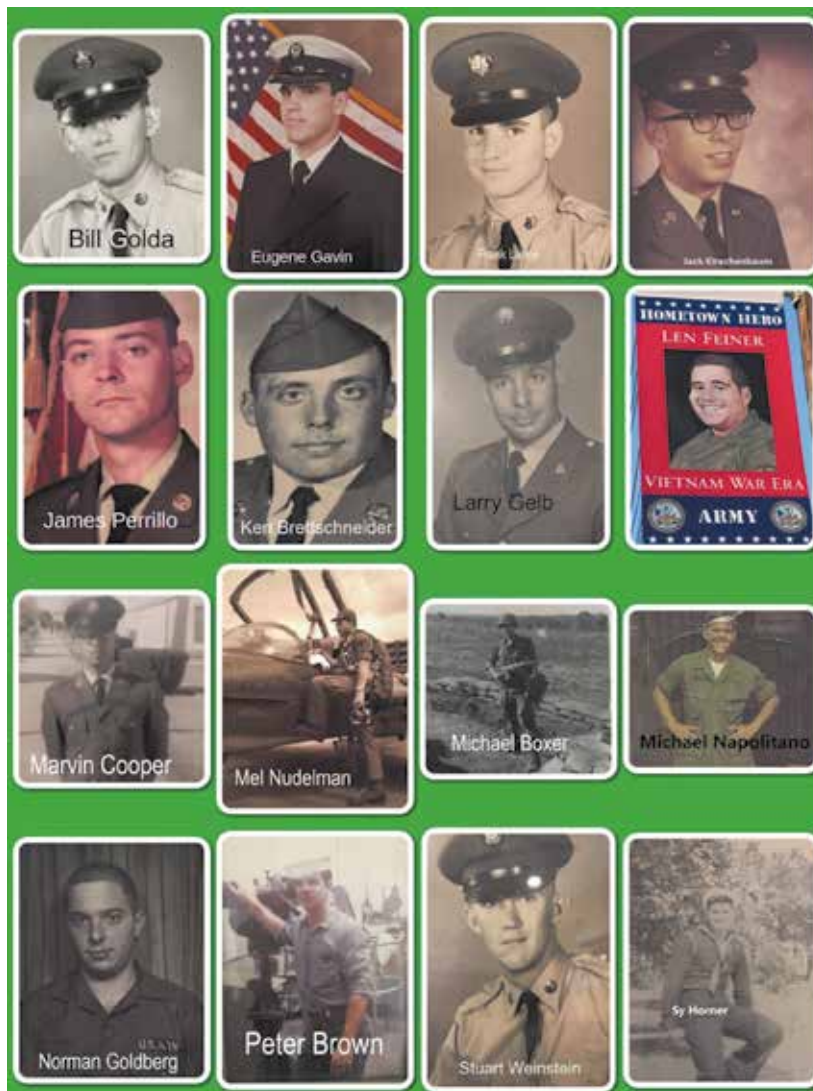


Greenbriar at PULSE



GW Salutes All Veterans



GW Pulse Staff

Mark Surks

Editor-in-Chief 609-655-5065

Editorial staff:

Mimi Gruber, Phyllis Kundel, Arlene Lazar, Harvey Lazar, Miriam Lerner, Sharon Nachimson, Gayle Shpirt, Linda Surks

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

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

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
Video of open board meetings are available on You Tube. Search for WHOA Recreation



Dear Editor,

The Jamesburg High School Alumni Association awards a scholarship yearly to a high school senior, (any high school) who is furthering their education in any type of school. They must be a descendant of a JHS alumnus. The application is a letter, stating your relative from JHS, school choice, course of study, and current grades. Also add a bit about yourself. The deadline for applications is December 31, 2025

Mail to JHSAA

C/O Donnelly

1 Westminster Drive

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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 November 24th at 4 PM to discuss national best seller **“American War” by Omar El Akkad.**

A second American Civil War, a devastating plague, and one family caught deep in the middle—this gripping debut novel asks what might happen if America were to turn its most devastating policies and deadly weapons upon itself. From the author of “What Strange Paradise”.

"Powerful ... as haunting a post apocalyptic universe as Cormac McCarthy [created] in *The Road*." —The New York Times

Sarat Chestnut, born in Louisiana, is only six when the Second American Civil War breaks out in 2074. But even she knows that oil is outlawed, that Louisiana is half underwater, and that unmanned drones fill the sky. When her father is killed and her family is forced into Camp Patience for displaced persons, she begins to grow up shaped by her particular time and place. But not everyone at Camp Patience is who they claim to be. Eventually Sarat is befriended by a mysterious functionary, under whose influence she is turned into a deadly instrument of war. The decisions that she makes will have tremendous consequences not just for Sarat but for her family and her country, rippling through generations of strangers and kin alike.

“American War” is the first novel by Egyptian-Canadian journalist Omar El Akkad. The novel was very well received and nominated for a number of book awards.

Contact Harriet Bachman for details. 609-409-5464

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Draw Bridge Draws the Crowd at Art & Crafts Fair

by Linda Wagner

Many months ago, a small doll-sized wooden fort was donated to the GW Woodworking Club by GW resident Lynda Radowitz. It was a sturdy wooden structure, originally made by her husband, but unpainted and unadorned. Club members wondered “What could be done to embellish and enliven this fine piece of workmanship?”

A handful of those woodworkers sat down and brainstormed the question. In the end, it would become a group project resulting in an item that can be had for a donation to the club, gifted or simply displayed to showcase the club’s talents. The castle became one of the main items on display at the annual GW Arts and Crafts show on September 28th.

The goals for the renovation were as follows:

- Provide a fun and challenging project for the team
- Design for play for both boys and girls (6-12 yrs.)
- Allow movable parts to broaden scope of play
- Stick to wood construction wherever possible
- Focus on the theme in all aspects
- Use available resources as much as possible
- Make available for promotion of the Woodworking Club
- Finish in time to display at the Arts & Crafts Show

Many parts of the castle are movable, as planned. In fact, the entire structure can be worked as a puzzle as it comes in many separate pieces. One highlight of the castle is a movable drawbridge which can be let down or raised. This seemed to be a favorite of the children who stopped by at the Arts and Crafts Show to play.

Why the Name?

Glimmerwyck Castle was named for a pleasant event called a “glimmer.” A “glimmer” is a tiny stroke of joy, a fleeting sensation that elicits a rush of happiness, gratitude or calm. In order to broaden the appeal of the fort to both boys and girls, the building was transformed into a castle with a variety of activities. It includes knights, an archery range, a designer boutique, a pastel bakery and many other shops and services.

Who was Involved?

A large group of GW Woodworkers contributed to the final project including: Dennis Marshall; Linda Wagner; Audrey Roth; Berta Ditillo; Nancy Drake; Phil Giunta; Aloha Holloway; Allison Larson; Cathy Clark; Ken Sariego and Carmine Campanella.

It took several months of planning, design and construction to carry out the objective, but in the end the GW Woodworkers accomplished their goals and delivered a unique and colorful miniature playhouse. Keep your eyes open and maybe you will see it displayed somewhere in Greenbriar.



A Castle Fit for a King & Queen (of Small Proportions) – Glimmerwyck Castle is based on a medieval town, injected with fantasy, resulting from brainstorming and the product of several months of work by a dozen GW Woodworkers. It is designed to suit boys, girls and adult “kids” of any gender. The castle includes a number of town shops including a bakery, a florist, a blacksmith shop, an archery field practice site, a designer boutique and an air taxi stand served by a glittering unicorn.

Greater Monroe Chapter



The ORT Report

By Diane Morris-Paff

Let's start by wishing all community members a Happy Thanksgiving. Whether you spend it with family, or friends, it is more important that you get to share it with someone.

Upcoming Events:

November 5th at 7pm in the upstairs Poker Room our guest will be a graduate of the ORT school program in Israel. We will get a very personal insight into ORT schools and what we, as ORT members, support.

November 9th A lunch, catered by Tuscany will be served in the Poker Room. We will then head to Kelsey Theater to see "**Drop Dead**", a comedic murder mystery. Cost is \$55/person. Limited seating available. See flyer for details.

December 10th at 7pm at the Senior Center we will have the **ORT holiday party**. This event will be an exciting production by Barbara Kravitz, starring members of our ORT organization.

ORT is looking for volunteers to assist with all committees. Are you interested in meeting new/more people? This is an excellent way to get involved and meet your neighbors! Call Lollie 609-235-9680.

Newly Relocated GW Board Room Named For Long Serving WHOA Board Member

Recently the WHOA Board named the newly re-located Board Room in honor of Jay Respler for his efforts to re-locate the old board room located on the main level next to the weight training room to the 2nd floor that housed the former Chief Financial Officer. With the hiring of First Service to manage our community, there was no longer a need for the office.

"With usable space in Town Center at a premium, any additional space will be greatly appreciated. I have always been an advocate for getting more usable space in Town Center for our home-owners to use for such activities as crafts, card games, and Mah Jongg", said Jay Respler.

The response from home-owners has been overwhelmingly positive to the additional space. Great Job, Jay Respler!



Barry Geffner After Hours Club

by Marilyn Gerber

Now that summer has ended, we look forward to the Fall with the leaves changing in order to prepare for the next season.

Our September party had a country-western theme. We had photo areas where we had fun posing behind blowup figures in great costumes. The Wild Rose, an outstanding group, provided great music for all to dance to and enjoy. The Greenery provided a wonderful and plentiful meal.

In October, our final party for the season, featured The Strictly 60's group had everyone up on their feet all evening. The menu was also provided by the Greenery for all to enjoy.

The club does not have a function in November because our date coincides with the Thanksgiving weekend. December is a month filled with family celebrations, therefore, we will begin our next season in January.

In the following are positive quotes for thanks. "Gratitude is not only the greatest of virtues, but the parent of all the others." "Let us be grateful to people who make us happy; give us a helping hand." "Gratitude is the sign of noble souls. Give thanks for a little, and you will find a lot."

Until next month. Be Happy and Enjoy!



Hadassah News

by Joanne Sacoff

"Find inspiration in the falling leaves and the crisp November air".

And inspired is exactly what our wonderful Member Appreciation Event and Chapter Myrtle Wreath ceremony was on October 29.

Inspired by the wonderful sisterhood that Alisa Hadassah is and why all our members are so appreciated, we hope you all enjoyed the evening. Also inspiring are our newest Myrtle Wreath recipients. We could not be prouder of our very own past president duo SHARON NACHIMSON and SUZANNE ROSENZWEIG. Their excellent leadership and creativity is well noted and now honored with this prestigious award. If you are interested in going to the NJ Regional Myrtle Wreath ceremony being held in Edison on Sunday November 16th, please contact Ellen Panzer Schwartz for reservations.

Also inspiring was the fabulous job that our Mums Committee (schleppers included) did again this year. The flowers were particularly gorgeous this year and thank you to Cheryl Saft and her committee for all their hard work. Do not miss out on this wonderful fundraiser next fall.

Speaking of fundraising, I hope you all have your calendars marked for November 12th and are looking forward to our fall CARD AND GAMES DAY beginning at 11:30 AM in our Towne Centre ballroom. Luncheon will be served and then we will be set to "let the games begin!" It is always a great day and an excellent way to support Hadassah. See the flyer in the rounders. And speaking of games, and Mah Jongg in particular, order forms for the new card are available in the lobby rounders. New card????? It can't be that time again. I am just getting the hang of this card.

INSTALLATION OF OFFICERS for 2026 will be on Wednesday, November 19 at 7pm at the Monroe Township Senior Center. Everyone is welcome, and of course there is always an interesting "nosh" to complete the evening.

And last but not least, please join us again at the Monroe Township Senior Center on Wednesday December 17th at 7pm for our annual CHANUKAH PARTY. There will be games, entertainment, refreshments and surprises.

