

REGENCY REPORTER

VOL. 21, No. 3, MARCH 2024 - PUBLISHED MONTHLY FOR THE RESIDENTS OF REGENCY



Singles enjoying the Lunar New Year Dinner.

Photo by Barbara Lemburger

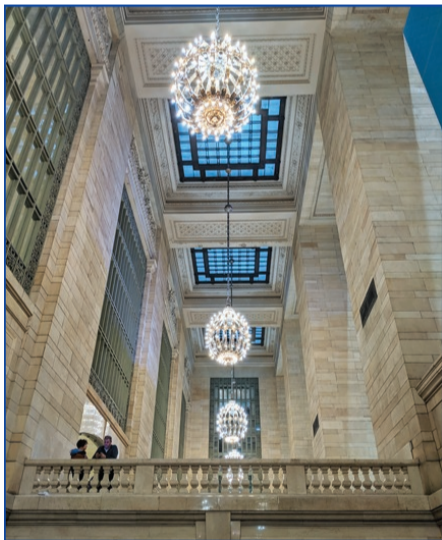


Memories of the 2023 Christmas Party — Vinny Valerio, Gerard Giudice, Dawn Giudice, and Diane Schwartz singing along to Runaway Sue. Photo by Annette Valerio



Go Red Raffle Winner Mary Magnotti with co-chairs Tanya Ashuck and Georgia Doyle.

Photo by Barbara Lemburger



A great view taken on the ramp at Grand Central Station that got the attention of Laura Balsam. This was one of many analyzed at the Shutterbug's meeting. Read more on page 2.

Photo submitted by Howard Wichansky



Chandni Shah and Bena Gandhi finishing up for the day. Photo by Renée Horowitz



The Doshi's and Master's with Manipuri Dancers in India. Read more about this fabulous trip on page 17. Photo submitted by Bharat Doshi



At a recent Men's Club meeting are, from left: Al Marandola, Mike Drobnis, speaker Florence Chukwunke, APN and Sheldon Piekny. Photo by Steve Strauss



All-Women Ima Market in Imphal, Manipur. See page 17. Photo by Bharat Doshi

Shutterbug: Regency Digital Photography Club

By Howard Wichansky

Our January meeting returned to a familiar format, which was the use of critiquing our members' images. This is a great learning tool to recognize ways of improving your pictures by identifying the positive and negative thoughts along with

ways to correct them. This is helpful not only for your images but also listening to discussions of other members' submissions. All attending were asked to bring two or three photographs for examination. We looked at the technical aspects such as correct exposure, sharp focus,

and proper use of depth of field, which are key. There are also composition elements that we have discussed in the past. Of course, what separates a good picture from a great picture is the emotional impact. A strong mood and/or conveying a clear story telling theme or a message to the viewer can all be important. Don't forget uniqueness, which adds excitement to an image. Everyone present contributed to the critique of the images. It's meetings like this one that helps our members gain experience to become adept at the "art of seeing." Such is the case in the photograph captured by Laura Balsam at Grand Central Station. The clear symmetry shown in this image of the architecture surrounding a ceiling light fixture with its skylight above made for a stunning image and brought positive feedback from members present. Those who do not have an interest in photography might pass by this area without any thought of its beauty. We will be looking at displaying this photograph and other contributions from future meetings. See Laura's photo on the front page of this issue.

HOA Events to Look Forward to

- Caribbean Carnival Dinner
 - Exclusive Event Crab and Lobster Bake
 - Regency Hoedown
 - Princess Tea Party
 - Coffeehouse Sunday Nights each month
 - Eagles Tribute Band
 - Glow Party – Dancing Through the Decades
 - Left, Right, Center Tournament
 - Photo Pop up Booths (Summer/Springtime)
 - We are Rockin' the 80s Party
 - Travel Show
 - James Taylor, Carly Simon, and Carole King Tribute Show
 - Tina Turner Tribute
 - Drive-In Movie Night
 - Chili Cook-off
 - Hands-on Workshops
 - Comedy Night
 - Trivia Night
 - Sip, Soup, and Savor
 - Bus Trips, Travel Getaways, and so much more!
- * Dates to be Determined
- We are excited for 2024!**

Winter Regency Reporter Delivery

The policy of the Regency Reporter Editorial Board is not to stop delivery to residents who are away for the winter. There are too many people going away and we feel that it's unfair to ask our volunteer delivery staff to have to "know" who does not want their paper while they are away for the winter. The Editorial Board of the Regency Reporter kindly requests that residents ask a neighbor to remove and recycle their papers while they are away.

Thank you for your understanding,

The Editorial Board of the Regency Reporter

A Note from Your Board of Trustees

By Dan Tanzi

Hello to all Regency friends and neighbors. While we are still in our winter season, with several snow events, we are all looking to the arrival of spring along with its warmer weather. To be exact, on Tuesday, March 19, 2024, at 11:06 P.M. EST. is the Astronomical beginning of the spring season.

Meanwhile, the Clubhouse is in full renovation mode, which will see visible changes to the entire main level of the Clubhouse. This will encompass changes to the main lobby, all ballrooms, all upper-level seating, the pre-function, and the lifestyle areas. Also, the installation of the acoustical material for the Ballrooms is currently scheduled to be applied and completed within the time frame of the ongoing renovation. Numerous notices have been and will continue to be sent to all residences concerning ongoing changes that will affect the Clubhouse usage availability. All residents are requested to read these notices and adhere accordingly in order to avoid any health or safety risks.

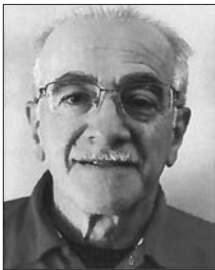
The Pickleball court expansion will recommence its construction activities including installation of the new perimeter fencing, court playing nets, court playing surface painting, seating area, and completion of the lighting system. The Regency Golf season opening day is scheduled for April 1, followed by the opening of other outdoor amenities we all enjoy here at Regency at Monroe.

Meanwhile, the Board and Management continue to work on various Community tasks. The installation of nine new gate operators to replace the current problematic units that were approved at the past January open Board meeting. This will assist in ensuring residents that gate opening/closing problems and related issues are being addressed. In addition, the Board of Trustees recently met with Monroe Police Officers to discuss Title 39 - Motor Vehicles and Traffic Regulations enforcement ongoing in the community. Discussions centered on Roadway and Community safety including the lack of observing all Speeding and Stop Signs, which leads to continued regulation enforcement.

In addition, The Board of Trustees continues to welcome Community residents and po-

Condolences

The Editorial Board of the Regency Reporter and the entire Regency community send sincere condolences to Rhea Rothenberg and Family on the loss of her beloved husband and our dear former friend and neighbor Bruce, and to Michael Scheinzeit and the Family of our dear friend and neighbor Gloria Leiman. We also send sincere condolences to Alan Maltzman and Family on the loss of his beloved wife and our dear former friend and neighbor Stella.



tential candidates to attend our Board workshop meetings to see how the Board functions. You will see and hear our focus discussion on community business affair issues, including fiduciary responsibility in the management of the community property and protecting the general welfare and residence safety, strategic planning, community projects, status reporting, and open transparency in communicating to keep everyone informed.

Before you can say summertime. Our annual election will be coming up in June, and we will soon be asking the community for volunteers to run for the Board of Trustees. We will be holding a "Do You Want to Be a Board Member?" presentation, which will outline the duties and responsibilities of being a member of the Board of Trustees. The date for this meeting will be forthcoming. Individuals will be told about details that cover the timeline steps taken for running for a Board Trustee position.

Finally, we would like to take the opportunity to thank the entire Regency Management and Custodial staff for a job well done. Together, the Regency Board of Trustees along with Management will continue to work for the Regency Community today and every day to ensure its success for tomorrow and the future. Thanks to all the Regency residents for your support of the Board of Trustees and Management it has received. May the year 2024 and beyond continue to be healthy, safe, and prosperous for everyone.

2024 Public Board Meeting Schedule

All Public Meetings will be hybrid in the Clubhouse Ballroom when possible and/or via Zoom at 6:30 p.m. on the 2nd Wednesday of the month
February through May via Zoom

Wednesday, March 13, 2024
Wednesday, April 10, 2024
Wednesday, May 8, 2024

JUNE - BOARD ELECTIONS

July through December – Clubhouse and Zoom

Wednesday, July 10, 2024
Wednesday, August 14, 2024
Wed., September 11, 2024

Wednesday, October 9, 2024

BUDGET PRESENTATION
Wed., November 13, 2024

Budget Presentation if not previously approved in October
December 2024

Wishing everyone a joyful holiday season and Happy New Year

Fruits of Our Lives

(Not the Pits)

This month's article is a little different. Usually, I would report on weddings, new babies, and other events concerning our friends/neighbors. With that said, this month we are honoring a World War II veteran and a special birthday.

ACHIEVEMENTS

Mario and Christiana Barone would like to honor Christiana's cousin, **Adeline Potenza Crow**. Adeline, 98 was selected to place the wreath on the Unknown Soldier Monument in Washington, D.C., as one of the last surveying WACS of World War II this past Veteran's Day.

SPECIAL EVENT

Bea and Arthur Siegel would like to wish Bea's brother, **Arthur**, a very special milestone birthday with much happiness now and in the future.

A SPECIAL NOTE TO ALL NEWCOMERS TO OUR COMMUNITY

If there are any new additions to

your family, an engagement/marriage of your son/daughter, yourself, or if someone close to you has joined the military defending our country and last but not least has received a special award, please let us know. All you have to do is drop a note of the forthcoming event in the mailbox of Christiana Barone, 8 Country Club Drive or e-mail me at ccbarone@aol.com with a reference in the subject box "Regency News" by the first of the month and magically it will appear in our community publication. If you choose to e-mail me, please indicate Regency News in the subject area. That's all folks. See you next month with the FRUITS OF OUR LIVES, (not the pits).



REGENCY REPORTER

Published by: Princeton Editorial Services, Inc.
P.O. Box 70 Millstone Twp., NJ 08510
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Please E-mail your materials to:

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Letters to the Editor: Publication of letters to the editor is at the discretion of the Editorial Board. All letters must be submitted with signatures.

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Up Close and Personal

By Barbara Bickel (**)



MARCH BIRTHDAYS

1 – Carlon Fagan/Rhonda Okun/Faye Perlmutter
 2 – Barbara Daly/Larry Kapusta/Ellen Porges/Steve Schnell/Shari Weissman
 3 – Ellen Epstein/Mohammed Saleem/Marsha Schwartz
 4 – Shelley Bernstein/Steve Farron/Steve Girshek/Joseph Grispino/Mark Sivin/Joe Stuby/Joseph Susanno/Fred Thurm
 5 – Mary Caccamo/Linda Kinsey/Marion Levy/Laura Shandler
 6 – Stanley Blaustein/Georgia Doyle
 7 – Melissa Gelfman/Michael Kendal
 8 – Penny Fink/Emil Krutyansky/Jules Weissman
 9 – Terry Daly/Lewis Preschel
 10 – Bob Isaacs/Joan Moskowitz/Roz Thurm
 11 – Lola Elkes/Merrill Jaslow/Victoria Kobierowski
 12 – Laurence Alster/Frank Cheriff/Fran Gottlieb/Laini Katz/Beverly Kurtz/Melanie Parsowith/Anthony Tesoriero
 13 – Myrna Barnett/Larry Cains/Cathy Connolly/Jay Gummic/Daniel Katz/Carol Kortmansky/Michael Russo/Steven Schwartz/Shelly Siegel/Goldie Weisz
 14 – Ro Barton/Martin Brattner/Janet Epstein/Robert Reddington/Helen Zyontz
 15 – David Berman/Leo Friedlich/Stuart Jason/Susan Kirschner/Sara Levy/Sandi Miller
 16 – Joel Barnett/Joel Kaplan/Daniel Levine/Henry Lieberman
 17 – Bob Kalomeer/Ken Thrasher/Naoimi Trachtenberg/Lydia Weintraub
 18 – Michael Battiloro/Elissa Chiaia/Joanne Coniglio/Chaim Roiter/Karen Singer
 19 – James Boncore/Lynne Eckstein
 20 – Barry Citron/Irving Eckstein/Philip Fishman/Steve Frazzini/Hy Grossman/Shelly Roth/Jane Sussman

21 – Regina Barofsky/Susan Fox/Nancy Greenfield/Barrie Levine/Margaret Tkachuk
 22 – Howard Bigman/Joan Edelman/Fred Impson/Mitchell Strear
 23 – Ellen Baliff/Laurel Kame/Judy Lubetzki
 24 – Barbara Baronfeld/Samuel Krawet/Norma Landsman/Sandy Smith/Selena Subryan/John Toth/Joanne Zambrio
 25 – Lisa Kosofsky/Steven Levine/Gene Overton/Nina Wolff
 26 – Charles Kaufman/Jeff Moss/Stuart Ritter/Roberta Rothschild
 27 – Mitchell Schwam/Jeff Strauss/Margie Zirrieth
 28 – Delores Brandenburg/Linda Brattner
 29 – George Bedros/Aaron German/Elyse Kleinman/Marvin Roth/Steve Soffer/Pat Thrasher/Ronnie Weil
 30 – Joseph Grispino/Anita Kendal/Diane Schauman/David Zajac
 31 – Andrea DeNapoli/Charles Fleisch/Allen Glassman/Arleen Nebel/Michael Salvo

