

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



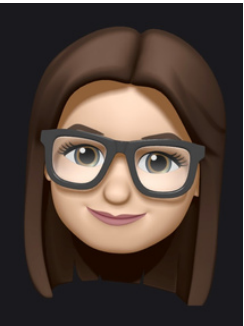
Dear Silver Linings Family,

It is with mixed emotions that I write this farewell note to you all. After five wonderful years as your manager and almost 10 years as an employee of this amazing center, the time has come for me to move on to new opportunities and challenges. As you all know, I was given the incredible opportunity of being appointed as the Township's new Business Administrator this January. I have continued to be involved in the day-to-day operations of the center for the last three months, but the time has come for me to begin the transition of stepping down as your manager. I ask that you be patient and kind to our amazing staff as we navigate through this transition.

Working for each of you has been a privilege and a joy. Your wisdom, humor, and resilience have inspired me every single day. We've had some amazing highs (every fun event we've ever had, accreditation, awards, state and national recognition, etc.) and made it through some of the lowest of lows (like the COVID-19 pandemic).

As I bid farewell, please know that this center and all of you hold a special place in my heart. Your friendship and this center have enriched my life in countless ways, and I will carry the memories of our time together with me always. While I may be leaving my position, please remember that my door will always be open to each and every one of you. I will remain active in the Aging field to ensure that older adults in Old Bridge, in New Jersey, and across the nation have equitable access to programs and services like ours that will allow them to age well in their communities. I will continue to be a voice and advocate for older adults! Please stay in touch, and never hesitate to reach out if you need anything. Thank you for allowing me to be a part of your lives. I will miss you all dearly.

*From the Desk of  
the Manager*

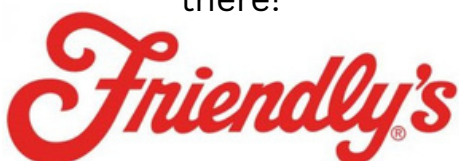


*Anahita Feltz*

## Out to Lunch: Friendly's

**Tuesday, April 23rd at 11:15am**

Back by popular demand! We will be heading to the Friendly's in Metuchen for a lunch outing. They have a great senior menu with great ice cream as we know! Sign up is required. The bus will leave promptly at 11:15. See you there!



## Cultural Celebration Ice Cream Social

**Friday, April 5th at 1pm**



Join us for a fun afternoon filled with culture! We invite you to come out and share a song, a dance, a story, or a traditional outfit from your culture!

Our center is filled with beautiful cultures, and we are excited to celebrate them all!

Please take the time to review the whole newsletter and calendar.  
Registration for April 2024 will begin on Wednesday, March 27th at 8:30am  
VIA PHONE ONLY! Indoor Pickleball registration will begin on  
Thursday, March 28th at 8:00am VIA PHONE ONLY!

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



## VIP Trip to ShopRite Tuesday, April 2 at 9:45am

Join us as we head to the new ShopRite for a VIP trip! We will be welcomed by store staff, given a tour and assistance to get to know the store better, and all attendees will receive a goodie bag! Registration is required as spots are limited. **YOU MUST REGISTER** on registration day with an office staff - do not register with the transportation office! Please note that there will be no other shopping bus that day.

## Silver Arts: Art History "The Renaissance"

*We are excited to announce this quarter's Silver Arts Education Program: Art History!*

*We will be kicking it off this month with "The Renaissance". Join Stacey as she teaches us about Renaissance artists.*

*Registration is required and please note that you can only sign up for one class. Check the calendar for days/times.*



## Color Me ZEN

Are you looking to relax and socialize with some friends? Join Kristin for Color Me Zen! Coloring provides similar benefits to meditation. It relaxes the mind, focuses our attention on the present moment, and can provide an escape from everyday life.

No sign up is required so come relax with us on April 2nd and April 9th both at 1pm.



## Silver Arts: Mural Project

*Wednesday, April 10th at 12:30pm*

Calling all painters! Mayor Walker has commissioned a mural from our Silver Linings painters for the administration office. We need help to paint Monet's Field of Poppies. Space is limited and sign up is required. Please note that this class will be 2 hours long.



## ATLANTIC CITY TRIP!

*Thursday, April 25th at 8:30am*

Join us as we head to Atlantic City! We will be heading to Tropicana Casino. Cost is \$30 and you will receive a voucher upon arrival at the casino.

