

Senior Messenger



JANUARY & FEBRUARY 2019

DEPARTMENT OF SENIOR & DISABLED SERVICES

Holiday Parties

Thank you to everyone who attended our Holiday & New Years Parties!
It was a great afternoon filled with camaraderie and friends as we celebrated the holiday season and reflected on this past year.

The Senior Center wishes everyone a healthy and prosperous New Year!



Senior Center Hours

The operating hours for the Senior/Recreation Center are
8:30 a.m. - 4 p.m. Monday – Friday.

*The Senior Center will be closed on 1/21 in observance of
Martin Luther King Jr. Day and on 2/18 for Presidents' Day.*

Contact

SENIOR STAFF

Melissa DeMarino, Director

Sally Lynch, Administrative Assistant

Drivers: Phil Lore, Laura Meixner,
Thomas Lynch

IMPORTANT PHONE NUMBERS

MEDICARE: 1-800-633-4227

PAAD/Senior Gold
(NJ Prescription Assistance):
1-800-792-9745

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

FREE INCOME TAX PREPARATION

Tax season is approaching.

A free income preparation program, sponsored by AARP, will be taking place at the Senior Center beginning on February 5th and will be held on Tuesdays and Thursdays through April 15th. ***This program is by appointment only.*** Please call the Senior Center after January 15th to schedule an appointment. Taxpayers must bring all documents pertaining to income from all sources and their Social Security Card.

Love is in the Air

All are invited to join us on February 13th at 11:30 a.m. for a Valentine's Day Lunch with Mayor DiMura! This Valentine's Day celebration will include delicious food and music all afternoon. Cost per ticket is \$5, providing us with a DJ this year! Please call the Senior Center to RSVP by 2/6. We hope to see you there.

The Magic Mirror Players

The Magic Mirror Players, affiliated with Robert Wood Johnson University Hospital, will be performing an improvisational and roleplaying show about "Winter Blues". The show will be held on February 6th at 1 p.m., light refreshments will be provided. Come join us for some laughs! Please RSVP to the Senior Center and to sign up for a ride, if needed.



Hazelwood Elementary School's second grade celebrated Grinch Day & spread holiday cheer to our Seniors. Thank you, we really appreciated your thoughtful cards!

January 2019

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Medical Transportation will be Monday-Friday unless otherwise stated.		1 Office Closed	2 Cards: 9am Ageless Grace: 9:30am Bingo: 10:30am Zumba: 1pm	3 Grocery/Errands: 12:30pm Chair Yoga: 1:15pm	4 Zumba: 9:30am	5
6	7 Zumba: 1pm	8 Grocery/Errands: 9am	9 Cards: 9am Ageless Grace: 9:30am Bingo: 10:30am	10 Chair Yoga: 1:15pm	11 Trip to Boscov (PA) & Cracker Barrel: 9am Zumba: 9:30am	12
13	14 Zumba: 1pm	15 Trip to Walmart Manville: 10:30am	16 Cards: 9am Ageless Grace: 9:30am Bingo: 10:30am	17 Chair Yoga: 1:15pm	18 Zumba: 9:30am Trip to Wegmans & Olive Garden: 11:30am	19
20	21 MLK Jr. Day - Office Closed No Medical Transport Zumba: 1pm	22 Grocery/Errands: 9am	23 Cards: 9am Ageless Grace: 9:30am Bingo: 10:30am	24 PRAB Assistance: 1pm-3pm Chair Yoga: 1:15pm	25 Zumba: 9:30am	26
27	28 Trip to Walmart & Cracker Barrel: 10:30am Zumba: 1pm	29 Grocery/Errands: 9am	30 Cards: 9am Ageless Grace: 9:30am Bingo: 10:30am	31 Chair Yoga: 1:15pm		

February 2019

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
AARP Income Tax Prep Tuesdays & Thursdays - By Appt. Only Medical transportation will be Monday-Friday unless otherwise stated.					1 Zumba: 9:30am	2
3	4 Zumba: 1pm	5 Grocery/Errands: 9am	6 Ageless Grace: 9:30am "Winter Blues" Improv Performance: 1pm No Bingo	7 Chair Yoga: 1:15pm	8 Zumba: 9:30am Trip to Trader Joes & Chilis: 11:30am	9
10	11 Trip to Sands Casino: 9:30am Zumba: 1pm	12 Grocery/Errands: 9am	13 Ageless Grace: 9:30am Valentine's Day Party - \$5: 11:30am No Bingo	14 Chair Yoga: 1:15pm	15 Trip to Thomas Edison Museum & Cheesecake Factory: 9am Zumba: 9:30am	16
17	18 Presidents' Day - Office Closed No Medical Transport Zumba: 1pm	19 Trip to Walmart Manville: 10:30am	20 Cards: 9am Ageless Grace: 9:30am Bingo: 10:30am	21 Chair Yoga: 1:15pm	22 Trip to Collingwood Indoor Farmer's Market: 9am Zumba: 9:30am	23
24	25 Zumba: 1pm	26 Grocery/Errands: 9am	27 Cards: 9am Ageless Grace: 9:30am Bingo: 10:30am	28 Chair Yoga: 1:15pm Trip to Texas Roadhouse: 4:30pm		

Department of Senior Services
1200 Mountain Avenue
Middlesex, NJ 08846

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Puerto Rican Action Board

PRAB (Puerto Rican Action Board) will be here 1/24 from 1pm-3pm. They will be here to assist with filing for the Low Income Home Energy Assistance Program (LIHEAP). In order to be eligible, your monthly gross income for a household must be less than \$2,024 for a single person and \$2,744 for a couple. You will need to bring the following documents with you: Social Security numbers for all household members, Current utility bills (all pages), a renter's lease or homeowners' deed, and proof of current income. If you have any questions, please contact the Senior Center.

Inclement Weather Policy

The Center may close during periods of inclement weather to insure the safety of participants and staff using the facility. Announcements of closing will be carried over local radio stations. We will contact you if a trip is cancelled. Participants are encouraged to call the Center should there be questions about rescheduling meetings or activities.