



**Middletown
Senior Center /
Croydon Hall
900 Leonardville Road
Leonardo, NJ 07737**

Partially funded under Title
III-Older Americans Act by
MC Office on Aging

**2020 TOWNSHIP
COMMITTEE**
Mayor Tony Perry
Deputy Mayor Tony Fiore
Rick Hibell
Kevin Settembrino
Pat Snell

Anthony P. Mercantante
Township Administrator

Janet E. Dellett
Recreation Director
Kourtney Davis
Senior Center Supervisor

**“MEET THE STAFF”
TUESDAY, MARCH 3, 2020
1:00 PM EAST WING**

Light refreshments served

We would like to take this opportunity for all new and existing members to meet the Director of Recreation, Janet Dellett, NEW Center Supervisor, Kourtney Davis, Recreation Leader, Sue Hutton, Transportation Staff & Outreach coordinator, Teri Hrehowsik and Come hear what we have to offer and the assistance we can provide to

**NEW CHORUS GROUP
ORGANIZATION MEETING
EVERY MONDAY AT 11:00 AM**

Pat Dunphy, vocal teacher, will be having an organizing meeting for a new choral group here at the center. If you sing in the shower or in the car, we want you! Professional voices are not needed. If you can carry a tune, stop by and see what Pat has planned for our new singing group!

well hello,
march

2020



**BINGO WITH ROYAL SENIOR CARE
THURSDAY, MARCH 5 AT 1:00 PM**
Enjoy a fun afternoon with your friends with a friendly game of bingo sponsored by Royal Senior Care.

**6 WEEK DIABETES WORK SHOP
PRESENTED BY SCAN
STARTS THURSDAY, MARCH 5
12:30 TO 2:30 PM**
This is an evidence based workshop created by Stanford University and provides an interactive way to manage diabetes.

**MONDAY MAHJONG LESSONS
AT 10 AM STARTING MARCH 9TH**
Our members Carl and Cindy Fetterman are offering to teach Mahong lessons for the next 4 Mondays at 10 am. Please sign up with Sue.

**SNAP ASSIST AND
NJ FAMILYCARE OUTREACH
TUESDAY MARCH 10TH 1:30 TO 4PM**
A representative from Fullfill will be here to assist our members.

More events on page 2 

ARTS & CRAFTS

**ST. PATRICKS DAY CRAFT THURSDAY
MARCH 12TH AT 12:30 PM**

Let's make an Irish coffee mug with stencils and paint. Donation of \$5

Sign up by March 5 with Sue



**"CHICAGO" AT HIGH SCHOOL NORTH
FRIDAY MARCH 20TH
SHOW AT 1PM**

MUST SIGN UP with Sue or Kourtney to be on the list. LUNCH IS FILLED BUT YOU MAY STILL ATTEND PLAY.

**"MAMA MIA" AT HIGH SCHOOL SOUTH
MARCH 25TH AT 10AM AND LUNCH AT 12PM**
Sign up with Kourtney or Sue by MARCH 5

PRESENTATIONS

**POSTURE WITH AGING PRESENTATION
TUESDAY, MARCH 17TH AT 12:30PM**

Ivy Rehab will give information about having the correct posture. Refreshments will be served too.

EATRIGHT.ORG

THURSDAY, MARCH 26TH , 12:30PM
Nutrition Presentation

**10 WARNING SIGNS OF
ALZHEIMER'S DISEASE**

TUESDAY, MARCH 31ST AT 1PM EAST WING
Robyn Kohn from the Alzheimer's Association will be here to go over the warning signs of Alzheimer's Disease.

2020 IMPORTANT DATES TO REMEMBER

**Dates are subject to change;
please call to confirm.**

**** An appointment must be made for all of the following services, please see or call Teri 732-615-2265. ****

State Health Insurance Plan (SHIP)

Thursday, March 5

Thursday, April 2

Thursday, May 7

Thursday, June 4

Thursday, July 2

Thursday, August 6

Thursday, September 3

Thursday, October 1

Thursday, November 5

Thursday, December 3

South Jersey Legal Services, Inc.

