

# Marlboro Township

## Department of Recreation

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1996 Recreation Way, Marlboro, New Jersey 07746  
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# BEST OF TIMES

*Active Adult Recreation Program*

## AN EQUAL BALANCE !

The  to

*“Good Physical, Mental and Emotional Health!”*



January - June 2013

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

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# TOWNSHIP OF MARLBORO

1979 TOWNSHIP DRIVE  
MARLBORO, NJ 07746-2299

**Mayor**

Jonathan L. Hornik

**Mayor's Aide**

Lynne Franco

**Telephone:**

(732) 536-0200

**Fax:**(732) 536-9652

December 2012

Dear Seniors:

On behalf of my Administration and the Recreation Department, we are proud to present the 2013 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. The senior programs continue to get bigger and better each year and this year is no exception.

But as I write this letter, our town is still recovering from Hurricane Sandy and the nor'easter that immediately followed. Many residents were without power for as long as two weeks. Before, during and after the storm, my office sent 22 emails, 10 reverse 911 calls, I posted many Facebook book messages, we frequently spoke with the media and I called in to NJ 101.5 . Even so, we are aware that many residents, especially the senior population, did not know that we had set up a 24 hour comfort station at the recreation center with food and coffee, provided transportation, that the water was safe, and many other services.

I am asking every resident to take a few minutes to ensure that, in case of an emergency, you are getting our messages. If you have a computer, log on to [www.marlboro-nj.gov](http://www.marlboro-nj.gov). On the right, there is an 'Email Notices' button. Click it to register your email address. You will also notice 'Swift 911 Notifications.' Follow that link and register up to 4 phones. Consider your home, cell and even a friend or relative out of the area. You can also sign up to receive text messages. No computer? Just call (732) 536-0100 ext. 1412 and Matt Price will register your telephones for you.

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

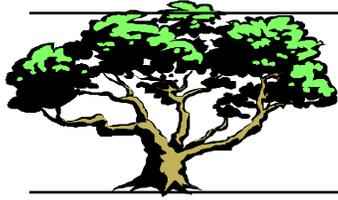
We want to be able to provide our residents with services in both good times and challenging, but we need your participation. Register your phones and email and ask your neighbors to do the same. Share the information you receive with your neighbors. Please remember that the police non-emergency line and Town Hall are always here to provide assistance and information.

I hope you enjoy the varied programs offered to you and I look forward to seeing you at many of them. My family and I wish you and your family a very happy and healthy New Year.

Very truly yours,



Jonathan L. Hornik, Mayor  
Marlboro Township



# Marlboro Township

## Department of Recreation

Dear Seniors:

The Marlboro Recreation & Parks Commission is proud to present the 2013 Winter/Spring edition of "Best of Times". This season we have old time favorite events, along with a variety of new and exciting activities.

The monthly luncheons at the Recreation Center continue with *A Trivia Challenge Plus Bingo* in January, *Baby Picture Scramble* in February, *St. Patrick's Day* in March, *Fish Fry* in April, and *Pasta Sampler* in June. Be sure to register for these fun afternoon events!

There is a special dinner and dance performance planned in May. Join us at the Recreation Center for an evening of musical entertainment and dinner. Check for details within this booklet.

We have several exciting outings planned, including trips to New York City to tour Ground Zero, visit the Brooklyn Museum or tour classic TV and movie sites. For those of you interested in the theater, register to see *S'Wonderful-The Gershwin Musical* playing at the Ocean Professional Theater in Barnegat, NJ or for *Noir* at the NJ Repertory Company in Long Branch, NJ.

In addition to these special events, the senior office continues to offer informative health lectures, health screenings, shopping, and fitness classes.

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 a warm and safe Winter.

Sincerely,

*Jane Gursky*

Jane Gursky, Commission Chairperson

## REGISTRATION PROCEDURE

### NEW SENIORS

Must attach a  
copy of proof of residency AND age  
before signing up 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 page must be  
completed (pages 38 & 39)
- Registrations **CANNOT** be  
accepted without the above  
documentations.

