

Marlboro Township

Recreation & Parks Commission

1996 Recreation Way, Marlboro, New Jersey 07746
Phone: 732-617-0100 / Fax: 732-536-2376 / E-mail: Recreation@marlboro-nj.gov

BEST OF TIMES

September / December 2012



THE PERFECT FIT

Marlboro Recreation Active Adult Programming



TOWNSHIP OF MARLBORO

1979 TOWNSHIP DRIVE
MARLBORO, NJ 07746-2299
www.marlboro-nj.gov

Mayor
Jonathan
L. Hornik

Mayor's Aide
Lynn Franco

Telephone:
(732) 536-0200
Fax:
(732) 536-9652

Fall/Winter 2012

Dear Seniors:

On behalf of myself, all of the Township Employees, and the Recreation & Parks Commission, we are proud to present the Fall/Winter 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 filled with many activities and events that are planned for the upcoming season. You won't want to miss the delicious September Ice Cream Social. Our Holiday events such as the Pilgrim's Day Thanksgiving Lunch and the December Holiday Party are always a lot of fun.

Most important to us is your health. Our flu shot clinic will be held on September 28 so please mark your calendars. We are pleased to provide eight new programs and lectures for you to enjoy and keep involved. And, of course, we want you to be able to enjoy all these exciting events, so we again provide transportation to and from the Recreation Center for those who are in need. In addition, we continue our Friday weekly shopping trips.

This is just a sampling of the events that we offer and activities are updated as requests are made, so should you have any suggestions, please contact us. 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 make available. Denise Barry, our Senior Citizen Director, does a spectacular job of making sure all of our senior programs remain on the cutting edge when compared to other towns and municipalities in New Jersey. Clearly, Marlboro remains a great place for seniors to reside.

I hope that each of you had an enjoyable Spring and Summer and we look forward to seeing you around town. Continue to stay healthy and safe.

Very truly yours,



Jonathan L. Hornik, Mayor
Marlboro Township



Marlboro Township Recreation & Parks Commission

Dear Seniors:

The Marlboro Recreation & Parks Commission is proud to present the 2012 Fall edition of "Best of Times". This season we have old time favorite events, along with a variety of new and exciting activities, including many free lectures.

The monthly luncheons are back with the Great American Ice Cream Social in September, Happy Sipping Tea Time in October, and the always fabulous Thanksgiving celebration in November.

Are you interested in exercise or meditation? We have a class for you. Sign up for one of these free programs:

Get Up and Go - Walking Club
Introduction to Meditation Workshop I
Indian Dance Workshop
Meditation Workshop II
Pilates and Balance Workshop

Or exercise your mind and participate in the free Beginner Spanish Class.

We are looking for voices to join the newly created Sounds of Marlboro Glee Greeters. This is a weekly opportunity for you to learn new songs and make new friends. There will even be an annual event to showcase the members' talents!

We have five exciting trips planned, including a trip to Radio City Music Hall in NYC to see the Christmas Spectacular Show.

Be sure to come to the Recreation Center on Friday, September 28th for your seasonal flu inoculation. Check for details within this booklet.

These programs, and the others listed in this booklet, would not be possible without the dedicated work of Senior Director Denise Barry, and her talented staff. We thank them for yet another season of fun-filled activities.

On behalf of the Marlboro Recreation & Parks Commission, and the entire Recreation Department, we wish you an enjoyable end to your summer, and a safe and happy Fall.

Sincerely,

A handwritten signature in black ink that reads "Jane Gursky". The signature is written in a cursive style and is enclosed in a light gray rectangular box.

Jane Gursky, Commission Chairperson

REGISTRATION PROCEDURES

NEW SENIORS

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 39 & 40)
- Registrations **CANNOT** be
accepted without the above
documentations.
- **Once you register for 2012, your
documentation is COMPLETE UNTIL
JANUARY 2015.**

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

*Salomon's Bakery
700 Tennent Road, Manalapan, NJ 07726*

and

*Choca28Kiss
285 Gordons Corner Rd. #3
Manalapan, NJ 07726*

IMPORTANT REGISTRATION INFORMATION

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

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.

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.

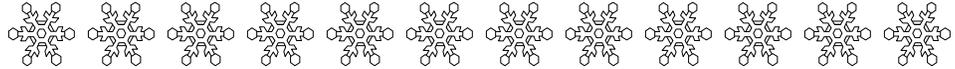
A refund will be given under the following conditions:

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."

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 weekend programs at the Community Center and Marlboro Township Schools will be cancelled in the event of any snow Friday and /or Saturday nights

WEEKDAY WEATHER CANCELLATION POLICY

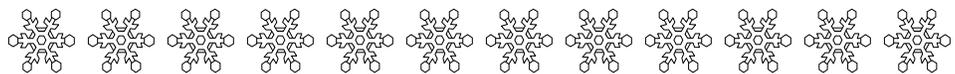
In the event of inclement weather, such as snowstorms, ice storms or hurricanes and the Marlboro Township Schools are closed, all programs scheduled at the school and community center will be cancelled.

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 starting after 4:00pm 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 or Listen to WKXW 101.5FM on your radio.





