

Vol. 1, No. 5 - August 2025

# Greenbriar at Whittingham PULSE



*Oil Painting by Harwood Road resident Irwin Montlack*

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Gayle Shpirt, Linda Surks

The **GW Pulse** encourages residents and clubs of Greenbriar at Whittingham to submit articles, stories, recipes, or photos that would be of interest to the community. Additionally, clubs are welcome to submit flyers for upcoming events.

The deadline for material is the 7th of the month prior to the month of publication. Send .pdf .doc .jpg files to:  
[GWMonroePulse@gmail.com](mailto:GWMonroePulse@gmail.com)

We reserve the right to edit all materials.

## Community Information

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Minutes of open board meetings are available via the resident portal at [gwmonroe.net](http://gwmonroe.net)  
Video of open board meetings are available on You Tube. Search for WHOA Recreation

# Letter to the Editor

I have driven in several other communities and found that to reduce speeding they created three way stops[in order] to reduce speeding on the longer streets that people indulge in going fast. Now, this would be only for those longer streets and could also be every other three way crossing. This would slow down those people because it would prevent those speeders from gathering momentum and flying through our neighborhood.

This is a good preventative measure that would help our streets be safer and yet still let the police and ambulances drive through as they are allowed to drive through stop signs in emergency situations. This could be initiated with just simple stop signs every other three way intersection.

We as a community must be diligent in keeping our streets safe and this simple procedure should prevent drivers from building up their speed and flying through our streets. Also, delivery drivers should be warned of speeding through our community with constant speeding [which] will cause them to be prevented from entering into our neighborhoods.

While some are against any adjustments this will make our streets safe and provide an effective way to slow down traffic.

Thank you.

Bruce Stanley

During our short stay here so far we have been heckled and harassed because we walk our dogs in the community. Now, we understand that people don't want dogs peeing and pooping on the grass but where else do they go to do their business?

During the summer months the street hot top gets to be 130-140 degrees temperature. I ask any one of you out there to take off your shoes and socks and walk on the hot top to see what dogs go through. Going over to the grass is their only escape from the hot surface. A vast majority of dog walkers take care of their dogs' business. It is a small percentage of people or visitors who disobey our law and not pick up their dogs' business.

I have an option we could do for our community in making the drainage pit on Westboro lane a dog park where we can take our dogs to run free and play with other dogs. This could be split in two for big dogs on one side and small dogs on the other. This could be completed in under a thousand dollars and create a safe place for our dogs of the community and make a better display to the public of our commitment to dog safety and the fact [that] we care about our 4 legged friends.

Thank you,

Bruce Stanley

**Editor's note:** *Words in brackets added by the editors for clarity.*

*I advised Mr. Stanley that community rules prohibit him from walking his dog on the private property of others and I urged him not to publish this letter. He declined my suggestion and have published this at his request.*

We would like express our appreciation to the many friends in our community for the visits, donations, cards and phone calls. Your thoughtfulness and caring, comforted our family a great deal, after the passing of my beloved husband, Sal Spector. He enjoyed living in Greenbriar so much because of the friendly people and wonderful social activities.

Sincerely,

Gay Spector and family

***The Pulse will publish letters from anyone in the community on any topic. We reserve the right not to publish a letter that is insulting or demeaning to any individual or organization.***



**“There are two ways to be rich. One is by acquiring much. The other is by requiring little.”**

# Musings of the Editor

by Mark Surks

My goal of publishing an issue of The Pulse entirely free of errors will have to wait yet another month. Before I even got my copy out of the mailbox, my phone was blowing up with callers pointing out that the calendar suffered from Temporal Displacement Syndrome. July actually starts on Tuesday while our calendar showed it on Monday. This threw all events off one day.

Given the reaction, I was pleased to know that the calendar is a tool that is read and used. That is why Tom Clark suggested it be the centerfold of the magazine so it can be removed and used to cover your grand kids' refrigerator junk while they are not around.

Here is how the calendar makes its way to the magazine. Kristin creates a simple raw document for the publisher. It shows the date and all the times and events below each day of the month. It's plain and functional. The Pulse staff does not edit or review it other than spell check it which frankly, Kristin has already done.

It is transmitted to the publisher, along with all of the other materials which The Pulse staff does review and edit. The publisher drops the data Kristin has supplied into a Calendar template that they have and an impressive looking work of art emerges.

I do get a proof of the entire magazine, and I do review the proof, but frankly, habit of not I ignore the calendar, spending my time on the appearance of the finished product and making changes in order to make the magazine more visually appealing. So if Kristin, or the publisher, were to produce something incorrectly, that is the way it would end up. Well, until *this* issue currently in your hands.

While I cannot review and confirm each of the individual meeting notifications, I now check to see if at least the days and the dates are accurate, something that just never occurred to me before.

On another calendar matter, Jay Respler suggested the calendar be printed in horizontally across the centerfold. It wasn't his intention to avoid rotating the magazine 90° to view the calendar the way he did a Playboy centerfold. He felt the calendar presented better in this format. We'll see how this goes especially during a month that begins on a Saturday. If you like the new presentation let me know. If you hate it, let Jay know.

Here's hoping we got it 100% right this month. Sheesh.



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## ORT AMERICA

By Ann Gold

There are so many battlegrounds in the world today, that Russia's war against Ukraine no longer is covered first or even second in the news media. However, for our ORT students, families, teachers and staff in Ukraine, it's all that matters.

This still motivates our Greater Monroe chapter members to pay their dues and support our fundraisers. How could we not continue to help secure our schools, provide mental health care, offer safe-as-possible housing and run schools elsewhere within Ukraine and in other countries?

Please participate in our special mission to save and educate our students in Ukraine and elsewhere around the world. Start now by joining or renewing your membership. Just put a \$36 check made out to ORT in Box 18 in the club house's library. Then come and be welcomed at our upcoming events.

August 6th, What Would you do? 7pm poker room. Free

Questions: Marcia 609-619-3994

September 17th, Game Day. 11:30am ballroom.

Questions: Barbara 732-771-7793



# GW Camera Club

*by Roy Goldschmidt*

Photography is a fascinating art with a centuries old tradition that combines technique and creativity, from the basics of exposure and composition to artistic self-realization and documentary power. Photography offers endless possibilities for discovery and expression.

The world of photography is waiting for you to explore. Get ready to see the world with new eyes and capture the infinite beauty and diversity of life.

On August 20<sup>th</sup>, we are fortunate to have Bret Harmen, the co-owner of Madison Photo Plus, as a returning speaker. Madison Photo Plus is a photography store located in Madison, NJ. The business has evolved over time to become a “superstore”.

While the store offers online ordering and a very large inventory, the personal service and passion for photography are highlighted as defining characteristics. Madison Photo Plus serves as a photography resource, providing assistance to both beginners and experienced photographers. They offer a wide range of products including cameras, lenses, flashes, tripods, frames, bags and various types of film. They also provide services like printing, photo restoration, lessons, and how to set up gear.

Bret was born with a camera in his hand. He has been taking pictures since he was 6 years old, and got his first professional camera at 8 years old. He graduated from Rochester Institute of Technology (RIT) which is considered to be the Harvard University for photography. He earned a BS degree in technical photo.

After several years working at Fuji Film, Bret joined his parents, who are accomplished photographers and who started Madison Photo Plus in the 1960's. He was initially a salesman and after several years he became a co-owner of Madison Photo Plus. He absolutely loves what he is doing. We are once again very lucky to have Bret demonstrate products and educate our members.

Bret will introduce us all to the products that will enable us to take better photographic pictures, whether you have a DSLR (Digital Single Lens Reflex Camera), a mirrorless digital camera, a point-and-shoot camera or a cell-phone camera. He can improve your photographic skills and abilities. He will educate us and answer our concerns and questions.

See you all at our next meeting on August 20<sup>th</sup> in the upstairs poker room at 7PM. Bring your friends and neighbors.



## Attention all Veterans

You are cordially invited to Join our group. We are Post 609 JVV of Monroe Township and meet here at Greenbriar/Whittingham. All are welcome, we meet the third Sunday of each month for bagels and a schmear and interesting programs concerning veterans. If interested please call our Membership Chair to reserve a spot. Hoping to see you soon at one of our interesting meetings. We welcome all veterans for lively discussions guests and movies. Next meeting is Sunday August 17<sup>th</sup> at 0930 in the poker room.  
Kenneth Brettschneider 914-299-3346 Membership  
Stuart Weinstein 631-398-4274 Post Commander



# Barry Geffner After Hours Club

by Marilyn Gerber

Here we are in the month of August. The time keeps flying by and before we know, the schools will reopen and summer vacations will be winding down.

Our June party featured **Shore Sounds** one of our favorite groups. We are always looking for new entertainment to keep our members looking forward to the forth Friday of the month. **Silver and Gold** will be entertaining us in July. In August Underwater Airlines will keep us dancing and singing along to old time favorites. **Wild Rose** will be here in September, they are always a big hit. For our last party of the season, we have engaged **Strictly 60's** an outstanding five piece group who will have us all up on our feet.

## THIS MONTH IN HISTORY

The Star-Spangled Banner author Francis Scott Key {1779-1843} was born in Frederick County, Maryland. After witnessing the British Bombardment of Fort McHenry on the night of September 13-14, 1814, he was enthralled to see the American flag still flying over the fort at daybreak. He then wrote the poem originally entitled "Defense of Fort McHenry" which became the U.S. National Anthem in 1931.

On August 14, 1935-President Roosevelt signed the Social Security Act establishing the system which guarantees pensions to those who retire at age 65. The Social Security system also aids administering a system of unemployment insurance.

What is a Golden Birthday? Your golden birthday is when the date of your birthday coincides with your age. For example, if you were born on Oct. 8, your golden birthday took place when you turned 8.

To Conclude :

"In three words I can sum up everything I've learned about life; it goes on". Robert Frost

"Life is never fair, and perhaps it is a good thing for most of us that it is not". Oscar Wilde

Until next month Be well!



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## Can You Use Some Help Navigating Medical and Insurance issues?

By Richard Sirop, MD

As a retired physician with more than 50 years in both medical practice and healthcare administration I've seen firsthand the many challenges that come with navigating the healthcare system--particularly for those in the 55+ age group. Now in retirement, and living here in Greenbriar at Whittingham, I feel a strong calling to continue using my knowledge and experience to help others. I believe our community can benefit from shared guidance, support and open conversation on these topics.

I can offer insights and provide assistance on a wide range of healthcare related issues such as choosing the right care, understanding insurance and Medicare, navigating hospital systems and addressing the everyday concerns many of us face as we age. My goal is to create a welcoming environment where individuals can ask questions, exchange experiences and feel more confident managing the often complex world of healthcare.

I am available via email (rbs843@gmail.com). Leave me a brief message of your problem(s). Meetings can be arranged via virtual or person to person. I do not charge for my assistance.

### Attention Pulse Contributors

For the September issue of *The Pulse*, it will be necessary that materials be provided one day sooner than usual. We will require your submissions no later than August 6<sup>th</sup>.

# Airplane Mode? Are you kidding? Can My Phone Take Down a Plane?

By Kim Komando,

You know the drill. You find your seat, wrestle your carry-on into the overhead bin like it's a CrossFit challenge, and then, ding! The flight attendant reminds you to switch to airplane mode. So ... what happens if you don't? Are you going to crash the plane? Trigger the emergency slide midair?

Let's start with the obvious: Your phone isn't powerful enough to take down a jetliner. Planes are built tough, with shielding and redundant systems to prevent any one gadget from causing a disaster. Your phone? Not that powerful. Sorry, Apple.

But if you and everyone else leave your phones on full blast, the radio noise from all those signals can interfere with the pilots' communications. It's not dramatic. It's just obnoxious. Think low-level buzzing and static in the pilot's headset when they're trying to talk to air traffic control.

It won't crash the plane. It might make the pilot say, "Can you repeat that?" to air traffic control, which, y'know, isn't ideal when they're, oh, coordinating more than a few 900,000-pound hunks of metal going 500 mph across an invisible highway in the sky.

This interference is more likely on planes with older electronics, typically ones built before 2005. Some older aircraft have had systems upgraded though. It's not about the plane's birthday, it's about what's under the hood.

That's why the rule is still around: It's easier to just have everyone use airplane mode than risk messing with cockpit comms on the one plane with vintage wiring.

At 35,000 feet, your phone is desperately pinging towers it flew past five minutes ago. It won't connect. All it does is kill your battery and waste your time.

The plane's Wi-Fi and messaging system? That's a different beast, totally separate and built for flying.

*Kim Komando, (her real name) a New Jersey native, has been hosting a technology oriented radio show since 1992. She publishes a daily tech newsletter that is extremely helpful. [www.komando.com](http://www.komando.com)*



Join us on the 2<sup>nd</sup> Friday of each month  
7 PM in the Towne Centre Ballroom

*Non-resident guests are welcome!  
Bring snacks*

*Your \$5 admission includes 1 book of all the  
games. Markers \$1 each.*



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As part of our mission to encourage our residents to fully participate in events that directly impact their lives, we hold a Candidates' Night. We listen, we ask questions, we get to know (on a personal level) all those who seek to represent us both legislatively and/or administratively.

Due to the substantial number of candidates seeking office this year, we believe it's in the best interest of our residents that we convene two nights for this purpose.

We plan to have the first Candidates' Night during our regular meeting night **Wednesday, September 10, 2025 at 7:00P.M.** in the Main Ballroom at the Towne Centre where we will host candidates for:

- New Jersey General Assembly
- Monroe Township Council
- Middlesex County Clerk
- Middlesex County Sheriff

We plan to have the second Candidates' Night the following week on the evening of **Tuesday, September 16, 2025 at 7:00P.M.** in the Main Ballroom at the Town Centre, where we will host candidates for:

- Monroe Township Board of Education
- Middlesex County Commissioner

*The Board of Elections will distribute Absentee mail in ballots on September 20, 2025.*

We seek to ensure that not only are our residents exposed to the election process right at its start; but the candidates who seek to represent us have every opportunity to present themselves in a manner that encourages full and informed participation.

**RESIDENTS CIVIC CLUB**  
*Greenbriar at Whittingham*



*Greenbriar at Whittingham Community Presents*



***Winslow, East Coast's greatest Eagles Tribute Band  
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Winslow celebrates the iconic American Band The Eagles, delivering their timeless music with precision and passion. They recreate the live performance of The Eagles and the signature sound that made them one of the most successful artists in the 70's. The band members are seasoned musicians who have a deep love for the Eagles' music, and strive to recreate the magic of their live performances. From 'Hotel California' to 'Take It Easy,' they bring the Eagles' greatest hits to life on stage.

