STATEMENT OF POLICY -

The Breeze Way is published for the residents of Sea Breeze at Lacey. Residents are invited to send articles to debbiecaruso2018@aol.com by the 5th of the month for the following month. Material is subject to approval by the editor who reserves the right to accept, edit, condense or reject any submission. Articles published and ads accepted by the publisher do not represent endorsement by the Breeze Way staff nor the Board of Trustees of Sea Breeze at Lacey.
NOTE FROM THE EDITOR

Let me start by introducing myself to everyone at Sea Breeze. I have been living here for almost 5 years. I chair the Welcome Committee and organize Bunco each month.

November turns out to be a very busy month with the holidays approaching and Sea Breeze functions going on. The next two months will be the busiest time of the year. Look for e-mails from Lisa, our property manager, about many things happening around the community. She does a great job of keeping us informed.

If anyone has an article of interest, please feel free to send it to me and I will include it in the next issue of the Breeze Way.

Give thanks and count your blessings for being part of a warm and caring community. Hope to see you all throughout the community.

Debbie Caruso

TOLL REFERRAL PROGRAM

Toll Brothers has a fantastic referral program for Toll Brothers homeowners who refer someone to one of their communities - $3,000 for you and them!

Recently we wanted to thank the Sea Breeze at Lacey homeowners who have referred a buyer to the community in a special way. Along with the Sea Breeze at Lacey team 83 homeowners gathered on the River Lady in Toms River for a beautiful dinner cruise. The evening was enjoyed by all who had a chance to win exciting prizes, enjoy cocktails and mingle with new and old friends.

For more details on the referral program please contact the sales office (609) 242-1166.

The Sea Breeze at Lacey Team

BINGO

Sponsored by the Knights of Columbus, Forked River. Join us every Wednesday evening for a night of fun and games at the Columbian Club Hall, 15 E Lacey Rd, Forked River. Doors open at 5:30 pm (admission fee $2) with games starting at 7:00 pm. We offer great prizes along with a progressive jackpot each week. Hot food is available for sale.

PANCAKE BREAKFAST

Sponsored by the Knights of Columbus, Forked River. Sunday, November 11, 2018 from 8:45 am to 10:00 am. Location: Parish Hall, St. Pius X Church, Lacey Rd, Forked River. Cost is $6 pp; Children under 5 eat for free.
Welcome New Neighbors

**Sandra Nichols** moved to 111 Ambermist Way on June 12th, 2018. Most recently she lived in New York City. Sandra has also lived in many places throughout NJ before coming to Sea Breeze. Sandra is an attorney specializing in immigration law. She started by helping people from the Sudan with getting asylum in the US. Sandra went to law school after a long career as a Social Worker. One of the last things she did was to run a drug and alcohol program. Sandra has 3 daughters, Lauren in Texas who has 2 boys and a girl, Alexandria in Cleveland, Ohio with a girl and Celina in Silver Springs, Maryland who has 1 boy and 1 girl.

Sandra survived the 9/11 attack on the Twin Towers by being fortunate enough to be out of her office at the time. She was at an immigration hearing when the planes hit. After a couple of weeks, she was allowed to walk up 18 floors to retrieve some things from her office.

Sandra is looking forward to retirement and joining some of the activities offered in the community. She enjoys reading, knitting, playing bridge and traveling. Welcome to Sea Breeze and we hope you enjoy living here for a long time to come.

**Robert and Linda Ascolese** moved into 11 Marque Street along with their dog Bella on August 7, 2018. They relocated to Forked River after spending 41 years in Green Brook, NJ. Robert began a 12 year career working for Eastern Airlines; this afforded the family extensive traveling. He later became a plant chemical operator for 22 years in the pharmaceutical industry from which he retired in 2011. Linda spent 10 years as an office manager at the Long John Spring Water Company and followed that with a 15 year stint as a purchasing specialist with Airgas. She retired in 2010. They have 5 grandchildren by their 2 daughters. One has settled in Seattle and has 2 boys and one girl. The other lives in Flemington and has a son and a daughter. Robert enjoys working out in the gym, playing tennis and crabbing. He is willing to try anything once. He previously worked as a volunteer at his local fire house and had some exciting experiences along the way. Linda spends spare time scrap booking for special family events. She also likes to draw and paint and is interested in joining the Sea Breeze art class. She is also hoping to get back into walking and a routine at the gym. They both took advantage of the pool for the short time they were here and will be happy when they have an entire season to enjoy it. We welcome them to Sea Breeze family and wish them much happiness here.

**Robert and Lorraine Benacchio** moved to 104 Ambermist Way on May 31, 2018 after residing in Bayonne, NJ. Robert is currently retired from his previous job as project manager in the World Trade Department for the Port Authority. Lorraine currently works three days a week for an accounting firm. They have two sons, one who is an attorney and the other works for the Port Authority. They have five grandchildren: three granddaughters and two grandsons. Robert enjoys motorcycle riding and antique cars, playing golf, model trains and spending time with his grandchildren. Lorraine enjoys trips to Atlantic City, baking, playing cards and babysitting her grandchildren. We welcome Robert and Lorraine to the Seabreeze Community and wish them much happiness.

