



Middletown Senior Center

Winter Season: January - February 2021

Croydon Hall
900 Leonardville Road
Leonardo, NJ 07737
Phone: 732-615-2265
[www.middletownnj.org /seniors](http://www.middletownnj.org/seniors)

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



2021 Township Committee

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Janet E. Dellett
Recreation Director

Kourtney Davis
Senior Center Supervisor

WINTER Seasonal Surprises

AN ACTIVITY BAG FOR
MIDDLETOWN SENIORS
FULL OF
OLD FASHIONED FUN

[WWW.MIDDLETOWNNJ.ORG/SIGNUP](http://www.middletownnj.org/signup)
OR CALL 732-615-2265 FOR
REGISTRATION ASSISTANCE



Middletown Senior Center is preparing a **Winter Seasonal Surprise Bag** for resident members that belong to the Center. These activity bags are filled with fun surprises for the Winter season for the months of January-March, 2021.

We began virtual programming and distribution of seasonal bags over the summer and it was met with great success and loved the opportunity to connect with our members. We had hoped to be open for small in-person events this Fall, but to no avail, as the Center has remained closed for in-person activities. We have enjoyed seeing new faces and the new members joining our Center online and taking advantage of our virtual programming. While we know that this is not optimum for all we really appreciate all that have pivoted to this new platform!

The Winter Seasonal bags will feature pocket Kleenex, a facemask, hand sanitizer, mask lanyard, a 14-month doodle planner, an exercise band and Sudoku. We will be offering for our crafters a separate bag to do on those cold weather days when you are tucked inside. Both bags are offered on a first-come-first-served basis to a limited number of participants. These bags are available to registered members that are Middletown residents and have been funded through the Cares Act Grant from the Monmouth County Office On Aging, to support older adults during the COVID-19 emergency.

In addition to the bags, each week registered participants will receive an email with the weekly programming options and links to access the daily events through WebEx. Events include a weekly book club with Middletown Public Library, art lessons, bingo and trivia events to win prizes, craft tutorials, and fun fitness workouts. Each event that you participate in online will earn you a raffle ticket for a chance to win a prize at the end of the season. So the more you participate the more you have the chance to win!

Please call 732-615-2265 to register or go online to www.middletownnj.org/signup. After registering, you will receive an email when your bag is ready to be picked up. Once notified, you may pick up your bag between 9 - 3pm Monday – Friday, or call the Center at 732-615-2265 and a staff member will bring it out to your vehicle. If you do not have transportation of picking up bag please call staff for arrangements.



Mondays

11:00am Weekly Book Club

Join Sue Hutton and Katie from Middletown Public Library to discuss the current selection. This casual group meets once a week. If you are interested in participating please email shutton@middletownnj.org. You may attend online through WebEx or call in by phone (1-408-418-9388).

Tuesdays

10:15am Balance Class with Megan Callus

Please join Megan Callus for her beloved Balance Class! Megan is returning to us after last season and after rave reviews from our seniors on how they benefitted from Megan's class. Megan has numerous certifications in Functional Aging and General Fitness.

2:00pm Game Time - NEW

Each week will be a different online game ranging from Fish Bowl (Taboo, Charades), Scene It, to Jeopardy . Join us while we find additional ways to have virtual fun. The game that will be played each week will be sent in weekly email.

Wednesdays

9:15am Gentle Strength with Brenda Christian

Brenda is a retired Physician's Assistant and local senior center legend. She teaches at many centers throughout the area. Brenda class uses light weights and this class can be done seated and provides a head to toe workout .

11:00am Mixed Media Art with Tresse

Our group of senior center artists have enjoyed working on a variety of mediums and will continue to develop their painting and sketching skills. In January participants will be working with oil pastels each week creating a work of art (see opposite page for projects!). February - March members will continue with watercolor painting and sketching. Each week participants receive the design they will be working on with the weekly email. If interested in participating please call the center to register to receive art supplies.

Thursdays

10:00am Yoga with Amy

Join Amy for this 45 minute chair yoga class. Use the time to help center yourself and increase your flexibility.

2:00pm Bingo or Trivia—NEW TIME

Each week we alternate games. If you need a bingo board to play please call the center! We appreciate the generosity of Middletown Local PBA 124 for donating gift cards for prizes.

Access ALL virtual events by going to www.webex.com

Meeting #: 173 986 4618
Password: seniorcenter
Call-in by phone (1-408-418-9388)

Fridays

9:30am Strength Training with Kourtney

This workout goes from to toe to increase your strength!



Grab and Go Lunches from Interfaith Neighbors

Mary and Tiffany have been open and working hard taking care of homebound seniors and congregate clients by delivering meals to local seniors that are a part of the Meals On Wheels Program. Drive thru and enjoy a complimentary lunch and say "Hi "to the girls!