March Anniversaries

2 – Phyllis & Harry Greenberg/Jill & Art Rothschild/Helen & Bob Zyontz
 3 – Gail Gold & Bennet Singer
 4 – Fran & Alan Datz/Raisa & Emil Krutyansky
 5 – Andrea & Simon Abitbol/Rosemary & Vincent Albano/Rochelle & Jerry Berger/Anne & Don Haback
 6 – Elaine & Paul Barbakoff/Micki & Marty Indursky
 8 – Joanne & Domenick Randone
 11 – Carol & Steve Herman/Roberta Chopp Rothschild & Don Rothschild
 14 – Faima & Ed Fowler/Suzanne & Allan Friedland/Fran & Frank Gottlieb
 17 – Frances & David Berman/Lovina & Edwin Espiritu/Debbie & Bill Lasasso
 18 – Arleen & Michael Nebel
 19 – Sue & Jay Carey
 20 – Linda & Bert Busch/Marilyn & Bob Jaclin
 21 – Cathy & Craig Cadmus/Shirley & Larry Zinstein
 23 – Janet & Jack Gursky/Arlene & Larry Yesner
 24 – Deborah & Gary Green
 25 – Carol & Michael Kanthal

27 – Carol & Mark Chaykin/Dorothy & John Davis/Sue & Carl Silverman
 28 – Janet & Alan Klein
 29 – Pam & Jeff Brisman
 30 – Arline & Goodie Mollen/Lea & Chaim Roiter/Shelly & Gary Senack/Meryl & Mitchell Soffer
 (**) Are your special dates not here or are they incorrect? Please let me know –so they can be fixed. Thank you. BB (barbick132@aol.com)

Bravura Philharmonic Orchestra

Chiu-Tze Lin, Music Director and Conductor



Sunday, March 17, 2024, 7pm

Kate Liu, Piano

Bronze Medalist International Chopin Competition

Princeton Alliance Church

20 Schalks Crossing Road
 Corner of Scudder Mills Road and Schalks Crossing
 Plainsboro, New Jersey 08536

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New Clubs or Interest Groups

By Laura Balsam

Bird Watching Club

Beginners to experts welcome. Go out as a group and look for both the common and migratory birds nearby; some trips are sponsored by New Jersey Audubon. Winter migratory birds are at Manalapan Lake in Thompson Park. Bald Eagles nest in Plainsboro's Bulk Farm. Members must be respectful of the environment, birds, and animals. Morning trips and walking is required.

Organizer - Cathy Cullinan, call me by looking me up in the directory or email Laura Balsam.

Equestrian Club

Beginners to experts welcome, whether riding either English or Western style. Discuss topics such as horse care, equitation, tack, training, and trainers. Where to ride and trail rides. Events – including competitions. Contact Laura Balsam

Want to Start a Club?

Send me a description with your contact information and we will publish it here. I can print your name as the organizer, or I can receive the responses and forward them to you. Contact Laura Balsam, my phone number is in the directory, or email me at newclubs08831@gmail.com

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Men's Club Happenings



By Sheldon Piekny

The Clubhouse is now being refurbished and will be closed until June or July 2024. The real challenges have begun. We are still attempting to have our monthly meetings in the Tennis Pavilion with some major restrictions due to limited space. We will try not to turn any member away, but please follow the flyer's request, **which is to RSVP if you are coming.** In addition, please try and carpool as there is limited parking available. We will get through this if we all cooperate. We will still have interesting speakers every month.

Our event schedule is on track:

- Wednesday, March 27 - The Sterling Silver Mine
- Wednesday, April 17 - West Point Military Academy

- Monday, May 13 - The American Museum of Natural History
- Thursday, June 13 - The Amish Country (Buffet and Show)

All of the above events include transportation by bus.

Best of all Sunday, May 5, is The Mother's Day Event. It will be held at the Monroe Senior Center. That's where we get to show our love and appreciation to our wives and significant others. We will have special entertainment and great food. Hope to see many members at all of our exciting events.

The Stress Factory 1/18/24

By Allan Ellis

About 5:30 p.m. 22 members of the Regency Men's Club started congregating at the front doors of The Stress Factory in New Brunswick. They were getting ready to go in and have a good time. We were greeted by our host Pattie

and there was a wonderful sign welcoming us to the club. Finding our seats was easy as we were right in front of the stage on a raised level. Off to the side our dinner was getting ready for us as a buffet. We had chicken in butter/wine sauce with pasta, pasta

Bolognese, eggplant rollatini, wonderful sliced zucchini, green beans almonidine, great rolls, a wonderful salad, and a soda. There was plenty for all of us, not once but twice (three times if no one was looking!).

Our dessert was provided by our host Pattie, a great warm chocolate chip cookie.


The entertainment started with Coby Jack. One of his good lines was, "When I was younger and got the chicken pox, my Mom sent me to school dotted with pink Calamine lotion. I looked like a brown Dalmatian!" Our second entertainer was Darren Fleet. Darren catered to the younger audience. Of the hundred or so people there, the 22 of us were in the great minority. Most material was directed at those under the age of 40. In the end it was a good evening out for the men, and we will do it again.

A special thank you to Mike Drobnis who worked very hard with me on getting this put together, organized, and DONE!



Allan Ellis front and center with a group of Men's Club members enjoying their annual visit to The Stress Factory.

Photo submitted by Allan Ellis



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Marlboro

Bella Vista Country Club
100 School Road East
Tuesday, March 5th
10:00am | 2:00pm | 7:00pm

Monroe

Courtyard Marriott
Cranbury South Brunswick
420 Forsgate Drive
Wednesday, March 6th
10:00am | 2:00pm | 7:00pm

Freehold

Radisson
50 Gibson Place
Thursday, March 7th
10:00am | 2:00pm | 7:00pm

You may register by calling our office at (732) 238-6000 or online at www.levinefurman.com/seminars.

Most attendees choose to make an appointment at the end of the presentation, so please bring your calendar with you.

Israeli American Club

By Sam Fisher

Our first event of the year will be a Purim party on Monday, March 25 from 6 to 9 p.m. at Temple B'Nai Shalom, 15 Fern Road, in East Brunswick, located only 15 minutes from Regency. The party will be catered by Capri Kosher Caterers and will feature a variety of Israeli/Mediterranean salads, falafel, both meat and veggie wraps/sandwiches, and of course Hamantaschen. The event is BYOB. The temple's Rabbi, Eric Eisenkramer, will be giving a talk about the holiday and equating the story of Purim with the current war in Gaza. The temple's Cantor will be entertaining us with a selection of holiday/Israeli songs.

As an added bonus, we are excited to welcome Jay the Magician who will be conducting a 30-minute magic show, incorporating acts of illusion with music, comedy, and other surprises. Costumes are optional, with a prize for the best costume.

The cost of the event is \$30. Sign-up forms are available in the Clubhouse or by email. Call me if you have any questions; my number is in the Regency Directory.

Future events will include an Israeli Independence Day dinner gala in May and a Shavuot celebration in June. Dates and locations will be announced when available. We are also planning on hosting guest speakers and having movie nights in the Tennis Pavilion during the spring and summer months. If you have not yet joined the club or have not renewed for 2024, please do so now in order to attend our events. Membership applications are available at the concierge desk, or I can email one to you.

For all of our members in Florida, enjoy the warm weather, we look forward to seeing you when you return – hopefully in time for the Purim party.

Send news releases to:
nwolff0325@aol.com

The Regency Men's Wine Club



Foreground from left: Lori Bleznick, Alan Bleznick, Alan Rockoff, Sandy Ruden, Steve Brody, and Cindy Brody

Photo by Marty Feldman

By Marty Feldman

Tatchen's At Night, A WOW! Experience

Have you ever experienced something that makes you stop and say, WOW! that was great or unexpected? Well, that was my reaction the first time The Regency Men's Wine Club experienced dinner at Tatchen's At Night. Tatchen's is a small soup and sandwich restaurant on Route 9 South in the Chadwick Square Shopping Center. Mike Cavanaugh, the chef/owner is a classically trained chef serving up eclectic (and sometimes whimsical) sandwiches, salads, and soups every day from a small menu that changes weekly and seasonally. That said, what occurs twice a month, usually on alternating Saturday evenings is the WOW! worthy event.

On those alternating Saturday nights Tatchen's, the sandwich shop, transforms into Tatchen's At Night. The restaurant, which has a capacity of 32, becomes an intimate supper club offering diners a preset prix-fixe tasting dinner. As Mike says, "The menu is up to me...who you bring is up to you." So, on a frigid Saturday evening I brought our group of like-minded wine lovers from The Regency Men's Wine Club (the restaurant is BYOB) to Tatchen's At Night. Our dinner consisted of 10 courses including soups, meat, fish, vegetables, fruits, both sweet and savory, ending with dessert and coffee.

Halfway through the dinner, the guests are handed a pen and a list of ten trivia questions. The

2024 Shalom Club Calendar

Friday, July 19 - Shabbat Dinner

Featuring Herman Lentz - Author of *Jewmorous*

Sunday, August 11 - Central Jersey Shalom Culture Club Presents *Broadway Tonite* Jackson Memorial High School

Sunday, August 18 - Featuring Keith Spencer - Baritone Vocalist

Sunday, September 15 - Featuring *The Memales* Tribute to the Yiddish Theater

Sunday, October 20 - Featuring Linda Belt - Comedian

The Regency Women's Group

By Barbara Wilner

As I write this in February, March and the beginning of spring seem a long way off. The winter continues for us all, both home and away, and I hope this finds all well and enjoying the season. We all know that the Clubhouse closing brings challenges to all Regency clubs. Our Group has been busy planning for this down time with interesting programs for the months ahead. There is not a March meeting. You will be notified shortly of April, May, and June events that are soon to be finalized. They will continue our spirit of women joining in community friendship. Watch for email notifications soon. Additionally, as we are always a most charitable group, this time we will be asking for diapers in a drive to be held on Wednesday, May 8. The need is great, and we are anxious to help in this cause. Details have been sent. See you in the spring.

Until that time, with best wishes...

guests are invited to wander through the restaurant searching for the answers, which are scattered amongst the myriad of memorabilia around the restaurant's tables, shelves, counters, and walls. Following this inter-

(Continued on page 7)

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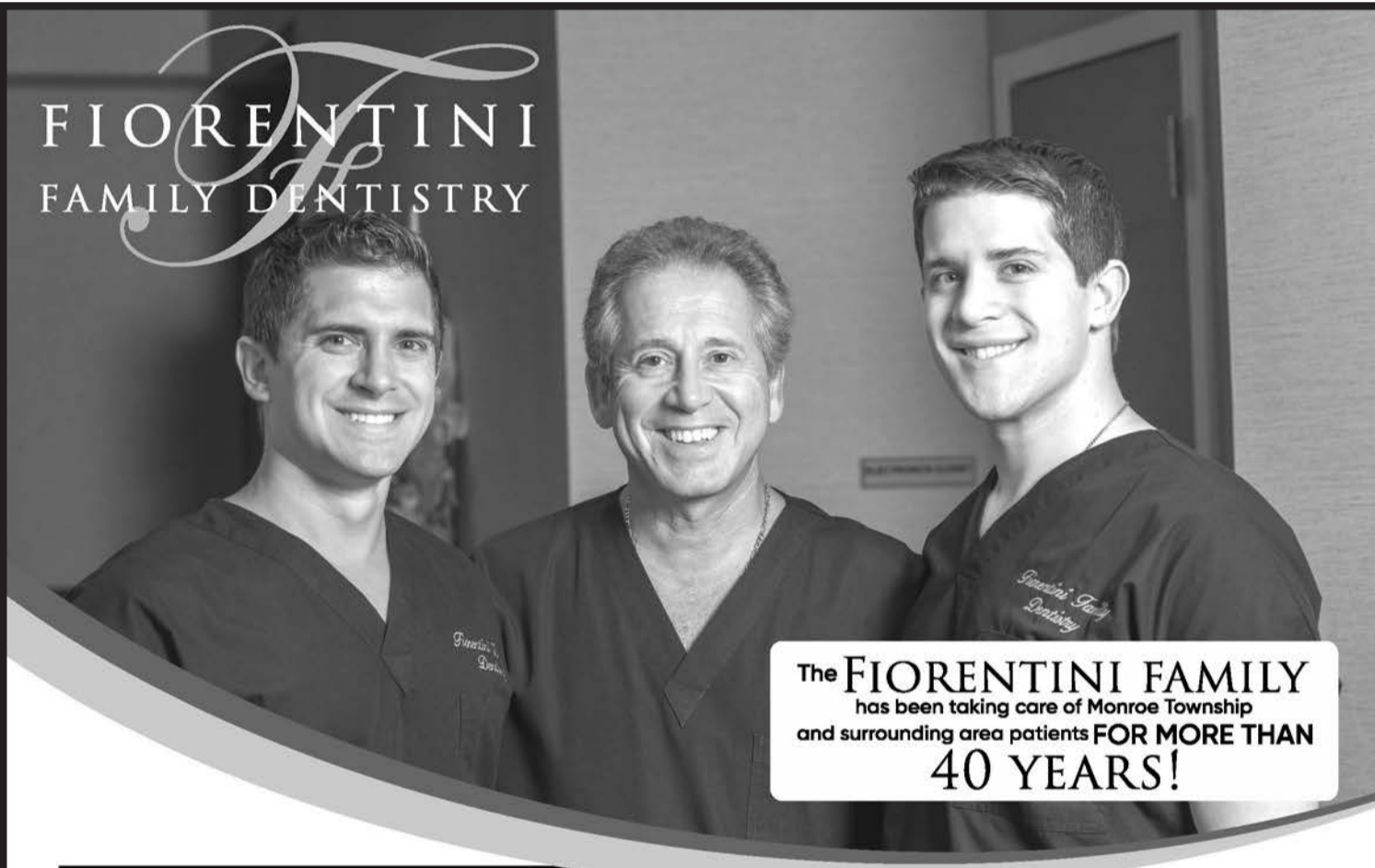
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Greetings from the Italian American Club at Regency