What a great list of upcoming events. We hope to see you all there,



A word to the wise is superfluous.

A Jewish Thanksgiving?

By Richard Weber

Thanksgiving is one of America's most cherished holidays where family and friends gather to feast and give thanks. The values we honor on Thanksgiving -- thankfulness, gratitude, food, family, friends and service are closely connected to Jewish values.

There are Jewish holidays when we say *thank you* and express our gratitude. On Passover, we say thank you for being freed from slavery in Egypt. On Sukkot, we eat in a Sukkah (hut with an open roof) to show our gratitude for the harvest and for our shelter. On Chanukah we light a Menorah (candle holder with 8 candles) to say thank you for the small amount of oil that burned for 8 days. Thanksgiving is not a Jewish holiday but it enables Jewish people to show gratitude and say *thank you* for the good things in their lives.

The Shalom Club is **grateful** and **thankful** for the support of the Greenbriar community, along with our club members and dedicated volunteers.



Join us for our upcoming events

Sunday, November 2, 2025, Walter C presents the story of the Jewish people who emerged in southern Levant around the 12th century BCE from their ancestral kingdom of Israel and Judah up to the present.

Wednesday, November 5, 2025 Special Event, at 2pm, Bea Lurie, co-author of **Life Must Go On**, a story about her father Sol Lurie who lives in Greenbriar

Sunday, December 7, 2025 Chanukah Breakfast with entertainment by the Florian Schantz Jazz Combo

No movies in November and December!

Upcoming Events in the works!

Cruise to Bermuda -contact us for more information

Susan Addelston will be back for another 3-part seminar

Shabbat Dinner TBA

PAC SCORES AGAIN!

"At the Oscars" was performed before enthusiastic audiences Oct.31-Nov.2 in the Towne Centre Ballroom. The show paid tribute to Oscar- nominated performances in acting, song and dance. Spanning the era from Silent Film to recent works such as "Saturday Night Fever", "The Godfather" and "Moonstruck", members of PAC (Performing Arts Club) paid homage to silver screen classics in their creative and entertaining way. The audience found themselves singing along to such standards as "Que Sera, Sera", "Moon River", as well as others.

PAC encourages anyone in our community who wants to be part of a fun-loving, creative group of entertainers, writers, backstage crew members, to check out PAC!!



"Yesterday is history, tomorrow is a mystery, today is a gift of God. Which is why we call it the present." - Bil Keane



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Meet The Stars

By Debbie Harbatkin

It was Ladies Night in our ballroom on Saturday evening September 27th, and you can never underestimate the power of women! Wooden Ships: A tribute to Crosby, Stills, Nash (and Young too) brought 'Our House' down with powerful harmonies within a repertoire of fabulous and memorable music.

A little history from Wikipedia, Crosby, Stills & Nash (CSN) was a folk rock supergroup formed in 1968, composed of the American singer-songwriters David Crosby and Stephen Stills and the English-American singer-songwriter Graham Nash. When joined by the Canadian singer-songwriter Neil Young, they were known as Crosby, Stills, Nash & Young (CSNY). They are noted for their intricate vocal harmonies and lasting influence on American music and culture, their political activism and their tumultuous relationships.



Their first album, Crosby, Stills & Nash (1969) produced the Top 40 hits "Suite: Judy Blue Eyes" and "Marrakesh Express". As Crosby, Stills, Nash & Young, they performed at the Woodstock festival that August.

Performing the music of four famous men, these three Ladies backed by a talented all-male band gave us a new twist on these timeless multi-generational appeal tunes such as "Teach Your Children", "Carry On", "Love The One Your With" and the counterculture anthem "Ohio", and many more.

Greenbriar At Whittingham residents, longtime couple of 19 years, **Pat DeSantis and Mike Carbone** got to *Meet The Stars* after the show. They have lived in Greenbriar for ten years and are both retired from their careers but continue to work part-time. Pat is a Pre-K special ed paraprofessional and Mike helps all of us at Jamesburg Hardware. Between them, they have six children and 16 grandchildren that keep them busy. In their spare time here in our community, they are members of the Italian American Senior Cultural Committee, the Music Club and PAC. Pat participates in the GW Ladies Night Club activities, line dancing and plays Mah Jongg.

On a personal note, while I was (wayyyy) too young ☺ to have gone to Woodstock, my oldest brother went and was seen years later in a documentary, in a photograph at the event while standing up against a fence by the stage. Both my musician older brothers played this music non-stop in their rooms, so I truly grew up on it and knew every song and every word!

Next up to close out our 2025 season is a special daytime Brunch & Show on November 16 with music by the fabulous Barry Jason to end our 2025 season! Banquet style seating will offer tables suggested for 10 but can accommodate up to 12 people and can be reserved now as of this writing! Please see the flyer in this Newsletter or on the Greenbriar At Whittingham website for more details. Reservations with payment can be made for full tables or individuals at the Concierge Desk.

We have a fabulous line-up for 2026 starting with the Sensational Soul Cruisers, The Sensational Soul Cruisers are an 11-man horn group fronted by four soulful vocalists who pay homage and tribute to the very best of the 60s, 70s, and 80s. A sneak peak at our 2026 shows will be in the December issue of The Pulse.



Greenbriar at Whittingham Pulse

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GW Camera Club

by Roy Goldschmidt

Greenbriar at Whittingham Camera Club will have their next meeting on November 19th in the upstairs meeting room at 7 PM. This program will involve members of the club displaying their images for friendly review and critique. Hopefully, this will help all of us improve our images. Those members that choose to submit images should forward them to Roy Goldschmidt at photosbyroy@gmail.com by November 10th. Pictures selected will be displayed on the photo wall in the Towne Centre for the following four months.

TRAVEL PHOTOGRAPHY

As we approach the winter months in New Jersey, many GWCC members will travel to a warmer climate or spend a significant amount of time traveling to get out of the cold. Traveling and photography go hand in hand. When you are in a new place experiencing new things, it's only normal that you would want to get that perfect photo, something to remember the moment by. You want to come home with images on your cell phone or in your camera to share with family and friends.

TRAVELING TIPS

Before traveling, know how to use your camera or cell phone. A camera can be a DSLR (Digital Single Lens Reflex Camera), a Smartphone Camera, or a Point-and-Shoot Camera. Read the manual cover to cover. Learn all of the controls on your camera or cell phone, especially out of its automatic mode. Practice makes perfect, and that applies to photography.

TELL A STORY

Capture as many details as you can. Take wide angle shots of the streets, capture people in motion, zoom into smaller details such as what is for sale in shop windows and street stalls. Each place we visit has its own particular look, character, and ambiance. If we want photographs of our travels to be good and lasting, they should capture all of these qualities and say as much about a place as give the literal look of it. Understanding the customs and traditions of a place is vital. For one thing, you want to be sure you act in a way that is not rude or offensive. If you capture all of the elements of the scene, the photos will tell a colorful story.

Photography is an art of observation. It's about finding something interesting in an ordinary place. It has little to do with the things you see and everything to do with the way you see them.

Photographs capture a moment that's gone forever, impossible to reproduce.

The GWCC will not have meetings during the winter months. The next meeting will be in March, although the camera club will function administratively throughout the winter.





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"I have not failed. I've just found 10,000 ways that won't work." - Thomas Edison

GW Ladies Club

By Carrie Ferraro

The GW Ladies Club ended the summer with many fun events. We had a historical tour of Princeton and the grounds of Princeton University. We also enjoyed a “Taste of Italy “ with a delicious dinner at Limoncello at Piazza Di Roma in Aberdeen.

October events included a trip to Holland Ridge Farm in Cream Ridge for sunflower picking and a tour of their amazing windmill. We also had a great lunch at Ponte Vecchio restaurant in Old Bridge.

Our October meeting was amazing! Our members explored their competitive side and played interactive games of “Minute to Win It”! They had one minute to sort 30 candy dots and to build a pyramid with red solo cups!

Our November membership meeting will include a Thanksgiving cultural appetizer and dessert event. Members will be able to sample different foods representing the diverse cultures of our members.

Our December Winter Wonderland Dinner will be for our 2025 members who have joined by November 1st. More information will follow for this amazing event!

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

The GW Ladies Club meets the 2nd Monday of every month at 6:30 PM in the Ballroom. New members are always welcome to join. Membership forms are located in the kiosk in the lobby of the clubhouse. Annual dues is \$10 per person. We look forward to meeting new members and sharing and creating many adventures together.



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Italian American Senior Social Club News

Happy Thanksgiving!

Or as Italians would say – Buon Giorno del Ringraziamento!

By Helen Fross

Although Thanksgiving is an American holiday, Italians celebrate the harvest festival with gratitude for the food they have to share with family and friends.

My grandparents came to the United States from Italy through Ellis Island. My grandfather was a mason and they had a small house in Nutley. I always remember picking the figs or grapes from my grandfather's trees, tasting his homemade wine and helping my grandmother make pasta and hanging it on the dish cloths over the back of chairs.

I'd like to share my beautiful memories of Thanksgiving as a kid.

Thanksgiving morning, my father and I would go to the bakery for Italian bread. We would buy what felt like a million loaves of bread to bring to my Aunt Mary's. Of course, we would always buy one extra loaf so we could eat the hot heel of the bread. I can almost smell and taste it now as I'm writing this.

It was our tradition to have Thanksgiving with my father's Italian family consisting of my grandparents, 2 uncles, 5 aunts and their families of 26 cousins. We would have dinner in the basement of Aunt Mary's Cape Cod house, where she had her 2nd kitchen. There were folding tables and chairs setup in 2 or 3 long lines with tablecloths, linen napkins, plates and silverware for 45+ people. Thanksgiving was one of the best holidays because we knew the entire family would be together, unless of course, cousin Sal was on duty at the Nutley Police Department (although he always showed up when the pasta was ready!)

Of course, there was an abundance of food starting with antipasto with lots of olives, cheeses, meats, artichokes, roasted peppers, etc. Then came trays of lasagna, manicotti, meat ravioli and ziti along with mountains of meatballs, sausage and braciola. There were containers with freshly grated parmesan cheese and GRAVY up and down the tables. After a bit we then had a very large homemade salad. This was only our first meal! Then the turkey, stuffing, potatoes, cranberry sauce and all the trimmings came out. Following this were trays and trays of dolci (desserts)! We had cannolis, ricotta pie, pignoli cookies, anise cookies and every other Italian cookie you can imagine in addition to Aunt Rosie's homemade cream puffs with chocolate icing.

During dinner, which took all day, activities were happening behind the scenes. My cousin, Georgie, would be playing his guitar and singing. Uncle Frank would have Frank Sinatra playing on the record player and cousin Joey would be teasing his niece, Lisa, about her dancing. It was really an amazing time creating such beautiful memories.

In between meals, my mother, aunts and older cousins would be taking dirty dishes and bringing clean ones to and from the table. Some of my cousins would be washing dishes and myself and the younger cousins would be drying them. Thinking back it was a lot of work but we had so much fun I don't think we even realized we were working!

Over the years, the roles of the cousins and aunts changed. We lost our grandparents, cousins got married and had children and started moving further away making it difficult to make the trip home. Every year our family was growing but our Italian Thanksgivings were drastically changed. Now each family has their own Thanksgiving with their children and grandchildren. Although we all love spending the day with our families but talking with my cousins we all feel the same. Our children will not have these beautiful memories of knowing how special Thanksgiving always was to us knowing we will see the whole family that day. Several cousins and I still get together for lunch and some how many funny Thanksgiving dinner events come up and we just love talking about those beautiful memories.

Buon Giorno del Ringraziamento or Happy Thanksgiving to everyone! May you and your family create your own beautiful memories of this special day!.



GW Friends: A November to Remember.

By Mark Surks

GWF Members enjoyed the musical stylings of the lovely and talented Maci Miller. She was accompanied by Mr. 88's himself, Dean Schneider. It was really wonderful and astonishingly free to all members.



