

MIDDLETOWN SENIOR CENTER

MARCH 2023



Croydon Hall
900 Leonardville Road
Leonardo, NJ 07737
Phone: 732-615-2265
www.middletownnj.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

March Happenings...

Wednesday March 8 Trivia & Prizes with All American Assisted Living 12:30 East Wing— limit 40 people

Tuesday March 14 Jag One Physical Therapy Presentation 11:00 am East Wing

Wednesday March 15 Beacon of Life hosts Karaoke & Lunch 12:00pm to 1:30 pm— Full. Wait list only.

Thursday March 16 “Right at Home” Diabetes Presentation 12:30 East Wing

Monday March 20 10:30 am to 11:30 am Lounge— Meet Roxxy the mini therapy horse!

Wednesday March 22 Craft with Arbor Terrace 12:30 East Wing

Friday March 24 at Middletown High School North Musical “Les Miserables” and Lunch 12:00—3:45— limit 75 people. Sign up starts March 1. Limit 14 people for transportation.

Wednesday March 29 Matchstick Cross Craft with Edit 1:00pm East Wing

Welcome New Members

Theresa Scherzinger

William McCullough

Jane Sullivan

Christine O’Shea

Donna Livingston

Gordon Livingston

Florence Hungrecker

Michael Fitzpatrick

Sabina Weglarz

Ann DiCapua

Annette Ricci

Leslie Warwick

Debbie Schneider

Donna Waters

Wai Lam

Ana Lam

Gloria Oretniug

Andrea Dubois

Joanne Kenny

Pam Fowler

Lauren Gulione

Janice Aslin

Jane Sullivan

Darlene Mallett

Susan Sikora

Barbara Moller

John Moller

Ishak Syed

Francis Johnson

Patricia Johnson

Jeanette Alexander

Carol Spratford

Ellen Isaksen

Maryann Popko

Sharon Roman

Lorraine Kephart

John Bertolotti

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** 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
- 10:15am** 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 March Daily Activities
Join us virtually by ZOOM for events - www.zoom.us
Exercise classes meeting #862 7928 0933/password: Senior23
Art class meeting# 982 188 6297/password: Seniorart

Mon	Tue	Wed	Thu	Fri
		1 9:00 Tap with Brenda 10:00 Gentle Strength 11:00 Art Class	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	8 9:00 Tap with Brenda 10:00 Gentle Strength 11:00 Art Class 12:30 Trivia	9 10:15 Chair Yoga 11:15 Book Club	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 11:00 Presentation	15 9:00 Tap with Brenda 10:00 Gentle Strength 11:00 Art Class 12:00 Karaoke & Lunch	16 10:15 Chair Yoga 11:15 Book Club 12::30 Diabetes Presentation	17 11:00 Bowling Hazlet 12:00 - 3:00 Rumikub
20 10:00 Zumba 10:30 Mini Horse visit 12:30 Move 2 Groove/ Chair Cardio	21 10:15 Chair Yoga	22 9:00 Tap with Brenda 10:00 Gentle Strength 11:00 Art Class 12:30 Craft	23 10:15 Chair Yoga 11:15 Book Club	24 11:00 Bowling Hazlet 12:00 - 3:00 Rumikub H.S. North Musical 12:00pm to 3:45 pm
27 9:00 VNA Nurse 10:00 Zumba 12:30 Move 2 Groove/ Chair Cardio	28 10:15 Chair Yoga	29 9:00 Tap with Brenda 10:00 Gentle Strength 11:00 Art Class 1:00 Craft	30 10:15 Chair Yoga 11:15 Book Club	31 11:00 Bowling Hazlet 12:00 - 3:00 Rumikub



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 March Calendar

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

Name: _____ Phone: _____

Mon	Tue	Wed	Thu	Fri
		1 Center ____	2 Center ____	3
6 Shoprite	7 Center ____	8 No Transportation Available Today	9 Center ____	10
13 Walmart Neptune	14 Center ____ Presentation	15 Center ____ Karaoke	16 Center ____ Presentation *St Patrick's Luncheon in Nutrition*	17
20 Center ____ Mini Therapy Horse visit	21 Center ____	22 Center ____ Craft	23 Center ____	24 H.S. North Musical
27 Walmart Neptune	28 Center ____	29 Center ____ Craft	30 Center ____	31

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 Meatloaf Dinner	2 Special Broccoli & Chicken Alfredo	3 Fish
6 Salisbury Steak	7 Tuna Salad	8 Roast Turkey	9 BBQ Spare Ribs	10 Grilled Cheese & Tomato Soup
13 Roast Turkey	14 Swedish Meatballs	15 Lasagna	16 Special St. Patrick's Luncheon Shepard's pie	17 Egg Salad
20 Tuna Salad	21 Spinach Omelet	22 Special Italian Hot Dog	23 Pork Chops	24 Fish Dinner
27 Meatloaf	28 Meatball Sub	29 Ham & Cheese	30 Lasagna	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.