

Senior Center, 15 Center Street, Metuchen
Cathy Ostermueller, Director
732-632-8524, costermueller@metuchen.com
9:00AM to 2:30PM

Minibus
Call to Schedule Pick-Up
732-632-8525
9:00AM to 2:30PM

Metuchen Senior Citizen Newsletter January 2017

Follow Metuchen Senior Center on FaceBook!

Center Hours and Fees:

The Center is open from 9:00AM to 2:30PM. We welcome seniors from Metuchen as well as other towns. Please refer to the current calendar for classes and activities. There is no fee for Metuchen residents to join the Center. Out-of-Town residents are welcome to come to the center. Out-of-Town residents will be asked to pay a \$30 Membership Fee beginning January 1, 2017.

The Center will be closed the following dates:

Monday, January 2nd and Monday, January 16th

Metuchen Seniors, Inc. (MSI):

You are welcome to make a tax deductible donation to Metuchen Seniors, Inc. (MSI) - a separate, not-for-profit, fundraising organization, established to help pay for additional activities, and purchase equipment and supplies for the Metuchen Senior Center. MSI hosts one large fundraiser each fall and we encourage folks to support MSI so that we have additional funds on hand to support our vibrant Center.

Minibus:

METUCHEN RESIDENTS ONLY may schedule appointments for minibus service by **2:00PM** on the day preceding the service. Other transportation options available to Seniors include Middlesex County Area Transit (MCAT) at 800-221-3520 and NJ Transit Access Link at 800-955-2321.

Information available online:

The current Newsletter, Calendar, and Bus Policy are available at the Metuchen Senior Center, on the minibus and online at www.metuchennj.org (*Select Departments, then Senior Center*)

Metuchen Recycling Schedules are available at the Senior Center or go online and print directly from www.metuchennj.org (*Select Departments, Public Works, Recycling*)

Shopping Trips:

Reservations are required in advance for all shopping trips and may be made by calling for the minibus at 732-632-8525. The following shopping trips are scheduled:

Shoprite Trips: Mondays, Jan. 9th, 23rd, 30th 10AM (*Center closed Jan. 2nd & Jan. 16, 2017)

Walmart: Friday, Jan. 6th at 10:00AM

Target or Menlo Park Mall: Friday, Jan. 20th at 10:00AM

Parkinson's Support Group:

The Parkinson's Support Group will meet at the Center on the 2nd Wednesday of the month, 1:00-2:00PM, **January 11th**. Call (732) 632-8524 for more info.

Chair Exercise Class: Watch the calendar: Fridays, January 13th and 27th at 11:15.

Video Movie:

Wednesday, Jan. 18th at 12:00 Noon we will enjoy some snacks and watch the 2016 movie *Sully* (PG-13) 1hr 36m. Viewers around the world were astonished in 2009 when airline pilot Chesley Sullenberger safely landed an Airbus 320 on the Hudson River after both engines were disabled. This fact-based drama illuminates Sullenberger's life and heroic achievement. Starring Tom Hanks and Laura Linney.

Knit and Crochet:

This month only, the knit and crochet group will meet the 2nd & 4th **Wednesdays, Jan. 11th and 25th** at 1:00PM. The group makes handcrafted items such as lap robes and baby hats for donation to area hospitals and social service agencies. We are always looking for donations of baby and regular yarn. Feel free to drop off any color, any amount of yarn at the Center.

Casino Trip: *On hold until the spring.*

Play Reading Group: *On hold for a few months.*

Foot Doctor:

Dr. Macy will be back at the Center **ONE DAY ONLY** next month, **Wed., February 15th** from 9:30AM to 2:30PM to provide routine foot care. The cost is \$10 for those with Medicare. Medicare Advantage requires a referral from your primary care physician and may have a different copay amount. Please call 732-632-8524 to schedule an appointment. Time slots fill up quickly.

What is Get Your Neighbor?

Come **Thursdays at 11AM** to find out! A group of seniors play a game that involves ONE card at a time and they have a tremendous amount of fun socializing, snacking and getting to know one another.

Food Pantry Donation Box:

Feel free to donate canned and packaged goods (*No glass, please!*) Checks are also welcomed in any amount made out to M.C. F.O.O.D.S.

Senior Center Library:

Our Library is FULL right now. Please come take some books for your reading pleasure!

Coffee Donations:

We are always accepting donations of coffee and milk/creamer!

Join Edison AARP Chapter #3446:

Meetings which include a program are the 3rd Monday of the Month, 1PM at Our Lady of Peace Parish Center, Franklin Ave., Edison, Fords Section. AARP sponsors trips, day and overnight and they will offer a Drivers course 3 times in 2017. Contact 908-791-4690 for more information!

A journey of a thousand miles must begin with a single step.
-Chinese Proverb

