

USEFUL INFORMATION

January 20, 2025, Revision 0

USEFUL INFORMATION

January 20, 2025 - Revision 0

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NOTARY PUBLIC SERVICE

A Notary Public is a public officer of the State of New Jersey who serves as an impartial witness to the signing of documents and to the acknowledgement of signatures of documents.

This service is provided, at no charge to our community members, by the following persons:

- **Mr. Ghansyam Dave**
Phone No.: (856) 366-7500 (c)
e mail address: ghanu.dave@gmail.com
Home Address: 117 Peabody Lane, Marlton, NJ
- **Mr. Dalpatbhai Patel**
Phone No.: (609) 332-8636 (c)
e mail address: dalpatcpatel@gmail.com
Home address: 525 Route 68, Columbus, NJ

DOMESTIC HELP

Please contact the following persons if you need cooking, baby sitting, help for elderly or any such help

- 1. Khushbu Shah (856) 257-6821**
- 2. Yogini Patel (908) 494-3930**
- 3. Esther (267) 912-1114**
- 4. Bhavna Patel (848) 348-1568**
- 5. Mona Patel (848) 228-2306**
- 6. Gurbhjan Singh (862) 384-6434**

HOME CARE FOR ELDERLY

Page 1 of 3

1. Griswold Home Care for Camden County in Berlin, NJ
(856) 823-4915 www.griswoldhomecare.com

Services provided: 1. Companion Care. 2. Homemaking Care. 3. Hospice and Palliative Support Services. 4. Personal Care. 5. Respite care. 6. Live in/Overnight Home Care. 7. Alzheimer's & Dementia, 8. Post Surgery & Rehab 9. Neuromuscular 10. Fall Prevention & Recovery 11. Overnight and 24/7 Care

2. Sunlight Care, 3001 Chapel Avenue West, Suite 100, Cherry Hill
(856) 780-4003, <https://www.sunlightcare.com>

Services provided: 1. Companion Care. 2. Personal Care. 3 Live-in Home Health Care.

HOME CARE FOR ELDERLY

Page 2 of 3

3. Bayada

- Address: 1415 Route 70 East, Suite 200, Cherry Hill, NJ 08034
- Phone Number: (856) 673-0707
- <https://www.bayada.com/offices/nj/cherry-hill/1415-route-70-east/assistive-care>

4. United Methodist Communities

- Phone Number: (856) 300-2424
- <https://umcommunities.org/homeworks/>

5. Aleph Home Care

- Phone number: (856) 685-5700
- <https://www.alephsnj.org/services>

HOME CARE FOR ELDERLY

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6. Comfort Keepers

241 Kings Highway E, Haddonfield, Cherry Hill, NJ
(856) 556-3552 www.comfortkeepers.com

Services provided:

Personal care to maintain activities of daily living, Safety Supervision, including personal emergency response systems and medication safety, Senior transportation to safely provide rides for seniors to and from appointments or activities, Technology support to help keep seniors in touch with family and friends, Respite care to provide temporary relief for family and other primary caregivers, Specialized care services, including Alzheimer's and dementia care, 24-hour care, and post-hospital care and 24/7 care.

7. Maple Home Care of NJ LLC

923 Haddonfield Road, Suite 300, Cherry Hill, NJ 08002, (856) 452-4040

Services provided: Activities of Daily Living, All Caregivers are certified Home Health Aides, Caregivers trained in care for Alzheimer's/Dementia, Special program for Veterans

LAWYERS

- **Ms Swati Kothari**
712 E Main Street
Moorstown, NJ 08057
(856) 359-6699
- **Ms. Rekha Rao**
14 Farber Road
Princeton, NJ 08540
(609) 372-2855
- **Chugh, LLP - Attorney & CPAs**
295 Pierson Ave #201
Edison, NJ 08837
(732) 205-8600

LIST OF INDIAN ASSOCIATIONS

Indian Cultural Center (ICC)

- **Address: 820 Route 73 South, Marlton, NJ**
- **Website: www.iccofsj.org**
- **Membership: Donation of \$1,001 for a family lifetime membership**
- **General Body meeting once a year**

Hindu Senior Citizen of South Jersey (HSCSJ)

- **Address: General Body meetings (1 meeting in January, February and March, 2 meetings from April to November. Annual function in December of year held at ICC, 720 Route 73 South, Marlton, NJ**
- **Website: www.hinduseniors.org**
- **Membership: \$50 for lifetime membership per person**

Gujarati Samaj of Tristate Area (GST)

