

## Let's walk!

**Wednesday, September 25 at 9:15 AM**  
**Deadline: September 8**

Middlesex County Senior Health & Fitness Walk is an annual county-wide event aiming to promote the benefits of exercise and healthy living to Middlesex County seniors. The walk will be held at Roosevelt Park in Edison on Wednesday, September 25.

The bus will depart from the Senior Center at 9:15 a.m. Please call to register by September 8.

## Hunterdon Hills Presents... The Three Scrooges

**Thursday, December 5 at 10:15 AM**

**Registration and payment of \$75 is due by November 12**

*The Three Scrooges* bring you home to the Playhouse for the holidays! With her ailing mother, Holly wants just one thing for Christmas; her two estranged uncles, Curly and Larry, and one distant aunt, Maureen, to come home for the holidays to bury the hatchet! This year our traditional holiday musical delivers a sack full of laughs and Christmas spirit while featuring original songs, classic and sacred favorites and spectacular dance numbers all backed by an onstage orchestra. It's a Christmas show unlike any other and a gift to treasure forever!

## Flu Clinic Opens October 9

**Wednesday, October 9 from 2 - 3 pm**

It's that time of year again... The Flu Clinic will open at the Senior Center on Wednesday, October 9. Medicare covers the cost of both influenza and pneumonia vaccines. Residents will be required to show their Medicare Card to the registrar who will document the number on the consent form. If a resident is not Medicare eligible, the cost is \$15 (cash) for the influenza vaccine and \$65 (cash) for the pneumonia vaccine.

## HALLOWEEN: A Haunted History

**October 22 at 1 PM**

*Have you ever wondered why for Halloween we carve pumpkins, dress in costume, and decorate our homes with skeletons and ghosts?*

This colorful program traces the strange history of Halloween, from the Old World harvest festivals to our modern family-friendly holiday. Along the way, Kevin will discuss the origins of the Jack-o'-lantern, Orson Welles' 1938 "War of the Worlds" radio broadcast, the first monster movies, haunted lighthouses and hotels, and much more. The hour-long slideshow is illustrated with original photographs and antique Halloween cards, advertisements, artwork, and movie posters. If you would like to participate in this spooky, please call the Senior Center to sign up!



## 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



## Let's Talk Library

**September 24 at 1 PM**

Come learn about all the free services, programs, and resources that our public library has to offer... FOR FREE! We will have interactive discussions with the Director, Chrissy George.

## Medicare Open Enrollment

Medicare open enrollment is right around the corner. Beginning October 15, eligible seniors can apply to receive Medicare benefits or re-evaluate your Part D to ensure you are on the right plan. If you would like to schedule an appointment, please call the Senior Center.

## Puerto Rican Action Board

Puerto Rican Action Board (PRAB) will be here **Tuesday, October 8, 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.

***First come, first served.***

### 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.

**Maximum income for eligibility of PAAD:**

Single - \$27,951 Couple - \$34,268

**Maximum income for eligibility of Senior Gold:**

Single - \$37,951 Couple - \$44,268

# SEPTEMBER 2019

SUN	MON	TUES	WED	THURS	FRI	SAT
1	2 <b>OFFICE CLOSED</b> NO MEDICAL TRIPS OR ZUMBA	3 Grocery/ Errands: 9 AM	4 Cards: 9 AM Ageless Grace: 9:30 AM Bingo: 10:30 AM	5 Zumba Gold Toning: 9:30 AM <b>Trip to Seaside - Lunch on Boardwalk: 10:30 AM</b> Chair Yoga: 1:15 PM	6 Cards: 9:00 AM Zumba: 9:30 AM	7
8	9 Zumba: 1 PM	10 Grocery/ Errands: 9 AM	11 Cards: 9 AM Ageless Grace: 9:30 AM Bingo: 10:30 AM	12 Zumba Gold Toning: 9:30 AM Chair Yoga: 1:15 PM	13 Cards: 9:00 AM Zumba: 9:30 AM	14
15	16 <b>Trip to Dunellen Movie Theater \$5: 12 PM</b> Zumba: 1 PM	17 Walmart - Manville Trip: 10:30 AM	18 Cards: 9 AM Ageless Grace: 9:30 AM Bingo: 10:30 AM	19 Zumba Gold Toning: 9:30 AM <b>Trip to Hunterdon Hills: 10:30 AM (FULL)</b> Chair Yoga: 1:15 PM	20 Cards: 9:00 AM Zumba: 9:30 AM	21
22	23 <b>Trip to Amish Market: 10 AM</b> Zumba: 1 PM	24 Grocery/ Errands: 9 AM <b>"Let's Talk Library": 1 PM</b>	25 Cards: 9 AM <b>Senior Walk in the Park: 9:15 AM</b> Ageless Grace: 9:30 AM Bingo: 10:30 AM	26 Zumba Gold Toning: 9:30 AM <b>Trip to Parx: 9:30 AM</b> Chair Yoga: 1:15 PM	27 Cards: 9:00 AM Zumba: 9:30 AM	28
29	30 Zumba: 1 PM	<ul style="list-style-type: none"> <li>Medical transportation will be Monday-Friday unless otherwise stated.</li> <li>Please call for a ride to the Senior Center on Wednesdays.</li> <li>All trips are subject to change.</li> <li>Zumba/Yoga is \$4 and \$5 for non-residents</li> </ul>				