One-half hour appointment for each senior 60+ with Legal Questions.

Tuesday, March 17

Tuesday, June 16

Tuesday, September 15

Tuesday, December 15

VNA Nurse

9:30 am to 11:30 am

Tuesday, March 24

Tuesday, April 28

Tuesday, May 26

Tuesday, June 23

Tuesday, July 28

Tuesday, August 25

Tuesday, September 22

Tuesday, October 27

Tuesday, November 24

Tuesday, December 22

Senior Center Membership & Registration

Are you looking for a place to socialize, exercise, or go on some trips? Join the Senior Center! If you are interested in becoming a member of the Senior Center you must be age 60+ and independent.

Membership is **FREE** for Middletown residents. Non-residents may join for a monthly fee of \$4.50.

Current members, please stop by the center and check your registration card to make sure the information is current.

NEW HAPPENINGS!!!

**MONTHLY MEMEBERSHIP
MEETING
THURSDAY, MARCH 19TH
12:30 EAST WING**

**EVERY MONTH WE WILL HAVE A
MONTHLY MEETING TO DISCUSS
YOUR CONCERNS, WHAT
EVENTS WE ARE PLANNING
SUCH AS FUTURE TRIPS. LET
YOUR VOICE BE HEARD!**

**THIS IS YOUR CENTER AND WE
WANT TO MAKE IT GREAT!**

**ATLANTIC CITY TRIP
TICKETS ON SALE
AFTER MEMBERSHIP MEETING!**

for Friday April 17, 2020 trip



Mary Barnes
Joyce Benda
Irina Beseda
Hsiufang Chan
Wulung Chan
Robert Cheloc
Marilyn Chilingarian
Michael Figel
Martin Hatcher
Tonya Jones
Debra Klecak
George Klecak
Joseph Kozic
Joan Madgar
Sheila McVeigh
Patricia Mercadante
Kathleen Misiagna
Marie Moore
Margaret Munday
Gemma Reich
Katherine Santana

With Heartfelt
Sympathy

Pat Narine

WEATHER CONDITIONS

Please remember in case of snow or icy conditions, call the Center at 732-615-2265, to see if your class, scheduled speaker or special event has been cancelled.

