

Senior Messenger



MIDDLESEX BOROUGH • DEPARTMENT OF SENIOR & DISABLED SERVICES

The Senior Center will be closed on May 29th.

May–June 2023

Beginning June 2, every Friday our office will be closing at 1:00 pm

Primary Election is June 6th

If you need transportation to a voting location, please call the center to schedule.

Older American's Month: Aging Unbound Party!



AGING UNBOUND: MAY 2023

To honor Older Americans Month, we will be hosting an Aging Unbound Party. Join us in celebrating the seniors in our

community on Wednesday, May 17th at 11:30 am. Please don't arrive before 11:00 am. Cost is \$10 to attend. Please RSVP and pay by Friday, May 12th.



Stroke Prevention Presentation

Thursday, May 25th at 10:30 am

Make your health a priority with Maria Bartman, BSN, RN, CEN and Stroke Coordinator for Saint Peter's University Hospital. Call the center by 5/22 to reserve your seat.

Senior Medicare Patrol Presentation

Thursday, June 29th at 1:00 pm



Senior Medicare Patrols empower and assist Medicare beneficiaries, their families, and caregivers to prevent, detect, and report health care fraud,

errors, and abuse. Call the Senior Center by 6/27 to reserve your spot to learn how to protect yourself and your loved ones from Medicare Fraud.



Beach Day! June 22nd

Soak in the sun at Point Pleasant Beach on Thursday, June 22nd. Enjoy lunch at The Shrimp Box. We will be leaving the center at 9:30 am. Please call us by 6/19 to sign up.



@Middlesex Borough Senior Services

CONTACT

SENIOR CENTER

732-356-0414

SENIOR STAFF

Melissa DeMarino • Director

Jenna Costantino •
Administrative Assistant

Drivers • Laura Meixner, Christine Dinizo

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

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

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 5/26 for May and 6/23 for June. Bingo starts at 10:30 a.m. and pizza will be here around 1:00 p.m.



Senior Movie Days at the Dunellen Theater

May 1st and June 5th

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

Save the Date: 90s Birthday Celebration Luncheon

May 24th at the Piscataway Senior Center (700 Buena Vista Ave, Piscataway, NJ 08854). You must be 90 years or older to participate. To RSVP you and one guest, please visit tinyurl.com/ytyfv3fe or call the senior center. If you need transportation, pick up will begin at 10:00 am.



MAY 2023

SUN	MON	TUE	WED	THU	FRI	SAT
	1 Dunellen Movie 10 am Zumba - 8:55 am Mindful Fitness - 10:15 am	2 Grocery/Errands - 9 am/1 pm	3 Ageless Grace 9:30 am Bingo 10:30 am	4 Trip to Wind Creek 9:30 am	5 Zumba - 8:55 am Chair Yoga 11 am	6
7	8 Zumba - 8:55 am Mindful Fitness - 10:15 am	9 Trip to PNC Bank Arts Center 12 pm	10 Ageless Grace 9:30 am Bingo 10:30 am	11 Veteran Meet-up 10 am Grocery/Errands -9 am/1 pm	12 Zumba - 8:55 am Chair Yoga 11 am	13
14	15 Zumba - 8:55 am Mindful Fitness - 10:15 am	16 Grocery/Errands - 9 am/1 pm	17 Older American's Month Party 11:30 am	18 Columbus Flea Market 9:30 am	19 Zumba - 8:55 am Chair Yoga 11 am	20
21	22 Zumba - 8:55 am Mindful Fitness - 10:15 am	23 Grocery/Errands - 9 am/1 pm	24 90's BDAY Bash 11 am Ageless Grace 9:30 am Bingo 10:30 am	25 Stroke Prevention Presentation 10:30 am	26 Zumba - 8:55 am Chair Yoga 11 am	27
28	29 Office Closed No Medicals	30 Walmart Manville 9 am/1 pm	31 Ageless Grace 9:30 am Bingo 10:30 am Pizza 1:00 pm	<i>Senior Messenger</i> May-June 2023		

JUNE 2023

SUN	MON	TUE	WED	THU	FRI	SAT
<ul style="list-style-type: none"> • Medical transportation will be Monday, Wednesday - Friday unless otherwise stated • Please call for a ride to the Senior Center on Wednesdays • All trips are subject to change • Zumba/Yoga/Mindful Fitness is \$5 and \$6 for non-residents 				1 Trip to Rutgers Gardens 9:30am	2 Zumba - 8:55 am Chair Yoga 11 am	3
4	5 Dunellen Movie 10 am Zumba - 8:55 am Mindful Fitness - 10:15 am	6 Grocery/Errands - 9 am/1 pm	7 Ageless Grace 9:30 am Bingo 10:30 am	8 Veteran Meet-up 10 am Trip to Boscov's & Lunch 9:30 am	9 Zumba - 8:55 am Chair Yoga 11 am	10
11	12 Zumba - 8:55 am Mindful Fitness - 10:15 am	13 Grocery/Errands -9am/1 pm	14 Ageless Grace 9:30 am Bingo 10:30 am	15 Trip to Parx Casino 9:30am	16 Zumba - 8:55 am Chair Yoga 11 am	17
18	19 Zumba - 8:55 am Mindful Fitness - 10:15 am	20 Grocery/Errands - 9 am/1 pm	21 Ageless Grace 9:30 am Bingo 10:30 am	22 Trip to Point Pleasant 9:30 am	23 Zumba - 8:55 am Chair Yoga 11 am	24
25	26 Zumba - 8:55 am Mindful Fitness - 10:15 am	27 Walmart Manville 9 am/1 pm	28 Ageless Grace 9:30 am Bingo 10:30 am Pizza 1:00 pm	29 Senior Medicare Patrol Presentation 1 pm	30 Zumba - 8:55 am Chair Yoga 11 am	

Pictures from Our Golden Girls Party



Pictures from Our St. Patrick's Day Party



Monthly Veteran Meet-Up

May 11th and June 8th

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

