

## Metuchen Senior Center Newsletter MAY, 2023

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Please refer to the current calendar for classes and activities.

- Trip to Jersey Shore Outlets May 4<sup>th</sup> 9am
- PNC concert trips May 9<sup>th</sup>, May 17<sup>th</sup>, May 23<sup>rd</sup>
- Line Dancing Hoedown May 10<sup>th</sup> 1- 2:30 pm @ The plaza
- Gambling addiction prevention May 12<sup>th</sup> @1pm
- Birthday Lunch Cinco de Mayo theme @12:30 May 16<sup>th</sup>
- Movie @ 10:00 May 18th (NEW TIME)
- NADI Health Screening 11:00am - 1:00pm May 22<sup>nd</sup>
- The Center will be closed on May 29<sup>th</sup> in observance of Memorial Day
- NO BUS SERVICE May 4, 30 – MORNING SERVICE ONLY May 9,17,23

### Center Hours and Fees:

The Senior Center hours are Monday – Friday 9:00am-3:00pm

There are new Membership fees for 2023 (Non-Residents \$60)

All members will be issued ID cards starting in the new year, registration for these cards will be done via the registration portal. We will assist with the process through January at the Senior Center.

### Information available online:

The current Newsletter, Calendar, and Bus Policy are available at the Metuchen Senior Center, on the minibus and online at [www.metuchennj.org](http://www.metuchennj.org) (Scroll down to **Departments**, then **Senior Center**. Current Metuchen Recycling Schedules are available at the Senior Center or online at [www.metuchennj.org](http://www.metuchennj.org) (**Trash & Recycling**, click on the current **Garbage & Recycling calendar**.)

### Minibus:

**METUCHEN RESIDENTS ONLY!** You **MUST** schedule appointments for minibus service by **2:00PM** on the day preceding the service. We are now running the bus Monday-Friday, last trip is 2:30pm. Other transportation options available to Seniors include Middlesex County Area Transit (MCAT) at 800-221-3520 and New Jersey Transit Access Link at 800-955-2321.

### Shopping Trips:

Reservations are required in advance for all shopping trips and may be made by calling for the minibus at 732-632-8525. The Wednesdays trips have moved to 11Am Thursdays are still 10AM

**Shoprite:** Mondays, May 1, 8, 15, 22 @ 10:00am

**Walmart:** Wednesdays, May 3, 24, 31 @ 11:00am

**Tano Mall:** Thursdays, May 11, 18, 25, @ 10:00am

**Woodbridge Mall :** May 10 @ 11:00am

**Target:** Friday, May 19 @ 10:00am

**ALDI :** Friday, May 12, 26 @ 10:00am

**Wegmans:** Friday, May 5, @ 10:00am

**Chair Exercise with Elizabeth:** Mondays, 11:00am and 12:00pm, every other week will only be a 12:00pm class. Fridays, 11:00am and 12:00pm class each week. Class size is limited, participants will be on a first come system. Enjoy a fun exercise class based on a chair or standing if you wish. Classes are held at Senior Center. Only one class a day per person for Elizabeth's chair classes.

**Zumba Gold with Laurie:** Tuesdays at 11:00am. Classes will be Charles Field (at the end of East Walnut St. off Main St.) for APRIL and MAY, starting on April 4., weather permitting.

**Line Dancing with Sari:** Wednesdays at 1:00pm. Classes will be inside the Senior Center.

**NEW!!!!!! Strength/Balance Training with Alberto:** Thursdays at 12:30pm. Classes inside the Senior Center

**The Card Game of Sevens:** Also known as Seven up-Seven down, or Laying Out Sevens, or Crazy Sevens is a card game for 3–8 players using a standard deck of 52 cards. Cards are played out to form a layout of sequences (as in many solitaire games) going up and down in suit from the sevens.

**CRAZY 8'S:** A shedding-type card game for two to seven players. The object of the game is to be the first player to discard all their cards.

**Scrabble:** A word game in which two to four players score points by placing tiles, each bearing a single letter, onto a game board divided into a 15×15 ...

**Canasta:** Most commonly played by four in two partnerships with two standard decks of cards. Players attempt to make melds of seven cards of the same rank and "go out" by playing all cards in their hands

**Parking:**

1. Get a Parking Pass from Wendi or Rick and put it in your vehicle and leave it there so you have it at all times – take 1 for each vehicle that you might drive to The Center.
2. Put the Pass on your dashboard so the Parking Authority can see it while patrolling the lots.
3. Our parking lot is on the side of the building and is the 1<sup>st</sup> two rows of the lot, closest to the building. This fills up quickly so Parking Authority is stating you may park in these other areas with the Pass on your dashboard:
  - a. The other two rows of the lot next to The Center
  - b. The parking lot across Center Street to the right of the Apple Montessori School (the old CVS or A&P lot).
4. Do NOT park on the side of the building near the bank – that is private property and you are subject to towing/ticketing at your expense.
5. Do NOT park on the left side of the Apple Montessori School – that is private property and you are subject to towing/ticketing at your expense.

If you park illegally, you are subject to ticketing/towing at your expense – get the Pass from us.

The Pass is only valid when The Center is open – don't use it at night or weekends and expect to not receive a ticket.

If you're not sure of where to park – ask us so we can make sure you're in the clear.

**Metuchen Seniors, Inc. (MSI):**

You are welcome to make a tax-deductible donation to Metuchen Seniors, Inc. (MSI) – a separate, not-for-profit, fundraising organization, established to help pay for additional activities, subsidize the cost of luncheons at the Center, and purchase equipment and supplies for the Metuchen Senior Center. We encourage folks to support MSI, so that we have additional funds on hand to support our vibrant Center.

**Metuchen Public Library:** Check online for upcoming events - [www.metuchenlibrary.org](http://www.metuchenlibrary.org)

**Metuchen's Downtown Alliance (MDA):** Check online for upcoming events.

[www.downtownmetuchen.org](http://www.downtownmetuchen.org)