**Sia and Elizabeth Vafegh** moved into 206 Ambermist Way on June 29, 2018. They relocated to Sea Breeze after 34 years in Howell New Jersey. Sia retired from Con Ed in 2016 after spending 34 years running an engineering department, his section was classified as essential during any storm events. Stay at home mom Elizabeth didn’t mind shoveling snow but she is so happy that those days are behind her. Their son, a lawyer, lives in Manhattan and their daughter, who has a son, lives in Cape May. Both of them look forward to babysitting their 2 year old grandchild whenever possible. Sia enjoys walking their dog and is awaiting the completion of the walking path near his home on Ambermist. Elizabeth made it very clear that her favorite activity is shopping but that’s because she enjoys decorating and dabbling with interior design. You can often find her at her chosen hangout, Home Goods. Decorating her new home gave her much pleasure. She was a Fine Arts major and has explored all mediums. She is being encouraged by residents to join the art class here. They are world travelers and prefer cruising. In the past they have traveled to many cities in Europe, the Far East, Australia and New Zealand. They are currently planning their dream river cruise on the Danube. We welcome them to Sea Breeze and know that they will be very happy here.
**Welcome New Neighbors**

**Jack and Maria Mecca** moved into 109 Ambermist Way on July 18, 2018 with their 12 year old English Springer Spaniel Sadie. They spent the past 28 years in the Northwest corner of New Jersey, Sussex County. Jack had a 25 year illustrious career as a professional freelance photographer. His work has appeared in Time, Life and Newsweek to name just a few. The body of his prints was in professional sports. You name it, CBS, ABC, MLB, etc. all sought after his artistry but mostly the NHL where he spent much of his time with the New York Rangers. He was so greatly appreciated that he has been honored by having the Stanley Cup brought to his office on numerous occasions. There are more than 100,000 of his photos in the Hockey Hall of Fame. The following 24 years he owned an insurance company in Morris County and finally retired in 2016. Maria retired in 2018 after teaching Social Studies for 20 years at High Point High School. They have 2 sons, one is an executive chef and the other works in the legal field. They are the proud grandparents of a 10 month old girl and have decorated a room especially for her in their new home. Jack calls himself a foodie, he knows all the restaurants worth visiting. He is thinking of joining the Photography Club and perhaps can be persuaded to join the staff of the Breeze Way. As for now, he enjoys just hanging out with his wife. Maria enjoys cooking but relinquishes her kitchen to her son when he visits. The Mecca’s both enjoy babysitting their granddaughter. For travel, they prefer Charleston because the restaurants are top quality. We wish them many years of happiness here at Sea Breeze.

![Jack and Maria Mecca](image)

**Thomas and Sheila Monahan** moved to 142 Ambermist Way on September 4, 2018 after living in Toms River for over 40 years. Tom is a Certified Civil Trial Attorney in Toms River where he has been practicing law for 43 years. His firm is Gilmore and Monahan. Sheila is retired from the Toms River School District after being a school nurse for 25 years. Tom and Sheila have two children, and four grandchildren. Three boys and one girl. Lauren is a teacher in Beachwood, and Scott works in the financial district. Tom enjoys swimming at the Y at least three times a week. He also enjoys the beach, particularly Seaside. Sheila loves gardening and arts and crafts, and is an avid sea glass finder, especially at Island Beach State Park. Both Sheila and Tom love spending time with their four grandchildren. We welcome Sheila and Tom to our Sea Breeze Community and hope they enjoy many happy years here.

![Thomas and Sheila Monahan](image)

**Martin and Laura Szumera**, along with Laura’s parents, moved to 201 Ambermist Way on July 24, 2018. They previously lived in Somerset for 5 years and before that in Franklin Township. Martin retired after 8 years of service from the Veteran’s Administration, working in Canteen Services. Before that, he was employed at Pepsi Cola. Laura, who is also retired, was employed by the US Golf Association for 15+ years as an Operations Manager. Laura is also a 9/11 survivor. On that fateful day, she was working in the American Express building across the street from the Trade Towers and witnessed the planes striking and the devastation that followed. With the help of co-workers, she was able to make it out of the area and home safely. Martin, who has a son and a grandchild, enjoys playing the drums and has a complete set which he delights in showing you. He is also an avid ham radio operator. Laura is a music lover and enjoys attending concerts and the theater. Both love to travel, Hawaii being a favorite place. On behalf of the entire Sea Breeze community, we welcome them and their family.

![Martin and Laura Szumera](image)

**William Huneke and Sharon Thompson** moved into 154 Ambermist Way in July, 2018 after living in Toms River for 13 years. Bill, originally from Clifton, graduated from Rutgers College and Rutgers Law School-Newark. After graduation he has been very involved in alumni activities and was appointed by Governor Kean to the Rutgers Board of Trustees. Bill continues to work at his law practice, but also served two terms as Municipal Court Judge in Franklin Township, Somerset County. Sharon, originally from Middletown, graduated from Monmouth University. She worked as an elementary school teacher in Middletown for 35 years before retiring. In 2007 she received the Governor’s Award as Teacher of the Year. Sharon is extremely proud of raising her daughter, Courtney, as a single mom. Courtney, who received her PhD at Yale, is currently married and works as a tenure-track professor at Mississippi State. Bill spends his spare time as a sportswriter specializing in auto racing. This year marked his 37th consecutive year reporting on the Indianapolis 500. He and his parents were profiled on “Good Morning America” in 2010 regarding their passion for this event. Sharon is enjoying her retirement and is looking forward to joining several of our community activities along with working on her garden. Both Bill and Sharon are active members of Toms River Fitness, where Bill is known as “Mr. Zumba.” We want to take this opportunity to welcome Bill and Sharon to our Sea Breeze Community and wish them much happiness.
Welcome New Neighbors

**Sharon and Mike Damato** moved to 3 Holbrooke Dr. on August 2nd. Sharon and Mike lived in Regency at Monroe for 11 years before deciding to down size to a smaller, quaint, more intimate community here in Sea Breeze. They also spent 22 years in Secaucus, NJ. Before retiring, Mike was a claims attorney with AIG and Sharon was a legal assistant for a law firm in Secaucus. They have two god children who are like their own with children and grandchildren. Sharon and Mike also have two cats, China and Phoebe.

Mike is a survivor of the 9/11 attack on the Twin Towers. On that fateful morning, he had just left the Path Station on his way to his office when the attack occurred. Luckily, he was able to get to the East River and make it aboard the 2nd ferry out of NYC to NJ.