Sounds of Marlboro Glee Greeters

Code:441402-30

Tuesdays

Marlboro Recreation

11:00pm-12:00pm

September 4- December 18

No class on Sept.18, Nov.6, Dec.25

Register on page:32

**Do you enjoy music and singing ???
We are looking for voices (male and female) to help create
the Sounds of Marlboro
Glee Greeters.
Come once a week to learn new songs and
meet new friends.
Bring the joy of music to our community!!
A yearly event will be hosted to display the talent of the group.**

SPECIAL EVENTS

New!

Great American Ice Cream Social Recreation Center Code:441400-01

Friday, September 14 1:00pm-2:00pm **Fee:\$2.00**

Celebrate the 120th anniversary of the Great American *Ice Cream Sundae*.

Indulge in a smooth, creamy, delicious ice cream sundae of your choice. 

Add your favorite toppings and sauces to enhance and savor the moment! Ice cream floats and waffles will also be available.

Register on page:30

Seasonal Flu Inoculations Recreation Center No Registration Needed

Friday, September 28 10:00am-1:00pm

All residents over 6 months of age, and those with a chronic illness, are eligible for the flu vaccine. Those covered by Medicare Part B, need to bring their Medicare card on that day and Medicare along with additional insurance companies will cover the cost of the vaccination. If the insurance company does not cover the vaccination, a fee (TBA) will be payable on **that day.** 

No Registration Needed

New !

Happy Sipping Tea Time Recreation Center Code:441400-02

Friday, October 19 12:00pm-2:00pm **Fee: \$8.00**

Won't you please pull up a chair and join our circle of tea friends? Enjoy the beauty and serenity that tea time has to offer. Savor your choice of tea with a delicious selection of finger sandwiches, scones, muffins and cookies. 

Entertainment will be a violinist and a flutist DUO playing classical and light popular music.

Register on page:30

Pilgrims' Day Luncheon Recreation Center Code:441400-03

Friday, November 16 11:30am-2:00pm **Fee: \$12.00** 

A Thanksgiving luncheon with friends! Eat as much turkey and festive side dishes as you like. This is an event not to be missed! ***Please bring non-perishable canned goods or items to be donated to Open Door. Let's help those in need have a memorable Thanksgiving Holiday. A collection box will be at the door.*** Entertainment will be provided by Billy Lawlor.

Register on page:30

SPECIAL EVENTS

'Tis the Season, Holiday Party
Colts Neck Inn, Colts Neck, NJ

Code:441400-04

Friday, December 7

11:30am-3:30pm

Fee: \$35.00

New place to enjoy and celebrate the holidays with friends! Dance or just listen to the sounds of *Special Request*. **Meal Choices:** A) Chicken Francaise, B) Broiled Florida Grouper, C) London Broiled topped with mushroom sauce. *Indicate whom you want to sit with (a maximum of 12 people per table).* Entertainment by: *Special Request*. **PLEASE MAKE YOUR MEAL SELECTION ON THE REGISTRATION PAGE.**

Register on page:30

MARLBORO DAY **SUNDAY, SEPTEMBER 9, 2012** **RAINDATE SEPT.23, 2012**

Come celebrate with your
Friends and Neighbors!
Vendors, Food, Entertainment, Rides, Fun
and BMX Show!



WANTED

1. New *unused* items for **Bingo Gifts**.

Create room in your closets by donating those items that have been collecting dust over the years.



2. **Acrylic yarn** donations accepted.

Crochet group uses any left over **yarn** to create beautiful blankets for those in need.



Donated items can be dropped off at the Senior Office. Many Thanks!!!

Total Body Workout



Tai Chi

Pickle Ball





TRIPS
(ALL TRIPS ARE NON-REFUNDABLE)

**American Icons, American Music Theater
Lancaster, PA**

Code:441401-04

Wednesday, September 19
Depart: 8:30am



\$54.00 Meal Incl.
Return: 6:30pm

It's the ultimate tribute to America's all-time greatest entertainers, featuring some of their best loved hits from the 50s, 60s, 70s, and beyond. They will salute the music of your favorite American iconic artists such as Frank Sinatra, Barbra Streisand, Elvis Presley, Stevie Wonder, Billy Joel, Aretha Franklin, and many others. Join us as we pay homage to these legends. Family style lunch at Hershey Farms. **Register on page:31**

**Grounds for Sculpture
Hamilton, NJ**

Code:441401-01

Wednesday, October 3
Depart: 9:30am



\$11.00 Lunch on own
Return: 5:30 pm •A lot of walking

Grounds For Sculpture is a 42-acre public sculpture park founded in 1992 on the site of the former New Jersey State Fairgrounds by J. Seward Johnson to promote an understanding of and appreciation for contemporary sculpture for all people. Visitors can enjoy a self guided tour of the outdoor permanent collection, indoor seasonal exhibitions, and learn about contemporary sculptures. Lunch can be bought at the Peacock Café for an **average** cost of \$10.00. **Register on page:31**