- **Website: www.gstnj.org**
- **Membership: None (\$0)**
- **Provides social, cultural, recreational and community programs**

LIST OF TEMPLES

Page 1 of 2

India Temple Association (ITA)

- Address: 25 E Taunton Avenue, Berlin, NJ 08009
- Phone number: (855) 696-2634
- Website: www.indiatemple.org
- Membership: (1) Individual/Family: 5 years - \$225.00
(2) Lifetime \$1,001.00 (3) Seniors (65+) Lifetime \$251.00

BAPS Shri Swaminarayan Mandir

- Address: 1 Carnegie Plaza, Cherry Hill, NJ 08003
- Phone number: (856) 751-7600
- Website: www.baps.org
- Membership: None (\$0)
- Sunday Sabha starts at 4pm

SMVS Shri Swaminarayan Mandir

- Address: 99 Burnt Mill Road, Cherry Hill, NJ 08003
- Phone number: (856) 673-3633
- Website: www.smvs.org
- Membership: None (\$0)
- Saturday Sabha starts at 4pm

LIST OF TEMPLES

Page 2 of 2

Shri Swaminarayan Temple ISSO

- **Address: 2101 Garry Road, Cinnaminson, NJ 08077**
- **Phone number: (855) 829-4776**
- **Website: <https://www.swaminarayan.info>**
- **Membership: None (\$0)**
- **Sunday Sabha starts at 4pm**

The Jain Sangh, Inc of PA/NJ/DE Cherry Hill Jain Derasar

- **Address: 3401 Cooper Avenue, Pennsauken Township, NJ 08109**
- **Website: <http://www.jainsangh.50webs.com>**
- **Membership: None (\$0)**

Sikh Gurudwara of Pine Hill

- **Address: 1110 Blackwood - Clementon Road, Pine Hill, NJ 08021**
- **Phone number: (856) 464-9835**
- **Website: www.gnssdv.com**
- **Membership: None (\$0)**

ITA - SENIOR SOCIAL GROUP (SSG)

- **ITA-Senior Social Group (SSG)**
- **Meeting every Friday from 1:00pm to 2:30pm**
- **Address: Gibson House, 535 E Main Street, Marlton, NJ 08053**
- **If you want to attend these meetings please inform Dr. Vinita Ganju, Phone number: (609) 744-8558, e mail address: vinudidi@yahoo.com**
- **Membership: Membership of India Temple Association is required.**

Monday & Thursday Yoga At ICC

Time: 9:00am to 10:00am

- **Instructors: Benu Dhawan & Hina Desai**
Substitute instructors: Ritu Pandya, Dr. Veenaben Gandhi, Natubhai Desai
- **Members: \$2 for each class. Non-members: \$3 for each class**
- **Members: \$6 per month for one class per week, \$12 per month for two classes per week. Non-members: \$10 per month for one class per week, \$20 per month for two classes per week.**
- **Members: For the entire year of 2025:**
\$40 for one class per week, \$80 for two classes per week. Non-members: \$60 for one class per week and \$120 for two classes per week.
Note: select 1 for one class and select 2 for 2 classes while registering.
- **Please register for one class per week or two classes per week per your choice. For further information please contact:**
Natubhai Desai 856-424-3083
Adish Jain 860-218-5269

**MILLAN MEETINGS ARE HELD AT INDIAN CULTURAL CENTER
(ICC) ON 1st, 3rd and 5th TUESDAYS OF THE MONTH**

- **ICC Address: 820 Route 73 South, Marlton, NJ 08053**

Millan
SENIORS

Let's get together

over tea/coffee for chit chat and play cards,
carrom, table tennis etc. with no agenda for
FREE



Registration not required, Walk-ins welcome
1st, 3rd and 5th Tuesdays – 10 AM to 12:30 PM



Indian Cultural Center (ICC)

www.iccofsj.org

Tel: 855-ICCOFSJ (422-6375)

ICC Karaoke



**Members
\$3 per session**

**Non-Members
\$5 per session**

As a courtesy to other participants and help us conduct smooth & enjoyable event, kindly follow the guidelines and instructions below:

- Online registration is required for participants.
- Food and drink items are not allowed in ICC 2nd floor classrooms.
- Participants are advised to bring portable electronic media with tracks saved offline.
- Cell phones to be in silent / off mode in the classrooms during the event.
- Please refrain from conversing with other guests while singer is performing.
- Each participant will have a maximum of 6 minutes per song.
- Participants should be ready with the track.
- ICC will decide on the schedule depending on the number of participants.
- If a participant is not ready at the scheduled slot one must wait for the next available slot.
- To encourage and support the participants, all are requested to stay until the end of the event.

