



Metuchen Senior Center  
15 Center Street  
seniorcenter@metuchen.com  
732-632-8524/8502

## April Newsletter

### APRIL SHOWERS BRING MAY FLOWERS

Well March was all over the place but did eventually leave, not quite as a lamb, but at least warmer.

We're preparing for summer activities and will need YOUR input. Some surveys will be going out and we'll need your responses and many of the items will be time-sensitive. Keep your eyes open for questions about lunches & trips.

Flow of information—we need you to work with us. Information is spread all over the place, so please check the various points of information so you're aware of events & activities throughout the month.

Various information points—in addition to the Newsletter, we post on the Senior Center page of the Borough website, Facebook page for Senior Center, regular emails, and the info board & white board in the Center lobby. Please check them all on a regular basis. If you're not receiving emails, let Wendi or Rick know so we can update the file.

### Center Hours:

Monday-Friday  
9am-3pm

### Bus Shuttle Hours:

Monday-Friday  
9am-2:30pm

### Daily Classes:

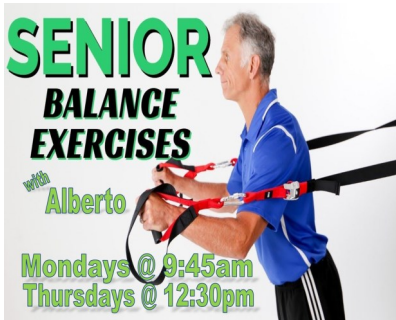
- Monday—Ceramics & Strength/Balance
- Tuesday – Zumba
- Wednesday—Walk With Wendi & Line Dancing
- Thursday—Art & Strength/Balance
- Friday—Chair Exercise



## FROM THE DESK OF THE DIRECTOR—RICK PERRINE

Join us every day at The Center—there is always something going on that you could join, card or board games, to art or ceramic classes, to a fitness class. On any given day there could be a surprise snack or lunch for those that are here.

Every Wednesday—Wendi leads a walk at 9am and all are welcome and encouraged to attend. The weather will be warming up so this is a great chance to get out in a group to get some exercise at your own pace. The walk is always an out and back so anyone that wants to go at a slower rate or take a break may and the group will catch back up to them on the way back. Let's work on getting our 10,000 steps a day!!!



### STRENGTH & BALANCE W/ALBERTO

Due to the popularity of the Strength & Balance class on Thursday, we have added an additional class on Monday mornings at 9:45am. We will continue holding the Thursday at 12:30pm class.

Everyone should be attending at least one fitness class per week and should do your best to be here every day to take a class.

#### Other Fitness Classes:

Monday—Strength/Balance  
Tuesday—Zumba  
Wednesday—Line Dancing  
Wednesday—Walk w/Wendi  
Thursday—Strength/Balance  
Friday—Chair Exercise(2)

## WELCOME TO WENDI'S WORLD-WENDI RICHARDS, PROGRAM COORDINATOR

United Way has finished doing the tax preparation here at the center, hopefully they were helpful to many of our members. The visit we had from Captain David Lathroum mid month to speak about Fire safety was very well attended and informative. Starting Monday April 1st, we will have an additional Strength and Balance class with Alberto. There will still be the 12:30 Thursday strength and balance class. Elizabeth will no longer be having the Monday 1:30 class, her 11am and 12pm Friday classes still will take place.

Our March Lunch was another good time had by all who attended. Along with the delicious food we had introduced a fun game that allowed people to get to know each other. Walking with Wendi are getting better as the weather is getting warmer, we are back to walking on the greenway now that the ice has melted. On April 10th, we will ride the mini bus to Branchbrook Park to do our walk amongst the blossoming cherry blossom trees.

### Getting to know Stephanie

- Raised in Edison, NJ
- Graduated from JP Stevens High School
- Graduated from Institute of Paralegal Studies
- I have been married to my Wonderful husband Jimmy for 20 years , I have a son and a granddaughter
- Worked for Middlesex County area Transport (MCAT) for 26 years
- After retiring I started driving for the Metuchen Senior Center as a bus





## APRIL ACTIVITIES & EVENTS

- Every Wednesday—Wednesday Walk With Wendi
- April 10—Branch Brook Park—sign up required
- April 10—Senior Commission Meeting
- April 16—Monthly Luncheon, \$15/person
- April 23—Monthly Movie
- April 26—Trip to the Tinton Fall Outlets—sign up required
- April 29—FREE Health Screening from NADI/Rutgers



### BUS SHUTTLE SERVICE

The Center has two drivers—Tom & Stephanie—which allows us to provide shuttle transportation Monday-Friday, from 9am to 3pm.