Visit their website for a preview: [www.winsloweagletribute.com/media/](http://www.winsloweagletribute.com/media/)

**SATURDAY, AUGUST 16, 2025 AT 7:00 P.M.**

***in The Towne Centre Ballroom, \$30.00  
(Check Only, Payable to WHOA)***

**ON SALE THURSDAY, JULY 3RD AT 6:30AM  
OPEN TO NON-RESIDENTS MONDAY, JULY 7TH**

**Call the WHOA Box Office for Ticket information 609-395-0404 Extension 220 or 221.**

*\*Refunds only if we are sold out and your tickets are resold.*



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# The Martin Salmanowitz Senior Social Club

*By Mary Laresch*

August is here and it's great to enjoy the pool with friends and family, get-togethers, and wonderful vacations.

On June 12th we presented "Tom & Kelly (Silver & Gold) Music of the 50's and 60's." They were delightful as they entertained us with familiar songs from the past. They did a great job singing together, and their solos were even better. The Greenery catered our lunch of lemon chicken, ziti, meatballs, string beans, fish, dessert and coffee. It was a fun afternoon.



## Upcoming Shows:

Thursday, August 14th @ 1:00 p.m. in our Ballroom – "**The Underwater Airlines Rock Band**" are a classic "rock and soul" band that play hit songs from the 50's through the 80's. The four-piece band consists of a guitarist, bassist, keyboardist, and drummer. Phil is a member of the Stonebridge Jammers, and Bob plays drums with the PB2 Acoustic Duo. Lunch will include baked ziti, broccoli, eggplant parmigiana, chicken thighs, short ribs, steak, salad, rolls and coffee. \$35 PP/Members, \$37 PP/Non-Resident Guests.

## Bingo:

The GW Social Club sponsors Bingo on the second Friday of each month, and doors open at 7:00 p.m. Our upcoming Bingo night will be on August 8th. All are welcome. Come and enjoy playing the games with your friends, and you may win a few bucks!

## Membership:

Our membership year is July 1st - June 30th. If your membership is not current, please make your separate dues check out to the "GW Social Club" and deposit it into our Box #1 in the clubhouse. Our dues are \$20/couple, \$10/all singles.

We are still in need of volunteers to help maintain our club and help with the various planning for luncheons, trips, speakers, etc. If interested, please call me at 609-409-1007 or email me at marylaresch@comcast.net. Stay well and safe!

---

# SHALOM CLUB

*By Marcia Sincoff*

Please join us for breakfast on the first Sunday of the month. If interested, please contact our membership team: Susan Pilcer 732-689-1534 and Janet Horowitz 973-960-6941 to reserve your seat.



## JOIN US FOR UPCOMING EVENTS

<b>Sunday, August 10, 2025</b> , Shalom Club Breakfast, "Financing the American Revolution" Bill Agress will guide us through the fascinating little known story of how funds were raised to secure American independence, using the engaging format of a multiple-choice quiz
--

<b>Sunday, August 17, 2025</b> , The Movie, "700 Sundays" starring Billy Crystal as he discusses growing up in Brooklyn and the relationships with his parents and elderly Jewish relatives.
--

<b>Vinkle Group</b> – Meets every third Wednesday of the month from 10-11:15 in the conference room across from the nurses' office. They have a small group of residents that are interested in expanding their understanding and or ability to speak Yiddish. Any questions, call Harriet Weitzner (609) 860-1929
--

<b>SAVE THE DATE:</b> Shalom Club Special Event, <b>November 5, 2025</b> , author Bea Lurie will speak about her book "Life Must Go On". A biography of her father, a Greenbriar at Whittingham resident and Holocaust survivor, Sol Lurie. Details to Follow.
--

Please be sure to check out our flyers in the Towne Centre rounder



## GW CONNECTIONS

Invites you to join us on August 21<sup>st</sup> for a visit to  
THE SEEING EYE

The oldest guide dog school, training dogs and empowering people who are blind with independence and confidence.

**Learn how The Seeing Eye Breeds, Raises, Trains and Matches Guide  
Dogs with People Who are Blind**

- **TIME:** Bus leaves from upper lot at 8:30
- **COST:** \$60
- **INCLUDES:** Bus to Seeing Eye in Morristown, Docent at The Seeing Eye and Delicious Lunch at the Greenery

Please fill out the requested information on the form below with your check and place in an envelope marked SEEING EYE in Box #5 at the Towne Centre

Name: \_\_\_\_\_

**Phone:**

### Bus Buddy:

**QUESTIONS: CALL CAROL COOPER 609-409-3860**

Greater Monroe Chapter

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## PORT GAME DAY

(Canasta, Mah Jongg, Bridge, Poker, Dominoes, Scrabble, etc.)



September 17, 2025

**All are welcome**

**Greenbriar Ballroom - 11:30 AM**

\$32/person

Lunch will be catered by:

Tuscany - Old Bridge

**Assorted wraps:** Grilled Chicken, Turkey and

### Eggplant/Grilled Veggies

**Desserts:** Fruit Salad and Cookies

### Coffee, Tea and Water

For more information call: Barbara at 609-642-6523

Name: \_\_\_\_\_ Phone: \_\_\_\_\_

Please list all those that will be at your table: \_\_\_\_\_

Place request form and all checks (made out to ORT) together in one envelope and place in box 1B by September 10, 2025.

**Greater Monroe Chapter**

**ORT AMERICA** Support Through Education

ORF America transforms 200,000 lives yearly through education and training in 45 countries

### ***What Would You Say.....?***



**1st Wednesday, August 6, 2025 7:00PM**

*Greenbrier at Whittingham Towns Centre*

*Poker Room (upstairs)*

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Now's your chance!**

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If you have questions, please call:  
Marcia at (609) 619-3994 or Lynda at (609) 409-1099

[illegible]



## The Monroe Township Chorus Presents

Their Fourth Annual Hootenanny "A Sing Along For Everyone"

Saturday August 16, at 2:00 p.m. - Doors will open at 1:30 p.m.

At the Monroe Township Senior Center, 12 Halsey Reed Road, Monroe Township NJ.

\$5.00 Per Person At The Door - Children Through High School Age Are Free

FOR AN AFTERNOON OF SINGING, FUN AND ENJOYMENT COME AND JOIN US

For more information call Sheila Werfel..609 619-3229 Donna Breitowich..732 580-2351



### Tech Buddies-Free Computer Help

Tuesdays, August 5, 12, 19 & 26 from 2:00 to 4:00 p.m.

Drop in to get device advice from the experts - teenagers! Our volunteers can help you with your phone, tablet, or laptop. Anything from messaging and apps, to storing and downloading books! Meet at the study tables under the big windows. Registration not required.

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# Entertainment

by Debbie Harbatkin

I want to start off with my big mistake made in this column in the July issue. **Beth Rosenberg** was inadvertently left off the Entertainment Committee member list. Beth is an integral part of our committee for a few years now and it was my error for following an incorrect Committee list. My apologies to Beth!

## How To Best Enjoy a Concert

The Entertainment Committee has been successful in contracting with bands appearing in the Ballroom to bring their own sound equipment mostly included in their fees. Our system is not as good as the systems used by the more quality entertainers that we have been fortunate to bring in this year. For us to use our own Ballroom sound system we are required to use a professional sound engineer, which had been costing us \$800 and up per show. Overall, this is another form of savings we have been able to implement. With the rising cost of all entertainment, especially the more quality bands, we can look to book better music rather than spend our money on sound.

That said, all our shows will be for everyone, but the level and quality of the equipment bands use can vary the sound levels in the Ballroom. Rock & Roll obviously has louder instruments than a show of ballad songs. In our efforts to bring a variety of music for all ages and genres that satisfy our diverse audience. It is up to the audience to decide how they can enjoy each show.

Here are some suggestions:

\*It is **strongly** encouraged that those with sensitive ears or prefer a gentler sound, **do not sit in the front rows in front of the speakers!** Turning down the speakers will have a negative effect on the sound in other areas of the Ballroom and could throw off the balance of the performers' ability to hear each other to stay in time. Seating further back will allow you to enjoy the overall music without the heavier sounds accentuated by the guitars, deep toned bass, and drums. You must make that choice for yourself so the rest of the audience can enjoy the show too!

\*There are inexpensive noise canceling headphones and earphones sold on Amazon and all major box and electronics stores in the area. If you care for them, it will be a one-time purchase which will allow you to enjoy the music at your comfort level. We have them for our young grandchildren to protect their hearing at concerts, shows, sporting events with screaming crowds, since they come to see my drummer husband perform regularly, they have been a useful addition to his equipment baggage. If anyone would like suggestions, please email me at [debbieharbatkin@gmail.com](mailto:debbieharbatkin@gmail.com).

We look forward to many years of wonderful shows! If we all prepare, we can ALL enjoy our nights out in the Towne Centre!

## Calling for Minyan Volunteers

The Shiva Minyan Group of Greenbriar at Whittingham has served our community for over 30 years. We need to ensure the presence of ten Jewish residents – men and/or women - at all Shiva Minyans.

You do not have to be fluent in Hebrew to be a part of our group, but we do need your presence. If you wish to be a Minyan volunteer, please call: Bob Levine at 609-395-9325, Norman Leiderman at 732-618-6663, or Phyllis Kundel at 609-619-3656.



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# GW Connections: Endless Opportunities

by Michele Sandler

At last count there are over 40 clubs and activities in our extraordinary GW community. That's probably a low estimate as our opportunities always seem to be expanding. We are so fortunate to be residents here! Let's take a look at one of the longest running groups we have: GW Connections. The name is appropriate. The various groups under its umbrella connect with people who want to learn, discuss, experience, socialize and help others. Our membership fees cover May 2025 through May 2026. The fees allow the group to continue the many ongoing activities and entertainment for our members. They also allow us to contribute to our charities: Homefront, Women Aware and the Monroe Food Pantry.



Hopefully, Monday, August 4, is already on your calendar. GW Connections welcomes everyone (members and non-members) to the general meeting at 7:00 PM in the Towne Centre Ballroom. Our featured guest will be Bill Agress as Albert Einstein. You may already know much about this historic person. However, Bill Agress' presentation always expands and inspires our shared experience. For over 30 years he has been a re-enactor, actor, planner, and teacher. He has appeared in plays and musicals at the Bucks County Playhouse, the Trenton War Memorial and McCarter Theatre. He is the former president of the Lawrenceville Historical Society. He has appeared as George Washington on the Amazing Race TV show and as Albert Einstein in videos for AT&T and Cognizant. Refreshments will also be served.

Seats for the trip to The Seeing Eye in Morristown NJ on Thursday, August 21, are still available. Our group will be bussed to the location for a private tour of the institute. It is a philanthropic organization whose mission is to enhance the independence, dignity, and self-confidence of blind people using Seeing Eye® dogs. Founded in 1929, it was the first guide dog school outside of Europe and is the world's oldest existing guide dog school. The end of the visit includes a "meet and greet" with these exceptional dogs. After the tour our bus will return to The Greenery for a luncheon. Please look for the flyers in our Towne Centre lobby.

All our groups are continuing to welcome new members. Please look at our opportunities listed below and get in touch.

If you have an idea for a new group to include with GW Connections please contact us. Looking forward to seeing you.

BOOK CLUBS (3 groups): 3rd Monday and 2nd Tuesday of every month at 1:00 pm

DISCUSSION CLUBS: 1st Monday of every month at 10:00 am, 1st Tuesday of every month at 10:00am Contact Harriet Bachman at [hnbachman@comcast.net](mailto:hnbachman@comcast.net)

POETRY READING: 1st Monday of every month at 1:30 pm

PROVOCATIVE THINKING: 3rd Monday of every month at 10:00

SHORT STORY CLUB: 3rd Thursday of every month at 2:30

MOVIE CLUB: once a month to discuss movies viewed on Netflix. Call Carol Cooper 609-409-3860 for details.

WRITING WORKSHOP: Writing Your Life 2nd Wednesday of every month Contact Gayle Shpirt at [gajocol@gmail.com](mailto:gajocol@gmail.com)

Kindly call Carol Cooper at 609-409-3860 with your inquiries.

Membership fees are \$15 (single) and \$20 (family) with much of that devoted to our charities. The Knob Hill luncheon requires a \$55 fee to attend. There is also a \$60 fee for the Seeing Eye tour and luncheon. Flyers for both events are in the lobby. Make your check payable to GW Connections and place in box #5 (Attn: Sandy Duncan) at the Clubhouse lobby with your contact information.

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than in my 70's in the 20's.-Anita  
Bath**

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# Towne Centre Fitness Room Gets Major Upgrades

*By Mark Surks*

I was asked to write about this although I so wanted someone else to author this article. You see I am highly allergic to gym equipment. Whenever I have used these torture devices in the past I found that they cause profuse sweating, followed by a rapid heart rate. While I have not gotten a medical diagnosis, I am fairly certain I am allergic to these machines. Having said that I *have* **hit** our gym a few times, but only in passing while heading to a nearby meeting and very gently as I know the walls are made of fragile glass.

I do know there are a fair number of gym rats in our community and all kidding aside our gym is really well equipped to serve the health and fitness needs of those folks more committed to these worthwhile endeavors than I am. What we have now, however is 21st Century, state of the art, internet connected, AI ready (I think), professional grade equipment.

The following new equipment was recently unveiled at the ribbon cutting ceremony

- 6 Treadmills
- 2 Recumbent Bikes
- 2 Upright Crosstrainers
- 2 Recumbent Crosstrainers
- 2 Upright Bikes

Best of all, the WHOA Board negotiated a contract with the equipment vendor which requires that the *supplier* be responsible for all upkeep and maintenance. When machines go down, the vendor will be required to get them up and running at no expense to us! Well done.

All the new machines have simple to use touch screens. All of the user's difficulty settings are done right on these screens. Not only that, but they are connected to the Towne Centre Wi-Fi. You can watch anything on the internet including accessing your own streaming accounts right on these same screens. Jog along with Netflix, if you have that service. Want to post to Tik-Tok? Have at it right on the touch screen. You will need your own Bluetooth ear buds or headphones in order to listen just like if you were on a plane. Also feel free to plug in and charge your phone while you are at it.