By Annette Valerio

Greetings Residents of Regency!
As we are well into the beginning of the 2024 calendar year, the HOA will be starting renovations on our Clubhouse. It will be under renovation until at least the month of July. So, your Italian American Club has been doing a lot of thinking outside the box and working diligently to bring you as many events as we possibly can without the use of

our ballroom. This means the need to use outside venues for the winter and spring months, as our membership is too large to use our Tennis Pavilion.
Our first event will be our St. Joseph's Day Party. It will be held in the beautiful Battleground Country Club in Manalapan on Sunday, March 10 from 3 p.m. to 7 p.m. It will be a fun late afternoon and early evening with a scrumptious sit-down dinner, dessert, and danc-

ing. Our first general meeting we hope to hold in April or May. So be on the lookout for more information about that. Please keep in mind that because these events are off-site, we might need to be flexible with dates and times. Twenty twenty-four is going to be a very creative yet challenging year. We hope you will be pleased with all that we plan for our club in the months to come.
Until next month...wishing you happy days ahead.

The 3D Art Group



Renée Horowitz and Claire Castellanos at the 3D Art Presentation.
Photo submitted by Renee Horowitz

By Renee Horowitz

3D art is on the move as we temporarily bid farewell to the familiarity of the Clubhouse and embrace the temporary home of the Tennis Pavilion. This shift, prompted by ongoing renovations, marks a change for our group. We will still be meeting at our regular time and day, Thursdays at 10:00. The Tennis Pavilion may be smaller, but it carries the promise of fostering

a closer-knit creative community. This transition, though temporary, brings with it the anticipation of unforeseen artistic discoveries and collaborations. The 3D Art Group is ready to make the most of this artistic adventure, embracing the journey from the Clubhouse to the Tennis Pavilion with open arms and glitter. We were still creating while work was going on around us.



Memories of 2023: Phyllis Attanasio and Fran Ripillino cutting a rug at our Columbus Day celebration.

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By Judi Zipkin

Tomorrow, and Tomorrow, and Tomorrow

On Tuesday, February 6, twenty women gathered to discuss Gabrielle Zevin’s award-winning novel *Tomorrow, and Tomorrow, and Tomorrow*. Ms. Zevin is an established author and screenwriter previously known for *The Storied Life of A.J. Fikry*. She is also an avid “gamer” with a great love of literary games. During Covid, she found herself lost and began playing games again. She decided her next book would be about the people and process that create video games. Ms. Zevin states this was the most personal book she has written as she is of Jewish and Korean descent and attended Harvard, like one of her characters.

We meet two of the three main characters in an L.A. hospital when they are pre-teens, and we follow them for the next thirty years of their lives. Sadie Green spends her summer days in the hospital while her sister is being treated for leukemia. Sam Masur is hospitalized after a traumatic car accident in which his foot was crushed. He hasn’t spoken since. He plays video games alone in the day room until one day a nurse suggests that Sadie join him, hoping that it will be good for Sam and keep Sadie busy. It is over video games that the two connect. Sam begins to communicate, and a true friendship is formed. Unbeknownst to Sam, Sadie is

thoughtlessly collecting Bat Mitzvah service credits for her time spent gaming with Sam. Sam considers this a betrayal, doesn’t believe that Sadie loved the time she spent with him, and refuses to speak to her until years later when he spots her in Boston.

Sadie was attending MIT and Sam was at Harvard. Marx Watanabe is Sam’s kind, generous roommate at Harvard. Sam depends on him financially and socially, as Marx comes from a very wealthy Japanese American family, is handsome and popular while Sam is a scholarship student who has difficulty making friends. With Marx’s encouragement, Sam pursues Sadie, and they reconnect, again through gaming. Sadie has created a short game for a computer science class. Sam admires her ability, and they decide to create a game together. In a short time, Marx becomes a part of their group and together they forge into the future of gaming.

Almost everyone in the group enjoyed the book, with many admitting that when they heard it was about gaming, they had to push themselves to read it. Because it was so well written, readers found themselves quickly absorbed by the story and the characters. We began the discussion by talking about the title. Tomorrow and tomorrow and tomorrow is a soliloquy from *MacBeth*. It is one of Shakespeare’s saddest speeches and yet, Marx finds the positive in it. Members pointed out how in gaming there is always a tomorrow, another chance, another life. You can die and be reborn repeatedly. Playing

games also allows you to avoid real life where death is inevitable.

We discussed the three main characters in great depth. Marx was well liked by all. The group felt he was the stabilizing force of the threesome and kept their company, *Unfair Games*, going by managing it and allowing Sam and Sadie to create games. It was also thought that Marx found purpose in his role, something he didn’t have before, when his main interest in college was acting. The group really felt for Sam and talked about how the trauma of his early life shaped who he was. Many in the group thought Sam was on the Autistic Spectrum, although Ms. Zevin never states it. It was through Sam that the theme of physical disability was introduced into the novel. Pain, both emotional and physical, was always with Sam, and

(Continued on page 8)



Scavenger/trivia hunt participants.

Photo by Marty Feldman

Men’s Wine Club

(Continued from page 5)

mezzo the answers are revealed and all answer sheets are put in a bowl and a winner is drawn. Our winner, Yvonne Smith, won a bottle of prosecco and a gift

certificate.

Even though it was a cold winter evening, I know from the sounds and smiles and most definitely from the comments made that everyone left happy, full, satisfied, and saying WOW!

Singles Mingle

By Barbara Lemberger

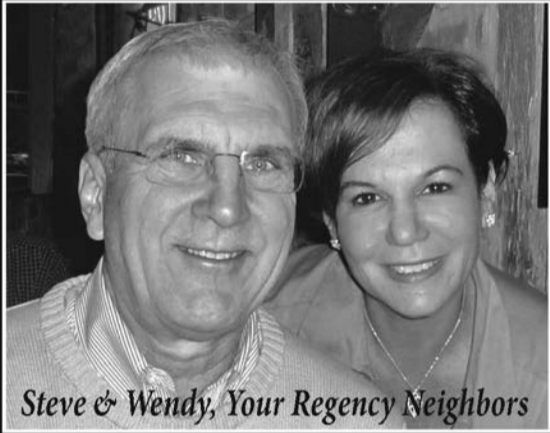
It’s the Chinese Year of the Dragon and the Singles followed Chinese tradition by wearing red and maintaining a joyous noisy atmosphere to keep Nian at bay as we enjoyed a sumptuous Chinese Feast at the Oriental Pan Asian Restaurant in Marlboro. Folklore says that the creature Nian (which means year or new year) on the night of the second full moon after the winter solstice would enter the village and harass people and eat their chickens and children. An old man in the village figured out that the Nian feared loud noises (firecrackers) and the color red. So, people put red lanterns and red scrolls on their windows and doors to stop Nian from coming inside. The Lunar New Year is a 15-day celebration with parades and many festivities including large family feasts. Each of the other 10 countries that celebrate the Lunar New Year have its own unique traditions, celebrations, and festivities.

In addition to celebrating the Lunar New Year, we kicked off our month long **Go Red Campaign** to raise funds for the American Heart Association. Tanya Ashuck and Georgia Doyle collected checks and held a drawing for a box of chocolate hearts for all those who contributed. Mimi, the owner of Oriental Pan

Asian Restaurant also provided three gift certificates for the raffle. The evening was a tremendous success, and our Go Red initiative is off to a great start.

At our March meeting our members will be able to demonstrate their creativity. Pinot’s Palette owner, Lillian Feldman will guide us through the process of painting a picture. We’ll have our very own Paint and Sip evening right here at Regency. Space is limited to 40 participants so please make your reservation early. The evening should be one of comradery, laughs, and fun. No artistic talent is needed to enjoy this event.

On April 3, we will host a presentation by a docent associated with The Princeton Historical Society. The docent will present a slideshow of their two-hour walking tour of Princeton so we can enjoy learning about some of the famous sites without leaving the comfort of Regency. The slideshow highlights many of the famous halls and buildings at Princeton University, including its Chapel. It also delves into the lives and homes of some of the University’s and the town’s famous residents, including several US Presidents, Albert Einstein, TS Elliott, F Scott Fitzgerald, and Brook Shields. This should be a very enlightening evening.



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At The Cocktail Revolution Club’s March gathering are, from left: Dianne Musto, Addy Aloia, Susan Fiorillo, Toni Scaturro, Marcy Kraut, and Al Fiorillo.
Photo submitted by Karen Calder

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By Karen Calder

On February 6, the Regency Cocktail Revolution Club marked the start of the third group of six-month memberships, and it also marked the one-year anniversary of the club. Sixty-four attendees, about one third of which are new members, helped to commemorate these milestones and celebrate Chinese New Year, The Year of the Dragon. Here are a few facts about The Year of the Dragon. Dragons are born in China every twelve years. Chinese families will often try to plan pregnancies so that children will be born in the Year of the Dragon. This auspicious year is said to be the birth year of leaders and influencers! Personality traits of people born under this sign are thought to be charismatic, intelligent, confi-

dent, powerful, lucky, and gifted. Some famous people born under The Year of the Dragon are John Lennon, Rihanna, Shakira, and Sandra Bullock.

Chinese people typically drink cocktails flavored with pomegranate, lichee, or watermelon juices, which are mixed with either LaKgelli a mild rice wine, Soju a more potent rice wine, or Baijia a clear grain alcohol. To celebrate this event Travis Helmka from Yorktown Discount Liquor and Wine in Englishtown served up this assortment of drinks.

- Lion’s Tail - made with bourbon, all spice simple syrup, and lime juice.
- The Year of the Dragon - made with Bombay gin, pear nectar, pomegranate juice, and lemon juice.
- Golden Dew - made with both LaKgelli and Soju rice wines, lemon juice, honey, and honeydew melon juice.
- Lichee Martini, as the name implies - made with lichee liquor, lemon vodka, dry vermouth, and triple sec.

- Asian Pear - made with maraschino syrup, Baijia liquor, pear nectar, lime, and agave syrup.
- Firecracker - made with watermelon syrup, rum, triple sec, lime juice, cayenne pepper, and simple syrup.

Accompanying the cocktails was a large assortment of appetizers catered by The Oriental Pan Asian Restaurant on Route 9 North in Marlboro. The assortment consisted of edamame, vegetables lightly fried, dumplings, spring rolls, scallion pancakes, boneless spareribs, and vegetable low mien. Desserts were fortune cookies, almond cookies, fresh fruit salad, and make your own ice cream sundaes with cream-sicle, pistachio, vanilla bean, and chocolate ice cream.

The next meeting of the Regency Cocktail Revolution Club will be Tuesday, March 5. The theme for the evening will be St. Patrick’s Day, so plan to wear green, eat some corn beef, and have an assortment of Irish cocktails.

Book Club

(Continued from page 7)

while he hid or diminished it to his friends, it showed up in the games he created. Sadie was the most complicated character with many feeling that she was self-absorbed and spoiled. On the other hand, it was pointed out that she was a woman in a man’s world when there were few women at MIT and in gaming in the late 1980’s, which made her feel underappreciated. She also was the sibling of a child with physical illness, and so had been the forgotten child in her family.

Tomorrow, and Tomorrow, and Tomorrow is a beautifully written novel with powerfully drawn characters. It is a love

story to and about gaming and friendship that explores many of life’s themes including the need for connection, the redemptive possibilities of play, the power of communication and love, both romantic and platonic. We all felt we expanded our vocabulary and learned many new things about gaming.

