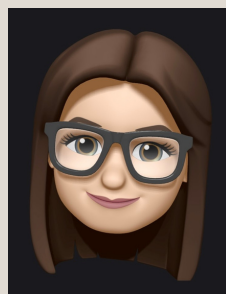
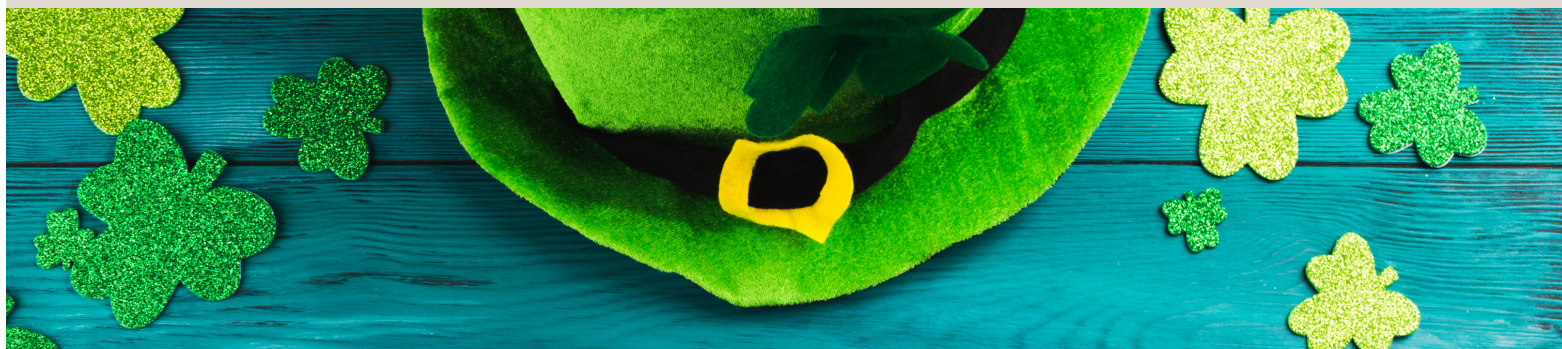


1 OLD BRIDGE PLAZA | OLD BRIDGE, NJ 08857 | 732-721-5600, EXT. 6600 | MARCH 2024



*From the Desk  
of the Manager*  
**Happy Spring  
Silver Linings!**

**Let's talk transportation! We have seen an increase in members needing transportation. To that end, we wanted to remind you all of our transportation guidelines.**

- **Requests for rides must be made by 12pm the day before. Please note that for a Monday pick up, you must call or sign up by 12pm Friday.**
- **If you need to cancel, please call us by no later than 8am the morning of your ride. Please be considerate and make sure to cancel so we do not go to your home for no reason.**
- **Clipboards are located in the Billiards room so that you can easily sign up for transportation. Please indicate if you will be taking the bus home at 12pm or 3pm.**
- **For shopping or medical transportation, please see Nancy in the office to sign up or you can call her at ext. 6635.**
- **If you get a ride into the center but need a ride home, YOU MUST let Nancy know as soon as you get to the center. Do not wait until 12pm or 3pm to tell us as we cannot guarantee a ride at that point.**

**Please do not assume that Nancy or any staff will sign you up for your transportation. YOU are responsible for signing up. We have been lenient lately with these rules but due to our increase membership, we simply cannot anymore. We appreciate your cooperation and understanding as we continue to offer this vital service.**

## ROUND THE HOUSE BAND

### Friday, March 1st at 12:30pm

Kevin, Jim and Terry are back by popular demand! Join us for a fun afternoon of Irish and American music for us to enjoy and dance to! Our ice cream social will be at 12:30pm. Please note that no ice cream will be given out once the band begins so make sure to get here on time!

Once again, special thanks to the Middlesex Office of Arts & History for sponsoring this great band!



## ANNUAL ST. PATRICK'S DAY PARTY

### Friday, March 15th at 12:30pm

**WE'RE ALL  
A LITTLE  
IRISH  
TODAY**

Join us for our Annual St. Patrick's Day Party! Let's enjoy a traditional St. Patrick's Day meal and dance the afternoon away with Happy Feet DJs. Make sure to wear all your GREEN for our "Counting of the Green" Contest! Please make sure to sign up with Jill in advance for lunch!

**Please take the time to review the whole newsletter and calendar. Registration for March 2024 will begin on Wednesday, February 28th at 8:30am VIA PHONE ONLY! Indoor Pickleball registration will begin on Thursday, February 29th at 8:00am VIA PHONE ONLY!**

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



## SUBS & BINGO!

Friday, March 22nd at 12pm

We are so excited to be partnering up with Jersey Mike's for Subs and Bingo this month!

