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

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<th>Page(s)</th>
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<tr>
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<td>Page 35</td>
</tr>
</tbody>
</table>
Dear Seniors:

Spring has taken its time getting here, but it is definitely on the way and summer is around the corner. I am pleased to present the July through December edition of the "Best of Times". My administration along with the Recreation and Swim Utility work hard to ensure a good quality of life for Marlboro Township Residents. In fact, senior programming has increased by over 26% since I took office in 2008. There are many new activities and events that can be found in this guide and I hope everyone takes advantage of these innovative additions to our programming.

The weather of the last few years has presented challenges to both the township and residents. Extreme weather emergencies have become much more frequent in recent years disrupting our quality of life, leaving many seniors housebound, causing damage to our properties and roads and affecting our municipal budget. As our weather becomes more unpredictable, we place even more focus on making sure our emergency preparedness will be ready when needed. Communication is a vital part of being prepared. With options such as email notifications, reverse 911 calls, Facebook and Twitter, residents can quickly be contacted in times of emergency.

Seniors face additional challenges as well as generally having less access to computers, social media and smartphones. Therefore, it is even more important that you register your home and cell phone for reverse 911 calls. Simply call (732) 536-0100 ext. 1412 and Matt Price will register your phones. You may also visit the “Communications for Residents” section of our website and register for any and all of our communication options. Please remember that the police and Town Hall are always here to provide assistance and information.

Our Teen Advisory Committee (TAC) is here to help, as well. If you would like assistance adding your email and phone to the call lists, or registering for Facebook so you can follow Facebook page updates, please contact Denise Barry at (732) 617-0100 and she will arrange for a member of TAC to come to your home and assist you.

The senior events get more varied and exciting every year. Thank you to Ted Ernst, Recreation Director, Denise Barry, Director of Senior Services and the entire recreation staff who all do a wonderful job ensuring that our senior programs are the best around. I look forward to seeing you at the many events planned for this summer and fall.

Very truly yours,

Jonathan L. Hornik
Mayor
Classes are limited, so please sign up only for programs that you **PLAN** to attend on a regular basis. If you are away for more than 4 consecutive classes, please register upon your return. Missing 4 consecutive classes will result in automatic withdrawal from the program.

**Workout with us!**

Joanne  
Andy Lee  
Rosie  
Skip  
Cindy  
Pat
Online Registration is Available
https://register.communitypass.net/marlboro

- Create a family account
- Keep user name and password for future reference
- Click on down arrow
  Register for Activity
  - Click on
  2016 Senior Programs Summer/Fall

Inside this brochure
1. Fill out page 29 (Registration Page) in this brochure.
2. Page 32(Senior Emergency Information), must be completed if you are a NEW member or have medical updates.
- Registrations CANNOT be accepted without pages 29 and 32 if applicable).
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. Registration is done online by going to https://register.communitypass.net/marlboro

**Programs and trips are for Marlboro residents and non-residents**

Senior Citizen (60 years old or older). An additional fee is charged for non-residents upon availability of programming. Checks must be made payable to: MARLBORO RECREATION and mailed to or dropped off.

1996 Recreation Way
Marlboro, NJ 07746.

IF YOU HAVE ANY PHYSICAL LIMITATIONS OR SPECIAL ASSISTANCE IS NEEDED, PLEASE MAKE NOTE OF THAT WHEN YOU REGISTER. 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. Wait lists will be utilized. 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.

Please note the dates for registration and adhere to these dates. Registrations can be done online or at the Recreation Center.

Please understand that we have only a limited number of seats available on any given trip. 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 Department will vote upon final decisions regarding refunds.

Refunds may take up to 8 weeks.

**TRIPS ARE NON-REFUNDABLE.**

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

Around the World Pot Luck Luncheon  Marlboro Recreation Center
Fee: $5.00
Friday, September 30       11:30am-2:30pm
Please sign up to bring an ethnic dish for one of the following, appetizers, main dishes, salads. The office will keep a list so we have a well rounded lunch. All food must be placed in disposable containers. Bring a small tent card to place by your dish listing ingredients. It will help with allergies to identify which ones to avoid. All food should be brought ready to serve. Once everyone signs up, the Senior Office will notify you as to the quantity you should make. Following the delicious lunch will be a make your own ice cream sundae bar with many different toppings to add to make your dessert scrumptious! After lunch, enjoy the music of “WHO ARE YOU GUYS”.

Health and Wellness Fair (Flu Shots) Recreation Center No Fee
Wednesday, October 5       10:00am-1:00pm
Many free screenings will be available. Vendors will be present to answer questions and offer informative information on health and wellness. You will also have the opportunity to get your yearly flu shot at the same time. 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. 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.

MASTER OF SWING
April 8, 2016
### SPECIAL EVENTS

<table>
<thead>
<tr>
<th>Event</th>
<th>Location</th>
<th>Fee (Incl. Resident)</th>
<th>Fee (Incl. Non-Resident)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Trivia Tidbits</td>
<td>Recreation Center</td>
<td>$6.00</td>
<td>$8.00</td>
</tr>
<tr>
<td>Fee: $6.00 Meal Incl. resident</td>
<td>$8.00 Meal Incl. non-resident</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Friday, October 21</td>
<td>12:30pm-2:30pm</td>
<td></td>
<td></td>
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</tbody>
</table>

Nibble on tea sandwiches while exercising your brain with stimulating trivia questions. No pressure, just for fun! Each table will work as a group to answer the questions. What an entertaining way to challenge yourself and socialize. Come spend time with friends, meet new people and learn something you did not know! Don’t miss out on this fun afternoon!

---

<table>
<thead>
<tr>
<th>Event</th>
<th>Location</th>
<th>Fee (Incl. Resident)</th>
<th>Fee (Incl. Non-Resident)</th>
</tr>
</thead>
<tbody>
<tr>
<td>A Wonderful Thanksgiving Event</td>
<td>Marlboro Recreation Center</td>
<td>$15.00 Meal Incl. resident</td>
<td>$19.00 Meal Incl. non-resident</td>
</tr>
<tr>
<td>Fee: $15.00 Meal Incl. resident</td>
<td>$19.00 Meal Incl. non-resident</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Friday, November 18</td>
<td>11:30am-2:30pm</td>
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</tbody>
</table>

You are invited to join us as we give thanks for our harvest, friends and families. Good food and entertainment will be provided. Listen to the sounds of Jukebox Legends! Don’t forget your dancing shoes!

