

Marlboro Township Recreation & Parks Commission

1996 Recreation Way / Marlboro, NJ 07746 / (732) 617-0100 Fax (732) 536-2376

BEST OF TIMES **SENIOR RECREATION PROGRAMS** **2009** **WINTER / SPRING / SUMMER**



TOWNSHIP OF MARLBORO

1979 TOWNSHIP DRIVE
MARLBORO, NJ 07746-2299

www.marlboro-nj.gov

Mayor

Jonathan L. Hornik

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(732) 536-0200

Business Administrator

Alayne M. Shepler

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Dear Seniors:

On behalf of my Administration and the Recreation & Parks Commission, we are proud to present the Spring / Summer edition of the "Best of Times". As you know the continuing goal of my Administration is to provide recreational programs and events that improve the quality of life for all seniors in our town.

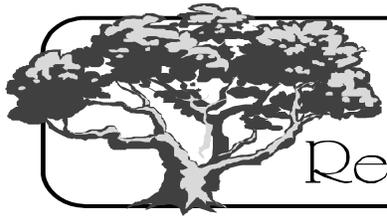
This brochure is loaded with many activities and events that continue to be updated as requests are made. We hope that you take the time to read the entire brochure in order for you to become aware of all the programs we continue to offer. Our Recreation & Parks Commission continue to do a spectacular job in making sure all of our programs remain on the cutting edge when compared to other towns and municipalities in New Jersey. Clearly, with their help, Marlboro remains a great place for seniors to reside.

I hope that each of you had an enjoyable fall and winter and look forward to seeing you around town as the weather warms, the flowers bloom and the grass grows green.

Very truly yours,



Jonathan L. Hornik, Mayor
Township of Marlboro



Marlboro Township Recreation & Parks Commission

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Dear Friends:

It's time to see the interesting programs and special events that have been prepared for your recreational enjoyment from February through September as your Marlboro Township Recreation & Parks Commission proudly presents this edition of "Best of Times".

To begin this overview, there are not one but two separate registrations that are included within this booklet. So, please adhere to the registration dates.

Did you know that we offer free transportation for shopping at various food stores and malls on Fridays?

Please call Senior Transportation to schedule your pickup time. And, we also offer transportation to our seniors who no longer hold a driver's license. Here again we invite you to call Senior Transportation to schedule your pickup.

Want a kosher hot lunch? If so, join us for our Kosher Hot Lunch Program at the Morganville Senior Center located on Texas Road. There's a \$3.00 donation for the hot meal, for details and a menu it can be found in this booklet.

Our senior program continues to grow, because many of our seniors have come to realize that if you want to socialize then Marlboro's Senior Recreation Program is the place to be. With a large array of informative classes and fun trips, in addition to many monthly in-house events and great special events being offered with meals and great entertainment available . . . there are no excuses.

Because good health is something that we are all concerned about, we provide health screenings and lectures to keep you informed on the latest in health wellness. And, remember to please report any changes in your medical health, by updating the Emergency Information Cards that are also inside this booklet. This vital information can help us help you.

And for your convenience the back of this booklet contains a listing of information and phone numbers for various agencies that can assist you if needed.

Okay that takes care of the overview, now let's dive in and get you registered for all of the fun activities that have been prepared for you by our Senior Staff under Denise Barry.

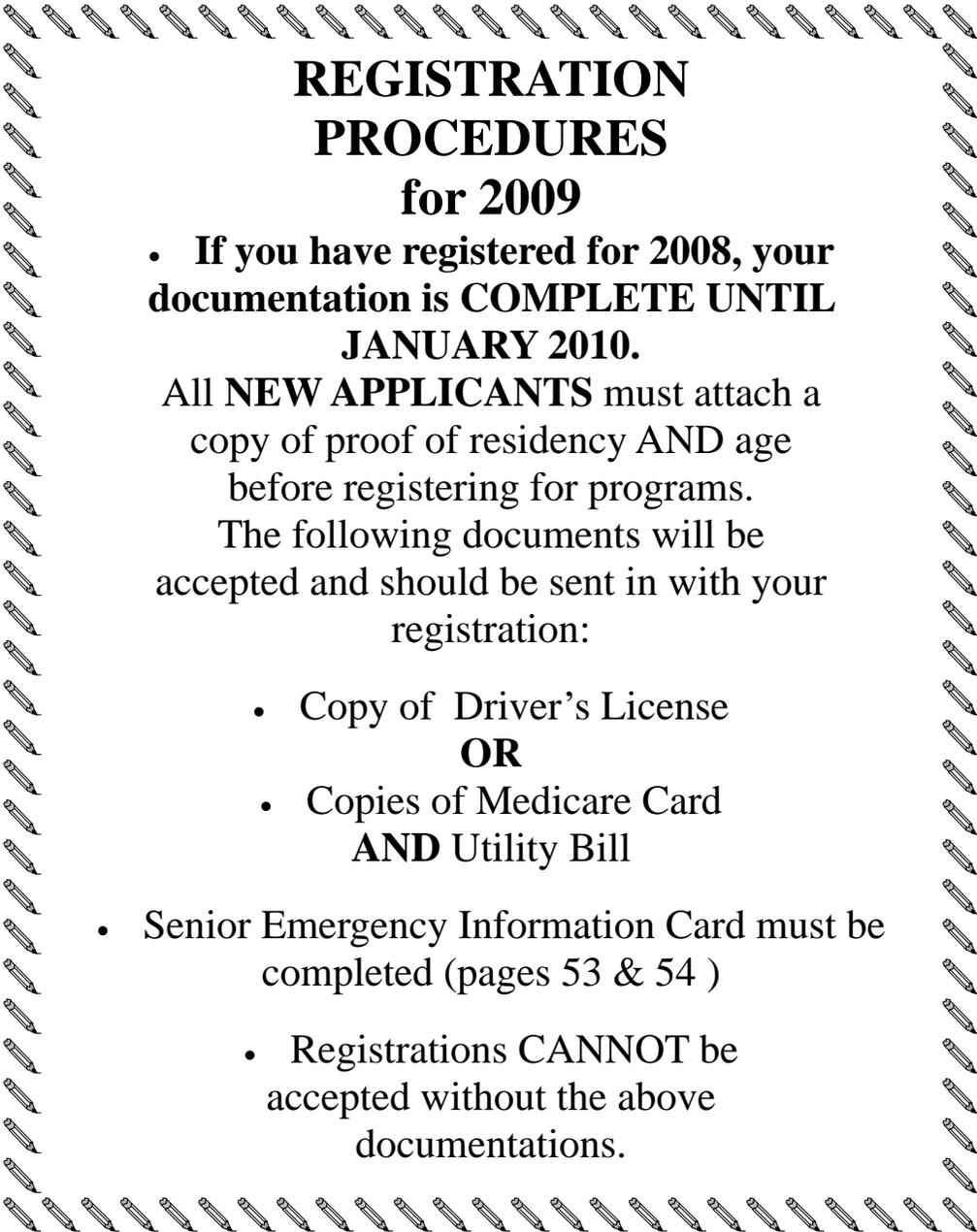
Remember there are lots of upcoming trips and activities offered for your enjoyment.

The Recreation & Parks Commission, Recreation Department and Senior Recreation Office wishes you the very best of health and happiness in a recreation filled 2009.

For the Commission,

A handwritten signature in black ink that reads "Stephen Dick". The signature is written in a cursive style with a large, looped initial 'S'.

Stephen Dick – Commission Chair



REGISTRATION PROCEDURES for 2009

- **If you have registered for 2008, your documentation is COMPLETE UNTIL JANUARY 2010.**

All **NEW APPLICANTS** must attach a copy of proof of residency AND age before registering for programs.

The following documents will be accepted and should be sent in with your registration:

- Copy of Driver's License
OR
- Copies of Medicare Card
AND Utility Bill
- Senior Emergency Information Card must be completed (pages 53 & 54)
- Registrations **CANNOT** be accepted without the above documentations.

INSIDE THIS BROCHURE

**Programs are offered to all Marlboro Township residents who are
60 years of age and older with proper ID.**

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IMPORTANT REGISTRATION INFORMATION

All trips, unless otherwise indicated, will include round trip motor coach leaving from and returning to Marlboro Mall (Route 79 and School Road West). Unless you are notified otherwise, you will be registered automatically upon receipt of your payment and registration form. **Mail one check per trip, class, etc. and include the code.**

We will not accept registrations for friends on the same registration as yours.

However, if a spouse does not escort you, you may attach your friend's registration to yours. **Everyone participating in programs and trips must be a Marlboro Township Resident Senior Citizen (60 years old or older).** All checks must be made payable to MARLBORO RECREATION and mailed to 1996 Recreation Way, Marlboro, NJ 07746.

IF YOU HAVE ANY PHYSICAL LIMITATIONS, PLEASE MAKE NOTE OF THAT ON YOUR REGISTRATION FORMS. If special assistance is needed on trips, please call the Senior Office at the time of registration so we can book a handicap accessible bus. Members needing assistance on trips or in classes must bring an aide or chaperone.

Due to the extreme popularity of our trips and events, we must continue to make it as equitable as possible for everyone to participate. Therefore, we will be utilizing waiting lists. If a wait list exceeds 10 people, the trip will go into a lottery system. **If you need to cancel, please contact the Senior Office. As a courtesy to those on the wait list, please do not sell tickets on your own.** Seniors selected will be entitled to **only 2 tickets.**

Please note the dates for registration and adhere to these dates. Registrations can now be dropped off in the **DROP OFF BOX** located in the Recreation Center. The box will be available on the day of registration and not before.

Please understand that we have only a limited number of seats available on any given trip. There may be times that not all of your choices will be filled. In this event, we will try to be as accommodating and as fair as possible. The Marlboro Recreation Department may cancel programs and activities when there is insufficient response or when weather or circumstances beyond our control make it necessary.

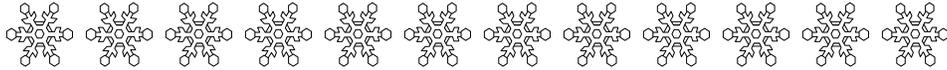
A refund will be given under the following conditions:

A program or event is rescheduled or cancelled by the Recreation Department or notification is given (due to illness only) two weeks prior to the event. A refund will not be given when Recreation cannot be refunded from the source of the trip or event. The Recreation Commission will vote upon final decisions regarding refunds.

Refunds may take up to 8 weeks. Please note programs that offer "No Refund."
THOSE TRIPS ARE NON-REFUNDABLE.

PLEASE NOTE THERE WILL BE A \$5.00 CLERICAL FEE FOR EVERY REFUND ISSUED (Per Marlboro Township Ordinance)

INCLEMENT WEATHER POLICY



WEEKEND WEATHER CANCELLATION POLICY

All A.M. weekend programs at the Community Center and Marlboro Township Schools will be cancelled in the event of any snow Friday and /or Saturday nights. A determination of P.M. programs will be made by 11:00am and participants will be notified.

WEEKDAY WEATHER CANCELLATION POLICY

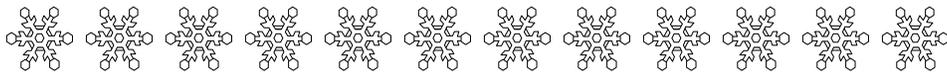
In the event of inclement weather, and the Marlboro Township Schools are closed, all programs scheduled at the school and community center will be cancelled.

If the township elementary schools are delayed due to inclement weather, all programs scheduled in the Community Center for the a.m. will be automatically cancelled. A determination of the p.m. programs at the Community Center **only** will be made by 11:00am

If the township elementary schools are released early due to inclement weather, all evening programs at the schools and Community Center will be cancelled.