If you have never used our gym equipment you are really missing out on one of the great perks of living in GW. Head over and take a look and if you do, please do a just few miles on a treadmill for me while you are there. I would do it myself but I am allergic.



## Farmers Market

**Thursdays, August 7, 14, 21 & 28 from 2:30 p.m. until 6:30 p.m.**

The Monroe Township Farmers Market is returning to the Library parking lot on Thursdays this summer. Our fourth season features new vendors, as well as your favorites from previous years. Scoop up seasonal produce, baked goods, honey, teas, prepared foods, and artisanal goods. Enjoy a different live musical performance every week. The Friends of the Library will be selling books at bargain prices. The market will run on Thursdays from June 26 through September 11 from 2:30 p.m. to 6:30 p.m.



# INDO-AMERICAN CLUB OF GREENBRIAR AT WHITTINGHAM



***By IAC Volunteering Team***

The Indo-American Club's dinner event celebrated remarkable contributions, achievements and accomplishments of women.

The hall was beautifully decorated with a stunning floral banner, red and pink tablecloths with champagne-colored rose centerpieces.

The event featured a beautiful prayer dance by Pruthvika Patel and a captivating classical dance performance by Selvi Somasundram, both of which earned standing ovations.

The Karaoke session was a blast from the past, with members singing beloved Bollywood classics that transported everyone down memory lane.

The evening's menu celebrated the bold and aromatic flavors of "Indian Street Food", providing a truly immersive culinary experience.

Indo-American Club (IAC) hosts dinner events on the 4th Wednesday of every month, making it a great opportunity to connect with the community.

# News from the Golf Course August Edition 2025

*By Allan Cooper*

## **Face Lift:**

Our Golf Course has a reputation for being an extremely attractive and well cared for facility. This year we have continued to enhance the appearance of the Pro Shop building itself.

We placed a large attractive raised sign on the side of the building announcing the presence of the Pro Shop.

For many years we have had flowers in large tubs lining the path from the parking lot to the Side-Entrance of the Pro Shop - And along the wall of the Pro Shop we continued the line of flowers.

This year we placed these flower-tubs on a bed of white pebbles. This addition creates a much improved appearance, and inside the Pro Shop we reorganized the tournament room.

In the rear of the Pro Shop we had an area covered with white stones. We have now added pots of plants that greatly improves the appearance of this side of the building.

Inside the building we are updating both the Men's and Women's bathrooms with chair height toilets which are easier to use. For the sake of improved safety, we replaced the small step into the front of the building with a concrete ramp.

## **Drinking Water on the Golf Course:**

Especially during the very hot weather we seem to be experiencing this year, it's important that golfers drink water while playing on the course. Most golfers bring several bottles of water with them, but occasionally they may need extra water. These golfers can call the Pro shop and they will send a Ranger with bottles of cold water to the Golfer in need.

We do not place large large pots of drinking water on the golf course. It sounds like a good idea, but experience indicates it turns out it's a bad practice.

**Golfweek** reported an incident in which more than 80 golfers were stricken with a virus, including one death, attributable to drinking water placed in large Jugs on the course. The incident took place at Thunderbirds Golf Club in Phoenix. The Golf club now relies on bottles of water for its golfers.

**Stormwater Runoff:** Our Golf Course is unusual in one very important respect. Most golf courses are designed so that water from heavy rains leave the golf course as quickly as possible. Our golf course was designed to protect homes from flooding. As such it will retain water until it is gradually absorbed into the ground and the fairway slowly returns to its normal condition. Unfortunately while the water remains on the fairway the heat of the sun can act to "cook" the grass. These special problems require very careful attention by the Golf Course Superintendent. The earth often needs to be aerated with a tine that reaches nine inches deep. This will help storm water be more readily reabsorbed. Fungicides must be applied to avoid diseases to the grass. Sometimes the fairways need to have a dressing of sand, which helps break up the clay beneath the surface.

Despite these unusual and daunting problems, the Greenbriar Golf Course remains a beautiful and well groomed golf course.



## **"SUMMERTIME AND THE LAUGHING COMES EASY!"**

**The Performing Arts Club (PAC)** will be presenting its first annual "Summer Showcase" on August 24 at 2pm in the ballroom. Come and enjoy original skits, poetry, videos, and music by many of your creative friends and neighbors who make up PAC. We are continually amazed at the talented group of performers who grace our stage. Come see for yourself!

Tickets are on sale as of July 1st. \$7 for PAC members and \$10 for nonmembers.

**BUT WAIT, THERE'S MORE!** Tickets for the much anticipated PAC production, "At the Oscars," on Oct. 31, Nov 1 and 2, will go on sale Sept 15. \$12 for PAC members and \$15.

# Mastering Meditation

*By Stephanie Lichtenstein*

## What is Meditation?

Meditation is a mental and spiritual practice that provides physical and mental benefits when sitting in regular periods of silence. Its purpose is to focus one's attention in order to achieve inner peace and connections to one's purpose in life. Meditation techniques provides a state of mental clarity, calmness and cultivates a state of well-being over time.



## Why should Meditation be practiced regularly?

There are metaphysical reasons for meditating. Sitting in silence for a short length of time is the key to getting to know your SELF. The SELF is the real you, the you that doesn't change with time. There is a lower and higher SELF. The lower self is the voice you hear in your head. This voice helps you get along in the physical world. The higher SELF is nothing but love. The higher SELF is your spirit that is connected with the Source of it All. It is your higher consciousness that is a bridge between you and the universe. You can connect with your higher self through meditation and expand you to higher vibrations.

## Benefits of Meditation

### Signs that you might be connecting with your higher self:

- You feel a trance-like state of relaxation
  - You feel inspired to make major life changes
  - You hear or see words and images
  - Your brain waves change during meditation (you go from an alpha state to a deep theta state)
- \***Alpha:** meditative state in which you experience a pleasant, comfortable, relaxed yet wakeful state of awareness.
- \***Theta:** deep meditative state in which you are in a blissful state of well-being. You may have an increasing experience of being at one with everyone and everything. You may experience a variety of images and visions. Theta waves engage the subconscious. Subconscious means existing in the mind but not immediately available to consciousness. Meditation is a powerful tool that allows you to take your focus off the physical world and attune to the universal consciousness. The universal consciousness is a metaphysical idea that all beings and things in the universe share an underlying essence.

### Emotional health benefits:

Learning meditation can help you improve your emotional health, reduce stress, and increase self-awareness. Meditation can help you to develop a positive perspective on life.

- Reduce stress and anxiety: meditation can help you relax and cope with stressful situations.
- Improve mood: meditation can help you feel more balanced and positive.
- Build mental resilience: meditation can help you better cope with challenges and setbacks.
- Improve self-awareness: meditation can help you gain insight into your thoughts, emotions and behaviors.

### Physical health benefits:

- Improve heart health: meditation can lower blood pressure and improve heart rate and breathing.
- Improve sleep: meditation can help you fall asleep and improve the quality of your sleep.
- Boost immunity: meditation can strengthen your immune system.

### Other benefits:

- Improve your ability to think, concentrate, and solve problems
- Help you adapt to and overcome emotional problems
- Help you generate kindness
- Help you fight addictions

August meeting will be with Terri Haberman discussing Vegetables and Vitamins.

# Meet The Stars

*By Debbie Harbatkin*

On Saturday evening June 28, our residents and guests were treated to a sold out show in the Greenbriar At Whittingham (GW) Towne Center Ballroom by **Jersey Transit Authority "JTA"**, playing the very best music from the the early years of the band **Chicago**. The audience sang along to the music, danced in their seats and reminisced as some of their favorite songs like "Saturday In The Park", "Beginnings", "Hard Habit To Break", "Make Me Smile", "25 or 6 to 4" and so many more were played.

"JTA" follows the original **Chicago** format of three horns and rhythm section with three singers covering vocals originally by Peter Cetera (bass), Terry Kath (guitar) and Robert Lamm (keys). The audience experienced a tribute to one of the most successful and popular bands in history as they sounded in the late 60's and early 70s.

**Chicago** started as the **Chicago Transit Authority** in the city of Chicago. Their first hit "**Beginnings**" in 1969 was among 21 of their songs that reached the top 10 on the **Billboard Hot 100 chart**. They also had 3 songs reach the #1 spot on the chart. **Chicago** has had a total of 22 Top 10 Adult Contemporary singles, 21 Top 10 Pop singles and 5 number one albums. The band has sold over 100 million records worldwide. Two lucky residents, **Michele and Mark Sandler**, were randomly chosen from among resident ticket purchasers to **Meet The Stars** after the show. The Sandlers have lived in our community since 2021, coming from Livingston, NJ and have 2 sons, 2 daughters-in-law and 2 grandchildren. Michele's favorite GW activity is participating in Hadassah and she is on the Board of GW Connections. Mark is an avid poker player.

The Sandlers have their own interesting connection to **Chicago** and the music we all know and love. Mark's brother was 1969 Senior Class President at Wayne Hills High School when he hired a relatively unknown band called Chicago Transit Authority to play in their auditorium. Michele and Mark were in the front row, starting a lifelong following of the band that eventually became the world famous **Chicago**.

Check the Greenbriar At Whittingham website for a list of upcoming shows not to be missed. Next up is our August 16 show with the well-known Eagles Tribute Band **Winslow**.





# Hadassah News

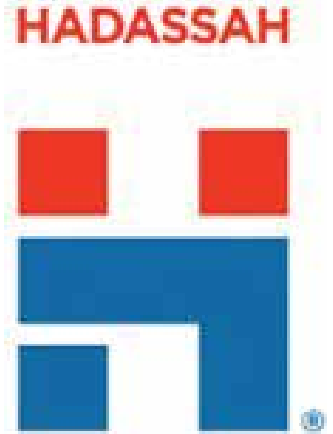
by Joanne Sacoff

"Breathe the sweetness that hovers in August". No, no, no it's come way too soon The ending month of summer but the beginning of a very busy fall However, first I must recap some of the wonderful things we did this summer. In May, we had a really excellent experience doing Movement Therapy up in the poker room. June was an excellent sweet/sad/heartfelt talk by the father of our Alisa chapter namesake, Stephen Flatow. July was our ever popular, ever challenging, Trivia Night and our always popular Lunch Bunch event all in that month. You must remember this: This is not your mothers Hadassah!!

All that being said, our premier, once every 2 years SUPER EVENT is taking place on Wednesday August 27th at Forsgate Country Club. It is our spectacular Fashion Show with fashions by Macy's. There are many vendors for your shopping pleasure and an excellent luncheon. We are looking forward to seeing you there. If you have not yet signed up for this event, there are forms in the rounders Please plan on coming as such an event will not happen again until August 2027.

Just a few words about upcoming events. In September we will have a speaker from The Jewish Heritage Museum. In October we are planning our Member Appreciation night. When November comes we will once again sponsor our fabulous Game Day. Also in November is installation of Officers. Ending our very busy and engaging year, we will be celebrating Chanukah in December We are exhausted but having a lot of fun.

Looking forward to seeing all of you at the Fashion Show. See you then.





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**GREENBRIAR & WHITTINGHAM EXPERT**

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Stafford	\$340,000	Stratford	\$490,000
Wellesley	\$365,000	Essex	\$515,000
Granby	\$395,000	Concord	\$520,000
Concord	\$445,000	Manchester	\$529,900
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# Italian American Senior Social Club

*By Frank Cocilovo*

Hello everyone. This will be my last IASCC Pulse article. It has been my pleasure to share writing the IASCC articles with my current fellow IASCC Board members Joe Atanasio and Paul Hartnett for the past few years and with all the other board members who previously wrote the monthly articles. My wife, Cathy, and I are stepping down from the IASCC Board as of September and we want to thank everyone for your support and participation over the years.

We also want to thank our current Board members for their tremendous cooperation as true team players in maintaining, in my opinion, the best club in the Greenbriar at Whittingham Community. And we want to wish the new board members success in their roles as IASCC Board members. Again it has been our pleasure and honor to serve all of you over the years. Thank you.

My suggestion to anyone who is not a member of the Italian American Senior Cultural Club (IASCC) is: JOIN and come enjoy the good times! The IASCC meets the 1st Friday of every month for dinner and dancing, with a gala Christmas party at the Battleground Country Club in December. Event flyers are in the clubhouse roundabout next to the concierge desk. As they say on TV, don't hesitate, call now, or in this case, join now!

Now, back to Italy. We here in the US spend June through August vacationing across the US and in other countries. In Italy, the month of August is a time for vacations with August 15 as a public holiday – Ferragosto.

Ferragosto originated from Feriae Augusti, the festival of Emperor Augustus, who in 18 BC made August 1st a day of rest after weeks of hard work in the fields. It became a custom for the workers to wish their employers buon Ferragosto and receive a monetary bonus in return. This became law during the Roman Renaissance throughout the Papal States. As the festival was created for political reasons, the Catholic Church decided to move the festival date to August 15th, which is the Assumption of Mary, allowing everyone to include this in the festivities.

Ferragosto was used by Benito Mussolini to give the lower classes the opportunity to visit cultural cities or go to the seaside for one to three days, from August 14th to the 16th, by creating “holiday trains” with extremely low cost tickets, for this holiday period. Food and board was not included, which is why even today Italians associate packed lunches and barbeques with this holiday.

By definition, Ferragosto also means the summer vacation period around mid-August, which may be a long weekend or most of August. Until 2010, 90% of companies, shops and industries in Italy closed; however, because closing an entire country's economy for an entire month would result in serious financial impacts and workplace backlogs, most companies now close for about two weeks and require employees to take mandatory vacation, similar to the practice of workplaces closing between December 25th and January 1st.

So, should you visit Italy during Ferragosto? If you want cities like Rome and Florence to yourself, practically emptied of locals but still with a few tourists, Ferragosto is a great time to visit. But, because so many businesses close around this time, be sure to double check what museums, galleries and restaurants are open to avoid any disappointment.

Ciao for now and as Roy Rogers and Dale Evans sang “Happy Trails To You” or commonly translated in Italian “Buon viaggio a te”.