# OCTOBER 2019

SUN	MON	TUES	WED	THURS	FRI	SAT
		1 Grocery/ Errands: 9 AM	2 Cards: 9 AM Ageless Grace: 9:30 AM Bingo: 10:30 AM	3 Zumba Gold Toning: 9:30 AM <b>Trip to Point Pleasant &amp; The Shrimp Box: 10:30 AM</b> Chair Yoga: 1:15 PM	4 Cards: 9:00 AM Zumba: 9:30 AM	5
6	7 <b>Trip to Christmas Tree Shoppe &amp; Lunch: 10 AM</b> Zumba: 1 PM	8 Grocery/ Errands: 9 AM <b>PRAB: 1 PM</b>	9 Cards: 9 AM Ageless Grace: 9:30 AM Bingo: 10:30 AM <b>Flu Clinic: 2-3 PM</b>	10 Zumba Gold Toning: 9:30 AM Chair Yoga: 1:15 PM <b>Trip to Texas Roadhouse: 4:30 PM</b>	11 Cards: 9:00 AM Zumba: 9:30 AM	12
13	14 <b>OFFICE CLOSED</b> NO MEDICAL TRIPS	15 Walmart - Manville Trip: 10:30 AM	16 <b>Lunch with the Mayor: 11:30 AM*</b>	17 Zumba Gold Toning: 9:30 AM <b>Trip to Delicious Orchards &amp; Lunch: 10 AM</b> Chair Yoga: 1:15 PM	18 Cards: 9:00 AM Zumba: 9:30 AM	19
20	21 <b>Trip to Dunellen Movie Theater \$5: 12 PM</b> Zumba: 1 PM	22 Grocery/ Errands: 9 AM <b>Kevin Woyce "Halloween-A Haunted History" Presentation: 1 PM</b>	23 Cards: 9 AM Ageless Grace: 9:30 AM Bingo: 10:30 AM	24 Zumba Gold Toning: 9:30 AM <b>Trip to Peddlers Village: 10 AM</b> Chair Yoga: 1:15 PM	25 Cards: 9:00 AM Zumba: 9:30 AM	26
27	28 <b>Trip to Wind Creek Casino: 9:30 AM</b> Zumba: 1 PM	29 Grocery/ Errands: 9 AM	30 <b>Halloween Party w/ Good Time Charlie \$10: 11:30 AM</b>	31 Zumba Gold Toning: 9:30 AM Chair Yoga: 1:15 PM		
<ul style="list-style-type: none"> <li>Medical transportation will be Monday-Friday unless otherwise stated.</li> <li>Please call for a ride to the Senior Center on Wednesdays</li> <li>All trips are subject to change</li> <li>Zumba/Yoga is \$4 and \$5 for non-residents</li> <li>*Lunch w/ Mayor— Residents Free/Non-residents \$10</li> </ul>						

Department of Senior Services  
1200 Mountain Avenue  
Middlesex, NJ 08846

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*A special thanks to Chief Geist for attending June's Lunch with the Mayor. His kind words and encouragement gave great comfort to our seniors.*



*Thank you to the volunteers who helped make Community Day and National Night Out a great success! We could not have done it without you!*



## **HALLOWEEN CELEBRATION**



**Wednesday, October 30 at 11:30 AM**

**Cost: \$10 admission | Deadline: October 18**

Join us for a Halloween Celebration with Good Time Charlie on Wednesday, October 30.  
Please call the Senior Center for more information!