



We had a great time at our St. Patty's Day Celebration in March!

NJ State Parks Presentation by Kevin Woyce

June 25, 1:30 PM at the Senior Center

Some of New Jersey's most exciting history can be found in our more than two dozen State Parks...

Old names such as Wawayanda and Hopatcong remind us of the Lenni Lenape, or "Original People." Historic battlefields recall New Jersey's perilous years as "the Crossroads of the American Revolution."

Abandoned forges still speak of our first great industry, and we can trace the beginnings of our transportation network in the paths of the Morris and the Delaware & Raritan Canals.

The slide show includes original photography of many of New Jersey's beautiful state parks, plus vintage maps and images of historic people, places, and events.

Please call the Senior Center to RSVP. Rides to the Senior center will be provided if needed.

It is with great pleasure that we welcome Michael Rick to the Senior Department.

He will be helping us out with our trips and filling in wherever needed.

Please help us in making him feel at home.

**Senior Center
Hours**

The operating hours for the Senior/Recreation Center are

8:30 AM - 4 PM Monday - Friday.

Summer hours (Friday 8:30 AM - 1 PM) will begin on 6/7.

Contact

SENIOR STAFF

Melissa DeMarino, Director

Sally Lynch, Administrative Assistant

Drivers: Phil Lore, Laura Meixner,
Thomas Lynch, Michael Rick

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

OLDER
AMERICANS
MONTH



CONNECT, CREATE, CONTRIBUTE MAY 2019

Older Americans Lunch May 15 at 11:30 AM

Each year, more and more older adults are making a positive impact in and around Middlesex Borough. As volunteers, employees, employers, educators, mentors, advocates, and more, they offer insight and experience that benefit the entire community. That's why Older Americans Month (OAM) has been recognizing the contributions of this growing population for 56 years.

This year's OAM theme, *Connect, Create, Contribute*, encourages older adults and their communities to:

- **Connect** with friends, family, and local services and resources.
- **Create** through activities that promote learning, health, and personal enrichment.
- **Contribute** time, talent, and life experience to benefit others.

Come celebrate with us on 5/15 at 11:30 AM with DJ Mel!

Please call to RSVP and pay by 5/10. (Cost is \$8)

Zumba Gold Thursdays at 9:30 AM



Zumba Gold is tailored for active older adults who want to focus on muscle conditioning and light weight activity.

Cost:

\$5 for Middlesex Residents

\$6 for Out of Town Residents

May 2019

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<ul style="list-style-type: none"> 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. 			1 Cards: 9 AM Ageless Grace: 9:30 AM Bingo: 10:30 AM	2 Zumba Gold Toning: 9:30 AM Chair Yoga: 1:15 PM	3 Zumba: 9:30 AM 90's Birthday Bash: 10:30 AM	4
5	6 Trip to Philadelphia Mills Mall (PA): 9:30 AM Zumba: 1 PM	7 Shoprite/ Errands: 9 AM Price Saver: 12:45 PM	8 Cards: 9 AM Ageless Grace: 9:30 AM Bingo: 10:30 AM	9 Trip to Parx: 9:30 AM Zumba Gold Toning: 9:30 AM Chair Yoga: 1:15 PM	10 Zumba: 9:30 AM	11
12	13 Zumba: 1 PM	14 Shoprite/ Errands: 9 AM Price Saver: 12:45 PM	15 Older Americans Lunch: 11:30 AM	16 Zumba Gold Toning: 9:30 AM Chair Yoga: 1:15 PM	17 Zumba: 9:30 AM Hunterdon Hills: 10:30 AM (Full)	18
19	20 Trip to Dunellen Movie Theater \$5: 12 PM Zumba: 1 PM	21 Trip to Walmart Manville: 10:30 AM	22 Cards: 9 AM Ageless Grace: 9:30 AM Bingo: 10:30 AM	23 Zumba Gold Toning: 9:30 AM Trip to Point Pleasant & Shrimp Box: 11:30 AM Chair Yoga: 1:15 PM	24 Zumba: 9:30 AM	25
26	27 OFFICE CLOSED No Medical Trips or Zumba	28 Shoprite/ Errands: 9 AM Price Saver: 12:45 PM	29 Cards: 9 AM Ageless Grace: 9:30 AM Bingo: 10:30 AM	30 Zumba Gold Toning: 9:30 AM Trip to Brunswick Square Mall & Olive Garden: 10:30 AM Chair Yoga: 1:15 PM	31 Zumba: 9:30 AM	

June 2019

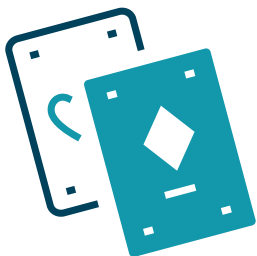
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
STARTING JUNE 7TH - OFFICE CLOSSES AT 1 PM ON FRIDAYS <ul style="list-style-type: none"> Medical transportation will be Monday-Friday unless otherwise stated. Please call for a ride to the Senior Center on Wednesdays. All trips are subject to change. 						1
2	3 Zumba: 1 PM	4 Shoprite/ Errands: 9 AM Price Saver: 12:45 PM Primary Elections	5 Cards: 9 AM Ageless Grace: 9:30 AM Bingo: 10:30 AM	6 Trip to Peddler's Village: 9:30 AM Zumba Gold Toning: 9:30 AM Chair Yoga: 1:15 PM	7 Zumba: 9:30 AM	8
9	10 Zumba: 1 PM	11 Shoprite/ Errands: 9 AM Price Saver: 12:45 PM Trip to Rice's Flea Market: 9 AM	12 Lunch with the Mayor: 11:30 AM	13 Zumba Gold Toning: 9:30 AM Chair Yoga: 1:15 PM Trip to Walmart & Cracker Barrel: 10:30 AM	14 Zumba: 9:30 AM	15
16	17 Trip to Dunellen Movie Theater \$5: 12 PM Zumba: 1 PM	18 Trip to Walmart Manville: 10:30 AM Trip to Point Pleasant & Shrimp Box: 11:30 AM	19 Cards: 9 AM Ageless Grace: 9:30 AM Bingo: 10:30 AM	20 Zumba Gold Toning: 9:30 AM Chair Yoga: 1:15 PM	21 Zumba: 9:30 AM Trip to Monmouth Racetrack: 12 PM	22
23	24 Zumba: 1 PM Trip to The Sands: 9:30 AM	25 Shoprite/ Errands: 9 AM Price Saver: 12:45 PM "NJ State Parks" Presentation - Ken Woyce: 1:30 PM	26 Cards: 9 AM Ageless Grace: 9:30 AM Bingo: 10:30 AM	27 Zumba Gold Toning: 9:30 AM Chair Yoga: 1:15 PM Trip to Plays in the Park & Diner - Evita: 4:30 PM	28 Zumba: 9:30 AM	29
30						

Department of Senior Services
1200 Mountain Avenue
Middlesex, NJ 08846

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New Brunswick, NJ
Permit No 934

Volunteers Wanted

The Senior Department will have a booth at Community Day on July 20th. We are looking for volunteers to help us with preparations and for the day of. Please contact Melissa or Sally if you are interested in volunteering.



Card Players Wanted

Interested in playing cards, especially
pinnacle and poker?
Please call the Senior Center to join us!



**Primary Elections are on 6/4,
please call the Senior Center for a ride to the polls.**