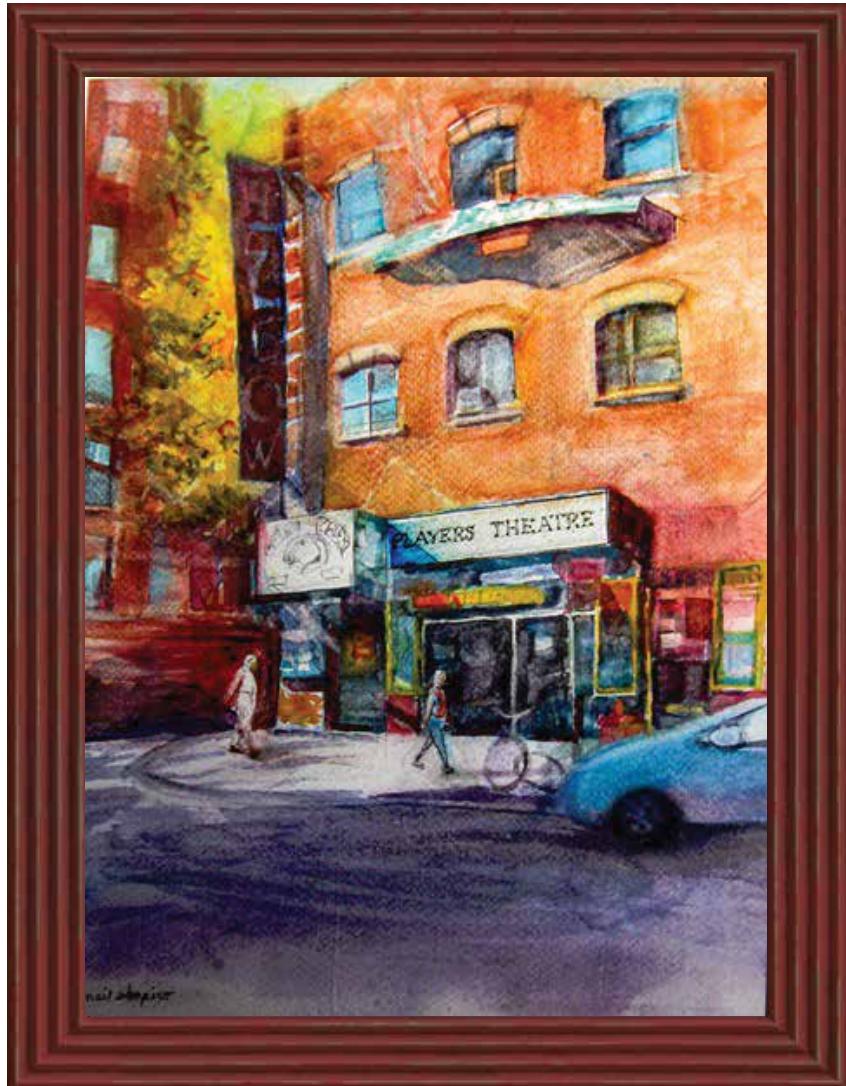


Vol. 1, No. 10 - January 2026

# Greensbian at Whittingham PULSE



*Bleeker and Macdougal, Watercolor  
by Harwood Road resident, Neil Shapiro*

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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.

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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

# The Marvin Bachman Book Club

The book club meets on the fourth Monday of each month at 4PM in our own Library.

They will meet on Monday January 26th at 4 PM to discuss the very recently published, **No More Tears: The Dark Secrets of Johnson & Johnson** by Gardiner Harris.

One day in 2004, Gardiner Harris, a pharmaceutical reporter for *The New York Times*, was early for a flight and sat down at an airport bar. He struck up a conversation with the woman on the barstool next to him, who happened to be a drug sales rep for Johnson & Johnson. Her horrific story about unethical sales practices and the devastating impact they'd had on her family fundamentally changed the nature of how Harris would cover the company—and the entire pharmaceutical industry—for the *Times*. His subsequent investigations and ongoing research since that very first conversation led to this book—a blistering exposé of a trusted American institution and the largest healthcare conglomerate in the world.

Harris takes us light-years away from the company's image as the child-friendly "baby company" as he uncovers reams of evidence showing decades of deceitful and dangerous corporate practices that have threatened the lives of millions. He covers multiple disasters: lies and cover-ups regarding the link of Johnson's Baby Powder to cancer, the surprising dangers of Tylenol, a criminal campaign to sell antipsychotics that have cost countless lives, a popular drug used to support cancer patients that actually increases the risk that cancer tumors will grow, and deceptive marketing that accelerated opioid addictions through their product Duragesic (fentanyl) that rival even those of the Sacklers and Purdue Pharma.

Filled with shocking and infuriating but utterly necessary revelations, *No More Tears* is a landmark work of investigative journalism that lays bare the deeply rooted corruption behind the image of babies bathing with a smile.

Contact Harriet Bachman for details. 609-409-5464



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Editors note: Due to a production error, all of the article titles in the December issue were repeated from the November issue. As a result not only were they wrong, but they also had the wrong article authors. For example, The Shalom Club's author was in fact Riva Alboum. I am sure there were others as well. Apparently, this occurred throughout the issue. Going forward, I now know I have to check the proof for this sort of error, just as I check to see if the calendar starts on the right day of the week. We'll see what gremlin pops up next.



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# Traveler with a Camera: Along the Elbe River

by Rich Polk

A big plus of a river cruise vacation is the ability to sit back, (in my case on an open deck with no glass that can cause distracting reflections in my photographs), and let the scenery come to you. Many rivers are narrow enough that both shores provide subject matter.

Such was the case aboard a river cruise on the Elbe River, between Meissen and Herschstein, Germany. A 21st Century shepherd had brought her flock to the river to drink, and one of my favorite images of the voyage was made.

I typically travel with a mid-range zoom lens (18mm-250mm on a cropped sensor camera) which allows me to travel light. Such a lens can permit you to capture a wide-angle view of an entire hillside vineyard—from the river to the top of the hill, or to zoom in to the telephoto range allowing you to isolate a castle high above the river. Off the boat, the wide-angle makes possible the shooting of tall cathedrals in all but the tightest of plazas, and I have made decent song bird portraits at the 250mm end of the range.



*A flock of sheep along the Elbe River in Germany*

## Attention Artists

If you have a piece of art that you would like to share in The Pulse, The GW Camera Club has agreed to photograph it for you. If you would like to find that helpful contact Rich Lewis 609-642-6770 or email [richlou08831@comcast.net](mailto:richlou08831@comcast.net)

# The Greenbriar Art Guild



*Fran Gunther, Toby Ehrlich, Audrey Roth, Annette Newmark*

## GW Resident Jack Kirschenbaum Receives Monroe Township Appreciation Award



Mayor Dalina and the Township Council honored Jack Kirschenbaum with a Volunteer Appreciation plaque for his outstanding service to our community.

Since moving to Greenbriar in 2014, Jack has served Monroe as a licensed psychologist and as a dedicated veteran leader. He joined American Legion Post 522 ten years ago, became Commander eight years ago, and has led key Township Veteran events and school Veterans Appreciation programs. He also organized annual Poppy Drives, supporting veterans in need.

For the past seven years, Jack has also served as Commander of Monroe's Jewish War Veterans Post 609.

# Why I Love Photography

By Roy Goldschmidt

Photography has been a passion of mine for as long as I can remember. There's just something about capturing a moment in time, freezing it forever.

**1 – Photography will allow you to create a record of events and memories.** Photography will allow you to create images of special events, times and places. It allows you to record the specifics of an event – and it also allows you to share that event with friends and family long after it's done and gone.

**2 – You'll have fun.** You can head out with the family to the beach or on a picnic, shoot a local sports game, randomly roam city streets photographing strangers, stalk wildlife, hike up a mountain for a stunning view, or stand under the stars at 2AM and watch the Milky Way slowly move across the heavens. Photography offers many opportunities to do new, interesting and fun things with your camera.

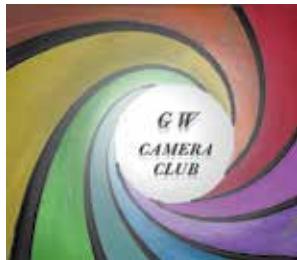
**3 – You get to be creative.** Being creative is something we rarely do as adults. Enter photography, which is hugely creative and allows for endless flexibility in shooting and artistic style. Creativity is fun and it provides a necessary counter balance to the stressful demands of our lifestyles.

**4 – Photography will get you traveling.** You'll travel all over the place, from different parts of your own city, town, or country all the way to the other side of the globe. There are so many interesting things to photograph in other places, including landscapes, wildlife, architecture and people from other countries.

**5 – Photography will keep you busy.** Feel like you have too much time on your hands and don't know what to do with it all? Instead of spending hours mindlessly watching YouTube videos or endlessly scrolling on your phone, why not channel your energy into a fulfilling hobby? Photography gives you a purpose, something to strive toward, whether it's capturing beautiful images of your grandchildren, documenting the world around you, or creating breathtaking landscape shots. Photography keeps you engaged and motivated.

The Greenbriar at Whittingham Camera Club (GWCC) will begin the 2026 season on March 18th at 7:00PM in the Towne Center. You can view the accomplishments and creativity of our club members in the Towne Center on the Photo Wall near the exercise rooms. Our members used a variety of different cameras to shoot these images including Smartphones, Point and Shoot cameras, DSLR, and Mirrorless cameras.

We wish you a safe and memorable holiday season.



*Camera Club's Photographic Work Exhibited in the Towne Centre*

Deadline for material for the February issue of The Pulse is January 8th.

# Barry Geffner After Hours Club

by Harlan Tuckman

As we approach years end we have much to be happy about. We had a wonderful President, Marilyn Gerber. Sadly for us, she will not only be leaving the club, she as well will be leaving the community starting a new era in her life as a Manhattanite. What could be bad about that? Leaving our sleepy rural life for the fast paced city life. We wish her well.

Taking up as our new President we welcome Lori Filik. She has been on the club board and knowing Lori, she will be a great leader. One of her goals will be trying to get as many bands to perform for us as opposed to the usual DJ. Not that they've been bad but there is always more life with live music.

Returning board members are Eileen Birnbaum who has been responsible for booking the club's entertainment, Ann Tuckman, Jacki Rein, Dale Blum, Joni Kaiser and Joan Hermelee. Harlan Tuckman and Larry Betron man the 50/50 table.

This past year the Club experienced a new growth adding many new members. As many new families move in to GW and folks become aware of the After Hours Club, they are anxious to join. We also draw a fair amount of members from outside our community which adds to our numbers.

So, a Happy Holiday to all, and we look forward to welcoming you back in January. Don't forget to stop at my table and pick up your 50/50 tickets.

**BARRY  
GEFFNER  
AFTER  
HOURS  
CLUB**

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## Hadassah News

By Joanne Sacoff

"In the cold of winter, we often find our inner strength". And in the cold of winter we gather to plan our coming events and festivities. So watch out Greenbriar, here we come.

Our February discussion will be about the film "Eleanor the Great" showing on Netflix. I have heard the movie is really good and will definitely lead to a very lively discussion. Look for info regarding time and place,

Something else planned for February is our annual Florida reunion. Anyone planning to be in southeast Florida should contact Sharon (nachim311@yahoo.com) to get the details. I, myself, have gone the last several years and it's always great to see our "sisters" and enjoy a delicious brunch.

Lets talk Purim and lets talk about our already famous and sought after Purim bags or as known in Hebrew Mishloach Manot. As it is written in the Book of Esther, every Jewish individual over the age of Bar and Bat Mitzvah should send a food gift to at least one recipient, so remember to order your Purim bags. See the flyers or call Ellen Panzer Schwartz for pricing and ordering procedures. It's a really nice way to commemorate Purim.

Coming up next is our Passover event. This year we are planning a "Chocolate Seder" on March 25th. Sounds very sweet to me. Who doesn't like chocolate? Details to come the closer we get.

Also, and very importantly, the absolute cut off date for ordering your new Mah Jongg card is January 9th. Please get your order in if you have not done so already, so everyone will be ready to start at the same time. After all, what is more exciting than the new card??

Hope everyone is keeping warm and healthy and always remember, winter does not last forever.

**HADASSAH**



**"People ask me what I'd most appreciate getting for my eighty-seventh birthday. I tell them, a paternity suit." George Burns**

# Planting Seeds in January

By Richard Weber and Janet Horowitz

It's a new calendar year and while January ushers in the colder weather, it hasn't slowed the momentum at the Shalom Club! We hope you will join us for some very exciting events this month which will surely warm your heart. **Make sure to check out the list at the bottom of this article.**

In addition to falling early in the new year, the holidays of Martin Luther King Jr. Day (January 19) and the Jewish holiday of Tu BiShvat (the birthday or new year for trees), celebrated on February 1-2, share some other similarities among American Jews. The common themes for both holidays are **social justice, renewal** and **service**. This means continuing the work of social justice for MLK Jr Day and literally the planting of trees for future generations on Tu BiShvat. Some communities also use this time to highlight *Tikkun Olam*, the Jewish concept of taking action to repair and improve the world. The holidays provide an opportunity to work toward a more just world and a healthier planet for all. In recent years many organizations focus on a day of service and volunteering as part of the national "a day **on**, not a day off" idea.