**“Barefoot in the Park”
Surflight Theater, Beach Haven. NJ**

Code:441401-02

Wednesday, October 24
Depart: 9:45am

\$61.00 Meal Incl.
Return: 6:15pm



TONY WINNER! BEST PLAY 1964: Neil Simon's Barefoot in the Park is about those delicious, delirious and dicey first days of marriage. It's 1964, and newlyweds Paul and Corie Bratter are just starting their life together in a tiny, fifth floor Manhattan walkup. He's a straight-as-an-arrow lawyer and she's a free spirit always looking for the latest kick. On moving into their new apartment, the newlyweds are invaded by Corie's interfering mother as well as an aging lothario neighbor-in-the-attic. Don't miss this sparkling, romantic comedy from the master of the form. Lunch at the Stafford Restaurant. Meal Selection:A)Roasted Prime Rib of Beef Au Jus, B) Chicken Parmigiana with pasta, C) Char-Boiled Chicken Breast. D) Chicken Stir-Fry, E) Broiled Flounder. **Register on page:31**



TRIPS

(ALL TRIPS ARE NON-REFUNDABLE)

Christmas Spectacular

Code:441401-03

Radio City Music Hall, NY,NY

Wednesday, December 5 \$100.00 Meal Incl.

Depart: 9:00am Return: 5:00pm



The Radio City Christmas Spectacular® presents an unparalleled Christmas show with universal appeal that lifts the spirits and creates memories. Debuting in 1933 at iconic Radio City Music Hall®, The Radio City Christmas Spectacular® has been seen by more than 80 million people through the years and has played in more than 60 cities across North America. This year's show features dazzling costumes, dynamic numbers and breathtaking special effects! The Great Stage lights up as the Rockettes perform their signature eye-high kicks and precision dance style, in some of the most challenging numbers ever conceived. Lunch will be after the show at The Iberia Restaurant in Newark. Meal Selection: A) Roasted Prime Rib, B) New Zealand Baby Clams with Shrimp, Scallops & Pasta, C) Grilled Chicken Breast.

PLEASE NOTE: Walking a few city blocks is required . Lunch is on the second floor of the restaurant so be prepared to walk up 12 steps.

Register on page:31

Home for the Holidays

Code:441401-05

Ocean First Theater, Manahawkin, NJ

Thursday, December 13 \$50.00 Meal Incl.

Depart: 11:00am Return: 7:30pm



A Holiday Party gets interesting when family and guest are unexpectedly snowed-in. Singing! Dancing! Toys that come alive on their own and a mystical white-bearded guest who help make wishes come true and dreams become possibilities. We will celebrate the Season of Christmas as well as exploring Hannukah and Kwanza. Meal Selection: A) Caesar Salad with grilled chicken breast/shrimp, B) Fresh Broiled Flounder with Rice Pilaf, C) Roasted Turkey Platter with garlic mashed potatoes, D) Baked Honey Glazed Ham with garlic mashed potatoes, E) Chicken Francaise with rice.

Register on page:31

CLASSES

Please consult your physician before starting this or any exercise program

AARP Driver Safety Program Recreation Center Code:441402-16

Thursday, November 1 & Friday, November 2

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



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

Register on page:32

Ballroom Dancing



Recreation Center Code:441402-18

Thursdays

September 6 - December 20 **No Fee**

11:30am-12:15pm

No class on Nov. 22, Dec.27

This is a **beginner's** class. 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, Cha Cha, Salsa and more! Fun for singles or couples.

Register on page:32

Beginner Canasta



Recreation Center Code:441402-12

Mondays

September 10 - December 17 **No Fee**

10:00am-12:00pm

No class on Sept.17,Oct.8,Nov.12,26, Dec.24,31

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:32

Bingo

Recreation Center Code:441402-23

Thursdays

Sept. 20, Oct. 11, Nov. 15, Dec. 20 **No Fee**

1:00pm-2:30pm

Enjoy playing Bingo with friends.



Register on page:32

Bocce Ball



Recreation Center Code:441402-03

Mondays & Thursdays

September 10- December 20 **No Fee**

1:00pm-3:00pm

No class on Sept.17,Oct.8,Nov.12,22,26,Dec.24,27,31

Sign up to play bocce ball with a group. Teams will be decided on the day you show up to play. **Weather permitting.**

Register on page:32

CLASSES

Please consult your physician before starting this or any exercise program

Intermediate Canasta **Recreation Center** **Code:441402-19**

Fridays September 7- December 21 **No Fee**
10:00am-12:00pm **No class on Sept.14, 28, Oct.19, Nov.16,23, Dec.7,28**

Spend two hours playing and practicing the fine points and the strategies for making Canasta a “challenging” game. No Instructor. **Limited space.**

Register on page:32

Cardio Wellness **Recreation Center** **Code:441402-05**

Mondays September 10 - December 17 **No Fee**
11:30am-12:30pm **No class on Sept.17, Oct.8, Nov.12,26, Dec.24,31**

This program is for the exerciser who is looking for a gentle cardio program. Poles, weighted balls, bands and blocks will be used to target the different muscles in your body for a total body makeover.

