

MIDDLETOWN SENIOR CENTER

FEBRUARY 2023



MIDDLETOWN
SENIOR CENTER

Croydon Hall

900 Leonardville Road
Leonardo, NJ 07737
Phone: 732-615-2265
www.middletonnj.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*



2023 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

February Happenings...

Wednesday February 1 East Wing 1:00pm - Ivy Rehab will be here to do a presentation about therapy options for people with Parkinsons.

Tuesday February 7 East Wing 12:30pm - Family Feud with Arbor Terrace.

Wednesday February 8 Birthday Party 12:30pm East Wing
Celebrate birthdays from November to February,

Thursday February 9 Movie "American Underdog" 12:00pm East Wing - Let's get in the Superbowl mood and wear your favorite football team jersey and enjoy this inspiring movie!

Tuesday February 14 Sweethearts Lunch and Party 12:00pm East Wing - Enjoy a nice lunch catered by Jacques and entertainment by Terrific Ted. Tickets are \$15 per person. Limit 50 people. **Event is full, waitlist only**

Thursday February 16 East Wing 12:00pm Lunch and Entertainment Sponsored by Stern Rehab. - Limit 50 people. **Sign up with a staff member**

Thursday February 23 East Wing Paint & Sip 1-3pm

Monday February 27 11:00 am East Wing - Heart Health presentation by Hackensack Meridian.

Welcome New Members

Linda Buckwalter	Regina O'Reilly
Sharon Gibbons	Colleen Glendinning
Marika Cagle	Ana Lombardo
August Brehm	Belle Kish
Walter Housel	Thomas Muscarella
Jeanne Grieshaber	Marylinne Morley
Steven Grieshaber	Ana Lombardo
Jeanne Osborne	Martha Niekrash
Robert Osborne	Frances Bullock
Pamela Loxton	Lucille Wasack
Mary Mitchell	Denise Guidera
Pamela Loxton	

Save the date*

On March 1 Beacon of Life will host lunch and karaoke, limit 30 people. In our East Wing. Sign ups will start February 15

Pickleball

Starts February 2
Tuesdays &
Thursdays
10 am -12pm
Croydon Hall Gym
4 week session
Limit 12
FULL

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 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 10,000 steps!
 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 Stitches Knitting Group** -Come have a cup of coffee and knit with friends. **(Library)**
 Projects can be donated to several worthwhile charities if you would like to knit for a cause. Knitting supplies are available and donations accepted.
 11: 15 am **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)**

* For people who would like to sign up as a new member or have a tour of our center **please call us at 732-615-2265** to schedule a visit. It would be really helpful rather than dropping in.

Middletown Senior Center February 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
		1 9:00 Tap with Brenda 10:00 Gentle Strength 11:00 Art Class 1:00 Presentation	2 10:15 Chair Yoga 11:15 Book Club	3 11:00 Bowling Hazlet 12:00 - 3:00 Rumikub
6 10:00 Zumba 12:30 Move 2 Groove/ Chair Cardio	7 10:15 Chair Yoga 12:30 Family Feud	8 9:00 Tap with Brenda 10:00 Gentle Strength 11:00 Art Class 12:30 Birthday Party	9 10:15 Chair Yoga 11:15 Book Club 12:00 Movie	10 11:00 Bowling Hazlet 12:00 - 3:00 Rumikub
13 10:00 Zumba 12:30 Move 2 Groove/ Chair Cardio	14 10:15 Chair Yoga 12:00 Valentines Party	15 9:00 Tap with Brenda 11:00 Art Class	16 10:15 Chair Yoga 11:15 Book Club 12:00 Lunch & Entertainment	17 11:00 Bowling Hazlet 12:00 - 3:00 Rumikub
20 Closed	21 No Yoga today 9:00 VNA Nurse	22 9:00 Tap with Brenda 10:00 Gentle Strength 11:00 Art Class	23 No Yoga today 11:15 Book Club	24 11:00 Bowling Hazlet 12:00 - 3:00 Rumikub
27 10:00 Zumba 12:30 Move 2 Groove/ Chair Cardio 11:00 Heart Health Presentation	28 10:15 Chair Yoga			



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 February Calendar

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

Name: _____ Phone: _____

Mon	Tue	Wed	Thu	Fri
		1 Center ____ Presentation Or Shoprite	2 Center ____	3
6 Center ____ Or Monmouth Mall	7 Center ____ 12:30 Family Feud	8 Center ____ Birthday Party Or Grocery Discount	9 Center ____ Movie	10
13 Center ____ Or Walmart	14 Center ____ Valentines Party	15 Center ____ Or Bed, Bath & Beyond	16 Center ____ Lunch & Entertainment	17
20 Closed	21 Center ____	22 Center ____ Or Dollar Tree	23 Center ____ Paint & Sip	24
27 Center ____ Presentation Or Burlington or Aldi's	28 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
		1 Roast Turkey	2 BBQ Spare Ribs	3 Meatloaf
6 Grilled Cheese & Tomato Soup	7 Egg Salad	8 Lasagna	9 Special Grilled Chicken Caesar Salad	10 Swedish Meatballs
13 Tuna Salad	14 Kitchen Closed	15 Spinach Omelet	16 Pork Chops	17 Baked Chicken
20 Closed	21 Salisbury Steak	22 T.B.A.	23 Lasagna	24 Fish
27 Special Halushki	28 Pork Chops			

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

SPECIALS \$4.00, ORDER 7 DAYS IN ADVANCE.

Menu is subject to change.