Did you know that the Shalom Club participates in *Tikkun Olam* by partnering with nonprofits to provide small financial donations and goods in need? On Wednesday, January 28th at 2pm, please join us for a **Special Event** with 30+ year GW resident, **Bill Schrimmer (102 years young!)**, and bring a food donation for the collection box! In 2025, the Shalom Club proudly contributed financial donations to Birthright, Jewish Family Services, Hadassah, the Anti-Defamation League and the Jewish Federation in the Heart of NJ. Not a member yet? Email [shalomclub0224@gmail.com](mailto:shalomclub0224@gmail.com).

## UPCOMING EVENTS:

**Sunday, January 4** - 9:45am - Breakfast event - Emily Schuman "The Luck Factor"

**Sunday, January 11** - 1:00pm - Movie - "FIDDLER, A Miracle of Miracles"

**Wednesday, January 28** - 2:00pm - GW Resident Bill Schrimmer - "From Riches to Rags"

**Sunday, February 1** - 9:45am - Breakfast event - "Noshing with the Word Mavens"



Tetyana Cudia

Saundra Dubose & Leslie Kershner

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# GW Connections: Turn the Page

By Michele Sandler

A New Year has arrived — and with it, a fresh calendar full of possibility! As you begin filling in your 2026 planner, be sure to mark down these must-attend GW Connections events. You won't want to pencil these in — **write them in ink!**

This year, many of our programs proudly honor America's Semiquicentennial — 250 years of American independence! History will come alive, voices of the past will speak again, and we invite you along for the celebration.



## Monday, May 3 • 7:00 PM • Ballroom

Meet **Betsy Ross**, brilliantly portrayed by the talented **Alissa Dupuy** — a chance to step into the Revolution and witness a legend.

## Wednesday, June 10

Hop on board for our **bus trip to the American Revolution Museum in Philadelphia** — history, discovery, and great company guaranteed!

## Monday, August 3 • Ballroom 7:00 PM

Join us as **Ben Franklin** himself pays a visit — witty, wise, and wonderfully entertaining.

## Wednesday, August 12 • Knob Hill Country Club

Our **spectacular summer luncheon** returns, featuring the charismatic and joyful voice of **Reginald Proctor** — a performance to remember.

## A Community That Gives Back

Thank you to everyone who attended our November general meeting — your generous donations of toys and gifts for **Homefront residents** were beyond remarkable. A portion of all dues and fundraising continues to support: **Homefront • Women Aware • Monroe Food Pantry**. Your participation truly makes a difference.

**Get Involved — Grow, Learn & Connect!** GW Connections is continually evolving and we want you to be part of it. Explore a group that sparks your curiosity or even start one of your own!

## Current Clubs Include:

- Three Book Clubs
- Two Discussion Groups
- Poetry Reading Club
- Provocative Thinking Club
- Short Story Club
- Writing Workshop

New ideas are always welcome — let's grow together.

## Membership Information

- **Join for only \$15 (single) / \$20 (family)**
- Donations support Homefront, Women Aware & Monroe Food Pantry
- To become a member:

Make checks payable to **GW Connections** and place in **Box #5 (Attn: Sandy Duncan)** in the Clubhouse lobby. Please include your contact information. • Questions? Contact **Carol Cooper at 609-409-3860**

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# Dine With The Stars

By Debbie Harbatkin

The audience all had the opportunity to *Meet The Star* at our November 16th Brunch with entertainer **Barry Jason**. In fact, Barry joined us for a fabulous brunch buffet and mingled around the room as he took a break from performing as everyone ate.

Barry Jason is a multi-talented singer/pianist and veritable one-man band performing his "Decades" music theme (60's -80's) with a diverse repertoire including contemporary and popular music. The audience sang to familiar tunes, and the dance floor was open!

In recent years, Barry developed a strong following of fans and has become an extremely popular entertainer at some of the leading venues and restaurants in the Central Jersey and Staten Island area. Throughout the years, he played with various rock groups, having started at the age of sixteen, playing both the organ and as a lead singer, before launching his solo career.

A delicious pre-Thanksgiving brunch buffet was catered by The Greenery. It included a spread of breakfast fair, from eggs with bacon & turkey sausage, homemade French Toast, potatoes, various pastries & bagels, to a taste of the upcoming holiday with turkey, stuffing, and accouterments. Midway through the show, our entertainer took a break so everyone could partake in a lovely dessert spread provided by the WHOA Entertainment Committee, then capped off the afternoon with another set of music. Overall, it was a wonderful finale to a WHOA concert season packed with talent, fun, and variety.

We look forward to another year of great shows, beginning on January 18th with the truly Sensational Soul Cruisers playing the best of funk, Motown, and a splash of Disco. This 11-piece band, complete with horns and backup singers is absolutely exciting and entertaining.

Naturally a band this large will be loud, so if you do not like it loud, please purchase tickets toward the back of the Ballroom, wear noise canceling headphones or purchase our disposable foam earplugs available from the Concierge before the show for just \$1 per pair.

Throughout 2026, we can look forward to a variety of tributes from Carole King, Billy Joel, and Elton John to cover bands of the British Invasion and home-grown Jersey performers. We'll hear popular music from an assortment of classic rock & roll, modern country, oldies/vocal harmony of the 1950's 60's and 70's, and even a surprise or two. Watch for more details and On Sale dates for tickets!

Hope everyone enjoyed a wonderful holiday season and we can look forward to a healthy, happy & entertaining New Year!

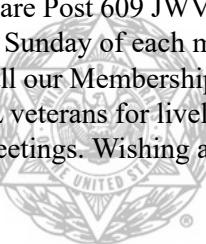


## Attention ALL Veterans

You are cordially invited to join our group. We are Post 609 JWV 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. We are on Leave through December until April when we resume meetings. Wishing all residents a happy & healthy holiday season.

Stuart Weinstein 631-398-4274

Post Commander



**"Birthdays are good for you. Statistics show that the people who have the most live the longest." Larry Lorenzoni**



*By IAC Volunteering Team (Photos by Lata Shah & Raj Malhotra)*

Indo-American Club's November gathering brought a twist to the traditional Thanksgiving menu. As we savored the vibrant flavors of Panang Curry, Hakka Noodles and Chicken Tikka, our hearts swelled with thankfulness for the abundance of friendship, love and community that enriches our lives. In the warm embrace of family and friends, we remembered to count our blessings, to cherish the moments, and to give thanks for the countless reasons we have to be grateful.

May our gratitude continue to grow, nourishing our spirits and inspiring us to spread joy and kindness throughout the year.

## Indo-American Club



Seated Left to Right – MADHU, RACHNA, PRABHA & DIMPLE

On November 8th, **India-US Forum of Monroe Twp.** Organized a vibrant Cultural and Heritage Celebration at the Greenbriar Clubhouse showcasing local talent.

We were honored to have the Greenbriar - Whittingham Indo-American Community shine brightly through a beautiful dance performance by –

Madhu, Rachna, Prabha & Dimple.

## History Club



History Club Attendees sit in rapt attention while Larry Bartolf lectures about the History of Television Quiz shows.

The History Club meets the first Monday of the month at 4 PM in the Poker Room. It is always well attended. Next meeting will be January 5th. Pierre Rein will have a presentation about *The Fifties*.

Always remember that you are absolutely unique. Just like everyone else.

Margaret Mead



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# GW Friends January News

By Mark Surks

Members attending our November meeting were treated to a spectacular performance with encore after encore by Reginald Proctor. Reggie had his audience in the palm of his hand. It was really wonderful. Within a few days of his appearance here we did something we never do. We booked Reggie to be back in 2026.



We have no meeting scheduled for January, however, we would be happy to return to Game Night if there is interest. We are also considering showing a documentary movie either in January or February. Keep an eye out for your mailer.

Now is the time we need our members to fill out an application and pay their dues.

Here is what **our members exclusively** will get to do this month:

Friday, January 2nd The **Chess Club** will meet at 2 PM in the former Board Room in the building annex. Contact Anatoly Shpirt at 347-693-8791 or just show up. Beginners are welcome. Chess Masters, get lost.

Monday, January 5th Join us for our first Monday breakfast. The always fun and frenetic **GW Friends Breakfast** is at its new time, 9:00 AM (early birds are expected, late comers are mocked but accommodated) at Christos Kitchen. Price is a ridiculously cheap \$14.00, tax and tip included, exact change preferred. We have our own menu and it is always a fun morning.

Monday, January 5th **History Club** 4 PM in the Poker Room. The topic will be "The Fifties" and will be presented by Pierre Rein. The History Club is chaired and curated by Pierre Rein (908-420-4181).

Tuesdays, January 6th and January 20th 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. Arie Markowitz moderates the meetings with moderate success.

Tuesday, January 13th **The Finance and Investing Group** will meet at 4:00 PM now in the Poker Room. Jerry "Wolf of Wall Street" Gittler and Chester "Never Sell Short" 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 financial matters. If you need help understanding just what you own, this would be a good place to find out.

Wednesday, January 14th **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.

Monday, January 19th 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, January 26th **The Marvin Bachman Book Club** will meet at 4:00 PM to discuss the very recently published, **No More Tears: The Dark Secrets of Johnson & Johnson** by Gardiner Harris.

One day in 2004, Gardiner Harris, a pharmaceutical reporter for *The New York Times*, was early for a flight and sat down at an airport bar. He struck up a conversation with the woman on the barstool next to him, who happened to be a drug sales rep for Johnson & Johnson. Her horrific story about unethical sales practices and the devastating impact they'd had on her family fundamentally changed the nature of how Harris would cover the company—and the entire pharmaceutical industry—for the *Times*.

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

# News from the Golf Course January 2026 Edition

By Allan Cooper

**The Pro Shop is closed** for January and February. Golf Members can still play Golf if the temperature is above 40 degrees Fahrenheit. However, there are no motor carts available. Golfers must walk carrying their clubs or using handheld walking carts.

**The rules for Winter Golf** are posted on the doors of the Pro Shop. Golfers must start on the first hole and must sign in at a list in front of the side doors of the Pro Shop. The sign in sheets are in a plastic container.

**There are some general rules** that need to be followed:

Anyone who wants to find out about operations and procedures at the golf course or Pro Shop should ask Ian Luberecki, John Cipriano, or a member of the golf board. Please do not ask other members of the Golf Staff. Thank You.

Anyone who has a complaint regarding another member of the Golf Course, who violated rules and regulations, please give that information to Ian.

**A Memorial Tablet** has been purchased and will hang in the Tournament Room of the Pro Shop. If Golf members want to honor another member who has passed away, they may purchase a small metal medallion that can be placed on the plaque. The cost for doing so is \$25 – which is the fee charged to the Golf Course for these medallions.

**The large fairway trap** on the Ninth Hole has been repaired by John Cipriano, our Golf Course Superintendent. By doing the job himself, and using his crew to help, we are assured of a job well done and he has saved us a great deal of money.

**During January and February**, John Cipriano spends time checking and repairing all of the equipment he uses on the golf course. This means he checks and repairs the engines used to drive the various machines – that are used to keep the golf course in great shape. He sees to it that all the cutting blades needed to mow the grass, on the large plot of land that is the Golf Course - are sharpened and are in good working condition.

When Spring returns in March, all of our equipment will be in top shape and ready to go.

The Fairways and Greens have been aerated during the latter part of the Fall. No further activity usually takes place until Spring. The Superintendent does need to be sure that cold weather fungus does not appear on the Greens, or Fairways. If evidence of such a disease does show up, it must be treated so that it doesn't progress and destroy a Green. A watchful eye is needed for the Winter.



## ATTENTION DOG OWNERS

It has been brought to Management's attention on several occasions that residents are still allowing their pets to go to the bathroom on neighbor's lawns, even after being specifically asked not to by the affected homeowners. Management has also sent out many emails on the rules of pet walking, which appears to be disregarded by some.

Walking your dog on someone else's property is trespassing as it is private property. Management should not have to send out repeated emails about a very simple rule.



Please respect your neighbors and their property by adhering to the pet rules.

# Health/Fitness & Wellness Club

by *Stephanie Lichtenstein*

On November 19th, the Health/Fitness & Wellness Club welcomed back **Mark Harris**, owner of *Liberty Martial Arts* in Princeton Junction, for the second installment of his self-defense series tailored for seniors.



Mr. Harris delivered another outstanding session, focusing on practical strategies to avoid dangerous encounters. He emphasized the importance of simple tools like the **ACME Thunderer whistle**, which can draw attention and deter an attacker by creating noise. He also advised against walking close to buildings, where assailants may hide in corners or alcoves, and stressed the value of staying alert, walking with confidence, and avoiding distractions such as cell phones.

In addition to safety tips, Mark demonstrated how attackers might approach and how to break free from various holds before escaping to safety.

As with his first visit, participants found the presentation both informative and empowering, and they especially enjoyed the live demonstrations that brought his lessons to life.

Coming up:

January 21st – Hair and skin care at 6:30pm facials and more.

February 18th – meditation for mind and body (relaxation)



*Mark and Stephanie*



*Demonstrations*



## The ORT Report

By Diane Morris-Paff

HAPPY NEW YEAR TO ALL!!!!

A very happy and healthy New Year to our ORT and community members. A new year is a new beginning. Please join ORT to help others gain the education they need to better their lives and have a new beginning.

