

# Senior Messenger



MIDDLESEX BOROUGH • DEPARTMENT OF SENIOR & DISABLED SERVICES

The Senior Center will be closed on July 4th

July–August 2023

Summer Hours  
Mon -Thu: 8:30 – 4:00  
Fri: 8:30 – 1:00

## Chair Yoga: New Day, Time, & Instructor!

Beginning July 11th, Chair Yoga will be every Tuesday at 1:30 pm. Our new instructor, Kathy, has been certified in chair yoga since 2011. Each class is \$5 for residents and \$6 for non-residents. We hope to see you there!

## Keep an eye out for Farmers Market Vouchers!

If you receive a QR code in the mail from Middlesex County, please bring it into the center. Here is an example of a QR code:



## Ice Cream Social:

July 27th at 12:30 pm

Cool down with some ice cream as we go down memory lane with Bob Goldbetter, Community Liaison at Swan. His reflections programs includes items from the 40's, 50's, and 60's with personal stories behind them. To RSVP, please call by Thursday, 7/20.



## Brain Injury Alliance Presentation:

August 31st at 12:00 pm



A big part of the BIANJ's mission is to promote brain injury prevention. Join us to talk to about fall prevention and brain health. Light refreshments will be served. Call the center to reserve your spot!

## PTR, PAAD, or Senior Gold

The deadline to submit your Property Tax Reimbursement (PTR) application is October 31, 2023

If you need assistance with PTR, PAAD, or Senior Gold please call the Senior Center to schedule an appointment. The tax collector is available to fill out the property tax portion Tuesday through Thursday from 9:00 am to 12:00 p.m.

### INCOME ELIGIBILITY FOR PAAD:

Maximum income: single \$42,142; couple \$49,209

### INCOME ELIGIBILITY FOR SENIOR GOLD:

Maximum income: single \$42,142 - \$51,142; couple \$49,209 - \$59,209



## The Magic of Storytelling with Tchin:

Thursday, July 20th at 10:00 am

Tchin is a nationally known artist and educator of Indigenous arts and culture. Tchin brings

ancestral stories alive with Native American music and colorful magic. In his energizing presentation, Tchin addresses important topics including cultural diversity, music appreciation, and environmental stewardship. This will be held outside in the pavilion next to the senior center. Call by Monday, 7/17 to reserve your spot! Light refreshments will be served.



## CONTACT

### SENIOR CENTER

732-356-0414

### SENIOR STAFF

**Melissa DeMarino** • Director

**Jenna Costantino** •  
Administrative Assistant

**Drivers** • Laura Meixner,  
Christine Dinizo, Joe Ford

### IMPORTANT PHONE NUMBERS

**MEDICARE** • 800-633-4227

**PAAD/Senior Gold (NJ Prescription Assistance)** • 800-792-9745

**FEMA** • 800-621-3362

**Social Security Office** • 800-772-1213

**PTR:** 800-882-6597

### MIDDLESEX BOROUGH

#### EMERGENCY

(Fire, Police, Poison): 911

**Police Department**  
(Non-Emergency): 732-356-1900

**Fire Department**  
(Non-Emergency):  
732-356-7400 ext. 263

**Middlesex Senior Center:**  
732-356-0414

**Middlesex Borough:** 732-356-7400

**Middlesex Public Library:**  
732-356-6602

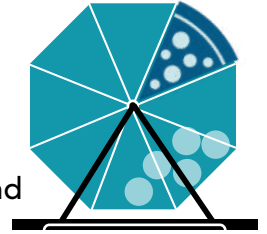
### MIDDLESEX COUNTY

**Middlesex County Office of Aging:**  
732-745-3295

**Middlesex County Board  
of Social Services:** 732-745-3500

## Bingo & Pizza!

Come join the fun on the last Wednesday of the month! For \$3.00, you will get 2 slices of pizza and a small dessert. Please call the Senior Center to sign up by 7/21 for July and 8/25 for August. Bingo starts at 10:30 a.m. and pizza will be here around 12:30 p.m.



## Senior Movie Days at the Dunellen Theater

July 3rd and August 7th

For \$5, this includes a movie, two slices of pizza, small soda and small popcorn (pay at the theater). Meet at the theater or call (732) 356-0414 by the Friday before the show to set up transportation with the Senior Center. \*Must be 62 years or older\*

- Movie start time: 10:00 am
- Pick up start time: 9:30 am



## Monthly Veteran Meet-Up



July 13th and August 10th

This once-a-month meet up will be held on the second Thursday of each month. We encourage Veterans of Middlesex Borough to come, share stories, and enjoy a light meal & refreshments. Time: 10:00 am.