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98 year old George Burns**



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Sunday	Monday	Tuesday	Wednesday
<b>3</b> 10:00 a.m. GW Olympics Welcome Breakfast	<b>4</b> 9:00 a.m. Pickleball Club Play 9:00 a.m. Ping Pong 10:00 a.m. Entertainment Committee Meeting 10:00 a.m. Team Weights with Ellen 10:15 a.m. Pickleball Beginners Clinic 11:00 a.m. Aquacise 12:30 p.m. Zumba (Instruction by Video) 3:30 p.m. Tap Dancing 4:00 p.m. History Club 4:00 p.m. Intermediate & Advanced Pickleball Clinic 5:15 p.m. Pickleball Beginners Clinic 6:30 p.m. Line Dancing with Teri 7:00 p.m. GW Connections 7:00 p.m. Intuitive Club	<b>5</b> 9:00 a.m. Pickleball Club Play 10:00 a.m. Greenbriar Site Review Committee Meeting 10:00 a.m. Line Dancing 11:00 a.m. GW Woodworking Club Meeting 11:00 a.m. Fab, Fit & Fun 12:30 p.m. GW Ladies Club Board Meeting 12:30 p.m. Zumba (Instruction by Video) 2:00 p.m. The Alan Hermelee Current Events Discussion Group 3:00 p.m. PAC Board Meeting 3:30 p.m. Tap Dancing 5:30 p.m. Water Volleyball 6:30 p.m. Billiards	<b>6</b> 9:00 a.m. Pickleball Club Play 9:00 a.m. Ping Pong 10:00 a.m. Entertainment Committee Meeting 10:00 a.m. Team Weights with Ellen 10:15 a.m. Pickleball Beginners Clinic 11:00 a.m. Aquacise 12:30 p.m. Zumba (Instruction by Video) 3:30 p.m. Tap Dancing 4:00 p.m. History Club 4:00 p.m. Intermediate & Advanced Pickleball Clinic 5:15 p.m. Pickleball Beginners Clinic 6:30 p.m. Line Dancing with Teri 7:00 p.m. GW Connections 7:00 p.m. Intuitive Club
<b>10</b> 9:45 a.m. Shalom Club	<b>11</b> 9:00 a.m. Pickleball Club Play 9:00 a.m. Ping Pong 10:00 a.m. Team Weights with Ellen 10:15 a.m. Pickleball Beginners Clinic 11:00 a.m. Aquacise 12:30 p.m. Zumba (Instruction by Video) 3:30 p.m. Tap Dancing 4:00 p.m. Intermediate & Advanced Pickleball Clinic 5:15 p.m. Pickleball Beginners Clinic 6:30 p.m. GW Ladies Club 6:30 p.m. Line Dancing with Teri	<b>12</b> 9:00 a.m. Pickleball Club Play 10:00 a.m. Line Dancing 10:00 a.m. Brain Fitness 11:00 a.m. GW Woodworking Club Meeting 11:00 a.m. Fab, Fit & Fun 12:30 p.m. Zumba (Instruction by Video) 3:30 p.m. Tap Dancing 4:00 p.m. Finance Committee Meeting 5:30 p.m. Water Volleyball 6:30 p.m. Billiards	<b>13</b> 9:00 a.m. Pickleball Club Play 9:00 a.m. Ping Pong 9:30 a.m. Computer Club 10:00 a.m. Team Weights with Ellen 10:15 a.m. Pickleball Beginners Clinic 11:00 a.m. Aquacise 12:30 p.m. Zumba (Instruction by Video) 3:30 p.m. Tap Dancing 4:00 p.m. Intermediate & Advanced Pickleball Clinic 5:15 p.m. Pickleball Beginners Clinic 6:30 p.m. GW Ladies Club 6:30 p.m. Line Dancing with Teri
<b>17</b> 9:30 a.m. Monroe Township Post 609 Jewish War Veterans	<b>18</b> 9:00 a.m. Pickleball Club Play 9:00 a.m. Ping Pong 10:00 a.m. Provocative Thinking 10:00 a.m. Team Weights with Ellen 10:15 a.m. Pickleball Beginners Clinic 11:00 a.m. Aquacise 12:00 p.m. Zumba (Instruction by Video) 1:00 p.m. Health Lecture: Heat Emergencies 3:30 p.m. Tap Dancing 4:00 p.m. Intermediate & Advanced Pickleball Clinic 4:00 p.m. Socrates Café 5:15 p.m. Pickleball Beginners Clinic 6:30 p.m. WHOA Open Workshop Meeting 6:30 p.m. Line Dancing with Teri 7:00 p.m. Pickleball Meeting	<b>19</b> 9:00 a.m. Pickleball Club Play 10:00 a.m. Line Dancing 11:00 a.m. GW Woodworking Club Meeting 11:00 a.m. Fab, Fit & Fun 11:30 a.m. PAC Tech Rehearsal 12:30 p.m. Zumba (Instruction by Video) 1:00 p.m. GW Connections Book Club 2:00 p.m. The Alan Hermelee Current Events Discussion Group 3:30 p.m. Tap Dancing 5:30 p.m. Water Volleyball 6:30 p.m. Billiards	<b>20</b> 9:00 a.m. Pickleball Club Play 9:00 a.m. Ping Pong 10:00 a.m. Greenbriar Site Review Committee Meeting 10:00 a.m. Line Dancing 11:00 a.m. GW Woodworking Club Meeting 11:00 a.m. Fab, Fit & Fun 11:30 a.m. PAC Tech Rehearsal 12:30 p.m. Zumba (Instruction by Video) 1:00 p.m. GW Connections Book Club 2:00 p.m. The Alan Hermelee Current Events Discussion Group 3:30 p.m. Tap Dancing 5:30 p.m. Water Volleyball 6:30 p.m. Billiards
<b>24</b> 2:00 p.m. PAC Summer Showcase <b>31</b>	<b>25</b> 9:00 a.m. Pickleball Club Play 9:00 a.m. Ping Pong 9:30 a.m. Golf Closed Meeting 9:45 a.m. GW Connections Board Meeting 10:00 a.m. Team Weights with Ellen 10:15 a.m. Pickleball Beginners Clinic 11:00 a.m. Aquacise 11:00 a.m. Golf Open Meeting 12:30 p.m. Zumba (Instruction by Video) 3:30 p.m. Tap Dancing 4:00 p.m. Intermediate & Advanced Pickleball Clinic 4:00 p.m. GW Friends Book Club 5:15 p.m. Pickleball Beginners Clinic 6:00 p.m. Ladies Club Book Club 6:30 p.m. Line Dancing with Teri 7:15 p.m. GW Friends	<b>26</b> 9:00 a.m. Pickleball Club Play 10:00 a.m. Line Dancing 10:00 a.m. Shalom Club 10:00 a.m. WHOA Landscape Committee Meeting 11:00 a.m. GW Woodworking Club Meeting 11:00 a.m. Fab, Fit & Fun 12:30 p.m. Zumba (Instruction by Video) 3:30 p.m. Tap Dancing 5:30 p.m. Water Volleyball 6:30 p.m. Billiards	<b>27</b> 9:00 a.m. Pickleball Club Play 9:00 a.m. Ping Pong 10:00 a.m. Team Weights with Ellen 10:00 a.m. Provocative Thinking 10:00 a.m. Team Weights with Ellen 10:15 a.m. Pickleball Beginners Clinic 11:00 a.m. Aquacise 12:30 p.m. Zumba (Instruction by Video) 3:30 p.m. Tap Dancing 4:00 p.m. Intermediate & Advanced Pickleball Clinic 4:00 p.m. Socrates Café 5:15 p.m. Pickleball Beginners Clinic 6:30 p.m. WHOA Open Workshop Meeting 6:30 p.m. Line Dancing with Teri 7:00 p.m. Pickleball Meeting



Wednesday	Thursday	Friday	Saturday
		<b>1</b> 9:00 a.m. Pickleball Club Play 9:00 a.m. Ping Pong 9:15 a.m. Meditation Class 10:00 a.m. Beginners Plus Line Dancing with Joan & Sona 10:30 a.m. Yoga with Brian 11:00 a.m. Painting Group 12:30 p.m. Scrabble 12:30 p.m. Deep Water Aquacise 2:00 p.m. Chess Club 6:15 p.m. Italian American Club	<b>2</b> 9:00 a.m. Poker 9:00 a.m. Zumba with Diane 10:00 a.m. Chair Yoga with Karen & Dave 10:00 a.m. Zumba (Instruction by Video) 12:00 p.m. Pickleball Party
Pickleball Club Play Ping Pong Ceramics Civic Club Board Meeting Motion with Ellen Yoga with Karen & Dave (Instruction by Video) Acting Workshop Balli Dance Class Gin Rummy PAC Rehearsal m. Bocce ART Program Kids on The Block	<b>7</b> 9:00 a.m. 3D Art 9:00 a.m. Pickleball Club Play 10:00 a.m. Chorus 10:30 a.m. Team Body with Ellen 11:00 a.m. Aquacise 11:30 a.m. GW Social Club Board Meeting 12:30 p.m. Zumba (Instruction by Video) 1:30 p.m. GW Pulse Editing 4:00 p.m. Shalom Club Program Committee Meeting 6:00 p.m. Stained Glass Group 6:30 p.m. Billiards	<b>8</b> 9:00 a.m. Pickleball Club Play 9:00 a.m. Ping Pong 9:15 a.m. Meditation Class 10:00 a.m. Greenbriar Executive Board Meeting 10:00 a.m. Beginners Plus Line Dancing with Joan & Sona 10:30 a.m. Yoga with Brian 11:00 a.m. Painting Group 12:30 p.m. Scrabble 12:30 p.m. Deep Water Aquacise 7:00 p.m. Bingo 7:00 p.m. Canasta Tournament	<b>9</b> 9:00 a.m. Poker 9:00 a.m. Zumba with Diane 10:00 a.m. Chair Yoga with Karen & Dave 10:00 a.m. Zumba (Instruction by Video) 11:30 a.m. GW Olympics Award Luncheon
Pickleball Club Play Ping Pong Water Club (Zoom Only) Ceramics Writing Group Motion with Ellen Yoga with Karen & Dave (Instruction by Video) Acting Workshop American Ladies Gin Rummy PAC Rehearsal m. Bocce President Civic Club	<b>14</b> 9:00 a.m. 3D Art 9:00 a.m. Pickleball Club Play 9:00 a.m. Greenbriar Budget & Finance Committee Meeting 10:00 a.m. Chorus 10:00 a.m. WHOA Budget & Finance Committee Meeting 10:30 a.m. Team Body with Ellen 11:00 a.m. Towne Centre Committee Meeting 11:00 a.m. Aquacise 12:30 p.m. Zumba (Instruction by Video) 1:00 p.m. GW Social Club Luncheon 4:00 p.m. Shalom Club Membership Committee Meeting 6:00 p.m. Stained Glass Group 6:30 p.m. Billiards	<b>15</b> 9:00 a.m. Pickleball Club Play 9:00 a.m. Ping Pong 9:15 a.m. Meditation Class 10:00 a.m. Site Review Committee Meeting 10:00 a.m. Beginners Plus Line Dancing with Joan & Sona 10:30 a.m. Yoga with Brian 11:00 a.m. Painting Group 12:30 p.m. Scrabble 12:30 p.m. Deep Water Aquacise 6:30 p.m. Canasta Tournament 7:00 p.m. GW Music Club	<b>16</b> 9:00 a.m. Poker 9:00 a.m. Zumba with Diane 10:00 a.m. Tennis Club 10:00 a.m. Chair Yoga with Karen & Dave 10:00 a.m. Zumba (Instruction by Video) 7:00 p.m. WHOA Show: Winslow: An Eagles Tribute
Pickleball Club Play Ping Pong Ceramics covenants Committee Meeting e Yiddish Vinkle Motion with Ellen Yoga with Karen & Dave (Instruction by Video) Acting Workshop Membership Committee Meeting Gin Rummy PAC Rehearsal m. Bocce Fitness & Wellness Club a/Photography Club	<b>21</b> 9:00 a.m. 3D Art 9:00 a.m. Pickleball Club Play 10:00 a.m. Chorus 10:30 a.m. Team Body with Ellen 11:00 a.m. Aquacise 11:30 a.m. GW Social Club Board Meeting 12:30 p.m. Zumba (Instruction by Video) 1:00 p.m. Shalom Program 6:00 p.m. PAC Rehearsal 6:00 p.m. Stained Glass Group 6:30 p.m. Billiards	<b>22</b> 9:00 a.m. Pickleball Club Play 9:00 a.m. Ping Pong 10:00 a.m. Shalom Board Meeting 10:00 a.m. Beginners Plus Line Dancing with Joan & Sona 11:00 a.m. Painting Group 11:30 a.m. PAC Rehearsal 12:30 p.m. Scrabble 12:30 p.m. Deep Water Aquacise 6:30 p.m. After Hours Club	<b>23</b> 9:00 a.m. Poker 9:00 a.m. Zumba with Diane 10:00 a.m. Chair Yoga with Karen & Dave 10:00 a.m. Zumba (Instruction by Video) 11:30 a.m. The Greenery Linda Sheilds Brunch
Pickleball Club Play Ping Pong Ceramics nants Committee Meeting Motion with Ellen Yoga with Karen & Dave (Instruction by Video) Acting Workshop American Club Gin Rummy PAC Rehearsal Club Ice Cream Social m. Bocce Meet the Candidates	<b>28</b> 9:00 a.m. 3D Art 9:00 a.m. Pickleball Club Play 10:00 a.m. Chorus 10:30 a.m. Team Body with Ellen 11:00 a.m. Aquacise 11:30 a.m. GW Social Club Board Meeting 12:30 p.m. Zumba (Instruction by Video) 6:00 p.m. Stained Glass Group 6:30 p.m. WHOA/GWCA Joint Open Board Meeting 6:30 p.m. Billiards	<b>29</b> 9:00 a.m. Pickleball Club Play 9:00 a.m. Ping Pong 9:15 a.m. Meditation Class 10:00 a.m. Beginners Plus Line Dancing with Joan & Sona 10:00 a.m. Greenbriar Covenants Committee Meeting 10:30 a.m. Yoga with Brian 11:00 a.m. Painting Group 12:30 p.m. Scrabble 12:30 p.m. Deep Water Aquacise 7:00 p.m. Wine Club	<b>30</b> 9:00 a.m. Poker 9:00 a.m. Zumba with Diane 10:00 a.m. Chair Yoga with Karen & Dave 10:00 a.m. Zumba (Instruction by Video)

# Nurse's Report: Your Annual Health Checkup

*By Lisa DiGiovanni, EdD, MSN, RN, MEDSURG-BC, CHSE, and Elizabeth Caruso, MSN, RN, COHN-S, Saint Peter's University Hospital*  
**Don't Skip Out on Your Annual Wellness Doctor's Visit!**

Make the time to discuss your healthcare concerns during your annual visit with a physician who specializes in treating the aging population. This appointment is a time to identify any conditions that need early medical intervention, so you can make sure you are living your healthiest life. It's also a great time to discuss strategies for healthy living.