ICC guidelines and instructions are subject to change at any time.

Indian Cultural Center
820 Route 73 South
Marlton, NJ 08053

For further information please contact:

Sangeeta Rashatwar	609.685.2755
Nilkanth Shah	609.923.6711
Mukund Modi	856.278.6539

BLANKETS FOR THE NEEDY PROJECT

Normal procedure:

- **Donation money is collected in the 1st week of December. (In 2023 \$4,300 and in 2024 \$4,300 was donated by our community members).**
- **In general all the blankets are purchased from Walmart.**
- **Mainstays Super soft Plaid polyester Plush blankets, Twin 66"x90", suitable for Adults are purchased from Walmart at \$15 per blanket.**
- **After Christmas 60% of the blankets are distributed at 525 Dr. Martin Luther King Blvd., Camden (Dollar store parking lot) by local volunteers.**
- **60% of the blankets are distributed in the 2nd week of January 2024 at Logan Circle, Philadelphia by Sai Center of Medford (Lead person: Mr. Prabhakar Purigali, (609) 923-1358, address: 7 Ridgemount Drive, Marlton, NJ 08053**
- **Walmart is asked to deliver 40% of the blankets to Prabhakar's home at Marlton.**

MEMBERSHIP OF INDIAN CULTURAL CENTER (ICC)

Donation of \$1,001 is necessary for a Family Lifetime Membership of ICC.

As we all know ICC was created for the benefit of our community. Lots of donated money and volunteer hours were spent to bring what ICC is today. Therefore, we should show You how our support by becoming a family lifetime member by donating \$1,001 to ICC.

In case you need help one person has made generous offer of donation of \$250 on your behalf. In this case you only need to donate \$751 to ICC for your Lifetime membership.

***This offer is good till December 15, 2025 for 4 new members.**

MATA KI CHOWKI PROGRAM

- **Every year in June there will be Mata Ki Chowki program sponsored by India Temple Association at Indian Cultural Center.**
- **For further information please call Nidhi Agrawal at (856) 520-3451 or Nitin Khanna at (267) 475-6932 or Rashmi Julka @ (856) 873-6447**

EKAL VIDYALAYA

- **Annual fundraising event takes place every year sometime in summer.**
- **Website ekal.org**
- **For further information contact Harshadbhai Mehta at (856) 772-6840**

ART OF LIVING FOUNDATION CENTERS

General

**The Art Living Foundation was established by Sri Sri in 1981
Log on to www.artofliving.org for further information.**

- **South Jersey Art of Living, 1 Lucas Lane, Voorhees.**
- **For further information please call Avinash Keswani at (732) 213-0960 or Santosh Keswani at (856) 899-7205.**
- **Art Of Living - Marlton.**
- **For further information please call Bharat Kenjle at (856) 470-8620 or Aparna Kenjle at (917) 453-2216.**
- **Moorestown Art of Living.**
- **For further information please call Jasleen Sobti Ph. D. at (856) 924-8989 and Samarvir Minhas (917) 696-6840.**



Indian Cultural Center

Dream becomes Reality

EVENINGS WITH ICC MEMBERS AT ICC

- ICC welcomes members from 5pm to 7pm from Sundays to Thursdays for a get together in the evening
- There is no agenda for this gathering.
- Members can play cards, table tennis, carom, or just meet and greet other members and talk.
- Currently serving free tea.
- For further information please contact Prafulbhai Patel, ICC Facility Manager, at (302) 310-3279

ICC SCHOLARSHIP DINNER AND FUNDRAISER EVENT

- **Annual fundraising event - for information visit www.iccofsj.org**
- **For further information contact Dr. Rakesh Gupta at (609) 5095-1945**

ANNUAL PICNICS

In August of each year summer picnic is organized by the following organizations

- **Hindu Senior Citizens of South Jersey (HSCSJ)**
- **Gujarati Samaj of Tri-states (GST)**
- **BAPS Swaminarayan Temple of Cherry Hill, NJ**

USEFUL INFORMATION WHATSAPP

- We have 'Useful information' WhatsApp Group.
- As of January 20, 2024 we have **370** participants.
- All administrators post all items with good intentions.
- We expect that it will be received by the participants in a same manner.
- If you or any of your friends wants to join this WhatsApp Group please send his/her cell phone number at (856) 424-3083.

