



Metuchen Senior Center
15 Center Street
seniorcenter@metuchen.com
732-632-8524/8502

July Newsletter

We have started our summer hours, the center will be open 9—3:30 Mon—Thursday, 9—1:00 on Fridays.

Should any calendar or schedule changes happen, we put out notifications as soon as that decision is made. We will send out an email and put a notification on the Senior Center Facebook page,

Various information points—in addition to the Newsletter, we post on the Senior Center page of the Borough website, Facebook page for Senior Center, regular emails, and the info board & white board in the Center lobby. Please check them all on a regular basis.

Center Hours:
Monday-Thursday
9am-3:30pm

Fridays 9:00 –1:00

Bus Shuttle Hours:

Monday-Thursday
9am-2:30pm

Friday 9:00– 1:00

Daily Classes:

- Monday—Ceramics & Strength/Balance
- Tuesday – Zumba
- Wednesday—Walk With Wendi & Line Dancing
- Thursday—Art & Strength/Balance
- Friday—Chair



WELCOME TO WENDI'S WORLD-

WENDI RICHARDS, PROGRAM



WEDNESDAY WALKS WITH WENDI

Wendi leads the crew in a weekly walk, everyone walks at their own pace and distance. The walk is out and back so everyone may go as far as they are comfortable and return with the group as Wendi loops back the way she went out.

This is a great form of exercise in a group that socializes as they stroll.

Group leaves The Center at 9am every Wednesday and returns by 10am.

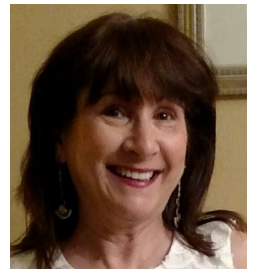
Walk with a friend, or make some friends on the walk.

The heat is on, it has definitely warmed up and the high temperatures are showing it. The trip to Hunterdon Hills to see Patsy Cline is almost here. We are still collecting names and checks for the Boat cruise luncheon. I am scheduling a trip this month to the Avenel Flea market look for the sign up sheet on the white board. Will most likely run another trip to the outlets as well.



Getting to know Council woman Dorothy Giamboi:

Dorothy Giamboi has been a resident of Metuchen for over thirty years. A now-retired medical technologist in the Hematology Lab at JFK Medical Center, she raised two sons (and a few shih tzus) in the borough, and quickly became an active member of the Metuchen community. In 2008 she was appointed to the Shade Tree Commission, which led to an offer to run for borough council in 2010. Since 2011, Dorothy has served on the Borough Council, and has served as the Council's liaison to the Metuchen Chamber of Commerce, the Development Commission, Municipal Alliance/ Youth Services Board, and currently as a liaison to the Shade Tree Commission, the Environmental Commission, and the Senior Citizen Commission. Since 2013, she has served as Chairwoman of the Peter Barnes Wildlife Preserve Commission, collaborating with Edison and South Plainfield to maintain and improve the preserve. Dorothy has spearheaded numerous environmental initiatives, including a Memorial Tree program that encourages residents to plant trees in memory of loved ones or to mark other significant life events, and has helped to secure numerous grants for environmental causes, including \$25,000 to provide composters to interested residents, as well as grants from Sustainable Jersey and the National Park Service. She married Alex Giamboi, in 20supportivespouse, in 2023.



JULY EVENTS

- Every Wednesday—Wednesday Walk With Wendi
- July 2 —Dr Patel Chronic Pain Education
- July 4—closed in observance of Independence Day
- July 11—Avenel Flea Market
- July 17—Exercise with Brighton Gardens 10am
- July 28 —Health Screening with NADI/Rutgers Health



BUS SHUTTLE SERVICE

The Center has two drivers—Tom & Stephanie—which allows us to provide shuttle transportation Monday-Friday, from 9am to 3pm.

Rides are provided to and from The Center, from residents homes to Metuchen stores, medical facilities, or other locations within the Boro.

A regular shopping center schedule also exists to take members to stores located in surrounding towns, and occasionally we do special trips to locations outside of Metuchen.

Members must contact Wendi, or Rick, to arrange for the transportation ahead of time.

Our shuttle has a wheelchair lift and is accessible for all. The service is curb to curb, our drivers are not permitted to assist members out of their residences or lift anyone in or out of the bus.

Simplicity Calendar App

Simplicity Mobile app is a central location to see activities and events within the Borough. Many Borough organizations are included on the app so once you have it downloaded you can view what's going on all around town. Examples are the Borough, Senior Center, Recreation, School District, Fire/Police/EMS, Downtown Alliance, Library. Etc.

Download Simplicity Mobile App on your smartphone

Connect with the community you live in via Simplicity Mobile App. Discover all local updates, announcements and upcoming events.



You must download the app to your smartphone and set up your account. When setting up the account put in 'Metuchen' for location and all the groups located in Metuchen using the app will then be listed (Borough, Senior Center, Recreation, Police, School District, Library, etc.).

Scan the QR Code



Facebook: MetuchenSeniorCenter

Web: www.metuchennj.org/metnj/DEPARTMENTS/Senior%20Center/

Email: seniorcenter@metuchen.com Phone: 732-632-8524/8502

JULY 2024

Monday	Tuesday	Wednesday	Thursday	Friday
1	2	3	4	5
9:00 Ceramics 9:45 Strength/Balance 10:00 Bridge 10:00 Crazy 8's 10:00 Shoprite	10:15 Bingo 11:00 Zumba 11:30 7's 12:00 Crochet 12:00 Chronic pain	9:00 Wendi Walk 10:00 7's 10:00 Mahjong 11:00 Walmart 12:30 Line Dance		10:00 Rummikub 10:00 Wegmans 11:00 Chair
8	9	10	11	12
9:00 Ceramics 9:45 Strength/Balance 10:00 Bridge 10:00 Crazy 8's 10:00 Shoprite	10:15 Bingo 11:00 Zumba 11:30 7's 12:00 Crochet	9:00 Wendi Walk 10:00 7's 10:00 Mahjong 10:00 Sunrise Exercise 11:00 Walmart 12:30 Line Dance	10:00 Cards 10:00 Avenel Flea Market 10:30 Art 12:30 Strength/Balance	10:00 Rummikub 10:00 Stop & shop 11:00 Chair
15	16	17	18	19
9:00 Ceramics 9:45 Strength/Balance 10:00 Bridge 10:00 Crazy 8's	10:15 Bingo 11:00 Zumba 11:30 7's 12:00 Movie	9:00 Wendi Walk 10:00 7's 10:00 Mahjong 11:00 Woodbridge 12:30 Line Dance	10:00 Cards 10:30 Art 11:00 Tano Mall 12:30 Strength/Balance	10:00 Rummikub 10:00 ALDI 11:00 Chair
22	23	24	25	26
9:00 Ceramics 9:45 Strength/Balance 10:00 Bridge 10:00 Crazy 8's 10:00 Shoprite	10:15 Bingo 11:00 Zumba 11:30 7's	9:00 Wendi Walk 10:00 7's 10:00 Mahjong PATSY CLINE TRIP 12:30 Line Dance	10:00 Cards 10:30 Art 11:00 Tano Mall 12:30 Strength/Balance	10:00 Rummikub 10:00 Target 11:00 Chair
29	30	31		
9:00 Ceramics 9:45 Strength/Balance 10:00 Bridge 10:00 Crazy 8's 10:00 Shoprite 11:00—1:00 NADI Health Screening	10:15 Bingo 11:00 Zumba 11:30 7's	9:00 Wendi Walk 10:00 7's 10:00 Mahjong 11:00 Walmart 12:30 Line Dance		