It's completely understandable if you are uncomfortable talking about "private" topics—especially if you have concerns for which you've been avoiding seeking help.

But health can only remain an "out of sight, out of mind" proposition for so long. Ignoring health issues doesn't make them go away and talking about them can lead to real solutions.



## **What to Expect**

Bring a list of questions and concerns to your annual wellness visit and consider asking a trusted friend or family member to join you. A second set of ears can help you remember the doctor's advice.

## **Immunizations**

Stay current on vaccinations, including flu, shingles, pneumococcal and COVID-19 boosters. These protect you during cold and flu season and help prevent serious illnesses.

## **Annual Screenings**

Continue with routine screenings for breast, prostate, and colon cancers, etc.—as well as biannual bone density checks. These are key for early detection and effective treatment. When it comes to bone density checks, for example, after age 65, many adults experience bone loss, which can lead to falls and fractures.

## **No Shame in Health Concerns**

It's normal to feel hesitant about certain screenings like colonoscopies or mammograms. Early detection can save lives. Please don't let embarrassment stand in the way of optimizing your health.

## **Memory and Mental Health**

If your memory feels off or your mood has changed, speak up. Your doctor can help determine if what you're experiencing is part of normal aging or something more serious. Simple activities like puzzles or learning something new can often help, and if needed, your doctor may recommend further evaluation.

## **Incontinence and Sensitive Topics**

Don't shy away from discussing bathroom issues, depression, or sexual health. These are common concerns with real solutions, and sometimes they can signal bigger health issues that need attention.

## **Daily Habits and Lifestyle**

Your annual visit also includes conversations about your daily routines: how well you're eating, moving, and caring for yourself and whether you may need help at home. These discussions will assist your doctor in understanding how to best support your overall well-being.

## **Hearing and Vision**

If you, or your loved ones and friends, have been noticing changes in your hearing or sight, it's time to get your ears and eyes checked. Hearing loss can affect balance and safety, while vision problems can limit your independence. Simple fixes, like glasses or hearing aids, can make a big difference.

## **The Bottom Line**

Be open and honest with your doctor. Talking about what's really going on is the first step toward spending your golden years in good health.

# The Sherlock Holmes Club

by Paul Hartnett

From Victorian tales to the BBC's modern-day London update, his core persona thrives in any era. This television season CBS brings us *Watson*, the locale being a medical center in modern day Pittsburgh, PA, and from the CW Network *Sherlock and Daughter*, a series more properly set in Victorian England. Why the enduring popularity of the Master Detective and Dr. John H. Watson?

As we know, Holmes is a master of deduction. His genius reasoning and razor-sharp observation offer readers an intellectual thrill that never goes out of style. In addition, his superior fighting skills (including the martial art *baritsu*) and fierce loyalty to Watson make him both formidable and deeply relatable.

There are 60 original cases authored by Sir Arthur Conan Doyle: 56 short stories plus 4 novels. Each intriguing mystery unfolds like a puzzle, delivering suspense and satisfaction, since in the end we know that (most often) Sherlock will come up with a solution and justice will be served.

Holmes pioneered many investigative techniques that shaped modern crime shows and forensic science narratives. His methods and quirks created the detective template copied by countless authors, filmmakers, and TV producers. Enduring references such as the deerstalker hat, pipe and magnifying glass appear in parodies, ads, cartoons and more as universal shorthand for sleuthing that translate across eras and cultures

So put down that phone/tablet and escape the cares and worries of the modern rat race for a while. Climb the seventeen steps to the cozy sitting room where Sherlock Holmes and Dr. Watson discuss their latest case. One of the 60 original stories by Sir Arthur Conan Doyle is selected for each meeting, which feature film clips, discussion, and an occasional guest speaker. No dues, no obligation, just fun!

The Sherlock Holmes Club (aka The Middlesex Constabulary) will be on summer vacation for the month of August. Our next meeting will be on Wednesday, September 24th at 4:30 pm in the 2nd floor meeting room of the Towne Centre. Our short story for discussion will be *The Adventure of the Dancing Men*, available for free online at: [Sherlockian.net](http://Sherlockian.net)> Investigating> 60 Original Stories> The Dancing Men, and other sites

See you then. The Game is Afoot! ?? Call Paul (609) 642-6314

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# The Greenbriar Wine Club

By Alan Greenberg

The Greenbriar Wine Club has been busy in the last year since the club formed. We've hosted five events so far this year and at the time of this writing I believe we will have hosted our paid up membership event (weather permitting) in the Picnic Grove outside the Towne Center. Our last event in June was a huge success, 80 people came for wonderful food by The Greenery, wines by Lauber Selections and everyone shared a good time, learned a little, laughed a little and had a fun night.

Our next meeting is Friday August 29th, 7 PM in the Ballroom. Kat Cardinale, the National Sales Director for Balletto Vineyards from the Russian River Valley in California, will join us to share her knowledge of the Balletto family and their rise from vegetable farmers to wine makers. They produce Chardonnay and Pinot Noir and our menu, not put together at the time of this writing will be great. Matt from the Greenery and his team always do a great job for our club and others and hit it out of the park for food and wine pairings. Speaking of out of the park, ask Kat about the baseball Dream Field they built on property for their for employees.

Once we have all the details together, we will share the price, which always covers the costs of the wine, food, tax and server gratuities. Club membership if you have not joined is \$10 per person per calendar year and each event runs somewhere between \$49 and \$59 per person. If you want to join the club, you can leave a check made to Cash in mailbox #30 in the Towne Centre, make sure to include your contact information including your email. If you want to be included in emails about future club events, send an email to [GreenbergAlan@Yahoo.com](mailto:GreenbergAlan@Yahoo.com) or call at 732-861-8433 or leave a note in our mailbox.

Cheers!

*Greenbriar at Whittingham Pulse*

August 2025 - 27



# Brush Parge Your House Foundation

*If you are interested in having this done to your Greenbriar home, like ALL exterior modifications, you must get prior approval from the Site Committee. They have strict requirements as to what color the parging material can be.*

*by Andrew O'Reilly*

PARGING is a masonry term for coating a concrete block foundation with mortar for aesthetic and durability reasons. Mortar is applied by a sweeping motion with a metal trowel to a 3/8-inch thickness.

When I moved into my house here in Greenbriar last year, I realized my foundation appearance had deteriorated over the 25+ years and needed repair.

As background, foundations here (for houses without basements) were prepared with concrete poured to the prescribed depth and width. Two layers of concrete blocks were then placed on top, parged with mortar and painted light blue. As the paint chipped off over time, the parge mortar was exposed to air and water and oxidized to a varying brown colored surface. In some sections, the parge material dislodged from the below concrete block.

If your foundation appears much better than described above, either the original workmanship was better in material or installation or that repairs were made prior to your purchase.

Based upon advice from a mason, I decided to use a BRUSH PARGE method to repair my rear and side foundation.

## MATERIALS

*Mortar* SAKRETE Type S Mortar Mix Three 10-pound containers from Home Depot

*Adhesive* QUIKRETE Concrete Bonding Adhesive Three 1-quart containers from AMAZON

*Misc.* Masking tape and paper, 2-inch paint brush, 6-inch-wide wallpaper brush, 5 gal plastic pail, wood paint stirrer, 40 grit sand paper, orbital sander( optional) , metal trowel, water

## METHOD

1. Scrape away a 1 inch depth of dirt, stone etc. from foundation
2. Remove any old parge material that is coming off (should be a minimum amount)
3. Repair that area with mortar, wait 24 hours to dry and sand smooth
4. Mask to protect siding and patio, deck etc.
5. Coat foundation section with concrete bonding adhesive(to enhance bonding) with a 2-inch paint

brush and wait 10-15 minutes for it to become tacky

6. Prepare 2-3 pounds of mortar in 5-gallon pail, add water(small amount) and mix until it is a pea soup like mixture
7. Using the wallpaper brush, coat the foundation section in a horizontal manner ensuring coverage of the underlying material. Stir the mortar material occasionally as it thickens as the heavier particles settle. Add very small quantity of water to maintain a fluid nature as necessary
8. Brush lightly with 2-inch brush to smooth
9. Color will lighten to grey as the mortar dries

## COMMENTS

Expect to use about 1 pound of mortar mix per 12 square feet of foundation.

Desired outdoor temperature for work is 50-70 degrees F. Higher temperature will accelerate drying improperly.

Expect a sand like finish definitely not smooth by this method/material.

Gray color should be generally uniform but variations should be expected due to technique, impact of underlying material and thickness/ drying rate differences.

I did the side and rear foundations in 10 sections spending about 20 total hours of effort over 6 days. Material cost was about \$75.

Parging and stucco are completely difference methods with stucco being more expensive.

My estimate for this parge work by a mason (if you could find one interested) is \$1200 to \$1800.

I'm open to providing free advice and work inspection  
Andrew O'Reilly 4 Geoffrey Court 732 947-0785



*Before*



*After*



# A Whole House Surge Protector. A Worthwhile Investment

by Mark Surks

Most of us had our first exposure to surge protectors when computers made their way into our homes. We were made aware that the delicate components in the computer were sensitive to electrical surges. So what does that mean?

The power companies in the U.S. deliver a voltage that normally varies between 110-125 Volts. Europe, who built out their electrical grid after ours, uses a more efficient 230V. That is why we have to have adapters when we travel.

The voltage in your home can spike above 125V due to issues with the power company or lightening. Some items in the home would suffer very little, however sensitive devices such as computers would be fried by such a spike. So we all bought surge protected power strips. Not to be confused with power strips that lack surge protection but just allow you to plug in more items. Check your power strips and make sure they identify themselves as having surge protection.

What a surge protector does is detect any excessive voltage and clamp down on it redirecting it to ground. Ground is that round prong on the plug. Voltage moving thru that prong makes its way harmlessly into the ground just outside your home. It does all this in a matter of milliseconds. If you have a good quality surge suppressor, it could save your devices from a power surge. Once flat screen TV sets were sold, they too needed the protection of a surge suppressor. Your TV should be plugged into one of these just like your computer, well, unless you are hoping to justify getting bigger one. ☺

What happened next was the computerization of every appliance in the home. The stove, the dishwasher, the refrigerator, microwave, the washing machine and even the garage door opener all have computer boards inside each of them that dictate how they operate. They even have WI-FI capability and their own apps on your phone. This gives them a lot more capability and lower power consumption. Consequently, all of these items need surge protection too. So how can we protect all of these appliances from a power surge? Surge strips all over the place?

During a power outage we had after a storm in July, my neighbor told me that the last time we had such an outage, a circuit board in her refrigerator got smoked costing her a lot of money to replace in addition to lost food. What happened to her was that the power coming back on surged and did the damage to the delicate circuit board in her refrigerator.

She was lucky that only one appliance was trashed. The surge could have toasted many appliances. I advised her that a whole house surge protector could have protected the fridge and everything else. I told her I would give her information about just what that was. Instead, I decided to write this with the expectation that others may not be aware of the valuable protections these devices offer.

If you had any major electrical work done, like an upgrade of the service coming into your home or a generator added to the side of your home, it is likely you already have a whole house surge protector. Adding it at the time this kind of work is done is inexpensive and good contractors will just do it as part of other work being done on your electrical service.

My whole house surge suppressor is located outside where the back up generator connection is installed. More frequently, the surge suppressor is located either inside the circuit breaker panel or just adjacent to it. Take a look, check the paperwork, or call your electrical contractor to find out if you already have this protection.

Having said that, surge protectors do wear out depending on their quality and how many surges they have experienced. Some have a little green LED light to let you know it is working properly. If the whole house surge protector is hot to the touch it may be overloaded and should be replaced.

The device itself is generally under \$200 with another \$300-\$400 for installation. Installation must be done by a licensed electrician. This is not a DIY and it is not for some handyman with a tool belt and a pick up truck. Get the best one your contractor offers. It is cheap insurance.

So see if you already have this and if not, I would urge you to have one installed.



# Pickleball Club

*By Randy Kahn*

Our Club keeps humming along. As this is being written in early July, construction is well underway on our new courts, the colors have been chosen for the new concrete surfaces, and we anxiously await completion of what we hope will be a shining playing treasure for many years to come.

The senior inter-community league is roughly halfway finished, and our teams are doing quite nicely. Against exceptionally strong competition, the A team is in 4th place in their standings as of early July, and the B team is in 5th place among their opponents as of the same date. Competition runs through early August and both teams look forward to getting a burst of steam during the final portion of the season and making the playoffs at competition's end. This has been a LOT of fun and we have very much enjoyed the camaraderie among teammates and support from the community.

On Saturday August 2nd the Club will hold its annual full day picnic and tournament, which will include a multitude of food, games, gift baskets, awards, trophies and significant merriment. The Greenery will cater the food and ALL Club members have been cordially invited to attend and play in the tournament. Planning for this day is well underway and Deb Wallach, Jeff Weiss and Norm Levine have been hard at work making this day spectacular.

Our Fall party is already set for Saturday evening, October 25th. Watch for further announcements via e-mail and Team Reach.



Here's a little something to maybe put a smile on your face.....

I had a little yellow ball it bounced all sort of crazy

And when my partner didn't hustle I told him he was rather lazy

This game would be much easier if not for that silly net

Why, we would not even have to worry about making all our gets

We always get two serves except for at the beginning

Would a baseball game have two teams bat, except for the first inning?

Why is any line good except for the one by the kitchen?

This has caused much consternation, and more than a little bitchin'

Why are there three numbers spoken when announcing the team's score?

This seems rather silly and an extra unnecessary chore

We call the hitting instrument a paddle, and definitely not a racquet

Either one, really, would allow us to certainly smack it

The players on TV, they do a lot of really hard hitting

Rarely, though, do we ever see them spitting

Who knows why we have all the nutty rules we do

Seems like the game's inventors should've been locked up in the zoo

I can't come up with anything else to make more of these words rhyme

And besides, I am quickly running out of time

So, I will end here my little bitty ditty

Because if nothing else, I am at least quasi-witty

A smile is something that sometimes makes us chuckle and giggle

But how often can you honestly affirm, that it makes your pupick wiggle?