Please remember to bring your official government ID (Driver's License or non-Driver ID). Payment is due by April 19th - no exceptions. We will not be making courtesy reminder calls. If payment is not received on time, you may lose your spot to someone on the waitlist!

## PIZZA BINGO - FRIDAY, APRIL 19

Sign up is required. Cost is \$8 and **money is due by 4/12.**

If you don't want the pizza lunch, you do not need to pay the \$8; however, you must still sign up and buy your bingo boards the day of (2 for \$1).

# BINGO

## IN THE CRAFT ROOM THIS MONTH...

- **Tuesday, April 16 at 1pm: Gem Painting: Greeting Cards.** Join us as we gem paint some greeting cards! Space is limited and registration is required.
- **Tuesday, April 30 at 1pm: Paint by Numbers.** Have you heard of "Color by Numbers"? Well let's try out this new trend of "Paint by Numbers". Space is limited and sign up is required.

## Senator Henry's Mobile Office

*April 24th from 10am to 1pm*

Staff from Senator Henry's office will be onsite to assist with members with PAAD, PTRS and Medicare Part D (only). Stop by their table if you need assistance!



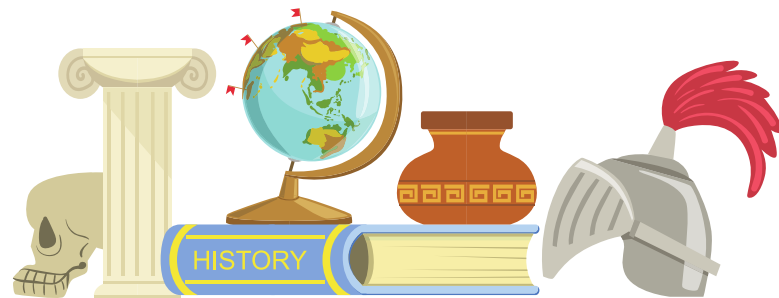
**Come say hi to Sadie our favorite therapy dog as she stops by for a visit on Thursday, April 4 at 10:30am!**

## FREEHOLD MALL TRIP - 4/17 AT 9:45

Let's head to Freehold Mall for some spring clothes shopping! Space is limited and registration is required. The bus will leave freehold mall at 1:45pm.

## East Jersey Old Town Village 18th & 19th Century Living History

Let's head to Piscataway on Tuesday, April 30th to travel back in time! We will explore the Village's historic buildings and take a stroll through Middlesex County's historic past. We will have a private tour guide to take us through this historic village. Space is limited and registration is required. Cost is \$5 and money is due by April 19th - no exceptions. Please note that the tour will end at 11:30am. We will return to the center by 12:30pm.



