Silver Arts: “A Friend in Need” Mural Project

Painters needed! Help us beautify our Billiards Room by participating in our mural project. We need 24 painters to get this iconic painting on canvas to put in our billiards room! The class will take place on Wednesday, February 28th at 1pm and registration is required!



Crafting with Patty

Looking for a crafting project? Do you have a craft you're working on but want some company while working on it? Stop by the craft room and craft with Patty and friends on Mondays & Wednesdays at 1pm!

Silver Crafts: Spring Flowers Gem Painting



Join us on Thursday February 29th at 1pm as we get ready to welcome spring by making a beautiful gem painting poster of spring flowers! Space is limited and registration is required.

HACKENSACK MERIDIAN PRESENTATION

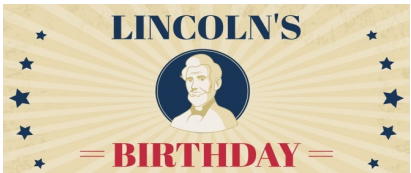

Empower yourself on how you want to be treated when entering a hospital.

You will learn how to advocate for your care plan. They will take questions and provide examples how this makes a hospital stay easier for you and your family. They will also touch base on advanced care planning.



**THURSDAY,
FEBRUARY 22ND
AT 10:00AM**

February 2024

Mon		Tue		Wed		Thu		Fri	
<p>Registration for February begins on WEDNESDAY, JANUARY 31ST at 8:30am via PHONE ONLY! Please note that the center will open at 9:30am on 01/31 and transportation will be on an 1-hour delayed schedule.</p> <p>Registration for February Indoor Pickleball Clinics begins on TUESDAY, JANUARY 30th at 8am via PHONE ONLY!</p>						<p>1 9:00: Indoor Pickleball Clinics at Brunswick Hills ® 11:00: Advanced Line Dancing with Eva 1:00: Silver Arts: Intro to Light and Shadow ®</p>		<p>2 WEAR RED DAY! ♥ 9:30: Zumba Gold with Varsha 10:30: Paint Class ® 1:00: Mardi Gras Ice Cream Social with Happy Feet DJs</p>	
<p>5 9:30: Dancercise with Lysette 10:45: Bollywood Dance with Varsha 1:00: Chair Yoga with Al 1:00: Crafting with Patty 2:00: Gaming/Mahjong Hour</p>		<p>6 9:30: Pilates with Suzy 10:30: Paint Class ® 1:00: Introduction to ASL - Chinese New Year ® 2:00: Square Dancing with Lysette</p>		<p>7 9:30: Intro to Line Dancing with Jody 11:00: Chair Yoga with Al 1:00: Crafting with Patty 2:00: Gaming/Mahjong Hour</p>		<p>8 9:00: Indoor Pickleball Clinics at Brunswick Hills ® 11:00: Advanced Line Dancing with Eva 1:00: Silver Arts: Intro to Light and Shadow ®</p>		<p>9 9:30: Zumba Gold with Varsha - followed by Alliance Ortho Assessments (only available to those who attend the Zumba class) 10:30: Sketch Class ® 12:00: January Pizza Bingo ©</p>	
<p>12 TOWNSHIP CLOSED</p> 		<p>13 9:30: Pilates with Suzy 10:30: Sketch Class ® 1:00: Introduction to ASL - Valentine's Day ® 2:00: Square Dancing with Lysette</p>		<p>14 9:30: Dancercise with Lysette 11:00: Chair Yoga with Al 1:00: Crafting with Patty 2:00: Gaming/Mahjong Hour</p>		<p>15 9:00: Indoor Pickleball Clinics at Brunswick Hills ® 11:00: Advanced Line Dancing with Eva 1:00: Silver Arts: Intro to Light and Shadow ®</p>		<p>16 9:30: Zumba Gold with Varsha 10:30: Paint Class ® 1:30: ASL Documentary: "Signing Black in America"</p>	
<p>19 TOWNSHIP CLOSED</p> 		<p>20 9:30: Pilates with Suzy 10:15: Bourbon Street Mardi Gras Party at the Shore Club © 10:30: Paint Class ® 1:00: Introduction to ASL - Presidents' Day ® 2:00: Square Dancing with Lysette</p>		<p>21 9:30: Dancercise with Lysette 11:00: Chair Yoga with Al 1:00: Crafting with Patty 2:00: Gaming/Mahjong Hour</p>		<p>22 9:00: Indoor Pickleball Clinics at Brunswick Hills ® 10:00: Hackensack Meridian - Goals of Care Presentation 1:00: Silver Arts: Intro to Light and Shadow ®</p>		<p>23 9:30: Zumba Gold with Varsha 10:30: Sketch Class ® 1:00: Bingo & Snacks ®</p>	
<p>26 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>27 9:30: Pilates with Suzy 10:30: Sketch Class ® 1:00: Introduction to ASL - Black History Month ® 2:00: Silver Reads Book Club ©</p>		<p>28 8:30: Registration for March VIA PHONE ONLY! 9:45: Intro to Line Dancing with Jody 11:00: Chair Yoga with Al 1:00: Silver Arts: "A Friend in Need" Mural Project ® 1:00: Crafting with Patty 2:00: Gaming/Mahjong Hour</p>		<p>29 8:00: Registration for March Indoor Pickleball Clinics VIA PHONE ONLY! 9:00: Indoor Pickleball Clinics at Brunswick Hills ® 10:00: OBHS Students Visit 11:00: Advanced Line Dancing with Eva 1:00: Silver Crafts: Spring Flowers Gem Painting ®</p>		