

MADISON SENIOR SERVICES

MADISON SENIOR SERVICES is a community-based organization providing activities, programs and services which enhance the quality of life and the diverse needs and interests of older adults and their families.



FOUNDATION TAX-AID

The program offers free tax preparation appointments on Wednesdays through April 15 at 9:00 a.m., 10:30 a.m. or 12:30 p.m. upstairs in the Great Room. Call the office today to reserve your spot!

If you are unavailable, check for other locations and call 888-227-7669 toll-free.

Now in its 52nd year, Tax-Aid has helped more than 68 million low- and moderate-income taxpayers. You don't have to be an AARP member, and there's no age requirement to get tax help from IRS-certified volunteers.

AARP Foundation Tax Aid is available year-round to answer your tax questions.

SENIOR CITIZEN ADVISORY COMMITTEE

Join us at our next meeting on Thursday, March 12 at 2:00 p.m. at the Madison Civic Center, 28 Walnut Street.

The Lunch Bunch precedes our meeting. More info available on Page 2.

COLLATING

Dedicated volunteers visit the senior center every month to seal and label our newsletter. Without their help, we wouldn't be able to provide a free subscription right to your door. Coffee, tea and light breakfast treats are provided by the staff.

Next collating: Tuesday, March 24 at 9:00 a.m.

What's Inside

2.....Programs & Events

3.....Health & Other Services

4.....Calendar & Reminders

6.....Looking Back

7.....Community Events & Dial-A-Ride Van

8.....Services Available

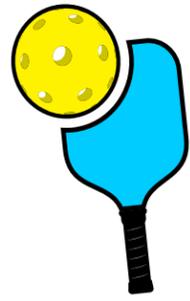
Contact Us

Madison Senior Services
28 Walnut Street
Madison, NJ 07940

Monday through Friday
8:00 A.M. to 4:30 P.M.

seniorservices@rosenet.org
(973) 593-3095
www.rosenet.org

Programs & Events



PICKLEBALL

Pickleball starts on Wednesday, April 1 from 10:00 a.m. to 1:00 p.m. at Dodge Field.

Registration is required by calling the center at (973) 593-3095.

MIND READER GAME SHOW

Join us for Flavian, the Mind Reading Game Show on Thursday, March 31 at 1:30 p.m. at Rexford Tucker Apartments (15 Chateau Thierry Ave.).

Flavian will read your mind and make you laugh. Don't miss this fun and exhilarating show.

ACTIVE LIVING EVERYDAY

On Thursdays through March 26 from 10:00 to 11:00 a.m. this 8-week program unlocks any exercise class you've ever been to.

You'll find ways to be active every day: at home, on vacation etc. Reserve your spot by contacting the Senior Center at (973) 593-3095.

This program works because you'll learn the skills you need to become and stay physically active, such as:

- Overcoming barriers to physical activity
- Setting realistic goals
- Building confidence
- Staying motivated

JAZZ BAND

Join us for an afternoon of music by the Madison High School Jazz Band on Thursday, March 19 at 3:30 p.m. at the Madison Civic Center (28 Walnut Street).



EXERCISE CLASSES

Here at the center we offer a variety of health and exercise programs to accommodate your needs. To register, please go to Community Pass or come to the office prior to your first class.

Payments in cash, check, Visa, MasterCard and Discover are accepted. Please make checks out to "Madison Senior Services".



List of February Classes:

- Mondays from 9:00 a.m. – 10:00 a.m. – "Stretch & Flex", this class is where members practice proper stretching and light weight training. Cost is \$20.00/month or \$5.00/session.
- Thursdays from 1:30 p.m. – 2:30 p.m. – "Qigong", practice the benefits of breathing techniques, postures, meditations, and guided imagery. Cost is \$20.00/month or \$5.00/session.

Health & Other Services

LOW-CARB SNACKS

Researched & Written by Fran Boardman

Sometimes, the whole world of snacking seems to be based on the one thing you're supposed to limit: refined carbs. Even the "healthier" packaged items, like granola bars, smoothies, and crackers, are full of them. If you look past the vending machine, though, you'll find plenty of other tasty options, like these smart snacks. The best part? They're as easy to toss together as they are delicious.