Any cancelled programs may be rescheduled at the Recreation Department's discretion.

Call the Recreation Office at (732) 617-0100 or watch Cable TV Channel 77 for more information.





SPECIAL EVENTS



Mardi Gras Celebration Recreation Center Code:241406-00
 Friday, February 20 12:30pm-2:30pm **Fee: \$11.00/pp**

Mardi Gras came to New Orleans through its French heritage in 1699. Early explorers celebrated this French Holiday on the banks of the Mississippi River. Throughout the years, Orleanians have added to the celebration by establishing *krewe*s (organizations) which host parades and balls.

Mardi Gras means "Fat Tuesday" and falls between February 3 and March 9 depending on the Lunar calendar, used by the Catholic Church to determine the date of Easter. Mardi Gras is always 47 days before Easter Sunday. Lunch will be: Brisket of Beef, Baked Chicken, Pasta Primavera, Oven Roasted Potatoes, Grilled Vegetables. Come celebrate with us and *The Bill Turner and the Blue Smoke Band*.



Register on page:32

Pot of Gold Luncheon Recreation Center Code:241406-04
 Friday, March 13  12:30pm-2:30pm **Fee:\$11.00/pp**

A leprechaun is a type of male fairies said to inhabit the island of Ireland. Enjoy lunch with the leprechauns of the Senior Office and see if you can find the hidden pot of gold. Music by Bagpiper Michael Coughlin. Michael is a member of the Clann Eireann Pipe Band of Brooklyn, NY. Lunch will be corn beef & cabbage, potatoes, dessert and coffee. Don't miss out on this fun event!

Register on page:32

Country Hoedown Recreation Center Code:241406-01
 Friday, April 17  12:30pm-2:30pm **Fee:\$11.00/pp**

Put on your dancing shoes, have lunch and learn some simple square dances. Elizabeth Gatto, an experienced square dance caller, will guide us through the dances. Don't miss out on all the fun. If you do not like to dance, come enjoy lunch and the music. Lunch will be hot dogs, hamburgers, baked beans, salads, dessert and coffee.

Register on page:32



SPECIAL EVENTS



Three Divas Concert **Recreation** **Code:241406-02**
 Friday, May 1 1:30pm-3:00pm **Fee:\$6.00/pp**

Presenter: Queens Opera Association, Inc.

A beautiful arias and songs written from opera, operetta and from Broadway stage. Some features include the *Jewel Song* from Faust; *Bell Song* from Lakme; *Un Bel Di* from Madama Butterfly as well as also selections from the Broadway Stage. Refreshments will be served.

Register on page:32

Parents' Day Brunch **Recreation** **Code:241406-03**
 Friday, May 8 10:30am-11:30am **Fee:\$10.00/pp**

Everyone is welcome to attend. A buffet style brunch will be served. Menu will include scrambled eggs, hash browns, bacon, pancakes, finger sandwiches, grilled vegetables and penne vodka. Coffee will be served.

Register on page:32

Armed Forces Day Luncheon **Recreation Center** **Code:241406-05**
 Friday, May 15 12:30pm-2:30pm **Fee: \$11.00/pp**

Come celebrate this special day with us. Entertainment will be provided by *Sweet Revival* . Lunch choices will be Chicken, Beef, Mixed Vegetables, Fried Rice and Dessert.

Register on page:32

Aging Successfully, Wellness Day for Seniors **Code:241406-06**
 Friday, June 12 **Recreation Center** **Fee:\$8.00/pp**

8:30am-9:00am A start to a great day, Movement Program
 9:00am-9:30am Check in, light breakfast

10:00am-11:00am **Lecture Choices (select A or B)**

A) Emotional Wellness

B) Physical Wellness

11:15am-12:30pm Exhibit Hall Open(visit vendors, health screenings)

12:30pm-1:15pm Lunch

1:15 pm-2:15 pm **Lecture Choices (select A or B)**

A) Nutritional Wellness

B) Mental Wellness

Register on page:32

**SPECIAL EVENTS
SUMMER PROGRAMS**

Splash Party Barbeque Aquatic Center Code:341406-00

Aquatic Center located on Boundry Road
 Wednesday, July 29 3:30pm-6:30pm **Fee:** \$11.00 lunch incl.
 Enjoy an afternoon relaxing at the pool. Fest on grilled hot dogs,
 hamburgers and corn on the cob. Dessert will be provided. Music by
 Jerry Castaldo. Don't forget the sunscreen and swim suits.

SUMMER: Register on page:46

“GRANDPARENTS DAYS ARE FUN!”

Aquatic Center located on Boundry Road
 Monday, July 6
 Monday, July 13
 Monday, July 20
 Monday, July 27
 Monday, August 3



No Fee
 3:00pm-5:00pm
Code:341406-01
Code:341406-03
Code:341406-04
Code:341406-06
Code:341406-07

What better way to spend quality time with your grandchildren than
 spending it at the Aquatic Center sliding down the wet and wild water
 slide, or just splashing in the pool? No grandchildren? You can still
 come and relax and enjoy the pool. **SUMMER: Register on page:46**

Water Aerobics 3:00pm-4:00pm Code:341406-02

Aquatic Center located on Boundry Road
 Tuesdays July 7,14,21,28, Aug.4
 Thursdays July 2,9,16,23,30, Aug. 6



No Fee

Take part in a low impact water aerobic class to help promote
 your fitness. A hat and water shoes can be worn in the pool.
 Remember your sunscreen!

SUMMER: Register on page:46

Free Swim for Seniors

Aquatic Center located on Boundry Road
 Mondays-Thursdays 3:00pm-4:30pm Jul.6-Aug.13
 Please be sure to bring your own towel, hat and sunscreen.



Code:341406-05
No Fee

No free swim on July 29

SUMMER: Register on page:46



TRIPS

(ALL TRIPS ARE NON-REFUNDABLE)

Atlantic City, NJ

Wednesday, March 18

Depart: 8:30am

More information to follow. *Walking required.* **Register on page:33**



Code:241400-08

\$26.00 **Lunch on own**

Return: 7:15pm

“The Music of America”

Hunterdon Hills, Hampton, NJ

Wednesday, March 25

Depart: 9:15am

This country-themed show will celebrate America’s most beloved and enduring form of popular music in a **FRESH** new presentation that will leave your toes tappin’ for weeks! From the lyrics of singing cowboys to the breakdown of bluegrass pickers; from the raw rebellion of rockabilly to the heart and soul of the Nashville sound, you’ll witness the evolution of America’s cultural fabric reflected in a **RIP-ROARING** music and dance party. **Meal Choices:**A) Fried Shrimp & Scallops, B) Yankee Pot Roast, C) Chef’s Salad Platter, D) Lemon Pepper Cod, E) Breast of Chicken W/Fruit Stuffing.

Code:241400-09

\$65.00 **Meal Incl.**

Return: 5:30pm



“Melissa Arctic”, Two River Theater, Red Bank, NJ **Code:241400-00**

Wednesday, April 1

Depart: 9:45am

After a catastrophic act of jealousy wreaks havoc, 20 years must pass for the damage that is done to be set right. Craig Wright (The Pavilion, Six Feet Under, Lost, Brothers and Sisters, Dirty Sexy Money) re-imagines The Winter’s Tale, Shakespeare’s most miraculous play, in this timeless tale set in mythical Pine City, Minnesota. Fiercely dramatic, delightfully romantic, and wonderfully musical, Melissa Arctic will restore your faith in the redemptive power of art and hope. Lunch at The River’s Edge.

Meal Choices:A) Roast Turkey Wrap with Boston Lettuce, red onion, apple wood smoked bacon, & cranberry mayonnaise served with sweet potato fries. B) Penne vodka with peas Served with salad with balsamic vinaigrette. C) Chicken Neopolitan with sundried tomatoes in tomato cream sauce over penne with broccoli.

Register on page:33



\$55.00 **Meal Incl.**

Return: 4:15pm



TRIPS

(ALL TRIPS ARE NON-REFUNDABLE)

“Titanic”, the Musical,

Code:241400-02

Westchester Broadway Theater, Elmsford, NY

Wednesday, April 15

\$59.00 **Meal Incl.**



Depart: 9:00am

Return: 6:00pm

Winner of five Tony Awards, is a stirring and unforgettable account of the first and last days of this ship of dreams. Told through the real-life characters, this production grips the heart with its depth of human passion and courage. The ever-fascinating drama is told with music and majesty. This is a factual story of that ship, of her officers, crew and passengers. Meal choice made at the restaurant. **Register on page:34**

Atlantic City, NJ

Code:241400-01

Wednesday, May 6

\$26.00 **Lunch on own**

Depart: 8:30am

Return: 7:15pm



Information to follow. **Walking required.**

Register on page:34

“Puttin’ on the Ritz” La Neve, Haledon, NJ

Code:241400-03

Thursday, May 21

\$49.00 **Meal Incl.**

Depart: 9:30am

Return: 4:30pm



Fred & Ginger personified “MOVIE MAGIC” more than any other stars. They lit up the screen with Top Hat, Easter Parade and other timeless classics and songs like “Dancing Cheek to Cheek”, “Steppin out with my Baby” and others. We will tell you a story of how they became king & queen of the movie musical. Lunch will include Antipasto Platter, Salad, Pasta w/Vodka Sauce, Roast Beef or Chicken Francese, Potatoes & Vegetable, Apple Pie Ala Mode. **Register on page:34**



TRIPS

(ALL TRIPS ARE NON-REFUNDABLE)

“Private Lives”

Code:241400-04

Two River Theater, Red Bank, NJ

Wednesday, May 27

\$55.00 Meal Incl.



Depart: 9:45am

Return: 4:15pm

A feisty, sharp-eyed, sharp-tongued comedy. Divorcees become newly-weds and set off a pair of star-crossed honeymoons that go disastrously, hilariously awry. Set in Buenos Aires in 1929 when tango was all the rage, Coward's classic wit is given a sultry, sexy South American twist. Associate Artistic Director KJ Sanchez sheds a new Latin light on one of the greatest plays ever about love, marriage, love, divorce, and, of course... love. Lunch at The River's Edge. **Meal Choice:** A) Jersey Salad Mixed greens topped with sliced pears, chopped bacon, candied walnuts, and blue cheese, drizzled with Port Wine Vinaigrette with grilled chicken if you like. B) Penne Pomodoro With roasted tomato and peas served with salad with balsamic vinaigrette. C) 8oz. Burger with lettuce and tomato, and cheese, served with French Fries.

Register on page:35

“Over the River & Through the Woods”

Code:241400-05

Hunterdon Hills, Hampton, NJ

Wednesday, June 10

\$62.00 Meal Incl.

Depart: 9:15am

Return: 5:30pm

Nick is a really nice Italian-American guy from Hoboken, New Jersey. When Nick's parents retired and moved to Florida he kind of “inherited” his two sets of grandparents. SO, - - - Every Sunday “Over the River and Through the Woods” to grandmother's house he'd go. They were always glad to see him and he was glad to be there. They kept the house way too hot, “August in Ethiopia hot” according to Nick. But so what,- they were FAMILY. A) Fried Shrimp & Scallops , B) Yankee Pot Roast, C) Baked Ham with Fruit Glaze, D) Catch of the Day, E) Stuffed Breast of Chicken .