Register on page:32

Create a Three Dimensional Masterpiece **Code:441402-10**

Wednesdays **Recreation Center** **No Fee**
1:00pm-2:30pm September 12 - December 19

No class Sept.26, Dec.26



This class 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. You will need to purchase 1 box of Crayola Model Magic Primary Colors (white, red, yellow, blue), 1 bottle tacky glue, 1 (11”by 14”canvas).

Register on page:32

Computer Class **Asher Holmes Elementary School**

Mondays 4:00pm-5:00pm **No Fee**

Session I Oct.15,22,29 Nov.5,19,26  **Code:441402-07**

Session II Dec.3,10,17 Jan.7,14,28 **Code:441402-22**

No class on Oct.8, Nov.12, Dec.24,31, Jan.21

This program is set up for a beginner. The class will address the use of the mouse, 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. The class will be adapted to the needs of its students. Those who attend should have a home computer in which to practice.

Assignments will be given. Class is limited to 16. **Register on page:32**

CLASSES

Please consult your physician before starting this or any exercise program

Dabbling in the Arts  **Morganville Center** **Code:441402-06**
Thursdays September 6 - December 20 **No Fee**
1:00pm-3:00pm **No class on Nov.22, Dec.27**

Various media are be offered in weekly art classes. A fine artist with 25 years of teaching experience will conduct group and individual instruction in watercolor, oil, acrylic and drawing. Art supplies not included. All levels will be accommodated. Beginners welcome!

Limited space.

Register on page:32

Do You Crochet or Knit? Want to Learn? **Code:441402-15**
Wednesdays  **Recreation Center** **No Fee**
9:30am-11:30am September 5 - December 19
No class Sept.26,Dec.26

Experienced & newcomers are welcome. Join together to create afghans and stuffed animals which will be **donated** to local organizations. This “group” will teach newcomers how to crochet squares. The group will then join the squares together to create a large afghan. The donated items make great gifts for those in need! Bring a size J crochet hook to class. What a great way to learn a new craft and be creative.

Register on page:32

Gentle Fitness  **Recreation Center** **Code:441402-21**
Tuesdays September 4 - December 18 **No Fee**
11:30am-12:30pm **No class on Sept.18,Nov.6,Dec.25**

A **gentle** class that will focus on balance and basic strength training using bands, dumbbells and balls. Great class for those with osteoporosis, arthritis, walker or medical conditions that make vigorous exercise difficult. We will mostly work sitting on chairs, but standing exercises will be incorporated as well. The instructor will always give alternate exercises to those who choose to sit .

Register on page:32

CLASSES

Please consult your physician before starting this or any exercise program

Intermediate Cardio Exercise Recreation Center Code:441402-01

Tuesdays & Thursdays September 4 - December 20 **No Fee**
10:15am-11:15am *No class on Sept.18,Nov.6,22, Dec.25,27*

Build endurance and strengthen your cardio system by participating in this low impact aerobic class. Please wear good sneakers, comfortable clothing and bring a water bottle to class. **PLEASE NOTE:**2 classes may be offered for this session. Once the first class is filled, participants will automatically be assigned to the second class. **Register on page:32**



Knitting Class Recreation Center Code:441402-11

Mondays  September 10 - December 17 **No Fee**
1:00pm-3:00pm *No class on Sept.17,Oct.8,Nov.12,26, Dec.24,31*

Learn the basics of casting on and casting off as well as the basic stitches: knit, pearl, garter and more. Learn how to use the tools, make a gauge for proper measurements and a good fit, and how to read a pattern. Items you need to purchase for the first class are: 1 skein of yarn (your choice of color), regular or worsted, and 1 set of 5-7 size knitting needles. **Class size is limited.** **Register on page:32**

Mahjong Recreation Center Code:441402-24

Mondays  September 10 - December 17 **No Fee**
1:00pm-3:00pm *No class on Sept.17,Oct.8,Nov.12,26,Dec.24,31*

Open game for those who love to play or would like to learn to play Mahjong. **Register on page:32**

PickleBall I Recreation Center Code:441402-25

Mondays  September 10 - December 21 **No Fee**
1:00pm-2:00pm *No class on Sept.17,Oct.8,Nov.12,26,Dec.24,31*

This mini-tennis game is played by 2 or 4 people on a badminton-sized court using wood paddle racquets and a plastic, poly baseball with holes. Please bring your own paddle. **Register on page:32**

PickleBall II Recreation Center Code:441402-28

Fridays  September 7- December 21 **No Fee**
10:30am-12:30pm *No class on Sept.14, 28,Oct.19,Nov.16,23, Dec.7,28*

This mini-tennis game is played by 2 or 4 people on a badminton-sized court using wood paddle racquets and a plastic, poly baseball with holes. Please bring your own paddle. **Register on page:32**

CLASSES

Please consult your physician before starting this or any exercise program

Ping Pong

Wednesdays
12:00pm-1:00pm



Recreation Center Code:441402-20

September 5 - December 19 **No Fee**

No class on Sept.26,Dec.26

Have fun socializing over a game of ping pong. Engage in a game of singles or doubles. No experience needed. **Register on page:32**

NEW

Beginner Spanish Class

Tuesdays
1:00pm-2:00pm



Recreation Center Code:441402-29

September 4 - December 18 **No Fee**

No class on Sept.18,Nov.6,Dec.25

Interested in learning a new language? Learning Spanish for pleasure, for travel, for ordering dinner in restaurants can be fun. We will use a conversational approach, employing very little grammar. You will be able to develop a functional and speaking vocabulary, useful phrases, and a proper accent. If interested, you might even learn some salsa steps.