Please join us on March 5 when we read *Code Name Edelweiss* by Stephanie Landsem and then again on April 2 for *Independence* by Chitra Banerjee Divakaruni. All residents are welcome. Remember reading is a pleasure and sharing your thoughts about a book with others makes it a gift.

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The Wine Club Celebrates a Year of Fine Wines

By Sheldon Opperman

The Tennis Pavilion was filled with laughter and clinking glasses as we raised our cups to toast a year well spent. It was Friday, January 12, and the Wine Club had convened for its first meeting of 2024. The theme? A heartfelt “Looking Back” at the wines that had been some of our favorites over the past twelve months. As I glanced around the room, I saw familiar faces—the wine enthusiasts who had become more than just fellow club members. We were a community, bound by our shared passion for the grape. The tasting lineup was an array of eleven wines—each bottle a story waiting to be told. Two whites, eight reds, and a single dessert wine stood before us, each representing a unique grape variety, and style.

- **Domaine Besson Chablis Vaillons 1er Cru 2019:** A French Chardonnay from Burgundy. No oak, just pure elegance. Think apples, apricots, and a hint of flint. Pair it with cheese, seafood, or poultry.
- **Tenuta Della Terre Nere Etna Bianco 2022:** A white wine grown on the slopes of Mount Etna in Sicily. It’s a fresh and lively wine, with citrus, pear, and almond flavors. It can match well with pasta, fish, and vegetable dishes.
- **Arnaldo Rivera Undicicomuni Barolo 2017:** Considered the “King of Piedmont” made from Nebbiolo grapes. It’s a powerful and complex wine, with cherry, rose, licorice, and spice aromas and can complement well with meat, game, and cheese dishes.
- **Château de Beaucastel Coudoulet Rouge 2020:** This estate is my favorite from the Southern Rhone Valley. It’s a red wine made from a blend of Grenache, Mourvèdre, Syrah, and Cinsault grapes grown in the Côtes du Rhône. It’s a rich and full-bodied wine, with blackberry, plum, and pepper flavors, and a smooth, velvety texture and can pair well with lamb, beef, and mushroom dishes.
- **Bodegas Muga Reserva ‘Unfiltered’ 2019:** This wine is made mainly from Tempranillo grapes grown in the Rioja region in Northern Spain. It’s a mature and elegant wine, with red fruit, vanilla, tobacco, and cedar aromas, and a silky, refined mouthfeel, which can match well with ham, pork, and cheese dishes.
- **Booker Wines ‘Harvey & Harriet’ Red 2020:** This wine is made from a blend of Cabernet Sauvignon, Syrah, Petit Verdot, and Malbec grapes grown in Paso Robles California. It is a bold and expressive wine, with black cherry, blueberry, chocolate, and coffee flavors, and a dense, chewy texture. It’s low acidity and a high alcohol content, can complement well with barbecue, steak, and pizza dishes.
- **Beaulieu Vineyard Napa Valley Cabernet Sauvignon 2019:** This wine is made from Cabernet Sauvignon grapes grown in the Napa Valley

region in California. It’s a classic and refined wine, with cassis, black currant, violet aromas, and a smooth, polished mouthfeel. It has a medium acidity and a firm, elegant finish, and can pair well with roast, duck, and cheese dishes.

- **Zenato Ripasso Ripassa Superiore 2019:** From the Valpolicella region in Veneto Italy, it is sometimes referred to as “Baby Amarone” Less expensive than its father, the wine is made with the same grapes as Amarone using the Appassimento method. It is a rich and intense wine, with dried cherry, raisin, chocolate, and spice flavors, and a velvety, full-bodied texture. It has a moderate acidity and a warm, lingering aftertaste, and can match well with stew, lasagna, and cheese dishes.
- **Luca ‘Uco Valley’ Malbec ‘Old Vine’ 2019:** This isn’t one of your run of the mill Malbecs. “Old vines” are usually more than 25 years, and preferably more than 50 years old! It is a fruity and spicy wine, with blackberry, plum, violet, and pepper aromas, and a juicy, vibrant mouthfeel. It has a high acidity and a medium tannin level, and can complement well with empanadas, steak, and cheese dishes.
- **Penfolds ‘Bin 28’ Shiraz 2020:** This wine is made from Shiraz grapes grown in various regions in South Australia, Australia. It is a robust and savory wine, with blackberry, plum, licorice, and clove flavors, and a firm, muscular texture. It has a low acidity, a high alcohol content, and can pair well with lamb, venison, and cheese dishes.
- **Our Dessert Wine: Graham’s Six Grapes Porto NV:** In my opinion one of the best values you can find for Port wine. The grapes are grown in the Douro Valley region in Portugal. It is a sweet and rich wine, with blackberry, cherry, chocolate, and nutty aromas, and a

smooth, luscious mouthfeel. It has a balanced acidity and a long, satisfying finish, and can match well with chocolate, cheese, and nuts dishes.

The Wine Club continues to be a vibrant community for enthusiasts of all levels, providing opportunities to discover new favorites, expand our palates, and connect with fellow wine lovers. Cheers to many more exciting bottles, lively discussions, and enriching experiences in the year ahead!

A Message from the Regency Tappers

The Regency Tappers, a group that danced for over 15 years until the pandemic shut us down, is looking to start dancing again.

We are a group of women who enjoy dancing and range anywhere in talent from beginner to intermediate. We just love the fun and camaraderie that this kind of class brings.

If you are interested in learning more about this group or would like to join us, please contact Carol Kortmansky at carolee@aol.com.



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By Breena Steinberg,
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10/7/23. The horrors still continue
while the hostages are in captivi-
ty. The violence that these human
beings endured was and is despi-
cable. The world must see. These
are War Crimes! We must #Stop
the Silence.

Hadassah has begun a cam-
paign to reach out to the world to
raise awareness and demand jus-
tice for all and to show the world
that rape must not ever be used as
a weapon of war. Not in Ukraine.
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The campaign will include
sending petitions to UN secretary
General Antonio Guterres (link
attached). Hadassah grassroots
will organize rallies, meet with
officials, and campaign on social
media. We need all of us to come

together and let our voices be
heard. Please read the attached
link I have included. Most impor-
tantly sign the petition, by copy-
ing the link from Hadassah Na-
tional to All Hadassah Members
and Supporters and to all who
agree that we must END THE
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The Regency Car Club

By Ron Joffe

Improving Driving
Safety

The subject of driv-
ing safely comes up
sometimes because
there is a need for a
refresher course about
it. It has been a long
time since we took our
driver’s tests and per-
haps it is time to have
a few reminders about key
safety issues. In our commu-
nity the speed limit is 25 miles
per hour unless otherwise. We
have many STOP signs but no
SLOW or YIELD signs. It is
clear that there are a significant
number of drivers who fla-
grantly ignore both the speed
limit and the STOP signs. Ignor-
ing these two signs will cost
you at least two points and a
money fine when the police pull
you over. Additionally, they
may result in an increase of
your insurance premiums. But
worst of all, disregarding them
can be the cause of an accident
with injuries, legal issues, or
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age can occur. Two vehicles
meeting head on, each traveling
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seat belts may not be enough to
save you or others from serious
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also. \$2200 headlight assem-
blies, \$1200 front facing cam-
eras, \$1800 cruise control sen-
sors, and \$8000 batteries on
electric vehicles have added up
to many more vehicles being
scrapped instead of repaired.

In case you are not clear, a
STOP sign is a non-ambiguous
instruction to stop movement.
It is not the same as a SLOW
sign or a yellow light about to
turn red and you speed up to
make it through the intersection.
STOP signs are intended to get
you to stop not just for crossing
traffic but also for pedestrians,
which sometimes are GRAND-
CHILDREN. We have many
people walking in our commu-
nity including early morning
and in the evening. While you
may think it is okay to ignore a
stop sign because you don’t see
any headlights coming from a
side street, it is NOT okay be-
cause you may not see pedestri-
ans.

If you have been involved in
a motor vehicle accident, re-
gardless of how minor it may
have been, you know how up-
setting and costly it was. If you
or a family member has been
injured in a motor vehicle acci-
dent, you know how scary and
worrisome that was. The speed
limit in our community is 25
miles per hour. Not 27, 30 or
35. The many STOP signs mean
the same thing they did when
you took your driver’s test a few
years ago. Stop, Full stop, Not
slow, Not roll through. STOP.
Do yourself and the rest of us a
huge favor and pay attention.
Don’t exceed the speed limit
and do stop. Save yourself and
others from injury or death. You
won’t have any regrets abiding
by these signs.



Photos by Ron Joffe

Regency Hadassah
Schedule of Events

- Monday, April 15 - Women’s
Seder
- Sunday, June 2 – Vita at the
Axelrod Theatre

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Indian American Group (IAG) Meeting on January 21



“Let Us Go Beyond Hello” at IAG’s first meeting in 2024.

Photo by Bharat Doshi

By Bharat Doshi

IAG had its first meeting of the New Year on January 21 in the Tennis Pavilion. There was a notable change in the IAG Board, so it was a special meeting. After a light snack, tea, and coffee, Sat Khurana, the President of the prior Board, summarized key accomplishments over the last two years and thanked the Board members who are not continuing for the 2024-2025 period. New Board President, Rajesh Kapadia, was in India so the new Vice President, Bharat

Doshi, substituted. He thanked the Board members and many volunteers for their contributions and then discussed the responsibilities of each member of the new Board.

The remaining 75 minutes were devoted to a fun ‘Let’s Go Beyond Hello’ game, designed and executed by Gan Murali. He picked attendees in a random order. Each gave a short talk about something interesting in his/her life. People chose a gamut of things to talk about. Here are some examples: how

she met her husband; how her nick name started and remained with her; how he and his five brothers have interesting prefixes in their real names; how he forged someone’s signature while in middle school; and how much fun and peace they feel with the community at Regency at Monroe. Outside was bitterly cold but we had a warm and fun evening.

Home Trends



By Cheryl Hand
Real Estate Predictions
for 2024

As I was about to sit down to write this article, I decided to eat the last fortune cookie on the counter. Here was my fortune: “Good writing is clear thinking made visible.” I took that as an omen. Wouldn’t you? Without much to report, here is this month’s column.

I’ve been following the predictions of the ‘experts.’ *Realtor.com*, the Internet giant printed a question in their headline, “Are we at a Turning Point?” My response question is, “Can you really predict?” The real estate business is not black and white – always grey, always emotionally driven. Mortgage rates drive the market and they are tumbling. More homes will be listed in the coming months and buyers who have been waiting may just be able to score the home they’ve hoped for the past few years.

As per *Realtor.com*, “new home sales rose 8% and pending home sales were up 8.4% from November to December.” Winter is traditionally a slower time for the real estate market, but positive signs are pointing towards a strong year. The expert predictions are mostly for the single-family sector. Our community, for senior adults, doesn’t always compare the

same way. Our community has always been in very high demand, not only the past few years, but since we arrived fifteen years ago. Regency has been and still is a desirable community with significant turnover every year (51 homes sold in 2023 to be exact).

Currently with only two homes on the market – listed for \$910,000 and \$999,000 we certainly don’t have much for a buyer to choose. There are four homes Under Contract ranging from \$679,888 - \$999,000.

(Continued on page 12)



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By Cecile Spector
**“Goody Two Shoes”
Started It All**

In 1765, the first English children’s novel, *The History of Little Goody Two-Shoes*, was published by John Newbery. At the time, no author was named. The book’s heroine, Margery Meanwell, was an extremely moral angelic orphaned little girl who had the clothes on her back and only one shoe. A man adopts her brother but leaves her at the orphanage. He gives her some clothing and a pair of new shoes as consolation. She is so excited she runs around showing everyone her new shoes, earning the nickname *Goody two shoes*. In addition to entertaining young readers, this groundbreaking book intended to teach basic values such as the virtues of education, hard work, and becoming self-sufficient. The last value mentioned is striking in that it suggests, in 1765, that women can take care of themselves.

The genre of children’s literature has thrived over the centuries and continues to entertain while providing lessons to live by. A friend of mine was invited to a baby shower recently. Each guest was asked, in addition to the gift she’d select, to bring a

Home Trends

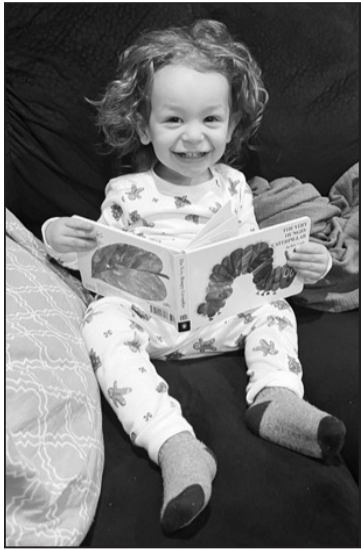
(Continued from page 11)

What does this tell you if you are considering selling your home? There is no time like the present – there isn’t any competition. If you are considering selling your home this year, do not wait for the others. Do it early while there are hardly any choices. If you wait until mid-spring, yes, there may be more buyers, but there will also be more homes to sell. *Low Inventory equals Quicker Sales and Higher Prices*. Once again, we refer back to the supply and demand theory, which I have written about many times over.