We clearly have reached a point now where there's nothing left to say

Any further pronouncements will just have to wait for another day

Looking forward to seeing all of you out on the courts and/or at our social events coming up. Enjoy the balance of the Summer, friends.



**“I’m writing a book about all the things I should be doing. It’s called an oughtobiography.” – Eileen Doyer**



## Greenbriar at Whittingham Crowned Mayor's Cup 2025 Tennis Champions

The Mayor's Cup began as a spirited initiative to unite the 55+ Active Living Communities of Monroe Township in friendly, community-driven competitions. Now a long-standing tradition, the Mayor's Cup has grown to include 13 eligible communities participating in multiple sporting events throughout the year—each effort led by dedicated volunteers who form and coach their respective teams.



This June, Greenbriar at Whittingham Tennis Club proudly represented our community at the 2025 Mayor's Cup Tennis Tournament held at Regency in Monroe Township. Coming off the momentum of being crowned the 2024 Men's Doubles Champions, GWTC returned with enthusiasm, skill, and teamwork—and emerged victorious once again.

### Match Format & Scoring:

- Each match followed a **pro-set** format.
- The **first team to win 8 games** was declared the winner.
- If the score reached **7-7**, **one additional game** was played to determine the winner—no tiebreakers.

### 2025 Mayor's Cup Results:

#### Men's Doubles – Champions

June 11, 2025 – 9:00 AM @ Regency Tennis Courts

- Greenbriar (Subir/Yakov) def. Encore – 8-1
- Greenbriar (Fernando/Garry) def. Venue – 8-1
- Greenbriar (Andy/Sol) def. Stonebridge – 8-5
- Greenbriar (Fernando/Garry) def. Regency – 8-5
- Greenbriar (Andy/Yakov) def. Rossmoor – 8-1

#### Mixed Doubles – Champions

June 12, 2025 – 9:00 AM @ Regency Tennis Courts

- Greenbriar (Karen/Fernando) def. Regency – 8-5
- Greenbriar (Karen/Fernando) def. Stonebridge – 8-1
- Greenbriar (Linda/Andy) def. Rossmoor – 8-2

### Led by Team Captain Felix Vazquez

With dominant performances across the board, Greenbriar at Whittingham was crowned **Mayor's Cup 2025 Tennis Champions** in both Men's and Mixed Doubles divisions. These victories reflect the talent, preparation, and leadership of the team, led by **Captain Felix Vazquez**, President of the GWTC.

A heartfelt congratulations to all our players and sincere thanks to the volunteers who helped make this event a success. Greenbriar continues to shine as a leader among Monroe Township's active communities.

Let's keep the momentum going! 





# Phillip Court July 4th Block Party

By Randy Kahn

On July 4th, some 18 residents of our Phillip Court block gathered for our annual party, catered by The Greenery. Among the revelers were, standing, Marc, Jayne, Lonnie, Harriet, Arlene, Sam, Natalie, Susan, Ed, Margaret, Randy, Allen and Linda. Seated were Bruce, Kay, Pearl, Marilyn and Mimi.

This is at least our 6th annual gathering (we have so much fun it's hard to keep track) on Independence Day, and as usual, everyone had a terrific time, eating, drinking, playing corn hole, telling amusing and engaging stories, and thoroughly enjoying each other's company.

We have an especially social block, and look forward, of course, to continuing this tradition for many years to come. We encourage other blocks to begin or continue getting together on special occasions to celebrate neighborly friendships in our wonderful community.



## Board Members:

- Felix Vazquez, President
- Ron Sacoff, Vice President
- Andy Goodman, Treasurer
- Garry Klein, Secretary

## Join the Club

Annual dues are just \$10. Please make checks payable to GW TENNIS CLUB and drop them off at Mailbox #7 in the Towne Center Library.  
Questions? Contact Andy Goodman at [agoodman20@comcast.net](mailto:agoodman20@comcast.net).

## Monthly Meetings

Join us on the 3rd Saturday of each month, at the Towne Center.

## Upcoming Highlight:

Tennis and Pickleball Club Member's watching USOPEN 2025 matches in September

Hosting round-robin events, instructional sessions, and more throughout the season—open to all skill levels.

# August 2025

by Kristin Puriza, Lifestyle/Facilities Director

## Movies in The AC/Dance Room:

**Saturday, August 2, 2025 at 1PM:**  
Nonnas – PG – 1h54m

**Sunday, August 31, 2025 at 1PM:**  
I Still Believe – PG – 1h56m

## Casino Bus Trips:

**Atlantic City Resorts**  
**Wednesday, August 6, 2025**  
\$30 Per Person (on sale now)  
\*\$10 Slot Play

**Atlantic City Resorts**  
**Wednesday, September 3, 2025**  
\$30 Per Person (on sale now)  
\*\$18 Slot Play

**PARX Casino**  
**Wednesday, October 8, 2025**  
\$30 Per Person (on sale August 26<sup>th</sup>)

## Health Lecture:

**Heat Emergencies**  
**Monday, August 18<sup>th</sup>, 2025**  
1pm in The AC/Dance Room

## GW Olympics:

**Opening Breakfast:**  
**Sunday, August 3<sup>rd</sup> – 10am**  
in The Ballroom  
**Awards Lunch:**  
**Saturday, August 9<sup>th</sup> – 11:30am**  
in The Ballroom

## Ballroom Shows:

**WINSLOW: An Eagles Tribute**  
**Saturday, August 16<sup>th</sup> at 7PM**  
Tickets are on sale now.

**Music of Crosby, Stills & Nash**  
**Saturday, September 27<sup>th</sup> at 7PM**  
Tickets are on sale Thursday, August 7<sup>th</sup>

**SAVE THE DATES:**  
**10/18/2025: Neil Diamond Tribute**  
**11/16/2025: Barry Jason Brunch**

## NYC Theatre District Bus Trip:

Have tickets for a show or would you like to just explore NYC for the day?  
**September 17, 2025**  
(\$30 per person, on sale now)

## NYC Broadway Show Bus Trip:

**JUST IN TIME**  
**Wednesday, August 20, 2025**  
Sold out – wait list only!



# Who Says I'm a Hoarder?

By Linda Wagner

I'm not. Not in the classic sense. You won't find moldy magazines stacked to the ceiling or old VHS tapes labeled "Christmas '98" on my bookshelves. No, my clutter is of a more cerebral nature. Marie Kondo might walk into my brain and back slowly out, whispering "This does NOT spark joy!"

## The Lists That Live Forever

Let's start with the "To Do" lists. I have two—one for me, and one for my "Dearest" (because he's always on my mind). His list is, of course, longer than mine and filled with fun things like "regROUT the tub". My list tends to contain items like "shop the TJ Maxx Summer Clearance".

I have a list of things to take places, and another list for things to bring back from those places. I'm basically running a courier service with zero pay and few benefits. But it does save on gas.

## Linguistic Luggage: Words I Can't Let Go Of

Some people collect stamps. I collect linguistic artifacts.

Take schwa, for example. That unassuming little phonetic sound that shows up in words like "sofa," "banana," or "about" and is the most common vowel sound in English. I keep a special drawer in my brain for it ---labeled in gold letters: S-C-H-W-A.

And then there's the longest German word I can pronounce: Donaudampfschiffahrtsgesellschaftskapitän. Not that I often refer to a captain of the Danube steamship company, (unless I am in Regensburg showing off). I've also got a whole refrigerated section for gelato flavors. Words like pistachio (that's pi-stak-kio in Italian) and nocci (pronounced no-chi), a charming little word for "nuts," which feels oddly onomatopoeiatic. Right next to them is a mental photo of the gelato menu from Como, Italy. Nineteen flavors—eight of them lactose-free!

## Visual Storage: Memory Snapshots I Refuse to Delete

In the corner of my mind's photo gallery, I've filed away the image of a slender man playing Ave Maria on a violin under the archway of a centuries-old church in Austria. The notes seemed to rise and circle the spires like an old song written in the round.

Also on display: snapshots of cheekbones. Yes, cheekbones. I don't always remember the full face—there isn't room—but if your zygomatic arch made an impression, you're in there. Admission is free, and extremely subjective.

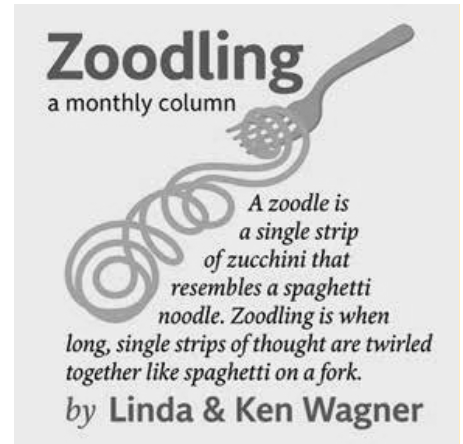
## People Who Live in My Head (Some Rent-Free)

Oh yes, I keep people in there too. There's the man who smiled kindly at me on a rough day and turned it around—he rents a cozy studio next to the Gelato refrigerator. Then there's the Roman woman who hissed at me. She's in the haunted wing. (Still makes me shiver!)

My daughter makes an early appearance—captured mid-sip as she learned to drink from a straw. Her eyes popped wide in surprise as the cool liquid hit her tongue for the first time. That one's an historical artifact at this point – but one I like to revisit often.

## Final Thoughts (Before I Misplace Them)

Could I declutter? Probably. But every time I try to clean out the corners of my mind, I find something captivating, sweet, or oddly shaped. My brain is like an attic curated by a sentimental raccoon. So no, I'm not your typical hoarder. But if you ever need the phonetic spelling of "pistachio" in Italian or a vividly remembered set of stunning cheekbones, you know where to find me.



**"Get your facts first. Then you can distort them as you please."  
- Mark Twain**

*From the Jewish Congregation of Clearbrook  
On Rosh Hashanah, it is written.  
On Yom Kippur, it is sealed.*

*May you have a new year that brings fulfillment  
and happiness, peace and prosperity.*

*L'Shana Tova Tikateyvu!*

**High Holy Day Services 2025**

Family, Friends and guests - all are welcome!  
High Holy Days Tickets -\$36 per person



**ROSH HASHANAH**

Monday, September 22nd	Erev Rosh Hashanah	6:30 pm
Tuesday, September 23rd	1st Day of Rosh Hashanah	9:30 am
Wednesday, September 24th	2nd Day of Rosh Hashanah	9:30 am

**YOM KIPPUR**

Wednesday, October 1st	Kol Nidre	6:30 pm
Thursday, October 2nd	Shacharis	9:30 am
	Yizkor	12:00 pm
	Neilah	6:30 pm

For more Information Call: Michael Katz (609) 619-3762.

**Service Locations:**

Clearbrook Cultural Center, located on the Clearbrook Community Campus  
1 Clearbrook Drive, Monroe Township, NJ 08831

\*\*\*Tickets for the holidays are on sale now.\*\*\*

\*\*\*

*Join us to Celebrate*

**The Jewish Congregation's  
50th Anniversary Spectacular!**

*Sunday, October 12 at 6 p.m. in the Clearbrook Cultural Center.  
A Full Buffet will offer a variety of hors d'oeuvres, delectable dishes, desserts,  
and a wine bar. Music by a live band.*

*\$40 per person*

*Reserve now by calling Michael Katz (609) 619-3762*

ads-8627

# GW Wheels Sets New Records

*By Ken Wagner*

GW Wheels set new records with its second annual Summer Car Show on Saturday, June 21st.

Over the course of the day the show had more than 50 classic, sport and specialty cars on display – a 30% increase over last year's show and a new record for the club. Also setting a record, the show was attended by an estimated 300 visitors – a large increase over last year's attendance.

Last year's – "first ever show" - was the result of several "machine heads" – Tom Mulvey, Marc Press, and Mort Resnicoff, getting together as friends to do something no one had ever done – hold a car show right at the G/W Towne Center. The show was such a success that the team moved forward to create an official GW club and the GW Wheels club was born.

Although this year's show was the second annual, it was a show of many first-time achievements.

For the first time the club awarded trophies in four categories: Best in Show, Club President's Award, Driver's Choice and the People's Choice. Freddie Mule took home the Best in Show trophy for his beautiful 1937 Ford Coupe. Rich Logan was the winner of the Club President's Award for his amazing 1926 Autocar Wrecker Tow Truck.

It was the first time the show had sponsors – including Auto Authority in Jamesburg, Konica Minolta Business Solutions, The Greenery and FirstService.

With the increased number of cars, it was the first time that the club was able to group the cars by make / model. The diversity of makes and models was incredible. They included: Chevy, Ford, Chrysler, Cadillac, Pontiac, Anglia, BMW, MG, Aston Martin, Ferrari, Toyota, Autocar, Volkswagen, Bentley, Mercedes, and Mercury. The show had over 13 top-of-the-line Corvettes!

For some makes, i.e. the vintage 1926 Autocar Tow Truck, it was the first time they made an appearance at the show.

The club held its first ever food drive to benefit the Monroe Township Senior Center's Food Pantry. The drive netted a full pick-up truck of non-perishables, as well as cash donations that will help to feed the pantry's more than 50 families receiving assistance this year.

This was the first time the show featured line dancing – led by our own Teri Faro.

For the first time the show included hand-made model airplanes – provided by Gene and Maureen Gavin.

The ever-popular NTO Band, made up of Shelly Leal, Jon Leal, Frank Genova, Steve Posner, and Ed Pilcer brought the live music for the second year in a row. Joe Attanasio was the man on the mic as he once again was the show DJ.

The show was full of firsts, but it won't be the last of this now annual community event!



*Freddie Mule (L) takes the trophy for Best in Show from GW Wheels club President Tom Mulvey for his amazing 1937 Ford Coupe. (Photo Maggie Pilaar)*



*Rich Logan (L) accepts the Club President's Award for his classic 1926 Autocar Wrecker Tow Truck from GW Wheels club President Tom Mulvey. (Photo Maggie Pilaar)*



*Warren Reich (R) accepts the First Place Driver's award for his 1952 Mercury from club President Tom Mulvey. (Photo Maggie Pilaar)*



# Woodworkers Build a Space for Imagination

By Linda Wagner

The GW Woodworking Club, is a creative and frugal group, often making something very special out of nothing.

From the wood scrap pile many winged birds have risen and taken flight---ducks, eagles, cardinals and jays. These garden ornaments, sometimes called “Whirly-gigs,” have wings that spin in the wind to scare away unwanted critters.