Register on page:32

Strength Training

Tuesdays & Thursdays
9:00am-10:00am



Recreation Center Code:441402-00

September 4 - December 20 **No Fee**

No class on Sept.18,Nov.6,22,Dec.25,27

This class will help you develop more flexibility and muscle strength. You will go through a warm-up and then focus on strength and balance. Wear comfortable clothing and bring your own weights to class. **PLEASE NOTE:**2 classes may be offered for this session. Once the first class is filled, participants will automatically be assigned to the second class.

Register on page:32

Open Gym Time

Thursday
1:00 pm-2:30pm



Recreation Center Code:441402-26

September 6 - December 20 **No Fee**

No class on Sept.20,Oct.25,Nov.8,22,Dec.6,27

An excellent way to compliment your weekly fitness routine. Come shoot baskets, practice dribbling a ball, passing etc. Pick up a game of horse. Jog or walk a few laps around the gym , grab a mat and do some floor exercises. Now you have the room to vary your fitness schedule and meet some new friends.

Register on page: 32

CLASSES

Please consult your physician before starting this or any exercise program

Yang Family Tai Chi Chuan & 10 Daoist Exercises **Code:441402-04**

Mondays **Recreation Center** September 10 - December 17 **No Fee**

10:15am-11:15am *No class on Sept.17,Oct.8,Nov.12,26,Dec.24,31*

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. This class can be done seated or standing. In a gentle and fun way, it improves physical and mental health and well-being.



Register on page:32

Tai Chair

Wednesdays

10:15am-11:15am



Recreation Center

September 5-December 19 **No Fee**

No class on Sept.26,Dec.26

Code:441402-27

An alternative form of a Tai Chi, the ancient Chinese martial art featuring slow, gentle rhythmic movements. It enhances mental relaxation, strength and flexibility. Tai Chair offers the same benefits as Tai Chi, with an added cardio-vascular workout similar to one that orchestra conductors obtain. According to experts, the movement of the hands above the head is the best way, it improves physical and a mental health and well-being. Tai Chair is a dynamic, graceful exercise form designed for anyone facing physical challenges in a wide range of settings.

Register on page:32

“Get Up and Go - Walking Club”

Wednesday

9:00am-10:00am



September 5-December 19

Code:441402-13

No Fee

No class on Sept.26,Dec.26

Walking has proven to help reduce risk of heart attacks, improve mood and promote better circulation. Meet at the Recreation Center, sign the attendance sheet and walk the Municipal Complex walking trail to increase your endurance for future lengthy excursions. During inclement weather, the group will walk in the Recreation Center Gym. Once a month the group will go to various county parks or boardwalks. The township bus will leave at 8:30am for those who need a ride.

Register on page:32

NEW

Wednesday, September 12	Belmar Boardwalk	2.5 mile walk
Wednesday, October 10	Spring Lake Boardwalk	4 mile walk
Wednesday, November 14	Dorbrook Park	2.3 Paved Trail
Wednesday December 12	Manasquan Reservoir	5 Mile Loop

CLASSES/LECTURES

Please consult your physician before starting this or any exercise program

Total Body Workout **Recreation Center** **Code:441402-08**
 Fridays September 7 - December 21 **No Fee**
 9:00am-10:00am Make up classes will be on Wednesdays 
No class on Sept.14,28,Oct.19,Nov.16,23, Dec.7,28

This class will work on flexibility, range of motion, endurance and functional movements for seniors. The program encourages individuals to work at your own pace to achieve your own personal fitness goals. Poles, bands, tubing, steps, cones, weighted balls and mats will be used in class to achieve total fitness. **Register on page:32**

Yoga **Recreation Center** **Code:441402-02**
 Mondays  September 10 - December 17 **No Fee**
 9:00am-10:00am *No class on Sept.17,Oct.8,Nov.12,26,Dec.24,31*

Learn various breathing techniques to calm and quiet the mind. Ease into stretches and gently move your body. Work at your own pace. Wear comfortable clothing. **Limited space.** **Register on page:32**

Zumba Gold **Recreation Center** **Code:441402-09**
 Wednesdays  September 5 - December 19 **No Fee**
 11:30pm-12:30pm *No class on Sept.26,Dec.26*

Zumba Fitness® is the only Latin-inspired dance-fitness program that blends red-hot international music, created by Grammy Award-winning producers, and contagious steps to form a "fitness-party" that is downright addictive. **Register on page:32**

NEW

“Savvy Social Security”  **Recreation Center** **Code:441403-10**
 Thursday, September 13 1:00pm-2:00pm **No Fee**
Presenter: Gregory Kuras, President of NJ Senior Tax Advisors

Learn how to qualify for NJ tax benefits for seniors and how to reduce taxes on Social Security benefits. **Register on page:33**

