

# Senior Messenger



MIDDLESEX BOROUGH • DEPARTMENT OF SENIOR & DISABLED SERVICES

Office Closed  
on March 29 –  
Good Friday

Daylight Savings  
March 10 –  
“Spring Forward”

Mar.–Apr. 2024

Save the Date! May 3, 2024 –  
90s Birthday Celebration Luncheon



## Tax Season is Here, Limited Spots Available

A free income preparation program, sponsored by AARP, is taking place at the Center every Tuesday and Thursday until April 11th. This program is by appointment only. Please call the Center to schedule. Taxpayers must bring all documents pertaining to income from all sources and their Social Security Card.

## PTR, PAAD, or Senior Gold

### Property Tax Reimbursement (PTR) applications are out!

If you need assistance filling out your application, please call 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 pm.

If you need assistance with PAAD, or Senior Gold applications, please call to schedule an appointment.

### Income eligibility for PAAD:

- Maximum income: single \$52,142; couple \$59,209

### Income eligibility for Senior Gold:

- Maximum income: single \$52,142 – \$62,142; couple \$59,209 – \$69,209

## Inclement Weather Policy

The Center may close during periods of inclement weather to ensure the safety of participants and staff using the facility. We will contact you if a trip or program is cancelled. Participants are encouraged to call the Center should there be questions about rescheduling appointments or activities.

## Earth Science Gallery at Morris Museum

Thursday, March 14th



Journey back in time to the Age of Dinosaurs at the Morris Museum! Discover the history and some of the mysteries

of Planet Earth in this exhibition, where the natural sciences help us understand the world in which we live. The cost is \$8 at the door. Call the Center to reserve your spot.

## St. Patrick's Day Party

March 13th



Celebrate with Good Time Charlie on Wednesday, March 13th at 11:30 am! We will be serving corned beef boxed lunch. The cost is \$10 to attend. Please call the Center by 3/8 to sign up. \$10 to attend; corned beef boxed lunch.

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@Middlesex Borough Senior Services

## CONTACT

### SENIOR CENTER

732-356-0414

### SENIOR STAFF

**Melissa DeMarino** • Director

**Jenna Costantino** •  
Administrative Assistant

**Drivers** • Laura Meixner, Christine Dinizo, Dennis Lynch and Dina Melchiorre

### 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

## Hunterdon Hills Presents: Beehive: The '60s Musical



Beehive: The 60s Musical is a nonstop, energetic celebration of six extraordinary women performing more than a dozen chart toppers from Diana Ross, The Supremes, Tina Turner, and more.

Admissions includes the show, table-served entrée, dessert, coffee, hot tea, tax, and gratuity. Call the center to reserve your seat for Thursday, April 25th. Registration and payment of \$81 is due of March 29th.

## A Celebration of Traditional Irish Music



**Thursday, March 28th at 11:00 am**

Musicians, Brian and Charlie, will share a variety of great Irish music from jigs, reels, and hornpipes to hauntingly beautiful airs and songs. Please join us as we celebrate St. Patrick's Day! Call the center to register by 3/22.

## Lifeline Screening

**Thursday, April 18th**

Life Line Screening, the nation's leading provider of preventive health screenings, will offer non-invasive and painless health screenings at our Center on Thursday, April 18th. A package of four screenings to identify risk for stroke, heart disease and other chronic conditions will be offered: Carotid Artery Screening (Plaque), Peripheral Arterial Disease Screening, Abdominal Aortic Aneurysm (AAA), and Atrial Fibrillation. Call the Center for more details on scheduling your appointment.



## Hearing Life Seminar with Tracy

**Tuesday, April 23rd at 12:00 pm**




Call to schedule a complimentary 15-minute hearing screening provided by Tracy from HearingLife. HearingLife

is a national hearing care company that operates nearly 700 hearing care centers across the United States. Hearing loss can develop gradually. Even if you don't have hearing loss, a screening can be used as a baseline should you develop hearing loss later. Early detection and treatment are important!