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

Monday, November 24th We saved the best for last. We have the talented Reginald Proctor. Reginald has a unique voice and style all his own. Members won't want to miss hearing his performance.

Friday, November 7th The Chess Club will meet at 2 PM in the Ballroom. Contact Anatoly Shpirt at 347-693-8791 or just show up. Beginners are welcome

Monday, November 3rd Join us for our first Monday breakfast. The always fun, frenetic and financially rewarding **GW Friends Breakfast** is at 8:45 AM (early birds are expected, late comers are 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 a fun morning with announcements and a *ginormous, potentially life-altering* 50/50 payout on the line. The winner will be escorted to his car for security reasons.

Monday November 3rd **History Club** 4 PM in the Poker Room. Kathy DeDonno will speak on "From Stowaway To The OSS.", the remarkable story of Spiros Taflambas. His memoir relates his humble beginnings and extraordinary role in the OSS, the precursor to the CIA. Mr. Taflambas has an extraordinary surprise connection to Greenbriar at Whittingham. The History Club is chaired and curated by Pierre Rein (908-420-4181).

Tuesdays, November 4th and 18th 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, November 11th **The Finance and Investing Group** will meet at 4:00 PM in the room opposite the nurse's office. Jerry Gittler and "T-Bill" Trubinski facilitate the discussion about today's markets. You can reach Jerry at 609-642-8929. This is an informative and entertaining group of both men and women. It's a good place to learn financial matters. If you need help understanding just what you own, this would be a good place to find out.

Wednesday, November 12th **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, November 17th 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, November 24th **The Marvin Bachman Book Club** will meet at 4:00 PM to discuss the national best seller "American War" by Omar El Akkad.

A second American Civil War, a devastating plague, and one family caught deep in the middle. This gripping debut novel asks what might happen if America were to turn its most devastating policies and deadly weapons upon itself. From the author of "What Strange Paradise"

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

"Be yourself; everyone else is
already taken." - Oscar Wilde

Sports Cars are Like Girlfriends, Only More Expensive

By Ken Wagner

The following is one of a series of profiles on GW Wheels car club members and their collectible automobiles. This month it focuses on Ken Wagner, club Secretary. (Yes, I wrote it about myself...)

I remember the first time I said out loud that I wanted a sports car. I was with my mother walking down Main Street in Red Bank and we came upon a beautiful red Jaguar E-Type parked at the curb. The E-Type had that incredibly long hood that meant the front of the car arrived a couple of minutes before the passengers. It just screamed “impractical rich man’s car”.

“I’m going to have one of those someday!” I said. My mom, always the pragmatic type, said I should keep that to myself. The threshold for determining mental illness in those days was fairly low. But the thought didn’t leave me.

In reality, my first sports car wasn’t a Jaguar but a well-worn 1966 Triumph Spitfire Mk II convertible that I bought for \$150 some years later. It was a classy British Racing Green and most of the instruments worked if it wasn’t raining. The canvas top had two out of three windows intact. The third was made up of duct tape. That was the only one that didn’t leak. I loved it with all the ardor of a true first love.

Looking back, I think it was really a codependent relationship. (This might have been before they created the word “codependent”.) The car required a lot, but didn’t always reciprocate in kind. On the plus side, I learned over time how to replace every component under the hood – some two or three times. As a favor to me it only broke down and stranded me on rainy or really cold days. What doesn’t kill you...

To be fair, on the days when the sun was out and the car was running, there was nothing like it. Cruising along back roads in Holmdel, wind in my hair, the roar of a 63 horse-power engine in my ears was a little piece of heaven. Off the line the car could do 0 – 60 in just 14 seconds – but what counted was that it *looked* fast.

Overall, the Spitfire was designed to provide just enough innovation to make it a blast to drive, but still cost less than a good stereo system back in the day. You still had to pull a choke to start it, but it boasted four-wheel independent suspension, rack and pinion steering and a short-throw four-speed when most cars only had three speeds. You didn’t just raise the hood; you raised the entire front end to get to the engine. Best of all, they cleverly placed the gas filler cap just behind the rear window in the center of the car – giving service attendants a chance to play scavenger hunt when filling up.

I had that first Spitfire until my Sophomore year in college, when I had to sell it to pay the rent. It wasn’t my last Spitfire. I owned two more after that, but the others never had my heart like that first one. Sure, they were fun, but we never got serious. Certainly, I never considered a long-term relationship with them.

Then came the MG Midget Mk III two-seater convertible and I fell in love again. She was a lot younger than the Spitfire, a silver beauty with a wide black racing stripe down the middle, wire wheels and a working radio. What she didn’t have, at first, was a working transmission. Interesting note: to remove the transmission on the Midget, you had to remove the entire engine and transmission together with a hoist. I did this twice in two years.

This was a relationship that you couldn’t take lightly. Just getting in and out of the car required commitment – and the flexibility of a gymnast. While owning this car my wife and I perfected the art of the “push-start”. That’s when one of you pushes the car, and the other one pops the clutch to start the engine when the battery is dead. I still feel bad about making her do the pushing... usually in high-heels. We had this car until our daughter came along, and we realized that we couldn’t just put her in the trunk.

It was a bunch of years later, but eventually another sports car came into my life. This time around it’s the convertible 2012 BMW two-seater Z4. This one actually starts when you want it to, and has a tendency to get me where I am going. Instead of bringing along a transistor radio for entertainment the way I had to in the Spitfire, I can tune into Sirius radio and a navigation system has replaced huge paper maps that were impossible to fold back up. It’s a lot of fun, but the Spitfire vs. the BMW – it’s a bit like the difference between camping outdoors or staying at the Hilton. Both are great, but very different. I think at my age I prefer a refined “girlfriend”.

So, what do you do with a sports car around here? Mine is my daily driver. It’s not one of those that just sits in the garage. We hit Aldi twice a week!



Two years ago, a few like-minded folks got together here at Greenbriar and put on the first ever classic and specialty car show. It was the genesis of the GW Wheels club. I'd never done a car show, but the idea of showing my car was pretty interesting. I reached out to enter and ended up meeting Tom Mulvey, Mort Resnicoff, and Marc Press – the founding members of the club. Eventually I became the club Secretary. It's been a lot of fun between our annual show in June, our New Year's Day parade, organized rides and club events. Recently the club took over the Towne Center picnic grove for a night of BBQ.

Membership in GW Wheels is open to anyone with, or without a car, but with an interest in all vehicles with motorized wheels. It's a diverse set of cars represented in the club, but everyone gets a chance to show off their "love".

About GW Wheels: For more information about the club, or to join, contact them at gwwheels@icloud.com or visit the club website at <https://gwwheelsclub.godaddysites.com>



Ken Wagner with his current "love", a 2012 BMW Z4, at the Annual GW Wheels car show in June 2025.

GW Line Dancers



News from the Golf Course

By Allan Cooper

The Election for the Golf Board was held in September.

The Golf Board consists of five members. Three people, Carmine Campanella, Richard Kitts, and Bruce Weiner ran for two open positions on the Board. Campanella and Kitts were elected for a two year term.

Voters were able to vote by email or paper ballot. The majority of votes were cast via email which saves the community a good deal of money on postage.

The Golf Course requires continuous maintenance and repair to be in the top condition that we find it. This coming year we plan to reconstruct the large sand trap on the ninth hole.

A sand trap is more than a pile of sand laid on the fairway of a golf course. It is a complex structure that has drainage below the surface of the sand.

A series of pipes are connected in a herring bone pattern and are placed on the ground. A fabric screen is placed over the pipes that allows water to drain into the pipes but keeps the sand out of the pipes. Thus, rain water that falls on the trap seeps into the pipes and runs off outside the trap - without disturbing the sand.

Why does a golf course have sand traps? The answer appears to lie partially in the early history of golf. The historians explain that the game started with shepherds on the coast of Scotland.

It's thought that they were hitting rocks with their shepherd crooks. They did this to amuse themselves as they moved sheep along the coast.

The sheep, for their part in the story, would burrow into the ground to protect themselves against the coastal winds. But the same winds would fill the sheep burrows with sand and the shepherds had sand traps added to their game of "hitting-the-rock".

Meanwhile some of these same historians believe that rabbits dug holes along the same paths the sheep followed. When the rabbits walked around their holes, (getting in and out of their warrens), they flattened the earth. This flattened area with rabbit-holes became the modern Golf-Course-Green.

It's clear that some of the golf historians are not afraid to do some speculating. Finally, the territory where this all took place was called a Links-land. It linked the sea with the pasture lands. Thus the golf course is often referred to as the Links.



GW Friends Holds Annual Food Drive

By Mark Surks

Once again, GW Friends is sponsoring it's annual Food Drive. It is a great opportunity for Snow Birds to clear out non perishables, but of course this is for all of us to participate.

Donations are given to Middlesex County Replenish. Replenish is a clearing house for food banks throughout the county. It has developed a very efficient way of seeing that the donations make it to the communities most in need.

GW residents have given very generously to this in the past. The bins will be available in the Towne Centre lobby on October 25th and will remain through Thursday, November 6th.

They accept all non-perishables but please, no matzoh ☺.

Did you know?

By Michelle Polk

As my readers are aware, I read a lot of material related to health and well being. I continue to learn as I go through my life and share my information with you in the hope of enriching your lives with this information.

Vinegar lowers blood pressure. Vinegar has medicinal values and can reduce swelling. It has the capability to combat bacterial and viral symptoms. If you have a sore throat and gargle with hot water, salt and vinegar this acts as a mouthwash eliminating the soreness.

The importance of the breath: The power of the breath can aid and help our body heal naturally. The beauty of this method is that both stress and pain management can be successfully treated by the breath.

Although we are 55 years and older, vitamin D is known to decrease the pain of cramps during our menstrual cycle.

My recent article talked about the possible dangers of acetaminophen but never addressed what options we have to eliminate the use of this over the counter pill. Options that tend to eliminate the pain include exercise, proper diet, hydration and outdoors activity. Hopefully you'll get the benefits of sunshine.

Did You Also Know?

Also by Michelle Polk

As I did my 5:00 a.m. walk, o. I want to thank all our residents living on Westboro, Birmingham, and Chichester on behalf of Jaimie, our garbage hauler from Republic. By complying with suggestions in last month's Pulse as well as my editorial. If you recall Jaimie was injured and has been disallowed from leaving his truck to pick up trash or recyclables not placed on the "Teeter" by his supervisor. Please place all your boxes and plastic bags on the top of your plastic teeters.

Keeping with the theme of "Did You Know", placing salt in your drains over night and placing hot water down the drain the following morning will clear them out.

Did you know that according to Matt, our knowledgeable supervisor and arborist of LMS, that you can turn your sprinklers off.

Did you know that according the American Diabetes Association if you have diabetes that you might be at risk for latent onset blindness as diabetes is the leading cause.

Being a stroke survivor and an advocate of fitness and eating correctly, I recently came across an article in the NY Times in the science section. The nature of it is a pill is being developed by neurologists to help in the recovery after a stroke or a traumatic brain injury (TBI). This pill will help and assist those people who have been impacted physically.

Did you know that zucchini has some powerful antioxidants. It keeps blood pressure in check, not full of calories and is good for your vision. Do not peel as the skin is packed with nutrients!

Once again learning can take place each and every day share what you have learned with others!



GW Connections: Sweater Weather is Better Together!

by Michele Sandler

Gathering Together

In August GW Connections offered a bus trip to The Seeing Eye in Morristown NJ. This is an academy that trains dogs to help humans. Our group was privileged to have a private tour of the facility. Of course, the stars of the tour were the incredible dogs who assist people in living full and independent lives. After traveling back to the Towne Centre the group enjoyed a delicious luncheon at The Greenery.

