

**South River Office on Aging
Current Offerings**

Health	Transportation
Fitness Room (daily)	<i>Necessity</i>
Light Chair Exercise Class (2x/wk.)	Grocery Stores
Personal Training Sessions (2x/mo.)	Farmer's Markets
Zumba Gold Class (2x/mo.)	Specialty & Discount Shops
VNACJ Wellness Clinic (1x/mo.)	Outlet Centers
Podiatrist (bi-monthly)	Fellowship Dinners
Nintendo Wii (daily)	Library
Health Presentations (1x/mo.)	Around Town Shuttle
Ex. Nutrition, Stress Reduction, Stroke Prevention	<i>Day Trips</i>
Health Screenings (quarterly)	Museums
Ex. Osteoporosis, Diabetes, BMI, Hearing, Cholesterol	Historical Landmarks
VNACJ Flu/Pneumonia Vaccine Clinic (annual)	Villages & Downtown Cities
State/County Initiatives-Active Aging	Concerts & Festivals
Older American's Month/Sr. Health Week	Atlantic City
Various activities & events (on/off-site)	Delaware Track & Slots
Active Aging Week/Sr. Health & Fitness Walk	Breakfast, Lunch & Dinner
Education	Sightseeing/Walking Tours
Computer Classes (1x/wk.-6 sessions)	Mystery Trip
Computer Basics, E-mail & Surfing the Web	<i>Excursion Trips</i>
Informational Presentations	Hunterdon Hills Playhouse Dinner Theater
Ex. Energy Efficiency, Recycling, Fraud Prevention	Paper Mill Playhouse/State Theater Productions
AARP Driver Safety Course (bi-annual)	Fall Train Ride/Ehrhardt's Waterfront
Caregiver Education Series (annual-5 sessions)	Platzlbrauhaus Oktober/Lobster Fest
Counseling	Radio City Holiday Spectacular
Benefits & Entitlements	Spirit of NY/River Lady Cruises
PAAD, Sr. Gold, LIHEAP, Electric/Phone Lifeline	Spring Break Getaway
SHIP (State Health Insurance Assistance Program)	Social
Assist w/Medicare claims & choosing medical/drug plans	<i>Major Events-Off-site</i>
AARP Income Tax Prep (annual-2 mo. program)	Spring Fling
Federal & State Returns/Stimulus Package	Picnic
PTR-1/PTR-2 & Homestead Rebate	Holiday Party
Referrals	Middlesex County 90th Birthday Bash
Middlesex County Dept. on Aging	<i>Regular Activities/Events-On-site</i>
Board of Social Services/Medicaid District Office	Daily Social Club
Puerto Rican Action Board (LIHEAP)	Billiards & Cards
Adult Protective Services	Computer Lab
UMDNJ/COPSA Geriatric Behavioral Health Services	Monthly Birthday Party
Senior Housing (WM/SRL)	Monthly Movie Matinee
Home Health Care	Theme Parties & Events
Meals on Wheels & Congregate Meals	Covered Dish/Pot Luck
EARS for Caregivers	<i>Intergenerational Programs</i>
Mr. Fix It	Watercolor Painting
Middlesex County Area Transit (MCAT)	Lawn & Leaf Service
Middlesex County Surrogate's Office	Safety Grant Programs
ID Services	Mercury Thermometer Exchange (county)
County Golden Key ID (bi-annual)	Smoke Detectors/Batteries Giveaway (state)
Passports (annual)	Outreach
New OOA ID Cards (2009)	Website
Other Services	TV35
Advocacy	Local Newspapers (THNT & Sentinel)
Comprehensive Monthly Newsletter	Senior Housing (WM/SRL)
Extensive Reference Library of Informational Brochures	Library & Boro Hall