NEW

Introduction to Meditation Workshop I **Code:441403-02**
Presenter: Patricia Hudacsko **Recreation Center**
 Thursday, September 20 1:00pm-2:00pm **No Fee** 

In our stressful day to day life, it's nice to take a few moments for yourself and just breathe! This workshop will explore various mediation techniques that are beneficial on many levels, both physiological, psychological and spiritual. We will discuss the benefits of meditation in general and how to develop and maintain a daily mediation practice. The end of the workshop will conclude with a guided group mediation. Wear comfortable clothing and bring a pillow and blanket to the class. **Register on page:33**

FREE LECTURES / WORKSHOPS

NEW

Pilates and Balance Workshop

Presenter: Denise Barry

Thursday, October 25

Recreation Center

Code:441403-04

No Fee

1:00pm-2:00pm

Learn and understand what pilates is all about. You will be introduced to the basics of pilates and be shown modifications to promote strengthening the core and improve balance and flexibility.

Register on page:33



NEW

Senior Medicare Patrol

Friday, October 26

Recreation Center

Code:441403-06

1:00pm-2:00pm

Presenter: Charles Clarkson 1:00pm-2:00pm

No Fee

Learn how to protect yourself against Medicare fraud, waste and abuse. Join us for this special presentation! SMP's helps preserve the integrity of Medicare and Medicaid programs, as well as help individuals protect their personal identity and prevent them from becoming the victims of a scam.

Register on page:33

NEW

Indian Dance Workshop

Recreation Center

Code:441403-05

Presenter: Ambika Raman, Performing Arts Academy NJ

No Fee

Thursday, November 8

1:00pm-2:00pm

Come to this one day workshop to learn how to Bharatanatyam dance. Bharathanatyam is one of the oldest Classical dance forms of India. It origins can be traced about 2000 years ago in the Southern state of Tamil Nadu. It was primarily nurtured in the temples and courts of southern India. The term "Bharathanatyam" is thought to derive from the four syllables, BHAVA (expression) RAGA (music) THALA (rhythm) NATYAM (dramatic art). No dance experience needed.

Register on page:33



NEW

Meditation Workshop II

Recreation Center

Code:441403-08

Presenter: Patricia Hudacsko

Thursday, December 6

1:00pm-2:00pm

No Fee

We will explore the benefits and the challenges of stilling the mind. Meditation is non-judgmental, moment to moment awareness without thought of the past, the present or the future. We will continue to discuss different meditation techniques and benefits of developing a daily meditation practice. We will review the challenges encountered in attempting a mediation practice and end the workshop with group meditation. Wear comfortable clothing and bring a pillow and blanket to the class.

Register on page:33



FREE LECTURES / WORKSHOPS

Health and Wellness Series Recreation Center 1:00pm-2:00pm
Rutgers Cooperative Extension No Fee
 Join us for a series of health and wellness lectures to enhance your daily living.

Add Color to Your Plate & Move More Thursday, September 27 **Code:341403-08**

Lighten up the Fat Thursday, October 11 **Code:341403-10**

Calcium, Strong Bone and Smoothies Thursday, October 25 **Code:341403-11**

Staying Healthy after 50 Thursday, November 8 **Code:341403-12**

Functional Foods, the benefits of coffee, chocolate, tea & others Thursday, November 29 **Code:341403-13**

Importance of keeping your Food Safe Thursday, December 6 **Code:341403-13**
Register on page:33



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



SHOPPING EXCURSIONS 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 Ext. 1322

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

Shopping drop off time will be 11:00 am.

Pick up time will be 1:00 pm.

Shopping Dates

Register on page:35

- ***If you scheduled an appointment and can not keep it, please notify the Senior Office Transportation line @ (732) 617-0100 Ext.1322.***

Friday, Sept. 7	Wegmans & Target (Manalapan)	441408-00
Friday, Sept. 21	Delicious Orchards, (Colts Neck)	441408-02
Friday, Oct. 5	Walmart and Sam's (Freehold)	441408-04
Friday, Oct. 12	Stop & Shop (Manalapan)	441408-05
Friday, Oct.26	Wegmans & Target	441408-06
Friday, Nov. 2	Shop Rite (Marlboro)	441408-07
Friday, Nov. 9	Walmart & Sams (Freehold)	441408-08
Friday, Nov. 30	Wegmans & Target	441408-09
Friday, Dec. 14	Delicious Orchards, (Colt Neck)	441408-10
Friday, Dec. 21	Shop Rite (Marlboro)	441408-11

FREE HEALTH SCREENINGS

Blood Pressure Screening Wednesday, September 5	<i>Register on page:34</i> Recreation Center	Code:441404-06 11:00 am-12:30pm
Blood Pressure Screening Wednesday, October 3	<i>Register on page:34</i> Recreation Center	Code:441404-00 11:00 am-12:30pm
Blood Pressure Screening Wednesday, November 7	<i>Register on page:34</i> Recreation Center	Code:441404-01 11:00 am-12:30pm
Blood Pressure Screening Wednesday, December 5	<i>Register on page:34</i> Recreation Center	Code:441404-03 11:00 am-12:30pm
Cholesterol Screening Friday, October 12	<i>Register on page:34</i> Recreation Center <i>No fasting required.</i>	Code:441404-02 9:00 am
Audiology Screening Friday, November 2	<i>Register on page:34</i> Recreation Center	Code:441404-04 9:00 am
Glucose Screening Friday, December 14	<i>Register on page:34</i> Recreation Center	Code:441404-05 9:00 am

Do not eat or drink anything except water for 5-8 hours prior to the Glucose test. Snack will be provided.