---

For further information about program contact (732)431-6400ext.1188 or contact your local Police Department.

The **Monmouth County Special Needs Registry** is a **voluntary** service open to all citizens with disabilities who reside, attend school or are employed in Monmouth County. The registry was created to help police officers and other emergency service personnel to better assist residents with special needs in the event of an emergency by providing those first responders with vital information regarding a registrant’s disability, emergency contact information, a physical description and current photograph of the registrant. [www.MCSNRRNJ.org](http://www.MCSNRRNJ.org)
SPECIAL EVENTS

A Festive Holiday Celebration— Not to be Missed!
Crystal Point Yacht Club  Pt. Pleasant, NJ  Fee: $46.00 Meal Incl. resident
Friday, December 9  9:30am-3:30pm
A unique trip not to be missed! The day starts at 9:30am at the Marlboro Recreation Center with complimentary hot coffee and a light breakfast. After breakfast, we will board charter buses and travel to The Crystal Pointe in Pt. Pleasant for some dancing, listening to the great sounds of the Colts Neck Swing Band. Meal Selection: A) Boneless Breast of Chicken, B) Stuffed Sole Florentine, C) Pasta.
• All cars will be parked at the Recreation Center. The buses will leave from the Marlboro Recreation Center and return to the Marlboro Recreation Center.

Many thanks for your continue support and donations!!

ChocaL8Kiss
285 Gordons Corner Road
Manalapan, NJ 07726

Bagel World
455 County Road 520
Marlboro, NJ 07746

Marlboro Township 2016 Summer Concerts Series

Sunday, July 10  Amish Outlaws
featuring a Firework Display

Sunday, August 7  Family Night featuring
Brian Kirk and the Jirks
(Free inflatable rides)

• No pets, no smoking, no alcohol
TRIPS
(ALL TRIPS ARE NON-REFUNDABLE)

Happy Days $60.00 Meal Incl. resident
Westchester Broadway Theater, Elmsford, NY
Thursday, July 14
Depart: 9:00am
Return: 6:00pm
Grab your poodle skirt, saddle shoes and the kids, and take a rock & roll trip down memory lane! This new Musical is based on the television series and written by its creator, Garry Marshall. When Arnold’s, the town's number one hangout and malt shop, is in danger of being torn down, Richie, Potsie, Arthur "The Fonz" Fonzarelli and the rest of the gang team up to save it with a dance contest. A Bright and funny musical celebration of nostalgia with lots of Singing & Dancing! **If you like Grease you will love Happy Days.** Meal selection made at the facility.

River Lady Cruise $50.00 Meal Incl. resident
Toms River, NJ
Wednesday, July 27
Depart: 9:45am
Return: 3:00pm
Join us for a delightful cruise on The River Lady, a 150 passenger, 85′ authentic reproduction of a paddle wheel riverboat. The River Lady splendidly captures the ambiance of a 19th century Mississippi Paddleboat. The River Lady cruises the Toms River and Barnegat Bay of New Jersey. The riverbanks are surrounded by enchanting hills and beautifully manicured lawns and gardens. **Meal Choice:** A) Chicken Francaise, B) Chicken Marsala, C) Chicken Parmesan, D) Filet of Salmon, E) Penne Vodka. Meal selection cannot be changed on the boat.

Million Dollar Quartet $60.00 Meal Incl. resident
Westchester Broadway Theater, Elmsford, NY
Thursday, August 11
Depart: 9:00am
Return: 6:00pm
The Smash hit musical inspired by the famed recording session in Memphis in 1956 that brought together rock 'n' roll icons Elvis Presley, Johnny Cash, Jerry Lee Lewis and Carl Perkins for the first and only time. Featuring a score of rock hits including "Blue Suede Shoes," "Fever", "That's All Right," "Great Balls Of Fire", "Walk The Line", "Whole Lot Of Shakin' Goin' On", "Hound Dog" and much more. **Meal selection made at the facility.**
“Rock, Roll & Soul”
Hunterdon Hills, Hampton, NJ  $65.00 Meal Incl. resident
Wednesday, August 24  $84.00 Meal Incl. non-resident
Depart: 10:30am  Return: 5:00pm
As the title suggests, we will be featuring some classic rockin' and soulful hits from the 50s through the 70s, with a special emphasis on the legendary female vocalists from that era. Along with great voices, this lively show will have beautiful sets and costumes, along with our phenomenal onstage orchestra. Meal selection made at restaurant.

“Samson”
Strasburg, PA,  $74.00 Meal Incl. resident
Wednesday, September 14  $96.00 Meal Incl. non-resident
Depart: 9:30am  Return: 7:00pm
The world’s first superhero … the strongest man who ever lived…. He killed a lion with his bare hands and defeated a thousand soldiers … but he’s not a hero because of the strength of his hands, he’s a hero because of the faith in his heart! One of the most captivating stories in the Bible, SAMSON is filled with colorful characters, extraordinary feats of strength, and amazing special effects that you will love. When Samson stands between two colossal columns in a godless temple and starts to push – it’s an immersive scene that literally brings the house down! A message of hope for the wayward, comfort to the weary and the incredible grace of God that enables us to truly be strong in Him! Smorgasbord Lunch at Bird-in Hand Restaurant.

Fiesta De San Gennaro
Doolan’s, Spring Lake, NJ  $52.00 Meal Incl. resident
Wednesday, September 21  $68.00 Meal Incl. non-resident
Depart: 10:30am  Return: 4:30pm
Trip to Atlantic City Casino

**Tropicana Casino, Atlantic City, NJ**

- **$21.00** resident LUNCH ON OWN
- **$27.00** non-resident LUNCH ON OWN

**Depart:** 9:30am  
**Return:** 6:15pm

Enjoy a trip to Atlantic City. More information will follow. Lunch is on your own.

