

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

November 2025
Volume 4, Issue 11
(732) 257-2340

The Senior Scoop

MEDICAL TRANSPORT SCHEDULING

Please be reminded that members who wish to utilize medical transportation services must be prepared with all of the following information before calling the office to arrange: 1.) medical professional's name; 2.) medical professional's exact street address, including building number when located in an professional complex; and 3.) date and time of the scheduled appointment. Members who call without complete details will be instructed to call back when the information becomes available, as we cannot accept locations described as, "the place behind the mall," or "Jim knows where." We strive to provide members with safe, reliable, punctual, and efficient transportation services, and appreciate everyone's anticipated cooperation with this matter.

SNAP NOVEMBER BENEFITS

Supplemental Nutrition Assistance Program (SNAP) New Jersey was notified by the federal government that if the shutdown continues, November 2025 SNAP benefits will not be available on time. However, SNAP benefits loaded onto Family First EBT cards prior to October 31, 2025 will be available for use after November 1, 2025. Before attempting to use benefit cards after November 1st, food assistance recipients are encouraged to check their account balances online by visiting NJFamiliesFirst.com or by calling (800) 997-3333. If there are existing benefits in the account, they are available for use. SNAP program updates will continue to be posted at www.nj.gov/humanservices/dfd/emergency. The following page includes local resources available to seniors age 60+ in Middlesex County.

DAYLIGHT SAVING TIME

Daylight Saving Time ends on Sunday, November 2nd—remember to turn your clocks back one hour before going to sleep the night before.

OFFICE CLOSURES

The Office on Aging will be closed on Tuesday, November 11th in observance of Veterans Day and Thursday, November 27th—Friday, November 28th for the Thanksgiving holiday.

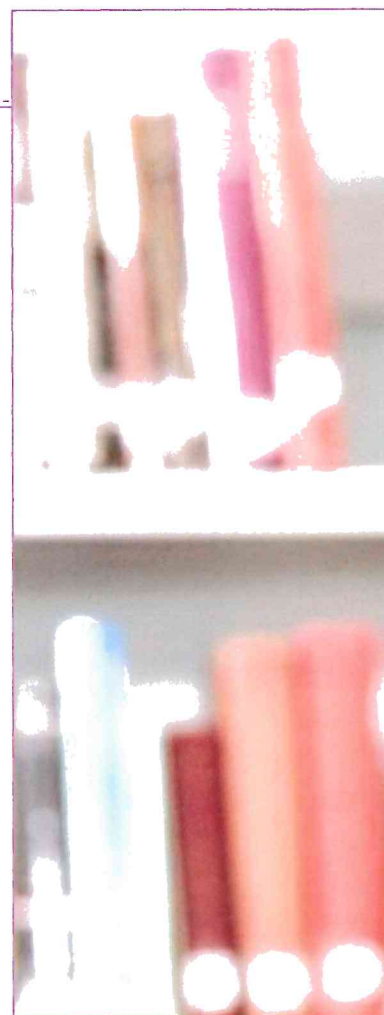
ON-SITE EXERCISE PROGRAM

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 @ 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*



The more you practice the
art of thankfulness, the more
you have to be thankful for.

- Norman Vincent Peale



Middlesex County Office of Aging & Disabled Services

Nutrition Services

Programs are available to address nutritional needs of seniors 60 years old and over.

Senior Meal Program

Available to Middlesex County Seniors aged 60 and older. The program is funded in part by a federal grant and relies on client donations for support. The recommended fair share contribution is \$2.25 for congregate meals. The program has a varied menu of tasty entrees, offers a daily vegetarian menu, and accommodates specialized diets for diabetics.

Home Delivered Meals

Available for isolated homebound seniors who have no formal or informal caregiver and are unable to attend a congregate meal program. The recommended fair share contribution is \$2.75 for home-delivered meals.

Congregate Sites

Available at eight locations around Middlesex County. Transportation can be arranged to congregate meal sites by contacting Middlesex County RIDE at **(800) 221-3520**. All sites are open Monday through Friday, except holidays. Locations and hours are below.

Thomas J. Deverin Community Center 100 Cooke Avenue Carteret, NJ 07008 732-541-6221 Hours: 8:30 am-2:30 pm	Piscataway Senior Center 700 Buena Vista Avenue Piscataway, NJ 08854 732-743-9844 Hours: 8:30 am-2:30 pm
Edison Senior Center 2963 Woodbridge Avenue Edison, NJ 08817 732-452-0377 Hours: 8:30 am-2:30 pm	Sayreville Senior Center 423 Main Street Sayreville, NJ 08872 732-254-4299 Hours: 8:30 am-2:30 pm
Old Bridge Senior Center George J. Bush Ctr for Human Services 1 Old Bridge Plaza Old Bridge, NJ 08857 732-607-1582 Hours: 8:30 am-2:30 pm	South Brunswick Senior Center 540 Ridge Road Monmouth Junction, NJ 08852 732-329-6171 Hours: 8:30 am-2:30 pm
Alexander J. Jankowski Community Center 1 Olive Street Perth Amboy, NJ 08861 732-442-0930 Hours: 8:30 am-2:30 pm	South Plainfield Senior Center 90 Maple Avenue South Plainfield, NJ 07080 908-753-1040 Hours: 8:30 am-2:30 pm

THANKSGIVING CRAFT || FLAVORED BUTTER CANDLE MAKING

Members are invited to a cozy butter candle workshop—just in time for Thanksgiving! We'll be whipping up flavored butter candles that melt into deliciousness, perfect for your holiday table or to gift to your favorite foodie. Create your own signature flavors (sweet, savory, or a little of both). Come for the vibes, stay for the carbs. Where: Human Services Building. When: Thursday, November 20th at 12pm. Cost: \$5 pre-paid. **Sign-up begins Monday, November 3rd.**

COMMUNITY THANKSGIVING DINNER

The South River Food Bank, in partnership with the Ria Mar Restaurant, C&J Enterprises, Ss. Peter and Paul Orthodox Church, and the South River Fire Department and Women's Auxiliary will be hosting borough residents in need of a hot cooked Thanksgiving meal. Where: Ss. Peter & Paul Orthodox Church Hall, 9 Jeffrie Avenue. When: Thursday, November 27th at 12pm. **RSVP before November 19th**; members who wish to attend must complete and submit the form on the following page to the Food Bank as indicated.