The team was able to elegantly furnish a good-sized dollhouse with bits of scrap wood that was cut, sanded, painted or dressed. (Perhaps you have seen this in the lobby of the Town Center.) We found some biscuits, i.e., wooden discs used for wood joinery, and turned them into stylish earrings!

The source of these manifestations is rooted in the varied talents, backgrounds and genders of the club members. All of us, both men and women, are to some degree woodworkers, but in addition, some of us are engineers, artists, professional carpenters, electricians, and seamstresses. It’s a powerful combination – life skills and carpentry.

Consider a recent brainstorming session in the woodshop where we were endowed with a wooden replica of a pioneer-like fort. The question posed was, “How do we turn this into something current and of interest to a variety of people, young and old, male and female?”

After some discussion we decided to turn it into a castle. But what kind of castle? Ideas ranged from the construction of a European castle to a fairy tale castle. We settled on the idea of a castle designed in the style of the Spanish architect Antoni Gaudi Cornet. It would have undulating walls, spires and bright playful colors. Creating a resin mote for the castle was the next contribution. Another member suggested we add in simple machines to attract the young engineers-to-be. Someone suggested we add a boutique. Someone else proposed a marketplace, an archery set up, a bakery... and so, a plan was hatched.

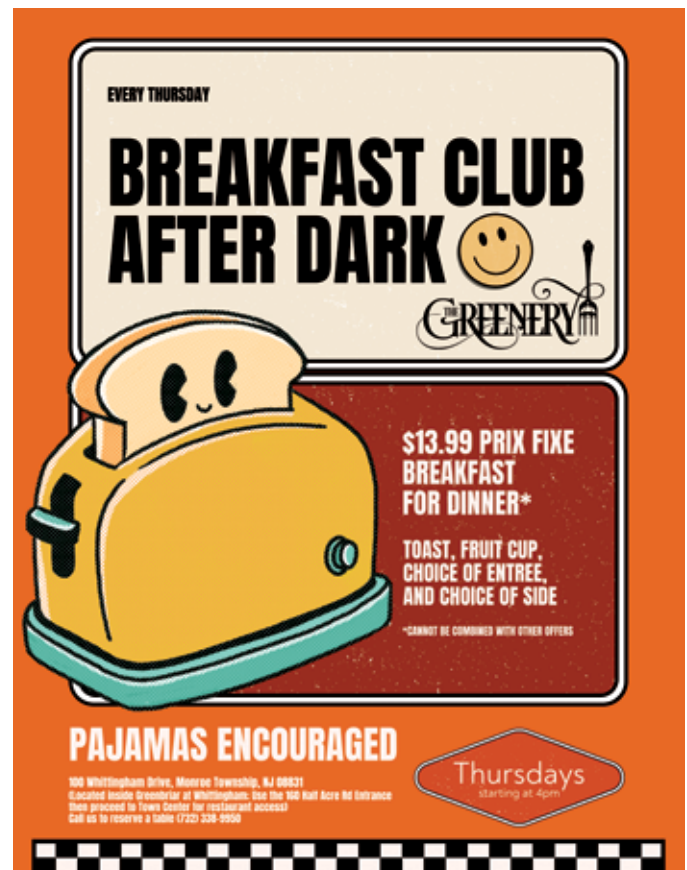
Will we be able to do it? Because of the mix of diverse professions, genders, backgrounds, and cultures the club has melded into a creative workspace full of possibilities. In this club we believe we can make anything we envision.



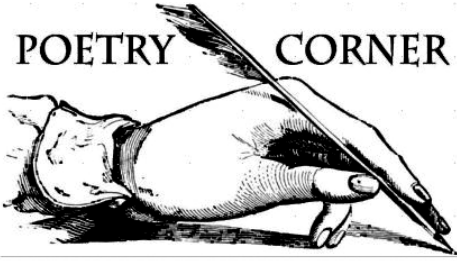
*HANDY WITH THE HACKSAW: Nancy Drake fine tunes an artifact in the GW Wood Shop in anticipation of Club Info Night, held on Wednesday, July 9.*



*SEEKING SAWDUST: Phil Giunta is caught by surprise while vacuuming up sawdust in the GW Wood Shop, downstairs in the Towne Center.*



## POETRY CORNER



### Deep in Your Heart

*By Irwin Dunsky*

A moment of plush, a random joy  
Gone in a blink, like a brand-new toy  
Feeling this good never seems to last  
Slips through my fingers becoming the past  
Feeling great is fleeting at best  
Want to know why, here's the acid test  
If you must take something to really feel good  
You're hanging out in the wrong neighborhood  
Surrender your heart and tight-fisted grip  
Let go your attitude and shut your lip  
Hold your hands upward and look to the sky  
There will be no more times you pray to die  
Your birthright is waiting for you on this day  
Time to collect your soul and learn how to pray  
Open your hands, arms, heart, and mind  
The universe loves you and will treat you kind  
We are waiting here for you on the gentle side  
Surrender to love and put down your pride  
Deep in your heart a glimmer is still alive  
Our circle is completed when you arrive

### A Child is Born

*By Herb Saperstein*

Merry, merry, a baby born  
So early in the tender morn.  
She dreams, she screams,  
She takes a flight  
To cradle in the morning light.  
Lions, tigers, their eyes aglow,  
How much can a baby know?  
In sleep she cries  
As if she's seen  
A shadow of where she once has been.

### A Full Body of Work

*By Bill Friedman*

Attention menschen there's Malaria in the area.  
At ease disease there's fungus among us.  
Dare not neglect chronic sneezing or labored wheezing  
And never whiff when covering sneezing.  
The best cure for ingrown toe is a simple med called Outgrow.  
Address simple headache pain before dealing with full  
migraine.  
Scoliosis and spinal stenosis can be minimized by being  
precocious.  
Failing sight just not right, seed advice to see the light.  
Don't let a stiff neck change your direction, stay the course of  
seeking perfection.  
If you're constantly answering questions with what,  
your hearing is probably stuck in a rut.  
Rapid hair loss, more each day,  
Time to prepare for a proper toupee.  
Of course there are things you don't know,  
Stay in the realm of what's apropos.

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### It's Party Time

*By Bill Friedman*

It's 10 o'clock guests raising the roof,  
everyone's swigging 100 proof.  
Hip hopping ,non-stop bopping,  
soon bubbly corks are popping.  
Loving smooches, gentle hugs,  
in between chug- a-lugs.  
Blaring music, raucous singing,  
no one hears the doorbell ringing.  
Two hours later still need ear plugs,  
thankfully no sign of drugs.  
Dates, mates, one night flinging,  
there's actually no sign of swinging.  
Many passed out early morning,  
police issue serious warning.  
Host promises no more pouring,  
and joins the others snoring.  
Entire group all hung over,  
can really use a bed of clover.  
Nobody complained about cleaning the mess,  
cause the party had been such a huge success.

# History Repeating

*Carol Selick*

Some watch in horror, while others take the stage.  
Like sheep to the slaughter, victims of a tyrant's rage  
Selling their souls for money, some shout in a megaphone  
To sweeten their pot with honey, their lies become more bold.  
Once in a century, a new mad man appears.  
He hungers for power and cruelly plays into our fears  
But there's power in numbers, the emperor wears no clothes  
And the people will rise up, as their fight for justice grows.  
I am not my brother's keeper, but I am my brother's friend  
The world tries to divide us, but there's a new message we  
must send  
We're the guardians of the future, let the children know we  
tried.  
To protect them from the evil and give them a better life.

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## Things to Consider When Starting to Practice Yoga

*By Brian Critchley, owner of OM Central Jersey Massage & Yoga*

### Embarking on a Journey to Wellness

Yoga has long been celebrated for its profound effects on physical health, mental clarity, and spiritual well-being. Whether you're seeking a way to enhance your fitness, reduce stress, or cultivate mindfulness, yoga offers a transformative practice that meets diverse needs. However, for newcomers, beginning the journey can feel daunting. Here are key considerations to keep in mind as you start to explore the world of yoga.

### Setting Realistic Expectations

As a beginner, it is vital to approach yoga with patience and humility. Your first few sessions may feel challenging as your body adapts to unfamiliar movements and stretches. Avoid striving for perfection or comparing yourself to others in the class; yoga is a personal journey, not a competition. Celebrate small milestones, such as improved flexibility or better balance and remember that consistent practice will yield results over time.

### Understanding Your Body

Each body is unique and yoga respects this individuality. Listen to your body's signals and know your limits. If a pose feels uncomfortable or painful, modify it or opt for a simpler variation. Yoga props like blocks, straps, and bolsters can be invaluable aids in making poses accessible. Consulting with a healthcare provider before starting yoga,

especially if you have pre-existing conditions or injuries, is also wise.

### Finding a Qualified Instructor

A knowledgeable instructor can make a significant difference in your yoga experience. Look for certified teachers with experience in guiding beginners. A good instructor will offer clear instructions, demonstrate poses effectively, and provide adjustments or modifications to accommodate individual needs. Whether you choose in-person classes or online sessions, ensure the teacher fosters a supportive and welcoming atmosphere.

### Embracing the Mind-Body Connection

Yoga is more than physical exercise; it is a holistic practice that unites the mind and body. Incorporating mindfulness and breathwork into your sessions can deepen your experience. Pay attention to how your breath flows during each pose and use it as a guide to ease into movements. Meditation, even for a few minutes, can help you center your thoughts and amplify the benefits of yoga.

### Consistency is Key

One of the most important aspects of starting yoga is committing to regular practice. Even short sessions a few times a week can lead to noticeable progress. Set aside dedicated time for yoga and treat it as a cherished ritual. The consistency will help you build strength, flexibility, and mental clarity over time.

### Join Our Regular Weekly Classes at Greenbriar

Our classes are led by experienced instructor, Brian Critchley, owner of OM Central Jersey Massage & Yoga, on Fridays at the clubhouse. Meditation is from 9:15-10:10am and Mat Yoga is from 10:30-11:30am. Drop-ins are \$13 per class and you can try your first class for free.

## TRAFFIC SAFETY ANNOUNCEMENT

***Please drive slowly and carefully  
within our community making sure  
to come to a full STOP at stop signs.  
Use your directions signals and  
please obey the Greenbriar at Whit-  
tingham SPEED LIMITS.***

***Our streets are our sidewalks!  
Everyone who lives here is upset  
with the speeding on our streets and  
yet the vast majority of those who  
speed LIVE HERE!***



# MOTION is LOTION with ELLEN

Join me as we help manage our aches and pains through MOTION!

**TEAM WEIGHTS:** Mondays at 10AM (Ballroom)

**TEAM MOTION:** Wednesdays at 10:30AM (Ballroom)

Using either the weight of our arms, free weights, bands or balls we will stretch and flex helping our arthritis, joint replacements and our backs! (Free weights are optional.)

\*Chairs will be used as one of our many tools to help us manage our motion.

**NEW CLASS\***

**TEAM BODY:** Thursdays at 10:30AM (Poker Room)

We will be using ONLY our BODY WEIGHT and balls. Challenging our cores and stretching while using **MATS** and or a chair. These motions are to strengthen our backs and core. Using a Pilates style training making TEAM BODY different from my other two MOTION programs.

I will provide bands and balls as needed.

Just bring free weights (optional), water and your sense of humor!

For only \$10.00 per class you get to join TEAM BODY with me,  
Ellen Rubin Trainer and TEAM Program Creator.

*Listening to fun music, making friends while getting healthy!*

Don't say "you're too old"! MOTION is LOTION

*Please call Ellen for more information at 917-751-3085.*

Greenbriar at Whittingham Community Presents:

## 26th Annual ARTS & CRAFTS FAIR

**Sunday, September 28, 2025**  
**12:00 p.m.—3:00 p.m.**

**Towne Centre Ballroom**  
~FREE ADMISSION~

**Join Us, Show Your Talent!**  
**Pick up your application**  
**at The Concierge Desk.**

**Any Questions ???**

Chairman Dale Blum: 609-409-6705

*\*Any non-resident wishing to participate MUST be a guest of a resident.*

Greenbriar at Whittingham Community Presents

## 2025 GW OLYMPICS

CHEER FOR YOUR NEIGHBORS! See the schedule of events below.



**BILLIARDS:** Thursday, August 7th at 5:00 p.m.

**BOCCE:** Wednesday, August 6th at 5:30 p.m.

**CORNHOLE:** Thursday, August 7th at 7:00 p.m.

**GOLF:** Monday, August 4th at 11:00 a.m.

**PICKLEBALL:** Monday, August 4th at 4:00 p.m.

**PING PONG:** Wednesday, August 6th at 10:00 a.m.

**SHUFFLEBOARD:** Friday, August 8th at 5:00 p.m.

**SWIMMING:** Friday, August 2nd at 8:00 a.m.

**TENNIS:** Tuesday, August 5th at 5:00 p.m.

**WATER VOLLEYBALL:** Tuesday, August 5th at 5:30 p.m.

A special **THANK YOU** to all of those participating.

Good luck and don't forget to have fun!

Greenbriar at Whittingham Community Presents

## AUGUST MOVIES

1PM IN THE AC/DANCE ROOM  
BRING YOUR OWN SNACKS  
NO SIGN UP REQUIRED



**Saturday, August 2, 2025—NONNAS**  
**PG — 1h 54m**

A grieving man finds the recipe for healing when he opens a restaurant and hires Italian grandmothers as chefs in this sweet movie based on a true story.



**Sunday, August 31, 2025—The Heart Knows**  
**TV-14 — 1h 29m**

A wealthy businessman receives a heart transplant—and a second chance at life. But when he meets the donor's widow, his new heart begins to yearn.



Looking to form a new club!

# IRISH AMERICAN CLUB

MONDAY, SEPTEMBER 8TH

Come to see if you'd be interested in  
being part of The Irish American Club.  
We will meet at 4PM in The Upstairs  
Poker Room on 9/8/2025.

EVERYONE WELCOME!

QUESTIONS? CALL BOB 732-991-6468  
OR FRANK 848-223-4523



## The Performing Arts Club

will be releasing the "Cooking with PAC" recipe book very soon, filled with tried and true recipes from your friends and neighbors.

If you are interested in pre-ordering the recipe book, please provide your name, address and cell phone number in the space below. We will notify you when the book is released.

Name (First Last)

Address

Cell No.

*Cooking with PAC*

GW FRIENDS PRESENTS

# The Ladies of History

Hot coffee  
and snacks  
served

MONDAY, AUGUST 25 AT 7:15 PM  
IN THE TOWNE CENTRE BALLROOM  
WITH OUR GUEST SPEAKER...

