

Metuchen Senior Center Newsletter September 2022

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Please refer to the current calendar for classes and activities.

- Indie Rock Concert at The Plaza – September 3rd @ 7pm
- **The Senior Center will be closed September 5th in observance of Labor Day**
- Downtown Rumble Pro Wrestling at The Plaza – September 17th @ 5pm
- Jazz Fest Concert at The Plaza – September 10th @ 6pm
- Getting a good night sleep September 13th at the Senior Center @ 1pm
- Middlesex County Surrogate answers questions September 15th @ Senior Center 1:30pm
- September 20th Birthday Lunch (San Gennaro theme) @ 12:30
- Senior Center will be closed September 21st for the Middlesex County Senior Health & Fitness Walk, we will be providing transportation if needed to Roosevelt Park
- Atlantic City trip September 22nd
- The Farmer's Market is open Saturdays at The Plaza @ 9am – 2pm
- No bus service September 1-10

Center Hours and Fees:

The Senior Center Summer hours are Monday – Thursday 9:00AM -3:30PM Friday 9AM – 1PM. There is no fee for Metuchen residents to join the Center. Out-of-Town residents are welcome to come to the Center and are required to pay an annual \$30 Membership Fee.

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 (Scroll down to **Departments**, then **Senior Center**. Current Metuchen Recycling Schedules are available at the Senior Center or online at www.metuchennj.org (Scroll to **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 only running the bus 3 days a week at this time, Monday, Tuesday and Friday. Passengers and drivers are required to wear a mask until further notice.

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.

Shoprite: Mondays, September 12, 19, 26

ALDI: Friday, September 16

Target: Friday September 23

Walmart: Fridays, September 30

Chair Exercise with Elizabeth Mondays & Friday, 12 PM. class is limited to 18 participants and will be on a first come system. There will be a sign up sheet at the center the day of! Enjoy a fun exercise class based on a

chair or standing if you wish. [Starting Monday October 12th](#), we will be offering chair exercise Mondays 12pm. we and adding an additional class every other week 11:15 – 12pm. Every Friday classes will be both 11:15 – 12pm and 12 – 12:45 sign up sheets will be in the senior center for the classes. Only one class a day per person for Elizabeth's chair classes.

Zumba Gold: Tuesdays at 11AM. Class for the last two weeks of September and the month of October will be outside at Charles Field (East Walnut)

Thai Chi with Dr. Phil Thursdays, @1-2 PM. Class will be inside at the Senior Center for the month of August

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.

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

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

downtownmetuchen.org

Food Pantry Donation Box: Please consider donating canned and packaged goods (*No glass, please!*) for needy families. Checks are also welcomed in any amount made out to First Presbyterian Church of Metuchen with FOOD PANTRY in the note. Mail to 270 Woodbridge Ave., Metuchen, NJ 08840 Or click link to donate online: fpcmetuchen.org/about-us/missionsjustice/fpc-food-pantry/

We are always looking for new ideas, please email us at wrichards@metuchen.or or rperrine@metuchen.com.

Daily activities:

Monday –Ceramics, Bridge, Chair exercise

Tuesday –Bingo, 11am Zumba Gold, Card game

Wednesday –7's Card game, Mahjong, Line dancing

Thursday –Cards, Art, Pinochle, Thai Chi

Friday –Rummikub, Chair exercise