Rides are provided to and from The Center, from residents homes to Metuchen stores, medical facilities, or other locations within the Boro.

A regular shopping center schedule also exists to take members to stores located in surrounding towns, and occasionally we do special trips to locations outside of Metuchen.

Members must contact Wendi, or Rick, to arrange for the transportation ahead of time.

Our shuttle has a wheelchair lift and is accessible for all. The service is curb to curb, our drivers are not permitted to assist members out of their residences or lift anyone in or out of the bus.

## Comments from Councilwoman Dorothy Giamboi

When April showers fill the day, that means summer is on the way! Don't get fooled on the 1<sup>st</sup> and get ready to pay Uncle Sam on the 15<sup>th</sup>. Enjoy the transition from winter to spring and get out to walk the beautiful tree lined streets of Metuchen.



Facebook: MetuchenSeniorCenter

Web: [www.metuchennj.org/metnj/DEPARTMENTS/Senior%20Center/](http://www.metuchennj.org/metnj/DEPARTMENTS/Senior%20Center/)

Email: [seniorcenter@metuchen.com](mailto:seniorcenter@metuchen.com) Phone: 732-632-8524/8502

# APRIL 2024

Monday	Tuesday	Wednesday	Thursday	Friday
<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>
9:00 Ceramics <b>9:45 Strength/Balance</b> 10:00 Bridge 10:00 Crazy 8's 10:00 Shoprite	10:15 Bingo 11:00 Zumba 11:30 7's <b>12:00 Crochet</b>	9:00 Wendi Walk 10:00 7's 10:00 Mahjong 11:00 Walmart 12:30 Line Dance	10:00 Cards 10:30 Art 11:00 Tano Mall 12:30 Strength/ Balance	10:00 Rummikub 10:00 Stop&Shop 11:00 Chair 12:00 Chair 1:00 Canasta
<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>
9:00 Ceramics <b>9:45 Strength/Balance</b> 10:00 Bridge 10:00 Crazy 8's 10:00 Shoprite	10:15 Bingo 11:00 Zumba 11:30 7's <b>12:00 Crochet</b>	<b>9:00 Wendi Walk @ Branch Brook Park</b> 10:00 7's 10:00 Mahjong 12:30 Line Dance 4:00 Senior Commission Mtg	10:00 Cards 10:30 Art 11:00 Tano Mall 12:30 Strength/ Balance	10:00 Rummikub 10:00 Wegmans 11:00 Chair 12:00 Chair 1:00 Canasta
<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>
9:00 Ceramics <b>9:45 Strength/Balance</b> 10:00 Bridge 10:00 Crazy 8's 10:00 Shoprite	10:15 Bingo 11:00 Zumba 11:30 7's 12:30 Luncheon	9:00 Wendi Walk 10:00 7's 10:00 Mahjong 11:00 Woodbridge 12:30 Line Dance	10:00 Cards 10:30 Art 11:00 Tano Mall 12:30 Strength/ Balance	10:00 Rummikub 10:00 Aldi 11:00 Chair 12:00 Chair 1:00 Canasta
<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>
9:00 Ceramics <b>9:45 Strength/Balance</b> 10:00 Bridge 10:00 Crazy 8's 10:00 Shoprite	10:15 Bingo 11:00 Zumba 11:30 7's <b>12:00 Movie</b>	9:00 Wendi Walk 10:00 7's 10:00 Mahjong 11:00 Walmart 12:30 Line Dance	10:00 Cards 10:30 Art 11:00 Tano Mall 12:30 Strength/ Balance	9:00 <b>OUTLETS</b> 10:00 Rummikub 10:00 Target 11:00 Chair 12:00 Chair 1:00 Canasta
<b>29</b>	<b>30</b>			
9:00 Ceramics <b>9:45 Strength/Balance</b> 10:00 Bridge 10:00 Crazy 8's 10:00 Shoprite <b>11:00—1:00 NADI Health Screening</b>	10:15 Bingo 11:00 Zumba 11:30 7's			