National Museum of American Jewish History

**Philadelphia, PA**

- **$34.00** BOX LUNCH Incl. resident
- **$41.00** BOX LUNCH Incl. non-resident

**Depart:** 9:00am  
**Return:** 4:00pm

The Museum’s artifact collection represents the broad spectrum of American Jewish life and illustrates such universal themes as immigration, worship, hard work, entertainment, community and family life. Its more than 30,000 artifacts form the basis of our core exhibition and guide the Museum’s continuing efforts to interpret and inspire through exhibitions, educational programs, and scholarly research.

**Lunch Choice:**
- A) Bagel with Lox, Spread & tomato
- B) White Meat Tuna Salad with Lettuce, Tomato on Rye
- C) Grilled Vegetable Wrap w. Red Pepper Mayo
- D) Oven Roasted Turkey w. Lettuce on Rye

**Beverage Choice:**
- A) Reg. Pepsi
- B) Diet Pepsi
- C) Bottle water

— All bags subject to x-ray inspection, please don’t bring a bag larger than 16”by 24”.

“Cruzin’ on a Saturday Nite”

**Stony Hill, Hackensack, NJ**

- **$50.00** Meal Incl. resident
- **$65.00** Meal Incl. non-resident

**Depart:** 10:00 am  
**Return:** 4:00 pm

Brand new show featuring the memorable songs of the Platters & other 50’s groups. Dance, dine and enjoy a great afternoon with Joe Zisa & “friends”.

**Lunch:** (Family Style) Salad, Pasta, Chicken Marsala, Roast Beef, Potatoes & vegetables and dessert.
TRIPS
(ALL TRIPS ARE NON-REFUNDABLE)

2016 Christmas Show, Winter Wonderland
American Music Theater, $70.00 Meal Incl. resident
Wednesday, November 30 $85.00 Meal Incl. non-resident
Depart: 9:00am Return: 7:00pm
It’s the most wonderful time of the year – time again to be dazzled and delighted with
first rate musical merriment, live on stage! This event is filled with yuletide whimsy
and winter wonder that celebrates both the magic and the meaning of Christmas.
Witness a beautiful Christmas town, an enchanting trip to the North Pole, powerhouse
vocals, dazzling scenery, and lots more. You’ll want to wrap yourself up in this warm
and wonderful seasonal show that promises to be one of your family’s favorite holiday
habits. Lunch at Miller’s Smorgasbord.

Alzheimer/Caregiver Support Group Recreation Center No Fee
Tuesdays 1:00pm-2:00pm 2nd Tuesday of every month
Jul.12 Aug.9 Sept.13 Oct.11 Nov.15 Dec.6
Alzheimer’s disease and other related dementias group is designed to provide
emotional and educational support for caregivers. Come relax in a confident place and share
what is on your mind. Please join us! To attend this or any other support group call
973-586-4300.

NEW….EARLY BIRD STRENGTH TRAINING CLASSES

EB Strength Training Recreation Center No Fee-resident
Tuesday Sept.6-Dec.13
7:50am-8:50am No class on Sept.27,Oct.4,11,Nov.8
This class is for the intermediate participants. It 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 and get your workout done early! No
transportation available.

EB Strength Training Recreation Center No Fee-resident
Thursday Sept.8-Dec.15
7:50am-8:50am No class on Nov.24
This class is for the intermediate participants. It 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 and get your workout done early! No
transportation available.
SUMMER “CAMP” FUN

“Grandparents’ Days”  No Fee-resident only
Aquatic Center located on Boundary Road  3:00pm-5:00pm
Monday, July 11
Monday, July 18
Monday, July 25
Monday, August 1
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.

Free Swim for Seniors
Aquatic Center located on Boundary Road  No Fee-resident only
Mondays-Thursdays  3:00pm-4:30pm  Jul.5-Aug.4
Please be sure to bring your own towel, hat and sunscreen.

Water Aerobics  3:00pm-4:00pm
Aquatic Center located on Boundary Road  No Fee-resident only
Tuesdays  July 5 - Aug. 2
Thursdays  July 7- Aug. 4
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!
### CLASSES

Please consult your physician before starting this or any exercise program

<table>
<thead>
<tr>
<th>AARP Driver Safety Program</th>
<th>Monday, Aug.15 &amp; Tuesday, Aug.16</th>
<th>9:00am-12:00pm</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Monday, Oct.17 &amp; Tuesday, Oct.18</td>
<td>9:00am-12:00pm</td>
</tr>
</tbody>
</table>

Recreation Center $15.00 AARP member $20.00 non-members

Make check payable to: AARP

Those completing the course are entitled to a minimum 5% discount on their auto insurance. For information regarding points call the NJ Motor Vehicle 1-609-292-7500 (toll call). “Participants may have two points removed from their driving record subject to certain restrictions.” Seating limited to 30 participants.

**Ballroom Dancing**

Recreation Center No Fee-resident

Thursday September 8-December 15 $35.00 non-resident

11:30am-12:30pm **No class on Nov.24**

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. **NO SUMMER CLASSES.**

**Balance and Stretch Class**

Recreation Center No Fee-resident

Thursday September 8-December 15 $35.00 non-resident

1:00pm-2:00pm **No class on Nov.24**

Improving your balance may not be number one on your priority list but maybe it should be! Balance falls into the same category as flexibility, core stretch and mobility. These are all things our bodies need to function efficiently. Come join this class as we focus on balance, stability and stretching. **NO SUMMER CLASSES.**

**Bingo**

Recreation Center No Fee-resident

Tuesdays September 13-December 6

1:00pm-2:00pm **Sept.13,Oct.25,Nov.15,29,Dec.6**

Share an afternoon with friends as you enjoy several Bingo games. We welcome any NEW unwanted items to use for our Bingo games. What a great way to clean out your closets! Items can be dropped off at the Senior Office. **NO SUMMER PROGRAM.**
# CLASSES