PLEASE NOTE

**No appointment time is needed for Blood Pressure Screenings.
Blood Pressure Screenings start at 11:00am
on a first come basis.**

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

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 e-mail to the Senior Office at dbarry@marlboro-nj.gov, or call Denise Barry at 732-617-0100.

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

Senior Advisory Council

The Mayor's Senior Advisory Committee identifies the needs and assist in the evaluation and recommendation of township services and activities for the well being of the senior citizens in Marlboro Township. The appointed members represent all segments of Marlboro Township Seniors and serve at the discretion of the Mayor. If you have concerns or needs, please feel free to contact your representative. Don't know who your representative is?

Feel free to call the Senior Office at 732 617-0100.

Physical Activity

Regular physical exercise keeps older adults healthy and independent longer.

Experts recommend older adults engage in moderate physical activity for at least 30 minutes five days a week. But statistics show that less than a third of Americans aged 65+ meet this level.

Come join us at the Marlboro Recreation Center where we offer a WIDE VARIETY of classes 5 days a week.



**Meet Our Drivers
Rosemary and Linda**



Bus Drivers' duty is to operate the bus in a safe manner.

Shopping Excursions:

To Keep Your Ride Safe & Comfortable Please

- Keep the designated front seats reserved for Disabled passengers;
- Keep your cell phone conversations private by speaking quietly;
- Clients are responsible for carrying **their own** shopping bags on and off the bus and to their homes.
- **Try not to purchase more than you can carry.**
- Seniors should be ready 10 minutes before the estimated pickup time.
- Due to time restraint, Bus Drivers will beep the horn **2 times** and then proceed to the next residence.
- **BUS DRIVERS CANNOT WAIT FOR CLIENTS.**

Tipping is not allowed.

Coming to One's Aid

Code: 441404-31

- Have you ever felt alone?
- Has 9:00am-5:00pm seem like an eternity?
- Have you ever been told you no longer can drive?
- Are the four walls the only things you look at?

Loneliness can be stifling!

We are looking to start a group to help visit the homebound.

Volunteers signing up to help, will touch the heart of many.

Please register as a volunteer and bring happiness to a shut-in !

Register on page: 32



TRANSPORTATION (Sept.-Dec. 2012)

.....

**Complete this form if you
NEED A RIDE !**

MARLBORO TOWNSHIP RECREATION & PARKS COMMISSION
offers

**FREE BUSING FROM 8:00AM-3:00PM (DAILY) for seniors
who do not hold a driver's license or with medical needs.**

**Extended hours will be 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 Ext. 1322
Please complete the form below with all your transportation requests!

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

REGISTRATION NOT ACCEPTED BEFORE AUGUST 13, 2012

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

Name (first and last) John and Mary Jones Home Phone: 732- 555-5555
 Address: 25 Wyncrest Drive
 City: Marlboro, NJ 07746 Emergency Phone: 732 555-5666

- **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: John and Mary Jones

Participant's Name		Trip Name	Code #	Trip Cost Total Amt.
John	Mary	Memphis	241400-01	\$244.00
John	Mary	Atlantic City	241400-04	\$54.00

Seat me with: Neil and Helen Smith *Physical Limitations: Mary walks with a cane

REGISTRATION NOT ACCEPTED BEFORE AUGUST 13, 2012

Mail Registration Forms to:

Marlboro Recreation, 1996 Recreation Way
 Marlboro, NJ 07746
 Attn: Senior Programs
 Name (first and last) _____

MAKE CHECKS PAYABLE TO:

Marlboro Recreation
ONE CHECK PER TRIP/EVENT
 EACH FAMILY USE OWN FORM
 Home Phone _____

**SPECIAL
EVENTS
PAGE**

Address _____ Email _____

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 #	FEE

An Active Place To Be 2012



REGISTRATION NOT ACCEPTED BEFORE AUGUST 13, 2012

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

**TRIP
PAGE**

Name (first and last) _____ Home Phone _____
 Address _____ Email _____
 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.

Signature: _____

Participant's Name	Trip Name	Code#	Trip Cost Total Amt.	Meal Choice
Seat me with: *				
Seat me with: *				
Seat me with: *				
Seat me with: *				

***PL = Include any Physical Limitations**



3 DIMENSIONAL ART



REGISTRATION NOT ACCEPTED BEFORE AUGUST 13, 2012

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

**CLASS
PAGE**

Name (first and last) _____ Home Phone _____
 Address _____ Email _____
 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.**

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**Please
Sign →**

Signature: _____

PARTICIPANT'S NAME	CLASSES	CODE #	FEE



**Crocheting
Knitting**



**Volunteer of the year.
Fran Lynn**



**BREAKFAST
CLUB
2012**



**Zumba
2012**

REGISTRATION NOT ACCEPTED BEFORE AUGUST 13, 2012

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

HEALTH SCREENINGS

Name (first and last) _____ Home Phone _____
 Address _____ Email _____
 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.
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 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	HEALTH SCREENINGS	CODE

PLEASE NOTE: Calls will be made to set up appointment times for screenings except for Blood Pressure. Blood Pressure screenings start at 11:00 am on a first come basis.



