

## Lunch with the Mayor

Our first Monthly Luncheon with Mayor DiMura was a success! Thank you to all who attended and made that day so special. For those of you who couldn't make it, there will be plenty more opportunities for you to take part! We look forward to our next luncheons, taking place on September 19th and October 17th, both at 11:30 a.m. in the Senior Center. Please call the Senior Center at 732-356-0414 to RSVP for either luncheon.



## Shopping and Errand Trips

Shopping and errand trips will now be held on Tuesdays at 9 a.m. and 12 p.m. Please call the Senior Center to sign up by 4 p.m. on the Monday of the week you want to attend.

## Grocery Shoppers

We are in need of volunteer grocery shoppers for our Middlesex Borough homebound residents. If you are interested in lending a hand, please call Melissa or Sally at 732-356-0414 and we will be sure to answer any questions you may have.

## Senior/Recreation Center Hours

Starting on September 1st, the operating hours for the Senior/Recreation Center will be **8:30 a.m. - 4 p.m. Monday - Friday**. Additionally, the office will be closed Monday, September 4th in honor of Labor Day and October 8th in honor of Columbus Day.

## Contact

### SENIOR STAFF

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Melissa DeMarino, Director

Sally Lunch, Administrative Assistant

Drivers: Phil Lore, Laura Meixner,  
Thomas Lynch

### IMPORTANT PHONE NUMBERS

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**MEDICARE:** 1-800-633-4227

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

### MIDDLESEX BOROUGH

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#### 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



## Matter of Balance: Fear of Falling

An 8-session program will be available to help people who have issues with balance and fear of falling. The program will be held in September on Tuesdays and Fridays each week, from 1 p.m. – 3 p.m. There are a limited number of spaces available. Please call the Senior Center to register.

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## Chair Yoga

There have been many requests for a Chair Yoga program and I am happy to let you know that it will now be available at the Senior Center! Chair Yoga will be held on Thursdays at 1:15 p.m. starting on September 6th. Cost will be \$4 per class. Chair Yoga is approximately a 30-45 minute program for Seniors or People with Disabilities. It covers stretches for your entire body without tiring you out. We hope to see you there!

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## Diabetes Self-Management Program

We will be hosting a 6 week Diabetes Self-Management program on Tuesdays from 1:30 - 4 p.m. from October 2nd through November 13th. No class will be held on November 6th due to Election Day. This event is funded by the Centers for Medicare & Medicaid Services (CMS). Please call the Senior Center to sign up.

In the Diabetes Self-management workshop, residents will share personal experiences, make weekly action plans that allow them to set goals, and help each other solve problems they encounter in creating and carrying out their self-management program. They will learn about diabetes and its risks, how to prevent health problems, the role of diet and exercise, how to deal with stress and difficult emotions, how to effectively communicate with healthcare professionals, how to manage medications, and much more.

# September 2018

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<i>Medical Transportation will be Monday-Friday unless otherwise stated</i>						1
2	3 <b>LABOR DAY</b> <i>No Medical Transport</i>	4 Grocery/Errands: 9am Matter of Balance: 1-3pm	5 Cards: 9am Ageless Grace: 9:30am Bingo: 10:30am	6 <b>Walmart-Manville: 10am</b> Chair Yoga: 1:15pm	7 Cards: 9am Zumba: 9:30am Matter of Balance: 1-3pm	8
9	10 <b>Trip to Christmas Tree Shop &amp; Lunch: 10:30am</b> Zumba: 1pm	11 Grocery/Errands: 9am Matter of Balance: 1-3pm	12 Cards: 9am Ageless Grace: 9:30am Bingo: 10:30am	13 <b>Trip to Asbury Park/Lunch at Nagles: 10am</b> Chair Yoga: 1:15pm	14 Zumba: 9:30am <b>Trip to Rutgers Farmers Market/Houlihan's: 10am</b> Matter of Balance: 1-3pm	15
16	17 <b>Trip to Dunellen Movie Theater: 12pm - \$5</b> Zumba: 1pm	18 Grocery/Errands: 9am Matter of Balance: 1-3pm	19 <b>Lunch with The Mayor: 11:30am</b>	20 <b>Trip to The Sands Casino: 9am</b> Chair Yoga: 1:15pm	21 Zumba: 9:30am Matter of Balance: 1-3pm	22
23	24 Zumba: 1pm	25 Grocery/Errands: 9am Matter of Balance: 1-3pm	26 <b>Walk in the Park: 9am</b> Cards: 9am Ageless Grace: 9:30am Bingo: 10:30am	27 <b>Trip to Delicious Orchards &amp; Lunch at The Cider Café: 10am</b> Chair Yoga: 1:15pm	28 Zumba: 9:30am Matter of Balance: 1-3pm	29
30						

# October 2018

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 Zumba: 1pm	2 Grocery/Errands: 9am Diabetes Workshop: 1pm	3 <b>Trip to Golden Nugget Flea Market Lambertville: 9am</b> Cards: 9am Ageless Grace: 9:30am Bingo: 10:30am	4 Chair Yoga: 1:15pm	5 Cards: 9am Zumba: 9:30am	6
7	8 <b>COLUMBUS DAY</b> <i>No Medical Transport</i>	9 Grocery/Errands: 9am <b>Trip to Pt. Pleasant - Shrimp Box Lunch 11:30am</b> Diabetes Workshop: 1pm	10 Cards: 9am Ageless Grace: 9:30am Bingo: 10:30am	11 Chair Yoga: 1:15pm <b>Trip to Woodbridge Mall: 10:30am</b>	12 Cards: 9am Zumba: 9:30am	13
14	15 <b>Trip to Dunellen Movie Theater: 12pm - \$5</b> Zumba: 1pm <b>Flu Clinic 1pm</b>	16 Grocery/Errands: 9am Diabetes Workshop: 1pm	17 <b>Lunch with The Mayor: 11:30am</b>	18 Chair Yoga: 1:15pm <b>Trip to Amish Market - Flemington: 10:30am</b>	19 Cards: 9am Zumba: 9:30am <b>Trip to Wheels Museum &amp; Lunch: 9:30am</b>	20
21	22 Zumba: 1pm <b>Trip to Parx Casino: 9am</b>	23 Grocery/Errands: 9am Diabetes Workshop: 1pm	24 Cards: 9am Ageless Grace: 9:30am Bingo: 10:30am	25 Chair Yoga: 1:15pm <b>Trip to Peddlers Village &amp; Lunch on your own: 10am</b>	26 Cards: 9am Zumba: 9:30am	27
28	29 Zumba: 1pm <b>Trip to Walmart &amp; Cracker Barrel: 10:30am</b>	30 Grocery/Errands: 9am Diabetes Workshop: 1pm	31 <b>Halloween Party with Good Time Charlie \$8</b>	<i>Medical Transportation will be Monday-Friday unless otherwise stated</i>		

# Flu Clinic

It's that time of year again...flu season is right around the corner and it's important to stay knowledgeable! The Middlesex Borough Flu Clinic will be held at the Senior Center on Monday, October 15 at 1 p.m. All are invited to attend.

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 PARTY

Join us on Wednesday, October 31st at 11:30am at the Senior/ Recreation Center for a Halloween Party featuring Good Time Charlie. Ticket cost is \$8. Please RSVP by October 26th and come dressed in your costumes!



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