Please consult your physician before starting this or any exercise program

<table>
<thead>
<tr>
<th>Class</th>
<th>Location</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bocce Ball</td>
<td>Recreation Center</td>
<td>No Fee-resident</td>
</tr>
<tr>
<td>Monday</td>
<td>July 11-December 12</td>
<td></td>
</tr>
<tr>
<td>11:00am-12:00pm</td>
<td><strong>No play on Aug.15,22,29,Sept.5,Oct.3,10</strong></td>
<td></td>
</tr>
<tr>
<td>Sign up to play on our 2 outdoor courts as a group. Weather permitting.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Beginner Canasta</td>
<td>Recreation Center</td>
<td>No Fee-resident</td>
</tr>
<tr>
<td>Monday</td>
<td>July 11-December 12</td>
<td>$35.00 non-resident</td>
</tr>
<tr>
<td>10:00am-12:00pm</td>
<td><strong>No class on Aug.15,22,29,Sept.5,Oct.3,10</strong></td>
<td></td>
</tr>
<tr>
<td>Open game for your enjoyment. <strong>No instructor.</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Intermediate Canasta</td>
<td>Recreation Center</td>
<td>No Fee-resident</td>
</tr>
<tr>
<td>Friday</td>
<td>July 8-December 16</td>
<td>$35.00 non-resident</td>
</tr>
<tr>
<td>10:00am-12:00pm</td>
<td><strong>No class Aug.19,26,Sept.2,30,Oct.21,Nov.11,18,25,Dec.9</strong></td>
<td></td>
</tr>
<tr>
<td>Spend two hours playing and practicing the fine points and the strategies for making Canasta a “challenging” game. <strong>No instructor.</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Cardio Wellness</td>
<td>Recreation Center</td>
<td>No Fee-resident</td>
</tr>
<tr>
<td>Monday</td>
<td>September 12-December 12</td>
<td>$35.00 non-resident</td>
</tr>
<tr>
<td>11:30am-12:30pm</td>
<td><strong>No class on Oct.3,10</strong></td>
<td></td>
</tr>
<tr>
<td>This program is for the exerciser who is looking for a gentler cardio program. Poles, weighted balls, bands and blocks will be used to target the different muscles in your body for a total makeover. <strong>NO SUMMER CLASSES.</strong></td>
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</tr>
<tr>
<td>Create Your Masterpiece</td>
<td>Recreation Center</td>
<td>No Fee-resident</td>
</tr>
<tr>
<td>Wednesday</td>
<td>September 7- December 14</td>
<td>$35.00 non-resident</td>
</tr>
<tr>
<td>1:00pm-2:30pm</td>
<td><strong>No class on Oct.5,12</strong></td>
<td></td>
</tr>
<tr>
<td>In this program, you will learn how to utilize different materials, such as colored pencils, acrylic paints, and Model Magic clay. Draw your favorite picture on a sketchpad using colored pencils and then transform it to a 3-Dimensional picture using Model Magic clay on canvas. Come join the fun! <strong>Required materials:</strong> a box of colored pencils (the more colors the better!), a sketchpad (thicker paper suggested), canvas (11x14 suggested), acrylic paints (primary colors), a box of Model Magic (primary colors), and tacky glue. <strong>NO SUMMER CLASSES.</strong></td>
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</tbody>
</table>
CLASSES

Please consult your physician before starting this or any exercise program

Dabbling in the Arts  Morganville Center  No Fee-resident
Thursday  September 8-December 15  $35.00 non-resident
12:00pm-2:00pm  No class on Nov.24
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 and all levels of experience will be accommodated. During the first class we will discuss areas that are of interest to the students attending and materials to be used. NO SUMMER CLASSES.

Do You Crochet or Knit? Want to Learn?
Wednesday  Recreation Center  No Fee-resident
9:30am-11:30am  July 6-December 14  $35.00 non-resident
No class on Aug.17,24,31,Oct.5,12
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. No instructor.

Gentle Fitness  Recreation Center  No Fee-resident
Tuesday  July 5-December 13  $35.00 non-resident
11:30am-12:30pm  No class on Aug.16,23,30,Sept.27,Oct.4,11,Nov.8
A gentle class that will focus on balance, flexibility and strength training using dumbbells, bands and balls. Great class for those with osteoporosis, arthritis, walker or any medical condition that makes exercise difficult! We will work sitting and standing (although standing is optional and instructor will give alternate exercises for those who cannot stand).

Advance Cardio Exercise  Recreation Center  No Fee-resident
Tuesday  July 5-Aug.16  Monmouth Worship Center
10:15am-11:15am  September 6-December 13  Recreation Center
No class on Aug.16,23,30,Sept.27,Oct.4,11,Nov.8
An advance cardio class to help tone and strengthen the upper body with the use of bands and free weights. Please wear good sneakers, comfortable clothing and bring a water bottle to class.
### CLASSES

Please consult your physician before starting this or any exercise program

<table>
<thead>
<tr>
<th>Class</th>
<th>Recreation Center</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>Advance Cardio Exercise</td>
<td>Monmouth Worship Center</td>
<td>No resident</td>
</tr>
<tr>
<td>Thursday</td>
<td>July 7-Aug.11</td>
<td></td>
</tr>
<tr>
<td>10:15am-11:15am</td>
<td>September 8-December 15</td>
<td>Recreation</td>
</tr>
<tr>
<td></td>
<td>No class on Aug.18,25,Sept.1,Nov.24</td>
<td></td>
</tr>
</tbody>
</table>

An **advance cardio class** to help tone and strengthen the upper body with the use of bands and free weights. Please wear good sneakers, comfortable clothing and bring a water bottle to class.

<table>
<thead>
<tr>
<th>Intermediate Cardio Exercise</th>
<th>Recreation Center</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tuesday</td>
<td>Recreation Center</td>
<td>No resident</td>
</tr>
<tr>
<td>July 5-December 13</td>
<td>$35.00 non-resident</td>
<td></td>
</tr>
<tr>
<td>10:15am-11:15am</td>
<td>No class on Aug.16,23,30,Sept.27,Oct.4,11,Nov.8</td>
<td></td>
</tr>
</tbody>
</table>

Build endurance and strengthen your cardiovascular system by participating in this low impact aerobics class. Please wear good sneakers, comfortable clothing and bring a water bottle to class.