**Once you have registered your  
documentation is  
COMPLETE UNTIL 2015  
SEE PAGE 26**

## IMPORTANT REGISTRATION INFORMATION

All trips, unless otherwise indicated, will include round trip motor coach leaving from and returning to Marlboro Mall (Route 79 and School Road West). Unless you are notified otherwise, you will be registered automatically upon receipt of your payment and registration form. **Mail one check per trip, class, etc. and include the code.** We will not accept registrations for friends on the same registration as yours.

**Everyone participating in programs and trips must be a Marlboro Township Resident Senior Citizen (60 years old or older).** All checks must be made payable to MARLBORO RECREATION and mailed to 1996 Recreation Way, Marlboro, NJ 07746.

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

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

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

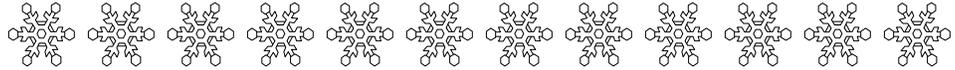
Please understand that we have only a limited number of seats available on any given trip. There may be times that not all of your choices will be filled. In this event, we will try to be as accommodating and as fair as possible. The Marlboro Recreation Department may cancel programs and activities when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

***A refund will be given under the following conditions:***

A program or event is rescheduled or cancelled by the Recreation Department or notification is given (due to illness only) two weeks prior to the event. A refund will not be given when Recreation cannot be refunded from the source of the trip or event. The Recreation Commission will vote upon final decisions regarding refunds. Refunds may take up to 8 weeks. Please note programs that offer "No Refund."  
**THOSE TRIPS ARE NON-REFUNDABLE.**

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

**INCLEMENT WEATHER POLICY**



**WEEKEND WEATHER CANCELLATION POLICY**

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

**WEEKDAY WEATHER CANCELLATION POLICY**

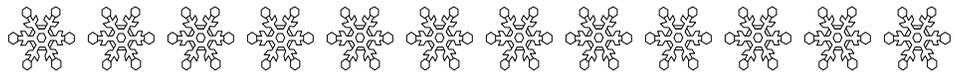
In the event of inclement weather, and the Marlboro Township Schools are closed, all programs scheduled at the school and community center will be cancelled.

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

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

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

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



## SPECIAL EVENTS

**“A Trivia Challenge Plus Bingo” Recreation Center Code:241406-00**  
Friday, January 25 12:00pm-2:00pm **Fee:\$5.00/pp Meal Incl.**  
Enjoy pizza as we socialize and play various trivia games and bingo. You can come and participate or just listen. If you like to be on a team please sign up on the registration page. ***Register on page:29***

**Baby Picture Scramble Luncheon Recreation Center Code:241406-01**  
Friday, February 15 11:30am-2:00pm **Fee:\$7.00/pp Meal Incl.**  
Enjoy lunch as we try to match the baby picture with the adult picture. Vote on the cutest and funniest baby pictures. Bring in your baby picture to the Senior Office by February 1, 2013. Please write your name on the back of all pictures. Sandwich wraps will be provided. Entertainment by the Rusty Chain. ***Register on page:29***

**Breakfast for a Buck Recreation Center Code:241406-02**  
Wednesday, February 27 8:30am **Fee:\$1.00/pp Meal Incl.**  
Treat yourself to a delicious pancake breakfast with hot coffee and tea to keep you warm as you socialize with friends. The Senior Office staff will be doing the cooking. Come and enjoy!! ***Register on page:29***

**St. Patrick’s Day Luncheon Recreation Center Code:241406-03**  
Friday, March 22 11:30am-2:00pm **Fee:\$8.00/pp Meal Incl.**  
Come enjoy the traditional Irish meal of corn beef, cabbage and potatoes. Entertainment will be provided by Ian Gallagher who is a guitarist and singer of traditional Irish music. ***Register on page:29***

**Friday Fish Fry with Frankie Recreation Center Code:241406-04**  
Friday, April 19 12:00pm-2:00pm **Fee:\$8.00 /pp Meal Incl.**  
A musical show about the life and music of Frank Sinatra, from his birth on December 12, 1915 in Hoboken, NJ to his death on May 14, 1998 in Los Angeles, California. Performed by Donny Farraro. ***Register on page:29***

## SPECIAL EVENTS

### **Dinner and Dance Performance Recreation Center Code:241406-05**

Friday, May 3 5:00pm-7:30pm Fee: \$9.00/pp Meal Incl.

