

Senior Center, 15 Center Street, Metuchen  
732-632-8524 [wrichards@metuchen.com](mailto:wrichards@metuchen.com)  
732-632-8502 [rperrine@metuchen.com](mailto:rperrine@metuchen.com)

Minibus: 732-632-8525  
Monday-Friday Last trip 2:30  
Schedule a Pick-Up

## Metuchen Senior Center Newsletter September, 2023

Follow Metuchen Senior Center on Facebook

Please refer to the current calendar for classes and activities.

- Closed September 4<sup>th</sup> in observance of Labor Day
- Unitedhealthcare activity September 5<sup>th</sup> @12pm
- Brighton Gardens Exercise Presentation September 7<sup>th</sup> @11 :30
- NADI Health Screening 11:00am - 1:00pm September 18<sup>th</sup>
- Lunch September 19<sup>th</sup> @12:30
- 2023 Senior Walk Roosevelt Park – CENTER CLOSED September 20<sup>th</sup>
- Movie @ 10:00 September 21<sup>st</sup>

### Center Hours and Fees:

The Senior Center summer hours will end Tuesday September 5<sup>th</sup> and go back to 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. Both Wednesdays and Thursdays trips are 11Am

**Shoprite:** Mondays, September 11,18,25 @ 10:00am

**Walmart:** Wednesdays, September 6, 27 @ 11:00am

**Tano Mall:** Thursdays, September 7, 14, 21, 28 @ 11:00am

**Woodbridge Mall :** Wednesday September 13 @ 11:00am

**ALDI :** Friday September 15 @ 10:00am

**Wegmans:** Friday, September 8, 29 @ 10:00am

**Stop& Shop:** Friday September 1 @10:00am

**Target:** Friday September 22 @ 10:00am

**Chair Exercise with Elizabeth:** Mondays 1:30pm,. Fridays, 11:00am and 12:00pm. 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 back inside at the Senior Center.

**Line Dancing with Sari:** Wednesdays at 12:30pm. Classes will be inside the Senior Center.

**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.

**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)

The Center will get a long-awaited floor replacement and interior paint job, and will close for 3 weeks during the project. Fitness Classes will be held at the American Legion on Calvin Place, off of Wernik Place. You may park in the Halsey Parking Lot with the Senior Center Parking Pass on your windshield like you do here in our lot. If you don't have the pass on your windshield you are subject to a parking ticket. While we're closed, the daily shuttle bus will still be running.