Sharon watched much of the attack from her office and fortunately, was able to reach him by phone. Although dirty and dusty he arrived home safely late that night. In his leisure time Mike enjoys billiards, working out on the treadmill and setting up his model trains. Sharon enjoys art, ceramics and decorating.

We welcome them both to Sea Breeze and wish them many happy years here.

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**Inquiring Photographer**

**What is your favorite Thanksgiving tradition?**

**Karen King:** “I always make pies. The crowd favorite is my banana cream. My enjoyment comes when I watch family and friends devour all my pies.”

**Jeff McNally:** “My favorite tradition is when my wife Annemarie and I go to Florida to spend the holiday with my mother.”

**Denis Duggan:** “It is the one time of the year that the younger family members sit down and enjoy the meal with their elders. They show the older generation respect and that’s a great tradition.”

**Ron Martyn:** “We enjoy alternating the celebration each year between my daughter up north and my son down south. Having the entire family together is a wonderful tradition to celebrate the best holiday of the year.”

**Carolyn Kohler:** “On Thanksgiving eve, I make homemade pizza. The next day is a full Italian Thanksgiving feast.”

**Eda Annunziata:** “We have all the traditional Italian foods. We also enjoy alternating the holiday to the homes of different family members.”

*Linda Marino*

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SPEED LIMIT 25

November 2018  The Breezeway  7
ACTIVITIES

All groups meet in the Clubhouse unless otherwise noted.

**Art Class:** Every Tuesday, from 3:00 pm to 5:00 pm in the craft room. Learn to paint or draw at your own pace, no matter your skill level. All supplies are included for the first month and the first class is free. Bring a smock. There is a charge for this class. Contact: Liz Paseler-- bethandwally@comcast.net.

**Bocce Ball:** Every Monday at 9:30 am at the bocce courts. This is a low-impact game, requiring some bending but nothing too strenuous. Generally, play is approximately 1.5 hours, and there is flexibility if you need to leave early. Contact: Christine Buro – cabbie511@msn.com. **Suspended until Spring.**

**Bunco:** Played on the first Tuesday of each month. You need to be signed up beforehand, or you can be placed on a cancellation list and called if you are needed to take someone’s place. Contact: Debbie Caruso – FDCFiredeb@aol.com

**Canasta:** Every Thursday at 12:30 pm. Come with a foursome and snacks and enjoy! If you don’t know how to play (we play the Modern American version), or if your skills are rusty and you need a brush up, contact us. Contact: Fran Geanoules – frangeanoules@gmail.com

**Ceramics:** Meets every Friday from 10:00 am – 12:00 pm. This is a small group and everyone is welcome. Projects vary from stepping stones, household items (bowls, mugs, planters, etc) and holiday themed items. Work at your own pace; we do both underglazes and glazes. There is a $5 fee for each class. Contact: Karen Petillo kpet20@comcast.net.

**Cornhole (Men’s):** Every Tuesday, 7:00 pm to 9:00 pm and every Friday, 10:00 am to 12:00 pm. New players are always welcome. Contact: Ron Spadaccini – rbspadaccini1@aol.com

**Dealers Choice Poker:** Every Tuesday and Wednesday at 7:00 pm. All are welcome. Contact: Rich Fela – rfelasr@gmail.com

**LaBlast:** Every Tuesday at 6:00 pm in the exercise room. LaBlast is an interval based cardio class that uses several styles of dance. Designed for men and women, all ages and levels; beginner to advanced. No experience necessary. Drop what you’re doing and put on some comfortable clothes and sneakers. It’s partner free and right in your backyard! This is an ongoing class. Newcomers are welcome. Contact: Cindy Trevisan ilovedance@comcast.net

**Mah Jong:** Every Monday at 7:00 pm and Wednesday at 12:30 pm. If you know how to play, feel free to join us as we are always looking for new players. If you are interested in learning this fun and challenging game, contact us. Contact: Jane Heller – jhandep@comcast.net

**Meditation:** Every Wednesday at 11:30 am. Contact: Phil Raneri – per92044@gmail.com. Every Monday, starting October 15 at 7:00 pm, additional session with Barbara Bastian.

**Mexican Train Dominoes:** Every Tuesday at 12:30 pm. Come when you feel like it! Contact: Susan Szczepanek – suesz2323@gmail.com

**The Novel Bunch:** Meets the third Thursday each month at 7:00 pm. The book selected for November 15 is *Eleanor Oliphant is Completely Fine*, by Gail Honeymann. We welcome new members anytime. Contact: Marilyn Winograd – mwinograd@aol.com

**Photo Group:** Meets the fourth Tuesday every month at 7:00 pm. This is a casual get-together for those who want to talk photography, improve their camera handling skills, or pick up some photo tips. Topics include composition techniques, controlling light, lenses and filters, post processing, displaying photos, etc. Local
photo trips are being planned. Each session will include a short video introducing the group to successful photographers. Contact: Roy Winograd – roy.winograd@gmail.com

**Pickleball:** **Monday:** From 9:00 am – 11:00 am, men will play and any ladies who would like to join are welcome. From: 11:00 am to 1:00 pm – ladies will play and any men who would like to join are welcome.  
**Tuesday:** From 9:00 am – 11:00 am, ladies will play and men welcome to join. From 11:00 am – 1:00 pm, men will play and ladies are welcome.  
**Wednesday:** Men play from 9:00 am – 12:00 pm.  
**Thursdays, Saturdays, and Sundays** remain available for open play times.

Call some players and go pickle. Currently there is no policy on reserving court time. Starting play on the hour (ex: 8:00 – 9:00, 10:00 – 12:00) is recommended so that other waiting pickleball or tennis players would have a court at the start of the next hour.