Register on page:35



SUMMER TRIPS
(ALL TRIPS ARE NON-REFUNDABLE)

“Evie’s Waltz”, **Code:241400-07**
NJ Repertory Co., Long Branch, NJ

Friday, June 19 \$62.00 **Meal Incl.**

Depart: 10:15am Return: 4:45pm

By the author of last season’s runaway hit “Women Who Steal”, Evie’s Waltz is a dark comedy about a serious subject, young people who feel alienated within society and their own family. We meet a typical nuclear family– husband, wife barbequing, entertaining their son’s girlfriend, but all the while, they are unaware of what is going on with their son and pressure starts to mount as things are revealed by his “partner in crime.” Lunch at Ross’s Dockside Steak and Seafood House. **Meal Choices:A)** Tialpia Franchese with mixed vegetables, **B)** Grilled chicken Breast with Asparagus Risotto and Mushroom Sauce. **Register on page:35**

“Billy Elliott”, NYC **Code:341401-01**

Wednesday, July 8 \$156.00 **Meal Incl.**

Depart: 9:30am Return: 7:00pm

Based on the film about a working-class British boy with dreams that run contrary to family expectations, the London smash-hit musical arrives on Broadway. Based on the hit film of the same name, this is the story of a boy who wants to be a ballet dancer, even though his father wants him to box. Lunch at Etcetera Etcetera. Meal choices will be made at the restaurant. **SUMMER: Register on page:47**

“Lucy I’m Home”, Brownstone, Haldeon, NJ **Code:341401-02**

Wednesday, July 15 \$49.00 **Meal Incl.**

Depart: 9:30am Return: 4:45pm

Madcap Tribute to Lucy and Desi. Starring Laura Roth with Davido, Marilyn & Will Roy and Michael T. Wright. **Menu:** Garden Salad, Ziti, Roasted Stuffed Loin of Pork & Chicken Ala Cubana, Rice Pilaf, Vegetable Medley, Dessert. **Gratuity NOT INCLUDED in this price.** In appreciation for the services, please leave **\$2.00 tip**, per person, at your table. **SUMMER: Register on page:47**



SUMMER TRIPS
(ALL TRIPS ARE NON-REFUNDABLE)

Atlantic City, NJ **Code:341401-00**
Wednesday, July 22 \$26.00 **Lunch on own**
Depart: 8:30am Return: 7:15pm
Information to follow. **Walking required.**
SUMMER: Register on page: 47

“Singin’, Dancin’ and a Little Romancin’” **Code:341401-03**
Hunterdon Hills, Hampton, NJ
Wednesday, August 5 \$62.00 **Meal Incl.**
Depart: 9:15am Return: 5:30pm
A new musical-comedy spectacular with singing, dancing and mini skits.
A) Fried Shrimp & Scallops , B) Yankee Pot Roast, C) Cold Salad Platter,
D) Catch of the Day, E) Stuffed Breast of Chicken .
SUMMER: Register on page: 48

Monmouth Racetrack, Oceanport, NJ **Code:341401-04**
Friday, August 14 \$36.00 **Meal Incl.**
Depart: 10:45am Return: 5:30pm
Take a chance at the races while you dine at a buffet luncheon in the Turf Club. **Jackets required for gentlemen; jeans/shorts not permitted.**
SUMMER: Register on page:48

Intergenerational Day **Code:241406-07**
with Marlboro High School Students
Tuesday, April 21 Recreation Center No Fee
1:00pm-2:00pm
Spend time with high school students as they demonstrate and play along with you, two new games everyone is talking about; the “Wii” and “Dance Revolution”. No experience is necessary and everyone can have a chance to join in. Your grandchildren will think you are the coolest! Learn what’s new in today’s world of electronics as you stay connected with the younger generation. Refreshments will be served.
Register on page:37



SUMMER TRIPS
(ALL TRIPS ARE NON-REFUNDABLE)

“Buddy... The Buddy Holly Story”, **Code:341401-05**
Surflight Theatre, Beach Haven, NJ

Tuesday, September 1 \$49.00 **Meal Incl.**

Depart: 9:45am Return: 6:15 pm

The Buddy Holly Story, has since toured the world and continues to prove how irresistible Buddy Holly's songs and style still remain today. Lunch at Daddy O. **Meal Choices:** A) Roasted Chicken, B) Cheese Stuffed Tortellini, C) Grilled Salmon.

SUMMER: Register on page:48

The QVC Studio Tour, West Chester, PA **Code:341401-06**

Wednesday, September 16 \$32.00 **Meal Incl.**

Depart: 8:15am Return: 5:15pm

It's the tour you've never seen before. Get a behind-the-scenes look at QVC, America's fourth largest television network. See what it takes to broadcast live across America, 24 hours a day. The walking tour is about 1 hour long. Please wear comfortable shoes. **Walking is required and please bring a form of ID with you.** Lunch at 12:30 pm at Buca di Beppo Family Style Italian Restaurant. **Meal includes:** Salad Chicken with Lemon, Penne Basilica, Homemade Cheesecake.

SUMMER: Register on page:49

Atlantic City, NJ **Code:341401-08**

Wednesday, September 23 \$26.00 **Lunch on own**

Depart: 8:30am Return: 7:15pm

Information to follow. **Walking required.**

SUMMER: Register on page:49

CLASSES

Please consult your physician before starting this or any exercise program

AARP Defensive Driving Class Recreation Center

Thurs., April 2 & Fri., April 3



Code:241401-09

Register on page: 36

Tues. August 11 & Wed., August 12

Code:341402-15

SUMMER: Register on page:49

9:00am-1:00pm **\$14.00 Make ck payable to: AARP**
(\$12.00 for AARP Members)

A two-day refresher course "55 Alive Mature Driving" will be held. Those completing the course will receive a 5% discount on their auto insurance and will have two points removed from their driving record, if applicable. **Checks made payable to AARP. Limited enrollment.**

Ballroom Dancing Recreation Center Code:241401-03

Thursdays Feb. 5,12,19,26 Mar.5,12,19,26, Apr.2,16,23,30

May 7,14,21,28 Jun.4,11,18, Sept.10,17,24



11:30am-12:15pm **No class Apr.9, Jun. 25, Jul., Aug., Sept.3**

No experience needed. Have a great time, add fun to your life or get ready for that special event. Learn Merengue, Fox Trot, Waltz, Tango and more! Fun for singles or couples.

Register on page:36

Bingo/Pokeno Recreation Center Code:241401-04

Tuesdays

1:30pm-2:30pm Mar.24, May 19, Jul 21, Sept.15

Share an afternoon with friends as you enjoy games of Bingo or Pokeno. Not required to bring a gift for Pokeno.

Register on page:36

Bocce Ball Recreation Center Code:241401-08



Thursdays Apr.2,16,23,30 May 7,14,21,28 Jun.4,11,18,

1:30pm-2:30pm Jul.2,9,16,23,30 Aug.6,13,20 Sept.10,17,24

No program on Aug.27, Sept.3, Apr.9, Jun.25

Sign up to play alone or with a group. If we get enough people, we will set up teams and engage in competitive games. **Register on page:36**

CLASSES

Please consult your physician before starting this or any exercise program

Beginner Cardio Exercise Recreation Center Code:241401-10

Mondays Feb.2,9,23 Mar.2,9,16,23,30 Apr.6,13,20,27
11:30am-12:30pm May 4,11,18 Jun.1,8,15 Sept.14,21

No class Feb.16, May25, Jun.22,29, Jul., Aug., Sept.7,28

For the exerciser just starting out. Wear comfortable clothing.

Register on page:36

Computer Class Asher Holmes Elementary School

Mondays 4:00pm-5:00pm

Session I Beginner Feb.2,9,23 Mar. 2,9,16,23 **Code:241401-25**

Session II Intermediate Apr.6,20,27 May4,11,18 Jun.1 **Code:241401-00**

No class on Feb.16, Apr.13, May 25

The class will address the use of the keyboard and explain its many functions; introduce the use of the internet; how to set up e-mail accounts, send documents and pictures and practice use of Microsoft Word as well as how to set up files and folders. INTERMEDIATE class will be adapted to the needs of its students. Those who attend should have a home computer to practice on. Assignments will be given. Class is limited to 16.

Register on page:36

Dabbling in the Arts Morganville Center Code:241401-11

Thursdays Feb. 5,12,19,26 Mar.5,12,19,26 Apr.2,16,30

1:00pm-3:00pm May 7,14,21,28 Jun.4,11,18, Sept.10,17,24

No class Apr.9,23, Jun. 25, Jul., Aug., Sept.3

Come join us as we explore and experience the joy of drawing and painting using various mediums such as watercolor, acrylic, pastels and pencils to name a few. No experience is necessary but all levels of experience will be accommodated. *Limited space. Register on page:37*

Do You Crochet? Want to Learn? Code:241401-12

Wednesdays **Morganville Center**

9:30am-11:00am Feb.4,11,18,25 Mar.4,11,18,25 Apr.1,15,22,29

May 6,13,20,27 Jun.3,10,17, Jul.1,8,15,22 Aug.5,12,19, Sept.9,16,23,30

No class on Apr.8, Jun.24, Jul.29, Aug.26, Sept.2

Experienced & newcomers are welcome. Join together to create afghans which will be **donated** to local organizations. This "group" project will teach newcomers how to crochet squares. The group will then join the squares together to create afghans to donate. Bring to class a size J crochet hook.

Register on page:37

CLASSES

Please consult your physician before starting this or any exercise program

Beginner Canasta Recreation Center Code:241401-16

Mondays Feb.2,9,23 Mar.2,9,16,23,30 Apr.6,13,20,27 May 4,11,18
10:00am-12:00pm Jun.1,8,15 Jul.6,13,20,27 Aug.3,10,17 Sept.14,21

No class Feb.16, May 25, Jun.22,29, Aug.24,31, Sept.7,28

Spend two hours learning the fundamentals and rules of Canasta as well as getting involved in the actual playing of the game. Great as a refresher course. **Limited space.** *Register on page:37*

Intermediate Canasta Recreation Center Code:241401-17

Fridays Feb.6,20,27 Mar.6, 20,27 Apr.3,24 May1,8,22,29 Jun.5,19
10:00am-12:00pm Jul.10,17,24,31 Aug.7,14,21, Sept.11,25

No classes on Feb.13, Mar.13, Apr.10,17, May15, Jun.12,26,

Jul.3,Aug.28,Sept.4,18

Spend two hours learning the fine points and the strategies for making Canasta a “challenging” game. **Limited to 25 spaces.**

Register on page:37

Ping Pong Recreation Center Code:241401-18

Wednesdays Feb.4,11,18,25 Mar.4,11,18,25 Apr.1,15,22,29
12:00pm-1:00pm May 6,13,20,27 Jun.3,10,17 Sept.9,16,23,30

No class on Apr. 8, Jun.24, Jul., Aug.,Sept.2

Have fun socializing over a game of ping pong. Engage in a game of singles or doubles. No experience needed. *Register on page:38*

Total Body Workout Recreation Center Code:241401-19

Mondays Feb.2,9,23 Mar.2,9,16,23,30 Apr.6,13,20,27
9:00am-10:00am May 4,11,18 Jun.1,8,15, Sept.14,21

No class Feb.16, May 25, Jun.22,29, Jul., Aug., Sept.7,28

This class will be held in the gym at the Recreation Center. We will work on flexibility, range of motion, endurance and functional movements for seniors. The program encourages seniors to work at their own pace and to achieve their own fitness goals. *Register on page:38*



CLASSES

Please consult your physician before starting this or any exercise program

Strength Training



Recreation Center

Code:241401-20

9:00am-10:00am

Tuesdays Feb.3,10,17,24 Mar.3,10,17,24,31 Apr.7,14,21,28
 May 5,12,19,26 Jun.2,9,16 Jul.7,14,21,28
 Aug.4,11,18 Sept.8,15,22,29

Thursdays Feb.5,12,19,26 Mar.5,12,19,26 Apr.2,16,23,30
 May 7,14,21,28 Jun.4,11,18 Jul.2,9,16,23,30
 Aug.6,13,20 Sept.10,17,24

No class Apr.9,Jun.23,25,30,Aug.25,27,Sept.1,3

This class will help you develop more flexibility and muscle strength. You will go through a warm-up and then focus on flexibility and balance. Wear comfortable clothing. **Register on page:38**

Please note:
New Time

Tai Chi Chi Kung

Recreation Center

Code:241401-21

10:15am-11:15am

Mondays Feb.2,9,23 Mar.2,9,16,23,30 Apr.6,13,20,27
 May 4,11,18 Jun.1,8,15, Sept.14,21
Wednesdays Feb.4,11,18,25 Mar.4,11,18,25 Apr.1,15,22,29
 May 6,13,20,27 Jun.3,10,17 Sept.9,16,23,30

No classes on Feb.16, Apr.8, May 25, Jun.22,24,29, Jul., Aug., Sept.2,7,28

The constant practice of Tai chi and Qigong help improve physical musculature by releasing tension, prevents bone fatigue improves circulation, builds speed, coordination and balance, reduces hypertension and aids in managing diabetes. Tai Chi and Qigong are non-competitive, gentle and self paced. Anyone can do it, and the benefits are extensive.



