

MARCH & APRIL 2020

DEPARTMENT OF SENIOR & DISABLED SERVICES

Senior Center 732-356-0414

Senior Center Regular Operating Hours are
Monday – Friday 8:30 AM – 4 PM

Property Tax Reimbursement (PTR) applications are out!

If you need assistance filling out your application, please call us to schedule an appointment. The tax collector is available to fill out the property tax portion **Tuesday thru Thursday from 9-12pm.**



COFFEE WITH A COP will be on **Saturday, March 21st** from 9-11am at the Elks. Please call the Senior Center if you would like to arrange transportation.

ST. PATTY'S DAY

CELEBRATION w/ Good Time Charlie is on Wednesday, **March 11th at 11:30.** We will be having corned beef boxed lunch. Cost is \$8. Please call the Senior Center to sign up by 3/6.



AARP Smart Drivers Class

April 13rd – 9:00 am – 3:00pm

\$15 for AARP Members

\$20 for Non-Members Payable on the day of the class

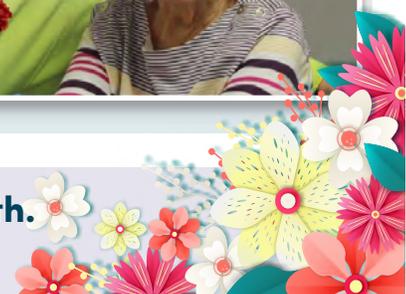
Sign Up by calling the Senior Center.

Space is Limited. Bring a lunch.

The Senior Center will be closed on April 10th.

Daylight savings is on March 8th. Don't forget to Spring ahead!

Valentine's Day celebration



CONTACT

SENIOR STAFF

Melissa DeMarino, Director

Sally Lynch, Administrative Assistant

Drivers: Phil Lore, Laura Meixner, 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



Brain Games; Keep the mind sharp

This interactive presentation that discusses our brain as the “master computer” and the important topic of brain health. There are routine maintenance activities we can do daily that helps to keep this master organ healthy and in best working order, even as we age. There will also be games and exercises played that stimulate and exercise different areas of our brain to help increase our memory. A strongly exercised brain can help keep our memory strong!

Join us on **March 18th from 2-3pm.**

Light refreshments will be served.

Mind Reading Game Show

Join us for a Mind Reading Game Show with Flavian on **April 17th at 12pm.** We will be having pizza immediately following the performance. Cost is \$5. Please sign up by April 14th.

Memory Issues

Robert Wood Johnson University Hospital will be here discussing memory issues on **March 20th at 11am.** Light refreshments will be served. Please call the center to register.

We are here to help...

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

Eligibility for PAAD - Maximum income:

single - \$28,399 couple - \$34,817

Eligibility for Senior Gold - Maximum income:

single - \$38,399 couple - \$44,817

MARCH

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2 Zumba 1:00pm	3 Grocery/ Errands 9:00am Zumba Gold Toning 9:30 Crafternoons 1:00pm	4 Cards 9:00am Ageless Grace 9:30 Bingo 10:30	5 Zumba Gold Toning 9:30am Chair Yoga 1:15pm Trip to Walmart & Cracker Barrel 10:30	6 Cards 9:00am Zumba - 9:30	7
8	9 Zumba 1:00pm	10 Grocery/ Errands 9:00am Zumba Gold Toning 9:30 Crafternoons 1:00pm	11 St. Patty's Day Party 11:30am (\$8)	12 Zumba Gold Toning 9:30am Chair Yoga 1:15pm	13 Cards 9:00am Zumba - 9:30	14
15	16 Zumba 1:00pm No Medical Trips Trip to Dunellen Movie Theater 10am (\$5)	17 Zumba Gold Toning 9:30am Trip to Walmart Manville 10:30 PRAB 1:00pm	18 Cards 9:00am Ageless Grace 9:30 Bingo 10:30 Brain Games 2:00pm	19 Trip to Wind Creek 9:30am Zumba Gold Toning 9:30 Chair Yoga 1:15pm	20 Cards 9:00am Zumba - 9:30 Presentation Memory Issues-- 11:00am	21 Coffee with A Cop 9:00am-11
22	23 Zumba 1:00pm	24 Grocery/ Errands 9:00am Zumba Gold Toning 9:30 Crafternoons 1pm	25 Cards 9:00am Ageless Grace 9:30 Bingo & Pizza \$2	26 Zumba Gold Toning 9:30am Chair Yoga 1:15pm Trip to Boscov (PA) & Lunch 9am	27 Cards 9:00am Zumba - 9:30 Trip to Sigal Museum & Lunch 9:30	28
29	30 Zumba 1:00pm	31 Grocery/ Errands 9:00am Zumba Gold Toning 9:30 Crafternoons 1:00pm				

