

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

July 2026
Volume 5, Issue 7
(732) 257-2340

The Senior Scoop

OFFICE CLOSURE

The Office on Aging will be closed on Friday, July 3rd in observance of Independence Day.

OFFICE ON AGING OPERATIONS

Office Closure: Due to extensive road work on Reid Street in front of the Human Services Building, the Office on Aging will be closed from Monday, July 13th through Friday, July 24th.

Transportation: Transportation services will be suspended beginning July 8th, and will likely extend through the month of August. The date of return will be published in the August newsletter.

We apologize for the inconvenience.

WELL-BEING INITIATIVE

Well-being is a personal journey that extends beyond healthy eating and staying physically active. It's about fueling curiosity, sparking deep community connections, and curating moments that inspire.

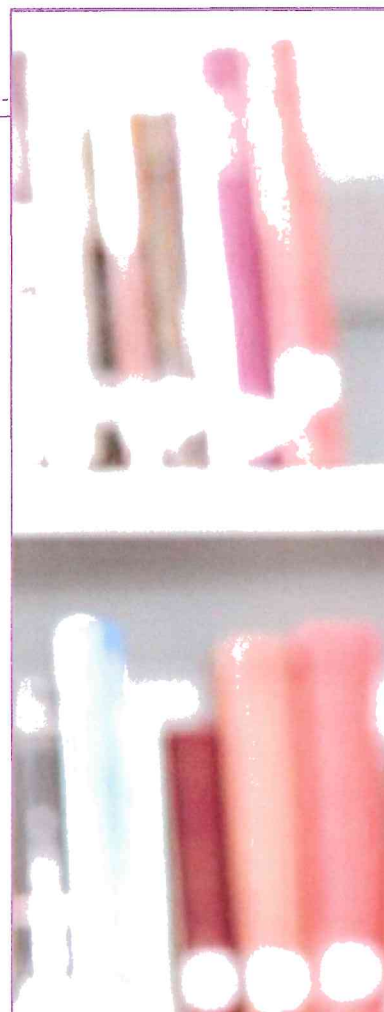
For years, the Office on Aging has supported well-being through fitness, education, social engagement, and travel. This August, an exciting new chapter begins as we unveil the **Well-Being Initiative**, which reflects our commitment to blending our strong foundation of existing programs with a unique collection of boutique experiences and professional resources designed to enrich lives, ignite creativity, and nurture emotional health in fresh, unconventional ways.

The Well-Being Initiative will debut two new offerings:

Wellness Lab: An exclusive hub for curiosity, this thoughtfully curated series is designed to blend innovative modern self-care trends with timeless wellness rituals. It's an invitation to awaken the senses, step outside the ordinary, and connect with others in an immersive environment. Prepare to leave expectations at the door—this is wellness, reimagined.

Emotional Wellness Support: An invaluable resource that connects members with private, one-on-one professional counseling services, offering guidance when life's challenges become difficult to navigate alone.

The Well-Being Initiative represents a new chapter for the Office on Aging that redefines what it means to live vibrantly, ensuring every experience feels special, intentional, and entirely unexpected.



*"We can't just take care
of our bodies and
ignore our minds...
total wellness means
treating the whole self."*

—OPRAH WINFREY



July 2026

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Office on Aging Hours of Operation Monday-Friday 9:30am-3pm (732) 257-2340			1 10am Dollar Tree TJ Maxx/Kohl's Home Goods Stop & Shop/Aldi Brunswick Sq. Mall	2 10am ShopRite	3 Independence Day Observed Office Closed	4 Mondays 10am Line Dancing Classes w/ Joyce \$1 recommended contribution
5	6 NO LINE DANCING CLASS	7 9am-2pm Around Town Shuttle & Medical Transport	8	9 10am Gentle Yoga Class with Angela	10	11 Tuesdays 10am Strength Training Classes w/ Nancy \$1 recommended contribution
12	13	14	15	16	17	18 Wednesdays 10am-12pm Haircuts by Mike the Barber \$8 please call ahead
19	20	21	22	23	24	25 Thursdays 11am Gentle Yoga Classes w/ Steff \$1 recommended contribution
26	27 NO LINE DANCING CLASS	28	29	30	31	