# April 2024

Mon	Tue	Wed	Thu	Fri
<p>1</p> <p><b>Center Closed</b> <b>Staff In-Service Day</b></p>	<p>2</p> <p>9:30: Pilates with Suzy</p> <p>9:45: VIP Trip to ShopRite ®</p> <p>10:30: Sketch Class ®</p> <p>1:00: Color Me Zen with Kristin</p>	<p>3</p> <p>10:00: Silver Arts - Art History: The Renaissance ®</p> <p>11:00: Square Dancing with Lysette</p> <p>1:00: Crafting with Patty</p> <p>2:00: Gaming/Mahjong Hour</p>	<p>4</p> <p>9:00: Indoor Pickleball Clinics at Brunswick Hills ®</p> <p>10:30: Sadie the Therapy Dog Visits!</p> <p>11:00: Advanced Line Dancing with Eva</p> <p>1:00: Strength Training with Gurdeep</p>	<p>5</p> <p>9:30: Zumba Gold with Varsha</p> <p>10:30: Paint Class ®</p> <p>1:00: Cultural Celebration Ice Cream Social</p>
<p>8</p> <p>9:30: Bollywood Dance with Varsha</p> <p>10:30: Walking Workout (via video)</p> <p>1:00: Dancercise with Lysette</p> <p>1:00: Crafting with Patty</p> <p>2:00: Gaming/Mahjong Hour</p>	<p>9</p> <p>9:30: Pilates with Suzy</p> <p>10:30: Paint Class ®</p> <p>1:00: Color Me Zen with Kristin</p>	<p>10</p> <p>9:30: Full Chair Workout (via video)</p> <p>10:30: Intro to Line Dancing</p> <p>12:30: Silver Arts: Field of Poppies Mural ®</p> <p>1:00: Crafting with Patty</p> <p>2:00: Gaming/Mahjong Hour</p>	<p>11</p> <p>9:00: Indoor Pickleball Clinics at Brunswick Hills ®</p> <p>11:00: Advanced Line Dancing with Eva</p> <p>1:00: Strength Training with Gurdeep</p>	<p>12</p> <p>9:30: Zumba Gold with Varsha</p> <p>10:30: Sketch Class ®</p> <p>12:30: Movie Day - The Color Purple (2023)</p>
<p>15</p> <p>9:30: Bollywood Dance with Varsha</p> <p>10:30: Walking Workout (via video)</p> <p>1:00: Dancercise with Lysette</p> <p>1:00: Crafting with Patty</p> <p>2:00: Gaming/Mahjong Hour</p>	<p>16</p> <p>9:30: Pilates with Suzy</p> <p>10:30: Sketch Class ®</p> <p>1:00: Gem Painting Greeting Cards ®</p>	<p>17</p> <p>10:00: Silver Arts - Art History: The Renaissance ®</p> <p>9:45: Spring Shopping Trip to Freehold Mall ®</p> <p>11:00: Square Dancing with Lysette</p> <p>1:00: Crafting with Patty</p> <p>2:00: Gaming/Mahjong Hour</p>	<p>18</p> <p>9:00: Indoor Pickleball Clinics at Brunswick Hills ®</p> <p>11:00: Advanced Line Dancing with Eva</p> <p>1:00: Strength Training with Gurdeep</p>	<p>19</p> <p>9:30: Zumba Gold with Varsha</p> <p>10:30: Paint Class ®</p> <p>12:00: Pizza BINGO - \$8 ®</p> <p><b>Money is due by April 12th - no exceptions!</b></p>
<p>22</p> <p>9:30: Bollywood Dance with Varsha</p> <p>10:30: Walking Workout (via video)</p> <p>1:00: Dancercise with Lysette</p> <p>1:00: Crafting with Patty</p> <p>2:00: Gaming/Mahjong Hour</p>	<p>23</p> <p>9:30: Pilates with Suzy</p> <p>10:30: Paint Class ®</p> <p>11:15: Out to Lunch: Friendly's ®</p> <p>1:00: Spring Karaoke with Kristin</p>	<p>24</p> <p>8:30: Registration for May programs VIA PHONE ONLY!</p> <p>10:00-1:00: Senator Henry's Mobile Office</p> <p>10:30: Intro to Line Dancing</p> <p>1:00: Crafting with Patty</p> <p>2:00: Gaming/Mahjong Hour</p> <p>6:00: Silver Cues Night Out ©</p>	<p>25</p> <p>8:30: Atlantic City Trip - Tropicana Casino - \$30 ®</p> <p>9:00: Indoor Pickleball Clinics at Brunswick Hills ®</p> <p>11:00: Advanced Line Dancing with Eva</p> <p>1:00: Strength Training with Gurdeep</p>	<p>26</p> <p>9:30: Zumba Gold with Varsha</p> <p>10:30: Sketch Class ®</p> <p>1:00: Silver Arts - Art History: The Renaissance ®</p>
<p>29</p> <p>9:30: Bollywood Dance with Varsha</p> <p>10:30: Walking Workout (via video)</p> <p>1:00: Dancercise with Lysette</p> <p>1:00: Crafting with Patty</p> <p>2:00: Gaming/Mahjong Hour</p>	<p>30</p> <p>9:15: East Jersey Old Town Village Trip - \$5 ®</p> <p>9:30: Pilates with Suzy</p> <p>10:30: Silver Arts - Art History: The Renaissance ®</p> <p>1:00: Paint by Numbers ®</p>		<p><b>Registration for April begins on WEDNESDAY, MARCH 27 at 8:30am VIA PHONE ONLY! Please note that the center will open at 9:30am on 03/27 and transportation will be on an 1-hour delayed schedule.</b></p> <p><b>Registration for April Indoor Pickleball Clinics begins on THURSDAY, MARCH 28 at 8am VIA PHONE ONLY!</b></p>	