

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

October 2025
Volume 4, Issue 10
(732) 257-2340

The Senior Scoop

FRAUD ALERT: JURY DUTY SCAM

Middlesex County residents have recently reported receiving phone calls from individuals impersonating the County Sheriff's Office. The callers claimed the residents failed to appear in court, leading to active arrest warrants, and in order to avoid arrest, fines may be paid over the phone. Government agencies, including the courts, will NEVER ask anyone for payment over the phone. Furthermore, courts NEVER ask potential jurors for personal identifying information. Key indicators of the Jury Duty Scam include, but are not limited to: initial contact from someone claiming to be law enforcement; a false claim that jury duty or a court appearance was missed; demand for an immediate payment over the phone in cash, wire transfer or cryptocurrency; request for personal information such as date of birth or social security number. To protect yourself from these scams, the following is recommended: DO NOT provide or verify personal information; DO NOT provide or verify personal or financial account login information or account status and activity. It is advised that these unknown phone numbers be immediately blocked, and any similar text messages or emails be reported as junk or spam. You can also report scams to the Internet Crime Complaint Center (IC3) by visiting the following website: www.ic3.gov.

OFFICE CLOSURE

The Office on Aging will be closed on Monday, October 13th in observance of Columbus Day. Members wishing to take advantage of our Around Town Shuttle and Medical Transportation services on Tuesday, October 14th must call the office before 3pm on Friday, October 10th to schedule. Please be reminded that under no circumstances do voicemail messages and emails requesting transportation constitute reservations; all requests must be scheduled by phone with a member of our staff.

UPDATE: ON-SITE EXERCISE PROGRAM

Please note our new schedule of weekly 45-minute instructor-led exercise classes:

Mondays @ 10am || Country Line Dancing Classes w/ Joyce: *Low-intensity*; upbeat rhythmic movements set to country music; \$1 per class; *advanced sign-up not required*

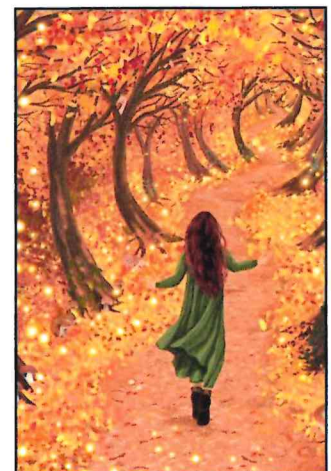
Tuesdays @ 10am || Cardio, Core, & Strength Classes w/ Nancy: *Moderate-intensity*; challenging full-body workout that incorporates controlled movements that burn calories and build muscle, with an emphasis on core stability; \$1 per class; *advanced sign-up not required*

Thursdays @ 10am || Cardio Fitness Classes w/ Sharon: *Moderate-intensity*; energizing workout that combines dynamic aerobic movements & light weights; \$1 per class; *advanced sign-up not required*

Thursdays @ 11am || Gentle Yoga Classes w/ Steff: *Low-intensity*; mindful movements that incorporate balance, flexibility, & relaxation through various postures & breathing techniques; \$1 per class; *advanced sign-up not required*



Autumn shows us
how beautiful it is
to let things go.
- Unknown



FAREWELL

Our Cardio Fitness Class instructor, Sharon Witkowski, is relocating to south Jersey, so October will be her last month teaching at the Office on Aging. We'd like to express our heartfelt thanks for her enthusiasm and dedication to our senior community, and we wish her the very best as she and her family begin an exciting new chapter.

OCTOBER TRIPS & ACTIVITIES

High-Dose Flu, Pneumonia, & RSV Vaccine Clinic: When: Thursday, October 2nd, 11:30am-1pm (by appointment) and home visits for homebound members immediately following the on-site clinic; *sign-up began September 2nd; waitlist available; limited transportation available*

The Great Jack O' Lantern Blaze: Over 7,000 hand-carved, illuminated pumpkins are set against the mysterious riverside landscape of historic Van Cortland Manor, an 18th-century estate located in Hudson Valley, NY. Entirely outdoors; substantial walking involved. When: Wednesday, October 15th @ 1:30pm (\$41 pre-paid + Dinner); *sign-up began September 15th; limited space available*

Pasta Party: Throw the confetti, it's time for spaghetti! We're celebrating National Pasta Day. When: Friday, October 17th @ 11:30am (\$8 pre-paid); *sign-up began September 15th; limited space available*

Jazz Club @ 55: Laid back atmosphere, moody lighting, smooth rhythms, & light bites. When: Wednesday, October 29th @ 1pm (\$3 pre-paid); *sign-up begins Wednesday, October 1st*

ELECTRONIC MEDICAL CARD

Imagine a device no bigger than a credit card that can hold all of your essential medical information. Members are invited to take advantage of a new program, Electronic Medical Card, a data bank device with a built-in USB drive, on which a snapshot of their medical history is stored. This information can be utilized during routine medical appointments or in an emergency, allowing caregivers and medical professionals access to users' medical history, emergency contacts, prescription and over-the-counter drugs, and other critical information necessary for care. The Office on Aging staff can help members get started, demonstrate how to use the card, and assist with updates—so the information is always current and ready when needed. Computer access with a USB port is required. For more information or to schedule an appointment, please give us a call.