## AARP Driver Safety Course

August 8th and August 10th – 9:00 am to 12:00 pm)




“Get up to Speed with Driver Safety”

- Course updates your awareness of new road design, traffic laws, and how to adjust your driving to compensate for physical changes. It may also qualify you for a multiyear discount on your car insurance.
- Payment is due the day of Class
  - \$20 for AARP Members & \$25 for NON-AARP Members
- You must attend both days. Call the Senior Center to register!

## JULY 2023

SUN	MON	TUE	WED	THU	FRI	SAT	
2	3 <b>Dunellen Movie 10 am</b> Zumba - 8:55 am Mindful Fitness - 10:15 am	4 Office Closed No Medical Trips	5 Ageless Grace 9:30 am Bingo 10:30 am	6 <b>Trip to Boscov's &amp; Lunch 9:30 am</b>	7 Zumba - 8:55 am	1/8	
9	10 Zumba - 8:55 am Mindful Fitness - 10:15 am	11 ShopRite—9 am / 12 pm Chair Yoga—1:30 pm	12 Ageless Grace 9:30 am Bingo 10:30 am	13 <b>Veteran Meet-up 10 am</b> 	14 Zumba - 8:55 am	15	
16	17 Zumba - 8:55 am Mindful Fitness - 10:15 am	18 ShopRite—9 am / 12 pm Chair Yoga—1:30 pm	19 Ageless Grace 9:30 am Bingo 10:30 am	20 <b>The Magic of Storytelling with Tchin (Outdoors) 10 am</b>	21 Zumba - 8:55 am <b>Trip to Rutgers Farmers Market 10:15 am</b>	22	
23	24 Zumba - 8:55 am Mindful Fitness - 10:15 am	25 Walmart—9 am / 12 pm Chair Yoga—1:30 pm	26 Ageless Grace 9:30 am Bingo 10:30 am	27 <b>Ice Cream Social - 12:30 pm</b> 	28 Zumba - 8:55 am	29	
30	31 Zumba - 8:55 am Mindful Fitness - 10:15 am	<ul style="list-style-type: none"> <li>• Medical transportation will be Monday, Wednesday - Friday unless otherwise stated</li> <li>• Please call for a ride to the Senior Center on Wednesdays</li> <li>• All trips are subject to change</li> <li>• Zumba/Yoga/Mindful Fitness is \$5 and \$6 for non-residents</li> </ul>				 <b>July—August 2023</b>	

## AUGUST 2023

SUN	MON	TUE	WED	THU	FRI	SAT
		1 ShopRite—9 am / 12 pm Chair Yoga—1:30 pm	2 Ageless Grace 9:30 am Bingo 10:30 am	3	4 Zumba - 8:55 am	5
6	7 <b>Dunellen Movie 10 am</b> Zumba - 8:55 am Mindful Fitness - 10:15 am	8 <b>Driver Safety 9—12</b>  ShopRite—9 am / 12 pm Chair Yoga—1:30 pm	9 Ageless Grace 9:30 am Bingo 10:30 am	10 <b>Driver Safety 9—12</b>  <b>Veteran Meet-up 10 am</b>	11 Zumba - 8:55 am <b>Trip to Highland Park Farmers Market 10:15 am</b>	12
13	14 Zumba - 8:55 am Mindful Fitness - 10:15 am	15 ShopRite—9 am / 12 pm Chair Yoga—1:30 pm	16 Ageless Grace 9:30 am Bingo 10:30 am	17 <b>Trip to Wind Creek 9:30 am</b>	18 Zumba - 8:55 am	19
20	21 Zumba - 8:55 am Mindful Fitness - 10:15 am	22 ShopRite—9 am / 12 pm Chair Yoga—1:30 pm	23 Ageless Grace 9:30 am Bingo 10:30 am	24 <b>Trip to Somerset Shopping Center &amp; lunch 9:30 am</b>	25 Zumba - 8:55 am	26
27	28 Zumba - 8:55 am Mindful Fitness - 10:15 am	29 Walmart—9 am / 12 pm Chair Yoga—1:30 pm	30 Ageless Grace 9:30 am Bingo 10:30 am Pizza 1:00 pm	31 <b>Brain Injury Alliance Presentation 12:00 pm</b> 		

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## Pictures from 90's Birthday Bash at Piscataway Senior Center:



## Pictures from Rutgers Gardens