### **Important Announcement: MEMBERSHIP**

We look forward to current members re-joining in 2026 and hope to see some new faces added in 2026. ORT membership runs from January 1, 2026 – December 31, 2026. Membership is \$36/year. Checks should be placed into box #18, after January 1st and please make sure the check is dated for January 2026.

A special thanks to all the participants of our holiday party - the actors, director, and writer of our holiday party skit. Also to all our wonderful members who attended and supported ORT throughout 2025.

To start the New Year, here's a bit about ORT's history, what it means, and what it does.

### **ORT – The Organization for Rehabilitation through Training**

- The original name for ORT in Russian is “Obshestvo Remeslennogo i zemledelcheskogo Truda”, meaning “The Society for Trades and Agricultural Labour”.

### **ORT Foundation and History**

ORT was founded in St Petersburg, Tsarist Russia, in 1880 to provide employable skills for Russia's impoverished Jews.

ORT was formed by several influential members of the St Petersburg Jewish community, a “charitable fund for a useful purpose”, in honor of the Tsar's 25th anniversary.

ORT distributed funds to Jewish schools for handicraft and agricultural training and provided grants or loans to artisans and farmers. In the early 1900s the organization began to sponsor cooperative ventures, to support training programs in Jewish schools and to establish its own vocational schools.

ORT is the only global Jewish educational network that provides students with a premier education that prepares them for advancement and life-long success. For more than 140 years, ORT has offered access to educational programs in under-resourced communities; today, ORT also serves as a foundational Jewish institution in diaspora Jewish communities around the world.

Originally focusing on teaching 19th century Russian Jews essential trades and professions, ORT has evolved to provide 21st century technology that empowers individuals and strengthens communities and Jewish life worldwide. There has been a shift to a non-sectarian approach in recent history to address global needs.

The ORT network has a presence in schools, universities, and vocational training programs in more than 40 countries.

In South Africa, Cuba, Greece and Ghana, ORT's International Cooperation projects serve struggling communities, Jewish and non-Jewish alike, by providing skills training and resources that lead to social mobility and economic security.

ORT continually assesses its programs to be relevant in whatever the current environment is in a particular geographic region. Evolving educational methodologies and technological advances are also essential components of ORT programs. By being nimble, ORT remains at the forefront of education that prepares people to lead successful, meaningful lives.

**PROGRAM:** ORT doesn't have monthly meetings in January and February.

There will be a luncheon at either the end of January or some time in February. Date and location to be announced. Watch for emails and flyers.

# GW Ladies Club

by Carrie Ferraro

On behalf of our GW Ladies Club we would like to wish everyone a Happy and Healthy New Year!

2025 proved to be a very exciting and successful year. It included many lunches, dinners, trips to a local winery, a sunflower farm, the Make a Wish Castle and a tour of Princeton University.

We celebrated the holiday with our annual Winter Wonderland event and we were very pleased to see the extraordinary generosity displayed by our members with their donations to the needy families in our area.

We look forward to sharing many new and exciting events this year.

The GW Book Club meets the fourth Monday of every month in the All Purpose Room at 6:30 PM.

The GW Ladies Club meets the second Monday of each month in the Ballroom. New members are welcome to join. Membership forms are located in the kiosk in the lobby of the Clubhouse. Annual dues is \$10 per person. We welcome new members to join.



## More...a love story as told by Marie-france MacDonald

I saw him first moments before the premier rehearsal of “The Traveling Salesman” a two person, one act play written and directed by Judy Rinfret. We (Judy, the driver and me, the passenger) pulled into the parking space outside the rehearsal trailer just as he was getting off his motorcycle. In one fluid movement his dismount had morphed into a purposeful stride. It was so beautiful to see. “Is he a dancer?” I asked, certain that was the only way he could have mastered that move. “No,” she said, “That’s Darwin. (GW residents know him as James) He’s our brilliant technical director.”

When Judy and I entered the trailer we found James, still wearing his jacket, kneeling on the floor, taking apart a telephone. He was so caught up in his task he didn’t even notice us come in. “Ah,” I thought to myself, a man who wastes no time getting to work. Very laudable. Out loud I said, “Sure, anyone can take it apart but can you put it back together again?” He, startled, looked up at us and laughed as Judy launched into the introductions. “Marie-france this is Darwin, Darwin, this is Marie-france.”

Over four decades have passed since the start of our Spencer Tracy/ Katherine Hepburn romance. Watch any of their movies. You’ll find some version of my love affair with my husband, James. Like them we are passionate and frequently at odds. Our barbs are rarely as witty as Tracy & Hepburn but then again, they had better writers.

We met through the performing arts. He, the Technical Director and I, the actor, both of us teaming with creative ideas needing to be shared. Turns out we spoke the same language and shared the same heart. We still do. And we are still devoted to the performing arts. Thanks to PAC we still have an outlet for the work we so love.

Sometimes, like everyone else, we are overwhelmed by the “slings and arrows” as they say and in that state, we may forget to demonstrate to each other or the rest of the world how much we appreciate and adore each other but rarely does a day go by without a reminder of how blessed we are by our relationship.

As we enter the New Year, let me take this opportunity to proclaim I Love my husband, James Darwin MacDonald, more than to the moon and back, the grains of sand on Earth, Pi, The Golden Ratio, Buckminster Fuller, Oen Kennedy and Mort Resnicoff combined, Keisha, Benji, Violet, Einstein, Mozart, Gershwin, Mose Alison, Dylan, Bernstein, Otis Redding, Socrates, A.A. Milne, St. Exupery, perfect sunrises / sunsets, The North Shore of Long Island, The Grand Canyon, Paris and Infinity.

And that is all I care to reveal. After all, *some* things are personal.





## Attention GW Pet Owners

Send us a picture of your pet. It can be a dog, a cat or an iguana. Let us know the pet's name and your last name. Both will appear with the picture. Send them in so we can make this a real special issue of ***The Pulse***

*Astro Jetson*

*Send to [gwmonroepulse@gmail.net](mailto:gwmonroepulse@gmail.net)*

Trash and Recycling Must Be Place ***In*** The Toters



# GW Wheels: Rolling Into the New Year!

By Ken Wagner

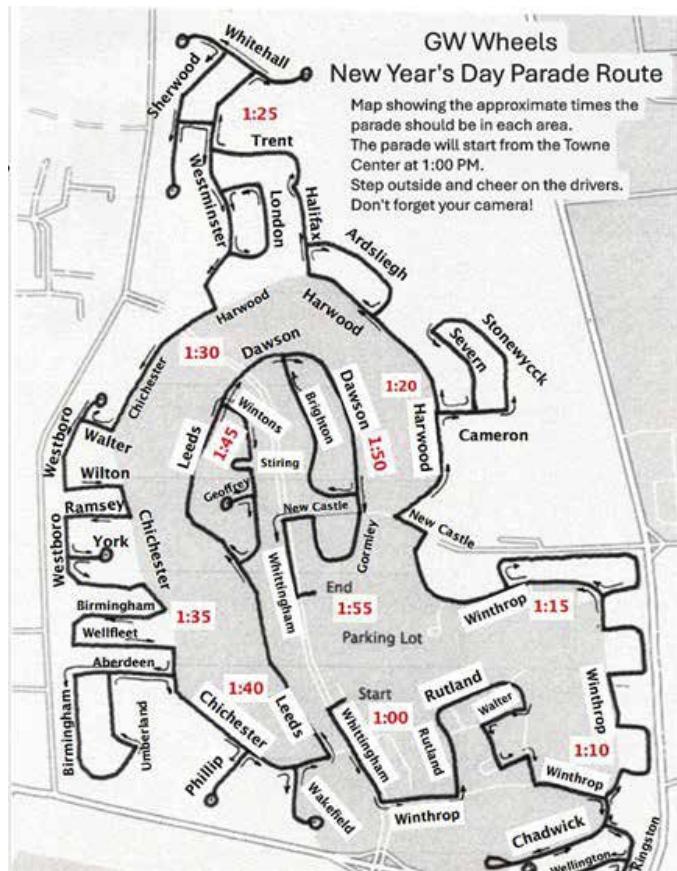
Once again, this year the GW Wheels club will welcome in the New Year with its annual New Year's Day parade – a noisy procession of seasonally decorated classic, sports and specialty vehicles winding through Greenbriar / Whittingham on New Year's Day. Horns honking, signs waving, decorations flapping in the breeze, the club will welcome the New Year with a rolling celebration through the community.

Last year's event far exceeded all expectations. Seventeen special vehicles joined the drive on a very chilly January 1st – many of the cars with their convertible tops down! The cars included everything from classic Corvettes to pickups. Dozens of residents braved the cold to come out to the street and cheer the drivers on, wish them Happy New Year and take videos and photos as they passed. Many residents waved flags, cheered and held home-made signs celebrating the New Year.

A route has been mapped out by club Treasurer Mort Resnicoff that covers almost every street in the community. The map includes the approximate times that the parade should drive down each street.

The parade will be the first event of 2026. The club is looking forward to an exciting year with events already filling the calendar and lots of opportunities being planned – including their annual car show in June at the Towne Center. For the June show they are once again planning to have food, live music, 50/50, lots of trophies and dozens of cars on display.

**About GW Wheels:** *The club is for those with a love for motorized vehicles with wheels – sports, vintage, muscle, classic cars trucks and bikes. For more information about the club, or to join, contact them at [gwwheels@icloud.com](mailto:gwwheels@icloud.com) or visit the club website at <https://gwwheelsclub.godaddysites.com>.*



Decked out and ready for the parade!

GW Wheels will welcome the new year with its annual New Year's Day Parade on January 1st beginning at 1:00 PM. Residents are encouraged to watch (and listen) for the procession of classic, sport and specialty cars decked out in seasonal decorations!

# GW Wheels Delivers for Santa!

By Ken Wagner

For the second year in a row GW Wheels, with the help of FirstService and residents, collected and delivered over 160 new toys to the US Marine Corps Toys for Tots program for distribution to economically disadvantaged children in local communities.

Since 1947, Toys for Tots has distributed more than 708 million toys to 314 million children nationwide. The toy campaign is conducted annually in over 800 communities covering all 50 states and territories. This is the second year that the club has worked with FirstService to collect and deliver toys for the program. On Sunday morning, December 7th, club members loaded their “sleighs” and brought the toys to the Marines at the annual Toys for Tots Car Show and “Hangout” held at Wayne’s Auto Body in Sayreville.

Again, this year, residents generously filled the collection boxes in the Towne Center with new toys to send a message of hope to children at this time of year. Residents can also continue to make financial contributions online through the official Toys for Tots website: <https://www.toysfortots.org/>

GW Wheels is in its second year as a club at Greenbriar. The focus of the club is motorized vehicles with wheels – sports, muscle, classic cars and bikes. For more information about the club, or to join, contact them at [gwwheels@icloud.com](mailto:gwwheels@icloud.com) or visit the website at <https://gwwheelsclub.godaddysites.com>.



*Santa's helpers (GW Wheels) delivering over 160 toys to the Marine's Toys for Tots event on December 7th at Wayne's Auto Body in Sayreville. This is the second year the club has played "Santa's helpers".*

*Left to right: Club member Maureen Gavin, President Tom Mulvey, Vice-President Marc Press and member Gene Gavin.*

# Behind-the-Scenes Improvements by the Performing Arts Club

By Gerrie Pisapia

The Performing Arts Club (PAC) was created to provide a club for residents to join and participate in theater activities. Our mission was to provide entertainment for the entire community to enjoy. In the pursuit of these goals, PAC has also contributed to the betterment of the ballroom environment.

PAC has been working closely with management and staff to improve, maintain and renovate many aspects of the ballroom. While these changes might not catch your eye, they have made a big difference in comfort, safety, and enjoyment. Here are some behind the scenes improvements that are not immediately obvious but are of tremendous benefit to the enjoyment of all who frequent our Town Center and events in the ballroom.



- PAC spearheaded replacement of ballroom stage curtains.
- Moved dimmer control box to a safe and appropriate location.
- Moved the mid curtain pulley system from on stage to off stage.
- Created wings to facilitate proper stage entrance in rear.
- PAC spearheaded adding an off-stage light switch for stage work lights and included a dimmer.
- Replaced all stage work lights with LEDs.
- The theater lights over the stage were held together with three small rivets. Five of the seven lights had two of the three wires broken, and the fixtures were dangling and presented an imminent danger. PAC repaired all fixtures.
- Replaced bulbs in all theater stage lights.
- Rewired the stage theater lights to facilitate appropriate lighting.
- Approximately 20 to 25 years ago, there was a major renovation of the ballroom. As a result of that renovation, the distance between the ballroom floor and the top of the stage was increased by 1- 1/4 inches
- The four sets of steps leading to the stage then consisted of three 8-inch-tall steps and one top step of about ten inches. This created an out of building code situation and that top step created a dangerous tripping hazard and caused many people to stumble.
- PAC renovated the steps and all four are now within building code.
- PAC installed safety handrails at the top of the two backstage stairs.
- The four stage extensions were left at 1- 1/4 inches below the level of the stage rendering them useless and dangerous. They were virtually unused for over 20 years. PAC renovated the stage extensions and they are now level with the stage and are currently available for anyone to use.
- The wheels on the stage extensions have deteriorated and were falling apart. PAC spearheaded the purchase and replacement of new wheels.
- PAC has spearheaded the replacement of all the ballroom light switches. The new equipment will be ordered, and the switches will be replaced shortly. The new system will be useful and practical. When necessary, anyone will be able to control all the lighting with ease and simplicity.
- For many years, our piano was on stage and presented an encumbrance to stage activities. PAC has moved the piano from on stage to off stage and it remains available and useful to all.
- PAC has installed dampers on many of the HVAC supply ducts in the ballroom. Additional control of the HVAC system is a current project.
- PAC has repaired some of the large movable screens in the ballroom area.
- PAC spearheaded the replacement of the TV stand with a more stable unit.
- PAC purchased a new duplicate TV and stand available for all to use.