Register on page:38

CLASSES

Please consult your physician before starting this or any exercise program

Yoga  **Recreation Center** **Code:241401-22**
Fridays Feb.6,20,27 Mar.6, 20,27 Apr.3,24 May 1,8,22,29 Jun.5,19
9:00am-10:00am Jul.10,17,24,31 Aug.7,14,21, Sept.11,25
*No classes on Feb.13, Mar.13, Apr.10,17 ,May15,Jun.12,26,Jul.3,Aug.28,
Sept.4,18*
Ease into stretches and gently move your body. Work at your own pace.
Wear comfortable clothing. **Limited space.** **Register on page:38**

NEW

Basic Golf Lessons **Code:241401-23**
Recreation Center
Mondays 1:00pm-2:00pm Feb.2,9,23 Mar.2,9,16,23,30 Apr.6,13,20,27
May 4,11,18 Jun.1,8,15
No class Feb.16, May 25 , Jun.22,29 , Jul., Aug., Sept.
Learn the basic fundamentals, rules, terminology and etiquette of golf.
This program will teach you stretching exercises, hand grip, positioning
and hitting the ball and swing follow through, with the hopes of one day
getting on a course to play. This program is open to men and women. You
can bring your own golf clubs or borrow ours. Golf balls, and mats will be
available for your use as well. **Limited space.** **Register on page:38**

NEW

Create a Three Dimensional Masterpiece **Code:241401-24**
Recreation Center
Wednesdays 1:00pm-2:30pm Feb.4,11,18,25 Mar.4,11,18,25 Apr.1,22,29
May 6,13,20,27 Jun.3,10,17 *No class Apr. 8,15*
In this program , we will use different materials, such as clay and canvas
to create a 3 D masterpiece. You will paint a background on canvas and
use clay to make objects in your picture. This is also an excellent mind and
finger exercise. Come join the fun. A supply list will be given to you on
the first day of class. **Register on page:38**

DISCUSSION/LECTURE SERIES

Breakfast Club	Recreation Center	Code:241401-02
Wednesdays	Feb.4,18	Mar.4, 18 No Fee
9:00am-10:30am	Apr.8, 22	May 6, 20 Jun.3,17
	Jul.1,15	Aug.5,19 Sept.9,23

The purpose of the Breakfast Club is to “savor” the current news over a refreshments and coffee among a friendly group who, along with you, are trying to figure it all out. Bring your daily newspaper or magazine, your opinions, a sense of humor and an open mind. **Register on page:39**

Short Story Readings	Recreation Center	Code:241401-05
Fridays 10:15am-11:45am		No Fee

Feb.27 Raymond Carver, A Small Good Thing
 Apr.3 Alice McDermott, Enough
 Jun.26 Franz Kafka, Hunger Artist
 Aug.21 William Faulkner, A Rose for Emily
 Sept.25 Conversion of the Jews, Philip Roth

The short story-a unique genre-intricate in its simplicity, poignant and powerful. Read and discuss with us about the author, plot, setting, character, tone, theme and total impressions. Have these stories altered your views, attitudes or feelings about life? Copies of selected readings will be available at the Recreation Center a month prior to discussion.

Register on page:39

Remarkable People, Lincoln Bicentennial	Code:241401-01
--	-----------------------

Thursdays	Recreation Center	No Fee
1:30pm-3:00pm	Feb.12 Part I, Feb.19 Part II	Lincoln Bicentennial
Remember and Celebrate the Life of Lincoln.Participants are encouraged to gather information before the session.		
Register on page:39		

A New Spin on Energy Saving	Recreation Center	Code:241405-03
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Wednesday, February 11	Presenter: NJ Natural Gas	No Fee
1:00pm-2:00pm		

This seminar is a fun, interactive educational game. Its main attraction is a prize wheel filled with information on rebate programs, energy assistance and no and low-cost energy saving tips. **Register on page:39**

DISCUSSION/LECTURE SERIES

**My Wishes-
How To Be Sure They Are Carried Out**

No Fee

Code:241401-06

Wednesday, April 22

Recreation Center

1:30pm-2:30pm

Presenter: Senior Living Institute of NJ

This program will address the important topics of healthcare directives, power of attorney, healthcare proxy and living wills. There will also be a discussion of the importance of reviewing your beneficiaries in your will and other important documents on a regular basis. The availability *Getting Organized and File of Life*, two vehicles to help you achieve this goal will be discussed. **Register on page:39**

Estate Conservation

No Fee

Code:241405-00

Wednesday, May 13

Recreation Center

1:30pm-2:30pm

Presenter: Emerald Financial Resources

This seminar helps to educate attendees about the need for careful action when it comes to managing an estate. The seminar illustrates the problems, delays, and expenses that often accompany intestacy and probate. The estate distribution techniques associated with wills are presented, and trusts are introduced as a vehicle that can help many people overcome the challenges of estate distribution. The effects on the estate of long term care issues are also discussed. **Register on page:40**

Diabetic Foot Care

No Fee

Code:241405-01

Thursday, May 28

Recreation Center

1:00pm-2:00pm

Presenter: Dr. Corinne Kauderer

Dr. Kauderer will discuss the importance of taking care of your feet and what signs and symptoms to look for. **Register on page:40**

DISCUSSION/LECTURE SERIES

**Ear Problems, Ringing,
Dizziness and Wax Buildup** **No Fee** **Code:241405-02**
Recreation Center 1:30pm-2:30pm

Wednesday, June 17

Presenter: Seniors First

Finding yourself moving closer to people and reading their lips? Turning up the volume on the phone, TV? Itchy ears and ringing noises? Dr.

Mark Roessler ENT will discuss causes and consequences of wax buildup, infections, dizziness and balance problems due to ear disorders.

Dr. Roessler will allow time for questions and a free ear wax screening.

Register on page:40

Pearls of Wisdom– Meet Esther **No Fee** **Code:341403-08**
Wednesday, July 1 **Recreation Center** 1:30pm-2:30pm

Presenter: Emerald Financial Resources

A Pearls of Wisdom seminar fuses emotion, intuitions and intellect into a relaxed, informative setting where women and men can feel comfortable talking about money and their personal concerns. It looks beyond the mere facts and figures and explores the emotions behind the issues.

SUMMER: Register on page:50

**Causes and Consequences
of Sleep Difficulties** **No Fee** **Code:341403-10**

Wednesday, September 9 **Recreation Center** 1:30pm-2:30pm

Presenter: Seniors First

Many people have insomnia, difficulty falling and staying asleep. It can make us feel tired, depressed and irritable. Insomnia is the body's way of saying that something isn't right. These things can be stress, diet, caffeine, depression, pain, alcohol, anxiety, night time habits, snoring and sleep apnea. Dr. Samuel Krachman will discuss various causes of sleep difficulties and treatment available from meditation, sleep labs, breathing masks, medications as well as modifying our environment and behavior.

There will also be time allowed for questions and answers.

SUMMER: Register on page:50

HOT KOSHER LUNCH PROGRAM
Mondays, 12:30pm-1:30pm
Morganville Senior Center

The Marlboro Township Recreation and Parks Commission / Senior Citizen Program in conjunction with the Jewish Community Center of Greater Monmouth County in Deal, NJ offers a hot kosher lunch program on **Mondays from 12:30pm-1:30pm** for seniors. *The program is limited and therefore all lunch reservations must be placed the Wednesday before lunch is served.*

The hot meals will include a meat/fish, vegetable, salad, bread, fruit/fruit cup, milk, cookies, juice, water, coffee and tea. A donation of \$3.00 will be asked to help with the funding of this program and will be paid at the door or mailed with your registration. If you experience *financial hardship*, the lunch will be free.

Donation of \$3.00 is requested per meal to be paid at the door or enclose payment with registration. **PLEASE BRING EXACT CHANGE.**

Call the Senior Office if transportation is needed.

- **Bread, fruit juice, cookies & milk are offered at all meals.**

Mondays	Menu	Register on page 42
Feb. 2	Chicken Cutlet w/mushrooms, zucchini, potato kugel	Code: 241407-01
Feb. 9	Beef Bourekas, mashed potatoes, salad	Code:241407-02
Feb. 16	NO MEAL PRESIDENT'S DAY	NO LUNCH
Feb. 23	Stuffed cabbage, noodle kugel, salad	Code: 241407-03
Mar. 2	Breaded Baked fish(pollack), wild rice, three bean salad	Code:241407-04
Mar. 9	Chicken Cutlet w/mushrooms, zucchini, potato kugel	Code:241407-05
Mar. 16	Beef Bourikas, potatoes w/gravy, salad	Code:241407-06
Mar. 23	Roast chicken, sweet potatoes, beans	Code:241407-07
Mar.30	Breaded baked Pollack, wild rice, 3 bean salad	Code:241407-08
Apr. 6	Beef Bourikas, potatoes w/gravy, peas, carrots	Code:241407-09
Apr. 13	NO MEAL PASSOVER	NO LUNCH

HOT KOSHER LUNCH PROGRAM
Mondays, 12:30pm-1:30pm
Morganville Senior Center

Mondays	Menu	Register on pages 42/43
Apr. 20	Meatballs, pasta w/sauce, green beans	Code:241407-10
Apr. 27	Baked tilapia w/pasta., salad	Code:241407-11
May 4	Meatballs w/sauce, pasta, salad	Code:241407-12
May 11	Beef Stew, mashed potatoes, mixed veggies	Code:241407-13
May 18	Stuffed cabbage, noodle kugel, salad	Code:241407-14
Jun. 1	Breaded fish, (Pollack) wild rice, three bean salad	Code:241407-15
Jun. 8	Roast Chicken, wild rice, green beans	Code: 241407-16
Jun.15	Meatballs w/sauce, pasta, salad	Code: 241407-17
Jun. 22	Beef Bourikas, potatoes w/gravy, peas,carrots	Code: 241407-18
Jun. 29	Roast chicken, mashed sweet potatoes, green beans	Code:241407-19
Jul. 6	Breaded baked fish (Pollack), wild rice, three bean salad	Code:341405-00
Jul. 13	Beef Bourikas, potatoes w/gravy, peas, carrots	Code:341405-01
Jul. 20	Chicken Culet w/mushrooms, zucchini, potato, kugel	Code:341405-02
Jul. 27	Baked tilapia w/pasta, salad	Code:341405-03
Aug. 3	Meatballs w/sauce, pasta, salad	Code: 341405-04
Aug. 10	Beef Bourikas, potatoes w/gravy, pea,carrots	Code:341405-05
Aug. 17	Beef Stew, mashed potatoes, mixed veggies	Code:341405-06
Sept. 14	Stuffed cabbage, noodle kugel, salad	Code:341405-07
Sept. 21	Meatballs w/sauce, pasta, salad	Code: 341405-08

TRANSPORTATION TO SHOPPING MALLS
Friday 11:00am -1:00pm

SHOPPING FOR SENIOR CITIZENS
OF
MARLBORO TOWNSHIP



Free transportation to various shopping locations will be offered on Fridays.