Giving Back Together

Beyond the joy of these gatherings, GW Connections is deeply committed to supporting local charities. A portion of every membership fee and the funds we raise benefit Homefront, Women Aware and the Monroe Food Pantry. Thanks to the generosity of the attendees at our August 4th meeting we provided an abundance of school supplies to the residents of Homefront.



Hopefully your calendars are already marked for our meeting on **November 3rd**. Please bring a new unwrapped toy to the meeting. You might want to chip in with a friend and **donate together** since toys have become more costly.

Looking Ahead Together: Louis Armstrong Performance

This should already be on your calendar! **Monday, November 3rd at 7:00 PM**, renowned actor Marvin Jefferson will portray legendary musician Louis Armstrong in the Towne Centre Ballroom. Known as one of the most influential artists of the 20th century, Armstrong's story promises to be both moving and uplifting. This free event is open to members and non-members alike, and refreshments will be served.

Join Our Clubs

GW Connections offers a wide variety of groups where members can learn, share, and grow together. Current offerings include:

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

We're always open to new ideas—if you'd like to suggest a new group, we'd love to hear from you!

Membership Information

- **Annual Fees:** \$15 (single) / \$20 (family)
- **Charities supported:** Homefront, Women Aware, Monroe Township Food Pantry
- **To join:** Make checks payable to *GW Connections* and place in **Box #5 (Attn: Sandy Duncan)** in the Clubhouse lobby. Please include your contact information. **Inquiries:** Call Carol Cooper at **609-409-3860**

Be honest. You really miss being able to slam the phone down. -
Cliff Hanger



By IAC Volunteering Team / (Photos by Lata Shah, Raj Malhotra, Prem Somasundram, Swarn Pasricha)

“A Night to Treasure”

The Indo-American Club’s September event was a loving tribute to a friend who has enriched our community with her generosity and kindness. Friends and family came together to celebrate Madhu Sehgal’s 65th birthday, honoring her selfless service and dedication. As we celebrated Madhu’s milestone birthday, it was clear that her enthusiasm and love have touched so many.

The elegant black and gold décor added a touch of luxury and sophistication. “Chef Neha’s” charcuterie spread was a work of art, a visual and culinary delight, a symphony of flavors and textures!! As friends and family took center stage, the DJ spun magic, setting feet tapping and heart singing, the celebration became a testament to Madhu’s impact on the community.

The night sparkled with joy, laughter and music, a true celebration of a life well-lived and loved.

The Sherlock Holmes Club

by Paul Hartnett

"It was a wild morning, and the last remaining leaves were being whirled from the solitary plane tree which graced the yard behind the house. Holmes was in a good mood, with that somewhat sinister cheerfulness characteristic of his lighter moments. After a month of trivialities and stagnation, he had a case."

This is from the opening scene of the short story *The Problem of Thor Bridge*. It is written by Dr. John Watson, Sherlock Holmes' longtime friend, partner, companion, and biographer. Watson relates 56 of the 60 original Sherlock Holmes stories. Virtually all we come to know about the great detective- his appearance, background, character, methods, finances, attitudes, etc.- are learned through Watson's words.

Watson once characterized his friend as "the most perfect reasoning and observing machine the world has ever seen." For Holmes, mental exercise was life itself. Idleness or lack of work usually put Holmes into a bad mood. Sometimes it made him short tempered while other times it led him into depression. And when things were particularly slow, Holmes turned to drugs. "My mind rebels at stagnation," he explains to Watson when the doctor objects to his cocaine use. "Give me problems, give me work, give me the most abstruse cryptogram, or the most intricate analysis, and I am in my proper atmosphere. I can dispense then with artificial stimulants."

This need for mental stimulation is a common condition of Holmes throughout the stories. He states in one case "I abhor the dull routine of existence. I crave for mental exaltation," and in another "My mind is like a racing engine, tearing itself to pieces because it is not connected up with the work for which it was built."

And so, we see Holmes without a case as restless and irritable, with the good doctor worried about his possible relapse into drug use. However, Holmes with a case is, as noted above, cheerful and in buoyant mood with the good doctor excited to embark on another thrilling adventure! Was Sherlock Holmes a hopeless drug addict? Not so, as Dr. Watson explains in the case of *The Missing Three-Quarter*: "For years I had gradually weaned him from that drug mania which had threatened once to check his remarkable career. Now I knew that under ordinary conditions he no longer craved for this artificial stimulus; but I was well aware that the fiend was not dead, but sleeping; and I have known that the sleep was a light one and the waking near when in periods of idleness I have seen the drawn look upon Holmes's ascetic face, and the brooding of his deep-set and inscrutable eyes."

The Sherlock Holmes Club is dedicated to exploring and discussing the adventures of the Master Detective and Dr. John Watson, and the life and times of Victorian England. One of the 60 original stories by Sir Arthur Conan Doyle is selected for each meeting, which feature discussion, film clips and an occasional guest speaker. There are no dues and the stories are available for free online at *Sherlockian.net* and other sites. So put down that phone and climb the seventeen steps to join Holmes and Watson as they sit by the cheery fire in the Baker Street sitting room, awaiting their next exciting case. New members are always welcome.

Meetings are held on the 2nd floor meeting room at 4:30 on the 4th Wednesday of the month. Due to upcoming conflicts for November (Thanksgiving Eve) and December (Christmas Eve), our next meeting will be on Wednesday, January 28th. See our announcements and schedule in *The Pulse*, on Ch. 26 and through flyers the lobby.

The Game is Afoot!

??? call Paul 609-642-6314



They say when you retire you'll travel more. What they don't tell you is that it is to doctors' appointments.

This and That

By Diane Morris-Paff

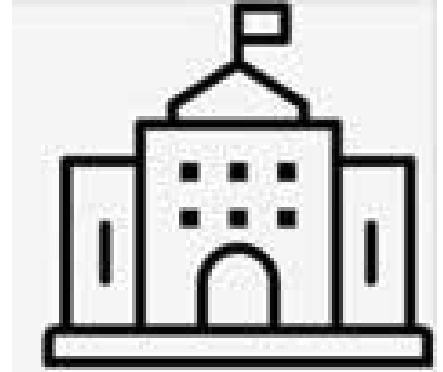
Are you aware of the Residents' Civic Club? This organization puts together some great programs for all residents.

In September, they held 2 events for local (county and township) candidates for office, to present themselves to the GW community. For those who attended it was a great way to hear about County Clerk, County Sheriff, County Commissioner and Assemblymen who are up for election on November 4th. Where better to learn about what they accomplished, or hope to do?

The second candidate evening involved School Board Elections candidates. Did you know that half of our property taxes goes to finance education/schools in Monroe Township? How would you choose these people to represent you? Eeny, meeny, miny moe? This evening, you got to hear from and to speak directly to the candidates. By the end of the evening, I knew exactly which 3 candidates I would support. This was much better than previous years, where I guessed who would be best since I couldn't find much information about this level of candidates online.

In a previous year, they had an evening event about Medicare, Medicare Advantage, Supplemental Plans and Plan D. Plan D coverage (prescription) is something that people on traditional Medicare can select each year. You can save a lot of money on your premiums and/or cost of individual medications, if you understand how to select a new or keep your current plan, annually. By the way, open enrollment goes through December 7th.

Did you miss out on this great learning opportunity? Why not join the Residents' Civic Club and find out what they have to offer. I am not on the board and have no ties to this club, but want others to see what a great job Gary Filik and his crew are doing for our community.



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Sunday	Monday	Tuesday	Wednesday
2 9:45 a.m. Shalom Club 1:00 p.m. PAC At the Oscars	3 9:00 a.m. Pickleball Club Play 9:00 a.m. Ping Pong 10:00 a.m. Team Weights with Ellen 11:00 a.m. Aquacise 12:30 p.m. Zumba (Instruction by Video) 3:30 p.m. Tap Dancing 4:00 p.m. History Club 4:00 p.m. Intermediate & Advanced Pickleball Clinic 4:30 p.m. Pickleball Beginners Clinic 6:30 p.m. Line Dancing with Teri 7:00 p.m. Intuitive Club 7:00 p.m. GW Connections	4 9:00 a.m. Pickleball Club Play 10:00 a.m. Greenbriar Site Review Committee Meeting 11:00 a.m. GW Woodworking Club Workshop 11:00 a.m. Fab, Fit & Fun 12:30 p.m. Zumba (Instruction by Video) 12:30 p.m. GW Ladies Board Meeting 2:00 p.m. The Alan Hermelee Current Events Discussion Group 3:00 p.m. PAC Board Meeting 3:30 p.m. Tap Dancing 5:30 p.m. Water Volleyball 6:30 p.m. Billiards	5 9:00 a.m. Pickleball Club Play 9:00 a.m. Ping Pong 10:00 a.m. Team Weights with Ellen 10:30 a.m. Resident Council Meeting 10:30 a.m. Team Weights with Ellen 10:45 a.m. Chair Yoga 12:30 p.m. Zumba (Instruction by Video) 1:00 p.m. Shalom Club 2:00 p.m. PAC Board Meeting 6:00 p.m. Pickleball Club Play 6:00 p.m. Ping Pong 7:00 p.m. Camerata 7:00 p.m. New Horizons
9 11:30 a.m. ORT Lunch	10 9:00 a.m. Pickleball Club Play 9:00 a.m. Ping Pong 10:00 a.m. Team Weights with Ellen 11:00 a.m. Aquacise 12:00 p.m. Zumba (Instruction by Video) 3:30 p.m. Tap Dancing 4:00 p.m. Intermediate & Advanced Pickleball Clinic 4:30 p.m. Pickleball Beginners Clinic 6:30 p.m. Line Dancing with Teri 6:30 p.m. GW Ladies Club	11 9:00 a.m. Pickleball Club Play 10:00 a.m. Line Dancing 10:00 a.m. Brain Fitness 11:00 a.m. GW Woodworking Club Workshop 11:00 a.m. Fab, Fit & Fun 12:30 p.m. Zumba (Instruction by Video) 3:30 p.m. Tap Dancing 4:00 p.m. Finance Committee Meeting 5:30 p.m. Water Volleyball 6:30 p.m. Billiards	12 9:00 a.m. Pickleball Club Play 9:30 a.m. Computer Class 10:00 a.m. Team Weights with Ellen 10:30 a.m. Team Weights with Ellen 10:45 a.m. Chair Yoga 11:30 a.m. Hadassah Meeting 12:30 p.m. Zumba (Instruction by Video) 2:00 p.m. PAC Board Meeting 4:30 p.m. Indoors 6:00 p.m. Pickleball Club Play 6:00 p.m. Ping Pong 7:30 p.m. Respite
16 9:30 a.m. Monroe Township Post 609 Jewish War Veterans 11:00 a.m. WHOA Brunch with Barry Jason	17 9:00 a.m. Pickleball Club Play 9:00 a.m. Ping Pong 10:00 a.m. Provocative Thinking 10:00 a.m. Team Weights with Ellen 11:00 a.m. Aquacise 12:30 p.m. Zumba (Instruction by Video) 3:30 p.m. Tap Dancing 4:00 p.m. Intermediate & Advanced Pickleball Clinic 4:00 p.m. Socrates Café 4:30 p.m. Pickleball Beginners Clinic 6:30 p.m. Line Dancing with Teri 6:30 p.m. WHOA Open Workshop Meeting	18 9:00 a.m. Pickleball Club Play 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. Zumba (Instruction by Video) 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	19 9:00 a.m. Pickleball Club Play 9:00 a.m. Ping Pong 10:00 a.m. Team Weights with Ellen 10:00 a.m. Greenbriar Site Review Committee Meeting 10:00 a.m. The Alan Hermelee Current Events Discussion Group 10:30 a.m. Team Weights with Ellen 10:45 a.m. Chair Yoga 12:30 p.m. Zumba (Instruction by Video) 1:00 p.m. Viet Nam Veterans 2:00 p.m. PAC Board Meeting 5:30 p.m. Indoors 6:00 p.m. Pickleball Club Play 6:00 p.m. Ping Pong 6:30 p.m. Health/Fitness 7:00 p.m. Camera Club
23 30 1:00 p.m. WHOA Movie: Vacation	24 9:00 a.m. Pickleball Club Play 9:00 a.m. Ping Pong 9:30 a.m. Golf Closed Meeting 9:45 a.m. GW Connections Board Meeting 10:00 a.m. Team Weights with Ellen 11:00 a.m. Aquacise 11:00 a.m. Golf Open Meeting 12:30 p.m. Zumba (Instruction by Video) 3:30 p.m. Tap Dancing 4:00 p.m. Intermediate & Advanced Pickleball Clinic 4:00 p.m. GW Friends Book Club 4:30 p.m. Pickleball Beginners Clinic 6:00 p.m. Ladies Club Book Club 6:30 p.m. Line Dancing with Teri 7:15 p.m. GW Friends	25 9:00 a.m. Pickleball Club Play 10:00 a.m. Line Dancing 10:00 a.m. Shalom Club 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. Zumba (Instruction by Video) 3:30 p.m. Tap Dancing 5:30 p.m. Water Volleyball 6:30 p.m. Billiards 6:30 p.m. WHOA/GWCA Joint Open Board Meeting	26 9:00 a.m. Pickleball Club Play 9:00 a.m. Ping Pong 10:00 a.m. Team Weights with Ellen 10:00 a.m. WHOA Board Meeting 10:30 a.m. Team Weights with Ellen 10:45 a.m. Chair Yoga 12:30 p.m. Zumba (Instruction by Video) 2:00 p.m. PAC Board Meeting 6:00 p.m. Pickleball Club Play 6:00 p.m. Ping Pong