**Cost is \$8 and it will include a sandwich, chips, cookie, drink, and 2 bingo boards.**

**Choices include:**

- **Stickball Special:** Ham, Salami, Provolone with lettuce, tomato, onions, oil and vinegar and salt, pepper, oregano
- Turkey and Provolone with lettuce, tomato and mayo

- Tuna with lettuce and tomato

**THERE WILL BE NO SUBSTITUTIONS.**

**Subs will come as listed above.**

**Money is due by March 15. This is a hard deadline with no exceptions.**

*Registration is required. If you do not want lunch, you can still sign up for Bingo - however keep in mind, that you will need to pay \$1 for two boards on Bingo Day.*

## ASL: Theme Week Edition!



*Our February theme-week ASL classes were such a hit that Vanessa is back with another month! Classes will be held on Tuesday, March 5th, 12h and 19th at 1pm.*

*Check the calendar for the themes! Registration is required and you **MUST** register for each week individually.*

## INDOOR PICKLEBALL CLINICS Thursdays at 9am

Our winter Indoor Pickleball program continues.

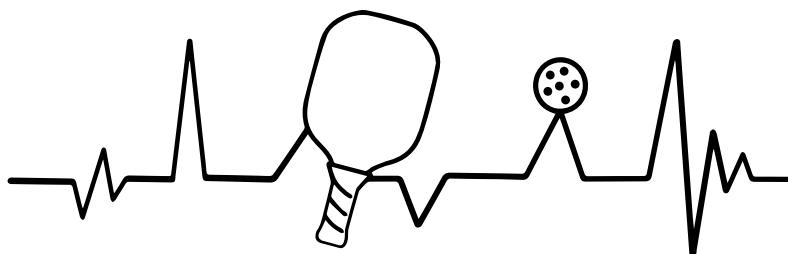
We will be hosting Pickleball classes at Brunswick Hills every Thursday from 9am to 11am. Please note that this is a teaching/clinic type class. This is not open play. There will be time during the class for open play in the last hour of class

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.**



## Silver Arts: Intro to Pastels

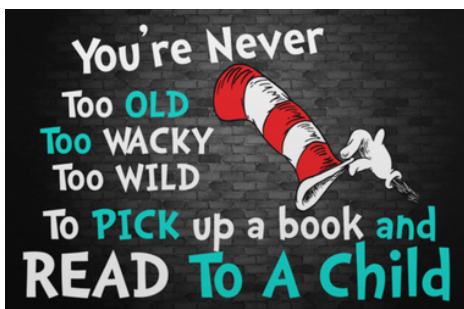


Let's work on our pastel art techniques! Pastel is an art medium that consist of powdered pigment and a binder. It can exist in a variety of forms, including a stick, a square, a pebble, or a pan of color, though other forms are possible. Stacey is back with another great art education class for us.

***Registration is required. Note that you can only sign up for one class. Please check the calendar for days/times this class is being offered.***



## Read Across America



**WEDNESDAY  
MARCH 6TH  
&  
FRIDAY  
MARCH 8TH**

### READERS NEEDED!

We have been invited to head to Madison Park Elementary School on March 6th and Carpenter Elementary School on March 8th to read in honor of Read Across America. This has always been such a great program and we are honored to have been asked to go to two schools this year. Registration is required AND you must sign up for each trip individually.

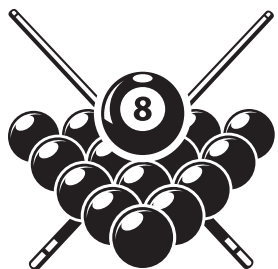
## International Women's Day Recognition

**Friday, March 8th at 1pm**

We are excited to host a Women's Day celebration! Join us as we welcome guests from the Thomas Warne Museum to tell us about the iconic women of Old Bridge. We will also have Old Bridge women in attendance who work daily to keep our town running, including Mayor Debbie Walker!



## Silver Cues Billiards Club



Are you interested in joining our billiards club? We will be holding an informational and sign up meeting on Wednesday, March 20, 2024 at 11am. We will provide information on the club and if you are interested in signing up, you can sign up at this meeting ONLY. Please note that there is a one-time \$5 fee for new club members. Current club members do not need to pay the fee but should attend to confirm interest in staying in the club.

## Healthy Swaps with First Rehab

Join us on Tuesday, March 12th at 10:30am as we learn to make a healthy dip, chickpea cookie dough and black bean brownies, courtesy of First Rehab. Space is limited and registration is required!



## Exercise Classes Update

You may have noticed that Al's Chair Yoga class is missing from the calendar. Don't worry! Al will be off in March and April but he will be back in April. Also please note that Gurdeep's Strength Training class has been moved to Thursdays at 1pm! Please review the calendar carefully to note these changes and classes that will be in place of Chair Yoga.