TREE TRIMMING PARTY

It's that time of year again when we'll be decking our halls, sipping something sweet, and getting into the holiday spirit with festive music, games, and refreshments while we make our tree sparkle. Where: Human Services Building. When: Thursday, December 4th at 12pm. Cost: \$5 pre-paid in scratch-off lottery tickets (any denomination is fine as long as it equals \$5). **Sign-up begins Monday, November 10th.**

CHRISTMAS PARTY

Members are invited to join us for a little daytime magic and a festive afternoon of dining, dancing, and holiday cheer as we toast the most wonderful time of the year in Winter Wonderland-style. Dress festive and get ready to mix, mingle, and make spirits bright. Where: Ria Mar Restaurant, 125 Whitehead Avenue. When: Friday, December 12th at 12pm. Cost: \$25 pre-paid. **Sign-up begins Monday, November 10th.** Seating requests must be submitted in writing with payment, and will be accommodated to the best of our ability. Doors open: 11:45am. Transportation is available and must be arranged at sign-up; pick-up begins at 11am.

ENGELBERT HUMPERDINCK @ STATE THEATRE

Celebrate the season with the unmistakable voice of Engelbert Humperdinck in a special concert that blends his timeless hits with beloved holiday classics. Whether you're a longtime fan or discovering him for the first time, the evening promises warmth, nostalgia, and musical magic, making for an unforgettable experience. Where: State Theatre, New Brunswick. When: Tuesday, December 9th at 3:30pm. Cost: \$60 pre-paid + Dinner (dinner is not included). **Sign-up begins Monday, November 10th.**

AROUND THE BOROUGH

Main Street Road Work: Work to remove old trolley tracks under the pavement on Main Street (County Route 535) commenced on Tuesday, October 28th, and will continue to take place weekdays, 7am-4pm, for approximately 300 working days. The project began near Hillside Avenue and will continue east, ending near Ferry Street. Be prepared for closures, detours, and heavy traffic.

Veterans Day Trash Collection: Due to the Veterans Day holiday on Tuesday, November 11th, trash collection that normally takes place on Tuesdays will instead be collected on Friday, November 14th. There will be no bulk trash pick-ups on Friday, November 14th.

Thanksgiving Holiday Trash Collection: Due to the Thanksgiving holiday on Thursday, November 27th, trash collection that normally takes place on Thursdays will instead be collected on Wednesday, November 26th. There will be no bulk trash pick-ups on Friday, November 28th.

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...



South River Community Thanksgiving Dinner 2025

The South River Food Bank in partnership with Avos Ria Mar, C&J Enterprises, Sts. Peter & Paul Orthodox Church and the South River Fire Department and Women's Auxiliary will once again be hosting a Community Thanksgiving Dinner! If you live in South River and are in need of a hot cooked Thanksgiving meal for you and your family, then join us between

**12:00 and 1:30 pm on
Thursday, November 27th**

at Sts. Peter & Paul Church Hall, 9 Jeffrie Avenue, South River.

Dinner will be served at 12:30 pm

An RSVP by November 20th is requested.

Kindly call the food bank at 732-238-3020 if your plans change and you are no longer able to attend!



----- Please complete and return the bottom portion of this page. -----

The South River Community Thanksgiving Dinner 2025

Name: _____

Address: _____

Phone #: _____

planning to attend the Thanksgiving dinner on November 27th: _____

Return this slip no later than **November 20th** to the Food Bank during Food Bank hours or mail it to:
The South River Food Bank, 48 Washington Street, South River, NJ 08882

Kindly call the food bank at 732-238-3020 if your plans change and you are no longer able to attend!

November 2025

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Mondays 10am Line Dancing Classes w/ Joyce	Tuesdays 10am Strength Training Classes w/ Nancy	Thursdays 11am Gentle Yoga Classes w/ Steff		Wednesdays 10am-12pm Haircuts by Mike the Barber \$8	Office on Aging Hours of Operation Monday-Friday 9:30am-3pm (732) 257-2340	1
2 2am Daylight Saving Time Ends set clocks back 1 hr	3 9am-2pm Around Town Shuttle & Medical Transport	4 \$1 recommended contribution	5 10am Dollar Tree TJ Maxx/Kohl's Home Goods Stop & Shop/Aldi Brunswick Sq. Mall	6 10am ShopRite	7 3pm Happy Hour @ Caroline's Tavern Avenel cash only	8
9	10 NO LINE DANCING CLASS	11 Veterans Day Office Closed	12 9am Mystery Trip \$8 pre-paid + Lunch cash only (lunch is not included)	13 10am ShopRite	14	15
16	17	18 9am-2pm Around Town Shuttle & Medical Transport	19 9am Wind Creek Casino Bethlehem, PA	20 10am ShopRite 12pm Butter Candle Making \$5 pre-paid	21	22
23/30	24 9:30am Battleview Orchards Freehold	25 9am-2pm Around Town Shuttle & Medical Transport	26 10am ShopRite	27 Thanksgiving Day Office Closed	28 Day after Thanksgiving Office Closed	29