Apples and Cheese

Sweet and salty flavors add up to a great snack. Pair a cup of apple slices with an ounce of mozzarella cheese. The combination of protein, fat, and fiber makes it a filling and satisfying nosh.

Avocado on a Crisp

Avocados have a place in your diet outside the guacamole bowl. Mash 1/4 of a ripe avocado and spread it on 2 light rye crisps for a crunchy, creamy snack, plus plenty of fiber and heart-healthy fat. It's like a mini open-faced sandwich.

Yogurt and Cucumbers

Take your yogurt in a savory direction. Use a cup of low-fat, plain Greek yogurt as a creamy dip for 1 cup of refreshing cucumber spears. It adds up a mega dose (21 grams) of appetite-satisfying protein. It's like a version of the famous Greek dish, tzatziki

Cottage Cheese With Berries

Cheesecake doesn't make for a healthy snack option, but you can mimic a little of the flavor in a healthier way. Pair a cup of low-fat cottage cheese with half a cup of fresh or frozen blueberries and a little of your favorite no-calorie sweetener. The result? A dessert-like snack.

Celery and Peanut Butter

Remember eating this snack with your homework after school? It's still a good idea! Fill two medium celery stalks with 2 tablespoons of natural-style peanut butter for a nibble that will take you back to your childhood.

Hardboiled Egg With a Kick

Hard-boiled eggs are the original grab-'n'-go power snack. Cut one in half and spread on a little hot sauce (such as sriracha) to make it as full of flavor as it is of protein. That's a zesty bite.

SIT, TALK AND LISTEN

Wednesdays at 10:00 a.m.

A support group provides an opportunity for people to share personal experiences and feelings, coping strategies, or first hand information about local services or treatments.

LUNCH BUNCH

On Thursday, March 12 at 12:30 p.m. at the Madison Civic Center. This lunch will be sponsored by Tri-Town 55+ Coalition. Please RSVP by March 9 for the food order.