<table>
<thead>
<tr>
<th>Intermediate Cardio Exercise</th>
<th>Recreation Center</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>Thursday</td>
<td>Recreation Center</td>
<td>No resident</td>
</tr>
<tr>
<td>July 7-December 15</td>
<td>$35.00 non-resident</td>
<td></td>
</tr>
<tr>
<td>10:15am-11:15am</td>
<td>No class on Aug.18,25,Sept.1,Nov.24</td>
<td></td>
</tr>
</tbody>
</table>

Build endurance and strengthen your cardiovascular system by participating in this low impact aerobics class. Please wear good sneakers, comfortable clothing and bring a water bottle to class.

<table>
<thead>
<tr>
<th>Knitting Class</th>
<th>Recreation Center</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>Monday</td>
<td>July 11-December 12</td>
<td>$35.00 non-resident</td>
</tr>
<tr>
<td>1:00pm-3:00pm</td>
<td>No class on Aug.15,22,29,Sept.5,Oct.3,10</td>
<td></td>
</tr>
</tbody>
</table>

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.**

<table>
<thead>
<tr>
<th>Mahjong</th>
<th>Recreation Center</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>Monday</td>
<td>July 11-December 12</td>
<td>$35.00 non-resident</td>
</tr>
<tr>
<td>12:30pm-3:00pm</td>
<td>No class on Aug.15,22,29,Sept.5,Oct.3,10</td>
<td></td>
</tr>
</tbody>
</table>

Open game for those who love to play Mahjong. Please bring your own set to class. No instructor for this program.
<table>
<thead>
<tr>
<th>Classes</th>
<th>Recreation Center</th>
<th>Fee-resident</th>
<th>Schedule</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Pickle Ball I</strong></td>
<td>Recreation Center</td>
<td>No Fee</td>
<td><strong>July 11-December 12</strong></td>
</tr>
<tr>
<td>Monday</td>
<td></td>
<td></td>
<td><strong>8:00am-10:00am</strong> July 11-Aug.15 <em>Play is on outdoor hockey court</em></td>
</tr>
<tr>
<td>1:00pm-3:00pm</td>
<td>Sept.12-Dec.12</td>
<td><strong>Play is indoor in the gym</strong></td>
<td></td>
</tr>
<tr>
<td><strong>No class on Aug.15,22,29,Sept.5,Oct.3,10</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>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.</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Pickle Ball II</strong></td>
<td>Recreation Center</td>
<td>No Fee</td>
<td><strong>July 6-December 14</strong></td>
</tr>
<tr>
<td>Wednesday</td>
<td></td>
<td></td>
<td><strong>8:00am-10:00am</strong> July 6-Aug.10 <em>Play is on outdoor hockey court</em></td>
</tr>
<tr>
<td>1:00pm-3:00pm</td>
<td>Sept.7-Dec.14</td>
<td><strong>Play is indoor in the gym</strong></td>
<td></td>
</tr>
<tr>
<td><strong>No class on Aug.17,24,31,Oct.5,12</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>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.</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Pickle Ball III</strong></td>
<td>Recreation Center</td>
<td>No Fee</td>
<td><strong>July 8-December 16</strong></td>
</tr>
<tr>
<td>Friday</td>
<td></td>
<td></td>
<td><strong>8:00am-10:00am</strong> July 8-Aug.12 <em>Play is on outdoor hockey court</em></td>
</tr>
<tr>
<td>9:00am-11:00am</td>
<td>Sept.9 - Dec.16</td>
<td><strong>Play is indoor in the gym</strong></td>
<td></td>
</tr>
<tr>
<td><strong>No class Aug.19,26,Sept.2,30,Oct.21,Nov.11,18,25,Dec.9</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>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.</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Ping Pong/ Pool</strong></td>
<td>Recreation Center</td>
<td>No Fee</td>
<td><strong>September 7-December 14</strong></td>
</tr>
<tr>
<td>Wednesday</td>
<td></td>
<td>$35.00 non-resident</td>
<td><strong>No class on Oct.5,12</strong></td>
</tr>
<tr>
<td>12:00pm-1:00pm</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Have fun socializing over a game of ping pong or pool. Engage in a game of singles or doubles. No experience needed. <strong>NO SUMMER PROGRAM.</strong></td>
<td></td>
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<td></td>
</tr>
<tr>
<td>CLASSES</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>----------------</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Please consult your physician before starting this or any exercise program</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Strength Training</strong></td>
<td><strong>Recreation Center</strong></td>
<td><strong>No Fee-resident</strong></td>
<td></td>
</tr>
<tr>
<td><strong>Tuesday</strong></td>
<td>July 5-Aug.9</td>
<td><strong>Monmouth Worship Center</strong></td>
<td></td>
</tr>
<tr>
<td>9:00am-10:00am</td>
<td>Sept.6-Dec.13</td>
<td><strong>Recreation Center</strong></td>
<td></td>
</tr>
</tbody>
</table>

**No class on Aug.16,23,30,Sept.27,Oct.4,11,Nov.8**

This class is for the beginner and intermediate participants. It 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.

| **Strength Training** | **Recreation Center** | **No Fee-resident** |
| **Thursday** | July 7-Aug.11 | **Monmouth Worship Center** |
| 9:00am-10:00am | Sept.8-Dec.15 | **Recreation Center** |

**No class on Aug.18,25,Nov.24**

This class is for the beginner and intermediate participants. It 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.

| **Advance Strength Training** | **Recreation Center** | **No Fee-resident** |
| **Tuesday** | July 5-December 13 | $35.00 non-resident |
| 9:00am-10:00am | **No class on Aug.16,23,30,Sept.27,Oct.4,11,Nov.8** |

Take the next step in this more rigorous strength class. You will work out with weights and bands both standing and lying down on the mat (no chairs). We'll concentrate on balance and flexibility but especially strength and form. Be ready to see and feel changes! Not for a beginner.

| **Advance Strength Training** | **Recreation Center** | **No Fee-resident** |
| **Thursday** | July 7-December 15 |
| 9:00am-10:00am | **No class on Aug.18,25,Sept.1,Nov.24** |

Take the next step in this more rigorous strength class. You will work out with weights and bands both standing and lying down on the mat (no chairs). We'll concentrate on balance and flexibility but especially strength and form. Be ready to see and feel changes! Not for a beginner.
Please consult your physician before starting this or any exercise program.