Medical transportation will be Monday-Friday unless otherwise stated.
Please call for a ride to the Senior Center on Wednesdays
AARP Income Tax Prep Tuesdays and Thursdays -By Appt Only

All trips are subject to change
Zumba/Yoga is \$4 and \$5 for non-residents
Zumba Gold Toning is \$5 and \$6 for non-residents

APRIL

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 Cards 9:00am Ageless Grace 9:30 Bingo 10:30	2 Zumba Gold Toning 9:30am Chair Yoga 1:15pm Trip to Hunterdon Hills 10:30 (Full)	3 Cards 9:00am Zumba - 9:30	4
5	6 Zumba - 1:00pm	7 Grocery/ Errands 9:00am Zumba Gold Toning 9:30 Crafternoons 1:00pm	8 Cards 9:00am Ageless Grace 9:30 Bingo 10:30	9 Zumba Gold Toning 9:30am Trip to Wegmans/ Olive Garden 11:00 Chair Yoga 1:15pm	10 OFFICE CLOSED No Medical Trips	11
12	13 AARP Safe Driving 9:00am-3:00pm NO Zumba	14 Grocery/ Errands 9:00am Zumba Gold Toning 9:30 Crafternoons 1:00pm	15 Cards 9:00am Ageless Grace 9:30 Bingo 10:30 Zumba 1:00pm	16 Zumba Gold Toning 9:30am Trip to Parx 9:30 Chair Yoga 1:15pm	17 Cards 9:00am Zumba 9:30 Mind Reading Game Show 12:00pm (\$5)	18
19	21 Trip to Dunellen Movie Theater 10:00am (\$5) No Medical Trips Zumba 1:00pm	21 Zumba Gold Toning 9:30am Trip to Walmart Manville 10:30	22 Cards 9:00am Ageless Grace 9:30 Bingo 10:30	23 Trip: Liberty State Science Ctr 9:00am Zumba Gold Toning 9:30am Chair Yoga 1:15pm	24 Cards 9:00am Zumba 9:30	25
26	27 Zumba 1:00pm	28 Grocery/ Errands 9:00am Zumba Gold Toning 9:30 Crafternoons 1:00pm	29 Cards 9:00am Ageless Grace 9:30 Bingo & Pizza \$3	30 Trip to Peddler's Village 9:00am Zumba Gold Toning 9:30 Chair Yoga 1:15pm		

Department of Senior Services
1200 Mountain Avenue
Middlesex, NJ 08846

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U.S. Postage
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New Brunswick, NJ
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Wellness screenings/Presentation on Effective Doctor Visits



This presentation walks people through the steps we should take in preparation for our doctor visits. The time spent with the doctor is also discussed and shows how, by preparing and using the simple tools provided, the visit can flow smoothly and the patient will walk away feeling “heard”. Tools are provided to help break the communication barrier between patient and physician.

Join us on **April 8 from 1:30-3:30**.
Light refreshments will be served.

Puerto Rican Action Board



Robert Wood Johnson PRAB (Puerto Rican Action Board) will be here **3/17 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 yearly gross income for a household must be less than \$28,399 for a single person and \$34,817 for couples. 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.