

# Senior Messenger



MIDDLESEX BOROUGH • DEPARTMENT OF SENIOR & DISABLED SERVICES



Daylight Saving Time  
ends on Nov. 6th

November – December 2022

Don't forget to  
set your clocks!

## Get out and Vote!

### IMPORTANT DATES:

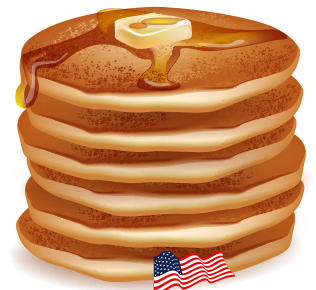
- November 8: General Election
- November 1 or sooner: Apply by mail for a Mail-In Ballot
- November 7 by 3 pm: Apply in person for a Mail-In Ballot
- In-person early voting locations will be open Saturday, October 29–Sunday, November 6. Hours: Monday–Saturday, 10 am–8 pm and Sunday, 10 am–6 pm. No appointment is necessary.



## Breakfast For the Veterans

THURS. NOVEMBER 17

Be our guests Middlesex Borough Veterans! We would like to thank you for your service. Senior & Disabled Services is partnering with the Middlesex Elks to host a breakfast just for you. RSVP by Nov. 10, call 732-356-0414.



★ THANK YOU ★  
*veterans*

Call us for transportation to the polls.

## Fun day at the Senior Health & Fitness walk hosted by Middlesex County



## Thanksgiving Box Lunch

WED. NOVEMBER 16

This year we're celebrating Thanksgiving in-house, giving you the choice to dine at the Center or to take it home. Box lunch meals will be prepared by a local caterer for you to order. For only **\$8** you'll get a hot turkey sandwich with gravy, a side of stuffing, a vegetable and cranberry sauce. Don't forget dessert! You'll want to leave room for that slice of pie! **To order please call, 732-356-0414.** Unfortunately, menu item substitutions are not available. No refunds. \$10 for non-residents.

## Medicare Open Enrollment

NOW THROUGH DECEMBER 7TH

This is the perfect time to review your Medicare Part D and we are here to help. **Call 732-356-0414 to schedule an appointment.**

Dancing Social! (See page 2)

Senior Center Regular Operating Hours are  
Monday - Friday • 9 AM - 4 PM



## CONTACT

### SENIOR CENTER

732-356-0414

### SENIOR STAFF

**Melissa DeMarino** • Director

**Shonda Sanchez** • Administrative Assistant

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

## Spanish Dancing Social

THURS. NOVEMBER 17 STARTING AT 1 PM

Through dance, drama and music, Alborada's passionate artistry reveals the many diverse and historical threads that comprise the multicultural fabric of Spanish Culture and Flamenco.

Light refreshments will be served.

Sign up for this exciting dance class today!



## Save The Date! Tree Lighting Ceremony

SUN. DECEMBER 4 • 4-6 PM

Enjoy local entertainment, horse-drawn carriage rides, cookies and cocoa and photos with Santa. Light up this holiday season with us at the Mountain View Park Gazebo!

## Holiday Crafts

Come get in touch with your creative side. We will be doing a holiday craft on Dec 22 at 1pm. Space is limited. If interested in joining, please reserve your spot by calling the senior center. Deadline to register is 12/9.

## Inclement Weather Policy

Center closings will run on local radio stations, Facebook, and on our website

[www.middlesexboro-nj.gov/senior-disabled-services](http://www.middlesexboro-nj.gov/senior-disabled-services). If a trip is cancelled, we will call each participant. Questions? Feel free to call the Center.



## ANCHOR Rebate

The Homestead Rebate has been replaced by **ANCHOR**.

Qualified homeowners and renters are now eligible to apply. We can help you submit your application before the deadline of December 30, 2022. Please call, 732-356-0414 to set up an appointment.

## Library Delivery Service

The Middlesex Borough Library is starting a delivery service for homebound Middlesex Borough residents in November. For more information, please call the reference desk at 732-356-6602 x3.