These improvements also enhance the ballroom's versatility, benefiting not only PAC productions but also shows, concerts, lectures, dinners, and a wide range of special events sponsored by other clubs and community groups.

# Pickleball Club

By Randy Kahn

As we roll into 2026 our club is like the Energizer Bunny....we simply keep rolling along. A number of folks continued to play on weekends outside into December and, of course, the Monroe Rec Center is another option during the week. Additionally, several local facilities offer indoor play throughout the week and on weekends. Consult Team Reach to arrange group play for yourself and others.

Our in-house GW tournament concluded on November 6th. The finals were canceled, unfortunately, due to inclement weather, but the semi-finals were played. The Posse, captained by Larry Turkel, beat Norm Levine's Your Sister's Knish in one semi-final match.

The Rebels, whose captain was Lonnie Mitchel, won the other semi-final, besting Deb Wallach's The Unforced Terrors.

Some 40 individuals at all experience levels participated in this event over nearly two months. To say it was fun is quite the understatement. More importantly, it illustrated how we can all come together, regardless of experience level, as a community in friendly competition.

A pizza party, hosted by the club, included trophies and captain's gifts. It was held upon the conclusion of the tournament, on Thursday, November 13th, with the overwhelming majority of participants attending.

We certainly look forward to holding this event again next year.

Plans are already underway with regard to the 2026 inter-community senior league and those interested in playing, either newcomers or returning players, should reach out to coordinator Jeff Weiss to express your interest. He can be reached at 732-995-9698 or by e-mail at VSJM@aol.com. For those who did not previously participate in this, it is a competitive experience against some VERY accomplished players throughout Monroe Township. In all likelihood, there will be three levels of play for the coming year in contrast to only two levels in years past. Evaluations to determine team placement will be conducted in the Spring prior to the start of play. Jeff can provide more details for those still unsure if they wish to participate.

Happy New Year to everyone and here's to a terrific 2026!!!

## 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 Whittingham 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!***



*indulge*  
by  
chari...  
Upscale Boutique Apparel  
SALE

Last Chance Last Dance Come Shop!!!

### New Winter Hours

Thursday - Friday	11a - 4p	Saturday	11a - 3p
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957 Highway 33 West • Suite 10 • Monroe, NJ 08831

732.598.9192 • csstuff31@aol.com



@indulgebychari



@indulgebychari

ads-8099

Sunday	Monday	Tuesday	Wednesday
<b>4</b> 9:45 a.m. Shalom Club	<b>5</b> 9:00 a.m. Ping Pong 10:00 a.m. Team Weights with Ellen 11:00 a.m. Aquacise 12:30 p.m. Exercise (Instruction on TV) 3:30 p.m. Tap Dancing 4:00 p.m. History Club 6:30 p.m. Line Dancing with Teri 7:00 p.m. Intuitive Club	<b>6</b> 10:00 a.m. Greenbriar Site Review Committee Meeting 10:00 a.m. Line Dancing 11:00 a.m. GW Woodworking Club Workshop 11:00 a.m. Fab, Fit & Fun 12:30 p.m. GW Ladies Club Board Meeting 12:30 p.m. Exercise (Instruction by TV) 2:00 p.m. The Alan Hermelee Current Events Discussion 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>7</b> 9:00 a.m. 10:00 a.m. 10:00 a.m. Chair Yoga 10:30 a.m. Resident Meeting 10:30 a.m. Team 12:30 p.m. Exercise 2:00 p.m. PAC A 4:00 p.m. Israel 6:00 p.m. O 7:00 p.m. O 7:00 p.m. New K
<b>11</b> 1:00 p.m. The Shalom Club Movie	<b>12</b> 9:00 a.m. Ping Pong 10:00 a.m. Team Weights with Ellen 10:00 a.m. Entertainment Committee Meeting 11:00 a.m. Aquacise 12:30 p.m. Exercise (Instruction on TV) 3:30 p.m. Tap Dancing 4:00 p.m. After Hours Club Board Meeting 6:30 p.m. GW Ladies Club 6:30 p.m. Line Dancing with Teri	<b>13</b> 10:00 a.m. Line Dancing 10:00 a.m. Brain Fitness 11:00 a.m. GW Woodworking Club Workshop 11:00 a.m. Fab, Fit & Fun 12:30 p.m. Exercise (Instruction on TV) 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>14</b> 9:00 a.m. 9:30 a.m. Computer C 10:00 a.m. 10:00 a.m. Chair Yoga 10:30 a.m. Team 12:30 p.m. Exercis 2:00 p.m. PAC 3:30 p.m. Irish 4:30 p.m. Indo 6:00 p.m. 6:00 p.m. 7:30 p.m. Res
<b>18</b> 3:00 p.m. GW Show: Sensational Soul Cruisers	<b>19</b> 9:00 a.m. Ping Pong 10:00 a.m. Provocative Thinking 10:00 a.m. Team Weights with Ellen 11:00 a.m. Aquacise 12:30 p.m. Exercise (Instruction on TV) 3:30 p.m. Tap Dancing 4:00 p.m. Socrates Café 6:30 p.m. Line Dancing with Teri	<b>20</b> 10:00 a.m. Line Dancing 11:00 a.m. GW Woodworking Club Workshop 11:00 a.m. Fab, Fit & Fun 12:30 p.m. Exercise (Instruction on TV) 1:00 p.m. GW Connections Book Club 2:00 p.m. Alan Hermelee Current Events Discussion Group 3:30 p.m. Tap Dancing 5:30 p.m. Water Volleyball 6:30 p.m. Billiards 6:30 p.m. WHOA Open Workshop Meeting	<b>21</b> 9:00 a.m. 10:00 a.m. 10:00 a.m. Greenbriar 10:00 a.m. The 10:00 a.m. Chair Yoga 10:30 a.m. Team 12:30 p.m. Exercise 2:00 p.m. PAC A 6:00 p.m. 6:30 p.m. Health/Fitness 7:00 p.m. Camera
<b>25</b> 1:00 p.m. WHOA Movie: Bridget Jones – Mad About The Boy	<b>26</b> 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 11:00 a.m. Aquacise 11:00 a.m. Golf Open Meeting 12:30 p.m. Exercise (Instruction on TV) 3:30 p.m. Tap Dancing 4:00 p.m. GW Friends Book Club 6:00 p.m. Ladies Book Club 6:30 p.m. Line Dancing with Teri 7:15 p.m. GW Friends	<b>27</b> 10:00 a.m. Line Dancing 10:00 a.m. Shalom Board Meeting 10:00 a.m. WHOA Landscape Committee Meeting 11:00 a.m. GW Woodworking Club Workshop 11:00 a.m. Fab, Fit & Fun 12:30 p.m. Exercise (Instruction on TV) 3:30 p.m. Tap Dancing 5:30 p.m. Water Volleyball 6:30 p.m. Billiards	<b>28</b> 9:00 a.m. 10:00 a.m. 10:00 a.m. WH Committee 10:00 a.m. Chair & 10:30 a.m. Team 12:30 p.m. Exercise 1:30 p.m. Shalom 2:00 p.m. PAC A 4:30 p.m. Sherle 5:30 p.m. Indo 6:00 p.m. O

Wednesday	Thursday	Friday	Saturday
	<p><b>1</b> <i>New Year's Day – Towne Centre Closed</i> 1:00 p.m. GW Wheels Car Parade</p>	<p><b>2</b></p> <p>9:00 a.m. Ping Pong 9:15 a.m. Meditation Class 10:00 a.m. Beginners Plus Line Dancing with Joan &amp; Sona 10:30 a.m. Yoga with Brian 11:00 a.m. Painting Group 11:00 a.m. Deep Water Aquacise 12:30 p.m. Scrabble 2:00 p.m. Chess Club 6:15 p.m. Italian American Club</p>	<p><b>3</b></p> <p>10:00 a.m. Ping Pong 10:00 a.m. Chair Yoga with Karen &amp; Dave 10:00 a.m. Exercise (Instruction on TV)</p>
Ping Pong . Ceramics ga with Karen & Dave ent Civic Club Board eting Motion with Ellen (Instruction on TV) Acting Workshop li Dance Class Gin Rummy RT Program ids on The Block	<p><b>8</b></p> <p>9:00 a.m. 3D Art 9:00 a.m. Greenbriar Budget &amp; Finance Committee Meeting 10:00 a.m. WHOA Budget &amp; Finance Committee Meeting 10:00 a.m. Chorus 11:00 a.m. GW Woodworking Club Workshop 11:00 a.m. Towne Centre Committee Meeting 11:00 a.m. Aquacise 12:30 p.m. Exercise (Instruction by TV) 1:00 p.m. GW Social Club Luncheon 2:00 p.m. Painting Group 4:30 p.m. Ballroom Dancing with Pam 6:00 p.m. Stained Glass Group 6:30 p.m. Billiards</p>	<p><b>9</b></p> <p>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 &amp; Sona 10:30 a.m. Yoga with Brian 11:00 a.m. Painting Group 11:00 a.m. Deep Water Aquacise 12:30 p.m. Scrabble 7:00 p.m. Bingo 7:00 p.m. Canasta Tournament</p>	<p><b>10</b></p> <p>10:00 a.m. Ping Pong 10:00 a.m. Chair Yoga with Karen &amp; Dave 10:00 a.m. Exercise (Instruction on TV)</p>
Ping Pong ub Meeting – Zoom Only . Ceramics Writing Group with Karen & Dave n Motion with Ellen (Instruction on TV) Acting Workshop American Club American Ladies Gin Rummy . Cornhole ident Civic Club	<p><b>15</b></p> <p>9:00 a.m. 3D Art 10:00 a.m. Chorus 11:00 a.m. GW Woodworking Club Workshop 11:00 a.m. Aquacise 11:30 a.m. GW Social Club Board Meeting 12:30 p.m. Exercise (Instruction on TV) 2:00 p.m. Painting Group 4:30 p.m. Ballroom Dancing with Pam 6:00 p.m. Stained Glass Group 6:30 p.m. Billiards</p>	<p><b>16</b></p> <p>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 &amp; Sona 10:30 a.m. Yoga with Brian 11:00 a.m. Painting Group 11:00 a.m. Deep Water Aquacise 12:30 p.m. Scrabble 6:30 p.m. Canasta Tournament 7:00 p.m. GW Music Club</p>	<p><b>17</b></p> <p>10:00 a.m. Ping Pong 10:00 a.m. Chair Yoga with Karen &amp; Dave 10:00 a.m. Exercise (Instruction on TV) 1:00 p.m. WHOA Movie: Downton Abbey – The Grand Finale</p>
Ping Pong . Ceramics Covenants Committee eting e Yiddish Vinkle with Karen & Dave Motion with Ellen (Instruction on TV) Acting Workshop Gin Rummy ss & Wellness Club /Photography Club	<p><b>22</b></p> <p>9:00 a.m. 3D Art 10:00 a.m. Chorus 11:00 a.m. GW Woodworking Club Workshop 11:00 a.m. Aquacise 11:30 a.m. GW Social Club Board Meeting 12:30 p.m. Exercise (Instruction on TV) 2:00 p.m. Painting Group 4:00 p.m. GW Friends Board Meeting 4:30 p.m. Ballroom Dancing with Pam 6:00 p.m. Stained Glass Group 6:30 p.m. Billiards</p>	<p><b>23</b></p> <p>9:00 a.m. Ping Pong 9:15 a.m. Meditation Class 10:00 a.m. Shalom Club Board Meeting 10:00 a.m. Beginners Plus Line Dancing with Joan &amp; Sona 10:30 a.m. Yoga with Brian 11:00 a.m. Painting Group 11:00 a.m. Deep Water Aquacise 12:30 p.m. Scrabble 6:30 p.m. After Hours Club</p>	<p><b>24</b></p> <p>10:00 a.m. Ping Pong 10:00 a.m. Chair Yoga with Karen &amp; Dave 10:00 a.m. Exercise (Instruction on TV)</p>
Ping Pong . Ceramics OA Covenants e Meeting - Yoga with Karen ; Dave Motion with Ellen (Instruction on TV) Club Special Event Acting Workshop ock Holmes Club -American Club Gin Rummy	<p><b>29</b></p> <p>9:00 a.m. 3D Art 10:00 a.m. Chorus 11:00 a.m. GW Woodworking Club Workshop 11:00 a.m. Aquacise 11:30 a.m. GW Social Club Board Meeting 12:30 p.m. Exercise (Instruction on TV) 2:00 p.m. Painting Group 4:30 p.m. Ballroom Dancing with Pam 6:00 p.m. Stained Glass Group 6:30 p.m. Billiards 6:30 p.m. WHOA &amp; Greenbriar Joint Board Meeting</p>	<p><b>30</b></p> <p>9:00 a.m. Ping Pong 9:15 a.m. Meditation Class 10:00 a.m. Beginners Plus Line Dancing with Joan &amp; Sona 10:00 a.m. Greenbriar Covenants Committee Meeting 10:30 a.m. Yoga with Brian 11:00 a.m. Painting Group 11:00 a.m. Deep Water Aquacise 1:00 p.m. PAC Special Event 12:30 p.m. Scrabble 7:00 p.m. Wine Club</p>	<p><b>31</b></p> <p>10:00 a.m. Ping Pong 10:00 a.m. Chair Yoga with Karen &amp; Dave 10:00 a.m. Exercise (Instruction on TV)</p>

# Keep Moving: 10 Smart Ways to Protect Your Back and Stay Pain-Free

By **Lisa DiGiovanni, EdD, MSN, RN, MEDSURG-BC, CHSE**, and **Elizabeth Caruso, MSN, RN, COHN-S**, Saint Peter's University Hospital

Back pain is one of the most common complaints among older adults, but it doesn't have to slow you down. Your spine is designed to move, bend, and support your body for a lifetime. But it can only do this if you treat your body well. Here are 10 easy-to-follow tips to follow that will help you stay on your feet – strong and pain-free!