# MARCH 2024

|                               | MON   | TUE                               | WED   | THU  | FRI  | SAT       |
|-------------------------------|---|-----------------------------------|---|--|--|-----------|
|                               |  <ul style="list-style-type: none"> <li>• Medical transportation will be Monday - 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>1</b><br>Zumba 8:55 am<br>Chair Yoga 10:30 am               | <b>2</b>  |
| <b>3</b>                      | <b>4</b><br><b>Dunellen Movie 10 am</b><br>ShopRite—9am/1pm<br>Zumba - 8:55 am<br>Mindful Fitness - 10:15am<br>Mahjong 1-3pm  | <b>5</b><br><b>AARP Tax Prep</b>  | <b>6</b><br>Bingo 10:30 am  | <b>7</b><br><b>AARP Tax Prep</b><br><b>Boscov's &amp; Lunch</b><br><b>9:30 am</b>  | <b>8</b><br>Zumba - 8:55 am<br>Chair Yoga 10:30 am             | <b>9</b>  |
| <b>10</b><br>Daylight savings | <b>11</b><br>ShopRite 9am / 1pm<br>Zumba 8:55 am<br>Mindful Fitness 10:15 am<br>Mahjong 1-3 pm  | <b>12</b><br><b>AARP Tax Prep</b> | <b>13</b>  <b>St. Patty's Day Party</b><br><b>11:30 am</b>               | <b>14</b> <br><b>AARP Tax Prep</b><br><b>Veterans Breakfast 10 am</b><br><b>Morris Museum &amp; Friendly's 10:30 am</b> | <b>15</b><br>Zumba 8:55 am<br>Chair Yoga 10:30 am              | <b>16</b> |
| <b>17</b>                     | <b>18 Medicare Fraud Presentation 12 pm</b><br>ShopRite 9am / 1pm<br>Zumba 8:55 am<br>Mindful Fitness 10:15 am<br>Mahjong 1-3 pm  | <b>19</b><br><b>AARP Tax Prep</b> | <b>20</b><br>Ageless Grace 9:30 am<br>Bingo 10:30 am  | <b>21</b><br><b>AARP Tax Prep</b><br><b>Wind Creek Casino</b><br><b>9:30 am</b><br>Line Dancing 10:00 am   | <b>22</b><br>Zumba - 8:55 am<br>Chair Yoga 10:30 am            | <b>23</b> |
| <b>24</b><br><b>31</b>        | <b>25</b><br>Walmart 9am / 1pm<br>Zumba 8:55 am<br>Mindful Fitness 10:15 am<br>Mahjong 1-3 pm   | <b>26</b><br><b>AARP Tax Prep</b> | <b>27</b><br>Ageless Grace 9:30 am<br>Bingo 10:30 am<br>Pizza 12:30 pm  | <b>28</b><br><b>AARP Tax Prep</b><br><b>Irish Music with Brian &amp; Charlie 11:00 am</b>  | <b>29</b><br><b>Office Closed</b><br>No medical transportation | <b>30</b> |

# APRIL 2024

| SUN       | MON  | TUE   | WED  | THU   | FRI   | SAT       |
|-----------|--|---|--|---|---|-----------|
|           | <b>1</b><br><b>Dunellen Movie 10 am</b><br>ShopRite—9am/1pm<br>Zumba - 8:55 am<br>Mindful Fitness - 10:15am<br>Mahjong 1-3pm | <b>2</b><br><b>AARP Tax Prep</b>                          | <b>3</b><br>Ageless Grace 9:30 am<br>Bingo 10:30 am  | <b>4</b><br><b>AARP Tax Prep</b><br><b>Parx Casino 9:30 am</b>  | <b>5</b><br>Zumba 8:55 am<br>Chair Yoga 10:30 am  | <b>6</b>  |
| <b>7</b>  | <b>8</b><br>ShopRite 9am / 1pm<br>Zumba 8:55 am<br>Mindful Fitness 10:15 am<br>Mahjong 1-3 pm                                | <b>9</b><br><b>AARP Tax Prep</b>                          | <b>10</b><br>Ageless Grace 9:30 am<br>Bingo 10:30 am                    | <b>11</b> <br><b>AARP Tax Prep</b><br><b>Veteran Meet-Up 10 am</b><br><b>Peddler's Village</b><br><b>9:30 am</b> | <b>12</b><br>Zumba 8:55 am<br>Chair Yoga 10:30 am | <b>13</b> |
| <b>14</b> | <b>15</b><br>ShopRite 9am / 1pm<br>Zumba 8:55 am<br>Mindful Fitness 10:15 am<br>Mahjong 1-3 pm                               | <b>16</b><br><b>Bridgewater Mall Food Court 12 pm</b>     | <b>17</b><br>Ageless Grace 9:30 am<br>Bingo 10:30 am   | <b>18</b> <br><b>Lifeline Screening</b><br><b>8am-5pm</b>  | <b>19</b><br>Zumba 8:55 am<br>Chair Yoga 10:30 am | <b>20</b> |
| <b>21</b> | <b>22</b><br>ShopRite 9am / 1pm<br>Zumba 8:55 am<br>Mindful Fitness 10:15 am<br>Mahjong 1-3 pm                               | <b>23</b><br><b>Hearing Life Seminar with Tracy 12 pm</b> | <b>24</b><br>Ageless Grace 9:30 am<br>Bingo 10:30 am<br>Pizza 12:30 am  | <b>25</b><br>Zumba 8:55 am<br>Chair Yoga 10:30 am   | <b>26</b><br>Zumba 8:55 am<br>Chair Yoga 11:30 am | <b>27</b> |
| <b>28</b> | <b>29</b><br>Walmart 9am/1pm<br>Zumba 8:55 am<br>Mindful Fitness 10:15 am<br>Mahjong 1-3 pm                                  | <b>30</b><br>Line Dancing 12:00 pm                        |    |   |   |           |

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## Zumba's 10 Year Anniversary Celebration!