If you would like information or to volunteer for Meals On Wheels you can reach the Nutrition Center at 732-291-0999.

Grab and Go lunches are Free to the first 50 participants. Must pre-register at least a week in

Call 732-615-2265 to reserve your free lunch or register on Community Pass at www.middletownnj.org/signup.

Drive-Through Pickup 11:15am - 12:30pm at Middletown Senior Center



Friday, January 15th (Must order by 1/7/20 @ 11:00am)

Halushki - Kielbasa, cabbage, and buttered noodles with sautéed garlic and a dash of Mary's love to make it extra special! Beverage, condiments, and dessert.



Friday, February 12th (Must order by 2/5 @ 11:00am)

Valentine's Day Lunch - Chicken parmesan, pasta and Caesar salad, includes condiments, beverage, and dessert.



Wednesday, March 17th (Must order by 3/10 @ 11:00am)

St. Patrick's Day Lunch - Corned Beef and Cabbage, condiments, beverage and dessert.

COMING SOON

Paint & Sip Classes

We will be offering a once a month two hour painting class. Time to be determined but save the date.

Supplies will be included with registration for this free fun event but number of participants limited.

Friday, January 22nd

Friday, February 26th

Friday, March 26th

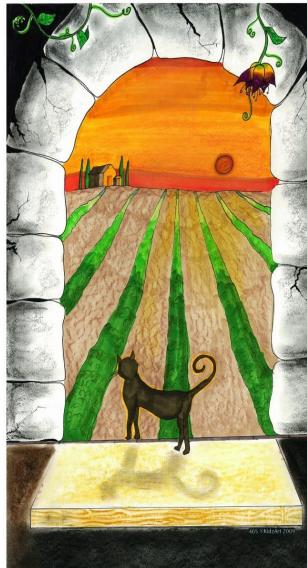
Tech Talks

A once a month talk on something topical such as "How to Keep Yourself Safe Online" Suggestions welcomed...

Wellness Initiative for Senior Education (WJSE)

A six week series on empowering adults to make positive, healthy choices from Family and Children's Services, starting **Wednesday, January 13th**.

Art with Tresse: Exploring Oil Pastels



January 6th and 13th - Red Panda with Bamboo

January 20th - Tuscan Sunset

January 27th - O'Keefe Flower

Tickets, please....Who doesn't love the chance to win a prize!?! Three easy ways to win gift cards!



enter
to
win



1 Attend an Online Event

Every time you log and attend an online event, your name will be added to a ticket for the raffle drawing.



2 Comment

Make a comment on a fitness post through our Facebook group page @Middletown Senior Center and each time you will get a ticket!



3 Submit a Photo

Submit a photo via email and you will receive a raffle ticket for participation to win a gift card!

Monthly Photo Challenges

January (Submit by January 31st)

New Year, new You—have you made a new years resolution or changed your hairstyle! Send us a picture or email about what your new years resolution is. Did you organize an area of your home send us a before and after!

February (Submit by February 28th)

What do you love or cherish the most? Send us a picture of your favorite thing or email of what your great love is.

March (Submit by March 31st)

Send us a picture of you deck out in all your St. Patrick's Day green.

March is the start of spring, send us a picture of the first signs of spring that you are enjoying.

Submit All Entries To: kDavis@middletownnj.org



State Health Insurance Plan (SHIP)

If you have a question regarding the state health insurance plan, please call Family and Children's Services at 732-222-9111 for your Medicare concerns.

South Jersey Legal Services, Inc.

If you require legal assistance, such as making a Last Will and Testament, you can contact South Jersey Legal Assistance at 1-800-496-4570.

One half-hour appointment for each senior 60+ with legal questions.

“Ready Go Bags”

Office on Aging and Monmouth County Sheriff's Office

These bags hold a list of emergency contacts, a place to note medical conditions, and a vital documents checklist, as well as a magnifier in case eyeglasses are left behind. Also included is information from FEMA that addresses preparations for seniors, the disabled, and pets for during and after a disaster.

If you have not previously registered for the bag please call 732-615-2265.

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 yearly membership fee of \$54.00.

Call 732-615-2265 or register online at www.middletownnj.org/signup

Annual Membership Renewal

Current members, please call the center to review membership information is up to date. Please make sure to include your email address.



Tax Preparation Info for 2021

Currently AARP will NOT be scheduling tax appointments at the Senior Center for the 2020 tax season due to COVID-19.

If this information changes we will send out an email so please make sure the Senior Center has your current email or information.

The IRS and AARP have free online software to prepare your return: <https://apps.irs.gov/app/freeFile/>
<https://signup.aarpfoundation.org/preparing-your-taxes-online-v2/>

COVID-19



RESOURCE CENTER

Middletown Emergency Alerts

Receive real time emergency alerts, closure information for public health and safety, traffic detours and severe weather. Text MiddletownNJ to 888-777 or visit www.middletownnj.org/nixle to register.