## 1. Stay Active Every Day

Movement keeps your muscles and joints healthy. Try low-impact activities like walking, swimming, or tai chi. These strengthen the muscles that support your spine and improve balance, which can reduce your risk of falls. If you sit for long periods, stand up and stretch every 30 minutes.

## 2. Strengthen Your Core

Your core isn't just your stomach muscles; it includes your hips, lower back, and pelvis. A strong core acts like a natural back brace. Gentle exercises such as leg lifts or simple chair yoga can help build stability without strain. Ask your doctor about a safe, senior-friendly routine.

## 3. Lift Smart—Even Light Objects

Improper lifting can injure your back, even if it's just a laundry basket. Bend your knees, keep your back straight and hold objects close to your body. Never twist while lifting. If something feels too heavy, use a rolling cart, or ask for help.

## 4. Watch Your Posture

Good posture keeps your spine aligned and muscles balanced. When standing, keep your shoulders back and your chin level. When sitting, choose a chair with firm support and keep both feet flat on the floor. Consider adding a small cushion behind your lower back for extra lumbar support.

## 5. Sleep the Right Way

Your sleeping position can either help or hurt your back. Try sleeping on your side with a pillow between your knees to reduce strain. If you prefer sleeping on your back, place a pillow under your knees. A medium-firm mattress provides better support than one that's too soft or too hard.

## 6. Maintain a Healthy Diet

Extra weight, especially around the midsection, puts added pressure on the lower back. A balanced diet rich in fruits, vegetables, lean protein, and calcium supports bone and muscle health. Staying hydrated also helps keep spinal discs cushioned and flexible.

## 7. Quit Smoking

Smoking reduces blood flow to spinal tissues and can slow healing. Studies show that smokers are more likely to develop chronic back pain than non-smokers. If you've been thinking about quitting, it's time! Your back and lungs will thank you!

## 8. Use Heat and Ice Wisely

If you strain your back, ice can reduce inflammation during the first 48 hours. After that, switch to gentle heat to relax tight muscles. Warm baths, heating pads or even a hot towel can bring relief.

## 9. Mind Your Footwear

Supportive shoes help your spine stay aligned. Avoid high heels or worn-out soles that change how you walk. Look for shoes with cushioned insoles and good arch support.

## 10. See Your Doctor Early

Don't ignore persistent pain. Back discomfort that lasts more than a few weeks, radiates down your leg, or causes numbness should be checked by a doctor. Early treatment can prevent long-term problems.

## **The Bottom Line:**

Back pain may be common, but it isn't inevitable. And, even if you currently suffer from a bad back, you can strengthen those muscles and get back to the life you love!

With smart habits, regular movement, and a bit of awareness, you can keep your spine strong and your lifestyle active. Protect your back today. It's been carrying you your whole life and giving it some love will go a long way to keeping you on the move.

Remember to tap into the Saint Peter's Healthcare Center nurse with any health-related issues. Our nurses are available to help guide you through the best interventions for healthy living!

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## **The Sherlock Holmes Club**

*by Paul Hartnett*

Two days after Christmas, Dr. Watson, now married so no longer sharing rooms at Baker Street, stops by to wish Sherlock Holmes the "Compliments of the Season." He finds Holmes studying a very "disreputable hat," which belonged to an unknown gentleman who lost it while defending himself from a gang of toughs, following an evening of holiday "jollification." The unfortunate man has also lost a goose during the altercation, which he had intended for his Christmas supper. Holmes had given the goose to Peterson, a neighbor who had found the hat and bird, and kept the hat to try to learn more about its owner.

While Holmes and Watson study the hat for clues that might identify its owner, Peterson bursts in at the door, wild with excitement. In his hand he holds a brilliant blue jewel, which his wife had found in the crop of the goose. Holmes immediately identifies the gem as the immensely valuable Blue Carbuncle, recently stolen from the Countess of Morcar, who has offered a £1,000 reward (a small fortune in today's USD) for its return.

And thus begins the classic Sherlock Holmes holiday story, "The Adventure of the Blue Carbuncle." How did the precious blue diamond find its way from the countess' royal suite of the Hotel Cosmopolitan, through the innards of a Christmas goose, to Holmes' doorstep? The chase is on as Holmes and Watson follow the clues from a "goose club" at the Alpha Inn through the streets of London to the markets at Covent Garden. The trail will take them through a maze filled with deceit and treachery to a most improbable villain...a shrimp, in fact!

This is one of the few instances where Holmes solves the case, and, being that the police are not directly involved, the Master Detective takes it upon himself to dispense justice as he sees fit. Will you agree with his verdict? Read the short story and find out!

It's time to de-stress, so turn off that cell phone and climb the 17 steps to enter a simpler time and place: the sitting room at 221B Baker Street, where Holmes and Watson sit by the cozy fire and await their next case. Join the fun as we explore and discuss their adventures and the life and times of Victorian England. One of the 60 original stories by Sir Arthur Conan Doyle is selected for each meeting, featuring film clips, discussion, and an occasional guest speaker. There are no dues and the stories are available for free online at [Sherlockian.net](http://Sherlockian.net) > *Investigating* > 60 original stories > *The Blue Carbuncle*, and other sites. New members are warmly welcomed.

*The Middlesex Constabulary, the Sherlock Holmes Club of Greenbriar Whittingham*, is a scion society of The Baker Street Irregulars. Join us on Wednesday, January 28th at 4:30 in the 2nd floor meeting room for our discussion of a holiday favorite, "The Adventure of the Blue Carbuncle." Please read the short story prior to the meeting.

*The Game is Afoot!*

??? Call Paul (609) 642-6314



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# Have You Met Bill Schrimmer?

By Janet Horowitz

Just about a year ago, I received a phone call that changed my life. I was in Florida at the time and a fairly new resident of Greenbriar at Whittingham. The conversation started with, "I'm calling from the neighborhood." I had no idea who this man was, or what neighborhood he was talking about! But he sounded friendly enough, and I was curious. Turns out, he was responding to a flyer from the Shalom Club. I had just recently started in the role of Membership Co-Chair for this club which had sent out a new member recruitment flyer with cute BAGEL pictures. He said, "I'm interested in the bagel"! His humor kept me on this call for over 45 minutes. I knew I had found an incredible new friend and neighbor. And I'm proud to say he's been coming every month to the Sunday morning Shalom Club breakfasts ever since.

Turns out, Bill has lived in Greenbriar at Whittingham for over 30 years, and is **102 years young!!** Monroe Mayor, Stephen Dalina, recently presented him with a Proclamation acknowledging the amazing life that he has led. Bill is a Holocaust survivor whose journey meant fleeing from Germany, finding temporary refuge in England and eventually securing passage to the United States.

Bill is still an active member of the community. I had the privilege of recently hearing him speak to students at Marlboro High School. And next month he is on the agenda to speak at the B'nai B'rith Youth Organization convention in Philadelphia. He also was active with the US Soccer Federation and served as a certified soccer referee until he was 90 years old!

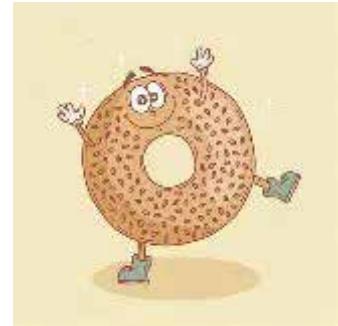
What stands out most about Bill, though, is that despite an incredibly challenging life, he has maintained an amazingly positive outlook and a fantastic sense of humor. We are so fortunate that Bill will be speaking to the GW community on Wednesday, January 28th at 2:00pm in the Poker Room, hosted by the Shalom Club. (Details in the flyer - food donations requested). You don't want to miss this '**living history event**'. Come meet Bill Schrimmer. To know him is to love him.

## PAC Is Having a Wedding and You Are All Invited

PAC (Performing Arts Club) invites you to attend the "Mock Godfather Peasant Wedding of Seymour and Angelina" in the Ballroom at Towne Centre on January 30, 2026 at 1:00 pm.

This will be an interactive fun-filled event in which audience members will participate in celebrating the coming together of Angelina, an Italian beauty with Mafia ties and her very proper Jewish beau Seymour. Sparks will certainly fly as PAC performers, as well as audience members take part in the festivities. All who attend are urged to wear your dancing shoes and "Mob" outfits.

Enjoy a selection of sandwiches, wraps, salads, tea, coffee and desserts and BYOB as you are serenaded to the music of the very entertaining Anthony Di Dio. The cost for this afternoon of laughs and good cheer is \$20 for PAC members and \$22 for non-members. The ceremony will begin PROMPTLY at 1:00 pm, so plan to arrive early. Sign up sheets are available by the concierge.



# Italian American Senior Cultural Club

By Joe Atanasio

We wound up 2025 with a fantastic party at the Battleground Country Club with a great dinner and music by the Phil Engle Band. We look forward to 2026 with the same enthusiasm we ended the year with.

Now that the heart of winter is here, it's a good time to crank up the fireplace and catch up on some movies. How about one of the most successful movie franchises in history, The James Bond Series produced by the Italian American film producer Albert "Cubby" Broccoli who has more than 40 motion pictures throughout his career including the 24 James Bond movies to his credit.

Broccoli was born in the borough of Queens, New York City, the younger of two children of immigrants from the Calabria region of Italy, Giovanni Broccoli and Kristina Vence. He acquired his nickname after his cousin, mobster Pat DiCicco, began calling him "Kabibble," eventually shortened to "Kubbie" and adopted by Broccoli as "Cubby." Albert's ancestors originally had the surname of Broccolo and were some of the first people to produce and sell what we now call broccoli during the 17th century in Italy.

At the beginning of the 1950's Broccoli moved to London where the British government provided subsidies to film productions made in the UK with British casts and crews. Together with Irving Allen, Broccoli formed Warwick Films that made a prolific and successful series of films for Columbia Pictures.

When Broccoli became interested in bringing Ian Fleming's James Bond character into theaters he discovered that the rights already belonged to the Canadian film producer Harry Saltzman, who had long wanted to break into film and who had produced several plays and films with only modest success. When the two were introduced by a common friend, screenwriter Wolf Mankowitz, Saltzman refused to sell the rights but agreed to partner with Broccoli and co-produce the films which led to the creation of the production company EON Productions and its parent company Danjaq, LLC, named after their two wives' first names, Dana and Jacqueline.

Saltzman and Broccoli produced the first Bond movie, *Dr. No*, in 1962. Their second, *From Russia with Love* was a breakout success and from then on the films grew in cost, action, and ambition. Broccoli made one notable attempt at a non-Bond film, an adaptation of Ian Fleming's *Chitty Chitty Bang Bang* in 1968. Eventually Broccoli put nearly all of his energies into the Bond series. Saltzman continued his focus on other films causing increased pressure on the partnership. Saltzman withdrew from Danjaq and EON after a series of financial mishaps. Broccoli lost relatively little independence after Saltzman's departure and from then until his death, the racy credits sequence to every EON Bond film would begin with the words "Albert R. Broccoli Presents". In 1966, Albert was in Japan with other producers scouting locations to film the next James Bond film *You Only Live Twice*. Albert had a ticket booked on BOAC Flight 911. He cancelled his ticket on that day so he could see a Ninja demonstration. Flight 911 crashed after clear air turbulence. Although from the 1970s onward the films became lighter in tone and looser in plot, the series distinguished itself in production values and continued to appeal to audiences.

Broccoli married three times. In 1940, at the age of 31, he married actress Gloria Blondell, the younger sister of Joan Blondell. They later divorced amicably in 1945 without having had children. In 1951, he married Nedra Clark, widow of the singer Buddy Clark. They adopted a son, Tony Broccoli, and soon after Nedra became pregnant. She died in 1958, soon after giving birth to their daughter Tina. In 1959 Broccoli married actress and novelist Dana Wilson. They had a daughter, Barbara Broccoli who would eventually become a mentor to Dana's teenage son, Michael G. Wilson.