March is here – the months do fly by – the trees will begin to bud, and Regency will come alive in the next four to six weeks. Make every day your best day and always look on the positive side. See you all soon.

Beyond Words

book she loved when she was a child, with a short note as to why it was a favorite. The amazing result was that, of the more than 30 women invited to the shower, there were no duplicate books. Each person had a different favorite. I’ve been to baby showers where *Pampers* were requested as an additional gift. I believe books are better – and they last much longer.



Nina’s great-nephew, almost two-year old Lukas Donahue reading one of his favorite books - *The Very Hungry Caterpillar!*
Photo by Zachary Donahue

There are hundreds of excellent children’s books with entertaining stories, beautiful illustrations, and a host of lessons for living a happy, fruitful life. *The Rainbow Fish*, drawn and written by Marcus Pfister, is a great example of stunning illustrations and how by sharing, one can find friendships and a sense of belonging. Eric Carle’s *The Very Hungry Caterpillar* is a board book young toddlers will love. The story follows a caterpillar’s transformation and growth into a butterfly. Along the way, the text and beautifully rendered illustrations expose the child to skills such as counting, understanding the days of the week, and different types of food. There is even a little hole in each page for baby to poke a finger in.

The prose of *Goodnight Moon* by Margaret Wise Brown simply provides the naming of each object the child can see. The rhythm of the repetitive naming has a lulling quality and is soothing as a bedtime book. It



must work. More than 48 million copies have been sold worldwide.

The Little Engine That Could by Watty Piper provides timeless lessons. You will be successful if you face challenges with a positive attitude, have confidence in yourself, work hard, and persevere. Most of us remember the little engine repeating the phrase, “I think I can, I think I can...” when it is trying to pull a train over a mountain. Self-motivation is important when trying to reach any goal.

One of my favorite books is *Madeline* by Ludwig Bemelmans. The small but fearless Madeline has an appendicitis attack while exploring Paris with her classmates. She handles the situation bravely. The tale is told in a calming manner, defusing what could be a fearful and scary situation. The illustrations are delightfully charming, adding much to the enjoyment of the story.

Beatrix Potter’s *The Tale of Peter Rabbit* describes the consequences that occur when a child misbehaves. Peter missed the delicious supper his well-behaved siblings had, but I, for one, enjoyed the spirit and curiosity shown by this little creature. Perhaps a bit of mischief can spice up one’s life.

An excellent way to teach a child about sequencing and cause and effect is to read *If You Give a Mouse a Cookie* and the sequels by Laura Numeroff. After the cookie, the mouse will then need milk, a straw, etc. The illustrations are captivating.

Amelia Bedelia by Peggy Parish is chock full of puns, which show the difference between literal and figurative language. Amelia is a maid who takes everything literally. For instance, when asked to draw the drapes, she’ll sketch a picture of them. The series of books about Amelia are a whimsically fun way to learn about the nuances of our language.

Where the Wild Things Are by Maurice Sendak is about Max, an imaginative boy, who is sent to bed without supper. He creates a world for himself filled with wild things to escape from his own angry feelings. Complex emotions are explored and resolved, and Max concludes that his own home is best and that his family still loves him.

Timeless books have been written for older children and teenagers, such as *Alice’s Adventures in Wonderland* by Lewis Carroll, where the nature of reality is questioned, *Charlotte’s Web* by E. B. White, where issues such as friendship, compassion, and the cycle of life are discussed, or *Harry Potter and the Sorcerer’s Stone* by J. K. Rowling, where an amazing world of wizardry is realistically created. These are only a very few bits of the literary feast available on bookshelves.

M&M Movie Minutes



By Marcia Milgrom and Marilyn Jaclin

No Hard Feelings

M and M from north and south decided to see this 2023 sex comedy film. It is about wealthy helicopter parents who hire a woman to teach their socially awkward son about romance before he heads to Princeton University in the fall. They want to boost his confidence before college. Initially, we see Maddie (Jennifer Lawrence) in front of her modest childhood home, watching her car being repossessed. She is down and out of money and owing property taxes. She is on the verge of losing the Montauk house that her deceased mother left her. Time is running out! Although she is a part time bartender and Uber driver she is still in need of money. As luck would have it, Maddie found an

advertisement in the paper from people offering a Buick Regal to enlist a woman to date and have sex with their socially innocent, 19-year-old, anxiety-ridden son, Percy. Maddie goes for the interview and is hired.

Percy (Andrew Barth Feldman) is working for the summer at an animal shelter. Maddie meets him for the first time, and right away she tries to seduce him. She tells Percy she is looking for a large dog. He shows her Cocaine, a drug addicted dog. Instead of buying the hound, Maddie offers to drive Percy home. Now, in the car, Maddie takes her passenger to her home instead. He doesn't know her house and pepper sprays her. One incident leads to another and the two become friends. They create a chemistry that keeps us interested. Maddie is bold, outspoken, and confident. Percy is soft spoken and timid. The two of them talk about how they didn't go to their own proms. In the next scene we see them all dressed up in a fine restaurant. While they were dining, a classmate of Percy's invites him to a Princeton party later that evening.

Percy goes and Maddie follows. He puts off having sex with her. The couple learns about each other. In fact, they both have a way of helping each other grow up. The teen has a way of teaching Maddie some serious life lessons. We finally see Percy and Maddie at his parent's home. Percy finds out that his folks were involved with match-making. Maddie apologizes to Percy. In the end, we see Maddie driving Percy to college, on her way to live in California. She adopts Cocaine and takes him with her. She sells her house to her good friends Jim and Sara.

M and M can truthfully say that this is not a movie for everyone. Yet, we enjoyed the slapstick and charm of Jennifer Lawrence and Andrew Barth Feldman. Both were generations apart and from very different socio-economic classes. Laura Benanti plays the mom and Matthew Broderick is the dad. Both characters played their roles brilliantly. If you want a light, predictable, cute movie see it on Netflix. M and M advise that there is sex and nudity in this film.

Health Issues Pertinent to Regency Residents



By Sheldon Opperman, MD
Playing Guitar for Health

If you're looking for a fun and rewarding hobby that is not only enjoyable but also can improve your physical and mental health, consider picking up a guitar. You might be surprised at the positive impact learning this instrument can have, especially after age 55. I will explore some of the advantages of picking up this popular instrument.

Physical Health Benefits

- **Reduce chronic pain:** Playing the guitar can help you distract from your discomfort and may provide natural pain relief. There is a study from the University of Utah that found music can engage your brain and reduce pain.
- **Lower blood pressure and heart rate:** Another study from Leiden University Medical Center in the Netherlands showed that making music can lower your blood pressure and your heart rate. This in turn can help improve cardiovascular health.
- **Improve hand-eye coordination and flexibility:** Playing the guitar requires using your eyes, hands, and wrists together, which can enhance your motor skills.

Mental Health Benefits

- Playing guitar is a fantastic mental workout. It can boost

your brain power and mental health.

- **Enhance your memory and cognitive abilities:** Learning chords, melodies, and rhythms strengthens your memory and improves your ability to concentrate.
- **Prevent or delay cognitive decline:** Although learning to play an instrument like guitar cannot guarantee prevention of Alzheimer's disease and dementia, research suggests it could potentially reduce your risk and offer significant cognitive benefits.
- **Reduce stress and anxiety:** Playing guitar can decrease anxiety by releasing endorphins, which are hormones that make you feel relaxed. The rhythmic strumming and melodic sounds of the guitar can be incredibly therapeutic.
- **Boost mood and self-esteem:** Learning a new skill like playing the guitar can give you a sense of accomplishment and boosts your confidence.

Social and Emotional Benefits

Learning guitar can be a social experience too. You may join a group class or find a jam buddy.

- **Meet new people:** Share your passion for music with others and build new friendships.
- **Combat loneliness:** Social interaction can help combat feelings of loneliness and isolation, especially common after retirement.
- **Boost cognitive function:** Engaging in conversations and musical collaborations can stimulate your brain and keep your cognitive skills sharp.

It's Never Too Late to Start

Think you're too old to start learning guitar? Think again!

Studies have shown that people of all ages can benefit from learning music, and there's no reason why you can't join the fun at 55+.

Here are some tips for getting started:

- **Choose the right guitar:** Consider your physical limitations and musical preferences when choosing an acoustic or electric guitar.
- **Find a good teacher:** There are many excellent online courses for beginners up to experienced players.
- **Start slow and be patient:** Learning guitar takes time and practice. Don't get discouraged if you don't see immediate results.

Most importantly, have fun!

Enjoy the process of learning and celebrate your progress, no matter how small.

I have been playing the guitar on and off since 1964. I enjoy picking up the guitar for one hour after dinner to learn a new song or practice my skills. If you need help getting started, no worries; I would be happy to help. The benefits I mentioned in the article apply to many instruments, not just the guitar. In fact, any instrument that requires similar cognitive and physical skills can offer similar advantages. So, what are you waiting for? Grab a guitar, strum away your worries, and discover the joy of music and the multitude of health benefits it brings. You might just surprise yourself with the hidden musician within!

Ref: BMC Neurology: October 2022: Playing a musical instrument and the risk of dementia among older adults.

Strong Sounds: February 2022: Guitar World: May 2023



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Healing with Yoga Therapy

By **Jaya Gupta**

Hello Friends,

As promised, from this article onwards for a few months I will be writing about the **Joint Free Series** that includes 45-50 very simple yoga movements and poses. JFS comprises powerful yoga movements and poses that make one strong and flexible by contracting one side muscles and stretching the opposite side muscles to gain strength and flexibility at the same time. The best approach is to start exercising this series earlier in life to avoid knee, shoulder, or back surgery later or when you want to regain your strength and energy after an illness. The most important thing is to remember to do these yogic movements in a meditative state (keeping your awareness in that part of your body) with the Ujjaye breath at your own pace. Ujjaye breath is when you inhale deeply through your nose and exhale forcefully through your nose. No mouth breathing, please. Once you have learnt how to do this, close your eyes, bring your awareness in and practice six -10 times rhythmically. Harmonizing the breath with motion increases the self-awareness that will be reflected in all activities of life. These movements can be done on the mat, in the chair, or even in the bed to keep one in good health.

Be aware that these movements move our joints freely through it's range of motion. Listen and feel if there is any crackling sound, discomfort, muscular stress, or stress in adjacent joints. Learn the difference between good pain and bad pain and slow down before reaching the bad pain. The benefit of this practice will vary according to our activity, time, age, weight, postural imbalances, injuries, pain, and emotional mood. If you are in any doubt or question, please join us for free mat/chair yoga classes on Monday and Wednesday at 11:00 a.m. in the fitness room or on Zoom and learn the right way to heal yourself.

We will start JFS from the feet to the head one joint at a time. The first four movements are for feet, ankle, and lower legs. Sit straight on the floor or in the chair in a stick pose keeping the legs straight in front. This can be done lying straight in the bed too. During these movements, we are not only working on ankles and feet but also on five muscles in our lower legs.

Ankle Plantar Flexion and Dorsiflexion aka Ankle Pumps:

Exhale, stretch and hold the top of the foot downwards (**Plantar Flexion**) for the entire breath. It stretches/flexes the front Shin muscle while contracting/strengthening the calf muscle in the back. The normal range of motion (ROM) is about 50 degrees.



Plantar Flexion

Inhale and flex the top of the foot back towards your body (**Dorsiflexion**) and hold for the entire breath. It flexes the calf muscles and strengthens the shin muscle. The normal ROM is about 20 degrees.



Dorsiflexion

Ankle Eversion and Inversion:

Inhale and rotate the soles of the feet pointing two big toes outwards and drawing the little toes towards your head (**Eversion**). The inner ankle bones may touch. This makes the ankle flexible and strengthens the two side muscles. These muscles are hard to strengthen unless you play a sport where you run or kick sideways. The normal ROM is about 20 degrees.



Eversion

Exhale and bring the soles of your feet towards each other so the inner ankle bones are



spread as wide as possible (**Inversion**), toes pointing upwards towards the ceiling. During this practice move your ankle and feet with minimum leg rotation. The normal ROM is about 50 degrees.



Inversion

If you find that your range of motion is less than normal, keep practicing. If it's more, don't worry. Depending on what activity you do, the more the ROM will differ. Enjoy and don't forget to do them with yogic breath. That is what makes our muscles strong. Until then, take good care of yourself, stay healthy, blessed, and be happy.