# March 2024

**Mon**

**Tue**

**Wed**

**Thu**

**Fri**

**Registration for March begins on WEDNESDAY, FEBRUARY 28TH at 8:30am via PHONE ONLY! Please note that the center will open at 9:30am on 02/28 and transportation will be on an 1-hour delayed schedule.**

**Registration for March Indoor Pickleball Clinics begins on THURSDAY, FEBRUARY 29TH at 8am via PHONE ONLY!**



*1*  
9:30: Zumba Gold with Varsha  
  
10:30: Paint Class ®  
  
12:30: Ice Cream Social with entertainment by Round the House Band!

*4*  
9:30: Bollywood Dance with Varsha  
10:30: Walking Workout (via video)  
1:00: Dancercise with Lysette  
1:00: Crafting with Patty  
2:00: Gaming/Mahjong Hour

*5*  
9:30: Pilates with Suzy  
10:30: Paint Class ®  
1:00: ASL: International Women's Day Edition ®

*6*  
9:30-11:00: Read Across America at Madison Park School ®  
10:30: Intro to Line Dancing with Jody  
1:00: Crafting with Patty  
2:00: Gaming/Mahjong Hour

*7*  
9:00: Indoor Pickleball Clinics at Brunswick Hills ®  
11:00: Advanced Line Dancing with Eva  
1:00: Silver Arts: Intro to Pastels ®  
1:00: Strength Training with Gurdeep

*8*  
9:30: Zumba Gold with Varsha  
10:00-11:00: Read Across America at Carpenter School ®  
10:30: Sketch Class ®  
1:00: International Women's Day Celebration: The Women that Built Old Bridge

*11*  
9:30: Bollywood Dance with Varsha  
10:30: Full Body Workout (via video)  
1:00: Dancercise with Lysette  
1:00: Crafting with Patty  
2:00: Gaming/Mahjong Hour

*12*  
9:30: Pilates with Suzy  
10:30: Healthy Swaps with First Rehab ®  
10:30: Sketch Class ®  
1:00: ASL: St. Patrick's Day Edition ®

*13*  
9:30: Dancercise with Lysette  
11:00: Square Dancing with Lysette  
1:00: Silver Arts: Intro to Pastels ®  
1:00: Crafting with Patty  
2:00: Gaming/Mahjong Hour

*14*  
9:00: Indoor Pickleball Clinics at Brunswick Hills ®  
11:00: Advanced Line Dancing with Eva  
1:00: Strength Training with Gurdeep

*15*  
9:30: Zumba Gold with Varsha  
10:30: Paint Class ®  
11:45: St. Patrick's Day Lunch  
12:30: St. Patrick's Day Party with Happy Feet DJs

*18*  
9:30: Bollywood Dance with Varsha  
10:30: Chair Yoga (via video)  
1:00: Dancercise with Lysette  
1:00: Crafting with Patty  
2:00: Gaming/Mahjong Hour

*19*  
9:30: Pilates with Suzy  
10:30: Paint Class ®  
1:00: ASL: Seasons & Spring Holidays Edition ®

*20*  
9:30: Intro to Line Dancing with Jody  
10:45: Square Dancing with Lysette  
11:00: Silver Cues Billiards Club Informational Meeting  
1:00: Silver Arts: Intro to Patels ®  
1:00: Crafting with Patty  
2:00: Gaming/Mahjong Hour

*21*  
9:00: Indoor Pickleball Clinics at Brunswick Hills ®  
10:00: OBHS Students Visit  
11:00: Advanced Line Dancing with Eva  
1:00: Strength Training with Gurdeep

*22*  
9:30: Zumba Gold with Varsha  
10:30: Sketch Class ®  
12:00: Subs & Bingo - \$8 ®  
See newsletter for more information. Money is due by March 15 - NO EXCEPTIONS

*25*  
9:30: Bollywood Dance with Varsha  
10:30: Chair Full Body Workout (via video)  
1:00: Dancercise with Lysette  
1:00: Crafting with Patty  
2:00: Gaming/Mahjong Hour

*26*  
9:30: Pilates with Suzy  
10:30: Paint Class ®  
1:00: Square Dancing with Lysette

*27*  
8:30: Registration for April VIA PHONE ONLY!  
9:45: Dancercise with Lysette  
11:00: Silver Reads Book Club ©  
1:00: Silver Arts: Intro to Pastels ®  
1:00: Crafting with Patty  
2:00: Gaming/Mahjong Hour

*28*  
8:00: Registration for April Indoor Pickleball VIA PHONE ONLY!  
9:00: Indoor Pickleball Clinics at Brunswick Hills ®  
11:00: Advanced Line Dancing with Eva  
1:00: Strength Training with Gurdeep  
6pm to 9pm: Silver Cues Night Out ©

*29*  
  
**TOWNSHIP CLOSED**