Wednesday	Thursday	Friday	Saturday
			1 9:00 a.m. Zumba with Diane 10:00 a.m. Chair Yoga with Karen & Dave 10:00 a.m. Zumba (Instruction by Video) 7:00 p.m. PAC At the Oscars
Pickleball Club Play Ping Pong Ceramics Writing Group Civic Board Meeting Motion with Ellen Yoga with Karen & Dave (Instruction by Video) Club Special Event Acting Workshop Gin Rummy AC Rehearsal m. Bocce ART Program Kids on The Block	6 9:00 a.m. 3D Art 9:00 a.m. Pickleball Club Play 10:00 a.m. Chorus 11:00 a.m. Aquacise 11:30 a.m. GW Social Club Board Meeting 12:30 p.m. Zumba (Instruction by Video) 2:00 p.m. Painting Group 4:00 p.m. Shalom Club Program Committee Meeting 6:00 p.m. Stained Glass Group 6:30 p.m. Billiards	7 9:00 a.m. Pickleball Club Play 9:00 a.m. Ping Pong 9:15 a.m. Meditation Class 10:00 a.m. Beginners Plus Line Dancing with Joan & Sona 10:30 a.m. Yoga with Brian 11:00 a.m. Painting Group 11:00 a.m. Deep Water Aquacise 12:30 p.m. Scrabble 1:30 p.m. Health Lecture: Lower Back Pain & Neuropathy 2:00 p.m. Chess Club 6:15 p.m. Italian American Club	8 9:00 a.m. Zumba with Diane 10:00 a.m. Chair Yoga with Karen & Dave 10:00 a.m. Zumba (Instruction by Video)
Pickleball Club Play Club Meeting (Zoom Only) n. Ceramics Writing Group Motion with Ellen Yoga with Karen & Dave Hassah Card Party (Instruction by Video) Acting Workshop -American Ladies Gin Rummy m. Bocce sident Civic Club	13 9:00 a.m. 3D Art 9:00 a.m. Pickleball Club Play 9:00 a.m. Greenbriar Budget & Finance Committee Meeting 10:00 a.m. Chorus 10:00 a.m. WHOA Budget & Finance Committee Meeting 11:00 a.m. Aquacise 12:30 p.m. Zumba (Instruction by Video) 1:00 p.m. GW Social Club Luncheon 1:30 p.m. Hadassah Discussion 2:00 p.m. Painting Group 6:00 p.m. Stained Glass Group 6:30 p.m. Billiards	14 9:00 a.m. Pickleball Club Play 9:00 a.m. Ping Pong 9:30 a.m. Meditation Class 10:00 a.m. Beginners Plus Line Dancing with Joan & Sona 10:30 a.m. Yoga with Brian 11:00 a.m. Painting Group 11:00 a.m. Deep Water Aquacise 12:30 p.m. Scrabble 6:30 p.m. Canasta Tournament 7:00 p.m. Bingo	15 9:00 a.m. Zumba with Diane 10:00 a.m. Tennis Club 10:00 a.m. Chair Yoga with Karen & Dave 10:00 a.m. Zumba (Instruction by Video)
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Pickleball Club Play Ping Pong Ceramics HOA Covenants ee Meeting Motion with Ellen Yoga with Karen & Dave (Instruction by TV) Acting Workshop Gin Rummy m. Bocce	27 Thanksgiving Day – Towne Centre Closed	28 9:00 a.m. Pickleball Club Play 9:00 a.m. Ping Pong 9:30 a.m. Meditation Class 10:00 a.m. Beginners Plus Line Dancing with Joan & Sona 10:00 a.m. Greenbriar Covenants Committee Meeting 10:30 a.m. Yoga with Brian 11:00 a.m. Painting Group 11:00 a.m. Deep Water Aquacise 12:30 p.m. Scrabble 6:30 p.m. After Hours Club	29 9:00 a.m. Zumba with Diane 10:00 a.m. Chair Yoga with Karen & Dave 10:00 a.m. Zumba (Instruction by Video)

You Can Do It! How to Manage Your Diabetes by Eating Healthy

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

Unless you are one of the fortunate ones, you likely know all about having to manage health-related issues as you get older. There's really no way around it; the human body goes through changes as the years pass and managing your health becomes a top priority more than ever before.

Diabetes, a condition that affects millions of seniors, is a disease that occurs when your blood sugar (glucose) is too high. If you have diabetes, eating healthy is a great way to manage your blood sugar.

November is **Diabetes Awareness Month**, a perfect time to learn more about how food choices impact your blood sugar levels and overall health. Whether you have diabetes, are at risk for it, or are simply looking to stay healthy, it's never too late to start eating better.



Why Healthy Eating Matters

You have heard it said before that, “You are what you eat!” What does this mean? Simply put, if you make junky food choices, you are going to feel junky. This is especially important for diabetics, or those who have been told they are prediabetic.

A healthy diet can help:

- Improve your energy
- Control your weight
- Lower your risk of heart disease
- Manage blood sugar without needing extra medication

Does this mean you have to give up all your favorite foods? No more dessert? Absolutely not! Healthy eating doesn't mean giving up the foods you enjoy. It's just about making smart choices.

Tips for Healthy Eating with Diabetes

Here are some simple and practical tips to keep your blood sugar in check. These food items should be on every healthy person's menu!

1. **Choose whole grains** – Swap white bread, rice, and pasta for whole-grain versions. These have more fiber, which helps manage blood sugar.
2. **Eat plenty of vegetables** – Fill half your plate with non-starchy vegetables like broccoli, spinach, green beans, and peppers. If you love corn and potatoes, eat them in moderation – not every day!
3. **Limit sugary foods and drinks** – Your blood sugar can spike when you drink soda or eat candy and other sugary foods. Try fresh fruit or sugar-free treats instead.
4. **Watch portion sizes** – Remember what we said about making smart choices? Eating too much of even healthy foods can raise blood sugar. Use smaller plates or measure portions to stay on track.
5. **Don't skip meals** – Skipping meals can cause your blood sugar to go too low or too high later in the day. Try to eat at regular times each day.
6. **Stay hydrated** – Drink plenty of water throughout the day to help your body function properly.

Diabetes Care at Saint Peter's University Hospital

If you're concerned about your blood sugar or have questions about managing diabetes, it's important to speak with a healthcare provider. The expert endocrinologists at Saint Peter's University Hospital in New Brunswick, NJ, specialize in diabetes care and can help you manage the condition effectively.

From personalized treatment plans to nutritional counseling and education, Saint Peter's offers compassionate care that's tailored to seniors. Whether you're newly diagnosed or looking to improve your current diabetes management plan, the Saint Peter's team is ready to help you live a healthier, more active life.

Health/Fitness and Wellness Club

Some tips for Holiday eating

By Stephanie Lichtenstein

The holidays are a time for celebration, connection, and yes—plenty of tempting treats. But staying mindful doesn't mean missing out. With a few smart strategies, you can enjoy the festivities without derailing your health goals. These tips are designed to help you stay in control, feel good and savor the season with confidence.



1. Allow Yourself Treats

Don't ban your favorite indulgences—especially during the holidays. Telling yourself “no chocolate” only makes chocolate irresistible. Instead, enjoy small portions mindfully and steer clear of the guilt-driven triggers that lead to overindulgence.

2. Practice Forgiveness

If you go overboard at a party, let it go. One indulgent day won't derail your progress if you stay on track the rest of the week. Progress, not perfection.

3. Bake in Moderation

Avoid baking enough for a battalion. The more treats you make, the more tempting they become. Stick to small batches to keep your goals—and your sweet tooth—in check.

4. Guard Your Energy

Limit time with people who stress you out. Emotional triggers often lead to emotional eating. Protect your peace, and your plate will follow.

5. Eat Before You Go

Never arrive at a party on an empty stomach. Hunger clouds judgment, and it takes about 20 minutes for your brain to realize you're full. A light snack beforehand can help you make better choices.

6. Politely Decline Seconds

If offered more food, a gracious “Everything was delicious, but I'm full” works wonders. You're not obligated to accept second helpings just to be polite.

7. Stay Active

Regular movement helps keep holiday weight gain in check. Even light exercise can make a big difference—walk, stretch, dance, or play.

8. Tune In to Fullness

When your stomach says “I'm done,” listen. Eat slowly, savor each bite, and stop before you're stuffed. Satisfaction beats excess every time.

9. Hydrate During Meals

Drinking water while eating helps your body recognize fullness. It's a simple way to avoid overeating and support digestion.

Wrapping It All Up

Holiday gatherings are meant to be joyful, not stressful. By staying mindful, setting gentle boundaries, and giving yourself grace, you can enjoy the season without sacrificing your well-being. These small choices add up—helping you feel empowered, balanced and present in every celebration. Cheers to a season filled with good food, good company and good decisions.

Coming events:

October 15 – Physical Therapist will be leading a discussion.

November 19 – Part II of self defense with Mark Harris

December 17 – Part II Tai Chi with Anne.

Cowgirls



A DIFFERENT KIND OF PUMPKIN PATCH - Resident and Art Club enthusiast Dee Lavery displays her handmade fabric and floral pumpkins in a variety of textured and printed materials, just in time for the season!



Giddy-Up Cowgirls- (L-R) Carolyn Forney, Linda Wagner, Cindy Forney and Cathy Clark dressed to dance Country Style at the After Hours Party on Friday, Sept. 25



TV Comedy Icon, Alan Zweibel Speaks at Shalom Club Event

By Mark Surks

As soon as I heard that Alan Zweibel would be speaking in the GW Ballroom, I purchased my tickets. I am an admirer of comedy writers. I realized late in life that perhaps I had made a huge mistake not endeavoring to write comedy. Zweibel is among the very best of the Baby Boomer class of comedy writers and a name with which I was very familiar.

Through a friendship with GW Resident Len Feiner (who appears on this issue's cover as part of a collage of military veterans) the Shalom Club arranged for Zweibel's appearance.

