

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

March 2026
Volume 5, Issue 3
(732) 257-2340

The Senior Scoop

EXERCISE CLASSES

Exercise classes begin on time. For everyone's safety and to avoid disruption to the instructor and other participants, late entry is not permitted. We recommend that members new to class arrive five to ten minutes prior to the start time to allow for proper set-up and orientation. All members are welcome, but punctuality is required for participation.

DAYLIGHT SAVING TIME

Daylight Saving Time begins on Sunday, March 8th—don't forget to "Spring Forward" and set your clocks ahead one hour before going to sleep the night before.

MARCH TRIPS & ACTIVITIES

Free Hearing Screening: When: Tuesday, March 3rd, 11am-1pm (by appointment); transportation is available; limited availability; sign-up began Monday, February 2nd.

Left Right Center Wild: What: Fast-paced, fun, and full of surprises — let's get ready to roll! When: Thursday, March 19th @ 12pm (RSVP required); sign-up begins Monday, March 2nd.

The Orchid Show @ New York Botanical Garden, Bronx, NY: What: Step into a breathtaking fusion of nature and cityscape artistry to experience the flair and style of New York transformed by thousands of orchids—colorful, surprising, and unforgettable. When: Wednesday, March 25th @ 9:30am (\$31 pre-paid + Lunch); sign-up begins Monday, March 2nd.

Egg Decorating: What: Join us as we transform ordinary eggs into mini works of art, using safe/non-toxic decorating methods. When: Tuesday, March 31st @ 11am (\$3 pre-paid); sign-up begins Monday, March 2nd.

EXACT CHANGE REMINDER

Please be reminded that members who wish to pay for activities, trips, and events with cash must do so with exact change. We also accept personal checks made payable to South River Senior Trust.

PLANNING AHEAD

Lunch @ The Shrimp Box, Point Pleasant: When: Wednesday, April 1st @ 11am; sign-up begins Thursday, March 19th.

"Sexy Laundry" @ Bell Works Theater, Holmdel: What: After 25 years of marriage, a middle-aged couple checks into a hotel in a hilarious attempt to break out of their routine and rekindle their fading spark. When: Wednesday, April 22nd @ 10:30am (\$47 pre-paid + Lunch); sign-up begins Thursday, March 19th.

Breakfast Social: When: Friday, April 17th @ 10am (\$8 pre-paid); transportation is available; sign-up begins Thursday, March 19th.



*In a gentle way,
you can
shake the world.*

-MAHATMA GANDHI



MEMBER DATABASE UPDATE

In an effort to keep our member database current and accurate, all existing Office on Aging members must review and initial or make necessary changes to last year's Membership Application, and for those who use the gym or participate in Physical Activity classes, review and initial last year's Exercise Waiver. This applies to all members who joined the Office on Aging prior to October 2025. To avoid service disruptions, updates must be completed before March 31st; transportation is available via our Around Town Shuttle, which is available every Tuesday.

BOROUGH CLOSURES

Please be advised that the South River Police Department is responsible for disseminating timely information about borough emergencies, non-emergencies, closures, delayed openings, severe weather alerts, etc. When notifications are sent out advising that Non-Essential Borough Offices are closed, that means all departments **besides Police, Fire, Emergency Management, and Public Works** are closed. The Office on Aging is considered a non-essential borough office, and therefore, when non-essential borough offices are closed, all services provided by the Office on Aging, including on-site, off-site, and bus transportation, are suspended. We recommend that members register to receive these notifications by following the instructions below; those who require assistance with the process are welcome to call us to schedule an appointment.

SOUTH RIVER POLICE DEPARTMENT NIXLE NOTIFICATIONS

NIXLE is a method to receive text message and email alerts sent from the South River Police Department. These alerts are sent for important information such as road closures, utility disruptions, school closures, crime alerts, special events, weather alerts and more. On average, between 5 and 10 alerts per month are sent from the department.

Non-urgent advisory notifications (special events, community alerts, pre-planned roadwork or utility work, etc.) will be delivered via email only if you have an email address on file. If you do not have an email address on file, you will continue to receive these advisory notifications via text message. **Urgent alert notifications** (weather alerts, unplanned road closures, utility outages, etc.) will continue to be delivered via both text message and email.

The most recent NIXLE activity from the Police Department can be found at www.southriverpd.org. Visit www.nixle.com or use the widget at the bottom of their homepage to sign up and customize alerts.

NOTE: When signing up for NIXLE notifications for a specific community, you are automatically enrolled to receive notifications from surrounding communities. By creating a user account at www.nixle.com you can customize alert types and opt in for or out of alerts from specific communities.

NIXLE emergency phone notifications are used occasionally for extreme circumstances and urgent notifications. They are NOT a replacement for NIXLE text and email notifications. Cell phone or landline phone numbers can be enrolled by following the same sign up methods for NIXLE text & email alerts mentioned above.

AROUND THE BOROUGH

Free Rabies Vaccine Clinic: When: Saturday, March 28th; **dogs:** 12pm-2pm; **cats:** 2-2:30pm. Where: Department of Public Works, 9 Ivan Way. Dog and cat licenses will be available for purchase on-site. The South River Trap Neuter Return program is requesting donations of unopened dry and wet cat/kitten food (preferably Friskies brand wet food for adult cats and Fancy Feast brand kitten wet food for kittens). Contributions are greatly appreciated.

SIGNING UP: HOW IT WORKS

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 that may be scheduled during the first week of that month are accepted the last week of the month prior.

Some programs, trips and events require advanced sign-up and payment; information including date and costs are specified in the body of the newsletter, so please be sure to read it in its entirety.

Members who commit to an activity and find themselves unable to attend should notify the office immediately (leave a voicemail message if it's outside of normal business hours). Habitual no-shows may result in modified sign-up procedures, and refunds will not be issued.

Members are welcome to sign up for themselves and one other member.

Still unsure? We're happy to explain further.



March 2026

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 Office on Aging Hours of Operation Monday-Friday 9:30am-3pm (732) 257-2340	2	3 9am-2pm Around Town Shuttle & Medical Transport 11am-1pm Free Hearing Screening by appointment	4 10am Dollar Tree TJ Maxx/Kohl's Home Goods Stop & Shop/Aldi Brunswick Sq. Mall	5 10am ShopRite	6	7 Mondays 10am Line Dancing Classes w/ Joyce \$1 recommended contribution
8	9	10 9am-2pm Around Town Shuttle & Medical Transport	11 9am Parx Casino Bensalem, PA	12 10am ShopRite	13	14 Tuesdays 10am Strength Training Classes w/ Nancy \$1 recommended contribution
15	16 11am Lunch @ St. Stephen's Green Publick House Spring Lake Heights cash only	17 9am-2pm Around Town Shuttle & Medical Transport	18	19 10am ShopRite 12pm Left Right Center Wild RSVP required	20	21 Wednesdays 10am-12pm Haircuts by Mike the Barber \$8 please call ahead
22	23	24 9am-2pm Around Town Shuttle & Medical Transport	25 9:30am The Orchid Show @ New York Botanical Garden Bronx, NY \$31 + Lunch	26 10am ShopRite	27	28 Thursdays 11am Gentle Yoga Classes w/ Steff \$1 recommended contribution
29	30	31 9am-2pm Around Town Shuttle & Medical Transport 11am Egg Decorating \$3 pre-paid				