Extra paddles are available for new players to join us. Newer beginner paddles may soon be available for use by residents and/or their guests. Remember to stretch first, stay out of the kitchen, dink it, and most of all, have fun. So, grab a paddle and prepare to pickle or be pickled. For more information and to get on the pickleball email list, contact: Joe DiGise—jmdigise@aol.com or call 609-549-0136.

**Pilates:** Meets Monday 5:30 – 6:30 pm. Pilates is a movement program designed to work every muscle in the body in an efficient, focused manner. The exercises are core based and designed to align, lengthen, and strengthen the body. Movements are non-impact and non-weight bearing. Contact: Adrienne Costa-DiPaolo acdyoga@gmail.com. There is a fee for this class.

**Pinochle:** Every Thursday at 6:30 pm. We would be more than happy to teach you. Come when you feel like it.

**Pool (Pocket Billiards):** Every Monday at 7:00 pm. We are looking for new players. Stop by any Monday night – men and women are welcome. Fun time is had by all!

**Softball:** Every Thursday at 9:00 am for 2 hours; meet in the clubhouse parking lot and proceed to Gille Park. This is a softball workout, not a game or competition. Both men and women are welcome. Anyone interested, contact: Phil Roxas – roxy314@comcast.net or Tony Geanoules – tonygeanoules@gmail.com

**Sports Talk:** Every third Wednesday at 7:00 pm. Come on over and join the talk about your favorite sport. Contact: Bill Klika – klikaad@fd.edu

**Stitch & Bitch:** Every Wednesday at 10:00 am. Bring your knitting, crocheting, embroidery, counted cross stitch, or any activity that you might want to work on while chatting. You can even just drop by and chat. Contact: Norahmarie Bischoff – norohma506@aol.com

**Texas Hold ‘Em:** Every Monday at 12:30 pm – 5:00 pm. We need new players – we have a mix of ladies and men. Contact: Craig Wask – H 609-489-4952/C 201-421-1124

**Trim & Tone:** Meets Tuesday and Thursday, 9:00 am – 10:00 am. A muscular conditioning workout for all fitness levels using free weights and bands to help you get strong and defined. Contact: Adrienne Costa-DiPaolo acdyoga@gmail.com. There is a fee for this class.

**Yoga:** Meets Wednesday at 5:30 pm – 6:30 pm. This class uses a combination of movement, postures and breath to improve strength, flexibility and balance. Beginners will safely learn the basics while more experienced students can take postures to a deeper state. Contact: Adrienne Costa-DiPaolo acdyoga@gmail.com. There is a fee for this class.

**Zumba:** Every Monday at 9:00 am and Friday at 8:30 am in the exercise room. Join in the fun and move to the different rhythms of Zumba. Contact: Karin Forsberg, 609-290-4624 or KT_Zumba@yahoo.com. There is a small fee for this class.
Save the Dates
November 2018

Lacey Happenings

Meetings:
Lacey MUA Wednesday, Nov 7th 6:30 PM 124 South Main St
Lacey Township Thursday, Nov 8th 7:00 PM Municipal Building
Planning Board Wednesday, Nov 14th 7:00 PM Municipal Building
Lacey Board of Educ Monday, Nov 19th 6:00 PM LTHS lecture hall
Lacey Township Tuesday, Nov 20th 7:00 PM Municipal Building
OUT & ABOUT TOWN

Opdyke’s Holiday Shoppe - Oct 26th to Dec 9th 2018
Juried Crafts & Opdyke Holiday Shoppe
308 Sea Ave- RT 35 South
Point Pleasant Beach

Greenbriar - Oceanaire
Golf & County Club
Women’s Club Holiday Bazaar - 8-5 PM Clubhouse
Waretown - November 10th 2018

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May your heart be filled with gladness and your home filled with joy!
Community Outreach

Once again, the Sea Breeze Stitch and Bitch ladies have been busy knitting, crocheting and looming. Twenty-six purple hats were sent to Click for Babies, a program dedicated to helping parents of newborns cope with the stress of a crying baby and educates about shaken baby syndrome. Another 20 red hats went to Little Hats Big Hearts, a program sponsored by the American Heart Association. These red hats are distributed during American Heart Month in February, to raise awareness about congenital heart defects. Additionally, baby hats were brought to the Neonatal Center at CentraState Medical Center in Freehold. Over a dozen scarves and hats were delivered to Faith Lutheran Church in New Providence to be distributed to the homeless. Remember, you do not have to be a member of Stitch and Bitch to contribute these items. We welcome all contributions throughout the year. Just reach out to any of the members with your questions. As our community grows, we hope others will contribute their work to these and other fine causes.

Christine Buro
November: National Family Caregivers Month

November is National Family Caregiver Month. It is a time to recognize, honor, appreciate, and support the many family caregivers who provide countless hours of care to their family. Caregivers provide about 37 billion hours of care each year. That’s 37 billion hours of compassionate care which often means they are sacrificing their own health and wellbeing.

Helpful Hints for Caregivers:
1. Seek support from other caregivers. You are not alone!
2. Take care of your own health so that you can be strong enough to take care of your loved one.
3. Accept offers of help and suggest simple things people can do to help you.
4. Learn how to communicate effectively with doctors.
5. Care giving is hard work so take respite breaks often.
6. Watch out for signs of depression and don’t delay getting professional help when you need it.
7. Be open to new technologies that can help you care for a loved one.
8. Organize medical information so that it is up to date and easy to find.
9. Make sure legal documents are in order.
10. Give yourself credit for doing the best you can in one of the toughest jobs there is!

