

MIDDLETOWN SENIOR CENTER

JANUARY 2023



Croydon Hall
900 Leonardville Road
Leonardo, NJ 07737
Phone: 732-615-2265
www.middlestownnj.org /seniors

Hours of Operation
9:00am - 4:00pm

The Senior Center offers programs and activities for a vibrant, active adult lifestyle!

Partially funded under the Title III Older Americans Act by Monmouth County Office on Aging



2022 Township Committee

Tony Perry
Mayor

Rick W. Hibell
Deputy Mayor

Ryan Clarke
Kevin M Settembrino
Kimberly Kratz

Anthony P. Mercantante
Township Administrator



Janet E. Dellett
Recreation Director

Maria Gato
Senior Center Supervisor

January Happenings...

Tuesday January 10 1:00pm East Wing Bingo with Sue

Thursday January 12 Elvis Party 1:00pm East Wing— Celebrate Elvis's birthday with cake and the movie "Viva Las Vegas".

Tuesday January 17 Beacon of Life craft-1:00pm East Wing
Salt shaker snowmen. * Limit 25 people, please sign up with a staff member.

Wednesday January 18 Flower Arranging with Arbor Terrace 12:30 pm East wing * Please sign up with a staff member so Arbor Terrace brings enough supplies.

Thursday January 19 Lunch & Learn with Care One 12:00pm East Wing "What to ask your primary care Physician" * Please sign up with a staff member limit 30 people*

Thursday January 26 12:00pm Movie East Wing— "Where The Crawdads Sing"— A woman who grew up alone in the wild North Carolina marshes becomes a suspect in the murder of a well-to-do young man from the nearby town.

Tuesday January 31 How to Avoid Germs 1:00pm East Wing— Our member and EMT Rich Yarczower will be here to teach ways to avoid germs this winter.

Welcome New Members

Valentine Farra
Patricia Monaco
Luba Janosevic
Mary Jane Reinhold
Jill Pannone
Tom Mc Inerney
Patricia Monaco
Barrie Scanlon

Pickelball

Starts January 10
Tuesdays &
Thursdays
10 am –12pm
Croydon Hall Gym
4 week session
Limit 12

Daily Events Middletown Senior Center

Activities that are offered virtually are*

Mondays

- 10:00am - 4:00pm **Pinochle, Billiards, Mahjong**
 10:00am **Zumba Gold with Tatianna from Flamingo Fit* (East Wing)**
 11:00am **Walking Group** - Outdoors weather permitting or East Wing. The goal is 10,000steps!
 12:30pm **Move to the Groove* (East Wing)**
 Start your Mondays off on the right foot with Brenda Christian. This class is combination of fun dance exercise and chair cardio class will help you start your week on the right note!

Tuesdays

- 10:00am - 4:00pm **Billiards & Mahjong**
 10:15am **Yoga * (East Wing)** This class can be done seated or standing.
 11:15 am **Walking Group** - Outdoors weather permitting or East Wing. The goal is 10,000 steps!
 1:00pm **Learn to Play Pinochle (Lounge)**
 1:00pm **Afternoon Event** (see calendar)

Wednesdays

- 9:00am **Tap with Brenda (East Wing)**
 Join Brenda for this fun tap dance class! Flat sole shoe needed (no running shoes).
 10:00am **Gentle Strength * (East Wing)**
 Brenda is a retired Physician's Assistant and local senior center legend. Brenda's class can be done seated while using light weights. This class provides a head to toe workout.
 11:00am **Walking Group** - Outdoors weather permitting or East Wing. The goal is 10,000steps!
 11:00am **Mixed Media Art* (East Wing) Maximum 15 people** – Registration required. Our group of senior center artists have enjoyed working on a variety of mediums and will continue to develop their painting and sketching skills. It is amazing what you can accomplish in an hour. Supplies needed: watercolor paints, colored pencils, pencil, thin black marker, and sketch pad or paper.
 1:00pm **Afternoon Event** (see calendar)

Thursdays

- 10:00am - 4:00pm **Billiards & Mahjong**
 10:00am **Yoga * (East Wing)**
 Join Amy for this 45 minute chair yoga class. Use the time to increase your flexibility and peace of mind. This class is sponsored by Care One King James.
 10:30am **Loose Stiches Knitting Group** -Come have a cup of coffee and knit with friends. **(Library)**
 Projects can be donated to several worth while charities if you would like to knit for a cause. Knitting supplies are available and donations accepted.
 11: 00pm **Book Club**
 See Sue or email slicht@middletownnj.org for information about book selection and chapters being read. Book club meets once a week for an hour.
 1:00pm **Afternoon Event** (see calendar)

Fridays

- 10:00am - 4:00pm **Pinochle, Billiards, Mahjong**
 11:00am **Bowling at Bolero in Hazlet** -\$6.50 for two games come play with the Senior Center group.
 12:00pm -3:00pm **Rumikub (Lounge)**

Middletown Senior Center January Daily Activities
 Join us virtually by ZOOM for events - www.zoom.us
 Exercise classes meeting #230 051 0854/password: senior
 Art class meeting# 886 7637 5591/password: 634226

