

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

May 2025
Volume 4, Issue 5
(732) 257-2340

The Senior Scoop

OFFICE CLOSURE

The Office on Aging will be closing early at 12:30pm on Friday, May 23rd and will be closed on Monday, May 26th in observance of Memorial Day.

OLDER AMERICANS MONTH

This month, we're celebrating Older Americans Month and this year's theme, "Flip the Script on Aging," by focusing on transforming how society perceives aging. It's time to challenge outdated stereotypes and recognize older adults as dynamic, diverse, and full of potential. Every day, older Americans are proving that age is just a number, not a limitation. Celebrating Older Americans Month helps shift the narrative that growing older isn't about fading away, it's about continuing to thrive and live with purpose. As we reaffirm our commitment to serving the borough's aging community, we invite our members to explore the opportunities for remaining physically active and socially engaged throughout the month with us.

MONDAY FUNDAY

May's Monday Funday lineup is short and sweet:

Happy Hour @ Sophia's Taqueria: Celebrate Cinco de Mayo with a fiesta of flavors! *When: Monday, May 5th at 2pm (pay what you consume; cash only); sign-up begins Thursday, May 1st.*

Latin Dance Workout: Moderate-intensity workout that mixes cardio with upbeat Latin dance moves. *When: Monday, May 12th at 1:30pm (\$1 recommended contribution); advanced sign-up not required.*

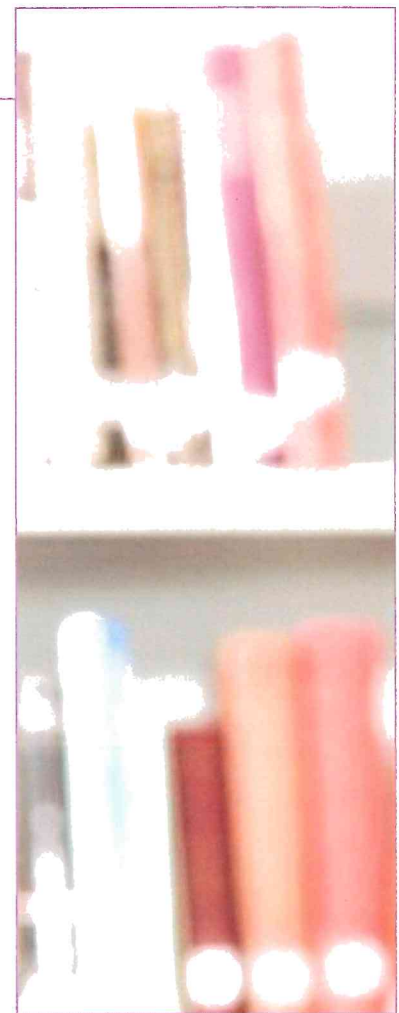
Tai Chi: Low-intensity practice that focuses on slow, controlled movements that emphasize balance and coordination. *When: Monday, May 19th at 1:30pm (\$1 recommended contribution); advanced sign-up not required.*

STAY NJ PROPERTY TAX RELIEF PROGRAM PRESENTATION

As you've already heard, the State of New Jersey's tax relief program application process for senior citizens and Social Security Disability recipients is changing this year. Members are encouraged to join us at the Human Services Building for a presentation about the new Stay NJ program, given by the NJ Division of Taxation on Thursday, May 8th at 11am. **RSVP is required by May 6th;** transportation is available and must be arranged at the time of RSVP. Call us to schedule.

FREE CHAIR MASSAGES

Core Spine and Wellness in East Brunswick will be at the Human Services Building on Tuesday, May 20th offering free chair massages by appointment between 11am-12pm. Sign-up begins Thursday, May 1st.



*A hero is someone
who understands the
responsibility that comes
with his freedom.*
- Bob Dylan



MIDDLESEX COUNTY 90+ BIRTHDAY CELEBRATION & LUNCHEON

Residents of South River in their 90s are invited with a guest to celebrate their milestone at Middlesex County's annual 90+ Birthday Celebration and Luncheon, hosted by the Old Bridge Senior Center on Friday, May 23rd at 10am.

RSVP is required by May 16th. Transportation is available for members and their guests. Call us to register.