Three Simple Ways to Care for a Caregiver:
- **Include Them.** Often times, caregivers may have to decline an invitation because Mom needs her, but don't stop inviting her. Caregivers need a support system now more than ever.
- **Offer Help.** Caregivers are always juggling the many things that need to get done – not only with their family, but also all the appointments, tasks, and care needs of their loved one. Break away from the many, "Let me know how I can help" offers, and offer a specific way you can help. "I'd really like to bring dinner over next week. What day works best?" "I have to stop at the grocery store tomorrow, what can I pick up for your dad?"
- **Listen.** Be the caregiver's sounding wall. You don't have to fix anything or even offer advice, simply listening gives the caregiver an outlet they desperately need.

To learn more about caring for a caregiver, visit www.CaregiverStress.com.

References: Homestead Senior Care  Caregiver Action Network

Ginny Martikes, RN

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Sports Talk

When you read this, the seasons will definitely have turned to fall and soon Thanksgiving will be upon us. In all probability baseball will be over and we will have a World Series champion. I hope your team is still standing. College and pro football will be in mid season and some great games are still to be played at both levels. Basketball and hockey will be underway and winter is not far behind.

My topic for this month’s article will be the emergence of legalized sports gambling in the United States and its projected impact on sport in America. For many years, the four major sports leagues and the NCAA opposed extending legalized sports gambling outside of Nevada. They felt it threatened the integrity of their sports. All of your pro leagues and the NCAA have always worried about the influence of gambling on their contest and the problem of money impacting the outcome of games. This has occurred in the past and is a very valid concern.

This past year the Supreme Court overturned a federal law that prohibited gambling on sports except in the states that allowed gambling before the law was passed. This act allowed states to determine their own course of action regarding sports wagering. Since the suit was brought by the state of New Jersey, we were one of the first states to establish the protocol to legalize sports gambling.

The result of all this action has created a new industry in New Jersey. Sports wagering will become a big business in the state and a source of revenue for the state treasury. You are now able to bet on a vast variety of outcomes ranging from fantasy sports to exotic game wagering. Pro league opposition has turned to looking for a share of the revenues to be used to protect the integrity of their games. The states and gaming outlets will not share readily with them. Their only leverage is that they produce the official statistics for which many of the bets need to determine the outcomes.

Time will tell the outcome of this development and how the sports and the public respond. Stay tuned and get your bets down.

The answers to last month’s trivia questions are as follows:
Pittsburgh quarterback – Terry Bradshaw
Pittsburgh receiver-Franco Harris
Oakland defense back-Jack Tatum
Pittsburgh player who touched the ball first-Frenchy Fuqua

This month’s trivia question: In the famous University of California versus Stanford football game, there was a great ending play called The Play. Name the following players. 1. Stanford QB 2. Cal player who caught the kickoff 3. Cal player who scored the touchdown. Good Luck.

Bill Klika

This Month in History

November 4, 1979 - Iranian militants stormed the U.S. Embassy in Teheran, Iran, and took 90 hostages, including 52 Americans that they held captive for 444 days.

November 9, 1965 - At 5:16 p.m., the Great Blackout of the Northeast was caused by a tripped circuit breaker at a power plant on the Niagara River, which caused a chain reaction.

November 13, 1927 - The Holland Tunnel was opened to traffic. The tunnel, which runs under the Hudson River between Manhattan and Jersey City, was the first underwater tunnel built in the U.S.

November 20, 1789 - New Jersey became the first state to ratify the Bill of Rights.

November 22, 1963 - John F. Kennedy, 35th President of the United States, was assassinated in Dallas, Texas by Lee Harvey Oswald.

Linda Marino
SEA BREEZE HOSTS 1ST ANNUAL “MIXED” PICKLEBALL TOURNAMENT

Sea Breeze’s 1st Annual Mixed Pickleball Tournament was a wonderful experience and a great success! The 8 women and 8 men who participated for over four hours on a beautiful, sunny Saturday on Sept. 22nd, would like to thank ALL those who made the day so enjoyable:

• Fran Geanoules for conceiving, championing, and coordinating the event. She was the “prime mover,” indeed, for the entire tournament!
• Joe DiGise for helping Fran plan the tournament and securing two portable nets for the day
• Barbara Telleri for documenting the competition with her camera skills
• Vi Papas and Cathy Branciforte for working the scorer’s table and “doing the math”
• Mike Smith for acting as the tournament referee—without assessing any penalty points
• Lou Guerra for picking up sandwiches and danish for the hungry competitors
• Spectators Phil Noto, Mike Minneci, Tom Paduano, Lou Guerra, and others who stopped by—for cheering on (or jeering) the competitors
• Pete LeRiche for creating the “blueprint” for the two temporary courts
• Tony Geanoules, Steve Papas, Al Sherman and Joe Branciforte for “taping” the temporary court lines

Women Competitors and Results: Ginny Abbatemarco, Sue Canonico, Fran Geanoules, Jane Gursky (Winner), Betty Klika, Ronni Leddy, Carolyn Marek (Runner-up) and Louise Schneider

Men Competitors and Results: Joe Branciforte (Winner), J.P. Collins, Tony DelPrete, Tony Geanoules, Jan Levine, Tony Marek, Steve Papas and Al Sherman (Runner-up)

Thanks, again, from all sixteen competitors to all the “behind-the-scenes” friends and neighbors who made the day possible. We can’t wait for the next tournament to be announced and for more competitors to join in the fun and camaraderie!

Joe Branciforte
SEABREEZE HOSTS 1ST ANNUAL “MIXED” PICKLEBALL TOURNAMENT
Photography Club

Pet Night - Photographer - Karen Roth

Steal Bingo Submitted by Leslie Lafrano
Photography Club

Photographer - Karen Roth
The patio of your dreams is just a phone call away

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Karaoke Night - Submitted by Leslie Lafrano

Octoberfest - Submitted by Connie Bimonte
11/1 – 11/30 - **Meeting Room Art**
Art work by Nancy Bonta Voitko

11/1 – 11/30 - **One-on-One Computer Instruction**
Assistance with computers, library resources, e-readers and tablets. Available by appointment only. Please call 609-693-8566.