All are welcome to stay for the Senior Citizen Advisory Committee Meeting.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:00 A.M. Stretch & Flex 10:00 A.M. Mah Jongg 12:00 P.M. Ping Pong 12:00 P.M. Poker 12:30 P.M. Rummikub 2:30 P.M. Lounge Games	2 9:30 A.M. Canasta 10:00 A.M. Healthy Bones 12:30 P.M. Mah Jongg 12:30 P.M. Ping Pong 2:30 P.M. Lounge Games	3 Tax Prep Assistance Program 10:00 A.M. Support Group 10:00 A.M. Mah Jongg 2:30 P.M. Lounge Games 5:30 P.M. "Hello Dolly" Madison High School	4 10:00 A.M. Active Living Series 10:45 A.M. Knitting & Crocheting 11:00 A.M. Ping Pong 1:00 P.M. Mah Jongg 1:30 P.M. Qigong 2:30 P.M. Lounge Games	5 10:00 A.M. Discussion Group 11:00 A.M. Ping Pong 12:30 P.M. Pinochle 12:30 P.M. Mah Jongg 12:30 P.M. Duplicate Bridge 1:00 P.M. Bridge 2:30 P.M. Lounge Games
9:00 A.M. Stretch & Flex 10:00 A.M. Mah Jongg 12:00 P.M. Ping Pong 12:00 P.M. Poker 12:30 P.M. Rummikub 2:30 P.M. Lounge Games	9 9:30 A.M. Canasta 10:00 A.M. Healthy Bones 12:30 P.M. Mah Jongg 12:30 P.M. Ping Pong 2:30 P.M. Lounge Games	10 Tax Prep Assistance Program 10:00 A.M. Support Group 10:00 A.M. Mah Jongg 1:30 P.M. Trip to Walmart 2:30 P.M. Lounge Games	11 10:00 A.M. Active Living Series 10:45 A.M. Knitting & Crocheting 11:00 A.M. Ping Pong 12:30 P.M. Lunch Bunch 1:00 P.M. Mah Jongg 1:30 P.M. Qigong 2:00 P.M. SCAC 2:30 P.M. Lounge Games	12 10:00 A.M. Discussion Group 11:00 A.M. Ping Pong 12:30 P.M. Pinochle 12:30 P.M. Mah Jongg 12:30 P.M. Duplicate Bridge 1:00 P.M. Bridge 2:30 P.M. Lounge Games
9:00 A.M. Stretch & Flex 10:00 A.M. Mah Jongg 12:00 P.M. Ping Pong 12:00 P.M. Poker 12:30 P.M. Rummikub 2:30 P.M. Lounge Games	16 9:30 A.M. Canasta 10:00 A.M. Healthy Bones 12:30 P.M. Mah Jongg 12:30 P.M. Ping Pong 2:30 P.M. Lounge Games	17  9:30 A.M. Canasta 10:00 A.M. Healthy Bones 12:30 P.M. Mah Jongg 12:30 P.M. Ping Pong 2:30 P.M. Lounge Games	18 Tax Prep Assistance Program 10:00 A.M. Support Group 10:00 A.M. Mah Jongg 1:30 P.M. Trip to Short Hills Mall 2:30 P.M. Lounge Games	19 10:00 A.M. Active Living Series 10:45 A.M. Knitting & Crocheting 11:00 A.M. Ping Pong 1:00 P.M. Mah Jongg 1:30 P.M. Qigong 2:30 P.M. Lounge Games 3:30 P.M. Jazz Band
9:00 A.M. Stretch & Flex 10:00 A.M. Mah Jongg 12:00 P.M. Ping Pong 12:00 P.M. Poker 12:30 P.M. Rummikub 2:30 P.M. Lounge Games	23 9:00 A.M. Collating 9:30 A.M. Canasta 10:00 A.M. Healthy Bones 12:30 P.M. Mah Jongg 12:30 P.M. Ping Pong 2:30 P.M. Lounge Games	24 Tax Prep Assistance Program 10:00 A.M. Support Group 10:00 A.M. Mah Jongg 1:30 P.M. Trip to Livingston Mall 2:30 P.M. Lounge Games	25 10:00 A.M. Active Living Series 10:45 A.M. Knitting & Crocheting 11:00 A.M. Ping Pong 1:00 P.M. Mah Jongg 1:30 P.M. Qigong 2:30 P.M. Lounge Games	26 10:00 A.M. Discussion Group 11:00 A.M. Ping Pong 12:30 P.M. Pinochle 12:30 P.M. Mah Jongg 12:30 P.M. Duplicate Bridge 1:00 P.M. Bridge 2:30 P.M. Lounge Games
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Looking Back

WAVERLY PLACE Researched & Written by Staff Asst. Helene Corlett

The west side of Waverly Place has changed very little in the past 100 years. Other than the removal of porches and balconies, the buildings remain the same. #1 Waverly Place was originally part of the Methodist churchyard in the 1860's. Frederick and Horace Van Wagner built a drug store in 1873, which was almost completely destroyed by fire in 1875. After the fire, the building was rebuilt by Israel Lum who added a third floor. Today it's the home of Rose City Jewelers. Built in the 1870's, #3 Waverly Place was originally Harmon's Confectionary Store. It survived the fire that destroyed the Van Wagner building next door because it was constructed of brick and mortar plus there was a small opening between the two buildings.



Ichabod Searing, whose business included house wares, appliances and plumbing, built #5 Waverly Place. In 1889, Sarah Dunning purchased the building from Searing and opened Dunning and Co., also a meeting room on the second floor known as The Dunning Club. Over the years many stores were housed there including Scinto's Shoe Store and Elizabeth's Beauty Salon. Suburban Shoe Store now occupies the first floor.

In 1844 the building that would house the Methodist Church was originally built at #15 Waverly Place. At the time the building only had two floors. When Judge Francis Lathrop decided to widen Waverly Place in 1860, the church building had to be moved to #7-9 and set back further from the street. Worship continued until 1870 when it moved to the new church on Madison Avenue. Ichabod Searing then purchased the building and jacked it up to add a first floor which housed the Day & Searing Tin & Stove Shop.