Love, Jaya

Seniors Living Corner Chat

By **Barbara Berg SRES®**,
and **Keri Zoumas SRES®**
Seniors Real Estate Specialist®

Welcome to Barbara and Keri's corner chat on all things senior living. As **Seniors Real Estate Specialist®**, we look forward to offering these series of articles to share information that touches the lives of the senior community. We welcome your feedback and requests for future articles!

The Benefits of Mental Stimulation and How to Keep Our Mind Sharp as We Age

Mental stimulation is a crucial aspect of maintaining cognitive health, especially as we age. The brain, much like any other muscle in our body, requires regular exercise to stay in optimal condition. Engaging in activities that challenge and stimulate the mind not only contributes to cognitive function but can also have a positive impact on overall well-being. In this article, we'll explore the benefits of mental stimulation and discuss various ways to keep your mind sharp as you age. One of the primary benefits of mental stimulation is the promotion of neuroplasticity. Neuroplasticity refers to the brain's ability to reorganize itself by forming new neural connections throughout life. Engaging in mentally stimulating activities helps to create and strengthen these connections, fostering a more adaptable and resilient brain. This adaptability is crucial for maintaining cognitive function as we age and can even contribute to the prevention of age-related cognitive decline.

Regular mental stimulation has been associated with improved memory and cognitive performance. Activities that challenge the brain, such as puzzles, games, and learning new skills, encourage the formation of new neural pathways. These pathways enhance the brain's ability to store and re-



trieve information, leading to better memory retention and recall. Additionally, mental stimulation can have a positive impact on other cognitive functions, including problem-solving, critical thinking, and decision-making. Furthermore, engaging in mentally stimulating activities has been linked to a reduced risk of cognitive decline and neurodegenerative diseases such as Alzheimer's and dementia. While age-related cognitive decline is a natural part of the aging process, incorporating activities that challenge the mind may help slow down this decline and promote a healthier brain in later years. Research suggests that individuals who regularly engage in intellectually stimulating pursuits throughout their lives are less likely to develop severe cognitive impairments. So, how can you keep your mind sharp as you age? Here are some practical tips:

Stay Curious and Learn Continuously: Cultivate a curious mindset and maintain a life-long passion for learning. Whether it's picking up a new hobby, learning a musical instrument, or exploring a new language, the process of acquiring new knowledge keeps your brain active and engaged.

Engage in Brain-Boosting Exercises: Just like physical exercise is essential for the body, mental exercises are crucial for the brain. Solve puzzles, play strategy games, and engage in activities that challenge your cognitive abilities. Crossword puzzles, Sudoku, and chess are excellent examples of games that stimulate the mind.

Socialize Regularly: Social interaction is not only emotionally rewarding but also benefi-

Tech Trends

By Don Haback

Keep your Systems “Clean”
This article is an update from a three year old *Tech Trends* article – but remains totally relevant and worthy of a new review. I continually try to stay up to date on all issues that may affect the proper operation of my (and Anne’s) computing equipment – and these include detailed attention to discovering and removing malware of all kinds. I’m always reviewing various industry sources, paying careful attention to our use of the Internet. We’re all on it regularly, starting by getting our email there – and continuing by shopping, getting news, and doing various research. Just about all of the malware we get comes from the Internet, so we have to be extremely careful

with the sites we visit. As you all recall, COMCAST was hacked late last year! Last Month’s *Tech Trends* covered this event – and its likely impact on all our ‘data machines’ – so I will not review it again – but please feel free to **carefully follow my recommendations** – and to contact me with any questions.
This month, we’ll go back to another major source of problems – malware that’s installed (sometimes unknowingly) directly on our Internet Browsers. Of course, we’re basically aware that the browser is our main entrance to the ‘wonderful world’ of the Internet. How do we get to our Google searches? Our emails? Our banks and brokerage houses? Our browsers are the key. The primary browsers are Apple’s SAFARI (for Apple users) and Microsoft’s

EDGE (for Microsoft PCs). Other main browsers are Google’s CHROME (I have this on my MAC) and Mozilla’s FIREFOX. Yes, there are literally hundreds more of them. I use all of these plus a few more. Feel free to contact me if you’d like to know my other selections. As our main interfaces with the Internet, **our browsers are also the primary way that malware can get into our systems** – and therefore, the main place where it can be defeated – or at least diminished. There are several ways that these ‘anti-malware’ actions can be taken – some externally and others inside the browsers themselves.

The primary tools are the various anti-virus and anti-malware apps available today. Looking at the PC environment, Microsoft includes WINDOWS DEFENDER as an integral element of its WINDOWS operating systems. It’s reasonably good by itself – but I like to extend it by using additional FREE software rather than the ‘paid’ offerings from Norton, McAfee, BitDefender and others. I would note that McAfee and Norton products are also available for Apple product users – and Apple generally has a better antivirus/malware capability built right into their operating systems. My general ‘go-to’ starting point is to download – AND USE – MALWARE-BYTES. This app is free, in basic form, for both Apple and PC users, and does a good deep dive approach to finding and removing malware of all kinds. There is an up-market version that adds several nice features, but the free version seems to work nicely. It’s not ‘automatic’, but this is not a problem for most of us. I have MALWAREBYTES on all of my systems, use it regularly and recommend it. In addition to MALWAREBYTES, I also use AVAST antivirus and CCLEANER. Both of these are available for both PCs and MACs. I’d note that AVG, another good name for antivirus, is a subsidiary of AVAST. I used to use AVG but have replaced it in all my systems. CCLEANER, while not a pure antivirus app, does an excellent job of maintaining the basic functions of my machines, removing ‘junk’ and keeping my browsers efficient too.

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The World Is Crazy



By Susan Sloan

You look at the world situation and wonder how we got into such a mess, wars in the Middle East, Ukraine, and elsewhere. Weather like we have not seen in years, flooding, snow. Upheaval in Washington. That is not new news but still is scary. Emigrants looking for a better life are coming in the millions not just from South and Central America, but from China in hoards. And yet the economy seems to be settling nicely. The Fed has not yet be-

gun to lower interest rates and announced no timetable to do so. So those with a fixed income or money market investments are still doing well. This might not change for quite a while. You can still get over 5% on your cash as long as you have it at a solid company.
The stock market has been friendly to us so far this year (as of this writing) and if you were invested in the Magnificent Seven (a group of high-tech companies that have risen off the charts) you are jumping with joy. Now the question is “where do we go from here?” No one can tell the future. Everything is fine and one morning you wake up and crisis is at your door. We all understand that no one has the same tolerance for risk. So be aware of your personal tolerance and you will sleep soundly at night.

Healing Ourselves Naturally



By Steven Soffer N.D. MH
We Are All Just Passing Through

These are very complex times. The world is going through tremendous changes. Political philosophies are changing. Things we believe about freedom may be changing as well. We live in a democracy and our responsibility is to vote in free and honest elections, which are the basis of democracy. That makes this election the most important one in our history.
Change is in the air. What direction the change goes is yet to be determined. It is March now and spring is just a few weeks away. Many of us have plucked a dandelion from the ground and purposely blown on its bloom to see it

disperse on an airborne journey. The florets that compromise the flower head don’t resist our blowing or dread nature’s wind. Its collapse of form launches its mass of seeds to find new territory to reproduce. One wind-blown dandelion becomes many. One lit candle can light many without extinguishing itself. Emerson taught that nature is our greatest teacher. If so, what might we learn about ourselves from this process?
The dandelion doesn’t fear the wind. In fact, one might say, it welcomes and needs it for its own expansion. Could we welcome the ever-changing winds of circumstance as readily as the dandelion? Regrettably, far too often we are fearfully programmed to guard our possessions. We are forever calculating how to prevent something that may come and blow our stability away. I have definitely been guilty of this. This focus on instability becomes self-fulfilled simply by the nature of law.
Remembering that we take nothing material with us at the end of this life, that essentially

(Continued on page 16)



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Regency Reporter Updated Delivery Procedures

If you live in the newer sections (formerly Fairways) of Regency and are experiencing newspaper delivery problems, please call Vinny Valerio – 516-317-2935

*If you live anywhere else in Regency please call Linda Strauss, 732-656-0140.
Do not call the concierge at the Clubhouse.
Do not call or email Barbara Bickel.
Do not call or email Nina Wolff.*

Call Vinny Valerio for newer sections (formerly Fairways) issues: 516-317-2935
Call Linda Strauss for other Regency delivery issues: 732-656-0140.
Linda and Vinny handle all Reporter delivery issues.

Please Help Israel

The Jewish Congregation of Clearbrook is currently accepting donations to be given to Magen David Adom, which is an organization that solely supports supplies and emergency services to the injured in Israel. If anyone would like to contribute, please mail to: Jewish Congregation of Clearbrook, 1 Clearbrook Drive, Monroe Twp., NJ 08831, or call Michael Katz at 609-619-3762. Make checks payable to Jewish Congregation of Clearbrook with a memo “For Israel” or “For Magen David Adom .”

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Board of Education

By Doug Poye

Your School Taxes

With more than half (53%) of your **property taxes** going to support the Monroe school system, you may find the following of interest. In the February issue of the *Regency Reporter*, Cheryl Hand reported that 31 “Ranch” homes sold in 2023 with an average sales price of \$678,680 and that 19 “Loft” homes sold for an average of \$811,368. The assessed values, available from the township’s website, of homes in Regency vary but can be estimated to fall between 54% and 62% of the sale price of the home. It is the assessed value that determines the property taxes on a home. Thus, the assessed value for the hypothetical “Ranch” would lie between \$366,487 and \$420,782. The current tax rate in Monroe is 2.792%, which means that the taxes on our hypothetical ranch fall between \$10,232 and \$11,748. The hypothetical “Loft” taxes would fall between \$12,233 and \$14,045. Therefore, the taxes paid to the school district for the ranch are between \$5423 and \$6344 and for the loft between \$6606 and \$7584. You, the reader, can simply look at your 2023 Final/2024 Preliminary Tax Bill from the township to see what you are paying.

Consequently, it would seem reasonable that you might be concerned with the financial operation of our local school district. In November and December, the central administration of the district (superintendent, assistant superintendent, and the business administrator) worked with the principals, directors, and supervisors to determine **anticipated expenses** for the subsequent school year 2024-25. Then at its January 17 meeting, the Board of Education adopted a “Budget Philosophy,” which would guide the administration in developing a tentative budget. The adopted philosophy resolution “tasks the Administration to prepare a budget that responsibly meets the demands of continuing, significant student growth and facility needs as well as program and service requirements while prioritizing ... student and staff safety, maintain current programs and staff, and addressing capital improvement needs.” During February, the administration will have presented that tentative budget to the Board and received notification from the State Department of Education regarding anticipated state aid.

Prior to approving the philosophy resolution, Business Administrator Laura Allen presented the following data relevant to the **2024/25 budget** being developed. The current year’s budget is \$137,480,000. To keep the general fund tax levy to a maximum increase of 2% she anticipated an **increase** of \$4.31 million in revenue for next year’s budget but a **decrease** of \$4.53 million, which would be a decrease of \$220,000 from the current year’s budget. To overcome this reduction and possibly go beyond the 2% cap, the Board will ask the public to vote in April on the budget currently being developed. Also at that time, voters will be casting ballots for three candidates running for the Board. Those candidates were not known as of the writing of this article. Anyone wishing to review the presentation by Superintendent Chanley and Business Administrator Allen can find more details by going to www.monroe.k12.nj.us and scrolling down the left side of the home page to “Budget In-



formation.”

Another major point of discussion during the January meeting was how to get the public to put pressure on state legislators to **increase state aid** to the district. The Board’s Legislative Action/Community Action Committee began work in October to develop a letter for use by the public toward this effort. Katie Fabiano, the committee’s chair, mentioned that the point of the letter is for the state to revise the School Funding Formula...a revision that hopefully will result in more state aid for Monroe in the near future. The letter will be posted on the district’s website but at the time of submitting this article was not in a form that could be easily used by all residents. Once I receive notification that it is ready for the public’s use, I will ask Ron Post to include an announcement in his weekly email.

This report has not been written at the request of the Board but by a private citizen who served on the Board from 2013 through 2015.

Healing Ourselves Naturally

(Continued from page 15)

nothing is our own, we are then invited to seek balance in caring for and celebrating what we have, yet remaining unattached to any of its permanence. It is through impermanence and our resistance to change that we feel suffering. When we understand that we are just passing through here, we do not need to fear winds of change; we welcome them! In so doing, we continually prove that life is generous and regenerative. What we give returns multiplied. What we focus on grows. What is seemingly destroyed must be reborn. As we nurture the consciousness that life is for us, not against us, our experience of good continuously multiplies. “Nothing divine dies. All good is eternally reproductive. The beauty of nature reforms itself in the mind, and not for barren contemplation, but for new creation.” Emerson “All we have to decide is what to do with the time that is given us.” JRR Tolkien. Nothing is our own. ALL is GOD’S because all is God.