Michael Wilson worked his way up through the production company to co-write and co-produce. Barbara Broccoli served in several capacities under her father's tutelage from the 1980s on. Wilson and Barbara Broccoli have co-produced the films since Albert Broccoli's death in 1996 at the age of 87. The Bond films have always been audience favorites but not always favorites in the eyes of the critics. Of the 24 Bond movies there were 14 Oscar Nominations and only 4 wins, Goldfinger, Thunderball, and Skyfall which won two. Another product of the Bond franchise was the introduction of "The Bond Girls" who have always been some of the most beautiful women in the world. The Broccoli family will continue to produce the Bond series and we are hopeful that the films will continue for many years to come.

So, until next time, put on your tux, strap on your Walther PPK, offer your arm to the nearest "Bond Girl" and order a Martini the "007" way. "Shaken not Stirred".

Ciao!



# Life and Death

By Herb Saperstein

Mark Surks, desperate for articles for the Pulse [Editor's note: Desperate is an apt description], asked if I would write something. He will take anyone with a pulse, and I qualified.

Now I need a topic, and I figure that I should start small.

Life and death. Sounds good? Why not?

It has occurred to me that the closer we come to death, the more we think about life. Is that not true? Everyone who lives here is closer to the finish line than to the starting line, so some of us are probably thinking a lot about life and death. It must be admitted that many would not like to think about that at all but some of us dare to venture out. Samuel Johnson is known to have said, "Depend upon it, sir, when a man knows he is to be hanged in a fortnight, it concentrates his mind wonderfully." Nevertheless, too many of us let our minds wander as each day passes.

Shakespeare died rather young, but that didn't stop him from thinking about life and death a great deal even in his youth. When he was 35, he had this very melancholic misanthrope named Jacques tell us about it, poetically informing us there are seven ages of man. It is worth quoting the whole thing. I used to teach this to children, so you can handle it, and I know that you have the time.

*All the world's a stage,  
And all the men and women merely players:  
They have their exits and their entrances;  
And one man in his time plays many parts,  
His acts being seven ages. At first the infant,  
Mewling and puking in the nurse's arms.  
And then the whining school-boy, with his satchel  
And shining morning face, creeping like snail  
Unwillingly to school. And then the lover,  
Sighing like furnace, with a woeful ballad  
Made to his mistress' eyebrow. Then a soldier,  
Full of strange oaths and bearded like the pard,  
Jealous in honour, sudden and quick in quarrel,  
Seeking the bubble reputation  
Even in the cannon's mouth. And then the justice,  
In fair round belly with good capon lined,  
With eyes severe and beard of formal cut,  
Full of wise saws and modern instances;  
And so he plays his part. The sixth age shifts  
Into the lean and slipper'd pantaloon,  
With spectacles on nose and pouch on side,  
His youthful hose, well saved, a world too wide  
For his shrunk shank; and his big manly voice,  
Turning again toward childish treble, pipes  
And whistles in his sound. Last scene of all,  
That ends this strange eventful history,  
Is second childhoodness and mere oblivion,  
Sans teeth, sans eyes, sans taste, sans everything.*

Read it a second time. From puking infant to second childhood without teeth, sight, taste or anything else. Not the cheeriest account of life that I've heard. But Shakespeare has another character, the exiled but noble duke, enter immediately after who brings a song that goes "Blow, blow, thou winter wind/ You are not so unkind/ As man's ingratitude." The song continues, referring to life as jolly despite his exile to the forest and the loss of all rank and wealth. He also

tells us “And this our life, exempt from public haunt, finds tongues in trees, books in the running brooks, Sermons in stones, and good in everything. I would not change it.” This is finding spirit in nature.

Shakespeare gives us here the contrast in attitude towards life that we find in every time and place. All too human.

Well, Shakespeare died too early to get through the seven ages, dying on his 52nd birthday, making it easy to memorize the date. April 23, 1564 - April 23, 1616. For me, it's even easier. April 23 is my daughter's birthday. This was a lifetime gift for me, and I take it with gratitude.

During the summer of 2023, my daughter Ariella (a name that means “lioness of God”) blessed us with a granddaughter named Rosalind, a name that means both “gentle horse” and “beautiful rose”. Rosalind is also the main character in Shakespeare’s “As You Like It”, the very play with Jacques and his Seven Ages of Man. Everything in life is connected, and there is no such thing as coincidence, a topic for another time. But that granddaughter who we call Rosie is a gift from heaven. I mean that quite literally. When we see a newborn child come into the world, it's not hard to see that child as a starry messenger trailing clouds of glory. Light comes with her. Love comes with her. Anyone who can't see that is an unfortunate soul and should look harder. The evidence is abundant and comes daily in a shower of gold. The job of parents is to keep that childhood light and love going as long as possible. Do not rush children into growing up. Nurture the light until it burns down naturally, like a candle. Then a second candle can be lit from the first for the second age, and so on. Those ages can be quite different from the ages presented by the cynical, rather comical Jacques. We may be actors given a part to play, but we can freely improvise and turn the script in a new direction,

That new life that came into the world started to give me flashbacks to my own early life. It wasn't that I was trying to think back all those decades. The images came unbidden. My old age and Rosie's youth met and brought forth the memories the way that rubbing two sticks together can give us fire. I may not remember what I did yesterday or an hour ago, but ancient memories are a different matter.

Our whole lives are stored in our bodies, but we can't reach most of them. There are many stories of people who have died and been brought back to life who tell of having seen their life roll out backwards, as if it were a movie running backwards, back towards birth. The same thing has happened to people who have had a great shock, a near drowning or something of that sort. Rosie, the starry messenger, gave me just a few flashes of that, part of that gift from heaven.

*The Performing Arts Club (PAC) is busy planning for another exciting and creative year. Workshops in acting, dance, and voice will start the Wednesday following Thanksgiving and are open to newcomers as well as PAC “veterans”. In addition, there will be a special event in February, so stay tuned!*

# New Kids on the Block

by Maddi Litoff

Happy and healthy holiday to all.

We were really happy to have everyone join us for the annual club-house scavenger hunt. Our little ducks were all dressed up in their holiday hats and clothes. They were hiding all over the clubhouse and we had an exciting time locating them.

Next year is so soon we are planning our events. Please help us with any speakers or demonstrations from the community. January we will not have a meeting because it falls on New Year's Day. Our next and paid up membership meeting, will be February 4. Our dues are \$10 to be placed in box 26.

We are having paid up membership appreciation with Pizza and a special guest speaker. We hope that also past members will come and join us in February. Come say hello and let's catch up. So everyone be healthy and strong and well and hugs from our committee.

We would like to thank everyone who helped out with the scavenger hunt and all our guests were warmly surprised.

For our next arts and crafts meeting, please save up your old jewelry. We will be making a project of tree of life. Date to be announced.

Happy New Year to all of you and we will see you soon.



## HAPPY NEW YEAR! JANUARY 2026

### ENTERTAINMENT

**January 18<sup>th</sup>:**

Sensational  
Soul Cruisers  
ON SALE NOW!

### SAVE THE DATES:

**February 22nd:**

Carol King Tribute  
ON SALE MONDAY, JANUARY 12TH

**March 21st:**

Foreign Journey

\*Flyers will be available  
as show dates are closer.

### ENTERTAINMENT

#### SAVE THE DATES:

4/22/26: RAGTIME  
8/6/26: LES MISERABLES

### ENTERTAINMENT

**ON SALE NOW:**

1/7: Wind Creek Casino  
2/4: AC Resorts

**ON SALE 1/27:**

3/4: AC Tropicana

### ENTERTAINMENT

**1:00PM IN THE  
AC/DANCE ROOM:**

**SATURDAY, JANUARY 17:**

**Downton Abbey:**

The Grand Finale

**SUNDAY, JANUARY 25:**

**BRIDGET JONES:**

Mad About The Boy

### ENTERTAINMENT

#### FEBRUARY 8, 2026:

ON SALE Tuesday,  
January 13th!

GREENBRIAR AT WHITTINGHAM COMMUNITY

# SUPERBOWL

*Sunday*



**FEBRUARY 8, 2026**

**6PM - BALLROOM**

ON SALE TUESDAY, JANUARY 13TH

CHECK FLYER IN LOBBY FOR DETAILS.

## BALLROOM DANCING with Pam



LEARN TO DANCE LIKE THE STARS WITH DANCING WITH PAM

BALLROOM DANCE CLASSES BEGINNING  
THURSDAY JANUARY 8, 2026 @ 4:30 PM IN THE BALLROOM

\$5.00 PER PERSON PER CLASS-NO PARTNER NEEDED  
FOR MORE INFORMATION

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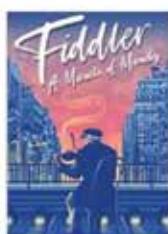
OR EMAIL: PVERG1108@AOL.COM

## Shalom Club

of Greenbriar @ Whittingham

### Movie in the Clubhouse

Sunday, January 11, 2026 @ 1:00 PM



*Fiddler  
A Miracle of Miracles*

Explores the creative process and cultural significance of the Broadway musical Fiddler on the Roof. First-hand accounts chronicle the personalities of the original Broadway cast and creators. Scholars examine the play's themes of xenophobia, gender equality, civil right, and religion. These themes are used to contextualize the musical and its cultural impact within the lens of 1960s New York Jewish actors.

There is no charge and membership is not required.

# The Martin Salmanowitz GW Social Club

*By Lisa Baruch and Regina Savarese*

Welcome to 2026! Happy and healthy New Year to all! During the month of January, we will celebrate New Years Day on the 1st and Martin Luther King Day on the 19th.

*Thursday, December 11th @1:00 PM* in our Ballroom – “**Al Getler**” performed for our club. He is a male vocalist/vocal impersonator/ventriloquist. He sang some of the greatest songs of the past, by artists such as : Elvis Presley, Frank Sinatra, Neil Diamond, Bobby Vinton, Willie Nelson, Dean Martin, Paul Anka and more. Lunch included: Penne Ala Vodka Sauce, Garlic Mashed Potatoes, Glazed Carrots, Rolled Eggplant Parmigiana, Chicken Sorrento, American Pot Roast, Sausage and Peppers, Salad. Christmas and Hanukkah Viennese table with all kinds of desserts including an international assortment of pies, cakes, chocolate dipped strawberries, butter cookies, miniature pastries, chocolate mousse, fruit displays and so much more! Fun was had by all. Everyone enjoyed the Viennese table. Something different.



## Upcoming Shows:

*Thursday, January 8th @ 1:00PM* in our Ballroom – “**Main Street Cabaret**” will be performing for us. They perform all genres of music including but not limited to oldies, British Invasion, classic rock from the 60s, 70s and 80s, ballads and pop music from the 70s, 80s, 90s and contemporary, country music, R&B, disco and much much more.. Brunch will include Plain Omelets, Cheese Omelets, and Vegetable Omelets, Onions, Peppers, Spinach, Potatoes and Onion, NO HAM, Sausage Links, Cavatelli & Broccoli, Champagne Chicken, Beef Bourguignon, Dessert, Muffins, Butter Chips, Cream Cheese, Jam, Coffee & Tea, Milk.

**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 January 9th. All are welcome. Come join us for an evening of fun and laughter as you play Bingo with friends and neighbors. Enjoy the excitement, the camaraderie, and maybe even win a few extra dollars along the way!

**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 always looking for volunteers to help out with various committees such as Catering, Entertainment and Setup. Please get in touch with us if you are interested.

We look forward to seeing you in the near future.



**GW PAC FILM Productions** is looking for part time screen writers, video editors, camera operators, animators, lighting & special effects personnel to augment our team to produce short 2 to 15 minute films using the considerable talents of our Greenbriar @ Whittingham actors. Productions will be uploaded to YouTube and used in PAC performances throughout the years.

If you have some artistic inclinations and some basic understanding of lighting and sound design, blocking, pacing and love of the art form, please check us out.

If you have a story that needs to be told, original works can be work-shopped and adapted for film.

Please contact James MacDonald at: 551-276-9689 or [jmac1234@gmail.com](mailto:jmac1234@gmail.com)



# Monroe Township Fire District No. 3

## *Office of the Fire Chief*

**Wayne T. Lyons Jr.**  
**Chief of the Department**  
**(609) 409-2980 EXT 104**  
[wlyons@mtfd3.com](mailto:wlyons@mtfd3.com)

**16 Centre Drive**  
**Monroe Township, NJ 08831**  
**(609) 409-4568 FAX**

### **Monroe Township Fire District #3 Smoke Detector Battery Replacement Program**

#### **Purpose:**

To ensure every residence within Monroe Township Fire District 3 maintains properly functioning smoke detectors to reduce the risk of fire-related injuries and fatalities.

#### **Program Overview:**

The Monroe Township Fire District 3 Smoke Detector Battery Replacement Plan is designed to remind and assist residents in maintaining their home smoke alarms. Properly working detectors are vital for early fire detection and life safety.

#### **Battery Replacement Schedule:**

**Once a year:** Replace batteries in all smoke detectors during Daylight Saving Time changes, recommended twice a year if possible.

#### **Assistance Program:**

For residents who are elderly, disabled, or unable to reach their detectors safely, Monroe Township Fire District 3 offers assistance with battery replacement.