The Allen Building at #11-13 Waverly Place was built by John Allen, who operated a tailor shop at this location for many years. The upstairs, which was a public meeting hall known as Oriental Hall was used by the Odd Fellows, the Masonic Lodge and also the YMCA at various times. #15 and #17 appear to be a single building but are in fact two separate structures. #15 was built by George Cook and #17 was built by Judge Francis Lathrop to be used as a hotel, but he died before it was completed. The fourth floor on both buildings had beautiful porches and porticos. At the very end of the block stood the railroad depot and telegraph office. It remained at this site until it was destroyed by the fire of 1877. After the fire, a new freight depot was constructed in an alley which would become Lincoln Place. It was demolished when the railroad was elevated in 1915.

Unlike the west side, the east side of Waverly Place has changed considerably. On the corner at #2 a group of men purchased a lot in 1814 for the building of a Masonic Lodge with attached stables. When they disbanded in 1819, Col. Hunting opened a hotel on the site called Hunting's Hotel, later Waverly House and eventually Madison House. When the bank bought the property in 1924, it was moved down Main Street. Chase Bank now occupies the site. The Anderson Building was at #12, it was sold to Troxell and Miller in 1886 and became Mettler's Harness Manufacturing. William Larrison purchased #16 in 1885 from Wm. Harmon and opened a drug store which later moved to the James Building on Main Street. In 1900, Charles Benjamin opened insurance offices and later the Madison Building and



Loan. Charles Cook built #20, which housed shops on the first floor and a public hall on the 3rd floor known as "Fagan's Hall." It was also the home of the Madison Rose Growers Club. The structure was destroyed by fire in 1914 and is now the site of the stately Valgenti Building. The home of Luke DeHart was at #24 with a livery stable in the rear in the late 1800's, it eventually became Gruver's Livery. At the corner in 1879, was #28, the home of Jeremiah O'Brien, which

extended into Lincoln Place. It was enlarged in 1881 and became the American House. In 1926 Lincoln Place was widened and the hotel was moved around the corner and is now the home of Rose City Flooring.

Community Events & Dial-A-Ride

YOU ARE CORDIALLY INVITED TO ATTEND THE MADISON HIGH SCHOOL'S ANNUAL SENIOR CITIZEN DINNER:

HELLO, DOLLY!

Wednesday, March 4, 2020
5:30 p.m. Dinner | 6:30 p.m. Show
170 Ridgedale Ave

This event is FREE!

Please RSVP
Shannon O'Reilly (973) 593-3117, ext. 3125
Oreillys@madisonnjps.org

Shuttle services available for Madison residents. If you would like to reserve a spot please call the Senior Services Office (973) 593-3095.

DIAL-A-RIDE VAN

Free and convenient door-to-door transportation. Experience independence and freedom of knowing you have reliable transportation to doctors' appointments, shopping, hair salons, restaurants, work, community events, and visiting friends and family. Where you need to go in Madison, you can count on the van.

Call to schedule your ride at (973) 593-3095, Monday—Friday, 8:30—9:30 a.m., the day of your trip. Pre-registration required for new passengers before their first ride.



The Van Daily Schedule

Stop & Shop
• Monday, Wednesday & Friday from 10:30 - 11:30 a.m. & 1:30 - 2:30 p.m.

ShopRite
• Tuesday & Thursday from 10:30 - 11:30 a.m. & 1:30 - 2:30 p.m.

Monthly Van Trip:

Scheduled on the second, third and fourth Wednesday of the month from 1:30—3:30 p.m. Refer to the calendar (pages 4-5) for scheduled trips.

Services Available

SERVICES AVAILABLE

- Notary Public Services
- Tech Assistance - Thursday afternoons by appt.
- Meals on Wheels
- Telephone Wellness Checks

The Civic Center offers rooms, at no charge, for social groups, activities, programs and more. To inquire about your group using a space please call the office or email SeniorServices@rosenet.org. You can even request a tour before reserving a space for you or your friends. If you are interested in joining ongoing groups please call the office or swing by for more info about how to join.

Become a member of the
Senior Center Today!

To learn more, please contact us:
seniorservices@rosenet.org
(973) 593-3095



MADISON
NEW JERSEY

Senior Services
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