

**Office on Aging
60 Violet Terrace
Milltown, NJ 08850**

Activities, Programs and Services

The Office on Aging [Senior Citizens Services] serves as an advocate for senior citizens as well as a liaison for seniors for numerous entitlement programs, PAAD, Home Energy Assistance Rebate, Medicare, Home Health Care, etc.

SHIP [State Health Insurance Programs] counselors are available to assist seniors with all insurance related issues.

Milltown Home Delivered Meals [Meals on Wheels] this is a hot/cold meal program providing daily meals to homebound seniors 60 years or older. This is a joint program with the Middlesex County Office on Aging.

Health Related Services

Blood Pressure checks every Tuesday from 10am to 12n. No appointment needed and service is free.

Exercise Classes are Wednesday and Friday at 10:30am with a professional. Fee is \$1.00

Line Dancing is every Friday at 12:15pm. Fee is \$1.00

Walk Aerobics video daily at 8:30am. No fee.

Water Aerobics every Wednesday and Friday during July and August. Fee is \$1.00

Square Dancing every Tuesday at 10am. Fee is \$2.00

Flu Shots as scheduled by County every October/November.

Educational Classes

Computer Lab/Classes every Tuesday and Wednesday starting at 8am. These are 12 week sessions. Fee \$12.00

Art Classes every Friday at 10am. Fee \$2.00

Support Groups as needed.

Other Activities

Manicures and Hair Cuts are every Tuesday by appointment.

Caregiver Respite Program every Friday, 1pm to 5pm.

Men's Club every 3rd Wednesday at 1pm.

Bingo every 2nd Thursday at 1pm.

Legal and Health – various lectures

Red Hat Chapter – The Cherry Tarts of Violet Terrace

Special Trips and Activities

Library

Free Coffee and Donuts Daily

Volunteers

Our volunteers are our saving grace. They deliver meals on wheels 5 days a week, rain or shine. They check on and visit our homebound seniors. This program would not exist without the volunteers. We welcome all new members to be part of this program. Call the Office on Aging.

Senior Club Activities

Membership for the Senior Club is \$5.00 per year for seniors 60 years and older. Their activities are:

Aerobics on Mondays at 11am. Fee is \$1.00

Bridge on Fridays at 1pm

Movie of the week on Tuesdays at 1pm

Chorus on Mondays at 9:30am. Fee is \$1.00

Atlantic City trips once a month

Various Trips and Dinners

Senior Club Social – first Thursday of the month at 1pm

Birthday Party on 4th Wednesday of the month

Quilters meet every Monday at 1pm, Quilting every 4th Tuesday at 7pm