### Serenity Tai Chi
- **Location**: Recreation Center
- **Fee**: No Fee-resident
- **Schedule**: Wednesday, September 7 - December 14
  - 10:15 am - 11:15 am
  - **No class on Oct.5,12**
- **Cost**: $35.00 non-resident

Scientific research has proven that the practice of Tai Chi has a profound effect on heart conditions, hypertension, bone density and the brain. It is a complete system of exercise that improves relaxation, strength, balance, coordination, posture, concentration and flexibility. Movements are smooth, slow, continuous and graceful. The Tai Chi form can be broken down into a series of separate moves. This makes it easier for both teaching and learning. Bring a bottle of water, wear loose clothes, flat shoes or sneakers and for those who wish, you may sit or have a chair near by. **NO SUMMER CLASSES.**

### Total Body Workout
- **Location**: Recreation Center
- **Fee**: No Fee-resident
- **Schedule**: Monday, September 12 - December 12
  - 10:15 am - 11:15 am
  - **No class on Oct.3,10**
- **Cost**: $35.00 non-resident

An **advance class** that will work on flexibility, range of motion, endurance, functional movements and drills for seniors. The program encourages seniors to work at their own pace and to achieve their own fitness goals. **NO SUMMER CLASSES.**

### Yoga I
- **Location**: Recreation Center
- **Fee**: No Fee-resident
- **Schedule**: Monday, July 11 - December 12
  - 9:00 am - 10:00 am
  - **No class on Aug.15,22,29,Sept.5,Oct.3,10**
- **Cost**: $35.00 non-resident

Learn various breathing techniques to calm and quiet the mind. Ease into stretches and gently move the body. Work at your own pace. Wear comfortable clothing.

### Yoga II
- **Location**: Recreation Center
- **Fee**: No Fee-resident
- **Schedule**: Friday, July 8 - December 16
  - 11:30 am - 12:30 pm
  - **No class Aug.19,26,Sept.2,30,Oct.21,Nov.11,18,25,Dec.9**
- **Cost**: $35.00 non-resident

Learn various breathing techniques to calm and quiet the mind. Ease into stretches and gently move the body. Work at your own pace. Wear comfortable clothing.
Zumba Gold  Recreation Center  No Fee-resident
Wednesday  September 7-December 14  $35.00 non-resident
11:30am-12:30pm  No class on Oct.5,12
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. NO SUMMER CLASSES.

Breakfast Club  Recreation Center  No Fee-resident
Facilitator: Dillies Pilevsky  9:00am-10:30am  $35.00 non-resident
Wednesday  Jul.6,20,Aug.3,10,Sept.7,21,Oct.19,Nov.2,16,Dec.7
The purpose of the Breakfast Club is to “savor” the current news over a bagel 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.

What Is Your Opinion?  Recreation Center  No Fee-resident
1:00pm-2:00pm
Looking for a dynamic and stimulating conversation? Do you enjoy sharing your opinions? This is the group for you!! Sit back with a warm cup of coffee or tea and nosh on a bagel while volunteer monitors guide the discussion so everyone can have the opportunity to participate and express themselves. The group, as a whole, will decide on the current world events they wish to discuss. Join us! Registration is required.

Understanding the Changes Associated with Aging  Recreation Center  No Fee-resident
Tuesday, July 5  1:00pm-2:00pm
The purpose of this session is to examine what contributes to the aging process and how we can live longer, healthier lives.

Aging Sensitivity  Recreation Center  No Fee-resident
Tuesday, July 12  1:00pm-2:00pm
The purpose of this session is to explore what it means to age in our larger society and for each of us personally.
<table>
<thead>
<tr>
<th>Event</th>
<th>Location</th>
<th>Fee</th>
<th>Date</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Valuing Cultural &amp; Generational Diversity</td>
<td>Recreation Center</td>
<td>No Fee-resident</td>
<td>Tuesday, July 19</td>
<td>1:00pm-2:00pm</td>
</tr>
<tr>
<td>The purpose of this session is to explore the way in which we are a diverse group and develop appreciation for our generational diversity.</td>
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</tr>
<tr>
<td>Medication and the Older Adult</td>
<td>Recreation Center</td>
<td>No Fee-resident</td>
<td>Tuesday, July 26</td>
<td>1:00pm-2:00pm</td>
</tr>
<tr>
<td>The purpose of this session is to learn how we can prevent medication misuse among older adults.</td>
<td></td>
<td></td>
<td></td>
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</tr>
<tr>
<td>Addiction, ATOD (alcohol, tobacco and other drugs) and the Older Adult</td>
<td>Recreation Center</td>
<td>No Fee-resident</td>
<td>Tuesday, August 2</td>
<td>1:00pm-2:00pm</td>
</tr>
<tr>
<td>The purpose of this session is to better understand the disease of addiction.</td>
<td></td>
<td></td>
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</tr>
<tr>
<td>An Enchanted Quality of Life</td>
<td>Recreation Center</td>
<td>No Fee-resident</td>
<td>Tuesday, August 9</td>
<td>1:00pm-2:00pm</td>
</tr>
<tr>
<td>The purpose of this session is to find new ways of improving and enhancing our quality of life as we grow older.</td>
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<tr>
<td>Bridging the Gap</td>
<td>Recreation Center</td>
<td>No Fee-resident</td>
<td>Tuesday, August 16</td>
<td>1:00pm-2:00pm</td>
</tr>
<tr>
<td>The purpose of this session is to pair older adults with teenagers and discuss what it was like being a teen then and what it’s like today.</td>
<td></td>
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</tr>
<tr>
<td>Healthy Home Series</td>
<td>Recreation Center</td>
<td>No Fee-resident</td>
<td>Tuesdays, Sept. 20, 27, Oct. 18</td>
<td>1:00pm-2:00pm</td>
</tr>
<tr>
<td>Learn how homes can affect our health and how we can keep our homes safe and in good working order.</td>
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</tr>
</tbody>
</table>
Free Individual Computer and Cell Phone Training
for Marlboro’s Seniors
Sponsored by: 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 Wii, please send an email to the Senior Office at dbarry@marlboro-nj.gov, or call Denise Barry at 732-617-0367. For additional information about TAC, please email TAC@marlboro-nj.gov or call 732-536-0200.