SRI SRI RAVI SHANKER'S KNOWLEDGE SHEETS e MAILS

- We have **205** participants who receive Sri Sri Ravi Shanker's knowledge sheets via e mail on a daily basis 365 days a year.
- If you want to receive the e mail on a daily basis, please send your e mail address at (856) 434-3083.



PAIN INSTACURE

AYURVEDA AESTHETICS

www.paininstacure.com



For Ayurvedic treatments such as:

- **Shirodhara** - healing treatment by pouring liquid on your forehead
- **Kati Basti** - soothing treatment where a large quantity of warm herbalised oil is retained on your lower back to relieve pain, stiffness and inflammation
- **Janu Basti** - Treatment of knee joint
- **Abhyanga** - Massage of the whole body from the head to toe with warm herb-infused oil
- **Potali Massage Therapy** - Messages with potalis filled with combination of specific herbs, oils and spices that are carefully chosen based on your individual needs and health goal.

Please call Benu Dhawan at
(844) 467-8228 (c)

**PAIN INSTACURE
ADAM'S PLACE
701 White House Road, unit 5B
(Basement in the rear)**



Benu Dhawan

PAIN INSTACURE

AYURVEDA AESTHETICS
www.paininstacure.com



Pada Abhyanga (Foot Massage)

In this procedure massage with the medicated oils is done on both feet.



Takradhara (Butter milk stream therapy)

In Takradhara the buttermilk is poured over your forehead.



Nasya (Nasal Therapy)

In this therapy, the drops of medicated oil are applied in your both nostrils.

**Please call Benu Dhawan at
(844) 467-8228 (c)**



Benu Dhawan

PAIN INSTACURE

AYURVEDA AESTHETICS

www.paininstacure.com



Mukha Lepam (Traditional Ayurvedic Facial)

It is a medicated paste prepared from herbs that keeps your facial skin healthy.



Kati Vasti (Lower Back warm oil reservoir therapy)

A ring with dough is made at the lower back in which medicated oil is poured 3 to 4 times for 30 mins. After that the dough is removed and your lower back is massaged in a circular motion with it.



Nabhi Vasti (Umbilical oil reservoir therapy)

In this procedure a dough ring is made on your stomach area. The lukewarm medicated oil is poured into this ring. This is done 3 to 4 times for 30 mins. After that, the dough is removed and the stomach is gently massaged in a circular motion.

**Please call Benu Dhawan at
(844) 467-8228 (c)**



PAIN INSTACURE

AYURVEDA AESTHETICS
www.paininstacure.com



Greeva Vasti (Neck oil reservoir therapy)

In this procedure, a ring is made at the back of the neck. Lukewarm oil is poured in this ring for 3 to 4 times for removing pain, stiffness, & inflammation in the neck.



Uro Vasti (Chest oil reservoir therapy)

A ring with dough is made over your chest region. Lukewarm herbal medicated oil is poured in this ring. This procedure treats all the problems associated with the chest.



Janu Vasti (Knee joint oil reservoir therapy)

This therapy is done for strengthening the joints & muscles of both knees. In this procedure a dough ring is made over your both knees. Lukewarm medicated oil is poured in this ring for 3 to 5 times with duration of 30 mins. All types of knee problems are treated with this therapy.

**Please call Benu Dhawan at
(844) 467-8228 (c)**



PAIN INSTACURE

AYURVEDA AESTHETICS
www.paininstacure.com



Parisht Vati (Full back therapy)

In this procedure, the whole back is massaged with the medicated oil for getting relief from different type of back problems.

**Please call Benu Dhawan at
(844) 467-8228 (c)**

IndyEthnic


(Where Style Meets Elegance)


Puja Gupta



+1 (562) 298-3951

- ❖ Imitation Jewelry
- ❖ Indian Ethnic & Traditional Clothing
(Suits, Kurtis, Sarees, Gents Kurta, Kids
Dresses)
- ❖ Home Décor & Craft Items

 indyethnic@gmail.com

 [/indyethnic](https://www.facebook.com/indyethnic)





WelCare Diagnostics

Medical Laboratory



CBC

Kidney Function

**Cholesterol
Panel**

Fasting Glucose

TSH

**Urinalysis with
microscopy**

SGPT (ALT)

SGOT (AST)

