

Dear Metuchen Seniors:

I am sending you this suggestion and I hope that you will give it some serious thought.

Many people are old and alone and just want someone to talk and spend some time with, so as not to be home alone. Some people cannot do activities.

Your Center is open from 9-2:30.

Do you have a spare place that could be called a chat room. Have a few tables, chairs and TV with maybe CNN or movies. Maybe you could have a volunteer leader to run some discussions – current events, local events, you could encourage people to meet one another.

Also have movie hour – just a TV movie that people could watch together. There are so many people that are home alone. Just want company!

Sing-A-Long – where people could sing. I think people would love this on a weekly basis.

Round table – People could have discussions – air their feelings – family issues – problems – people helping people or you could just sit and listen.

Thanks for taking the time to read this.

A Concerned Citizen

=====

Dear Concerned Citizen:

Thank you for your recent letter. I would like to invite you and any local seniors to come in to the Metuchen Senior Center to see what we have to offer!

We have activities such as ceramics and art as well as various card games and exercise classes. We have a knitting group and play reading twice a month and show a popular, recent movie once a month.

We do have a room up front with coffee and tea available, books and magazines, and a TV. People are frequently chatting and comparing stories in-between other activities. Some people come simply to relax and visit.

The Metuchen Library also has numerous programs to offer. There are things to do around town so that folks do not have to sit home alone. And we have a mini bus to provide transportation to Metuchen residents.

Feel free to call to discuss ideas directly with me!

Sincerely,

Cathy Ostermueller, Director

*Metuchen Senior Center
15 Center Street
Metuchen, NJ 08840
(732) 632-8524
costermueller@metuchen.com*