Mon	Tue	Wed	Thu	Fri
2 Closed	3 10:15 Chair Yoga	4 9:00 Tap with Brenda 10:00 Gentle Strength 11:00 Art Class	5 10:15 Chair Yoga 11:00 Book Club	6 11:00 Bowling Hazlet 12:00 - 3:00 Rumikub
9 10:00 Zumba 12:30 Move 2 Groove/ Chair Cardio	10 10:15 Chair Yoga 1:00 Bingo	11 9:00 Tap with Brenda 10:00 Gentle Strength 11:00 Art Class	12 10:15 Chair Yoga 11:00 Book Club Elvis Party	13 11:00 Bowling Hazlet 12:00 - 3:00 Rumikub
16 Closed	17 10:15 Chair Yoga 1:00 Craft	18 10:00 Tap Dance Performance 11:00 Art Class 12:30 Flower Arranging	19 10:15 Chair Yoga 12:00 Lunch & Learn	20 11:00 Bowling Hazlet 12:00 - 3:00 Rumikub
23 10:00 Zumba 12:30 Move 2 Groove/ Chair Cardio	24 10:15 Chair Yoga 9:00 VNA Nurse	25 9:00 Tap with Brenda 10:00 Gentle Strength 11:00 Art Class	26 10:15 Chair Yoga 12:00 Movie	27 11:00 Bowling Hazlet 12:00 - 3:00 Rumikub
30 10:00 Zumba 12:30 Move 2 Groove/ Chair Cardio	31 10:15 Chair Yoga 1:00 Presentation			



Transportation is for Middletown Residents that are registered members.

Transportation is available Mondays – Thursdays
To come into the center or for a trip out see calendar for

How to sign-up for transportation

- Fill out the calendar included in the newsletter, include name, phone number and check appropriate ____, or call the center to make a reservation for a trip out or to the center.
- Each member is responsible for making their own transportation arrangements.
- In person reservations for transportation can be made when you are at the center. Please fill out the calendar by putting an **X OR CHECK MARK**, next to the destination and a staff member will write “ok” for approved trips.
- If a Transportation staff member is not available when you come into the center leave the calendar in the appropriate box on Transportation’s door and a staff member will return it or call you.
- Reservations are first come first served and at least 48 hours in advance.
- Your name will be added to a waitlist if a trip is full. You may be called if there is a cancellation.
- The day before the trip a staff member will call to confirm your attendance and pick up time. If you have not heard from a staff member by 4:30pm the day before the scheduled trip please call the center. Trips on Mondays will be confirmed the Thursday before by 4:30pm.

Cancellations

- If you are **cancelling** a trip, we ask that you provide **at least 24 hours’ notice** when possible. This will allow us to accommodate anyone that may be waitlisted for the trip. If that is not possible, **you MUST call by 8:00am NO LATER the morning of the trip to leave a message for cancellations ONLY.**

Taking the bus

- Transportation is available for members who do not require supervision or assistance when shopping.
- Members must be able to get on and off the bus unassisted. There is a lift available for passengers requiring it.
- Please be waiting 5–10 minutes before designated pickup time and be visible to the driver pulling up.

Pickup to return home when out shopping

- The driver will provide a departure time from shopping center please be ready 10 minutes before and at designated location.
- We are asking that you limit the number of bags to **two** bags per passenger and what you can safely carry unassisted. Shopping bags will be stored in your seating area or on an open seat.

Pickup to return home from the center

- The bus will depart from the center at approximately 2:00pm to bring all members home.

Middletown Senior Center Transportation January Calendar

Reservations required by calling 732-615-2265 and speaking with a staff members.

Name: _____ Phone: _____

Mon	Tue	Wed	Thu	Fri
2 Closed	3 Center____	4 Center ____ Or Holmdel Commons	5 Center____	6
9 Center____ Or Monmouth Mall	10 Center ____ Bingo	11 Center____ Or Aldi or Lidl	12 Center____ Elvis Party	13
16 Closed	17 Center ____ Craft	18 Center____ Flower Arranging Or Shoprite	19 Center____ Lunch & Learn	20
23 Center ____ Or Walmart	24 Center____	25 Center____ Or Kohls Center Middletown	26 Center____ Movie	27
30 Center ____ Or Dollar Tree & Goodwill	31 Center ____ Presentation			

Please print you name and phone number at the top of the form. Staff can photocopy the sheet once filled out.

- Put an X or check mark, next to the trips you would like to attend.
- Mondays & Wednesdays trips to the center OR out. If selecting to go out, you will be out for approximately 2 hours.
- Members will arrive at the center for approximately 10:00am and depart the center for home at 2:00pm.



**Interfaith Neighbors
Meals on Wheels Program
732-291-0999
8:30am –1:00pm**

Mon	Tue	Wed	Thu	Fri
2 Closed	3 Egg Salad	4 Lasagna	5 Chicken Parm	6 Swedish Meatballs
9 Tuna Salad	10 Fish	11 Spinach Omelet	12 Pork Chops	13 Baked Chicken
16 Closed	17 Salisbury Steak	18 <u>Special</u> Sub Sandwich	19 Lasagna	20 Fish
23 <u>Special</u> Philly Cheese Steak	24 Pork Chops	25 Meatloaf	26 Fish Dinner	27 Turkey & Cheese
30 <u>Special</u> Beef Chili	31 Tuna Salad			

Daily Lunch \$3.00 donation, order 24 hours in advance.

SPECIALS \$4.00, ORDER 7 DAYS IN ADVANCE.

Menu is subject to change.