Monday	Tuesday	Wednesday
<p>2 9:30 Color Chips 10:00 - 4 pm Pinochle 10:00 Senior Shape Up</p> <p>11:00 NEW CHORUS GROUP MEETING 12:00 - 4 pm Mahjong</p>	<p>3 9:30 - Open Art Studio Time 10:00- 4pm Rummikube 10:00 - 4 Mahjong 10:30-Chair Yoga 11:00 Billiards 12:15 Tai Chi 12:30 Ping Pong 1:00 Meet The Staff</p>	<p>4 9:45 - Senior Shape Up 10:00 - 4pm Pinochle 10:30 - Healthy Bones 12:00 - 4 Mahjong 12:00 Bowling at Brunswick Bowl in Hazlet</p>
<p>9 9:30 Color Chips 10:00 - 4 pm Pinochle 10:00 Learn Mahjong 10:00 Senior Shape Up</p> <p>11:00 Chorus 12:00 - 4 pm Mahjong</p>	<p>10 9:30 - Open Art Studio Time 10:00 - 4pm Rummikube 10:00 - 4pm Mahjong</p> <p>10:30 Chair Yoga 11:00 Billiards 12:15 Tai Chi 12:30 Ping Pong</p>	<p>11 9:45 - Senior Shape Up 10:00 - 4pm Pinochle 10:30 - Healthy Bones 12:00 - 4 Mahjong 12:00 Bowling at Brunswick Bowl in Hazlet</p>
<p>16 9:30 Color Chips 10:00 - 4 pm Pinochle 10:00 Learn Mahjong 10:00 Senior Shape Up</p> <p>11:00 Chorus 12:00 - 4 pm Mahjong</p>	<p>17 9:30 - Open Art Studio Time 10:00 - 4pm Rummikube 10:00 - 4pm Mahjong 10:30 Chair Yoga 11:00 Billiards 12:15 Tai Chi 12:30 Posture Presentation 1:30 Irish Skittles</p>	<p>18 9:45 - Senior Shape Up 10:00 - 4pm Pinochle 10:30 - Healthy Bones 12:00 - 4 Mahjong 12:00 Bowling at Brunswick Bowl in Hazlet</p>
<p>23 9:30 Color Chips 10:00 - 4 pm Pinochle 10:00 Learn Mahjong 10:00 Senior Shape Up</p> <p>11:00 Chorus 12:00 - 4 pm Mahjong</p>	<p>24 9:30 - Open Art Studio Time 10:00 - 4pm Rummikube 10:00 - 4pm Mahjong 10:30 Chair Yoga 11:00 Billiards 12:15 Tai Chi 12:30 Ping Pong</p>	<p>25 9:45 - Senior Shape Up 10:00 - 4pm Pinochle 10:30 - Healthy Bones 12:00 - 4 Mahjong 12:00 Bowling at Brunswick Bowl in Hazlet</p> <p>10:00 -MUSICAL AT HIGH SCHOOL SOUTH "MAMA MIA"</p>
<p>30 9:30 Color Chips 10:00 - 4 pm Pinochle 10:00 Learn Mahjong 10:00 Senior Shape Up</p> <p>11:00 Chorus 12:00 - 4 pm Mahjong</p>	<p>31 9:30 - Art Studio Time 10:00 - 4pm Rummikube 10:00 - 4pm Mahjong</p> <p>10:30 Chair Yoga 11:00 Billiards 12:15 Tai Chi 1:00– Speaker</p>	

<h1 style="text-align: center;">Thursday</h1>	<h1 style="text-align: center;">Friday</h1>
<p>5</p> <p>10:00 - 4pm Rummikube 10:30-Chair Yoga 11:00 to 2:30—Billiards 11:00- Loose Stitches Knitting Group 12:30 Bingo</p> 	<p>6</p> <p>9:30 Art Studio Time 10:00 Senior Shape Up 10:00 - 4pm Pinochle 12:30 Center Movie “Ford Vs. Ferrari” ** this move is 2.5 hours</p> 
<p>12</p> <p>10:00 to 4—Rummikube 10:30—Chair Yoga 11:00 to 2:30—Billiards 11:00—Loose Stitches Knitting Group 12:30 St. Patrick’s craft</p>	<p>13</p> <p>9:30 Art Studio Time 10:00 Senior Shape Up 10:00 - 4pm Pinochle 12:30 Center Movie “The Report”</p> 
<p>19</p> <p>10:00 to 4pm Rummikube 10:30 Chair Yoga 11:00 Billiards 11:00 Loose Stitches Knitting Group 12:30 Presentation 1:00 Monthly Membership Meeting / April AC trip ticket sale to follow!</p>	<p>20</p> <p>9:30 Art Studio Time 10:00 Senior Shape Up 10:00 - 4pm Pinochle</p> <p>12:00- MUSICAL AT HIGH SCHOOL NORTH “CHICAGO”</p>
<p>26</p> <p>10:00 - 4pm Rummikube 10:30 Chair Yoga 11:00 Billiards 11:00 Loose Stitches Knitting Group 12:30 Speaker</p>	<p>27</p> <p>9:30 Art Studio Time 10:00 Senior Shape Up 10:00 - 4pm Pinochle 12:30 Center Movie “A Beautiful Day In The Neighborhood”</p> 
<p style="text-align: center;">CENTER HOURS: MONDAY THROUGH FRIDAY 8:30 AM TO 4:30 PM</p> <p style="text-align: center;">732-615-2265</p>	<p style="text-align: center;">*DENOTES: *PRE-REGISTRATION REQUIRED (Call for details)</p> <p style="text-align: center;">PLEASE NOTE: CENTER CALENDAR IS SUBJECT TO CHANGE WITHOUT NOTICE</p>