11/1, 11/8, 11/15, 11/29, 12 pm, Thursdays - **Mah Jong Mavens & Masters**
Have you always wanted to learn how to play Mah Jong? You can learn by watching seasoned players. Do you already know? Either way, come join us.

11/3, 9:30 am, Saturday - **Knitting & Crocheting**
Come join in – bring your yarn and needles or hooks, and make some new friends while you knit. All skill levels welcome.

All Wednesdays, 1 pm - **English Conversation Group**
Practice English in an informal setting.

11/9, 1 pm, Friday - **Lunchtime Film: Me Before You**
(PG-13) 110 min. REG

11/10, 2 pm, Saturday - **Best Foods for Your Pets**
Is it difficult to decide what food is best for your pet? Learn what parts of a food label are important and what advertising strategies may influence what you buy. In partnership with the Lanoka Oaks Veterinary Center. REG

11/12, 12 pm and 1 pm, Monday - **Music and Movement with Friends**
A musical program for adults with special needs and their caregivers. With Joan Seele-Goold, there are 2 sessions – please register for one session only. This program is made possible by a grant from the Kearny Bank Foundation. REG

11/13, 5:30 pm, Tuesday - **Meet the Mayor**
Stop in and meet the mayor in an informal setting.

11/13, 6:30 pm, Tuesday - **Small Business Program with SCORE: How to Grow Your Business Through Social Media**
Learn the basics of social media marketing with a focus on Facebook®. Get tips on how to start your social media presence and see how this type of marketing produces a return on investment. In partnership with SCORE of Ocean County. REG

11/14, 6 pm, Wednesday - **Evening Film: Miracles From Heaven**
(PG) 109 min. REG

11/16, 1 pm, Friday - **Adult Craft: Second Chance**
Missed out on a craft? Join us as we once again present the following crafts: Glass Gem Mosaics, T-Shirt Bags, & Yarn Bottles. Patrons are welcome to bring their own T-Shirts for craft. Beginner crafters welcome. REG

11/19, 1 pm, Monday - **Home going** by Yan Gyasi
Copies of the book are available at the circulation desk.

11/27, 4 pm, Tuesday
**Friends of the Lacey Library Meeting**
New members are always welcome.

11/28, 6 pm, Wednesday
**Dementia Conversations**
Learn about the most common issues that arise regarding Dementia or Alzheimer’s. Get tips on how to plan ahead and other helpful resources for you or your loved ones. In partnership with the Alzheimer's Association. REG

12/1, 10 am, Saturday
**Friends of the Lacey Library Annual Bling Sale**
Looking for great gifts? Then come out and do your holiday shopping with us.
Protect Your Assets From Estate Taxes and Nursing Homes

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What Do You Eat On Thanksgiving?

Today, for many Americans, the Thanksgiving meal includes seasonal dishes such as roast turkey with stuffing, cranberry sauce, mashed potatoes, string bean casserole, cream corn, pumpkin and apple pie. But what was really on the menu at the famous “First Thanksgiving”?

Turkey was common in the region but so were ducks, geese, swans and of course deer. Instead of bread-based stuffing, onions or nuts might have been added to the birds and venison for extra flavor. Historians believe that much of the Thanksgiving meal consisted of seafood. Mussels along with lobster, bass, clams and oysters were abundant in New England. Plant roots such as Indian turnips and groundnuts along with pumpkin probably made their way to the table, but not pumpkin pie. Dessert was most likely fruits such as blueberries, plums, grapes, gooseberries, raspberries and cranberries.

At my house, I prepared the appetizer which was an antipasto made with the finest imported Italian cold cuts such as prosciutto, mortadella, sweet and hot capicola, soppressata, genoa salami, ham, provolone, gorgonzola, tuna, roasted peppers, anchovies, olives and pickled eggplant. For the second course, my mom made her delicious home-made ravioli with her meat gravy (sauce) with meatballs, hot and sweet sausage, pork, pork-skin and beef bracioles. When we ate our fill the turkey made his entrance, filled with bread and sausage stuffing, adorned with my mom’s oven potatoes and sweet potatoes. There were baked string beans, corn on the cob, stuffed mushrooms and artichokes, cipolline (small bitter onions), breaded broccoli, garlic bread and salad. My dad insisted on salad because it helped him digest. I made an apple and blueberry crumb cake and an Italian cheese cake, my sister made pumpkin pie and pumpkin cookies. Company came with dozens of Italian pastries. Finocchio, chestnuts and dates completed the meal.

We all have our own way of celebrating the first American holiday. It was proclaimed by President George Washington as a day of prayer and public thanksgiving in gratitude for the successful establishment of a new America Republic on November 26, 1789.

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RONALD McDonald POP-TAB COLLECTION

First, I would like to take this opportunity to thank all those residents who have contributed pop-tabs to our Collection Box, which is found at the front desk in the Clubhouse. These pop-tabs might be small but they are mighty important to the families that are helped by our local Ronald McDonald Houses (located in New Brunswick and Long Branch). The pop-tabs are recycled by the Houses, and the money collected is used to offset daily room charges and also to purchase supplies for the Houses.

We will be taking this year’s collection to the New Brunswick House in mid-November, so if you have any tabs at home, please don’t forget to bring them up to the Clubhouse before November 5th.

This collection will continue next year……so don’t forget to KEEP SAVING THOSE TABS FOR RONALD McDonald……..THANKS!!!!!!!