There is a story about a famous rabbi. People from all over the world would come and sit with him to learn. He was constantly visited by dignitaries and important people as well as simple people like you and me. One day a guest was visiting and when he entered the rabbi’s home, he saw very simple furnishings...a lamp, a table, a few chairs, his bed. The man says to the rabbi, “Where is all your furniture?” The rabbi replies, “Where is all your furniture?”

The guest answers, “I’m just passing through.” And the rabbi replies, “And so am I. And so am I!”

This is a complicated time in a complicated world. Nobody is quite sure what direction we are really going in but one thing I always say is never bet against God. Keep your truth and your spirit, practice kindness and love, give as much as you always can and always remember the truth shall set you free. “Remember that what you now have was once among the things you hoped for.” Epicurus “When the root is deep, there is no reason to fear the wind.” Unknown “Bondage lies in our own superstitions.” Joel Goldsmith “The process of clear thinking, if carried out every day, will heal.” The Science of Mind

“Everything changes once we identify being the witness to the story, instead of the actor in it.” Ram Dass “I have learned silence from the talkative, toleration from the intolerant and kindness from the unkind; Yet, strange, I am ungrateful to those teachers.” Kahlil Gibran

Every encounter is a holy one. I am sent nothing but angels. I always say angels fly because **THEY TAKE THEMSELVES LIGHTLY**. Have a happy spring, enjoy the warmer weather, sunshine, and flowers, get outside more and **GROW**. Happy spring from Steve and Kathy

Steve encourages questions and comments from free thinking individuals.

Pet Corner

By Bea Siegel

Snowflakes in the Air, We Know Winter is Here

Even though the festive holidays have passed, snow blanketing the streets and driveways may be an inconvenience to our daily life. The beauty emerges as energy for people that love the outdoors and wouldn't give up their walk no matter the weather. Well, our canine friends (most of them) feel the same way. Dogs just love to



romp in the snow. You see the happiness in the freedom they feel, and want to play, play, and play. The brisk cold air is also a reminder that in a couple of months, we'll be complaining about the heat, so put on yours and your dog's winter gear and enjoy the days ahead. Your feline friends are just as content looking out the window at birds on branches, and also laughing at the canines out in the cold. Well, to each-their-own.

Recommendations for keeping your dog in good health during frigid temperatures with snow and ice, and rain:

- Rock Salt: Wipe your dog's paws clean after walks; check for ice, snow, salt, burrs, and oil from the street. Clean with a warm cloth until dry; this will prevent your canine friend from licking the irritation on their feet, which can become raw and cause infections. If you notice any cracks on their foot pads, call your veterinarian to recommend a salve-moisturizer for dogs to apply on their foot pads for repair or prior to going outdoors. Some dogs, depending on breed, age, health, short-haired, etc., may require a coat, and/or booties, which most pet shops carry, or you could find online.



Hi, I'm Mr. Handsome Siamese cat, Sammy Gubkin. My soft velvety color of dark brown and light tan attracts everyone who meets me. I love sharing my home with Debbie Gubkin and Ed Liberston, since we go to Florida in the winter. They love my funny antics and take good care of me but can't wait to be back at Regency watching birds fly onto the trees. Me, Debbie and Ed all love each other.

Photo by Debbie

An Unforgettable Vacation in Northeast India: Part 1



By Bharat Doshi

In February 2023, my wife, Shilpa, two close friends, Haren and Gita Master (also residents of Regency at Monroe), and I spent 12 days touring four states in Northeast India. All four of us were born in India and spent at least the first twenty years of our lives there. We have also visited India a couple of dozen times after arriving in the USA and taken many vacations during these visits. However, this was the first time any one of us toured the Northeastern states, formally called the North Eastern Region (NER). It was a unique experience being in India and observing markedly different people, their history and culture, geography, and climate.

Today, NER is made up of eight states, 'Seven Sister States' of Assam, Manipur, Meghalaya, Nagaland, Arunachal Pradesh, Tripura, and Mizoram, and a 'Brother State' of Sikkim. This region has an over 3,000-mile-long border with China, Myanmar, Bangladesh, Bhutan, and Nepal. It is

connected by a narrow corridor with the rest of India. This explains the uniqueness of the region within India. During our trip, we visited Assam, Manipur, Nagaland, and Meghalaya, far from the higher mountains of Himalaya in Arunachal Pradesh and Sikkim. My description will focus on these four states and personal observations. Our journey included the first two days in Manipur, the next two in Nagaland, followed by four days in Assam and two days in Meghalaya, ending with two more days in Assam. In this Part 1 of the article, I will describe people, culture, and food. Part 2 will focus on important aspects of geography, climate, distinctive features, and wildlife.

People: While these are states in India, there is a significant tribal presence and resistance to state's authority, especially in Nagaland and Manipur. People look different from those in the rest of India, and it is hard not to notice the ancestral influence from South-East Asia and China. It was fascinating to hear them speak Indian languages. Based on prior readings, we expected these states to be somewhat backward. We were, however, surprised to see the strong roles women play. The streets were full of women on scooters commuting to work and more than half of the hotel

(Continued on page 18)

- Anti-freeze, transmission oil from vehicles, trucks, etc., are a big danger not only to your dog's feet and body, but if licked, extremely toxic and should be an immediate call to your veterinarian.
- Keep in mind that puppies, as well as many senior dogs, depending on their health find it difficult to regulate body temperature and would need special bedding to keep them warm. Hypothermia occurs when their body temperature drops below 98 F. Significant signs are pale gums, shivering, stiffness when walking, lethargic, or displaying any unusual behavior, i.e., not eating or sleeping, vomiting, or diarrhea.

Emergency number to call:
Animal Poison Control Center
ASPCA, 888-426-4435

Be prepared to give as much information as possible so they can direct you as to whom to call, and what to do in the immediate situation. Most of the time, they will tell you how to care for your dog or cat, whether it's shock, choking on something toxic, or anything else. Observing your pet's habits is the best thing you can do for them. If you have any questions about this topic, don't hesitate to call me.

Ziggy's Journey to His Forever Home

Ziggy's life was tough, but he was a resilient little guy just trying to survive on his own. Like most strays, he was scared and probably hid behind bushes and trees, or possibly in a forest where he could find food; we'll never know. This stray little Shih Tzu-mix was found in Mississippi and became a res-

cue dog thanks to a retired professor in Tennessee, who was working with "Paws on the Green Animal Rescue" in New Jersey and other rescues to transport dogs to different locations where animal shelter facilities or foster homes can care for these dogs to be adopted.

During Barbara Potasky's search for a rescue dog, she found out about Ziggy and knew she had to give him a home. Barbara was determined to adopt Ziggy. She drove to the Exit 8A rest-stop on the New Jersey Turnpike to meet the van he was in. She fell in love with him, took him home, and the rest is history; a forever loving home for this feisty little guy who melted Barbara's heart. It's been three years since his adoption, and everyone knows his bark when he sees a car. He's one happy, loving canine.

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Northeast India

(Continued from page 17)

management were women. We visited the famous Ima market (Mother’s market) in Imphal, Manipur. It is the largest ‘all-women’ market in the world with more than five thousand women vendors selling everything under the sun in two indoor city blocks. Male shop keepers and vendors are not allowed to sell in this market. In Meghalaya state, several tribes (e.g., Khasi, Garo) follow a matrilineal system, providing a lot of independence and authority to women. A man typically goes and stays with his wife’s family after marriage and the youngest daughter inherits the family property. The birth of a girl is celebrated more than that of a boy.

Culture, festivals, and dances: These states have a rich diversity of people and cultures. In addition to the mainstream population, the eight States of NER together have over two hundred tribes, each with its unique traditions, customs, arts and crafts, dances, and food. Over two hundred languages are spoken here. These tribes are fiercely independent and proud of their heritage - Bihu (Assam), Hornbill (Nagaland), Sangai (Manipur), and Ambubachi Mela (Assam). Celebration of the menstrual cycle of Goddess Kamakhya, and Wangala in Meghalaya are some of the popular festivals in the four States we visited. While our trip did not coincide with any of these festivals, we saw an outdoor museum of ‘exhibition

houses’ providing the backdrop for the Hornbill festival in Nagaland. We also saw, in public performances by dance schools, many folk dances performed in these festivals. Each dance had its own unique dress, music, and movements. In these public performances as well as in a private performance, we were also able to see some classical dances of the region. One was the popular Manipuri Raas Leela, a dance with exquisite fluid movements, elaborate costumes, and depiction of love between Radha and Krishna.

Food: During these 12 days, we mostly ate local food, whether they were elaborate thalis (a metal plate filled with local bread, rice, condiments, pickles, and six to 12 metal bowls with vegetables, meat, fish, and lentils, each with its own unique flavors) at dinner or a small meal at lunch or delicious street Boras (fritters made with various vegetables covered with batter and fried) during afternoon teas. Each State has its own specialties but, collectively, the food was different from what we eat in the rest of India. There was little in the way of elaborate gravies and several common Indian spices were missing. Pork, fish, local lentils, bamboo, and local produce provided the base ingredients. Chili peppers, turmeric, coriander, cumin, and ginger provided the flavorings. The dishes looked simple, but they were remarkably tasty and fresh. We will miss these unique meals and afternoon Boras.

Monroe Township Public Library

The Monroe Township Library offers a mix of in-person, virtual and hybrid programs for adults, children, and teens. Please read the program descriptions carefully. Many programs require registration. Register on our website at www.monroetwplibrary.org/calendar, at the Welcome Desk, or by phone at (732) 521-5000.

Book Café

Wednesday, March 6 at 11:00 a.m. & 1:00 p.m.

What have you been reading? We want to know! Join other book lovers for a lively discussion. Book Café is a perfect place to find your next great read or share what you have enjoyed. Hybrid. Registration required.

Virtual Author Talk: Nina Mahjong Club

Friday, March 8 from 2:00 p.m. to 4:00 p.m.

Join us for some casual, non-competitive rounds of traditional Chinese mahjong. Registration required.

Municipal Stormwater and Community Engagement

Saturday, March 9 at 11:00 a.m.

Monroe residents have experienced firsthand the impacts of flooding due to extreme weather events. Learn about New Jersey’s new regulations related to stormwater management and inland flooding to help protect property and critical environmental resources, and how community members can be engaged. Presented by Municipal Policy Specialist Susan P. Bristol, NJ P.P., NJ R.A., LEED AP in partnership with The Watershed Institute, Pennington, N.J. Hybrid. Registration required.

Poetry Group Workshop

Monday, March 11 from 11:00 a.m. to 12:30 p.m.

Join us the second Monday of each month to read, write, and discuss poetry. In person. Registration required.

Open Sewing

MondaySocrates Café

Monday, March 11 at 7:00 p.m.

Socrates Café are gatherings around the world where people from different backgrounds get together and exchange philoso-

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SPORTS

All the Cool Kids Are Signing Up for Shuffleboard



By Bob Zyontz

On January 26, a large group of active adults descended upon the Tennis Pavilion here at Camp Regency. While the “gathering” was peaceful, it’s safe to say that this horde, aka the Regency Shuffleboard Group, will never be mistaken for the Mongol Horde of Genghis Khan. We are neither nomads nor steppe dwellers and prefer playing and socializing on the shuffleboard lanes instead of sacking towns and villages...but I digress.

It was the Groups’ 2024 planning meeting that drew the crowd. The game has gained so much traction here over the last six months that the Group has become the fastest growing club in the community with over 125 members and counting. Their mission is to promote the social aspects of the game for all members in order to maximize fun and participation. That means gathering informally, hanging out with friends and neighbors, and playing without pressure. In addition to stoking excitement and antici-

pation for the Group’s first full season of play, the meeting covered a number of topics:

- “No pressure” weekly meet and greet sessions. This would be a continuation of the fall 2023 kick off gatherings used to assess interest and build a vibrant shuffleboard community.
- Member safety. Anita Solomon reminded the group that safety on the lanes is important as a few members have accidentally tripped over the shuffleboard disks, thankfully without injury. Leadership agreed to develop safety guidelines as a result.
- Forming a friendly league. This would be created for members who want a little more competition. A show of hands indicated there was enough interest to proceed with that idea.
- Themed activities for both daylight and twilight play. These included Grandkid’s Day, Picnic and Play, Couples Play, Wine and Shuffle Night, Beatles Night, and Shuffle and Swim during pool season, among others.
- Following the meeting, several members offered up some new initiatives. Gail Maloof suggested two gender specific events, a Ladies’ Night and a Men’s Night,

while Jay Gummie recommended a music-themed Salsa Night. All excellent points that will be put on the group’s activity calendar.

• The Mayor’s Cup. Shuffleboard is a Mayor’s Cup event, and the Group will be selecting a team to represent Regency in the competition projected to be held this coming June.

• Rules. During this discussion, Bob Goldstein asked that the Group adopt standardized rules of play, while Larry Ehrlich suggested contacting the Monroe Township Recreation Department to get a copy of the 2024 Mayor’s Cup rules.