Center Movies



**All movies will be held in the East Wing at 12:30 pm.
Please check the dates of the movies as they are subject to change.**

FRIDAY MARCH 6TH AT 12: 30PM - "FORD VS. FERRARI"

Rated R/1hr, 34 min Drama
American automotive designer Carroll Shelby and fearless British race car driver Ken Miles battle corporate interference, the laws of physics and their own personal demons to build a revolutionary vehicle for the Ford Motor Co. Together, they plan to compete against the race cars of Enzo Ferrari at the 24 Hours of Le Mans in France in 1966.

FRIDAY MARCH 13TH AT 12:30 PM - "THE REPORT"

Rated R/1hr 59 min Thriller
FBI agent Daniel Jones performs an exhaustive investigation into the CIA's use of torture on suspected terrorists. In the aftermath of the 9/11 attacks, the CIA adopted new interrogation techniques.

*** NO MOVIE ON MARCH 20 BECAUSE OF THE MUSICAL AT HIGH SCHOOL NORTH***

FRIDAY MARCH 27TH AT 12:30PM - "A BEAUTIFUL DAY IN THE NEIGHBORHOOD"

Running time 1 hr 49 minutes
Lloyd Vogel is an investigative journalist who receives an assignment to profile Fred Rogers, aka, Mr. Rogers. He approaches the interview with skepticism as he finds it hard to believe that anyone can have such a good nature, but Roger's empathy, kindness, and decency, soon chips away at Vogel's jaded outlook on life, forcing the reporter to reconcile with his own painful past.

Do you like to have fun?

Would you like to make new friends?

Do you like to Bowl?

The Middletown Senior Center Bowling team is looking for new bowlers!

They meet every Wednesday at Noon at the Brunswick Bowl in Hazlet!

Stop by and see what it is all about!



THANK YOU to all of the Middletown Senior Center volunteers that help this center run as well as it does!
We couldn't do it without you!!



2020 MONTHLY TRIPS TO RESORTS ATLANTIC CITY



FRIDAY, MARCH 27TH
 FRIDAY, APRIL 17TH
 FRIDAY, MAY 8TH
 FRIDAY, JUNE 12TH
 FRIDAY, JULY 10TH
 FRIDAY, AUGUST 14TH
 FRIDAY, SEPTEMBER 18TH
 FRIDAY, OCTOBER 16TH
 FRIDAY, NOVEMBER 20TH

\$30.00 PER PERSON INCLUDES TRANSPORTATION TO AND FROM CASINO, \$25.00 SLOT PLAY LUNCH IS YOUR RESPONSIBILITY

What does the sneaker mean?

This is a guide to let you know how much walking will be involved on a certain trip.



Little walking involved



Moderate walking involved



Large amount of walking involved



on the MOVE!!!

Here are some proposed trips that are pending for 2020. These trips still do not have dates or costs yet. Please keep checking back for updates. These trips are subject to change in venue and date.

April 2020—Nosh & Learn Tour of Brooklyn – Brooklyn, NY

May 2020—West Point, New York

June 2020—Doolan’s Shore Club – Spring Lake, NJ

July 2020—Yankee Game – Bronx, NY

August 2020—Trip to Broadway Show & Lunch – NYC, NY

September 2020—Hotel Fauchere & Grey Towers National Historic Site – Milford, PA.

October 2020—Doolan’s Shore Club for Octoberfest – Spring Lake, NJ

November 2020—Lancaster, PA - Peddler’s Village

December 2020—Radio City Christmas Spectacular & Lunch – NYC, NY