

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

June 2025
Volume 4, Issue 6
(732) 257-2340

The Senior Scoop

MONDAY FUNDAY

We're still turning the worst day of the week into the best excuse to have fun. Monday Funday is back in June with a full lineup of on-site activities.

Over the Hill Bingo (fully booked): 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. Sign-up began May 1st; waitlist available.*

Latin Dance Workout: Moderate-intensity workout that mixes cardio with upbeat Latin dance moves. *When: Monday, June 9th at 1:30pm (\$1 recommended contribution); advanced sign-up not required.*

Bubbles & Bites Social: 50 years ago, composer John Williams' two-note ostinato manipulated our emotions and inspired terror, causing us to think twice before going in the water. Sink your teeth into our Jaws-themed social, with killer nibbles, great white bubbles, and summer blockbuster nostalgia. *When: Monday, June 16th at 1pm (\$5 pre-paid); sign-up begins Monday, June 2nd.*

MINGO: DJ Iron Mike is back in the house for Music Bingo. *When: Monday, June 23rd at 1pm (\$3 pre-paid); sign-up begins Monday, June 2nd.*

Country Line Dancing: Fun, low-impact exercise set to upbeat country favorites that boosts balance and coordination. *When: Monday, June 30th at 1:30pm (\$1 recommended contribution); advanced sign-up not required.*

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 began May 1st; space available until close of business Monday, June 2nd.*

ROCK PAINTING

Let's rock! We're starting a painted rock garden at the Human Services Building, so dress for a mess and join us for rock painting. We're counting on your imaginations and artistic abilities to add some personality to our pebbles. *When: Tuesday, June 10th at 11am. RSVP required; sign-up begins Monday, June 2nd.*

9 TO 5 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 began May 1st; space available until close of business Thursday, May 29th.*



In summer,
the song
sings itself.

– William Carlos Williams



FREE BONE DENSITY SCREENINGS

June is National Dairy Month, and there's no better time to check in on your bone health. St. Peter's University Hospital Community Mobile Health Unit will be onsite performing bone density screenings (tests that measure the mineral content and density of bones), helping to assess the risk of osteoporosis and fractures. Because strong bones are always in style. *When: Thursday, June 19th, 11am-1:30pm by appointment; transportation is available and must be arranged at the time of sign-up. Sign-up begins Monday, June 2nd.*

NJ MOTOR VEHICLE COMMISSION MOBILE UNIT—FULLY BOOKED

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. *When: Wednesday, June 25th. Sign up began April 8th; waitlist available.*

RESIDENTIAL PAPER SHRED EVENT

South River 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.*

STAY NJ PROPERTY TAX CREDIT PROGRAM UPDATE

The New Jersey Division of Taxation announced that they have finished mailing application booklets (Form PAS-1) for the new, combined benefit program, which 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 simplifies the process for homeowners, renters, and mobile home owners, eliminating the need to file separate applications to receive benefits from each program. 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.

The state **will not** automatically file the Form PAS-1 on behalf of taxpayers age 65 and older or those receiving Social Security Disability benefits, they are responsible for filing the Form PAS-1 on their own—either online or on paper. **The filing deadline is October 31, 2025.**

The Office on Aging is making appointments available for members who believe they qualify and require assistance with the new application process. Please contact us at (732) 257-2340 as soon as possible to schedule, and note that under no circumstances are we able to accommodate walk-ins for assistance.

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.



June 2025

	Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	Office on Aging Hours of Operation Monday-Friday 9:30am-3pm (732) 257-2340	2 1pm Over the Hill Bingo waitlist available 	3	4	5 11am CPR & AED Course \$20 pre-paid NO CARDIO FIT CLASS	6	7
8		9 1:30pm Latin Dance Workout \$1 	10 11am Rock Painting RSVP required	11 10am Dollar Tree TJ Maxx/Kohl's Home Goods Stop & Shop/Aldi Brunswick Sq. Mall	12 10am ShopRite	13 9:30am Palmer Square Princeton	14
15	HAPPY FATHER'S DAY	16 1pm Bubbles & Bites Social \$5 pre-paid 	17 9am-2pm Around Town Shuttle & Medical Transport	18 9:30am 9 to 5 The Musical @ Surfflight Theatre Beach Haven \$35 pre-paid + Lunch	19 10am ShopRite 11am-1:30pm Free Bone Density Screening by appointment	20	21
22		23 1pm MINGO \$3 pre-paid 	24 9am-2pm Around Town Shuttle & Medical Transport	25 9:30am-2pm NJMVC Mobile Unit by appointment waitlist available	26 10am ShopRite	27	28 9am-12pm Residential Paper Shred Event @ Public Works
29		30 1:30pm Country Line Dancing \$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