BINGO



VOLUNTEER LUNCHEON



Neil Diamond 2012



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

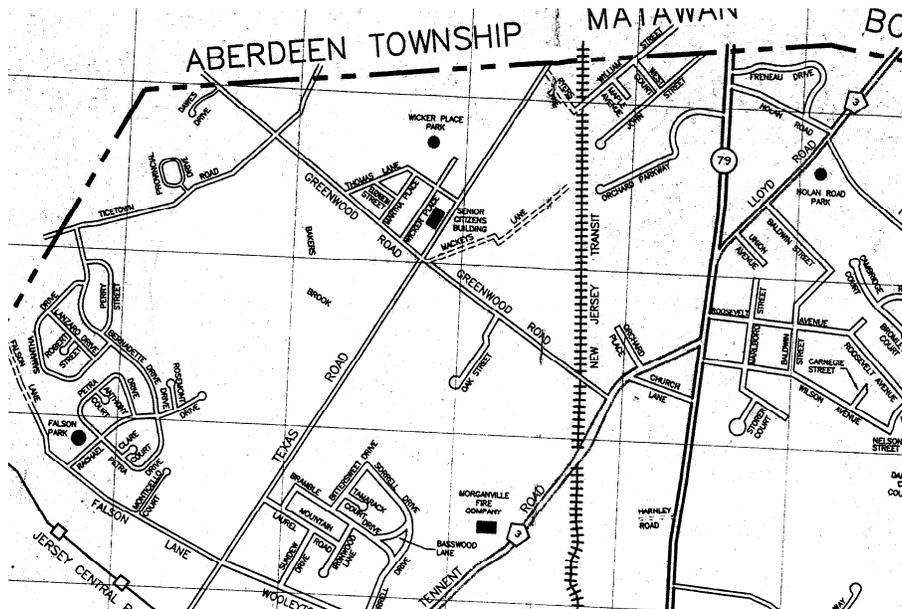
Turn right on Texas Road

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.



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 busing is available for trips only if a handicap bus is obtainable and the trip destination is accessible for handicap buses. Those requiring "special busing" 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 airports, 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 and local shopping centers.

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:

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

SENIOR EMERGENCY INFORMATION CARD 2012

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.

EMAIL ADDRESS: _____

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

SENIOR EMERGENCY INFORMATION CARD 2012

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.

EMAIL ADDRESS: _____

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:** _____

HELPFUL 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

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.

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.

HELPFUL INFORMATION

MEALS ON WHEELS

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

SENIOR CITIZEN AREA TRANSPORTATION

MCDOT SCAT – This service requires clients who are seniors or persons with disabilities to make a reservation not more than 14 days in advance or less than 24 hours in advance. Transportation is provided for a variety of medical, educational, nutritional, and shopping trips.

Shared Ride – A 24 hour advance reservation for shared ride multiple-destination service. Senior citizens (60 and over) and permanently disabled residents of Monmouth County are able to request service to a destination within the services area, with priority given to medical trips and food shopping. Service is available Monday, Wednesday,

Friday and Saturday between 8:00 AM and 4:00 PM and Thursday evenings, 4:00 PM to 9:00 PM.

Fees/Donations: \$3.00 one-way for in county medical transportation.

\$4.00 one-way for educational facilities

\$10.00 one-way for out-of-county medical transportation

Various rates for employment transportation and kidney dialysis transportation

HOME ENERGY ASSISTANCE PROGRAM (HEAP)

This Federal program provides financial assistance with energy costs for eligible Seniors who meet income guidelines for 2012.

Single - \$1,815 per month **Couple** - \$2,452 per month

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

New Requirements as of January 1, 2012

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

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

Income Limits for PAAD and HAAD Programs 2012:

\$24,312 for single and \$31,035 for married couples

Senior Gold 2012 income limits:

At least \$25,312 and less than \$35,312 for singles and
at least \$31,035 and less than \$41,035 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 may be 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 2011 of less than \$25,312 if single or less than \$31,035 if married.

HELPFUL INFORMATION

Medicare Enrollment (Social Security Office)	1-800-772-1213
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

HELPFUL INFORMATION

HELPFUL AGENCIES

Marlboro Township Senior Citizen Office	732 617-0100 x1332
Monmouth 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	1 800-792-9745 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
NJ Dept. of Health & Senior Services	1-800-792-8820
NJ Commission-Blind/Visually Impaired	732-255-0723



Marlboro Township

Recreation & Parks Commission

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Bob Shapiro- Alt. #2

RECREATION

Michelle Gropper, Acting Director

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VALID UNTIL December 31st, 2012

E-Mail: Recreation@Marlboro-NJ.gov