

Senior Messenger



NOVEMBER & DECEMBER 2018

DEPARTMENT OF SENIOR & DISABLED SERVICES

Holiday Party/Lunch with the Mayor

Thank you to everyone who has been attending our monthly luncheons with Mayor DiMura! We hope you have been enjoying them.

With the Holidays coming up and the hectic schedules that come with it, the Senior Department has decided to combine the November and December lunches. Please join us on November 28th for the monthly luncheon and Holiday Party!



CHRISTMAS TRADITIONS

presented by Kevin Woyce
December 4th
1:30pm

Tis the Season for a joyous new historical slideshow by author, photographer, and musician Kevin Woyce.

In this new, hour-long presentation, Kevin will use original photographs, vintage images, and live music to explore favorite Christmas Traditions, from the First Christmas to "A Christmas Carol," "White Christmas," and the Rockefeller Center Christmas Tree. Kevin will also explain how historical figures ranging from Saint Nicholas, Martin Luther, and Queen Victoria to Charles Dickens and Thomas Nast helped shape the way we celebrate the Christmas Season.

Please call the Senior Center to sign up.

Senior Center Hours

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

The Department of Senior and Disabled Services Office
will be closed on the following dates: 11/12, 11/22, 11/23, 12/25

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



Participating in Trips & Activities

Most of the trips and activities that we are implementing require a certain amount of participants in order for the activity/trip/ seminar to occur. It is imperative for you to sign up in advance and attendance will be mandatory at that point. If you find that cannot attend, please call the Senior Center as soon as possible to cancel.

Transportation

Starting December 12th, the Department will be offering transportation to and from the Senior Center on Wednesdays for activities. Pick up will start at 8:30 a.m. and the return home rides will begin at 1:30 p.m. Please be sure to let us know if you will need a ride by Tuesday of that week at 4 p.m. to ensure that we are able to provide you with transportation.

Medicare Enrollment

It's that time of year again! Open Enrollment for Medicare is happening. If you need assistance please call the Senior Center to schedule an appointment. Deadline is December 7th.

Trip to the Polls

Election Day is approaching and we encourage you to get out and vote! If you need transportation to the polls, please call the Senior Center to schedule a ride.

November 2018

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<i>Medical Transportation will be Monday-Friday unless otherwise stated</i>				1 Chair Yoga: 1:15pm	2 Zumba: 9:30am	3
4	5 Zumba: 1pm	6 Grocery/ Errands: 9am Trip to the Polls - Please call for ride	7 Cards: 9am Ageless Grace: 9:30am Bingo: 10:30am	8 Chair Yoga: 1:15pm Trip to NJ Vietnam Veteran's Museum (\$5 - Vets are free) & Lunch: 9:30am	9 Zumba: 9:30am	10
11	12 Veteran's Day - Office Closed No Medical Transport Trip to Hunterdon Hill: 10:30am (Trip is full) Zumba: 1pm	13 Grocery/ Errands: 9am	14 Cards: 9am Ageless Grace: 9:30am Bingo: 10:30am Computer Lessons: 1:30pm	15 Chair Yoga: 1:15pm PRAB Assistance: 1pm - 3pm	16 Zumba: 9:30am Trip to Red Mill Museum (\$8) & Cracker Barrel: 9:30am	17
18	19 Trip to Dunellen Movie Theater: 12pm - \$5 Zumba: 1pm	20 Trip to Walmart Manville: 10:30am	21 Cards: 9am Ageless Grace: 9:30am Bingo: 10:30am Computer Lessons: 1:30pm	22 Happy Thanksgiving Office Closed	23 Office Closed No Medical Transport No Zumba	24
25	26 Zumba: 1pm	27 Grocery/ Errands: 9am	28 Holiday Lunch w/ Mayor: 11:30am	29 Chair Yoga: 1:15pm	30 Zumba: 9:30am Trip to Jersey Gardens: 9am	

December 2018

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<i>Medical Transportation will be Monday-Friday unless otherwise stated.</i>			<i>Pick up to the Senior Center will be on Wednesdays starting 12/12 at 8:30am. Sign up by Tuesday at 4pm.</i>			1
2	3 Zumba: 1pm	4 Grocery/ Errands: 9am Christmas Traditions Presentation with Kevin Woyce: 1:30pm	5 Cards: 9am Ageless Grace: 9:30am Bingo: 10:30am Computer Lessons: 1:30pm	6 Chair Yoga: 1:15pm	7 Zumba: 9:30am Trip to Christmas Tree Shoppe & Lunch: 10:30am	8
9	10 Zumba: 1pm	11 Grocery/ Errands: 9am Trip to Sands Casino: 9:30am	12 Cards: 9am Ageless Grace: 9:30am Bingo: 10:30am Computer Lessons: 1:30pm	13 Chair Yoga: 1:15pm Trip to Holiday Model Train Show (Free) & Lunch: 10:30am	14 Zumba: 9:30am	15
16	17 Trip to Dunellen Movie Theater: 12pm - \$5 Zumba: 1pm	18 Trip to Walmart Manville: 10:30am	19 Cards: 9am Ageless Grace: 9:30am Bingo: 10:30am Computer Lessons: 1:30pm Trip to see Christmas Lights: 4:30pm	20 Chair Yoga: 1:15pm	21 Zumba: 9:30am Trip to Amish Market - Flemington: 10:30am	22
23	24 Christmas Eve No Zumba	25 Merry Christmas Office Closed	26 Cards: 9am Ageless Grace: 9:30am Bingo: 10:30am Computer Lessons: 1:30pm	27 Chair Yoga: 1:15pm	28 New Year's Eve Party: 11:30am No Zumba	29
30	31 New Year's Eve No Zumba					

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 11/15 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.

Tree Lighting

All are invited to join us at the Annual Middlesex Borough
Holiday Tree Lighting on December 9th from 4-6pm at Mountain View Park.



New Year's Eve Party

The Senior Department's New Year's Eve Party will be held on December 28th, beginning at 11:30 a.m. with the countdown commencing at 2 p.m. Please all the Senior Center to RSVP. Ticket cost is \$10.