Diane Dressler
Crossword Puzzle

Across
1. Smaller in amount
5. Boundary
9. Media
14. Friend
15. Home of China’s terracotta army
16. Malicious publication
17. Blood vessel
18. Leave out
19. Monastery
20. Solicit
22. Reported information
24. Court game
26. Violent disorder
31. Used for cruising or racing
33. China clay
34. Emboss
37. Mature
39. Cheap club
40. Swine
41. Wader
42. Precious stone
43. Translucent mineral
45. Pitcher
46. Small monetary unit
48. Rescind
50. The other side of credit
52. Perfidy
54. Choose
57. Stalk
59. Mustelid mammal
61. Scrounge
65. Blocking vote
67. In the vicinity
68. Assumed name
69. Arab ruler
70. Church recess
71. Consecrate
72. Hawser
73. Scallion

Down
1. Molten rock
2. Select by vote
3. Serving
4. Equivalent word
5. Strange
6. Obtuse
7. Profit
8. Go in
9. Serum
10. Cut of meat
11. Flow back
12. Understand
13. Crafty
21. Photo
23. Rouse
25. Termagant
27. Seed case
28. Adjust
29. Presumption
30. Foe
32. Exhausted
34. Brusque
35. Drinker
36. Wide open in awe
38. Cogitates
41. Serf
44. Pasture
46. Heap
47. Perpetual
49. Evaluate
51. Previously
53. Not at all
55. Thin pancake
56. Pester
58. Note
60. Journey
61. Taxi
62. The whole amount
63. Number cubes
64. Fuel
66. Gratuity
Restaurant Review

Lighthouse Tavern
397 Route 9 South, Waretown, NJ

If *Caffery’s was your cup of ale, you might find some comfort at the Lighthouse Tavern. This Irish themed watering hole and grill is warm and lively. Watch your favorite games on the TV screens above the bar, choose any table to enjoy your meal and fresh, on tap beers. Specials abound depending of the day of the week, including 2 for 1 hamburgers, Prime Rib Monday’s, Tijuana Tuesdays, Raw Bar and more.

Jim Keady opened his Irish tavern, an 1800s stagecoach stop and former ice cream parlor, along Route 9 in 1982. He had beer on tap, steak and burgers on the menu, and shuffleboard on the side, with loyal customers who enjoyed it all.

Then, nearly two years ago, he passed away. Now his son, also Jim Keady, has taken over, and he’s starting to write a new story for his dad’s place.

"My father wanted to make this the neighborhood tavern for Waretown," said Keady, 43, of Spring Lake. "I'm trying to keep the soul of the place but expand our reach from Southern Ocean County."

Among the changes he has made include the expansion of the beer and wine offerings, serving dishes that are a bit more upscale than traditional tavern fare, and converting a room in the back of the restaurant into a place where families can spread out and play games while they dine.


* Caffery’s Tavern and Steakhouse, Forked River’s version of ‘Cheers’ was wrecked in a fire in early September, 2018. They plan to rebuild.

Janet Ulrich
Destination: Alaska

Have you been to Alaska? Have you walked on a Glacier? If not, why not? When I think of travel, I think of the warm beaches of the Caribbean to kick back and relax. Alaska was never on my list until friends of mine wanted to go and we went together. We did a five-day land trip to Fairbanks and Denali, followed by a cruise from Anchorage to Vancouver.

Alaska is known to be the “Last Frontier” and has a reputation of beauty and adventure. You can view nature at its best and see wildlife roaming wild and free. Everything is so clean and pure, no pollution or smog and you can’t get enough of the fresh air.

When planning to go to Alaska, you need to ask yourself: “What do I want to experience?” In early May, it’s springtime in Alaska and the scenery is spectacular. Snow is still covering the coastline and mountaintops. The glaciers are the most active as there is melting due to the warmer weather, after a cold winter, and there are waterfalls gushing from the mountains as a result. You will also see more bears and wildlife as they start coming out of hibernation.

June starts the beginning of summer, where the days start becoming longer with more sunlight. This starts the blooming of beautiful wildflowers across the meadows, specifically Fireweed. We couldn’t believe how enormous the flowers had gotten and were told it was because there is so much sunlight. It is also the time that sea otters, harbor seals, and humpback whale spotting increases.

July brings in the salmon and by mid-month most of the active streams are bursting with varieties of salmon and wildlife emerges from every corner to feed on them. Eagles, bears, wolves and the humpback whales feast on the salmon, and the killer Orca whales start making a presence. This time of the year is a bit rainy. It’s important to travel with a raincoat and dress in layers. We were very fortunate and had only one hour of rain in a two-week period. The daily temperature ranged from 60-75 degrees most days. The daylight increases every day, which gives you more time to do things in one day. We actually went for walks at 11pm and it was still light out, it was more of a twilight. Don’t worry about sunlight when you go to bed, all rooms have room darkening curtains.

In August and September, the days and sunlight start to get shorter. The Alaskans start preparing for the winter ahead. The Alaskan Tundra starts turning a burnished coppery red and wildlife is in abundance. September begins the mating season for caribou and moose and the males display their racks and look for romance. The days start turning cooler and crisper, which are also perfect conditions to view the Northern Lights.

A few of the highlights of our trip was seeing Mt. McKinley in its full grandeur, then cruising through Glacier National Park watching the glaciers calving and the ice breaking away and falling into the icy waters with the sound of thunder. There were icebergs floating on both sides of the ship with eagles perched on top. Whales were breaching and bears were strolling along the shoreline. We actually went panning for gold and I got about $44 worth of gold. We got to see the Alaskan Pipeline and learned about that too. We went to a dog camp and got to hold the Alaskan Husky puppies that will be trained for dog sledding.

I think the most memorable experience was in Juneau when we flew in a helicopter to the top of Herbert Glacier. We actually got off and walked on the glacier. It was the most magnificent and breathtaking experience. There were streaks of blue ice through the glaciers and there was a small stream of melted ice from the glacier flowing past where we were standing. We got to scoop it up and drink it. It was ice cold and the most pure water I ever had.