On demand health package only \$119

Quantiferon TB Gold

\$95 only

**Measles, Mumps, Rubella
(MMR) testing**

\$65 only



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856-685-7602

Email: info@welcaredx.com



**703 White Horse Rd , Suite - 4 , Voorhees,
NJ 08043**



Hours :- Monday to Friday: 7 AM to 7 PM, Saturday: 7 AM to 5 PM, Sunday: 7 AM to 12 PM

Event decoration by Anjali
Exclusive events, priceless memories



Anjali Decors

610-659-4506

CONTACT NUMBERS FOR TAILOR SERVICE

- Sonal - (856) 214-6677
- Pravinbhai Darji - (609) 227-7496
- Zarine - location: Cherry Hill (856) 520-1950 & (856) 520-1950
- Somabhai Darji - 14 Theo Court, Burlington - (609) 845-4268
- Krupa Sindhvad (609) 505-1288



Contact Number:
+1 (609) 505-1288

Women's Alterations

- All clothing Alterations Available
(Dress/Tops/Trousers/Skirts)
- Blouse Alterations
- Curtains Alterations

CONTACT NUMBERS FOR PLUMBING SERVICE

- Daylan Segrest - (856) 650-6899
- Loise Plumber - (609) 694-7646
- Thomas HVAC - (856) 524-0847
- Chris Plumber - (267) 549-6910
- Edgar Plumber - (609) 908-8962

CATERING SERVICE

Shaili Chauhan (732) 266-2071

Page 1 of 2

The following items are available:

- APPETIZER: Yellow Khaman, White Dhokla, Chans Daal Khaman, Aloo Patties, Dahiwada, Methi Gota, Vegetable Pakora, Panjabi Samosa, Bataka Veda, Paneer Pakora, Onion Pakora, Bajri Vada, Chili Paneer Dry, Chili Potatoes Dry, Gobi Manchurian Dry, Vegetable Manchurian Dry, Chili Mushroom Dry, Vegetable Hakka Noodles, Bataka Poha, Handvo, Khandvi.
- VEGETABLE ENTREE: Cabbage Peas, Cauliflower Peas, Suki Bhaji, Rangan Bhartu, Tindora Potatoes, Sev Tomatoes, Peas Potatoes Curry, Chana Masala, Dum Aloo, Vegetable Kadai, Vegetable Makhani, Stuffed Round Eggplant Potatoes, Paneer Makhani, Kadai Paneer, Bhindi Potatoes, Bhindi Masala, Vegetable Manchurian, Chili Paneer, Undhiyu, Shahi Paneer, Palak Paneer, Mutter Paneer, Malai Kofta.

Jain and Swaminarayan food is available upon request

CATERING SERVICE

Shaili Chauhan (732) 266-2071

Page 2 of 2

The following items are available:

- DAAL: Gujarati Tuvar Daal, Vaal Daal, Dahiwala Green Maang, Rasawala Kala Chana, Yellow Dal Tadka, Punchmal Daal, Gujarati Kadhi.
- BREAD: Pav, Puri, Roti, Plain Paratha, Methi Thepla, Plain Bhakri.
- RICE: Pulav, Plain Rice, Jeera Rice, Sabudana Khichadi, Vegetable Fried Rice, Schezwan Fried Rice, Vegetable Biryani.
- DESSERT: Mango Shrikhand, Fruit Shrikhand, Kesar Elaichi Shrikhand, Elaichi Shrikhand, Dry Fruit Shrikhand, Fruit Salad, Gajar Halwa, Soji Halwa, Churma Laddo Sugar, Rice Dudhpak, Sev Dudhpak, Rasmalai, Gulab Jamun.

Jain and Swaminarayan food is available upon request

CHAAT PATTA KHANNA

Shailesh Shah (856) 745-3308

Tiffin & Catering Service

The following items are available:

- Potato Poha, Halwa Puri, Upma, Dhokla, Masala, puri, Methi Gota,
- Batata Vada, Samosa, Khaman, Khasta Kachori, Dabeli, Pavbhaji, Idli Sambhar, Ragda Petties, Dahivada
- Baigan Bhartha, Malai Kofta, Mix Vegetables, Paneer Tikka Masala, Paneer Butter Masala, Chili Paneer
- Roti, Wheat Paratha, Chili Paratha, Wheat Puri, Thepla, Methi Thepla, Methi Dhebra, Puran Poli.

Jain and Swaminarayan food is available upon request

CATERING SERVICE

SMVS Shri Swaminarayan Mandir

Address: 99 Burnt Mill Road, Cherry Hill, NJ 08003

Contact: Shaileshbhai Patel
(267) 974-7448 (c)