MEMORIAL DAY PARADE

The Borough of South River's Cultural Arts and Heritage Commission is holding their annual Memorial Day Parade on Monday, May 26th at 1pm. The parade route begins at Main Street and Hillside Avenue, turns right on Jackson Street, left on Ferry Street, left on Main Street, and ends at the War Memorial Building. All are welcome to come out to honor those who made the ultimate sacrifice for our country.

RECYCLING CHANGE COMING SOON

The Middlesex County Improvement Authority has awarded Interstate Waste Services (IWS) a new curbside recycling contract that includes Automatic Side Load (ASL) service. In the near future, IWS will deliver one 95-gallon container to all South River residential addresses. Until this occurs and a start date is officially announced, residents should continue to use their existing blue recycling containers.

UPCOMING TRIPS & EVENTS

Over the Hill Bingo: Not your typical bingo game—we're celebrating the joys of getting older and bolder with zero shame and maximum sass. Whether you're in it for the prizes or for the snacks, there's big laughs to be had you know you'll regret it if you don't! *When: Monday, June 2nd at 1pm; RSVP required; sign-up begins Thursday, May 1st.*

Family & Friends CPR Course: Emergencies happen. They strike at times and in places we least expect them. Learn how to respond quickly and effectively through hands-on exercises and simulations. Training is provided by Saving a Life Teaching LLC and includes adult/child/infant CPR, use of an Automated External Defibrillator (AED), and relieving an airway obstruction. There is no testing involved; this is not a certification program. *When: Thursday, June 5th at 11am. \$20 pre-paid; sign-up begins Thursday, May 1st.*

9 to 5 The Musical @ Surflight Theatre: Punch in for this laugh-out-loud comedy, inspired by the hit movie and featuring music and lyrics by Dolly Parton. Set in the late 70s, three female coworkers concoct a hilarious plan to take on the system, the grind, and their sexist, egotistical, lying, hypocritical bigot boss, proving it's never too late to take charge. *When: Wednesday, June 18th at 9:30am; \$35 pre-paid + lunch (cash only); sign-up begins Thursday, May 1st.*

NJ Motor Vehicle Commission Mobile Unit: The New Jersey Motor Vehicle Commission's Mobile Unit will be at the Human Services Building to facilitate Real IDs (non-renewal), Registration renewals, Non-Driver IDs, Replacement Titles/Registrations. Only a few appointment time slots remain available; Office on Aging members may schedule on a first come, first served basis. *When: Wednesday, June 25th; by appointment; call to inquire about availability.*

Residential Paper Shred Event: Residents are invited to safely dispose of old, unwanted personal documents at the Borough's annual event at the Department of Public Works, located at 9 Ivan Way. Limit: 5 file boxes or 100 lbs. per car. Please note that newspapers, magazines, books, junk mail, X-rays, CDs, photos and garbage will not be accepted. Paper must be contained in manageable receptacles (no plastic bags). *When: Saturday, June 28th from 9am-12pm.*

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 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 at minimum, 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.

Members will be picked up at their residences and dropped off at their residences.

Still unsure? We're happy to explain further.



May 2025

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Office on Aging Hours of Operation Monday-Friday 9:30am-3pm (732) 257-2340	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	1 10am ShopRite	2 11:30am Kentucky Derby Party \$8 pre-paid waitlist available	3
4	5 2pm Happy Hour @ Sofia's Taqueria Old Bridge cash only 	6 9am-2pm Around Town Shuttle & Medical Transport	7 1pm Victorian Tea @ Mathis House Toms River \$60 pre-paid waitlist available	8 9:30am ShopRite 11am NJ Tax Relief Program Presentation RSVP required	9	10
11 	12 1:30pm Latin Dance Workout \$1 	13 9am-2pm Around Town Shuttle & Medical Transport	14 10am Dollar Tree TJ Maxx/Kohl's Home Goods Stop & Shop/Aldi Brunswick Sq. Mall	15 10am ShopRite	16	17
18	19 1:30pm Tai Chi \$1 	20 9am-2pm Around Town Shuttle & Medical Transport 11am-12pm Free Chair Massages by appointment	21 9am Mystery Trip \$8 pre-paid + Lunch	22 10am ShopRite	23 10am County 90+ Birthday Celebration @ OB Senior Center RSVP required 12:30pm Early Office Closure	24
25	26 Memorial Day Office Closed	27 9am-2pm Around Town Shuttle & Medical Transport	28 9am Parx Casino Bensalem, PA	29 10am ShopRite	30	31