Alaska has so much to offer from the scenery, landscape, nature and so much history. Though I never had much interest in going, I would go back in a heartbeat. I was able to create memories and experiences of a lifetime that I will never forget. No wonder the state flower of Alaska is the Forget-Me-Not.

Catherine Schwartz
Suffering From Knee Pain? Time to Try this SAFE, Non-Invasive Way to Get Your Life Back!

All natural, safe, and effective treatment offered at Monmouth Pain & Rehabilitation proven to relieve knee pain as fast as possible… no surgery, no steroids, no prescription drugs.

Knee Pain can be debilitating and life-altering.

But it doesn’t have to be!

Knee problems can leave you in unbearable pain, unable to enjoy the same activities you used to, and even immobile in some cases. What if you didn’t have to live in pain? How different would your life be if you weren’t bound by the limitations that come with knee pain?

After nearly 20 years in service and thousands of patients treated, the doctors at Monmouth Pain & Rehabilitation (MPR) have found the special formula: knee problems and the pain that ensues cannot be resolved with a one-dimensional treatment. Which is why these doctors combine multiple high-tech modalities to deliver patients the remedy they’ve been searching for.

Call today to schedule a FREE consultation ($245 value) – 732-345-1377

Advanced, all natural technologies without going under the knife

How does it work? The medical doctors at Monmouth Pain & Rehabilitation pay special attention to each individual patient in a quality controlled environment. These highly qualified medical doctors use x-ray analysis plus video fluoroscopy to pinpoint your problem areas with extreme accuracy. They then inject a cushioning gel, called a viscosupplement, and the healing process begins. Watch as your knee shows up on the screen and the viscosupplement begins to work right before your eyes! This holistic gel injection is often compared to getting a routine shot at the doctor’s office. Finished before you know it, and then you’re on your way to healing!

Spotlight on the technology: A closer look

K LaserTherapy™ is used to supplement the injections as a way of expediting the healing process. The laser interacts with the cells to increase cellular energy so that these cells can begin rebuilding tissue in the damaged area. Laser energy increases circulation, drawing water, oxygen, and nutrients to the knee. You will feel the beneficial effects, as the laser treatment reduces inflammation, stiffness, and pain.

To accelerate your healing even further and faster, try Power Plate© technology to complement your treatment. Power Plates© send vibrations through the body that increase blood flow, reducing inflammation and accelerating the body’s healing process. Best of all, Power Plates are housed under the same roof as all these other advanced technologies at Monmouth Pain & Rehabilitation, so you can get your full treatment course in one convenient location.

Covered by most insurances, including Medicare

Who is a good candidate for this treatment?

Do you wake up with knee pain? Does your knee pain keep your from certain activities? Have you been told you need a knee replacement? Are you active and sometimes suffer from sore knees? Do you take medications for knee pain? Do you have difficulty going up and down stairs due to knee pain? Are you considering surgery? Have you tried everything to get rid of knee pain with no success? If you answered yes to any of these questions, you are ready to experience the relief and healing found with the knee program at MONMOUTH PAIN & REHABILITATION.
Quick & Easy Apple Turnovers
by Walt

Perfect for when you are looking for a quick snack.

Ingredients:
½ (17.3 oz) pkg puff pastry
1 med apple, peeled, cored chopped small
½ tsp corn starch
1½ tsp water
½ tsp ground cinnamon
1 tsp vanilla extract
egg white beaten lightly

Preheat oven to 400°F

Line 9x13 baking sheet with parchment paper. Unroll one sheet of puff pastry and cut into 4 squares. Combine the apple, corn starch, water, cinnamon and vanilla extract in a small bowl.

Spoon about ¼ cup of mixture into a corner of each puff pastry. Fold the opposite corner over and seal with a fork or by pressing edges together. Brush each turnover with the egg white.

Bake at 400°F for about 17 minutes or until golden brown. Remove from oven and allow to cool.

WW SmartPoints = 9  Yield 4 pieces

NOTE: If you need assistance for buying, stuffing, or making gravy for your thanksgiving turkey, be sure to go to
http://www.breezewayltr.com/poultry-recipes

To download any of the recipes that have been published in the Breeze Way, go to: http://www.BreezeWayLtr.com.
Here's a tip as you get older: Never wear a hearing aid, because if you do, people expect you to listen to them.

...and Farmer Brown gets nothing if I die under suspicious circumstances...

I guess I'll text Grace this year...

It's part of our Thanksgiving tradition—hide the frozen turkey and Walter hunts it down!

You know what I love about Thanksgiving? It's an absolutely, 100 percent no stress holiday.
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ANTIQUE Beautiful 18th century Bernhardt mahogany hunt board, several authentic Persian rugs, a Lenox fixture, Lenox lamps and various antiques. Best Offer. Call Barbara and Michael 908-347-6477 or email mkaysercpa1@outlook.com

To include your item in next Breeze Way issue, email it to JanetsPlace@Comcast.net

Looking for that old issue of The Breeze Way? You can find it and download it at BreezeWayLtr.com
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SOLD!
6 Cameron

SOLD!
10 Hampshire

SOLD!
21 Arborridge

SOLD!
18 Gladstone

SOLD!
110 Arborridge

SOLD!
29 Gladstone

SOLD!
20 Gladstone

SOLD!
9 Iverness

Nobody sells more homes in Sea Breeze!
Please call me if you are interested in buying or selling!
# November 2018

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<th>Sunday</th>
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<td>9:00 Men's Pickleball</td>
<td>10:00 Stitch &amp; Bitch</td>
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<td>12:30 Mahjong</td>
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</table>

**Trash Collection**

- Monday: 9:00
- Wednesday: 9:00
- Saturday: 9:00

**Recycling**

- Monday: 9:00
- Wednesday: 9:00
- Saturday: 9:00

**Trash Collection**

- Monday: 9:00
- Wednesday: 9:00
- Saturday: 9:00