MEDICARE OPEN ENROLLMENT

Just like your health, Medicare plans can change every year. By comparing different options, you could find a plan that offers better coverage, reduces out of pocket costs, or both. Medicare's Open Enrollment period gives Medicare beneficiaries the opportunity to make changes to their health and prescription drug plans annually, between October 15th — December 7th, for coverage that begins January 1, 2026. The Office on Aging can connect members with a State Health Insurance Assistance Program (SHIP) counselor to discuss plan options; call us to arrange.

AROUND THE BOROUGH

Main Street Road Work: Work to remove old trolley tracks under the pavement on Main Street (County Route 535) will commence on Monday, October 6th, and will take place weekdays, 7am-4pm, for approximately 300 working days. The project will begin near Hillside Avenue and continue east, ending near Ferry Street. Please be prepared for closures, detours, and heavy traffic.

Biodegradable Leaf Bags: Beginning October 6th, 20 free leaf bags per household are available for pick-up from the Department of Public Works, 9 Ivan Way, Monday-Friday, 8am-12pm; proof of borough residency required.

South River Day: Food, music, games, and amusements, Saturday, October 11th, 12pm-5pm, Montgomery Street (Johnson Place—Morningside Avenue).

General Election Voter Information: Election Day is Tuesday, November 4th. Please see the attached document issued by the State of New Jersey for important voter information.

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 and pay for themselves and one other registered member.

Members will be picked up at their residence and dropped off at their residence, unless previously arranged.

Still unsure? We're happy to explain further. Just ask...





Here are the 3 ways you can vote in the upcoming General Election...

1. AT YOUR POLLING PLACE ON ELECTION DAY



Vote in person at your polling place, from **6:00 a.m. to 8:00 p.m. on Election Day, Tuesday, November 4**. Accommodations will be made for voters with disabilities.

Go to **VOTE.NJ.GOV** for your polling place, listed on the Polling Locations page.

2. IN-PERSON EARLY VOTING



This option enables all registered voters to cast their ballot **in person, using a voting machine, during a nine-day period prior to Election Day**. You can choose to vote, in person, when it's most convenient for your schedule.

No matter where you live in the county, you can vote your specific ballot at any of **your** county's designated in-person early voting sites. Find your county's sites at **VOTE.NJ.GOV**.

In-person early voting sites will be open **Saturday, October 25 through Sunday, November 2**. Hours will be **Monday-Saturday, 10:00 a.m.-8:00 p.m. and Sunday, 10:00 a.m.-6:00 p.m.** No appointment is necessary. Accommodations will be made for voters with disabilities.

3. VOTE BY MAIL



Registered voters can apply for a **mail-in ballot** by following the instructions found at **VOTE.NJ.GOV** or contacting their County Clerk.

Then, VOTE and RETURN your ballot one of the following ways...

- **Secure Ballot Drop Box:** Place your mail-in ballot in one of your county's secure ballot drop boxes **by 8:00 p.m. on Tuesday, November 4**. Drop box locations can be found at **VOTE.NJ.GOV**.
- **Board of Elections Office:** Deliver your mail-in ballot in person to your county's Board of Elections Office **by 8:00 p.m. on Tuesday, November 4**. County Election Officials' contact information can be found at **VOTE.NJ.GOV**.
- **Mail:** Your mail-in ballot **MUST** be postmarked **on or before 8:00 p.m. on Tuesday, November 4** and be received by your county's Board of Elections **on or before Monday, November 10**.

NOTE: Mail-in ballots CANNOT be returned to your early voting site or polling place.

To learn more, access our Voter Education Video Series at Vote.NJ.gov or scan here.



Governor Phil Murphy
Lieutenant Governor and
Secretary of State Tahesha Way



1-877-NJ-VOTER (1-877-658-6837)
Vote.NJ.Gov



October 2025

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Mondays 10am Line Dancing Classes w/ Joyce	Tuesdays 10am Cardio Core & Strength Training Classes w/ Nancy	Thursdays 10am Cardio Fitness Classes w/ Sharon 11am Gentle Yoga Classes w/ Steff	1 10am ShopRite	2 11:30am-1pm High Dose Flu, Pneumonia & RSV Vaccine Clinic waitlist available	3	4
5	6	7 9am-2pm Around Town Shuttle & Medical Transport	8 10am Dollar Tree TJ Maxx, Kohl's Home Goods Stop & Shop, Aldi Brunswick Sq. Mall	9 10am ShopRite	10	11
12	13 Columbus Day Office Closed	14 9am-2pm Around Town Shuttle & Medical Transport	15 1:30pm The Great Jack O' Lantern Blaze Croton-on-Hudson, NY \$41 pre-paid + Dinner cash only	16 10am ShopRite	17 11:30am Pasta Party \$8 pre-paid	18
19	20	21 9am-2pm Around Town Shuttle & Medical Transport	22 10am Von Thun's Country Farm Market Monmouth Junction SFMNP vouchers accepted here	23 10am ShopRite	24 9am Brunch @ My Kitchen Witch Café Monmouth Beach cash only	25
26 Office on Aging Hours of Operation Monday-Friday 9:30am-3pm (732) 257-2340	27	28	29 1pm Jazz Club @ 55 \$3 pre-paid	30	31	Wednesdays 10am-12pm Haircuts by Mike the Barber \$8