#### **Program Limitations:**

- Fire District personnel will not access detectors higher than **16 feet** from the floor. You must contact a contractor to come to replace the batteries.
- Detectors that are **beyond the manufacturer's life span** will not be serviced or have batteries replaced. You must contact a contractor to replace the detector. Monroe Township Fire District 3 will not replace detectors due to liability reasons.

If you need assistance with scheduling an appointment, or an issue with a **chirping smoke alarm**, and it is a **non-emergency situation**, please contact **Station 23-A at (732) 521-3498 Ext. 1**.

#### **Resident Responsibilities:**

- Never disable or remove batteries from a detector due to false alarms—identify and address the cause instead.
- Residents are responsible for supplying batteries to the fire department.
- Scheduled time is within a 2-hour window but may be delayed as emergency assignments are priority.

#### **Fire District Commitment:**

Monroe Township Fire District 3 is committed to community safety through prevention, education, and preparedness. Ensuring functional smoke detectors in every home is a critical part of that mission.

#### **Stay Safe. Stay Alert. Check Your Alarms!**

*Monroe Township Fire District 3*



GREENBRIAR AT WHITTINGHAM  
COMMUNITY PRESENTS

**SAVE THE DATES!**

**NYC BROADWAY SHOWS**

**RAGTIME**  
A New Musical by Broadway Original  
APRIL 22, 2026

**Les Misérables**  
THE MUSICAL REVOLUTION  
AUGUST 6, 2026

AS SOON AS THE TICKETS ARE SECURED  
A SEPARATE FLYER WITH MORE  
INFORMATION WILL BE AVAILABLE!

Any questions please call 609-409-9292 x227 or e-mail kristin.puriza@fsresidential.com.



## Irish American Club

We are having an early **SAINT PATRICK'S DAY** celebration on **February 7<sup>th</sup>, Saturday afternoon in The Ballroom**. Everyone is welcome. No charge. Come in for awhile or stay for it all. If you know anyone who would like to participate, let us know.

**Frank Lynch** **Bob Buckley**  
**818-223-4523** **732-991-6468**



*All Residents Welcome!*

**Performing Arts Club**

*Join us for an  
Open House and Karaoke*

Monday, March 30, 2026  
**6:00pm**

Meet us in the Poker Room upstairs in Towne Centre for an entertaining night of Karaoke and refreshments, following a short general meeting to share our vision for this year's shows.

If you have any questions...  
 Contact Genie (732) 857-4839 or Marie-France (201) 925-2059.

**PAC 2026**

## Shalom Club

of Greenbriar at Whittingham  
**Sunday, January 4, 2026**

Doors open: 9:45 AM \$12.00 per person Members only

**Emily Schuman**  
 will speak about  
**THE LUCK FACTOR**

**Why are some people luckier than others?**

Is luck just fate or can we change it? What is luck? Is it some psychic gift or a matter of intelligence? Is it something lucky people have and unlucky lack? Is luck something that can be learned?

.....cut.....

For those wishing to sit together, place names and checks, made out to SHALOM CLUB, in same envelope. (Maximum 10 people per table). Mark envelope January 4, 2026 breakfast and place envelope in Lock Box #6 no later than December 26, 2025 or mail to Shalom Club, Box #6, 100 Whittingham Drive, Monroe Twp., NJ 0883 Questions ?? Call Robin Zimmerman @ 516-528-2730

NAME: \_\_\_\_\_  
 Phone: \_\_\_\_\_ EMAIL: \_\_\_\_\_

GREENBRIAR AT WHITTINGHAM COMMUNITY PRESENTS

**2026**  
**CASINO BUS TRIPS**  
**SAVE THE DATES!**

**JANUARY 7** \* WIND CREEK CASINO \* **ON SALE 11/25**  
**FEBRUARY 4** \* AC RESORTS \* **ON SALE 12/23**  
**MARCH 4** \* ACTROPICANA \* **ON SALE 1/27**  
**APRIL 15** \* AC RESORTS \* **ON SALE 2/24**  
**MAY 6** \* AC RESORTS \* **ON SALE 3/24**  
**JUNE 3** \* WIND CREEK CASINO \* **ON SALE 4/28**  
**JULY 1** \* AC RESORTS \* **ON SALE 5/26**  
**AUGUST 5** \* AC RESORTS \* **ON SALE 6/23**  
**SEPTEMBER 2** \* PARK CASINO \* **ON SALE 7/28**  
**OCTOBER 7** \* AC RESORTS \* **ON SALE 8/25**  
**NOVEMBER 4** \* WIND CREEK CASINO \* **ON SALE 9/22**  
**DECEMBER 2** \* AC RESORTS \* **ON SALE 10/20**  
**DECEMBER 25** \* AC RESORTS \* **ON SALE 10/27**

**\$30.00** each, checks payable to: WHOA  
Bus Leaves GW at 9:00 a.m., please arrive to the bus at 8:45 a.m.  
Bus leaves AC & Wind Creek at 5:00 p.m., leaves Park at 4:00 p.m.  
Refunds only if the trip is sold out and seats are resold.  
All trips are sold at the Concierge Desk 609-409-9292 x220 or x221.

Greenbriar at Whittingham Community Presents  
**JANUARY MOVIES**



**Downton Abbey: The Grand Finale**  
**SATURDAY, JANUARY 17, 2026**  
**1PM in The AC/Dance Room—2h 6m**

It's time to say goodbye... When Mary finds herself at the centre of a public scandal and the family faces financial trouble, the entire household grapples with the threat of social disgrace. The Crawleys must embrace change as the staff prepares for a new chapter with the next generation leading Downton Abbey into the future.



**Bridget Jones: Mad About The Boy**  
**SUNDAY, JANUARY 25, 2026**  
**1PM in The AC/Dance Room—2h 4m**

Two-time Academy Award® winner Renée Zellweger returns to the role that established a romantic-comedy heroine for the ages, as Bridget, now a widowed single mother, must juggle work, parenthood and romance. With the help of her loyal friends, Bridget navigates encounters with a younger man—and a series of awkward interactions with her son's science teacher—as she strives to forge a new path toward life and love.

Free entry, no sign-up required – bring your own snacks!  
Have a movie you're interested in seeing? Let me know: [kristin.purcell@bancresidential.com](mailto:kristin.purcell@bancresidential.com)

## Shalom Club

of Greenbriar at Whittingham

Sunday, February 1, 2026  
Doors open at 9:45 AM \$12.00 per person Members only

Joyce Eisenberg & Ellen Scolnic are



### The Word Mavens

two ladies who know the difference between a nudnik and a nosh. The Word Mavens will entertain you with their humorous look at Jewish holidays, favorite foods and more. They will share funny stories, Yiddishisms, beloved traditions and little-known facts they uncovered while writing their best-selling Dictionary of Jewish Words and their book of essays, *The Whole Spiel: Funny essays about digital nudniks, seder selfies and chicken soup memories*

...cut

For those wishing to sit together, place names and checks made out to SHALOM CLUB, in same envelope. (Maximum 10 people per table). Mark envelope February 1, 2026 breakfast and place envelope in lock box #6 no later than January 26, 2026 or mail to Shalom Club, 100 Whittingham Drive, Monroe Twp., NJ 08831. Questions?? Call Robin Zimmerman 516-528-2730

Name: \_\_\_\_\_  
Phone: \_\_\_\_\_ Email: \_\_\_\_\_  
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Greenbriar at Whittingham Community Presents



**THE SENSATIONAL SOUL CRUISERS** are an 11-man horn group fronted by four soulful vocalists who are blending old-school soul with a modern twist. This group will be delivering the ultimate soul experience right here in our ballroom! They will be performing the very best of the 60's, 70's & 80's Classic Soul, RnB, Motown and Disco Hits.

**SCAN HERE  
FOR A PREVIEW:**



**SUNDAY, JANUARY 18, 2026 AT 3:00PM**  
**in The Towne Centre Ballroom**

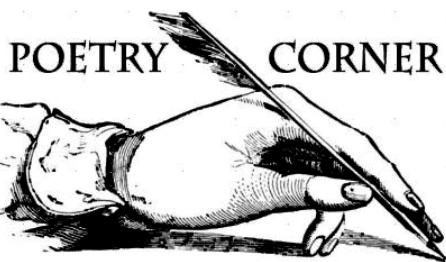
**\$30.00 PER PERSON (Check Only, Payable to WHOA)**

**TICKETS ARE ON SALE MONDAY, DECEMBER 1ST.**

**OPEN TO NON-RESIDENTS MONDAY, DECEMBER 8TH.**

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.



## Grateful

*By Carol Selick*

We made it through another year,  
As friends and family gather near.  
Cozy, comfy, safe and warm,  
Protected from the outside storm.  
The earth will turn and we will yearn,  
For peace and justice to return.  
Though you and I may disagree,  
We live in a country where we are free,  
To express our thoughts and live our lives,  
Different, but equal, side by side.  
With freedom to live a fulfilling life,  
We raise our glasses this holiday night.  
Cheers, L'Chaim, Bottoms up!  
We have each other, that's enough!

## All Alone

*By Charlotte Rubin*

When I'm all alone, just my thoughts and me  
I often cogitate and ruminate about what is yet to be  
When I grew up, we had neighbors who were always kind  
And would be there to help you if you were in a bind  
We came from multi backgrounds, religions and ways of life  
We all had our problems, we all had our strife  
But we put aside our differences and worked as one  
To resolve any issues that had become undone  
We had values that we treasured  
That couldn't be measured  
Our families worked hard to eke out a living  
Yet, they were always generous and giving  
Today, there is so much anger, hatred and greed  
Where will all this turmoil lead?  
Can sanity and reason be restored?  
How much more divisiveness can we afford?  
So, as I sit here alone, just my thoughts and me  
In the home of the brave and the land of the free  
I fervently pray for a return to decency

## Love Makes the World Go Round

*By Irwin Dunsky*

If love ruled the world, there wouldn't be any wars  
Life would be sweet if we could leave all its flaws  
have lived on both sides of the street  
This side is richer with love always at my feet  
Life is blessed with so many friend at my side  
Love is the answer, I can feel it in my stride  
Can't change peoples thoughts, just bless them  
Like the mighty oak tree, it all starts with the stem  
My prayer is that God heals the earth  
And all its people, love from the time of their birth  
Love is the answer, It makes the world go round  
Think of the birds in the sky, what a beautiful sound  
People are so angry, and have so much greed  
Like beautiful flowers, all it takes are a few weeds  
Make love not war, and world would be better  
Like the precious birds, soft as a feather  
With love in my heart, I'll walk the road of life  
Please join me, don't be part of the strife  
With people like you, focused on love  
God will bless you, with mercy from above

## Take a Deep Breath

*By Irwin Dunsky*

Staying relaxed is difficult at times  
When you feel you've been forgotten  
Or Bering ignored it's difficult  
Take a deep breathe and relax  
I had to be committed to It at first  
Anger was a big part of my life  
Learning how focus I could change  
Anger became peace, most of the time  
By focusing on my breathing, slowing it down  
My angry emotions became peaceful  
My blood pressure began to drop  
And I was relaxed and peaceful  
It was something I could do, if mindful  
Paying attention became a big part of my life of change  
Life is better now, that I'm in control of my body  
All I have to do is think about it, then act, and it changes

# The Benefits of Yoga for Seniors Enhancing Health, Mobility, and Well-Being

By Brian Critchley

## Introduction

Yoga is a centuries-old practice that combines physical postures, breathing exercises, and mindfulness to promote overall health and wellness. In recent years, yoga has gained popularity among seniors, offering numerous benefits tailored to the needs of older adults. Whether practiced in a studio, at home, or as part of a community group, yoga can be a transformative activity for seniors seeking to enhance their quality of life.



## Physical Benefits

One of the primary advantages of yoga for seniors is the improvement of physical health. Through gentle stretching and strengthening poses, yoga helps to increase flexibility, balance, and muscle strength—key factors in reducing the risk of falls and injuries. Regular practice can ease joint pain and stiffness, often associated with arthritis and other age-related conditions. Additionally, yoga improves posture, supports bone health, and enhances mobility, making everyday activities more manageable.

## Mental and Emotional Well-Being

Yoga is not just about physical movement; it also fosters mental and emotional health. The meditative aspects of yoga encourage relaxation and stress reduction, helping seniors cope with anxiety, depression, and insomnia. Mindfulness and deep breathing exercises promote a sense of calm and clarity, boosting mood and fostering a more positive outlook on life. These benefits are particularly valuable for seniors experiencing major life transitions or facing isolation.

## Social Connections

Group yoga classes offer seniors opportunities to connect with others, build friendships, and engage in supportive communities. These social interactions can reduce feelings of loneliness and create a sense of belonging. Participating in group activities also motivates seniors to maintain a consistent exercise routine, which is essential for long-term health.

## Adaptability for All Levels

Yoga is highly adaptable and can be tailored to meet individual needs and limitations. Chair yoga, restorative yoga, and gentle yoga styles are particularly suitable for seniors, allowing modifications for varying levels of mobility and fitness. Instructors can provide personalized guidance, ensuring that each participant practices safely and comfortably.

## Enhancing Everyday Life

The benefits of yoga extend beyond the mat, positively impacting daily life. Improved balance and strength lead to greater independence, while increased flexibility makes tasks like bending, reaching, and walking easier. The holistic approach of yoga supports seniors in maintaining their autonomy and enjoying an active lifestyle.