Zweibel, who currently resides in New Jersey, (He confessed that he moved here because he felt he wasn't paying quite enough taxes in Long Island) is a member of the Freshman Class of SNL writers. He wrote primarily for Gilda Radner, with whom he formed a deep, life long friendship. He wrote her iconic Emily Latella and Roseanne Roseannadanna sketches. Zweibel revealed that Roseannadanna's pen pal, a Mr. Richard Feder of Ft. Lee, NJ was actually Zweibel's brother in law. He also wrote Weekend Update sketches, a centerpiece of the show 'til this day. Additionally, he created John Belushi's hilarious "Samurai" sketches.

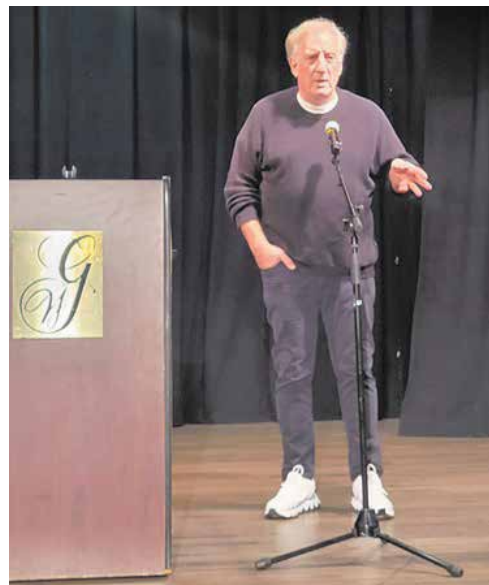
After graduating SUNY Buffalo, and two failed attempts at the LSAT's, Zweibel sold jokes to the Borscht Belt comedians. Realizing the Catskills were in decline, he tried his hand at stand up working alongside such future luminaries as Larry David and Billy Crystal.

Realizing that doing stand up and writing comedy are two different skill sets, Zweibel was plucked by a young Canadian fellow named Lorne Michaels who stunningly was given the green light to do a live comedy sketch show on Saturday Nights, something that hadn't been done since the very early days of television.

SNL of course has become a television mainstay having crossed the 50 year mark last month. Zweibel who got his TV writing start in that pressure cooker, went on to win Emmy Awards, Writer's Guild Awards, and to co-create "It's The Garry Handling Show" as well as write and appear in "Curb Your Enthusiasm"

Zweibel has written 11 Books, a Broadway Show, Movies and more. It was a real thrill seeing him and hearing what he had to say. I walked out of there thinking, that could have been me.

Thanks to Len Feiner and The Shalom Club for bringing this remarkable guest to our Ballroom. Anyone know Phil Rosenthal or Chuck Lorre?



Subway Riders Before Cell Phones Pen, Acrylic Collage

Frances Gunther

Greenbriar at Whittingham Pulse

November 2025 - 29



Created by
Sue Lindlauf
Grand Forks Herald
2010

HAPPY THANKSGIVING WORD SEARCH

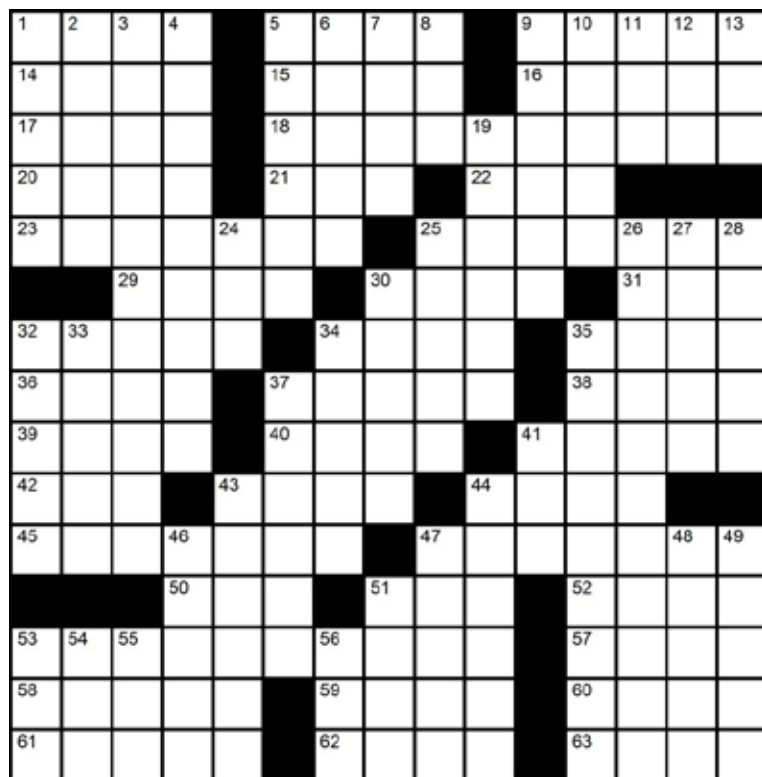
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Q	E	B	O	R	L	D	Y	K	P	O	R	Y	D	D
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S	Q	U	L	B	L	L	S	Y	U	L	B	L	L	O
W	A	Y	G	S	E	O	T	A	T	O	P	A	O	O
X	S	A	L	A	D	I	X	S	T	K	G	Q	I	F
D	Y	A	M	A	D	S	D	D	R	M	B	Z	U	U
F	L	T	H	A	N	K	S	G	I	V	I	N	G	Y
G	P	Q	C	H	S	E	L	B	A	T	E	G	E	V

See how many of these words you can find in the puzzle. The words can be forward, backward or diagonal.

- | | | | |
|------------------------|--------------------|--------------------|-----------------------|
| 1. THANKSGIVING | 5. THANKFUL | 9. STUFFING | 13. PUMPKIN |
| 2. HOLIDAY | 6. FOOD | 10. SALAD | 14. PIE |
| 3. FAMILY | 7. TURKEY | 11. BREAD | 15. VEGETABLES |
| 4. FRIENDS | 8. POTATOES | 12. YAM | 16. HAM |

CROSSWORD PUZZLE

Answers on page 46



ACROSS

- 1 Turnpike exit
- 5 Reverential
- 9 Frown
- 14 60% of us live here
- 15 Of sound judgment
- 16 Carried
- 17 Former CIA director Porter ---
- 18 Electrical devices
- 20 Goals
- 21 Central
- 22 Reactor safety overseer: Abbr.
- 23 Crimson
- 25 Shuns
- 29 Kvetch
- 30 Hot air
- 31 Street guide
- 32 Severe
- 34 Spark generator
- 35 Scotch companion
- 36 Perfectly
- 37 Take pictures
- 38 Egyptian solar deity
- 39 Legs it
- 40 Throw
- 41 Corrosive chemicals
- 42 Since
- 43 Canter
- 44 Surrealist Jean ---
- 45 Short musical passages

- 47 Dearths
- 50 Rider Haggard romance
- 51 Clash
- 52 Narrow road
- 53 The Queen City
- 57 Otherwise
- 58 Oil well firefighter Red ---
- 59 Terrible Russian leader
- 60 Morose
- 61 Specifically
- 62 Fencing stake
- 63 Storm centers

DOWN

- 1 Fumed
- 2 Together
- 3 Minor crime
- 4 Travel documents
- 5 Get up
- 6 Rubbed off
- 7 Spot
- 8 Destructive computer key
- 9 Stiffener
- 10 Shell which can be blown
- 11 How some stocks are traded (Abbr.)
- 12 The --- small hours
- 13 S L C church
- 19 One way to preserve food
- 24 Scurried
- 25 Poet whose work led to "Cats"
- 26 Passionately
- 27 Walked knee-deep through water
- 28 Crosses
- 30 Fillip
- 32 Bag supporter
- 33 Knotty
- 34 Total confusion
- 35 Blasphemy
- 37 Filter out
- 41 Ambition
- 43 Collarless short-sleeved top
- 44 Devil dog
- 46 Computer information exchange code
- 47 Deadly
- 48 Follow
- 49 Appears
- 51 Programming language
- 53 Twin-hulled vessel (Abbr.)
- 54 Statement of agreement at the altar
- 55 Rural negative
- 56 Small drink

New Kids on the Block

By Maddie Litoff

New Kids on the Block invites married and single residents to enjoy each other's company. We get together and make new friends and re-connect with friends that we have in the community who have been here for many years.

It is a special way to enjoy the neighborhood. We have meetings, dances, trips and other adventures in which we all participate. We donate a special fund to Make A Wish and have a brick on their patio.

November 5 we have a holiday dinner at Wok Restaurant. If you would like to join us please call Maddie at 201-280-3911. We always like a lot of food.

Our next fun meeting will be, by popular demand, a special scavenger hunt in our clubhouse. There are little ducks dressed up in holiday costumes. We go in the clubhouse and find where they are hidden all over the clubhouse.

The Scavenger Hunt will be followed by sandwiches in the ballroom including BYOB. Please RSVP. It will be held on Wednesday, December 3rd. Fun fun and more fun. See you soon. Please don't forget to RSVP December with the \$5.00 fee in Box 26.

See you soon!



The misuse of prescription medications is one of our country's most pressing public health problems, specifically for older adults. Join us on Wednesday, November 12, 2025 at 7:30 PM in the Towne Centre Ballroom where we will hear from Prof. Mary Bridgeman and Prof. Lucio R. Volino from the Ernest Mario School of Pharmacy, Rutgers University

Cookies for Charity

By Mark Surks

Concordia has invited all of the Senior Communities to participate in their “Cookies for Charity” fundraiser. The have come up with a clever idea. Participants will bake (or buy, as I don’t bake) cookies to be brought to them on December 13th.

Participants will be sold an empty box for \$10 which you can fill to the brim with as many cookies as you can fit from all the cookies provided.

You can bake, or buy, or both. All profits will be donated to Elijah’s Promise in New Brunswick. Elijah’s Promise has been providing meals, social services and culinary education for those in need for over 35 years.

I am sure many of you have donated time, food or money to this wonderful organization. Let’s assist the Senior Communities of Monroe in making this a huge success.

The event will be held on December 13th from 10AM til 5PM. Contact Dan dansonmain@aol.com 732-742-3341 for info.



Cookies for Charity
Sponsored by The Order of Concordia

The premise of the Cookies for Charity is simple:
Bake, Buy, Give

Concordia residents are asked to bake and donate their delicious cookies to be sold at the event.

Attendees purchase \$10 box to fill with cookies
(FYI - Your box must close).

All profits to be donated to Elijah's Promise

SATURDAY, DECEMBER 13, 2025
FROM 10AM-5PM

(or whenever we run out of cookies)

Calling All Bakers!

Volunteer bakers of all skill levels welcomed!

Please provide at least 4 dozen of your favorite cookies

Submit your Registration Form to the Concordia by emailing/phone to Chef Dan at dansonmain@aol.com / 732-742-3341

Name _____

Phone _____ Email _____

Name of Cookie _____

Gluten Free _____ Sugar Free _____ Contains Nuts _____

The Martin Salmanowitz Senior Social Club

By Lisa Baruch and Regina Savarese

During the month of November we will honor our veterans on Tuesday, November 11th and also enjoy Thanksgiving with our families on Thursday, November 27th.

On *Thursday, October 9th* we had our luncheon show, “**Lou Orrichio.**” He is a male vocalist / vocal impersonator who sings the greatest songs of the past, by artists such as : Elvis, Sinatra, Neil Diamond, Bobby Vinton, Willie Nelson, Dean Martin, Paul Anka and more. We enjoyed lunch including stuffed shells, oven-roasted potatoes, string beans almonidine, chicken parmigiana with vodka sauce, Tuscan chicken, beef bourguignon, tossed salad, rolls, coffee, tea and dessert. A great afternoon was had by all.

On *Thursday, October 23rd*, **Charles Clarkson** presented us with 2026 Medicare plans and how to protect ourselves against Medicare fraud. A very informative discussion and Q&A.



