



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

## March Newsletter

### COME IN LIKE A LION, GO OUT LIKE A LAMB!!!

February was the snowiest month we've had in a few years, let's hope we're done with snow for the year!! March will likely come in cold, so be prepared for the poor weather, and hopefully go out like a lamb with milder weather.

Should The Center close due to the weather, we put out notifications as soon as that decision is made. We will send out an email and put a notification on the Senior Center Facebook page, the Borough will usually put a notice on the News & Announcements page of the Borough website.

Emails—if you have not been receiving emails from The Center, please verify your address with Wendi or Rick so you are not missing out on any information.

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.

### 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

Join us every day at The Center—there is always something going on that you could join, from card or board games, to art or ceramic classes, to a fitness class. On Tuesdays we have Bingo and Wednesdays it's Line Dancing. Never did Bingo or Line Dancing?—don't worry, everyone had to start once so make this month the time you do!!!

**Tuesdays @ 10:15am**



**Wednesdays @ 12:30pm**

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

Our 2024 membership renewal is still going on pretty strong, with a lot of new faces to add to the mix. As always if anyone needs assistance in the registration process stop by Mine or Rick's office for some assistance.

We've had some more Guest Bingo callers, which has turned out to be a lot of fun for the callers and the players.

We took the Senior bus down to East Brunswick for the Senior Fraud Convention, which was very informative to all. Our Chili lunch was a huge hit with all who attended, many people tried all the different options we had. The United Way tax preparation has will be going on until the end of March.

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.

### Getting to know Tom

- Born in Brooklyn
- Joined New York Telephone
- Drafted by The US Marine Corps in April 1968 and was honorably discharged in 1970
- Married the love of my life, Andrea
- Moved to Metuchen 43 years ago
- I have a daughter and a son along with 3 grandchildren
- 48 year career with Verizon
- Have been driving the bus for the Borough for 8 years



### 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.

## MARCH EVENTS

- Every Wednesday—Wednesday Walk With Wendi
- March 8—Fire Safety with Captain Lathroum
- March 19—Monthly Luncheon, \$15/person
- March 25—Health Screening with NADI/Rutgers Health
- March 29—Center Closed—Good Friday

### Councilwoman Dorothy Giamboi

Hope March is a lucky month for all! Enjoy your St. Patrick's day activities. March madness will be in full swing too! Root for your favorite team. Beware the Ides of March. Clocks will spring ahead on March 10

## Simplicity Calendar App

Simplicity Mobile app is a central location to see activities and events within the Borough. Many Borough organizations are included on the app so once you have it downloaded you can view what's going on all around town. Examples are the Borough, Senior Center, Recreation, School District, Fire/Police/EMS, Downtown Alliance, Library. Etc.

## Download Simplicity Mobile App on your smartphone

Connect with the community you live in via Simplicity Mobile App. Discover all local updates, announcements and upcoming events.



You must download the app to your smartphone and set up your account. When setting up the account put in 'Metuchen' for location and all the groups located in Metuchen using the app will then be listed (Borough, Senior Center, Recreation, Police, School District, Library, etc.).

## Scan the QR Code



The United Way will provide FREE Tax Preparation to Metuchen Senior Center members.

#### What to do?

- Sign up at the Senior Center—you must come in person to sign up and not over the phone/email.
- Pick up the tax packet when signing up—this is why you must come into The Center.
- You will pick a date/time to return with your packet and tax information to discuss your taxes with a United Way Volunteer.
- You will then select a date to return to The Center to pick up your completed taxes.

Dates to select for reviewing your tax packet—Thursday, February 15, 22, 29, March 7, 14 & 21 between 9:30am and 11:30am



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



### 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.

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

# March 2024

Monday	Tuesday	Wednesday	Thursday	Friday
				1
				10:00 Rummikub 10:00 Target 11:00 Chair 12:00 Chair 1:00 Canasta
4	5	6	7	8
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 12:00 Crochet	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
11	12	13	14	15
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 12:00 Crochet	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 Aldi 11:00 Chair 12:00 Chair 1:00 Canasta
18	19	20	21	22
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 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
25	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	Closed Good Friday