



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

February Newsletter

LET IT SNOW, LET IT SNOW, LET IT SNOW!!!

Well, we had the 1st snowfall in a few years, let's hope that's it for 2024!! Remember to be careful when it's snowy and icy out. If the weather is unsafe, we will cancel bus shuttle service and close The Center if needed. When this happens, we will post the information on our Facebook page and send out an email.

Memberships for 2024—remember, it's time to renew for 2024, everyone renews on a yearly basis. You can either go into the Registration Portal and do the renewal or ask Wendi or Rick to help out while at The Center.

Friends and neighbors—let your friends and neighbors who currently aren't members know about the goings-on here at The Center and tell them to join. The more, the merrier.

We would like to thank Cathy Ostermuller—retired Senior Center Director—and Officer Swistock—Metuchen Police, for coming in to be Guest Callers of the Bingo game. More surprise callers will be here to join in the fun!!

Center Hours:

Monday-Friday
9am-3pm

Bus Shuttle Hours:

Monday-Friday
9am-2:30pm

Daily Classes:

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



FROM THE DESK OF THE DIRECTOR—RICK PERRINE

I hope everyone is having a great start to 2024!!! Wendi and I are working on a slew of events, programs, and activities for the new year—some will be fun and games, and some will be informative—but they are all to benefit everyone in The Center. We also want to hear from you—what would you like to see us add to the mix?? No guarantees we can add everything, but we'll try to do what we can.

Information about The Center—we use this newsletter, email, and the Borough website for all the information that is set by the beginning of the month, and then we use weekly emails, white board, and info board for updates that happen throughout the month, so please take a look at the white board and info board each time you come into The Center.



WEDNESDAY WALKS WITH WENDI

Wendi leads the crew in a weekly walk around Roosevelt Park, when the weather allows it—which is always does unless raining or snowing. We will be taking the Senior center mini bus to the park. The bus leaves from the senior center at 9am.

Everyone walks at their own pace and distance. The walk is out and back so everyone may go as far as they are comfortable and return with the group as Wendi loops back the way she went out.

This is a great form of exercise in a group that socializes as they stroll.

Group leaves The Center at 9am every Wednesday and returns by 10am. Walk with a friend, or make some friends on the walk.

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

Recapping January at the Senior Center:

Our 2024 membership renewal kicked off without a hitch and for the most part members have been able to renew either online or stopping by Mine or Ricks office for some assistance.

We have had a few Guest Bingo callers, which has turned out to be a lot of fun for both the callers and the players.

Councilman Jason Delia gave an informative presentation question and answer session about the parking meters and issues in town. He left with many suggestions and ideas with how to run the Parking in Metuchen.

Our exercise classes are continuing to be a huge hit and hopefully will continue. Wednesday's walking with Wendi are still happening and always looking for more walkers to join us. Don't let the cold deter you, bundle up and enjoy the fresh air.

Here is some information about Wendi

- Grew up in Edison, went to JP Stevens
- Graduated from University of Pittsburgh
- Lived in NYC before moving to NJ
- Metuchen resident for 19 years
- Married to Tom Richards for 22 years
- I have two sons: Ben (19) University of Alabama, Jack (16) Metuchen High School
- Worked at the Chamber of Commerce for 8 years
- I have a 3 year old St Bernard



FEBRUARY EVENTS

- Every Wednesday—Wednesday Walk With Wendi
- February 19—Center Closed in honor of Presidents Day
- February 20—Monthly Luncheon, \$15/person
- February 26—Health Screening with NADI/Rutgers Health



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.

A WORD FROM COUNCILWOMAN DOROTHY GAMBOI

"Happy Valentine's month to my favorite Metuchenites! Please join me in spreading love and happiness throughout the borough."

Senior Fraud Prevention Seminar

Middlesex County Prosecutor's Office is holding a seminar in East Brunswick for all Middlesex County Seniors. We will take the bus shuttle over if enough members are interested in attending. You must let Wendi know if you'd like to take the bus, and you must register with Middlesex County to secure a seat at the seminar as space is limited. Additional information is located at The Center.



MIDDLESEX COUNTY NJ

OFFICE OF AGING & DISABLED SERVICES

2024 SENIOR FRAUD PREVENTION CONFERENCE

February 16, 2024
10:30 am - 1:00 pm
East Brunswick Community Center
721 Cranbury Road, East Brunswick NJ 08816

Registration is required by February 14, 2024
To register, please visit: tinyurl.com/eniofraud2024 or scan here:

This event is a collaboration between the Middlesex County Offices of Aging & Disabled Services, Prosecutor's Office, and the East Brunswick Community Center.
For questions, reach out to 732-745-3295 or email mcoads.events@co.middlesex.nj.us.

middlesexcounty.nj.gov

WINDOWS OF UNDERSTANDING
#WESEETHROUGHHATE
COMMUNITY SOCIAL JUSTICE - ART PROJECT
METUCHEN

"CLIMATE CHANGE"
Art Exhibit + Reception

Saturday - February 3, 2024 from 1-4pm

Berkshire Hathaway Home Services Fox & Roach Realtors
560-564 Middlesex Ave
Metuchen NJ 08840

—MEET THE ARTISTS AND ORGANIZATIONS—

"Featuring the work of Joseph Castronova, David LaMorte, Jyrilus Rosa and students from Metuchen, Edison, So. Plainfield and New Brunswick."

BERKSHIRE HATHAWAY HOMESERVICES | FOX & ROACH REALTORS® | MIDDLESEX COUNTY OFFICE OF AGING & DISABLED SERVICES | FOMA FRIENDS OF METUCHEN ARTS
At the heart of community

Arts Council Windows of Understanding

Art Exhibit & Reception @ Berkshire Hathaway

Saturday, February 3rd, 1—4pm

Flier & additional info located at The Center



Facebook: [MetuchenSeniorCenter](https://www.facebook.com/MetuchenSeniorCenter)

Web: www.metuchennj.org/metnj/DEPARTMENTS/Senior%20Center/

Email: seniorcenter@metuchen.com Phone: 732-632-8524/8502

February 2024

Monday	Tuesday	Wednesday	Thursday	Friday
			1	2
			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
5	6	7	8	9
9:00 Ceramics 10:00 Bridge 10:00 Crazy 8's 10:00 Shoprite 1:30 Chair	10:15 Bingo 11:00 Zumba 11:30 7's	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 10:30 Stop&Shop 11:00 Chair 12:00 Chair 1:00 Canasta
12	13	14	15	16
9:00 Ceramics 10:00 Bridge 10:00 Crazy 8's 10:00 Shoprite 1:30 Chair	10:15 Bingo 11:00 Zumba 11:30 7's	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 10:30 Target 11:00 Chair 12:00 Chair 1:00 Canasta
19	20	21	22	23
Presidents' Day Center Closed	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 Walmart 12:30 Line Dance	10:00 Cards 10:30 Art 11:00 Tano Mall 12:30 Strength/ Balance	10:00 Rummikub 10:30 Wegmans 11:00 Chair 12:00 Chair 1:00 Canasta
26	27	28	29	
9:00 Ceramics 10:00 Bridge 10:00 Crazy 8's 10:00 Shoprite 11:00—1:00 NADI Health Screening 1:30 Chair	10:15 Bingo 11:00 Zumba 11:30 7's 12:00 Movie	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	