Best wishes for a great Halloween with the family and grandchildren and Happy New Year to all of our Jewish friends.

Upcoming Shows:

Thursday, November 13th @1:00 PM. in our Ballroom – “**Just Friends**” have been together since 1986. They perform classic hits from the 50’s through the 70’s. Lunch will include butternut squash ravioli, potato croquettes, mixed vegetables, chicken breast parmigiana, chicken w/artichokes and sun-dried tomatoes, meatball in tomato sauce, beef w/ broccoli, tossed salad, rolls, coffee, tea and home-style cookies. \$35 PP/Members, \$37 PP/Non-Resident Guests.

Thursday, December 18th @1:00 PM in our Ballroom – “**Al Getler**” is a male vocalist / vocal impersonator He sings 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 will include Penne Ala Vodka Sauce, Garlic Mashed Potatoes, Glazed Carrots, Rolled Eggplant Parmigiana, Chicken Sorrentino, 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 will be had by all.

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 November 14th. All are welcome. Come and enjoy playing with your friends and neighbors, and you may win a few bucks!

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

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

We look forward to seeing you in the near future.

SUDOKU PUZZLES

	6							
		5	3					1
		7			4			
			7			6	3	
				2				9
5	9			6				
					7		2	
	2		6	5				
	5			8		4		

Answers on pg 46

Honoring Service and Sacrifice: The Significance of Veterans Day

*A discussion on the Importance of Remembering Our Veterans
Presented by the members of Post 609 Jewish War Veterans Monroe Township
Stuart Weinstein, Post Commander*

Introduction

Every year on November 11th Americans pause to honor and remember the brave men and women who have served in the United States Armed Forces. Veterans Day is not just a date on the calendar; it is a solemn occasion that provides an opportunity for reflection, gratitude and unity. Through parades, ceremonies and moments of silence, citizens across the nation pay tribute to those whose sacrifices have preserved the freedoms and values that define the United States.



The Origins of Veterans Day

Veterans Day has its roots in Armistice Day which was first observed on November 11, 1919 marking the first anniversary of the end of World War I. The armistice that ended hostilities on the Western Front took effect at the eleventh hour of the eleventh day of the eleventh month in 1918

Why We Honor Veterans

Veterans have played a crucial role in shaping the nation's history and safeguarding its future. Their courage, dedication and selflessness have often come at great personal cost. Veterans Day is an occasion to acknowledge not only the sacrifices made by those in uniform but also the resilience of their families, who endure long separations and uncertainty. By honoring veterans, Americans reaffirm their commitment to the values of service, patriotism, and unity.

Beyond the Holiday: Supporting Veterans Year-Round

While Veterans Day is a special time for remembrance, it also serves as a reminder of the ongoing responsibility to support veterans. Many face challenges such as adjusting to civilian life, coping with physical or emotional injuries and seeking employment or education. It is crucial for communities, government agencies and individuals to support veterans not only on Veterans Day but throughout the year. Providing access to healthcare, education and job opportunities are tangible ways to demonstrate gratitude.

We as members of JWV salute all fellow veterans

Veterans Day is much more than a federal holiday; it is a day for every American to reflect on the cost of freedom and the value of service. By honoring veterans the nation strengthens its sense of unity and purpose. As citizens come together in gratitude, they ensure that the sacrifices of veterans are never forgotten and that the ideals for which they fought endure for generations to come.



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Greenbriar at Whittingham Community Presents
NOVEMBER MOVIES



Saturday, November 22, 2025—About My Father
1PM in The AC/Dance Room—1h 29m

Before Sebastian can propose to his girlfriend, his old-school Italian father insists on meeting her wealthy family over a cringeworthy holiday weekend.



Sunday, November 30, 2025—Vacation
1PM in The AC/Dance Room—1h 39m

In this next-generation "Vacation" reboot, Clark Griswold's son, Rusty, tries to reconnect with his family on a calamitous road trip to Wisly World.

Free entry, no sign-up required ~ bring your own snacks!

Have a movie you're interested in seeing? Let me know: kristin.rutiso@freesidecentral.com

Greenbriar at Whittingham Community Presents



Brunch
 with entertainment by
Barry Jason

Barry Jason is a versatile singer with many years of experience performing in various events and venues. He has a passion for music and a strong commitment to excellence. This is going to be an enjoyable afternoon, you do not want to miss!

*** See separate table reservation form.**

Tables of less than 10 will be completed by WHOA.

Menu Catered by **GREENERY**

Assorted Mini Pastries, Bagels with CC & Butter, Scrambled Eggs, Bacon, Turkey Sausage, French Toast, Hash Browns, Garden Salad, Pasta Salad, Buttered Corn, Sliced Roasted Turkey, Stuffing, Cranberry, Water, Coffee and Juice.

SUNDAY, NOVEMBER 16, 2025 AT 11:00AM

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

TICKETS ARE ON SALE NOW WITH THE CONCIERGE.

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.*

GW F-R-I-E-N-D-S PRESENTS

Hot Coffee and Snacks served

WORLD WAR II

WITNESSING HISTORY • UNCONDITIONAL SURRENDER, 1945

MONDAY, OCTOBER 27 AT 7:15PM
IN THE GW TOWNE CENTRE BALLROOM

PAUL ZIGO
 PAUL E. ZIGO, a history professor, author and military historian is the founder and director, of the World War II Era Studies Institute. The Institute is dedicated to furthering one's knowledge and understanding of the WW II era and its impact on history.

WW II Era Studies Institute
 The Institute is dedicated to stimulating and fostering the study of the historical, political, social, economic and military aspects of World War II in order to provide an understanding of the impact of the war on world history and help future generations avoid armed conflict in the resolution of global problems. The Institute is a resource open to all. It educates the community about key events of WW II, the political and military leaders who waged the war and made peace, and those who served on the battlefield as well as on the home front. The ultimate goal of the Institute is to utilize the lessons learned from World War II to prevent the recurrence of global armed conflict in a world of sovereign states with divergent interests, wants and needs.

QUESTIONS: CONTACT MARK SURKS AT msurks@comcast.net.
 The GWFF Business meeting will begin at 7:15PM, followed by our speaker's presentation. This event is open to 2025 paid-up members of GWFFriends. If you have not joined yet, bring a check with your 2025-6 annual dues.

Greenbriar at Whittingham Community

Wednesday, November 19, 2025
1PM in The Towne Centre Ballroom

"He Ain't Heavy - He's My Brother"



Join your neighbors for an amazing PowerPoint photo presentation that gives the viewer a true account of the Vietnam soldier's experience. It covers the living conditions, everyday life in a combat zone, battles, loss of friends, coming home, Agent Orange, PTSD and the reality of war. The viewer will travel across the DMZ from Dong Ha to Khe Sanh to the battle of Hue City.

Don't miss the best eye-opening, heartwarming, and sometimes painful Vietnam War experience you have ever seen.

Free and open to all!

There will be a Q and A session following the presentation.

Narrated by:

Sgt. Joseph Belardo

*NJ State Commander Military Order of The Purple Heart
 Twin 40mm Dusters, C Battery, 1st/44th - 3rd Marine Division*



Greenbriar at Whittingham Community Presents



DECEMBER 3 - ON SALE NOW.
DECEMBER 25 - ON SALE NOW.

\$30.00 each, checks payable to: WHOA

Bus leaves GW at 9:00 a.m., please be at the bus at 8:45 a.m.
Bus leaves Atlantic City at 5:00 p.m.

Refunds only if the trip is sold out and seats are resold.

Shalom Club

of Greenbriar at Whittingham

Sunday, November 2, 2025

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

"Jewish Origins" with WalterC



Walter Choroszewski presents the story of the Jewish people who emerged in southern Levant around the 12th century BCE from their ancestral kingdom of Israel and Judah up to the present time. Whether you are curious about historic, genetic or religious routes, this is a unique opportunity to explore the rich history and enduring legacy of Judaism

.....CUE.....
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 November 2, 2025 breakfast and place envelope in Lock Box #6 no later than Oct.29,2025 or mail to Shalom Club, Box #6, 100 Whittingham Drive, Monroe Twp., NJ 08831. Questions Call Robin Zimmerman @ 516-528-2730

Name: _____ Phone: _____ Email: _____

Seat me with: _____



Every **Thursday 2:00-4:00** (New DAY ADDED ON)

Every **Friday 11:00-1:00**

In the AC/Dance Room

Bring your art projects for creative comradery!



If interested, call or text:
Audrey 267-467-5694 Or
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PAC AT THE OSCARS

October 31
7:00 pm

November 1
7:00 pm

November 2
1:00 pm

Join us for the Performing Arts Club Fall Show
in the Towne Centre Ballroom, Greenbriar at Whittingham

Tickets go on sale September 15, 2025

Members **\$12**

Non Members and Guests **\$15**

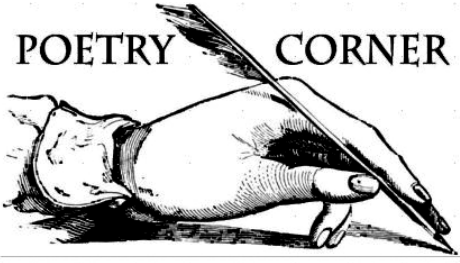
Tickets may be purchased at the Concierge Desk located in Towne Centre

Checks only, payable to PAC



For more information, please contact Gerrie Psopis 732-857-4939 or Marcia Bartel 732-580-5448

POETRY CORNER



Resist the Urge

By Bill Friedman

His smoking Crack was no joke,
ended up having a major stroke.
Doctors couldn't believe he was still alive,
giving him zero chance to survive.
Hung on through a 3 -month coma, refusing to die,
'til a nurse noticed a blink of an eye.
Unable to speak or move when finally awoke,
not unusual after a stroke.
Intense therapy, not just whims,
soon had him moving all 4 limbs.
Some jumbled words, attempted speech,
gave hope he'd be able to reach.
Feeding himself before long,
Realizing his left hand was wrong.
Fully motivated, anxious to survive,
old memories were coming alive.
Another sign he'd survive
was the first time he counted to five.
After an 18 month bumpy ride,
the patient had actually turned the tide.
Doctors predict there's an excellent chance
this brave soul will continue to advance.
Think of how many lives would stay on track,
if we could actually end the Dawn of Crack.

Our Journey

By Christine Perillo

The seasons, they go by too fast, the weeks, the months don't
seem to last.
We often wait for tomorrow to come, to do the things we
should've done.
Yet, while time begins to drift away, we still receive a brand
new day.
Soon we learn each day is gold, on our journey of growing old.

Invitation to Frugal Fred's BYOB 45th Birthday Bash

By Bill Friedman

April 1, 2025 at 3pm

Address: 99 Paupers Pike, Pittsville, NJ (Fred's Home)

Attire: Anything you would wear on any day,
a little cleavage will be OK!!

Suggested Gift: \$50 singles, \$100 couples

Menu: Guests should bring food they enjoy most,
rather than over-burdening the host.

Disposable cutlery and dishes provided at your wishes.
We will begin with sliced veggies, chips and salsa for dipping.
Small bottles of water and large punch bowl for sipping.
Next the meal followed by casual boozing and schmoozing.

Guests invited to roast the host,
stressing my schticks that make them laugh the most.

The robust singing of songs of the past,
whose nostalgia has been able to last.

Finally, before we go,
a birthday cake from Dunkin and 2 large containers of Joe.

Party must end an hour before 8,
I have a meeting with my parole officer and can never be late.
Please text your response to Frugalfred@nodooough.com

Seven

By Herb Saperstein

We sit at the bank of debits and credits,
Avarice keeps borrowing more.
Over his shoulder looks Envy
Eyeing the goods galore.
In the corner lurks Anger,
Red in the head, he roared
While Sloth barely moves.
He's stuck to the floor.
Then Lust sticks his nose
In the bust of a whore
As the waiter serves dishes
To Gluttony looking bored.
At the head of the table,
Oh, the face he wore,
Sat Pride looking snide
And full of self amor.