Middletown Social Services 732-615-2085

If you need assistance because you don't have access to food or you need assistance with groceries, please contact Social Services.

Middletown Helps Its Own 732-787-3604

Calico Cat Food Pantry 732-671-2304

The Cupboard offers clothing, baby equipment and household items, free of charge to individuals and families referred by county and municipal agencies, and shelter programs as well as area faith communities and private organizations. **The Cupboard always needs:** Clean, attractive and up to date clothing, curtains, drapes, sheets, blankets and towels; cookware and flatware; working small appliances and lamps; dishes and glassware. **No baby equipment or car seats please.** Instruction manuals for items are greatly appreciated.

The Pantry provides emergency food, personal care and cleaning products to those in need. **The Pantry always needs** non-perishable food items, and non-food items that cannot be purchased with Food Stamps: Infant/toddler diapers, toilet paper, deodorant, soap, shampoo, toothpaste, toothbrushes, laundry and dish detergent, all purpose cleaners and paper towels.

Open Wednesdays 9:30am-2:30pm (closed 12:00pm-1:00pm)

Monmouth County Office On Aging Resource Guide

732-431-7450 <http://www.monmouthresourcenet.org/search/coronavirus-covid-19-resources/>

The above website provides you with town by town information and assistance throughout the county. This information is updated continually.

National Emergency Hotline 1-866-3 HUNGRY

Emergency Food Assistance for your family. This hotline refers people in need anywhere in the U.S. to food pantries, soup kitchens, government programs, and model grassroots organizations.

Senior Planet www.seniorplanet.org

Senior Planet offers online classes and instruction to enhance your computer skills and offers resources to assist with online help for Covid-19.

You Tube www.youtube.com

If you are looking for fitness options while at home, check out what You Tube has to offer by searching “Senior Fitness” or “Silver Sneakers.”



Facebook www.facebook.com/middletownseniorcenter

Follow the Middletown Recreation Facebook page for information on the Senior Center and virtual events.

Friendship Line 1-800-971-0016

Volunteers are staffing this line if you are feeling lonely and looking for someone to talk to.



Middletown Senior Center 732-615-2265

Call the Center if you would like knitting supplies, or to borrow a puzzle we will happily put together a bag for you.

The Senior Center has two Grandpads to loan which use cellular service. The Grandpad is a user friendly tablet that allows you to play games, or go online to join us for a WebEx events (see below for its many features).

There is also a library book box near the entrance path of the center so you can take a book or give a book.

Call: keep in touch through voice or video calls without the need of Wi-Fi	Internet: browse the web safely through managed sites or with full access
Music: listen to streaming stations or search for your favorite songs	Help: connect with a specialist that's happy to answer all of your questions
Games: play over 15 fun and stimulating games developed specifically for seniors	Photos: view pictures and videos that are added by your contacts
Email: type messages or send hassle-free voice recorded messages to loved ones	Weather: see weather forecasts for your location and your contacts' locations
Camera: take photos or videos then share the memory with ease	Transportation: order a ride and get where you want to go (additional fees may apply)
Toolbox: use apps like Flashlight or Calculator to help your day-to-day life	Articles: read a variety of sources and topics of interest
Lookup: learn new words or concepts with our dictionary and encyclopedia	



Letter from the Senior Center Supervisor

Hello Members:

Happy New Year! I hope that you and your family had a blessed holiday season. It is my hope that this new year will bring about positive changes and that the world will go back to what we are used to, since 2020 proved to be beyond challenging for us all. I hope that you have been using time to your advantage to learn new computer skills or take up a new hobby.

One of the things that was difficult for us at the Center was not seeing our members and enjoying time spent with them in person. We are not used to a quiet center but one that is always busy with people coming and going for an exercise class, an art class, a speaking engagement or fun and games with friends. We hope that we will be open soon. We have heard how much all of you miss being able to come here to enjoy the social activities and friendships you have come to enjoy.

We began virtual programming and distribution of seasonal bags over the summer and it was met with great success and we were glad for the opportunity to connect with our members. We had hoped to be open for small in-person events this Fall, but to no avail; the Center has remained closed for in-person activities. We have enjoyed seeing new faces and the new members joining our center online and taking advantage of our virtual programming. While we know that this is not optimum for all, we really appreciate all that have pivoted to this new platform!

If you are having difficulty accessing our programs online please call the center and we will assist you as best as we can. We have been trying to connect with our large membership population through wellness calls and birthday calls. We want to make sure that we have up to date information on file, but please feel free to call us to review your membership information and provide an email address to receive weekly virtual event information. This is the best way to stay in touch with all the virtual happenings at the center.

I wish everyone a joyful, peaceful, healthy and COVID-free 2021!

Kourtney Davis
& Middletown Senior Center Staff