

Senior Messenger



MIDDLESEX BOROUGH • DEPARTMENT OF SENIOR & DISABLED SERVICES

We're on Facebook!
(See page 2)

September – October 2022

Volunteers Needed
(See page 4)



PTR, PAAD, and Senior Gold Limits for 2022

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

INCOME ELIGIBILITY FOR PAAD

Maximum income: single \$38,769;
couple \$45,270

INCOME ELIGIBILITY FOR SENIOR GOLD

Maximum income: single \$38,769 - \$48,769;
couple \$45,270 - \$55,270

PROPERTY TAX REIMBURSEMENT (PTR)

If you filed your PTR in the month of March, please call 1 (800) 882-6597 to ensure that they have received your application. Deadline to submit your application is 10/31/2022.

MAKE YOUR HEALTH A PRIORITY

Let's Talk About Stroke Prevention



Saint Peter's Hospital is hosting a free stroke prevention seminar at the Middlesex Senior Center on September 22nd at 11:30am. Light refreshments will be served. Please rsvp to 732-356-0414 by 9/16 if you are interested in attending.

Halloween Party (See page 2)

SPECIAL EVENTS



A Playhouse Christmas

Thursday, Dec 1st

Leaving at 10am

Each year Hunterdon Hills Playhouse unveils an original play written by award-winning writers. Filled with original stories, hilarious and heartwarming, this show is designed to be the perfect complement to your holiday season.

There's something for everyone – traditional holiday favorites, pop Christmas hits, seasonal spirituals, spectacular dance numbers, and more, all backed by our renowned HHP orchestra.

Money is due to the Senior Department by Nov. 1

\$76 Residents | \$81 for Non-Residents
No refunds

Senior Center Regular Operating Hours are
Monday - Friday • 9 AM - 4 PM



CONTACT

SENIOR CENTER

732-356-0414

SENIOR STAFF

Melissa DeMarino • Director

Shonda Sanchez • Administrative Assistant

Drivers • Laura Meixner, Joe Ford, Christine Dinizo

IMPORTANT PHONE NUMBERS

MEDICARE • 800-633-4227

PAAD/Senior Gold (NJ Prescription Assistance) • 800-792-9745

FEMA • 800-621-3362

Social Security Office • 800-772-1213

PTR: 800-882-6597

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

Zumba Schedule!

Join the Party - In-person Zumba classes on Mondays and Fridays 8:55 a.m. Each class costs \$5/Middlesex Borough Residents and \$6/Non-Residents.

NEW PROGRAM ALERT!! NEXT LEVEL WORKOUT!

Mindful Fitness

Come join us for a seated light fitness program that will exercise your mind, body, & soul. This is a very diverse class with something different every week. Exercises will include but not limited to brain games, hand motions, and word games to help reduce stress, anxiety and leave with a calm sense. **Thursdays at 10:15am**

\$5 for Middlesex Borough Residents/ \$6 for non-residents

IT'S THAT TIME OF YEAR AGAIN...

Flu Clinic

The Flu Clinic will be at the Senior Center on Thursday, October 13 from 10:30-11:30am.

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.



Senior Health & Fitness Walk

We are back in person this year!! Middlesex County Senior Health & Fitness Walk is an annual county-wide event which promotes the benefits of exercise and healthy living to Middlesex County seniors. The walk is held at Roosevelt Park in Edison on Wednesday, September 21st

Please register with us by September 6th to 732-356-0414.

Halloween Celebration Wednesday, October 26

Come join us for a Halloween celebration! There will be costumes, dancing, and lunch.

Cost \$10 | RSVP by October 12th



September 2022

SUN	MON	TUE	WED	THU	FRI	SAT
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 Zumba/Yoga/Mindful Fitness is \$5 and \$6 for non-residents				1 Mindful Fitness - 10:15 am	2 Zumba - 8:55 am Chair Yoga 11 am	3
4	5 Office Closed No Medical Trips	6 Grocery/Errands -9:00 am / 12:30 pm	7 Cards 9:00 am Ageless Grace 9:30 am Bingo 10:30 am	8 Trip to Boscov& Olive Garden 9:30 am Mindful Fitness - 10:15 am	9 Zumba - 8:55 am Chair Yoga 11 am	10
11	12 Zumba - 8:55 am	13 Grocery/Errands - 9:00 am / 12:30 pm	14 Cards 9:00 am Ageless Grace 9:30 am Bingo 10:30	15 Trip to Windcreek 9:30 am Mindful Fitness - 10:15 am	16 Zumba - 8:55 am Chair Yoga 11 am	17
18	19 Trip to Dunellen Movie Theater 9:30 am Zumba - 8:55 am	20 Grocery/Errands - 9:00 am / 12:30 pm	21 Senior Health & Fitness Walk 9 am Ageless Grace 9:30 am Bingo 10:30 am	22 Stroke Prevention Presentation 11:30 am Mindful Fitness - 10:15 am	23 Trip to Farmers' Market 10:30 am Zumba - 8:55 am Chair Yoga 11 am	24
25	26 Zumba - 8:55 am	27 Walmart Manville 9:00 am /1:00 pm	28 Cards 9:00 am Ageless Grace 9:30 am Bingo 10:30 am	29 Trip to Pt. Pleasant /Shrimp Box 9 am Mindful Fitness - 10:15 am	30 Zumba - 8:55 am Chair Yoga 11 am	OCT. 1

October 2022

SUN	MON	TUE	WED	THU	FRI	SAT
2	3 Zumba - 8:55 am	4 Grocery/Errands - 9:00 am / 12:30 pm	5 Cards 9:00 am Ageless Grace 9:30 am Bingo 10:30 am	6 Trip to Amish Market 9:30 am Mindful Fitness - 10:15 am	7 Zumba - 8:55 am Chair Yoga 11 am	8
9	10 Office Closed No Medical Trips	11 Grocery/Errands - 9:00 am / 12:30 pm	12 Cards 9:00 am Ageless Grace 9:30 am Bingo 10:30 am	13 Mindful Fitness - 10:15 am Flu Clinic 10:30 am	14 Zumba - 8:55 am Chair Yoga 11 am	15
16	17 Trip to Dunellen Movie Theater 9:30 am Zumba - 8:55 am	18 Grocery/Errands - 9:00 am / 12:30 pm	19 Cards 9:00 am Ageless Grace 9:30 am Bingo 10:30 am	20 Trip to Parx Casino 9:30 am Mindful Fitness - 10:15 am	21 Zumba - 8:55 am Chair Yoga 11 am	22
23	24 Zumba - 8:55 am	25 Walmart Manville 9 am /1 pm	26 Halloween Party 11:30 am \$10	27 Mindful Fitness - 10:15 am Trip to Peddlers Village 9:30 am	28 Zumba - 8:55 am Chair Yoga 11 am	29
30	31 Zumba - 8:55 am					

Department of Senior and Disabled Services
1200 Mountain Avenue
Middlesex, NJ 08846



Volunteers needed!

We need volunteer grocery shoppers for our Middlesex homebound residents. If you are interested in lending a hand or know of someone, please call Melissa or Shonda at 732-356-0414.



SHIP
State Health Insurance
Assistance Program
Navigating Medicare



SHIP Counseling

Medicare open enrollment is right around the corner. It starts on October 15th and runs through December 7th. It is always a good time to reevaluate your plans, especially Part D. If you would like to schedule an appointment, please call the Senior Center at 732-356-0414.

Holiday Closings

Sep. 5Labor Day
Oct. 10Indigenous Peoples' Day
Nov. 11Veterans' Day
Nov. 24-25Thanksgiving

Remember to fall back an hour on Nov. 6!