

# MIDDLETOWN SENIOR CENTER

APRIL 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

## April Happenings...

**Tuesday April 4 10:00am to 11:00am Nutrition Room.** Meet & Greet Roundtable Q&A with Mayor Tony Perry and Township representatives.

**Wednesday April 5 Birds Nest Craft with Pretzels 12:30 pm East Wing**

**Thursday April 6 Candy Bingo with the Girl Scouts 1:00 pm East Wing– Limit 30 people (sign up with a staff member)**

**Tuesday April 11 Trivia & Prizes with All American Assisted Living 12:30 pm East Wing– limit 40 people (sign up with a staff member)**

**Wednesday April 12 Presentation on Parkinsons by Therafit Rehab 1:00pm East Wing**

**Tuesday April 18 Bingo hosted by Laurel Bay 1:00p East Wing**

**Wednesday April 19 Stress Awareness Presentation by Excelsior Care 1:00pm East Wing**

**Thursday April 20 Mayor's Wellness Campaign Advanced Directives with games and light refreshments 12:30pm East Wing Sign up with a staff member**

**Tuesday April 25 12:00pm to 2:00pm Coldwell Banker Gives Bank to the Community Party East Wing entertainment by Terrific Ted Limit 70 people (sign up with a staff member. ) Signup starts on April 1**

**\*Note April 26, 27 and 28th classes are canceled in the East Wing due to recreation conference that will be occupying it.**

## Welcome New Members

Shirley Carlock  
Teresa Pataffi  
Joseph Pataffi  
Jim Gillick  
Lorraine Roy  
Cathy DiBlasi  
Jacqueline Scalzo  
Elena Vaccarino  
Jeannette Shaughnessy

Pickleball lessons will be at Tindall Park Tuesday and Thursdays 10am to 12pm . April is full. Call for May sign ups.

# 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!  
 11:15 am **Move to the Groove\* (East Wing) New Time!**  
 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

- 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](mailto: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. Our staff is very miniscule.**

**Middletown Senior Center April Daily Activities**  
**Join us virtually by ZOOM for events - [www.zoom.us](http://www.zoom.us)**  
**Exercise classes meeting #862 7928 0933 /password: Senior23**  
**Art class meeting# 850 9108 9418 /password: Seniorart**

<b>Mon</b>	<b>Tue</b>	<b>Wed</b>	<b>Thu</b>	<b>Fri</b>
<b>3</b> 10:00 Zumba  11:15 Move 2 Groove/ Chair Cardio <i>(New Time)</i>	<b>4</b> 10:15 Chair Yoga  10:00 Roundtable Q&A w/ Mayor	<b>5</b> 9:00 Tap with Brenda  10:00 Gentle Strength  11:00 Art Class  12:30 Craft	<b>6</b> 10:15 Chair Yoga  11:15 Book Club  1:00 Candy Bingo	<b>7</b> Closed
<b>10</b> 10:00 Zumba  11:15 Move 2 Groove/ Chair Cardio <i>(New Time)</i>	<b>11</b> 10:15 Chair Yoga  12:30 Trivia	<b>12</b> 9:00 Tap with Brenda  10:00 Gentle Strength  11:00 Art Class  1:00 Parkinson's Presentation	<b>13</b> 10:15 Chair Yoga  11:15 Book Club	<b>14</b> 11:00 Bowling Hazlet  12:00 - 3:00 Rumikub
<b>17</b> 10:00 Zumba  11:15 Move 2 Groove/ Chair Cardio <i>(New Time)</i>	<b>18</b> 10:15 Chair Yoga  12:30 Bingo with Laurel Bay	<b>19</b> 9:00 Tap with Brenda  10:00 Gentle Strength  11:00 Art Class  1:00 Stress Awareness Presentaton	<b>20</b> 10:15 Chair Yoga  11:15 Book Club  12:30 Mayor's Wellness Program	<b>21</b> 11:00 Bowling Hazlet  12:00 - 3:00 Rumikub
<b>24</b> 10:00 Zumba  11:15 Move 2 Groove/ Chair Cardio <i>(New Time)</i>	<b>25</b> 9-12 VNA Nurse  12:00 Coldwell Banker Community Lunch & Entertainment	<b>26</b> <b>East Wing is occupied today            for recreation conference.            Senior center classes are            cancelled today.</b>	<b>27</b> <b>East Wing is occupied            today for recreation            conference.            Senior center classes are            cancelled today.</b>	<b>28</b> <b>East Wing is occupied            today for recreation            conference.            Senior center classes are            cancelled today.</b>



## 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 April Calendar

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

Name: \_\_\_\_\_ Phone: \_\_\_\_\_

Mon	Tue	Wed	Thu	Fri
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3 Center____ Or Shoprite	4 Center	5 Center____ Craft	6 Center____ Bingo	No Transportation Due to driver shortage
10 Center ____ Or Stop & Shop	11 Center____ Trivia	12 Center____ Presentation	13 Center____	No Transportation Due to driver shortage
17 Center ____ Or Dollar Tree	18 Center ____ Bingo	19 Center ____ Presentation	20 Center ____ Presentation	No Transportation Due to driver shortage
24 Center____ Or Lidl	25 Center____ Luncheon & Entertainment	26 Center____	27 Center____	No Transportation Due to driver shortage

**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
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3 Spinach Omelet	4 <i>Easter Luncheon Special</i>	5 Meatloaf Dinner	6 Kitchen Closed	7 Closed
10 Grilled Cheese & Soup	11 Roast Turkey	12 <i>BLT Sandwich Special</i>	13 Meatloaf Dinner	14 Tuna Salad
17 Grilled Chicken	18 Swedish Meatballs	19 Lasagna	20 <i>Halushki Special</i>	21 Egg Salad
24 Tuna Salad	25 <i>Chili Special</i>	26 Cheese Omelet	27 Pork Chops	28 Fish

**Daily Lunch \$3.00 donation, order 24 hours in advance.  
SPECIALS \$4.00, ORDER 7 DAYS IN ADVANCE.  
Menu is subject to change.**