To schedule a ride, call Marlboro Recreation Senior Office at
 (732) 617-0100

Shopping bags are limited to the amount you can carry on your own.
 Space is limited, so reservations are needed.

Drop off times at each shopping location will be 11:00 am.
 Pick up time will be 1:00 pm.

Shopping

Register on pages:44/45

Friday, Feb. 6, 2009	Value City (Manalapan)	Code:241408-00
Friday, Feb. 27, 2009	Aldi Food Market (Hazlet)	Code:241408-01
Friday, Mar. 6, 2009	Shop Rite (Marlboro)	Code:241408-02
Friday, Mar. 20, 2009	A & P (Marlboro)	Code:241408-03
Friday, Mar. 27, 2009	Wegmans&Target (Manalapan)	Code:241408-04
Friday, Apr. 3, 2009	Pathmark & Kohls (Marlboro)	Code:241408-05
Friday, Apr. 24, 2009	Delicious Orchards (Colts Neck)	Code:241408-06
Friday, May 8, 2009	Walmart & Sam's (Freehold)	Code:241408-07
Friday, May 15, 2009	Stop & Shop (Aberdeen)	Code:241408-08
Friday, May 22, 2009	Shop Rite (Aberdeen)	Code:241408-09
Friday, May 29, 2009	Aldi Food Market	Code:241408-10
Friday, Jun. 5, 2009	A&P (Marlboro)	Code:241408-11
Friday, Jun. 19, 2009	Pathmark & Kohls	Code:241408-12
Friday, Jun. 26, 2009	Delicious Orchards	Code:241408-13
Friday, July 10, 2009	Wegman & Target	Code:341408-04
Friday, July 17, 2009	Aldi Food Market	Code:341408-05
Friday, July 24, 2009	Foodtown	Code:341408-06
Friday, July 31, 2009	A & P	Code:341408-07
Friday, Aug. 7, 2009	Shop Rite (Marlboro)	Code:341408-00
Friday, Aug. 14, 2009	Stop and Shop (Aberdeen)	Code:341408-01
Friday, Aug. 21, 2009	Walmart & Sam's (Freehold)	Code:341408-02
Friday, Sept. 25, 2009	Foodtown (Manalapan)	Code:341408-03

HEALTH SCREENINGS

PLEASE NOTE: No appointment time is needed for Blood Pressure Screenings. Blood Pressure Screenings start at 11:30am on a first come basis.



Blood Pressure Screening Wednesday, February 4	<i>Register on page:41</i> Recreation Center	Code:241404-00 11:30 am
Cholesterol Screening Friday, March 6 <i>No fasting required.</i>	<i>Register on page:41</i> Recreation Center	Code:241404-01 9:00 am
Blood Pressure Screening Wednesday, March 4	<i>Register on page:41</i> Recreation Center	Code:241404-02 11:30 am
Audiology Screening Friday, April 17	<i>Register on page:41</i> Recreation Center	Code:241404-05 9:00 am
Blood Pressure Screening Wednesday, May 6	<i>Register on page:41</i> Recreation Center	Code:241404-04 11:30 am
Glucose Screening Friday, May 8 <i>Do not eat or drink anything except water for 5-8 hours prior to testing.</i>	<i>Register on page:41</i> Recreation Center	Code:241404-03 9:00 am
Blood Pressure Screening Wednesday, June 3	<i>Register on page:41</i> Recreation Center	Code:241404-06 11:30 am
Cholesterol Screening Friday, July 24 <i>No fasting required.</i>	<i>Register on page:41</i> Recreation Center	Code:341404-00 9:00 am
Blood Pressure Screening Wednesday, August 5	<i>Register on page:41</i> Recreation Center	Code:341404-02 11:30 am
Audiology Screening Friday, August 7	<i>Register on page:41</i> Recreation Center	Code:341404-01 9:00 am
Blood Pressure Screening Wednesday, Sept. 9	<i>Register on page:41</i> Recreation Center	Code:341404-03 11:30 am
Glucose Screening Friday, Sept.11	<i>Register on page:41</i> Recreation Center	Code:341404-04 9:00 am

**Free Individual Computer and Cell Phone Training
for Marlboro's Seniors
Sponsored by: Members of Marlboro's Teen Advisory Committee**

As part of Mayor Jon Hornik's *Do Good* initiatives, Marlboro's Teen Advisory Committee (TAC) is rolling out its Computer and Cell Phone Training Programs, and will be working with the Senior Advisory Committee and other senior organizations throughout Marlboro in an effort to identify seniors that would be interested in receiving FREE personalized computer and cell phone training. The training will be provided by TAC members and will include basic computer skills, including email and internet search techniques as well as programming of cell phone speed dial numbers.

Another initiative that TAC is rolling out is its Senior *outreach program*. TAC members will bring a Wii video game and wands to local assisted living facilities and other Senior settings, and will engage Seniors in this very fun interactive video game. It's a great way to bridge the generation gap and for Teens and Seniors to share a laugh, have some fun, and learn and be mentored by one another.

If you are interested in receiving individual computer or cell phone training at your home, or interacting with Marlboro's teens while playing the Wii, please send an email to the Senior Advisory Committee at dbarry@marlboro-nj.gov, or call Denise Barry at 732-617-0100.

ABOUT TAC

The Teen Advisory Committee (now in excess of 150 teens), was formed last Summer with the support of Mayor Hornik in an effort to give the teens of Marlboro a voice in our local government and to enhance their leadership skills. This committee offers our Teens the chance to share their ideas and visions to help make Marlboro a great town for them and for our entire community. TAC members look forward to giving back to their community and to working with the Seniors of Marlboro.

For additional information about TAC, please email TAC@marlboro-nj.gov or call 732-536-0200.



TRANSPORTATION

??? NEED A RIDE ???

MARLBORO TOWNSHIP RECREATION & PARKS COMMISSION
offers

**FREE BUSING FROM 8:00AM-4:00PM (DAILY) for seniors
who do not hold a driver's license or with medical needs.**

Extended hours are for special events

for

**MARLBORO TOWNSHIP SENIORS ATTENDING PROGRAMS AND
TRIPS SPONSORED BY OUR SENIOR PROGRAM.**

**Reservations must be made at least 1 WEEK in advance by calling
MARLBORO RECREATION CENTER (732) 617-0100.**

Leave your name, address, phone number and the event you wish to
attend or fill out the information below and return it with your
registrations.

Name: _____

Address: _____

Phone: _____

I WILL NEED A RIDE TO THE FOLLOWING:

Name of program or trip:

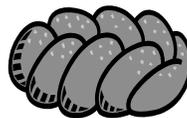
Date of programs or trips:

- You will be called to confirm your date and to arrange pick up times.

TIPPING IS NOT ACCEPTED

*Special thanks for supporting
Marlboro Township
Senior Programs with
donations:*

**SALOMON'S BAKERY
700 Tennent Road
Manalapan, NJ 07726**



**LA DOLCE BAKERY
85 Gordons Corner Rd
Marlboro, NJ 07746**

REGISTRATION NOT ACCEPTED BEFORE JANUARY 12, 2009

Mail Registration Forms to:
 Marlboro Recreation, 1996 Recreation Way
 Marlboro, NJ 07746
 Attn: Senior Programs

Name (first and last) _____ Home Phone _____

Address _____

City _____ Emergency Phone _____

- **Consult with your physician before beginning these or any exercise programs.**

PLEASE LIST EACH PERSON PARTICIPATING

MARLBORO CABLE TELEVISION RELEASE WAIVER/ PHOTOGRAPH WAIVER

____ Yes, I give permission for myself to be videotaped/photographed for Marlboro Twp.

____ No, I do not give permission for myself to be videotaped/photographed for Marlboro Twp.

THE UNDERSIGNED PARTICIPANT OR ADULT ASSUMES ALL THE RISKS INVOLVED
 AND SHALL HOLD HARMLESS THE TOWNSHIP OF MARLBORO, THE RECREATION
 COMMISSION, AND ITS EMPLOYEES FROM ANY AND ALL LIABILITIES.

**Please
 Sign →**

Signature: _____

PARTICIPANT'S NAME	SPECIAL EVENTS	CODE	TOTAL #PARTL.
1. _____ 2. _____	Mardi Gras Celebration Fri., Feb. 20, 12:30 pm	241406-00 Rec. Center	\$11.00/pp X _____
1. _____ 2. _____	Pot of Gold Luncheon Fri., Mar. 13, 12:30 pm	241406-04 Rec. Center	\$11.00/pp X _____
1. _____ 2. _____	Country Hoedown Fri., Apr.17, 12:30 pm	241406-01 Rec. Center	\$11.00/pp X _____
1. _____ 2. _____	Three Divas Concert Fri., May 1, 1:30 pm	241406-02 Rec. Center	\$6.00/pp X _____
1. _____ 2. _____	Parent's Day Brunch Fri., May 8, 10:30 am	241406-03 Rec. Center	\$10.00/pp X _____
1. _____ 2. _____	Armed Forces Day Fri., May 15, 12:30 pm	241406-05 Rec. Center	\$11.00/pp X _____
1. _____ 2. _____	Aging Successfully Wellness Day Fri., Jun.12, 8:30 am	241406-06 Rec. Center	\$8.00/pp AM Sess. ____ PM Sess. ____

Afternoon Dessert Tea
2008



REGISTRATION NOT ACCEPTED BEFORE JANUARY 12, 2009

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Marlboro, NJ 07746
Attn: Senior Programs

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COMMISSION, AND ITS EMPLOYEES FROM ANY AND ALL LIABILITIES.

**Please
Sign→**

Signature: _____

*SN/ SF	PARTICIPANT'S NAME	EVENT/TRIPS	CODE	FEE	TOTAL
1.	_____	Atlantic City Wed. Mar. 18 8:30 am	241400-08	\$26.00 Lunch on own	X_____
2.	_____				
Seat me with:					
1.	_____	"The Music of America" Wed. Mar. 25 9:15 am	241400-09	\$65.00 Meal Incl. A B C D E	X_____
2.	_____				
Seat me with:					
1.	_____	"Melissa Arctic" Wed. Apr. 1 9:45 am	241400-00	\$55.00 Meal Incl. A B C	X_____
2.	_____				
Seat me with:					

A Ghostly Luncheon
2008



REGISTRATION NOT ACCEPTED BEFORE JANUARY 12, 2009

Mail Registration Forms to:

Marlboro Recreation, 1996 Recreation Way
Marlboro, NJ 07746
Attn: Senior Programs

Name (first and last) _____ Home Phone _____

Address _____

City _____ Emergency Phone _____

- **Consult with your physician before beginning these or any exercise programs.**

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Please Sign→

Signature: _____

*S N/ SF	PARTICIPANT'S NAME	EVENT/TRIPS	CODE	FEE	TOTAL
1.	_____	"Titantic" Wed., Apr. 15 9:00 am	241400-02	\$59.00/pp Meal Incl. Selection made at rest.	X_____
2.	_____				
Seat me with:					
1.	_____	Atlantic City Wed., May 6 8:30 am	241400-01	\$26.00/pp Lunch on own	X_____
2.	_____				
Seat me with:					
1.	_____	"Puttin on the Ritz" Thurs., May 21 9:30 am	241400-03	\$49.00/pp Meal Incl.	X_____
2.	_____				
Seat me with:					

Almost Racheal Ray
2008



REGISTRATION NOT ACCEPTED BEFORE JANUARY 12, 2009

Mail Registration Forms to:

Marlboro Recreation, 1996 Recreation Way
Marlboro, NJ 07746
Attn: Senior Programs

Name (first and last) _____ Home Phone _____

Address _____

City _____ Emergency Phone _____

- Consult with your physician before beginning these or any exercise programs.

