

Senior Messenger



DEPARTMENT OF SENIOR & DISABLED SERVICES

Daylight Saving Time
ends on Nov. 7th.

October – December 2021

Don't forget to
"Fall back!"

Medicare Open Enrollment is from Oct. 15 - Dec. 7

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.



PTR, PAAD or Senior Gold

If you need assistance with **PTR, PAAD, or Senior Gold** applications, please call **732-356-0414** to schedule an appointment.

Income
Maximum
couple
Income
Maximum
couple

PLEASE NOTE:

Income eligibility requirements have changed since this newsletter was published. Please visit the NJDHS website for the latest information:

<https://www.state.nj.us/humanservices/doas/services/paad/>

Inclement Weather Policy

Center closings will run on local radio stations, Facebook, and on our website www.middlesexboro-nj.gov/senior-disabled-services. If a trip is cancelled, we will call each participant. Questions? Feel free to call the Center.



Poll Workers Needed!

Election Day • Nov. 2, 2021 • 5am-8pm
\$300 plus \$30 for Mandatory Training for 18 years and above. Call Clerk Linda Chismar (732) 356-7400 Ext. 238. Support Your Democracy!

SPECIAL EVENTS



FLU CLINIC

It's flu season and we are hosting a free one-hour flu clinic for Middlesex Borough residents 60 and older. The event will be at the **Middlesex Borough Senior Center** on **Thursday, October 28, 2021** from **10 am - 11 am**.

ONLINE REGISTRATION IS REQUIRED:

<http://dispenseassist.co.middlesex.nj.us/flu.html>
Registration assistance will be available at the center on the day of the event. Please wear clothing that will allow easy access to the upper arm.

MASKS AND 6FT SOCIAL DISTANCING ARE REQUIRED INSIDE THE BUILDING.

This event is sponsored by the Middlesex County Health Department.

Senior Center 732-356-0414

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

CONTACT

SENIOR STAFF

Melissa DeMarino, Director

Shonda Sanchez, Administrative Assistant

Drivers: Phil Lore, Laura Meixner, Joe Ford, Adriene Bacon

IMPORTANT PHONE NUMBERS

MEDICARE: 1-800-633-4227

PAAD/Senior Gold

(NJ Prescription Assistance):

1-800-792-9745

FEMA: 800-621-3362

Social Security Office: 800-772-1213

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

COVID PROTOCOLS

Everyone must wear a mask inside the Senior building and on the bus at all times. We will continue to disinfect the center and the buses, We ask that you continue to wash your hands and/or use hand sanitizer frequently. If you aren't feeling well, protect yourself and others by staying home. As always, all protocols are subject to change at the discretion of the CDC and the Office of the Governor of the State of New Jersey.

Coffee with the Council

New Schedule! Chat with your local elected officials at the Senior/Recreation Center on the last Saturday of each month from 10:30 am - 12 pm.

National Prescription Take Back Day

The next National Prescription Drug Take Back Day will be on October 23, 2021. It is a safe, convenient, and responsible way to dispose of unused or expired prescription drugs. Drop off is at the Middlesex Police Headquarters, 1101 Mountain Avenue, 10 am - 2 pm.

Nov. 18th: Thanksgiving Dinner To Go

You don't have to go "over the river and through the woods" to get this meal. We've arranged for a local caterer to create a Thanksgiving dinner that you can order with us and pick it up curbside at the Senior/Recreation Center on November 18th. 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 by 4 pm on Nov. 10th.

Unfortunately, menu item substitutions are not available. No refunds.

Special Senior Trips



Let's hit the road again! Sign up for all trips at the Senior/Recreation Center. Times listed are when the bus leaves from the Center. Don't miss out on the fun! Call us at 732-356-0414 with any questions.

A Playhouse Christmas at Hunterdon Hills



Celebrate Christmas 2021 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!

Date: Thursday, December 17, 2021

Time: 10:30 am

Cost: \$70/person covers the show, lunch and gratuities

Registration and payment in full is due by November 2nd.

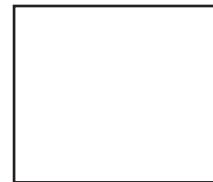
(See TRIPS, continued on back page)

SUN	MON	TUE	OCTOBER	THU	FRI	SAT
10	11 Office Closed No Medical Trips	12 Grocery/Errands -9am	13 Cards 9:00 Ageless Grace 9:30 Bingo 10:30	14 Chair Yoga - 1:15pm Trip to Walmart & Cracker Barrel 10:30am	15 Zumba - 8:50am Trip to Delicious Orchards & Lunch 10am	16
17	18 Zumba - 8:50am Pt Pleasant & Shrimp Box 11am	19 Grocery/Errands -9am	20 Cards 9:00 Ageless Grace 9:30 Bingo 10:30	21 Chair Yoga - 1:15pm Trip to Boscov(PA) & Carrabba's 9am	22 Zumba - 8:50am Trip to Aldi & Olive Garden 11am	23
24 / 31	25 Zumba - 8:50am Trip to Wind Creek 9:30am	26 Walmart - Manville Trip 9am & 1pm	27 Cards 9:00 Ageless Grace 9:30 Bingo 10:30	28 Flu Clinic 10-11am Chair Yoga - 1:15pm	29 Zumba - 8:50am Trip to Peddlers Village 10am	30