**ALISA DUPUY**

AS QUEEN ELIZABETH II OF THE UNITED KINGDOM



Ms. Dupuy is an extraordinary enactor of "The Ladies of History". She will be speaking as Queen Elizabeth II.

Ms. Dupuy fully embraces the roles of these extraordinary women she portrays and delights at each of her audiences.

The Ladies of History is a labor of love that grew out of a desire to study history, wear the fashions of different eras and bring history to life in a lively and fun way. History doesn't have to be boring!

The GW Friends membership meeting will begin at 7:15PM, followed by our guest speaker's presentation.

Questions? Contact Mark Sorkis: email: msorkis@comcast.net

# Saturday Soirees

at  
**THE GREENERY**  
Every Month

Join us for August 23, 2025 for  
a Saturday Beyond the Veil with Linda Shields!



Join the Jersey Shore Medium, as she brings messages and suggestions of love and hope from your family and loved ones in spirit for this mediumship demonstration.

**\$60 per person**

includes buffet, soft drinks, coffee, tea and dessert. Menu will be available for pre-order. Tax included. BYOB. Bring your glasses if desired!

Doors: 11:00AM  
Buffet: 11:30AM  
Event: 12:00PM

Coffee & pastries served during intermission.

Please note a 10% room occupancy tax will be applied to your bill and there is a \$15 per head transportation fee within 24 hours.

ALL TIX ARE PREPAID. TO RESERVE:  
CALL OR TEXT (732) 992-5965  
TO REACH DUE HOME,  
THE EVENT COORDINATOR

GREENERY AT WHITTINGHAM, MONROE TOWNSHIP, NJ 08831  
USE THE 100 HALF ACRE RD ENTRANCE THEN GO TO TOWN CENTER

# GW Friends: August, and the living is easy

By Mark Surks

*I must pause here to remember our friend, long time Board member and all around great guy, Bob Blum. We lost Bob suddenly and unexpectedly. Bob and his delightful wife Dale, saw to it that every meeting had all of the refreshments we enjoy. They routinely criss-crossed Central New Jersey getting prices and making purchases for all of our events. Then they inventoried the goods, brought them to meetings and prepared the presentation for all of our meetings. Their record of success at this was flawless. We will miss Bob for a long time to come. His memory will always be a blessing to those who knew and loved him.*



Membership Appreciation Night was another huge success. London Fogg was really wonderful and the cupcakes were outstanding. Kudos to Rich Klein and his team for pulling off another great event.

Here is what is up for us in August:

Monday, August 25th Our monthly meeting will begin at 7:15 PM. We will enjoy the return of the wonderful Alisa Dupuy reenacting Queen Elizabeth II. Ms. Dupuy always does a remarkable job of channeling some of the great women of history. You really will not want to miss this performance.

Friday, August 1st Our new Chess Club will meet at 2 PM in the Ballroom. Contact Anatoly Shpirt at 347-693-8791 or just show up. All skill levels are welcome including novices. Grand Masters will have to report their status.

Monday, August 4th Join us for our first Monday breakfast. The always fun, frenetic and financially rewarding **GW Friends Breakfast** is at 8:45 AM (early birds are expected) at Christo's Kitchen. Price is a very affordable \$14.00, tax and tip included, exact change preferred. We have our own menu and it is a fun morning with announcements and a **huge, potentially life-altering 50/50 payout** on the line.

Monday, August 4th **History Club** will take place as usual on the first Monday of the month. This group meets in the Poker Room. The subject will be **"The President is Dead"**. Last words of the most powerful men on Earth, presented by Larry Bartolf. History Club topics are curated by Pierre Rein (908-420-4181).

Tuesdays, August 5th and August 19th The first and third Tuesday of every month the **Alan Hermelee Current Events Discussion Group** is held in the new upstairs Board Room. We cover many subjects including a gentle handling of otherwise divisive topics. Come share your opinion and intellect with us. It is a wonderful way to give voice to your thoughts and learn so much from others. **Politics is not discussed**. Let me say that again. **Politics is not discussed**. Alan Hermelee set the tone and we honor him by keeping it respectful. If you enjoy a stimulating discussion of topical matters, this is the place for you.

Tuesday, August 12th **The Finance and Investing Group** will meet at 4:00 PM in the room opposite the nurse's office. Gordon Gecko Gittler and T-Bill Trubinski facilitate the discussion about today's markets. You can reach Jerry at 609-642-8929. This is an informative and entertaining group of both men and women. It's a good place to learn and understand about your investments. If you need help understanding just what you own, this would be a good place to find out. Greedy Gittler will lead the discussion but, like always, he will quickly lose control of the meeting.

Wednesday, August 13th **Pizza and Billiards** (or just pizza or just pool). This is always well attended. We meet at 12:30 PM at Ciro's and then on to the GW Pool Hall downstairs in the Towne Centre. Contact Howard Katz at 609-409-8606, or just show up. The food is always good. Some of the folks can be annoying though.

Monday, August 18th The **Socrates Cafe** will meet at 4:00 PM in the Poker Room. Stimulating topics chosen by the group from a list curated by the facilitator will be discussed. Socrates Cafes began in 1996 as a place for an open exchange of ideas. The GW "Cafe" is hosted by Allan Cooper 609-409-3860.

Monday, August 25th **The Marvin Bachman Book Club** will meet at 4:00 PM to discuss "If You Lived Here You'd Be Home By Now" by Christopher Ingraham. The book is the hilarious, charming, and candid story of writer Christopher Ingraham's decision to uproot his life and move his family to Red Lake Falls, Minnesota, population 1,400—the community he made famous as "the worst place to live in America" in a story he wrote for the Washington Post.

The Marvin Bachman Book Club is always competently facilitated by Harriet Bachman.



### **Update - August 2025**

It's hard to believe it but the Greenery has been here over six months now. We want to thank the residents and clubs that have supported us thus far. We hope to continue to see you at the restaurant and we are always looking for new faces to try us out and see what other residents are talking about. Don't forget you can order and have food delivered to you directly at the pool. We will have a server walking around or call (732) 338-9950 and we will bring your order to you poolside.

### **Greenery Events since our last issue**

The Greenery continues to host and cater events in the Town Centre and at the restaurant. We can host private parties at The Greenery for up to 80 people or reserve our back room which can accommodate up to 42 guests. Recently we have hosted birthday parties, baby sprinkles and even a graduation party. If your group is having a golf outing we can cater a continental breakfast, boxed lunches, or a full lunch buffet after your round of golf. Come in and let's discuss your next party and what you would like to serve.

### **Theme Nights at The Greenery**

It has been over a month since we have started hosting theme nights at The Greenery. Burger night has become an instant success and the other nights are growing each week. Reservations are recommended but walk-ins are always welcome any night of the week.

- Tuesday Night is Burger Night. Buy 1 get 1 half off.
- Wednesday Night is Pasta Night. Choose your favorite pastas and sauces. Served with a side salad and garlic bread for 14.99. Add-Ons are available at an additional charge.
- Thursday Night is Breakfast Club After Dark. 13.99 Prix-Fixe Breakfast for Dinner.
- Friday Night is Pizza Topping Frenzy. Buy any personal pizza and the first topping is on the house.
- Saturday Night is Saturdays on the Town. Buy 2 Entrees get 1 Appetizer or Dessert for Free. If you're a bigger table, buy 4 Entrees get 2 freebies!!

We look forward to continuing to serve the residents of Greenbriar at Whittingham. Hope to see you all at the restaurant.

## **Cribbage Anyone?**

Want to learn a "new" 400 year old card game? The cribbage group plays on the 1<sup>st</sup> and 3<sup>rd</sup> Wednesdays of the month, 2:00 to 4:00 PM at the Monroe Township Senior Center. We can arrange time for teachings here in Greenbriar and perhaps start playing here. It is an easy game to learn and one that you can play with your grand kids too.

Contact Phyllis at 609-619-3656



# PAC AT THE OSCARS

October 31 7:00 pm      November 1 7:00 pm      November 2 1:00 pm

Support the GW Performing Arts Club with an ad in our upcoming fall program!

Please enclose a copy of your ad with this form. (Do Not Staple). If you do not have a copy of your ad, please write the text you wish to include below and we will complete your layout. Take the size of your ad into account. If you have a graphic you would like to include (e.g. business card, logo, etc.), please enclose it with this form. We will try to adhere closely to your submission, but will edit as necessary. Thank you for your support!

- ☐ Booster \$10 (i.e. "Wishing you all the best, Sally Fields")  
☐ Quarter Page \$25      ☐ Front Inside Cover \$100  
☐ Half Page \$45      ☐ Back Inside Cover \$100  
☐ Full Page \$80      ☐ Back Outside Cover \$125

Ad sold by \_\_\_\_\_ Phone \_\_\_\_\_  
 Email \_\_\_\_\_ Sponsor \_\_\_\_\_

Please make all checks payable to PAC and place completed form in PAC Box #25

## Introducing ... Greenbriar Chess Club



Join us to play and to connect with fellow chess enthusiasts!

When: First Friday of the month at 2 p.m.  
 Where: Clubhouse Ballroom

**Everyone welcome!!**

For more information call Anatoly Shpirt at  
 347-693-8791

Greenbriar at Whittingham Community Presents

## Just in Time

BROADWAY | MUSICAL | ORIGINAL



**Wednesday, August 20, 2025**

\$160 per person, checks payable to WHOA  
 (Price includes show ticket, bus and driver gratuity.)

Bus leaves GW Community at 8:30 a.m.

Show starts at 2:00 p.m.

At CIRCLE IN THE SQUARE THEATRE

\*Tickets will be distributed on the bus.

Bus departs New York at 5:30 p.m.

Look out, Jonathan's back! Tony Award® winner Jonathan Groff (*Merrily We Roll Along*, *Hamilton*) returns to Broadway this spring as Bobby Darin, the legendary singer whose short but remarkable life took him from teen idol to global sensation. Developed and directed by Tony Award winner Alex Timbers (*Moulin Rouge*), *Just in Time* is an exhilarating new musical that immerses audiences in an intimate, swinging nightclub complete with a live band, a stellar ensemble cast, and iconic Bobby Darin hits including "Beyond the Sea," "Mack the Knife," "Splish Splash," and "Dream Lover." Discover the man behind the music – a once-in-a-lifetime talent who knew his time was limited and was determined to make a splash before it was too late.

**Tickets on sale beginning Monday, May 12th.**

No refunds unless the trip is sold out and your seat is resold.

GREENBRIAR AT WHITTINGHAM COMMUNITY

## SAVE THE DATES BALLROOM SHOWS 2025

**28**  
JUNE

**CHICAGO TRIBUTE**

Tickets on sale now.

**26**  
JULY

**YACHT ROCK**

Tickets on sale June 5th.

**16**  
AUG

**EAGLES TRIBUTE**

Tickets on sale July 3rd.

**27**  
SEPT

**MUSIC OF...  
CROSBY, STILLS & NASH**

Tickets on sale August 7th.

**18**  
OCT

**NEIL DIAMOND TRIBUTE**

Tickets on sale September 4th.

**16**  
NOV

**BARRY JASON BRUNCH**

Tickets on sale October 2nd.

\*Separate flyers available as the sale date approaches.



# DEAL DAYS at THE GREENERY



**Tuesdays from 4pm**  
**Burger Night**  
**Buy One Burger, Get One Half Off**  
 Make it a date—se just double up! Enjoy one burger and get the second for 50% off. Bring your appetite (and someone to share it with!)



**Wednesdays from 4pm**  
**Midweek Pasta Party**  
**\$14.99 Pasta Night + Add-Ons**  
 Carb up and cozy in! Choose from a variety of pastas and sauces, served with a side salad & garlic bread.



**Thursdays from 4pm**  
**Breakfast Club After Dark**  
**\$13.99 Prix Fixe Breakfast for Dinner**  
 Toast, fruit cup, choice of entree, and choice of side.  
 Pajamas encouraged!



**Fridays from 4pm**  
**Pizza Topping Frenzy**  
**Pizza Night — 1 Free Topping**  
 Any pizza — your first topping is on the house. We'll bring the crust, you bring the crew!



**Saturdays from 4pm**  
**Saturday On The Town**  
**Buy 2 Entrées, Get 1 App or Dessert**  
 Double up and we'll treat you. Buy any two entrees and receive one appetizer or dessert for free! (4 entrees = 2 freebies!)

Cannot be combined with other discounts. Please see event poster for details.

## The Barry Geffner After Hours Club

with an evening of great **HOT** music

**Friday Night July 25th**  
Doors Open 6:30



**Entertainment Tom & Kelly**

Will provide us with a evening of great music for our listening and dancing pleasure

*Catered by Tuscany*

- Rolls & Butter
- Chopped Salad
- Spinach Lasagna Roll Ups
- Chicken Francaise
- Steak Pizzaiola
- String Beans Almondine
- Roasted Potatoes
- Assorted Pastries with Cannoli
- Coffee & Tea

**Price \$32.00pp**

Tables of 10 and 12  
 Bring your own beverages  
 Put checks in Box #8  
 Cut off date July 18

Any ????- Marilyn (609) 409-9380



## GW Music Club



On Friday, August 15th, 2025 at 7:00 PM, please join us in the Club House Ballroom. to welcome our own **Gary Filik** back to the GW Music Club stage. Grab your friends and get ready for a night of fun and great music with NTO!

In addition to Gary, performing this month are your neighbors:

- **Joey Atanasio**
- **Terri Haberman**
- **Matt Krohn**
- **Rick Verso**

All members of the club are invited to sing or play an instrument with NTO at an upcoming performance. If you're interested in participating, please reach out using the contact information below.

Coffee and Cookies will be served. Feel free to bring your own food, snacks and favorite beverages! We look forward to seeing you there.



If you have questions, please email us at [gwmusicclub790@gmail.com](mailto:gwmusicclub790@gmail.com) or call Susan at 732-689-1534

## Beginners' Plus Country Line Dancing

### Every Friday, 10:00 AM

### Clubhouse Ballroom

**Led by Joan and Sona**



Learn the latest dances  
 Challenge yourself with some dances, a little bit harder

For further information,  
 call Joan at 609 664-2271 or Sona at 201 981-6072

# Directory

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**609-698-6108**

2 HR. Response Time

When you call us, we will come

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OF EXPERIENCE*

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# Directory

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**Photo by Ramsey Way resident Charles Laboz**