PLEASE LIST EACH PERSON PARTICIPATING

MARLBORO CABLE TELEVISION RELEASE WAIVER/ PHOTOGRAPH WAIVER

____ Yes, I give permission for myself to be videotaped/photographed for Marlboro Twp.

____ No, I do not give permission for myself to be videotaped/photographed for Marlboro Twp.

**Please
Sign→**

THE UNDERSIGNED PARTICIPANT OR ADULT ASSUMES ALL THE RISKS INVOLVED AND SHALL HOLD HARMLESS THE TOWNSHIP OF MARLBORO, THE RECREATION COMMISSION, AND ITS EMPLOYEES FROM ANY AND ALL LIABILITIES.

*S N/ SF	PARTICIPANT'S NAME	EVENT/TRIPS	CODE	FEE	TOTAL
1.	_____	"Private Lives" Wed., May 27 9:45 am	241400-04	\$55.00/pp Meal Incl. A B C	X_____
2.	_____				
Seat me with:					
1.	_____	"Over the River & Thru/ Woods" Wed., Jun. 10 9:15 am	241400-05	\$62.00/pp Meal Incl. A B C D E	X_____
2.	_____				
Seat me with:					
1.	_____	"Evie's Waltz" Fri., Jun. 19 10:15 am	241400-07	\$62.00/pp Meal Incl. A B	X_____
2.	_____				
Seat me with:					

Afternoon Dessert Tea
2008



REGISTRATION NOT ACCEPTED BEFORE JANUARY 12, 2009

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Please Sign→

Signature: _____

PARTICIPANT'S NAME	CLASS	CODE	TOTAL #PARTI.
1.	AARP Thurs.& Fri., Apr.2 & Apr. 3 9:00 am	Rec. Ctr. 241401-09 \$12.00 (AARP Members)	\$14.00 Payable to: AARP
2.			X_____
1.	Ballroom Dancing Thurs., 11:30 am	241401-03 Rec. Center	No Fee
2.			X_____
1.	Bingo/ Pokeno Tues., 1:30 pm	241401-04 Rec. Center	No Fee
2.			X_____
1.	Bocce Ball Thurs., 1:30 pm	241401-08 Rec. Center	No Fee
2.			X_____
1.	Beginner Cardio Mon., 11:30 am	241401-10 Rec. Center	No Fee
2.			X_____
1.	Computer Classes Beg. Session 1 (Feb.-Mar.) Mon., 4:00 pm Inter. Session 2 (Apr.-May)	Asher Holmes 241401-25 241401-00	No Fee
2.			X_____

Thanksgiving Feast
2008



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Signature: _____

PARTICIPANT'S NAME	PROGRAMS	CODE	TOTAL #PARTI.
1.	Dabbling in the Arts Thurs., 1:00 pm	241401-11 Morg. Ctr.	No Fee
2.			X _____
1.	Do You Crochet? Wed., 9:30 am	241401-12 Morg. Ctr.	No Fee
2.			X _____
1.	Gentle Fitness Tues., 11:30 am	241401-14 Rec. Center	No Fee
2.			X _____
1.	Intermediate Cardio Tues. & Thurs., 10:15 am	241401-13 Rec. Center	No Fee
2.			X _____
1.	Knitting Class Mon., 1:00 pm	241401-15 Rec. Center	No Fee
2.			X _____
1.	Beginner Canasta Mon., 10:00 am	241401-16 Rec. Center	No Fee
2.			X _____
1.	Intermediate Canasta Fri., 10:00 am	241401-17 Rec. Center	No Fee
2.			X _____
1.	Intergenerational Day Tues. Apr. 21, 1:00 pm	241406-07 Rec. Center	No Fee
2.			X _____

*A Ghostly Luncheon
Halloween Party
2008*



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Signature: _____

PARTICIPANT'S NAME	PROGRAMS	CODE	TOTAL #PARTI.
1.	Ping Pong Wed., 12:00 pm	241401-18 Rec. Center	No Fee
2.			X _____
1.	Strength Training Tues. & Thurs., 9:00 am	241401-20 Rec. Center	No Fee
2.			X _____
1.	Tai Chi Mon. & Wed., 10:15 am	241401-21 Rec. Center	No Fee
2.			X _____
1.	Total Body Workout Mon., 9:00 am	241401-19 Rec. Center	No Fee
2.			X _____
1.	Yoga Fri., 9:00 am	241401-22 Rec. Center	No Fee
2.			X _____
1.	Basic Golf Mon., 1:00 pm	241401-23 Rec. Center	No Fee
2.			X _____
1.	Create Three Dimensional Wed., 1:00 pm	241401-24 Rec. Center	No Fee
2.			X _____

Ghostly Luncheon
2008



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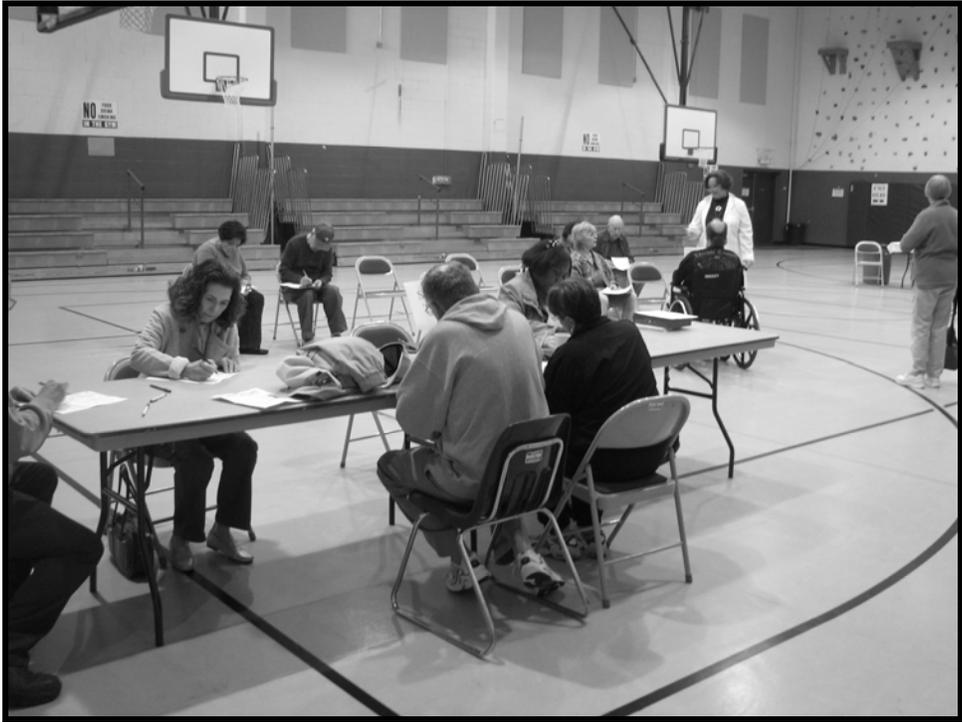
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Signature: _____

Please Sign →

PARTICIPANT'S NAME	PROGRAMS	CODE	TOTAL #PARTL.
1.	Breakfast Club Wed., 9:00 am	241401-02 Rec. Center	No Fee X_____
2.			
1.	Short Story Fri., 10:15 pm	241401-05 Rec. Center	No Fee X_____
2.			
1.	Lincoln Bicentennial Thurs. Feb. 12,19 1:30 pm	241401-01 Rec. Center	No Fee X_____
2.			
1.	A New Spin on Energy Wed., Feb. 11 1:00 pm	241405-03 Rec. Center	No Fee X_____
2.			
1.	My Wishes- Wed., Apr. 22 1:30 pm	241401-06 Rec. Center	No Fee X_____
2.			

Flu Shots
2008



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Signature: _____

PARTICIPANT'S NAME	PROGRAMS	CODE	TOTAL #PARTI.
1.	Estate Conservation Wed., May 13 1:30 pm	241405-00 Rec. Center	No Fee X _____
2.			
1.	Diabetic Foot Care Thurs., May 28 1:00 pm	241405-01 Rec. Center	No Fee X _____
2.			
1.	Ear Problems Wed., Jun.17 1:30 pm	241405-02 Rec. Center	No Fee X _____
2.			
1.	Pearl of Wisdom Wed., July 1 1:30 pm	341403-08 Rec. Center	No Fee X _____
2.			
1.	Sleep Difficulties Wed., Sept. 9 1:30 pm	341403-10 Rec. Center	No Fee X _____
2.			

Health Fair
2008



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Please Sign →

Signature: _____

PARTICIPANT'S NAME	PROGRAMS	CODE
<p><i>PLEASE NOTE:</i> Calls will be made to set up appointment times for screenings except for Blood Pressure. Blood Pressure screenings start at 11:30 am on a first come basis.</p> <p>1. _____</p> <p>2. _____</p>	<p align="center">Blood Pressure 11:30 am</p> <p>Wed., Feb. 4 _____</p> <p>Wed., Mar. 4 _____</p> <p>Wed., May 6 _____</p> <p>Wed., Jun. 3 _____</p> <p>Wed., Aug. 5 _____</p> <p>Wed., Sept. 9 _____</p>	<p align="center">Rec. Center</p> <p>Code:241404-00</p> <p>Code:241404-02</p> <p>Code:241404-04</p> <p>Code:241404-06</p> <p>Code:341404-02</p> <p>Code:341404-03</p>
<p>1. _____</p> <p>2. _____</p>	<p align="center">Cholesterol Screening 9:00 am</p> <p>Fri., Mar. 6 _____</p> <p>Fri., Jul. 24 _____</p>	<p align="center">Rec. Center</p> <p>Code:241404-01</p> <p>Code:341404-00</p>
<p>1. _____</p> <p>2. _____</p>	<p align="center">Audiology Screening 9:00 am</p> <p>Fri., Apr. 17 _____</p> <p>Fri., Aug. 7 _____</p>	<p align="center">Rec. Center</p> <p>Code:241404-05</p> <p>Code:341404-01</p>
<p>1. _____</p> <p>2. _____</p>	<p align="center">Glucose Screening 9:00am</p> <p>Fri., May 8 _____</p> <p>Fri., Sept. 11 _____</p>	<p align="center">Rec. Center</p> <p>Code:241404-03</p> <p>Code:341404-04</p>