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.
SHOPPING EXCURSIONS

Free Shopping for Senior Citizens of Marlboro Township

Free transportation to seniors who do not hold a driver’s license to various shopping locations is offered on Fridays.

- To schedule a ride, call Marlboro Recreation Senior Office Transportation at (732) 617-0366
- Shopping bags are limited to the amount you can carry on your own.
  - Space is limited, reservations are needed.
- Drop off times at each shopping location will be 11:00 am.
  - Pick up time will be 1:00 pm.
- If you scheduled an appointment and cannot keep it, please notify the Office Transportation Line @ (732) 617-0366

<table>
<thead>
<tr>
<th>Date</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>Friday, July 8, 2016</td>
<td>Wegman’s &amp; Target (Manalapan)</td>
</tr>
<tr>
<td>Friday, July 15, 2016</td>
<td>Walmart &amp; Sam’s (Freehold)</td>
</tr>
<tr>
<td>Friday, July 22, 2016</td>
<td>Wegman’s &amp; Target (Manalapan)</td>
</tr>
<tr>
<td>Friday, July 29, 2016</td>
<td>Shop Rite (Marlboro)</td>
</tr>
<tr>
<td>Friday, Aug.5, 2016</td>
<td>Wegman’s &amp; Target (Manalapan)</td>
</tr>
<tr>
<td>Friday, Aug.12, 2016</td>
<td>Shop Rite (Marlboro)</td>
</tr>
<tr>
<td>Friday, Aug.19, 2016</td>
<td>Wegman’s &amp; Target (Manalapan)</td>
</tr>
<tr>
<td>Friday, Sept.9, 2016</td>
<td>Walmart &amp; Sam’s (Freehold)</td>
</tr>
<tr>
<td>Friday, Sept.16, 2016</td>
<td>Wegman’s &amp; Target (Manalapan)</td>
</tr>
<tr>
<td>Friday, Sept.23, 2016</td>
<td>Shop Rite (Marlboro)</td>
</tr>
<tr>
<td>Friday, Oct.7, 2016</td>
<td>Wegman’s &amp; Target (Manalapan)</td>
</tr>
<tr>
<td>Friday, Oct.14, 2016</td>
<td>Shop Rite (Marlboro)</td>
</tr>
</tbody>
</table>
SHOPPING EXCURSIONS

<table>
<thead>
<tr>
<th>Date</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>Friday, Nov. 4, 2016</td>
<td>Wegman’s &amp; Target (Manalapan)</td>
</tr>
<tr>
<td>Friday, Dec. 2, 2016</td>
<td>Shop Rite (Marlboro)</td>
</tr>
<tr>
<td>Friday, Dec. 16, 2016</td>
<td>Wegman’s &amp; Target (Manalapan)</td>
</tr>
</tbody>
</table>

NO TIPPING PLEASE

HEALTH SCREENINGS

<table>
<thead>
<tr>
<th>Screening</th>
<th>Location</th>
<th>Date</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cholesterol</td>
<td>Recreation Center</td>
<td>Friday, July 8</td>
<td>9:00 am</td>
</tr>
<tr>
<td>HDL, LDL, Triglycerides, total cholesterol. Fasting is recommended.</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Audiology Screening</td>
<td>Recreation Center</td>
<td>Friday, August 12</td>
<td>9:00 am</td>
</tr>
<tr>
<td>Glucose Screening</td>
<td>Recreation Center</td>
<td>Friday, September 16</td>
<td>9:00 am</td>
</tr>
<tr>
<td>Do not eat or drink anything except water for 5-8 hours prior to the test.</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Cholesterol</td>
<td>Recreation Center</td>
<td>Friday, October 7</td>
<td>9:00 am</td>
</tr>
<tr>
<td>HDL, LDL, Triglycerides, total cholesterol. Fasting is recommended.</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Audiology Screening</td>
<td>Recreation Center</td>
<td>Friday, November 4</td>
<td>9:00 am</td>
</tr>
<tr>
<td>Glucose Screening</td>
<td>Recreation Center</td>
<td>Friday, December 2</td>
<td>9:00 am</td>
</tr>
<tr>
<td>Do not eat or drink anything except water for 5-8 hours prior to the test.</td>
<td></td>
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</tr>
</tbody>
</table>
MARLBORO DAY

Sunday, September 18
Rain date: September 25
12:00pm-5:00pm

Held at Marlboro Municipal Complex

Enjoy a day with family, friends and neighbors!

Crafters · Vendors
Food · Entertainment
FREE Rides

NO PETS
NO ALCOHOL

BUS SHUTTLES AVAILABLE
MARLBORO TOWNSHIP RECREATION & PARKS DEPARTMENT

offers

FREE BUSSING FROM 8:00AM-3:00PM (DAILY)

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) 617-0366.

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
REGISTRATION NOT ACCEPTED BEFORE JUNE 6, 2016

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

Name (first and last): ____________________________ Home Phone: __________
Address: _______________________________________ City: __________________
USER NAME: ___________________________ PASSWORD: ______________________

- Consult with your physician before beginning these or any exercise programs.
- Email: ________________________________ User Name: ______________________

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
DEPARTMENT, AND ITS EMPLOYEES FROM ANY AND ALL LIABILITIES.

Signature: ________________________________

<table>
<thead>
<tr>
<th>PARTICIPANT’S NAME</th>
<th>Meal Choice/ Seat Me With:</th>
<th>ALL ACTIVITIES</th>
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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 trips if no other resident wants to attend. An added 30% fee is added for non-residents.
- 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, otherwise non-resident fee will be added.

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 30%. Out-of-town guests may attend trips for an additional 30% charged above the cost of the trip, special event, and program.

ALLIANCE MEETINGS
The Marlboro Alliance acts as a catalyst within our community to raise public awareness about substance abuse issues. Alliance membership comprises representatives of the Marlboro community including but not limited to, police, schools, government, residents and treatment agencies. Our meetings are once a month at the Marlboro Recreation Center at 9:15am unless otherwise noted. Everyone is welcome and refreshments are served.
ATTENTION SENIORS

**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. This does not include the township bus. Those requiring “special bussing” should be made aware that an added fee is charged to the township for the use of the handicap bus and cancellation on the day of the trip would result in a penalty fee charged to the township.
- 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.

