

South River Office on Aging
Human Services Building
55 Reid Street
South River, NJ 08882

March 2025
Volume 4, Issue 3
(732) 257-2340

The Senior Scoop

MONDAY FUNDAY

This month, we're introducing Monday Funday, weekly socials and activities that turn the worst day of the week into the best excuse to have fun! Say goodbye to the Monday Blues and hello to spontaneous adventures. Every Monday we're mixing it up—think group games, themed mocktails, secret speakeasies, karaoke battles, trivia throwdowns, and even the occasional “just because” dance party. No more dreading Mondays—we're turning it into the day you'll look forward to all week. Come for the good times and stay for the friendships. Here's the March lineup:

Chefs for Seniors Cooking Demonstration & Tasting: Unique and interactive food service that delivers a trained (and background-checked) personal chef to your home with fresh ingredients tailored to your dietary needs for meal prep (and cleanup). When: Monday, March 3rd at 1pm; *sign-up begins Tuesday, February 25th.*

Latin Dance Workout: Moderate-intensity workout that mixes cardio with upbeat Latin dance moves. When: Monday, March 10th at 1:30pm (\$1 recommended contribution); *advanced sign-up not required.*

Sips & Dips Social Hour: When: Monday, March 17th at 1pm (\$3 pre-paid); *sign-up begins Monday, March 3rd.*

MINGO: DJ Iron Mike is in the house for Music Bingo. When: Monday, March 24th at 1pm; *sign-up begins Monday, March 3rd.*

Tai Chi: Low-intensity practice that focuses on slow, controlled movements that emphasize balance and coordination. When: Monday, March 31st at 1:30pm (\$1 recommended contribution); *advanced sign-up not required.*

OFFICE CLOSURE

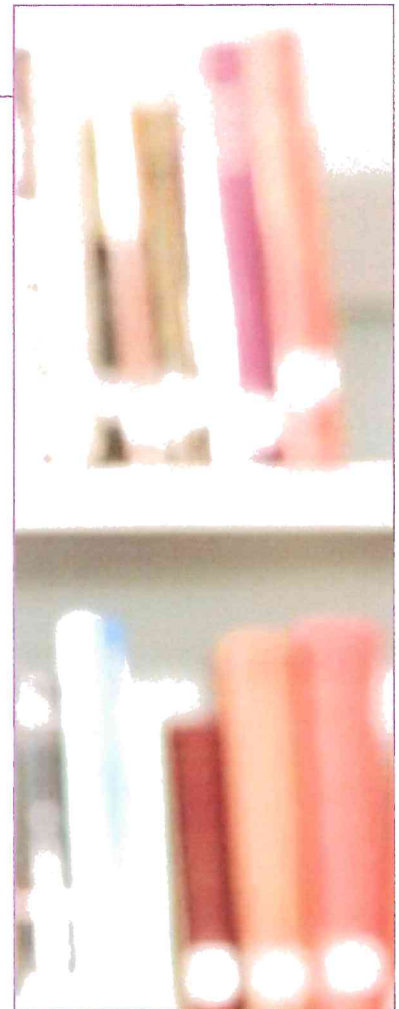
The Office on Aging will be closed on Friday, March 7th for off-site staff training. We apologize for the inconvenience.

DAYLIGHT SAVING TIME

Daylight Saving Time begins on Sunday, March 10th—don't forget to “Spring Forward” and set your clocks ahead one hour before going to sleep the night before.

MEMBER DATABASE UPDATE

In an effort to keep our member database up to date, we require all existing Office on Aging members complete a new Membership Application, and for those who use the gym or participate in Physical Activity classes, a new Exercise Waiver. **This applies to all members who joined the Office on Aging prior to January 2025.** Please stop in at your convenience before March 28th—the process is quick and easy—and it's an integral part of our operation. We appreciate your cooperation!



You need to let the
little things that would
ordinarily bore you
suddenly thrill you.

– Andy Warhol



NEW JERSEY PROPERTY TAX RELIEF PROGRAMS (TAX YEAR 2024)

New Jersey residents age 65+ and those collecting Social Security Disability benefits will have a new method for filing for tax year 2024 property tax relief programs.

Beginning in March, the Division of Taxation will begin mailing a single combined application called **PAS-1, State of New Jersey Application for Property Tax Relief for Seniors and Social Security Disability Recipients**. This new, streamlined application incorporates the three major tax relief programs available to seniors and disabled individuals: Senior Freeze/Property Tax Reimbursement (PTR), Affordable New Jersey Communities for Homeowners and Renters (ANCHOR), and Stay NJ; this eliminates the need to file separate applications to receive benefits from each program. **Please note that availability of NJ property tax relief programs is subject to State Budget appropriations.**

While each program has different eligibility requirements, residents may qualify for some property tax relief if:

- They were a New Jersey resident during 2024; and
- They owned or rented and occupied a home in New Jersey that was their principal residence on October 1, 2024; and
- They met certain income guidelines.