## Conclusion

Yoga offers a wealth of benefits for seniors, from physical health improvements to enhanced emotional well-being and social connections. Mat yoga classes at Greenbriar Whittingham are every Friday morning at 10:30am upstairs at the clubhouse. Drop-in classes are \$13 and your first class is free. If you have any questions about the class before attending, you can contact the instructor, Brian Critchley, at 609-306-2618.

**Attention Dog Walkers. Well Non-Dog Walkers Too, I Guess**



**Walk your dogs near the curbs, *not down the center of our streets.* Always walk against traffic for your safety.**

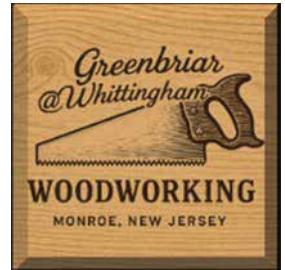
# Woodworkers Build Up Enthusiasm with Shop Enhancements

By Linda Wagner

The GW Woodworking Club has made many upgrades to the shop this year. If you haven't been to the shop in a while, feel free to stop down on a Tuesday or Thursday morning at 11:00 for a guided tour.

We began the year by determining our vision for the GW Woodworkers Club and came to the following conclusions:

- We will continue to offer residents opportunities to learn craft building techniques with wood cutting shop equipment under the supervision and guidance of experienced woodworkers.
- Wood and material supplies that are stored in the shop are free to be used on personal projects.



Our first priority is on safety and in that vein, we made the following changes:

- We reviewed the First Aid kit and updated all outdated supplies.
- We now provide brand new safety glasses, dusk masks, ear plugs and gloves for members.
- We added cautionary signage around the shop.
- We have added an additional supervised work session.
- We have automated the Safety Buddy List using TeamReach.

We addressed efficiency as follows:

- Floor space has been cleared to allow for the addition of new tools and a more efficient arrangement of existing tools.
- Excess lumber that did not support our vision was removed.
- All non-flammable paints have been moved to the exterior arts and crafts room, to make space for additional equipment.
- Two new 24-drawer hardware organizers have been added and hung; existing hardware sorted.
- Additional shelving has been built to provide storage for in-progress projects and to keep the worktops clear.
- All hand-held tools have been organized into drawers and labeled.
- Two workstations have each been equipped with a basic set of common tools, i.e., two flat head screw drivers, two Phillips-head screwdrivers, a small and large hammer, scissors, tape, pencils, note paper, measuring tools, etc.
- Surplus tools and equipment have been removed.

In regard to equipment:

- A broken miter saw has been replaced with a donated one.
- Two additional scroll saws were added; we now have three of these popular beauties, each with different blades for various types of cuts.
- We purchased a battery-powered nail gun which adds to the ease of alignment of assembly parts.
- The dust collection system has been repaired and rerouted for more efficient capture of sawdust.

With a fairly small shop and over 30 members, these changes will provide a safer and more enjoyable wood crafting experience for all.

For more information send an e-mail to [wagnergroup@comcast.net](mailto:wagnergroup@comcast.net), or Dennis Marshall at [dmarshall3@aol.com](mailto:dmarshall3@aol.com).

**"It's paradoxical that the idea of living a long life appeals to everyone, but the idea of getting old doesn't appeal to anyone." Andy Rooney**

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Happy New Year  
From the GW Woodworkers!

WOODWORKERS IN ACTION: (Top, L to R) Tom Aiston and Robert Ziegler set up the table saw; Russ Munson and Berta Dillito lay out trim for a child's tabletop; (Below) Aloha Holloway trims a tree; Dennis Marshall keeps an eye on the group; Phil Giunta chops with a vengeance while Russ looks on.



## WE WANT YOU!

To send us your personal stories or recipes-  
To send us pictures from your GW events-  
To let us know what you would like to see in ***The Pulse***

# Historical Fiction; is it Really Fiction?

By Linda Wagner

I read historical fiction, so I know a lot about a lot.

One of my daily pleasures is reading. I like novels that skillfully weave historical fact with dramatic storytelling. This genre allows me to understand important events in history – from many time periods and geographies – in a way that reading a regular history book could never do for me. My books are my consistent companions as I wind down for the night tucked into to warm layers of blankets.

What has me hooked on these stories is the hidden treasures of little-known facts that these books uncover. These are things that both amaze and fascinate as I discover how diverse the world can be. They inform my understanding of current events.

For example, did you know...?

- From the 17th century until present day, there was a matriarchal community on Jeju Island, off the southern coast of South Korea where the “Haenyeo” women trained to expand their lungs and dive down to the ocean floor to harvest seafood. Some of these women, in their eighties, could dive multiple times to depths of up to 32 feet for several hours with no scuba equipment. The livelihood of the island was supported by these women while the men minded the home and the children.

Contrast this with NPRs current reporting of the South Korea’s 4B movement where women are encouraged to achieve personal autonomy by following the “Four Nos” - not to date men, not to have sexual relationships with men, not to marry men and not to have children. (The Island of Sea Women – Lisa See)

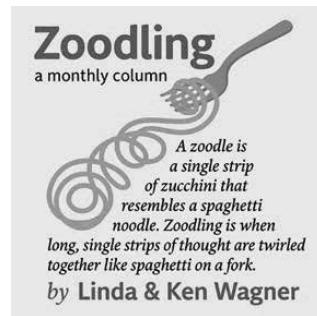
- In 1665 a country village in Derbyshire, England endured an altruistic, self-imposed quarantine in an attempt to contain the bubonic plague. Many villagers in Eyam died, but it prevented the plague from spreading to neighboring communities. An interesting story in light of the recent Covid pandemic. (Year of Wonders: A Novel of the Plague by Geraldine Brooks)
- In 1951 the United Nations created the International Organization of Migration (IOM). (I didn’t know there was such an organization!) The violence of the Mexican and South American cartels caused many to desperately migrate to other countries. The cartels concealed their dirty deeds and individual identities by threatening people into silence. Only a few journalists fearlessly reported the specifics. Subsequent data states that in 2017, Mexico was the deadliest country in the world to be a journalist. (My first career!)

One route that was a popular escape route for migrants was known as the Pacific Route. The last leg of the route encompassed a 75-mile trek on foot through the Sonoran Desert beginning in Mexico and leading to Tucson Arizona. Many migrants took dangerous rides atop cargo trains to conceal their identities and escape the cartels.

For those who managed to escape, things are still not easy. Today U.S. immigrants are facing treacherous challenges after enduring the long journeys just to get here. They are facing tightened policies and associated risks in their newly adopted country. (American Dirt - Jeanine Cummins.)

- In Virginia, in 1811 on the day after Christmas, the Richmond Theater fire killed 72 wealthy and distinguished people including Virginia’s governor William Smith. At the time it was the deadliest urban disaster in American history and captured the focus of the country, especially because of the elevated status of those in attendance. This historic tragedy does not even compare to the magnitude of recent U.S. school shootings.
- It was Vincent van Gogh’s sister-in-law who was the one to preserve his work and legacy. Johanna van Gogh-Bonger was married to Vincent’s art-dealer brother during the time of the Parisian avant-garde art scene, circa 1887. After his death she consistently promoted his work by arranging showings and keeping it in the public eye. Is this what put his work in so many art museums today? (The Van Gogh Woman – Debby Beece)

Although “fiction” is in the name of the genre, much of the information presented is true and accurate – so I can truthfully say that I have become a sort of history buff! The authors of historical fiction dive deep into the historical records, collecting information from a wide array of sources. Some of the most revealing are personal interviews with folks connected to the story. These provide color that no history text book has ever shown me.



Often, historical fiction is a means of telling a true story in the guise of fiction. In many cases, the fictional characters are the embodiment of the true sentiment of the times or a merging of multiple actual actors. This can drive something akin to a first-hand experience for me.

It keeps me hooked. It makes me question what I think I know. Maybe I don't know a lot, after all.

---

## Greenbriar Wine Club News

*By Alan Greenberg*

The Greenbriar Wine Club was founded 18 months ago with the purpose of bringing people together for wine education, connections with friends and neighbors as well as to create a fun evening right here in our community. Our club is a bit different from others. We offer a four course dinner paired with four wines and we bring in a guest speaker who educates us about the wines, region and producers and some wine history. It's light, fun and educational and is always a good time.

For 2026, we have a jam packed schedule and we hope you'll consider joining us in the ballroom beginning at 7 PM. Here is the schedule as of now. Dinner themes are being developed and will be shared as we get closer to each event.

January 17th - Daniel from Vintage Imports

March 14 - cocktails and dinner

May 29 - Meredith from Sapiere Originis wines

June 27th - wine glass comparative tastings with Brian from Lauber Selections. Discover how the size and shape of a wine glass changes your perception of a wine.

Summer Clam Bake - TBA

September 26 - Daniel from MS Walker

November 7th - Katy from Fedway

December 5th - Pete from Winebow

Membership is \$10 per person for the year and dinner costs can change a bit based on the menu. The cost is typically around \$49 each for a salad, appetizer, entree and dessert. Each course is expertly paired with a wine and includes server gratuity and taxes in a family style meal. Seating for our events are limited and tend to sell out so when we announce dinner details, please be sure to RSVP.

If you want to join now or pay membership for this year, please write a check made payable to "cash" and leave in mailbox 30 in the Towne Centre with your contact info including email so we can stay in touch. For more information or to be included in our email notifications, contact Alan at [GreenbergAlan@yahoo.com](mailto:GreenbergAlan@yahoo.com) or by phone at 732-861-8433.

---



**Greenbriar Wine Club**

*Savor the experience!*

## Help Your Heart

*By Michele Polk*

I know that I have discussed this topic before; however, it is worthy of another conversation.

A little bit of activity as we approach the winter months may avoid a heart attack. However, it is worthy of another emphasis. A little daily activity may lower your likelihood of a heart attack. To be sedentary is clearly not a healthy option.

They say that your risk of a cardiac event can be reduced by over 60 percent. By doing moderate to vigorous activity you can maintain a better quality of life. It is your choice. So the findings suggest sitting less and doing more, which can be gardening, cooking, walking your dog, or taking a walk will help you stay healthier.

THE CHOICE IS YOURS.

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- DECREASE MUSCLE & JOINT PAIN
- IMPROVE OVERALL PERFORMANCE

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Monroe, NJ 08831



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Free weekend parking.

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# A Great Idea for Traveling Seniors

By Mark Surks

A number of years ago, I discovered an opportunity that would allow us to stay in beautiful villas instead of a Motel 6, when we traveled. I was reading a magazine called "Where to Retire" in a doctor's office. The magazine is actually free so I sent in what the industry calls the blow in card, in order to subscribe

The blow in cards are those post cards found loosely throughout the magazine. A jet of air ruffles the magazine and sends these cards into various spots throughout the issue. I call them fall out cards since they end up all over the floor. However, they are cheaper to put in than stapled cards and apparently more effective in getting subscriptions. I just think about all of those cards that fall out in the mail and end up going back blank to the magazine via pricey Business Reply Mail.

Anyhow, I digress, as I am wont to do. So a few years ago, I am reading my free "Where to Retire" magazine and I see a number of advertisements offering seniors multi night stays in 55+ Active Adult communities all over the US.

Active Adult Communities are growing like kudzu. In order to sell homes, the developers have come up with a "try before you buy" sales model. So the first time I did this, we were going to visit family in Las Vegas and then drive to Phoenix.

I grab my copy of "Where to Retire". I drop all the fall out cards into the recycling bin and peruse the ads for my Phoenix area 55+ Shangri La. I hit upon Canta Mia in Goodyear, AZ. Goodyear is a city on the west side of Phoenix. It was actually started by Goodyear Tire who went out there to grow the cotton thread for their bias ply tires. When I was a kid, all I bought were bias ply tires since they were only \$17.00 each at Korvettes.

Canta Mia offered a Three Day/Two Night stay for \$129.00. Take that Motel 6. My obligation to them was minimal. Don't be thinking timeshare pitch. I am done with those. It was more like, here is some information and let's take a golf cart ride around and look at models. Strictly soft sell.

The villa was gorgeous. It had everything including a fridge stocked with bacon, eggs and juice. Snacks, big screen TV, WIFI. It is a regular home that will be for sale at some point but for now is reserved for these "test drives". We had full use of all the facilities including a free round of golf, which I passed on. Use of the pool and clubhouse. Everything as if I was already a resident.

A few years later, we did the same thing at Sun City Festival in Buckeye, AZ which is north of Goodyear but still west of Phoenix. Buckeye is the nickname for Ohio and is part of Goodyear's early settlement of the area. This place was similarly priced and I think we paid for some extra days there. In addition to all of the amenities made available to us, we were given the use of a golf cart. Residents here use golf carts to tool around the development as they go from the pool to the tennis courts to the club house etc. This place had amazing hobby shops, a fully equipped wood shop and pottery studio.

We had great fun zipping around at 5 MPH in our golf cart. While this place had no requirement that we spend any time talking business with the sales team, we golf carted over to the models to walk through all of them with awe.

So if you are planning a vacation you might consider looking in magazines or on line for such an arrangement. The key is that it must be a place where the developer is still actively involved in selling units. You get to stay in a beautiful multi room home with a stocked kitchen for little money and you can save a lot of money with minimal or no obligation.



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