**Tipping is not allowed.**

The Township Bus is used for local transportation of seniors, who do not hold a driver’s license, to and from the Recreation Center, the Marlboro Mall on Rt. 79, the Morganville Senior Center on Texas Road and various supermarkets.

**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.
PLEASE FILL OUT AND RETURN WITH YOUR REGISTRATION

SENIOR EMERGENCY INFORMATION CARD 2016

EMAIL ADDRESS: ________________________________

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: _____________

_________________________ _______ ___________________________ _______

_________________________ _______ ___________________________ _______

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: ________________________________________________________

_____________________________________________________________
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 our TRIAD Hotline at 1-877-222-3737
Monmouth Cty. Dept. of Consumer Affairs  732-431-7900

Home Healthcare  
Click on link below: 732-531-9111
http://fcsmonmouth.org/our-services/home-care/home-care-contacts/

Legal Services Ocean-Monmouth  
Click on link below: 732-531-9191
http://www.oceanresourcenet.org/search/ocean-monmouth-legal-services/

Medicare Enrollment  
Click on link below: 800-772-1213

Monmouth County Health Department  
Click on link below: 732 431-7456

Social Security Administration  
Click on link below: 1-800-772-1213
http://www.ssa.gov/

Social Services  
Click on link below: 732-431-6000
www.monmouthresourcenet.org/search/monmouth-county-division-of-social-services-mcdss/

State Health Insurance Assistance Program (SHIP)  
1-800-792-8820  
Click on link below: http://www.state.nj.us/humanservices/doas/services/ship/
FOR YOUR INFORMATION

SENIOR CITIZEN AREA TRANSPORTATION

- SCAT: (732) 431-6485 - Click on link below:
  HTTP://WWW.VISITMONMOUTH.COM/PAGE.ASPX?ID=2900

- ACCESS LINK: 1 800-955-2321 - Click on link below:
  HTTP://WWW.NJTRANSIT.COM/HP/HP_SERVLET_SRV?HDNPAGEACTION=HOMEPAGETO

- EZ RIDE: (201) 939-4242 - Click on link below:
  HTTP://WWW.EZRIDE.ORG/3-0-SENIORTRANSPORTATION.ASP

- MARLBORO SENIOR RECREATION BUS (732) 617-0366
  (For those who do not hold a driver’s license)

  MEALS ON WHEELS - MONMOUTH COUNTY (732) 775-5155

HOME ENERGY ASSISTANCE PROGRAM

- This Federal program provides financial assistance with energy costs for eligible Seniors who meet income guidelines.
  
  Single - $1,945 per month    Couple - $2,621 per month

- For info call “HEAP” hotline (732-982-8710 or 1 800-510-3102). To download forms click on: http://www.state.nj.us/humanservices/doas/services/

PHARMACEUTICAL ASSISTANCE AND DISABLED (PAAD)

LIFELINE ENERGY ASSISTANCE AND HEARING AID (HAAD)

- CALL 1-800-792-9745
- Click on link: http://www.state.nj.us/humanservices/doas/services/

SENIOR GOLD PRESCRIPTION INCOME LIMITS

- Annual income and info. Click on link below:
  http://www.state.nj.us/humanservices/doas/services/seniorgold/index.html
There is a Marlboro Township Park Near You!

1. Marlboro County Park – Gordon’s Corner
   Road by Municipal Swim Club
   Facilities: Eight lighted tennis courts, two handball walls, basketball courts and ball field

2. Hawkins Road Park – Hawkins Road off Union Hill Road.
   Facilities: Basketball, Tennis Courts, Tot lots and a sitting area.

3. Faison Park – Faison Lane
   Facilities: Tennis court and tot lot

4. Wicker Place Park – Off Texas Road
   Facilities: Basketball court and tot lot.

5. Martin Estate Park – East Francis Avenue
   Facilities: Basketball court, two tennis courts, softball field, and tot lot.

6. Nolan Road Park – Corner of Lloyd and Nolan Road
   Facilities: Basketball court, two tennis courts, softball field, and tot lot.

7. Municipal Complex – Wyncrest Road
   Facilities: Athletic fields, tot lot, shuffle board courts, walking path, and shelter building.

8. Defino Central School – Tennis Facility

9. Robertsville School – Tennis Facility

10. Recreation Way Park – Community Center
    Facilities: Hockey rink, lighted basketball courts, and tot lot

11. Union Hill Recreation Complex – Union Hill Road
    Facilities: Two lighted softball fields, tot lot, and walking paths

12. Vanderburg Soccer Complex / Aquatic Center – Vanderburg / Boundry Roads
    Facilities: Soccer fields and pool facility with shelters and restrooms

13. Woodcliff Park – Woodcliff Blvd
    Facilities: Basketball court, Picnic area, and tot lots
Marlboro Township
Department of Recreation

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

MAYOR
JONATHAN L. HORNIK

COUNCIL
Carol Mazzola-President
Randi Marder-Vice President
Jeffrey Cantor
Scott Metzger
Mike Scalea

ADVISORY COMMITTEE
Eric Cohen-Chair
Adam Dictrow
Gerard Dimino
Joyce Fallon
Robert Milke
Andy Pargament
Jeff Rosen
Suzan Siegel
Bob Shapiro
Cindy Napoletano-Alt.#1
Stacey Rothman-Alt. #2

DEPARTMENT OF RECREATION
Ted Ernst - Director

RECREATION SENIOR STAFF
Denise Barry, Senior Citizen Director (dbarry@marlboro-nj.gov)
Linda Dugan, Recreation Leader (ldugan@marlboro-nj.gov)
Rosemary Pascale Omni Bus and Recreation Leader (rpascale@marlboro-nj.gov)

Recreation Office Staff
Michelle Gropper, Ass’t Superintendent
Elaine Rechtman, Administrative Clerk
Lynne Gustman, Recreation Coordinator
Suzi Leifer, Recreation Coordinator
Valerie Crimeni, Recreation Leader

VALID UNTIL December 31, 2016
E-Mail: Recreation@Marlboro-nj.gov
https://register.communitypass.net/marlboro