



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

January Newsletter

WELCOME TO 2024!!!

Welcome to the new version of our Monthly Newsletter. Each month we will produce the combined Newsletter and Calendar in one publication. We hope everyone had an enjoyable Holiday Season and Best Wishes to all for a Safe & Happy New Year. With the turning of the calendar it's time to renew your membership for 2024. Metuchen residents continue to have a free membership and our friends from out of town may still join the low rate of \$60/year. You may renew online from your phone or home computer, or get Wendi or Rick to assist you.

We plan on continuing with the great selection of events and activities that we've been providing and intend on adding more throughout the year—some will be fun and entertaining and some will be educational—just continue reading the newsletter, web page, Facebook page, white board, and information monitor in The Center.

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 would like to thank all of you for making our Center the great asset to the Borough and the envy of residents from other towns. Keeping this ship afloat couldn't be done without our fantastic staff of Wendi, Tom, Stephanie, & George. We will start up some committees in 2024 and look for you to volunteer. Currently we have a 2-person Luncheon Committee that works themselves ragged every month providing the fun luncheon each month and they are looking for additional volunteers to assist them. We will also look for committees for trips, activities, games, fundraising..... so get ready to volunteer!!!

Here is some information about Rick:

- Married for 29 years to Joan Zimmerlink
- Two Children—Ricky, age 28, Christian, age 22
- Born and raised in South Plainfield
- Graduate of Rutgers University & Chubb Institute of Technology
- Lived in Milltown, raised family there, for 25 years
- Currently lives in Brick
- Fan of Pittsburgh Steelers & Rutgers University Sports Teams
- Prior to Metuchen, worked as a Recreation Coordinator for the Township of East Brunswick
- Volunteered with East Brunswick Wrestling Club, St. Bart's Buffalos Football & Cheer, East Brunswick Baseball League, Milltown Little League, East Brunswick Soccer Club, Blackhawks Lacrosse, He's & She's Bowling League



WEDNESDAY WALKS WITH WENDI

Wendi leads the crew in a weekly walk to the Greenway, when the weather allows it—which is always does unless raining or snowing.

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

Welcome to 2024! We are so happy with all that we did at the center in 2023 and are hoping to add more activities and events this year. I would like to bring back the monthly movie, I am looking for input on day and time that would work for all those who attend. I am always looking for fun things/activities to bring in for our members to do suggestion of course are always welcome.

The card room has been very busy lately and so have the Mahjong and Rummikub tables, we are looking to expand the Canasta game, so spread the word to your friends and neighbors who may be interested. The local trips we started to the outlets and other shopping places have been very popular and we will continue in the new year hopefully with new places we can find.

Metuchen is #4 on the "Top 10 Towns for Seniors in NJ" and the Senior Center was specifically mentioned in the rating on WorldAtlas.com

JANUARY EVENTS

- January 1—beginning of 2024 Membership Drive, link to register: <https://parksrec.egov.basgov.com/metuchen/Search?TagId=545>
- Every Wednesday—Wednesday Walk With Wendi
- January 5—Parking Meter Overview w/Parking Authority
- January 15—Center Closed in honor of Dr. Martin Luther King, Jr.
- January 16—Monthly Luncheon, \$10/person
- January 25—Early Closing, 11am due to County Meeting
- January 29—Health Screening with NADI/Rutgers Health

A WORD FROM COUNCILWOMAN DOROTHY GAMBOI

Welcome to 2024! Come to the Center and see all we have to offer. It is a great opportunity to meet new friends.

Steps to Renew 2024 Membership: Beginning January 1, 2024

1. Go to Registration Portal:
<https://parksrec.egov.basgov.com/metuchen>
2. “Log In” to your existing account. All current members have an account.
3. Click on the image of “Senior Citizen’s Center Membership”.
4. Click on “Register” on the 2024 Senior Center Membership button.
5. Select the Membership Type.
6. Click on the Select Members button.
7. Select the household members that will be joining.
8. Click on Proceed to Cart.
9. Fill in Emergency Contact information.
10. Follow screens until “Complete Registration” - hit button.
 - A) If Resident, process is complete.
 - B) If Non-Resident, you will be brought over to payment processor and you will complete payment there.