**Directions
Morganville Senior Center**

Directions to Morganville Senior Center

From Wyncrest Road

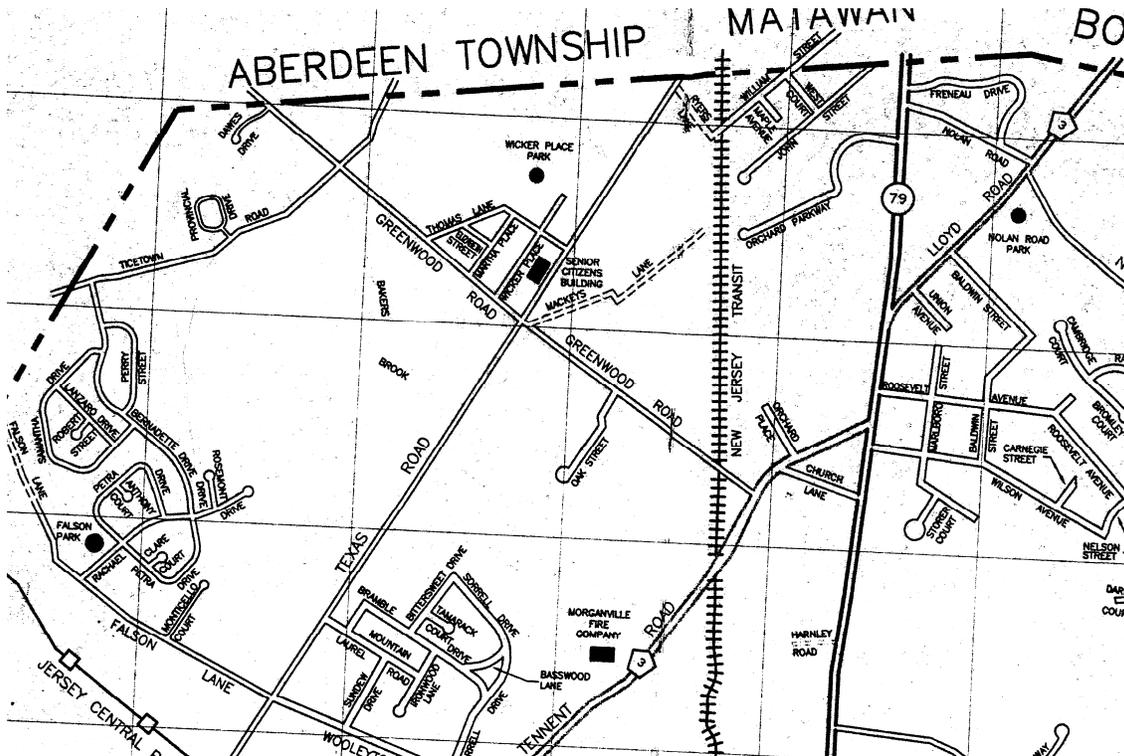
- Turn left on to Rt. 79.
- Turn left at Tennent Road
- Turn right on Greenwood Road
- Turn right on Texas Road

Morganville Senior Center is on your left between Greenwood Road and Thomas Lane.

From Rt. 9 North

- Turn right on Texas Road.

Morganville Senior Center is on your left between Greenwood Road and Thomas Lane.



REGISTRATION NOT ACCEPTED BEFORE JANUARY 12, 2009

MAIL REGISTRATION FORMS TO:
 Marlboro Recreation, 1996 Recreation Way
 Marlboro, NJ 07746
 Attn: Senior Programs

MAKE CHECKS PAYABLE TO:
 Marlboro Recreation
ONE CHECK PER TRIP/EVENT
 EACH FAMILY USE OWN FORM

Name (first and last) _____ Home Phone _____

Address _____

City _____ Emergency Phone _____

PLEASE LIST EACH PERSON PARTICIPATING:

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MARLBORO CABLE TELEVISION RELEASE WAIVER/ PHOTOGRAPH WAIVER

**Please
Sign →**

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Signature: _____

PARTICIPANT'S NAME	LUNCH DATES	CODE	TOTAL
	Monday, Feb. 2	241407-01	X _____
	Monday, Feb. 9	241407-02	X _____
	Monday, Feb. 23	241407-03	X _____
	Monday, Mar. 2	241407-04	X _____
	Monday, Mar. 9	241407-05	X _____
	Monday, Mar. 16	241407-06	X _____
	Monday, Mar. 23	241407-07	X _____
	Monday, Mar. 30	241407-08	X _____
	Monday, Apr. 6	241407-09	X _____
	Monday, Apr. 20	241407-10	X _____
	Monday, Apr. 27	241407-11	X _____
	Monday, May 4	241407-12	X _____
	Monday, May 11	241407-13	X _____
	Monday, May 18	241407-14	X _____

Valentine's Celebration
2008



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Signature: _____

PARTICIPANT'S NAME	LUNCH DATES	CODE	TOTAL
	Monday, Jun. 1	241407-15	X _____
	Monday, Jun. 8	241407-16	X _____
	Monday, Jun. 15	241407-17	X _____
	Monday, Jun. 22	241407-18	X _____
	Monday, Jun. 29	241407-19	X _____
	Monday, Jul. 6	341405-00	X _____
	Monday, Jul. 13	341405-01	X _____
	Monday, Jul. 20	341405-02	X _____
	Monday, Jul. 27	341405-03	X _____
	Monday, Aug. 3	341405-04	X _____
	Monday, Aug. 10	341405-05	X _____
	Monday, Aug. 17	341405-06	X _____
	Monday, Sept. 14	341405-07	X _____
	Monday, Sept. 21	341405-08	X _____

Afternoon Dessert Tea
2008



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**Please
Sign →**

Signature: _____

PARTICIPANT'S NAME	SHOPPING DAY FRIDAYS	CODE No Fee	TOTAL
	Feb. 6, Value City	241408-00	X _____
	Feb. 27, Aldi Food Market	241408-01	X _____
	Mar. 6, Shop Rite	241408-02	X _____
	Mar. 20, A & P	241408-03	X _____
	Mar. 27 Wegmans & Target	241408-04	X _____
	Apr. 3, Kohls & Pathmark	241408-05	X _____
	Apr. 24, Delicious Orchards	241408-06	X _____
	May 8, Walmart & Sam's	241408-07	X _____
	May 15, Stop & Shop	241408-08	X _____
	May 22, Shop Rite	241408-09	X _____
	May 29, Aldi Food Market	241408-10	X _____

Office on Aging Picnic
2008



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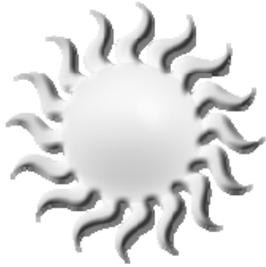
Signature: _____

**Please
Sign →**

PARTICIPANT'S NAME	SHOPPING DAY FRIDAYS	CODE No Fee	TOTAL
	Jun. 5, A & P	241408-11	X_____
	Jun. 19, Pathmark & Kohls	241408-12	X_____
	Jun. 26, Delicious Orchards	241408-13	X_____
	Jul. 10, Wegman & Target	341408-04	X_____
	Jul. 17, Aldi Food Market	341408-05	X_____
	Jul. 24, Foodtown	341408-06	X_____
	Jul. 31, A & P	341408-07	X_____
	Aug. 7, ShopRite	341408-00	X_____
	Aug. 14, Stop & Shop	341408-01	X_____
	Aug. 21, Walmart & Sam's	341408-02	X_____
	Sept. 25, Foodtown	341408-03	X_____

Holiday Party
2008





Summer Programming
2009
Registration NOT before
June 1, 2009



Holiday Party
2008



SUMMER REGISTRATION NOT ACCEPTED BEFORE JUNE 1, 2009

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Signature: _____

*SN/ SF	PARTICIPANT'S NAME	SUMMER PROGRAMS	CODE	FEE	TOTAL
1. 2.		Splash Party Wed., July 29 3:30 pm	341406-00 Aquatic Center	\$11.00/pp Meal Incl.	X _____
1. 2.		Grandparents' Day 3:00 pm	341406-01 341406-03 341406-04 341406-06 341406-07	No Fee Aquatic Center	_____ _____ _____ _____
1. 2.		Water Aerobics Tues., Thurs. 3:00 pm	341406-02 Aquatic Center	No Fee	X _____
1. 2.		Free Swim Mon., Thurs. 3:00pm	341406-05 Aquatic Center	No Fee	X _____

MANY THANKS
TO THE
CROCHETING GROUP

Your many hours of hard work and dedication resulted in 315 items that were donated to six facilities. The many hats, booties, stuffed animals, scarves and blankets were beautiful and brought happiness and warmth to many.

We are so fortunate to have this group of caring seniors.
Thanks!!!



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Signature: _____

*S N/ SF	PARTICIPANT'S NAME	EVENT/TRIPS	CODE	FEE	TOTAL
1.		"Billy Elliott" Wed., Jul. 8 9:30 am	341401-01	\$156.00/pp Meal Incl. Selection made at rest.	X _____
2.					
Seat me with:					
1.		"Lucy I'm Home" Wed., Jul. 15 9:30 am	341401-02	\$49.00/pp Meal Incl. Gratuity not incl.	X _____
2.					
Seat me with:					
1.		Atlantic City Wed., Jul. 22 8:30 am	341401-00	\$26.00/pp Lunch on own	X _____
2.					
Seat me with:					

Marlboro Recreation Center



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Signature: _____

*S N/ SF	PARTICIPANT'S NAME	EVENT/TRIPS	CODE	FEE	TOTAL
1.		"Singin', Dancin' & Romancin'" Wed., Aug. 5 9:15 am	341401-03	\$62.00/pp Meal Incl. A B C D E	X _____
2.					
Seat me with:					
1.		Monmouth Racetrack Fri., Aug. 14 10:45 am	341401-04	\$36.00/pp Meal Incl.	X _____
2.					
Seat me with:					
1.		"Buddy Holly Story" Tues., Sept. 1 9:45 am	341401-05	\$49.00/pp Meal Incl. A B C	X _____
2.					
Seat me with:					

Holiday Party
2008



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Signature: _____

*S N/ SF	PARTICIPANT'S NAME	EVENT/TRIPS	CODE	FEE	TOTAL
1.		QVC		\$32.00/pp	X _____
2.		Wed., Sept. 16 8:15 am	341401-06	Meal Incl.	
Seat me with:					
1.		Atlantic City		\$26.00/pp	X _____
2.		Wed., Sept. 23 8:30 am	341401-08	Lunch on Own	
Seat me with:					
1.		AARP		Rec. Ctr.	\$14.00 Payable to: AARP X _____
2.		Tues. & Wed. Aug. 11 & 12 9:00 am	341402-15	\$12.00 (AARP Members)	



SUMMER REGISTRATION NOT ACCEPTED BEFORE JUNE 1, 2009

Mail Registration Forms to:

Marlboro Recreation, 1996 Recreation Way
Marlboro, NJ 07746
Attn: Senior Programs

Name (first and last) _____ Home Phone _____

Address _____

City _____ Emergency Phone _____

- **Consult with your physician before beginning these or any exercise programs.**

PLEASE LIST EACH PERSON PARTICIPATING

MARLBORO CABLE TELEVISION RELEASE WAIVER/ PHOTOGRAPH WAIVER

____ Yes, I give permission for myself to be videotaped/photographed for Marlboro Twp.

____ No, I do not give permission for myself to be videotaped/photographed for Marlboro Twp.

THE UNDERSIGNED PARTICIPANT OR ADULT ASSUMES ALL THE RISKS INVOLVED
AND SHALL HOLD HARMLESS THE TOWNSHIP OF MARLBORO, THE RECREATION
COMMISSION, AND ITS EMPLOYEES FROM ANY AND ALL LIABILITIES.

Signature: _____

*S N/ SF	PARTICIPANT'S NAME	LECTURES	CODE	FEE
1.		Pearls of Wisdom Wed., July 1 1:30 pm	341403-08 Recreation Center	No Fee X_____
2.				
1.		Causes and Consequences of Sleep Difficulties Wed., Sept. 9 1:30 pm	341403-10 Recreation Center	No Fee X_____
2.				

ATTENTION SENIORS

POLICIES AND PROCEDURES for the Marlboro Township Senior Program

MISSION STATEMENT:

To help facilitate a healthy, educational, interesting and well balanced lifestyle.

Age Restriction for Senior Citizens:

- 60 and older
- An adult spouse / partner under the age of 60 and living in the same household would be entitled to participate in programming and trips.
- An adult partner/friend residing outside of Marlboro Township is allowed to take part on trip if no other resident wants to attend. An added fee of \$20.00 will be added to cover bus transportation.
- A disability will not qualify anyone under age 60 for senior status.

Proof of Residency:

- A resident is one who **resides** in the township and pays municipal taxes to Marlboro Township.