Shuffleboard has re-ignited a passion that lay dormant for some time because it’s an important part of our active lifestyle that enables us to gather, play, and socialize in a low-stress environment. Remember too, that the lanes are open to all Regency residents, and you are encouraged to come down and play with friends and family. Even better, if you’re interested in becoming a member of the Regency Shuffleboard Group and joining a bunch of “very cool” people, please contact Bob Zyontz; his number is in the Regency Directory.

Survey Says...Get Maximize Value from Our New Pickleball Facility



By Bob Zyontz

The success of any club is grounded in the enthusiasm, commitment, participation, and retention of its members. Giving them a voice in the types of activities they’re most interested in can pay dividends and help club leadership achieve those four outcomes. The Board of the Regency at Monroe Pickleball Club (The Club) was totally onboard with this strategy. It recently surveyed its 200+ members for their feedback on a number of issues so that Club members could get the most fun and enjoyment from the introduction of the new pickleball facility and its six courts sometime in mid spring. It is important to note that the survey was sent to Pickleball Club members **only** to give them a voice in how their Club is run and does not represent the opinions of the Regency community at large.

When asked what activities they were most interested in for the upcoming 2024 season, Club members identified clinics, round robins, competitive ladders play, and monthly social events as their top choices. Clinics ranked first, illustrating the need for many members, especially those new to the sport, to learn the proper way to

play in order to build confidence while developing their skills.

From a scheduling perspective, members were asked what time of day they preferred to attend Club activities. 32.7% of responders said the morning, 14.3% said the evening, and the majority of 44.9% said it did not matter because whenever it is scheduled, they will come. The afternoons seemed to matter least. One of the more interesting questions had to do with what other activities members would like to suggest. The responses were wide ranging. From beginner’s clinics and ladies only nights to social events at night (pickleball under the stars) and competing with other active adult communities. These ideas will be considered for the Club’s 2024 activity calendar.

In early April, Club president Lisa Citron will be presenting the results of the survey, along with the Club’s activity plan for the year, to Stephanie Harmon and the HOA Board for their review and approval. This would include their buy-in for a ribbon-cutting ceremony and celebration to inaugurate the new pickleball facility. This activity, if approved, will be open to the entire Regency community, and all residents are invited to attend and commemorate this milestone. As we approach the beginning of spring, the vibe surrounding pickleball is palpable across Regency – even among those who recently arrived. This was quite evident

at the new resident orientation meeting held on Wednesday, January 31. Sponsored by First Services Residential and the HOA Board, it brought a large group of new homeowners together at the Clubhouse to learn more about Regency, make new friends, and meet members of the FSR team and the HOA Board. Also present were representatives from the various Regency clubs who set up tables to provide new homeowners with information to give them a better idea of which clubs they might want to join. The Pickleball Club was there as part of our community outreach, and the traffic at our table, staffed by Board members Harriet Blumenstock, Phyllis S. Greenberg, and yours truly, was brisk. The interest in pickleball was so elevated that 12 new members signed up. Many of them had never played before, and asked about clinics for beginners so they could develop their game.

Pickleball continues to grow in popularity and is one of the catalysts that drive our active adult lifestyle. We hope our friends and neighbors across Regency, both Club members and non-club members alike, will come out to play at the new facility and welcome the arrival of this long-awaited amenity. If you are interested in joining the Regency at Monroe Pickleball Club, you can find our contact information in the club directory available at the Clubhouse or in Ron Post’s weekly EMAILER.

Ladies Ping Pong

Fridays from 3 - 4 p.m.

Clubhouse Fitness Room

Contact Harriet Silverstein

908-208-0864

harrietsil@gmail.com

Monroe Township Public Library

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phical perspectives based on their experiences, using the version of the Socratic Method developed by founder Christopher Phillips. Moderated by Dr. Allan Cooper. In person. Registration required.

Photography Club

Tuesday, March 12 at 3:30 p.m.

This monthly club is open to Township residents ages 12+ and welcomes all skill levels. No experience is necessary to join. Bring a camera (smart device is acceptable) and share your love of photography. In person. Registration required.

Mix & Mingle Social for Adults with Special Needs

Tuesday, March 12 at 5 p.m.
Join us on the second Tuesday of the month for a fun, themed social hour. Designed for adults (ages 18+) with cognitive or developmental disabilities and their parent or caregiver. Registration is required and must be done in person by the parent or caregiver of the attendee. Please visit the Monroe Library Youth Services Department to register.

Caregiver Support Group

March 13 at 11:00 a.m.
This Caregiver Support Group meets at the Library monthly on the second Wednesday of the month and is intended for caregivers only; no solicitation and no distribution of promotional materials. Led by Kat Verdi, MAT CDP, CADDCT, Certified Alzheimer’s and Dementia Care Trainer, of The Gardens at Monroe. In person. Registration is not required.

Creative Writing Workshop

Wednesday, March 13 from 12:30 p.m. to 2:00 p.m.
Join this small group, instructor-led workshop to improve your writing skills, give constructive criticism and get feedback on your work. Bring a typed copy of your work (1,500 words or less). Whether it is a complete short story or a piece of a larger project, be prepared to read your work to the group and receive feedback. For adults ages 18 or older. In person. Registration required.

Music Lounge

Thursday, March 14 at 2:30 p.m.
Each month, we pick a musician, listen to a couple of their songs, and read the lyrics. Then, we’ll talk about what makes the writer and their music so timeless. Like a book discussion, but

for music! This month’s theme is Simon & Garfunkel. In person. Registration required.

Author Talk: Christopher Paolini

Thursday, March 14 at 4:00 p.m.

Join us as we chat with master storyteller and internationally bestselling author Christopher Paolini about his return to the World of Eragon with Murtagh, a stunning continuation of the epic fantasy. Virtual. Registration required.

Makerfest

Saturday, March 16 from 11:00 a.m. to 4:00 p.m.

Join us for a day of discovery, creation, innovation, and fun! Registration is not required.

Non-Fiction Book Discussion

Monday, March 18 at 2:00 p.m.

We will discuss “The Perfect Predator: A Scientist’s Race to Save Her Husband From a Deadly Superbug” by Steffanie Strathdee and Thomas Patterson. Hybrid. Registration required.

Princeton Symphony Orchestra Chamber Music Concert

Tuesday, March 19 at 1:00 p.m.

String trio Ensemble 132 will perform works by Beethoven, Debussy, and Dohnanyi. Presented in partnership with the Monroe Township Cultural Arts Commission. In person. Registration is not required.

Virtual Author Talk Kathleen Crafty Creations - Quilling

Wednesday, March 20 from 6:00 p.m. to 7:30 p.m.

Quilling is an art form using strips of paper that are rolled, shaped, and glued together to create decorative designs. Learn basic quilling techniques and make wall decor. Tools and materials will be provided by the library. For adults 18 and older. In person. Registration is required.

Page Turners

Thursday, March 21 at 11:00 a.m.

Looking for something to read or add to your reading list? Library staff will present and recommend a variety of titles pertaining to a different topic. The theme for this session is Irish Stories. Hybrid. Registration required.

Virtual Author Talk Madeline Miller

Thursday, March 21 at 7:00 p.m.

You’re invited to a fascinating exploratory conversation with Madeline Miller, bestselling author of The Song of Achilles and Circe, as she chats with us about her body of work and her process in retelling Greek classics into modern epics in fiction. Virtual. Registration required.

Make It: Mini Terrariums

Monday, March 25 at 3:00 p.m.

Let’s get ready for spring! Come make a mini terrarium. For ages 18 and over. Make a craft and chat with fellow crafters. All supplies will be provided. In person. Registration required.

Pop-Up Shop Backer Farm

Saturday, March 23 from 10:00 a.m. to 4:00 p.m.

Backer Farm will be selling pasture-raised meats, brown eggs and jerky. The Monroe Township Library Foundation provides Pop-Up Shop rental space on select Saturdays.

Healthy Basics: The Power of Your Plate

Sunday, March 24 at 2:30 p.m.

Join Food for Life Instructor Lisa Mason, Ed.M., VLCE, for nutrition information and a cooking demo. Sample delicious and affordable recipes you can make at home! Space is limited. In person. Registration required.

Regency Defibrillators - Do You Know Where They Are?

The Clubhouse is equipped with four (4) AED’s - the locations are as follows;

- Ballroom 2 - by the second set of doors
- Indoor Pool
- Fitness Studio
- Gym

The Tennis Pavilion and courts each have an AED - There is one (1) located in the Tennis Pavilion on the wall by the kitchen. The other is located on the walkway between the middle courts.

We also have one (1) at the outdoor pool and one (1) at the pickleball courts.

Regency Recycling Rules

For questions or concerns regarding recycling at Regency, please reach out to Republic at 732-545-8988.

Republic Services, our recycling company states that the following should be placed in the all-in-one recycling container.

- Paper – any paper, newspaper, junk mail, etc., as long as it is not contaminated with foodstuff.
- Used tissues, napkins and paper towels should be put in the trash.
- Cardboard – In addition to corrugated cardboard boxes, this includes the cardboard tubes from toilet paper and paper towels, cereal boxes, pasta boxes, tissue boxes (with any plastic removed), etc.
- Plastic – All recyclable plastic bottles and containers with numbers ONE through TWO. The types not allowed are plastic bags, even though many of them now have recycling symbols.
- Cans – This includes all metal cans including soda cans, soup cans, etc.
- Glass – All bottles and jars, of any color.

All the above types of containers should be rinsed out before you recycle them.

For items other than what goes in the recycling bins, you may contact the Department of Public Works on Gravel Hill Road.

Treasure in the Attic

Tuesday, March 26 at 3 p.m.

What might you do with sentimental stuff the kids don’t want? Did the kids tell you they don’t want your candlesticks? Are you attached to your treasures, and sentimental items? If so, this virtual program is for you! During this online program organizing humorist and author of *Keep This Toss That*, Jamie Novak reveals her method for decluttering sentimental items. By the end of this laugh-out-loud program you’ll have a plan for how to keep the memories without keeping all the stuff. Virtual. Registration required.

Become One of the Regency Reporter’s Contributors!

Do you have a special interest?

Do you have information to share?

Do you love to write?

Why not join the Regency Reporter team?

We are always looking for new contributors!

The Regency Reporter would love to have you!

Contact Nina Wolff to discuss your ideas.

nwolff0325@aol.com

CLASSIFIED ADVERTISING

Home Improvement & Services

MIKE THE HANDYMAN – See my display ad in this edition. (732) 780-0468.

Help & Health Services

CERTIFIED PROFESSIONAL CAREGIVER is looking for a job in Monroe Township. Experienced, references, Driver’s license. The price is negotiable, not high. Helen (732) 610-2811 or (732) 610-6830.

AT ANGEL TOUCH HOME CARE we provide excellent care for the elderly with licensed, insured and bonded thoroughly screened aides. We are a company that cares for our patients and makes sure they are treated by the best. 24-hour care (living with resident). Elderly companionship. Call (609) 907-6059.

ANNA’S HOME CARE – Certified professional caregiver is looking for live-in/live-out job in Monroe Township. Experienced, references. Driver’s license. Accepts long-term care insurance. Low prices. Private care option. Call Anna at (609) 917-4208 or (908) 337-7462.

Wanted to Buy & Sell

ALWAYS BUYING: Sports Cards and Non-Sports Cards, and Comic Books, 28 Harrison Ave., Englishtown, NJ (Bldg. 9). (732) 490-5700. micalizzifurniture@gmail.com

BUYING & SELLING GUNS – Call for pricing. (609) 558-9509. Ask for David. Licensed Firearms Dealer.

Miscellaneous EQUINOX TRAVEL AGENCY—Let us plan your next vacation. Call/text Nancy (732) 690-3542. www.equinoxtravelus.com

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BOB’S RIDES FOR CASH. All airports and N.Y.C. Locals. Concordia resident. Call Bob at (609) 819-1240.

ARNIE’S DRIVING SERVICE. Fully insured. Newark Airport \$75. Anywhere. Anytime. Airport and NYC specialist. 609-751-1612.

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10 words in three publications = \$14 x 3 = \$42.

Check those that apply:

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- ☐ Encore Speaks ☐ GW Voice
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- ☐ The Rossmoor News

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All ads must be mailed with payment.

No classifieds accepted by phone or email.

- Note: Phone numbers count as one word. Do not count punctuation. Do not abbreviate.
- State category/heading, ie., “For Rent”, “For Sale”, “Help Wanted.” No charge for the heading.
- One check or money order must accompany insert, PAYABLE TO PRINCETON EDITORIAL SERVICES

The Monroe Township Chorus Welcomes New Members

If you are a Soprano, Alto, Tenor or Bass and love to sing we welcome new chorus members. We rehearse on Tuesday mornings from 9 to 11 a.m. at the Monroe Township Senior Center. We sing four-part harmony and Senior Center membership is required. Come join the fun and share the gift of song with a wonderful group of men and women. For information contact Sheila Werfel, Director 609 619-3229 or sheila1120@gmail.com





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