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

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

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

MONTHLY LUNCHEON

Each month, our Luncheon Committee—Trena Whitaker and Beverley Wilson—organize a fantastic Monthly Luncheon on the 3rd Tuesday of the month—and all members are welcome to attend for the small fee of \$10 to cover the cost of the food.

Each month has a different theme—we’ve done grilling burgers and dogs for July,

Thanksgiving meal in November and a holiday feast in December.

Volunteers to assist this committee are welcome—please see Wendi if you are interested in assisting with the monthly luncheon.



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.




METUCHEN SENIOR CENTER
 15 Center Street
 Wendi (732) 632-8524
 Rick (732) 632-8502



JANUARY



Calendar Available Online at:
www.metuchennj.org/metrnj

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1  9:00 CERAMICS 10:00 BRIDGE 10:00 CRAZY 8's 10:00 SHOPRITE 1:30 CHAIR EXERCISE	2 10:15 BINGO 11:00 ZUMBA GOLD 11:30 7'S CARD GAME	3 9:00 Walking with Wendi 10:00 7'S CARD GAME 10:00 MAHJONG 11:00 WALMART 12:30 LINE DANCING	4 10:00 CARDS 10:30 ART 11:00 TANO MALL 12:30 STRENGTH/BALANCE	5 9:30 PARKING METERS OVERVIEW 10:00 RUMMIKUB 10:00 ALDI 11:00 CHAIR EXERCISE 12:00 CHAIR EXERCISE
8 9:00 CERAMICS 10:00 BRIDGE 10:00 CRAZY 8's 10:00 SHOPRITE 1:30 CHAIR EXERCISE	9 10:15 BINGO 11:00 ZUMBA GOLD 11:30 7'S CARD GAME	10 9:00 Walking with Wendi 10:00 7'S CARD GAME 10:00 MAHJONG 11:00 WOODBRIDGE MALL 12:30 LINE DANCING	11 10:00 CARDS 10:30 ART 11:00 TANO MALL 12:30 STRENGTH/BALANCE	12 10:00 RUMMIKUB 10:00 STOP & SHOP 11:00 CHAIR EXERCISE 12:00 CHAIR EXERCISE
15  9:00 CERAMICS 10:00 BRIDGE 10:00 CRAZY 8's 10:00 SHOPRITE 1:30 CHAIR EXERCISE	16 10:15 BINGO 11:00 ZUMBA GOLD 11:30 7'S CARD GAME 12:30 Lunch	17 9:00 Walking with Wendi 10:00 7'S CARD GAME 10:00 MAHJONG 11:00 WALMART 12:30 LINE DANCING	18 10:00 CARDS 10:30 ART 11:00 TANO MALL 12:30 STRENGTH/BALANCE	19 10:00 RUMMIKUB 10:00 TARGET 11:00 CHAIR EXERCISE 12:00 CHAIR EXERCISE
22 9:00 CERAMICS 10:00 BRIDGE 10:00 CRAZY 8's 10:00 SHOPRITE 1:30 CHAIR EXERCISE	23 10:15 BINGO 11:00 ZUMBA GOLD 11:30 7'S CARD GAME	24 9:00 Walking with Wendi 10:00 7'S CARD GAME 10:00 MAHJONG 11:00 WALMART 12:30 LINE DANCING	25 10:00 CARDS 10:00 STRENGTH/BALANCE 10:30 ART CENTER CLOSING 11am	26 10:00 RUMMIKUB 10:00 WEGMANS 11:00 CHAIR EXERCISE 12:00 CHAIR EXERCISE
29 9:00 CERAMICS 10:00 BRIDGE 10:00 CRAZY 8's 10:00 SHOPRITE 11-1 NADI HEALTH SCREENING 1:30 CHAIR EXERCISE	30 10:15 BINGO 11:00 ZUMBA GOLD 11:30 7'S CARD GAME	31 9:00 Walking with Wendi 10:00 7'S CARD GAME 10:00 MAHJONG 11:00 WALMART 12:30 LINE DANCING	 Follow us on Facebook: MetuchenSeniorCenter	