Renter must show proof of residency via driver's license/ utility bill, or tax bill.

Auxiliary Groups / Individuals:

- Residents of Marlboro that have resided in the town for many years and are moving will be entitled to finish out the year in our programming. Trip sign ups would cost an additional \$20.00. This is not to exceed a 6 month period. After all Marlboro residents have been accommodated, out-of-town guests may attend trips. An added fee of \$20.00 dollars will be charged above the cost of the trip for a non-resident to cover transportation fees.

Transportation:

- Bus transportation fees for Marlboro Township residents are covered by the township. Upon request, handicap bussing is available for trips only if a handicap bus is obtainable and the trip destination is accessible for handicap buses. Those requiring "special bussing" should be made aware that an added fee is charged to the township for the use of the handicap chartered bus and cancellation on the day of the trip would result in a penalty fee charged to the township.

ATTENTION SENIORS

- Bus seating is done on a rotating basis. The front of the bus is reserved for those who need the assistance of a medical device in order to be mobile. Other special needs will be placed in accordance to availability.
- Free township bus service is offered to Marlboro Township Seniors who do not hold a driver's license and are attending programs and trips sponsored by the Senior Program only.

Tipping is not allowed. Transportation to shopping centers, doctors, etc. is not allowed with this vehicle. Other bus services will be reviewed on an on need basis; the Township Bus is used for local transportation of seniors to and from the Recreation Center, the Marlboro Mall on Rt. 79 and the Morganville Senior Center on Texas Road.

Lottery System:

- Due to the extreme popularity of trips and events, we must continue to make it as equitable as possible for everyone to participate. Therefore, we will be utilizing wait lists. If a wait list exceeds 10 people, the trip will go into a lottery system. Volunteers will do the lottery. Seniors selected will be entitled to **only 2 tickets**.

Emergency Procedures:

- All participants are required to sign a fitness waiver before participating in fitness classes. Emergency cards are distributed to participants in all classes and are kept in the Senior Office. Seniors are encouraged to update the office with any changes.

Outreach Program:

- If a senior falls under the guidelines for PAAD or SENIOR GOLD, assistance for programs and trips fees can be waived through Marlboro Township Senior Program. A senior must fill out an application and show proof of qualification in order to receive funds. The Senior Office can offer referral services numbers to those who request them. The office uses the Human Resource Service Directory of Monmouth County manual for references.

- **A Policy and Procedure Booklet can be obtained in the Senior Office for more detailed information.**

**PLEASE FILL OUT ONLY IF YOU ARE UPDATING YOUR INFO OR
IF YOU ARE REGISTERING FOR THE FIRST TIME**

SENIOR EMERGENCY INFORMATION CARD 2009

NAME: _____ BIRTH DATE: _____

ADDRESS: _____ PHONE: _____

EMERG. CONTACT & RELATIONSHIP#1 _____ PH.#: _____

EMERG. CONTACT & RELATIONSHIP#2 _____ PH.#: _____

PHYSICIAN'S NAME: _____ PHONE: _____

LIST ANY MEDICAL CONDITIONS YOU MAY HAVE AND THE MEDICATIONS YOU ARE
TAKING. LIST FREQUENCY OF MEDICATIONS: **BLOOD TYPE:** _____

_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____

Please use the back of card to list dates of surgeries and other medications.

List any allergies _____

Asthma: Yes No **Diabetic:** Yes No

DO YOU HAVE A HISTORY OF:

HEART DISEASE? SEIZURES?
BLEEDING/CLOTTING DISORDERS? PACE MAKER?

List any Physical Limitations: _____

Surgeries: _____

Signature: _____ Date: _____

**PLEASE FILL OUT ONLY IF YOU ARE UPDATING YOUR INFO OR
IF YOU ARE REGISTERING FOR THE FIRST TIME**

SENIOR EMERGENCY INFORMATION CARD 2009

NAME: _____ BIRTH DATE: _____

ADDRESS: _____ PHONE: _____

EMERG. CONTACT & RELATIONSHIP#1 _____ PH.#: _____

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PHYSICIAN'S NAME: _____ PHONE: _____

LIST ANY MEDICAL CONDITIONS YOU MAY HAVE AND THE MEDICATIONS YOU ARE
TAKING. LIST FREQUENCY OF MEDICATIONS: **BLOOD TYPE:** _____

_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____

Please use the back of card to list dates of surgeries and other medications.

List any allergies _____

Asthma: Yes No **Diabetic:** Yes No

DO YOU HAVE A HISTORY OF:

HEART DISEASE? SEIZURES?
BLEEDING/CLOTTING DISORDERS? PACE MAKER?

List any Physical Limitations: _____

Surgeries: _____

Signature: _____ **Date:** _____

FOR YOUR INFORMATION

MONMOUTH COUNTY SHERIFF'S OFFICE

732-431-7139

MONMOUTH COUNTY OFFICE ON AGING

732-431-7450

For Fraud, Scams or Crime:

Call the TRIAD Hotline at **1-877-222-3737**

For Information on:

PAAD, LIFELINE, and other important Senior Programs, call the Office at
(732) 431-7450 or **1-877-222-3737**.

LEGAL SERVICES

Ocean-Monmouth Legal Services, Inc. provides legal services to seniors, including advice on Living Wills and guardianships. The number is **(732) 866-0020**.

ADULT PROTECTIVE SERVICES

Is a program that investigates reports of abuses, neglect or exploitations of vulnerable adults age 18 and over living in the community. This includes cases of self neglect. APS provides or arranges for community based services for the client and/or caretaker. The telephone number is **(732) 531-9191**.

RESIDENTIAL MAINTENANCE

Residential Maintenance provides emergency home cleaning through the Association of Retarded Citizens with supervision facilitating follow-up services by the referring agency. For information call **(732) 389-5256**.

HOME HEALTHCARE

Home healthcare is provided by the Visiting Homemaker-Health Aide Service sponsored by Family and Children's Service. Aides provide personal care, meal preparation, and food shopping, and perform household tasks necessary to maintain a healthy environment. For Homemaker service call **(732) 531-9111**, any time of the day or night. 24 hour answering services are in effect, seven days per week.

HOME REPAIR/BARRIER FREE

The Office on Aging offers a limited, home repair/barrier free program to qualified seniors.

Call **732-431-7999** for details

FOR YOUR INFORMATION

MEALS ON WHEELS

(732) 775-5155 Provides a nourishing meal to homebound persons.

SENIOR CITIZEN AREA TRANSPORTATION

SCAT: (732) 431-6480 Call at least 3 days in advance to schedule a ride.

Cost: \$2.00 each way. Free shopping to Foodtown available. Call SCAT.

SHARED RIDE SERVICE:(732) 918-4844 Operates Monday, Wednesday, Friday, Saturday 8am-4pm; Thursday 4pm-9pm. *24 hour advance reservation required.* \$2.00 each way in CentraState area. Outside the area is an additional \$1.00 per area.

HOME ENERGY ASSISTANCE PROGRAM

This Federal program provides financial assistance with energy costs for eligible Seniors who meet income guidelines.

Single - \$1,950 per month **Couple** - \$2,625 per month

For info call "HEAP" hotline (1-800-510-3102). To download forms go to:
www.energyassistance.nj.gov

NEW ALZHEIMER'S PATIENT TRACKING SYSTEM

Marlboro Township announces a program to find and rescue Alzheimer's patients and those who suffer from related dementia disorders who may wander from home and become lost. Call Marlboro Police Dept. for more info.

New Requirements as of January 1, 2009

Pharmaceutical Assistance and Disabled (PAAD, Senior Gold Prescription , Lifeline energy assistance and Hearing Aid (HAAAD)

CALL 1-800-792-9745 or log on www.state.nj.us/health/seniorbenefits

Income Limits for PAAD Programs 2009:

\$24,432 for single and \$29,956 for married couples

Senior Gold 2009 income limits:

at least \$24,432 and less than \$34,432 for singles and

at least \$29,956 and less than \$39,956 joint married couples

- Info is available on the web@ www.NJPAAD.gov or www.NJSRGOLD.gov.

Hearing Aid Assistance to the Aged and Disabled (HAAAD)

You maybe eligible for HAAAD if you meet the following requirements:

A New Jersey resident;

65 years of age or older or 18 years of age or older and receiving Social Security Title II

Disability benefits; and Annual income for 2008 of less than \$23,092 if single or less than \$28,313 if married.

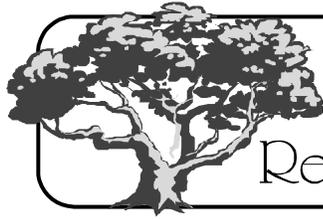
FOR YOUR INFORMATION

Medicare Enrollment (Social Security Office)	1800-772-1213
Medicare Fraud and Abuse	1-800-447-8477
Medicare Certified Home Health Agency	
Meridian Home Care	1-800-894-6885
VNA of Central Jersey	1-800-862-3330
VNHS	1-800-717-2273
Monmouth County Dept. of Consumer Affairs	732-431-7900
Mediates complaints for consumers.	
Monmouth County Health Department	732-431-7456
Motor Vehicle Registration Discount	1-888-486-3339
Social Security Administration	1-800-772-1213
Social Service	732-431-6000
Statewide Respite Program	732-222-9111
<u>Hospitals</u>	
Bayshore Community Hospital	732-739-5900/5918
CentraState	732-431-2000
Jersey Shore Medical Center	732-775-5500
Riverview Medical Center	732-741-2700
Rehab Hospital/Tinton Falls	732-460-5328

FOR YOUR INFORMATION

HELPFUL AGENCIES

County Office on Aging	732-431-7450
Division of Transportation (DOT)	732-431-6485 or 732-780-1121 (Bus/ Train Information)
Division of Social Services Central Offices:	732-431-6000 (emergency call only) 1-800-662-3114(clients only)
HAAD - Hearing Aid Assistance	1800-792-9745 609-588-7030
Health/Disability Services	732-845-2082
Community Care Program for The Elderly & Disabled –CCPED	
H.E.A.R.T.H	732-222-9111
Helping Elderly Adults Remain in their Homes	
Lifeline Assistance Homeowners/Tenants/Renters Credit Program	1-800-792-9745
Need Confidential Help, 24/7?	Call 2-1-1
Connect with a caring professional who knows community resources.	
NJ Dept. of Human Services Division Of Disability Services	609-292-3717
N.J. Dept. of Health & Senior Services	1-800-792-8820
NJ Commission– Blind/Visually Impaired	732-255-0723



Marlboro Township

Recreation & Parks Commission

PRST STD
U.S. POSTAGE
PAID
PERMIT NO. 12
MARLBORO NJ
CAR-PRESORT

1996 Recreation Way / Marlboro, NJ 07746 / (732) 617-0100 Fax (732) 536-2376

MARLBORO TOWNSHIP

MAYOR

JONATHAN HORNIK

COUNCIL

JEFFREY CANTOR

FRANK LA ROCCA

RANDI MARDER

STEVE ROSENTHAL

ROSA TRAGNI

RECREATION COMMISSION

Stephen Dick, Chairman

Paul McGeehan, Vice Chairman

Alan Friedman

Jane Gursky

Jeffrey Katz

Michele Lewis

Frank Vento

Howard Wolfson - Alt #1

Eric Cohen -Alt #2

John M. Saffioti, Superintendent

Michelle Gropper, Asst. Superintendent

RECREATION SENIOR STAFF

Denise Barry, Senior Citizen Director

Denise Dalfonzo, Senior Citizen Aide

Rosemary Brajczewski, Transportation

Linda Dugan, Transportation

VALID UNTIL SEPTEMBER 30, 2009

E-Mail: Recreation@Marlboro-NJ.gov