# November 2022

SUN	MON	TUE	WED	THU	FRI	SAT
		1 Grocery/Errands -9 am/12:30 pm	2 Cards 9:00 am Ageless Grace 9:30 am Bingo 10:30 am	3	4 Zumba - 8:55am Chair Yoga 11am	5
6	7 Zumba - 8:55 am Mindful Fitness - 10:15 am	8 <b>Election Day</b> Grocery/Errands -9 am/12:30 pm	9 Cards 9:00 am Ageless Grace 9:30 am Bingo 10:30 am	10 <b>Trip to Delicious Orchard &amp; Perkins 10:00am</b>	11 <b>Office Closed No Medical Trips</b>	12
13	14 <b>Trip to Dunellen Movie Theater 9:30 am</b> Zumba - 8:55 am Mindful Fitness - 10:15 am	15 <b>Trip to Windcreek 9:30am</b> Grocery/Errands -9 am/12:30 pm	16 Cards 9:00 am Ageless Grace 9:30 am <b>Thanksgiving Meal Drive Thru</b>	17 Veteran's Breakfast 9am-10:30am <b>Spanish Dancing Presentation 1pm</b>	18 Zumba - 8:55am Chair Yoga 11am	19
20	21 Zumba - 8:55 am Mindful Fitness - 10:15 am	22 <b>Trip to Tinton Falls 9:30am</b> Grocery/Errands -9 am/12:30 pm	23 Cards 9:00 am Ageless Grace 9:30am Bingo 10:30am	24 <b>Office Closed No Medical Trips</b>	25 <b>Office Closed No Medical Trips</b>	26
27	28 Zumba - 8:55 am Mindful Fitness - 10:15 am	29 Walmart Manville 9am/1 pm	30 Cards 9:00 am Ageless Grace 9:30 am Bingo 10:30 am	<b>Medical transportation will be Monday-Friday unless otherwise stated. Please call for a ride to the Senior Center on Wednesdays All trips are subject to change</b>		

# December 2022

SUN	MON	TUE	WED	THU	FRI	SAT
<b>Medical transportation will be Monday-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</b>				1 <b>Trip to Hunterdon Hills 10am</b>	2 Zumba - 8:55 am Chair Yoga 11am	3
4	5 Zumba - 8:55 am Mindful Fitness 10:15 am	6 <b>Trip to Spring Lake Guided Walk 9:30am</b> Grocery/Errands - 9am/12:30pm	7 Cards 9:00 am Ageless Grace 9:30 am Bingo 10:30 am	8 <b>Trip to Adli &amp; Chinese Buffet</b>	9 Zumba - 8:55 am Chair Yoga 11am	10
11	12 Zumba - 8:55 am Mindful Fitness 10:15 am	13 <b>Trip to Boscovs &amp; Lunch 9:30am</b> Grocery/Errands -9 am/12:30 pm	14 Cards 9:00 am Ageless Grace 9:30 am Bingo 10:30 am	15 <b>Alz &amp; Dementia Presentation 12:30pm</b>	16 Zumba - 8:55 am Chair Yoga 11am	17
18	19 Zumba - 8:55 am Mindful Fitness 10:15 am	20 <b>Trip to Parx Casino 9:30am</b> Grocery/Errands -9 am/12:30	21 Cards 9:00 am Ageless Grace 9:30 am Bingo 10:30 am	22 Holiday Craft 1pm	23 Zumba - 8:55 am Chair Yoga 11am	24
25	26 <b>Office Closed No Medical Trips</b>	27 Grocery/Errands -9 am/12:30 pm	28 Cards 9:00 am Ageless Grace 9:30 am Bingo 10:30 am	29	30 Zumba - 8:55 am Chair Yoga 11am	31



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## Walking Tour: Seward Johnson Sculptures at Spring Lake



### TUES. DECEMBER 6

Seward Johnson is an artist known for his life-like sculptures portraying simple everyday activities. Spring Lakes is happy to feature an exhibit of his works in a 1.5 hour docent-led walking tour. The artist's finely detailed vignettes allow the viewer to step into and become a part of the scene. Won't you join us? **For more information and to register, contact our office at 732-356-0414.**



## *A Playhouse Christmas*

THURSDAY, DEC 1ST

Celebrate Christmas 2022 at the Playhouse with a spectacular holiday show like no other! The entire Playhouse will be decked out for Christmas setting the scene where the joy of the season will fill you with the Christmas spirit! \$76/resident; \$81/non-resident covers the show, lunch and gratuities. Sign up at the center.

### Holiday Closings

*Remember to fall back an hour on Nov. 6!*  
Nov. 11 .....Veterans' Day  
Nov. 24-25 .....Thanksgiving  
Dec. 26 .....Christmas Holiday