SUN	MON	TUE	NOVEMBER	THU	FRI	SAT
	1 Zumba - 8:50am Trip to Bridgewater Mall/Maggiano's 10am	2 Grocery/Errands -9am	3 Cards 9:00 Ageless Grace 9:30 Bingo 10:30	4 Chair Yoga - 1:15pm Trip to Wellness Walk Grounds for Sculpture 8:15am \$20	5 Zumba - 8:50am Trip to Rutgers Farmers Market & Breakfast 9:30am	6
7	8 Zumba - 8:50am Trip to Parx 9:30am	9 Grocery/Errands -9am	10 Cards 9:00 Ageless Grace 9:30 Bingo 10:30	11 Office Closed No Medical Trips	12 Zumba - 8:50am Trip to Liberty State Science Center 9:30am	13
14	15 Zumba - 8:50am Trip to Aldi & Lunch 11am	16 Grocery/Errands -9am	17 Cards 9:00 Ageless Grace 9:30 Bingo 10:30	18 Chair Yoga - 1:15pm Thanksgiving Dinner Drive Thru 11:30am	19 Zumba - 8:50am Trip to Amish Market 10am	20
21	22 Zumba - 8:50am Trip to Wegman's & Olive Garden 11am	23 Grocery/Errands -9am	24 Cards 9:00 Ageless Grace 9:30 Bingo 10:30	25 Office Closed No Medical Trips	26 Office Closed No Medical Trips	27
28	29 Zumba - 8:50am Trip to Walmart & Cracker Barrel 10:30am	30 Walmart - Manville Trip 9am & 1pm	<p>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 is \$5 and \$6 for non-residents.</p>			

SUN	MON	TUE	DECEMBER	THU	FRI	SAT
			1 Cards 9:00 Ageless Grace 9:30 Bingo 10:30	2 Chair Yoga - 1:15pm Trip to Boscov(PA) & Carrabba's 9am	3 Zumba - 8:50am Trip Tinton Falls Outlet & Ruby Tuesday 10am	4
5 TREE LIGHTING 4pm	6 Zumba - 8:50am Trip to Peddlers Village 10am	7 Grocery/Errands -9am	8 Cards 9:00 Ageless Grace 9:30 Bingo 10:30	9 Chair Yoga - 1:15pm Trip to George Street Playhouse 11am	10 Zumba - 8:50am Trip to Woodbury Commons 9:30am	11
12	13 Zumba - 8:50am Trip to Christmas Tree Shoppe & Lunch 10am	14 Grocery/Errands -9am	15 Cards 9:00 Ageless Grace 9:30 Bingo 10:30	16 Chair Yoga - 1:15pm Trip to Wind Creek 9:30am	17 Zumba - 8:50am Trip to Hunterdon Hills Playhouse 10:30am	18
19	20 Zumba - 8:50am Trip to see Winter Wonder Lights 4:30pm	21 Grocery/Errands -9am	22 Cards 9:00 Ageless Grace 9:30 Bingo 10:30	23 Chair Yoga - 1:15pm	24 Office Closed No Medical Trips	25
26	27 Zumba - 8:50am	28 Walmart - Manville Trip 9am & 1pm	29 Cards 9:00 Ageless Grace 9:30 Bingo 10:30	30 Chair Yoga - 1:15pm	31 Office Closed No Medical Trips	

Department of Senior Services
1200 Mountain Avenue
Middlesex, NJ 08846



Liberty Science Center

The Liberty Science Center is a must-see destination located in the beautiful Liberty State Park in Jersey City. This learning center is visited by more than 750,000 guests each year. The center is home to the Jennifer Chalsty Planetarium, the biggest planetarium in the Western Hemisphere. Your ticket will grant you access to tour the various exhibits and enjoy a special showing called *Planets Tonight*. You'll learn how to spot planets currently in the sky, as well as in the near future. Along the way, you'll explore the latest space news and see incredible imagery from worlds beyond.



Date: Thursday, November 12, 2021
Time: 9:30 a.m.
Cost: \$24.20 /person
Registration and payment in full is due by October 22nd.

Grounds for Sculpture Wellness Walk

This is an onsite, outdoors event. You are invited into the gardens before they are open to the public. Start your day off feeling refreshed and connected. Walk the gardens, and participate in a wellness workshop, ending with light beverages while enjoying time with others.



GROUNDS FOR SCULPTURE

Date: Thursday, November 4, 2021
Time: 10:30 a.m. | **Cost:** \$20/person
Registration and payment in full is due by October 12th.

Holiday Closings

Oct. 11Indigenous Peoples' Day
Nov. 11Veterans' Day
Nov. 25-26Thanksgiving
Dec. 24Christmas
Dec. 31New Year's Eve

Remember to fall back an hour on Nov. 7!