Oh creature of the night.
You who flies on parachute
Through air that does not bear the light.
In blindness do not overshoot
And miss the bite in flight.

Today the sun was out, it was defiantly a ten
The day was wonderful and I was in love with the universe
I had lots of things to do and I was excited
Got dressed, hopped in my car and I was off
Went to the gym did all my exercises on my daily workout
Hopped in the pool did twenty minutes leg exercises
Took my duffel bag and went to the shower, feeling great
Dropped my bag off at home, checked the mail, now I was
going out
Flying down the road, the music was on, I was all aglow
Stopped in the diner, had a great breakfast
Went to Lowe's, bought a couple of things
At Costco they had everything I wanted, life was easy
This day was turning out to be a perfect day
Had one more thing I wanted to do, went to Penny's
Bought two shirts, now I'd go home, I was done
The phone rang, my mother had died in a car accident
My life changed forever

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!*

Too many people are dealing in pain,
Selling it over and over again.
Sometimes I think I'm the one who's insane,
Or too damn dumb to get out of the rain.
Judges and lawyers determine what's true,
Hands tied up with paper and glue.
Juries hear angry cries of I'll sue!
From a man who just tripped over his shoe.
How much will you give for an all and out war?
Thousands of people, one less or one more.
No rich politicians, mainly the poor,
Enter the den where the lions roar.
The loser's the winner, the people deceived,
Wrapped up in sound bites, the lies are believed.
It's all a distraction to cover their greed,
And make us think that they know what we need.
But when the veil is lifted, and the truth remains,
Will we blame ourselves for being pawns in their games.
Or open our eyes and make our message clear,
That we refuse to live in oppression and fear.



Luz Rodriguez
Alexander & Ella Kulnevsky
Patrick & Bonnie Mazza
Clarence & Mary Ann McMerty
Willam & Teresa Blanco
Anne Marie Fricchione
Francis & Patricia Carr
Minira Ottiano

GW Woodworkers Display Handmade Works

By Linda Wagner

The GW Woodworking Club brought a plethora of handmade pieces to display at the annual GW Arts and Crafts Show held at the Towne Center on September 28th. The club brought everything from smaller items like earrings, card holders and peg games to popular “whirley-birds” and larger items like a toy rocking *moose*. There was even a doll-sized castle - complete with miniature boutique shops - evoking a medieval open-air market. In addition to completed projects, the club offered kits to make the “whirley-birds”, reindeer, and earrings at the sale.

Many of the “whirley-birds” – the birds with spinning wings often displayed in gardens - were at the show as a result of the club’s Beginners Workshop held every Tuesday morning at 11:00 AM. The workshop, open to all, is held in the woodshop located in the lower level of the Towne Centre near the billiards room. The birds have proven to be a very popular first project for those new to woodworking, allowing for the right combination of cutting, finishing, painting and most importantly, creativity.

Objects not shown were several custom-built art pedestals, which were part of the Monroe Township Library’s art show featuring Greenbriar’s own sculptor Mike Pascucci and artist Frank Genova.

The castle on display was created from a doll-sized “fort” donated by long-time resident Lynda Radowitz. About a dozen club members worked on the castle project which involved cutting, assembling, sanding and painting. The surrounding castle shops included a flower shop, a boutique, a blacksmith shop, an archery practice field, a bakery, fruit stand and a unicorn taxi stand. To complete the collection, members created tiny furnishings and merchandise for the shops.

Anyone interested in learning woodworking skills or viewing the club’s handmade items is invited to join the weekly Tuesday, 11:00 AM workshop, downstairs in the Towne Center. For more information call Linda Wagner at 609-273-4998 or Dennis Marshall at (908) 705-3678 .



Don't Let Those Tools Get Rusty!

The GW Woodworking Club
would really appreciate
donations of woodworking
equipment and tools.

**Contact Dennis Marshall
at 908-705-3678.**



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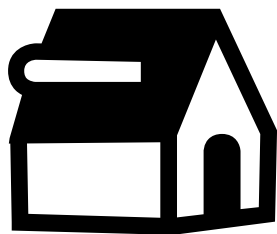
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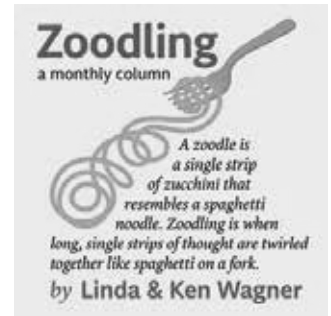
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Take a World Tour from the Comfort of Your Home

By Linda Wagner

Being that November is one of those months where it is often better to snuggle comfortably in a big, soft chair under a blanket than to venture into the cold, I often close my eyes and let my memory do the traveling. Why don't you come with me?



- Vienna- The air was elegant, the crystal chandeliers dotting the low ceiling were dimmed down with the music of Mozart whirling through the room. I remember how my silver teardrop earrings reflected the golden candlelight from the white-clothed table. In front of me was a shiny white plate with a chocolate silhouette of Mozart, a G-clef drawn in chocolate syrup and a bright red strawberry on a cloud of whipped cream. The centerpiece was a crisp-cut block of cream cheese custard drizzled with Amaretto.
- Florence - Bang! We were walking along a back ally in Florence approaching the piazza when a teen rapidly driving a Vespa with a pizza box balanced on his handle bars collided with an unsuspecting young woman. The crash was as loud as a gunshot. Everyone within 25 feet stood in mild shock. The teen instantly removed his helmet, dashed it to the ground and knelt to tend to the unsettled woman. (She was shaken up, nothing more.)
- Dominican Republic - Flip the channel to the vision of my usually serious husband, standing on the beach, capped by a white chef's hat stirring a giant vat of seafood stew as high as his waist. Wearing nothing but bathing trunks, he was swinging his German-Irish hips to a Caribbean beat, with the Dominican chef cheering him on. "Shake it, Ken!" With the chef's thick accent it sounded more like "chake" it. To this day I can summon a smile when I say to him, "Chake it, Ken."
- India – I have just been "kidnapped" by a tuk tuk driver who offered to take me across the busy thoroughfare to the sari shop as I requested, but has instead taken me to his cousin's very dark and dusty souvenir shop – where he insisted that I go in. After a few minutes in the store, I purchased a tiny keychain and returned to the tuk tuk waiting outside. He was demonstrably disgusted that I had spent so little. Thus, I was avenged! He finally dropped me off outside of the sari shop. My reward was a couple of hours comfortably seated in a soft, ornate chair drinking tea and choosing from a variety of colorful, glamorous sari fabrics that were unfurled and refolded by two industrious saleswomen.
- Tokyo - Flash. I laughed out loud at the sight of a crowd of uniformed Japanese school girls photo bombing me as my sister worked to focus the camera. It was a funny, warm moment where all English and Japanese language was translated into giggles. It made a great, if unintended, group shot!

Oops, I am out of my allotted space for this column, so I had best land it here and travel to my kitchen where a stack of dirty pots and pans await my arrival. Some travel is exotic, some is not.

I can tolerate Algebra and Trigonometry. Maybe even Calculus but Geometry is where I draw the line.

- Justin Case



Greenbriar at Whittingham Community Presents A Trip to



Wind Creek Casino

located in Bethlehem, Pennsylvania

WEDNESDAY, NOVEMBER 5, 2025

\$30.00 per person, check payable to WHOA

\$25.00 SLOT PLAY

Bus Leaves Community at 9:00 a.m.

& Leaves Casino at 5:00 p.m.

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Friday, November
7, 2025



1:30PM - 2:30PM



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- Cereal
- Rice
- Pasta & Sauce
- Granola Bars & Crackers
- Diapers & Wipes
- Paper Towels
- Soap & Shampoo
- Toothpaste

No Matzah Please

What a great way to clean the pantry before heading south!

Bins will be set up in the Towne Centre lobby beginning on Saturday, October 25th. Bins will be removed the following Thursday, November 6th.

If you have any questions or if you want to arrange a pick up at your residence, call Mark Surks at (609) 655-5065 or email Mark at mark@surks.net

NJ Commander Military Order of Purple Heart to Speak at GW

By Mark Surks

GW will have the high honor of hosting the NJ Commander of the Military Order of the Purple Heart, Sgt. Joseph Belardo, (Ret.).

Sgt. Belardo served as a U.S Army Sergeant during 1967-68 along the demilitarized zone, thrice earning a Purple Heart among other awards.

His mobile combat team and body recovery unit were called “Dusters”. He served during the Tet Offensive 1968 and his crew was last to leave the besieged Khe Sanh Combat Base once it had been abandoned. He is the author of “Dusterman: Story of the Last Great Gunfighters”.



Sgt. Belardo is the recipient Bronze Star with Valor, Purple Hearts, Gallantry Cross with Palm, Marine Combat Action Ribbon, Republic of Vietnam Civil Actions Honor Medal, both the Army and Marine Presidential Unit Citations, Valorous Unit Awards, and Meritorious Unit Commendations. Additionally, he was the recipient of the 2008 National Jefferson Award - one of America’s most prestigious awards – presented by the New Jersey State National Governor’s Committee for Lifetime Volunteer Service.

The Purple Heart is awarded for "being wounded or killed in any action against an enemy of the United States or as a result of an act of any such enemy or opposing armed forces". The Bronze Star with Valor is awarded to members of the United States Armed Forces for either “heroic achievement, heroic service, meritorious achievement, or meritorious service in a combat zone. When the medal is awarded by the Army or Air Force for acts of valor in combat, the V device is authorized for wear on the medal”.

Sgt. Belardo will speak in our Ballroom on November 19th at 1PM. It is open to everyone including non-residents. There is no charge. Be sure to invite your friends. More information can be found on the flyer in the Towne Centre rounder and elsewhere in this edition of The Pulse.



Reading on Subways 1980

After I attended Rhode Island School of Design, as I traveled to work on the subway, I drew people. Recently I used these drawings to make collages, reflecting how life on the subways, back in the late 1970s-early 1980s, was different than now.

Frances Gunther

Greenbriar at Whittingham Pulse

November 2025 - 45

PUZZLE SOLUTIONS

Crossword Puzzle

1	R	A	M	P		5	A	W	E	D		9	S	C	O	W	L			
14	A	S	I	A		15	W	I	S	E		16	T	O	T	E	D			
17	G	O	S	S		18	A	P	P	L	I	A	N	C	E	S				
20	E	N	D	S		21	K	E	Y		22	N	R	C						
23	D	E	E	P	R	E	D		25	E	S	C	H	E	W	S				
					29	M	O	A	N		30	B	L	A	H		31	M	A	P
32		33	S	T	E	R	N		34	C	O	I	L		35	S	O	D	A	
36			T	O	A	T		37	S	H	O	O	T		38	A	T	E	N	
39			R	U	N	S		40	C	A	S	T		41	A	C	I	D	S	
42			A	G	O		43	T	R	O	T		44	M	I	R	O			
45			P	H	R	A	S	E	S		47	F	A	M	I	N	E	S		
						50	S	H	E		51	J	A	R		52	L	A	N	E
53		54	C	I	N	C	I	N	N	A	T	I		57	E	L	S	E		
58			A	D	A	I	R		59	I	V	A	N		60	G	L	U	M	
61			T	O	W	I	T		62	P	A	L	E		63	E	Y	E	S	

Sudoku Puzzle 1

9	6	1	2	7	8	3	5	4
2	4	5	3	9	6	8	7	1
8	3	7	5	1	4	9	6	2
1	8	2	7	4	9	6	3	5
3	7	6	8	2	5	1	4	9
5	9	4	1	6	3	2	8	7
6	1	9	4	3	7	5	2	8
4	2	8	6	5	1	7	9	3
7	5	3	9	8	2	4	1	6

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