Additional information regarding eligibility requirements is available at propertytaxrelief.nj.gov

Senior Freeze Recipients: Not only does the application look different, but the income standards have also changed. Also, there is no longer a need to calculate the property Tax Reimbursement amount—upon submission of the completed PAS-1 application, the Division of Taxation will determine the amount of the property tax relief benefit available for each program. Verification of property taxes paid is no longer required for Senior Freeze/PTR.

ANCHOR Homeowner and Renter Recipients: Applicants are no longer required to provide an identification number and PIN on PAS-1 application to file for benefits.

When to File: Tax Year 2024 applications must be filed by October 31, 2025. All paper applications postmarked on or before the deadline are considered filed on time. Online applications must be submitted by 11:59pm on October 31, 2025.

How to File: It is recommended (but not required) that eligible residents file the combined application online at propertytaxrelief.nj.gov

Residents must first confirm their identity using ID.me to use the online system. If an individual cannot verify their identity through ID.me, they must complete a paper PAS-1 application.

Property Tax relief payments will begin as follows: Senior Freeze/PTR payments will begin in July 2025 and continue on a rolling basis; ANCHOR payments will begin in September 2025 and continue on a rolling basis; and STAY NJ payments will be scheduled quarterly, beginning in February 2026.

The Office on Aging will be welcoming the Division of Taxation on Thursday, May 8th at 11am for a presentation about the new combined state tax relief program. Please mark your calendars.

SIGN-UP 101

Generally, sign-up for the month begins on the first business day of the calendar month, unless otherwise indicated. Sign-up for activities, events or trips scheduled during the first week of that month are accepted the last week of the month prior.

Some programming requires advanced sign-up and payment; information including date and cost are specified in the body of the newsletter, so please be sure to read it in its entirety.

Members who commit to a ride, activity, or event and find themselves unable to participate should notify the office as soon as possible and before the close of business the day prior (leave a voicemail message if it's outside of normal business hours). Habitual no-shows may result in modified sign-up procedures, and refunds for pre-paid activities, events, and trips will not be issued.

Members may sign up for themselves and one other member.

Still unsure? We're happy to explain further.





DOWNSIZING & DECLUTTERING WORKSHOP

**With Ana Catarrivas, Professional Organizer
KonMari Method**

Being overwhelmed by our belongings isn't uncommon. The weight of our clutter is often heavier than the struggle to let it go. But... Picture a house (your house) full only of things that spark joy. Perhaps the life you've always wanted is buried under everything you own.

Declutter your home. Start living your life.

Thursday, March 27th @ 11am

Human Services Building

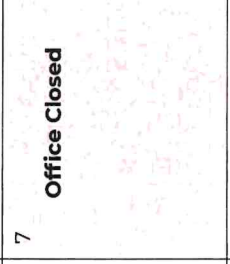
55 Reid Street

RSVP REQUIRED

Call (732) 257-2340



March 2025

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Office on Aging Hours of Operation Monday-Friday 9:30am-3pm (732) 257-2340						1
2	3 1pm Chefs for Seniors Cooking Demo RSVP required 	4 9am-2pm Around Town Shuttle & Medical Transport	5 11am Lunch @ The Shrimp Box Point Pleasant cash only	6 10am ShopRite	7 Office Closed 	8
9 2am Daylight Saving Time Begins set clocks ahead 1 hr	10 1:30pm Latin Dance Workout \$1 	11 9am-2pm Around Town Shuttle & Medical Transport	12 	13 10am ShopRite	14 9am Mystery Trip \$8 pre-paid + Cheap Eats	15
16	17 1pm Sips & Dips Social Hour \$3 pre-paid 	18 9am-2pm Around Town Shuttle & Medical Transport	19 10am Dollar Tree TJ Maxx/Kohl's Home Goods Stop & Shop/Aldi Brunswick Sq. Mall	20 10am ShopRite	21 	22
23	24 1pm MINGO \$3 pre-paid 	25 9am-2pm Around Town Shuttle & Medical Transport	26 9am Resorts Casino Atlantic City	27 10am ShopRite 11am Downsizing & Decluttering Workshop RSVP required	28 	29
30	31 1:30pm Tai Chi \$1 			Tuesdays 10am Gentle Yoga Classes w/ Steff \$1 recommended contribution	Wednesdays 10am-12pm Haircuts by Mike the Barber \$8	Thursdays 10am Cardio Fitness Classes w/ Sharon \$1 recommended contribution