Dinner will be served followed by 2 performances, *“A Night in Birdland”* is an original 1940’s-1950’s jukebox musical review with live dance, voice, acting and musical accompaniment. Breaking hits from Glenn Miller, Frank Sinatra, Tommy Dorsey, Ella Fitzgerald and Rosemary Clooney. The second performance will be *“Green Machine”* which is a female contemporary Quartet that explores the limitation of the human body and mind through eccentric movement. Hot Buffet Dinner will be served. **Register on page:29**

### **Comic Filled Pasta Feast Recreation Center Code:241406-06**

Friday, June 14 12:00pm-2:00pm Fee:\$8.00/pp Meal Incl.

Experience a taste of Italy by sampling a variety of pasta dishes and laughing with friends, as comedian Jeff Norris brings laughter to your lives. Jeff has performed at the Borgata, Atlantic City, Resorts, Atlantic City, Riviera, Las Vegas, Tropicana - Comedy Stop, Las Vegas & Atlantic City, Caroline’s on Broadway, Rascals Comedy Clubs—New Jersey, Arizona, The Stress Factory, New Brunswick, NJ etc. **Register on page:29**



## 3-Dimensional Art





## TRIPS

(ALL TRIPS ARE NON-REFUNDABLE)

### “Butterflies are Free”, Hunterdon Hills Hampton, NJ

Code:241400-00

Wednesday, February 20  
Depart:9:15am

\$63.00 **Meal Included**  
Return:5:30pm



A young bachelor named Don moves out into his own apartment for the first time, and, though it is just a cramped cold-water flat, the freedom he experiences is exhilarating! Even more exhilarating is the fact that a pretty, kooky young actress has recently moved into the apartment next door and a sweet friendship quickly blossoms. The girl soon learns that Don is actually escaping from his overprotective mother. The film version of this charming and humorous story won Eileen Heckart an Academy Award for her performance. **Meal Choice:** A) Yankee Pot Roast, B) Catch of the Day, C) Fried Butterfly -Shrimp, D) Chicken Parmesan E) Pork Loin with Stuffing.

**Remember to make your meal selection on the registration page.**

*Register on page:30*

### Fine Lines: American Drawings from the Brooklyn Museum, Brooklyn, NY

Code:241400-01

Wednesday, March 20  
Depart:9:00am

\$51.00 **Meal Incl.**  
Return:5:00pm



*A guided tour of 100 of the finest, rarely seen drawings and sketchbooks from the Museum’s world-renowned collection of American art. Produced between 1768 and 1945 in a wide range of media (including graphite, pen and ink, crayon, charcoal, and pastel), the featured objects represent a variety of iconographies, styles, and practices in the history of American graphic arts. More than seventy artists are represented, including Winslow Homer, Thomas Eakins, John Singer Sargent, Edward Hopper, and Marsden Hartley. Lunch will be at the museum.*

**Meal Choice:** A) Smoked Turkey, B) Fried Eggplant, C) Chicken Caesar Wrap. **Remember to make your meal selection on the registration page.**

*Register on page:30*

	<b>TRIPS</b> (ALL TRIPS ARE NON-REFUNDABLE)	
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**“Noir”, NJ Repertory Company Code:241400-02**

**Long Branch, NJ**

Friday, April 5 \$43.00 Meal Incl.

Depart: 10:30am Return: 4:45pm



Written by Stan Werse, directed by Marc Geller

Here are the facts, just the facts ... New York City, 1950 ... Andrews has left town, Klein is dead. Betty ... well she's still alive, but someone has beat the pretty off her. Detective Clay Holden has his first big chance at solving a crime, but this is one case he may not want to. Lunch at: **It's Greek to Me.**

**Meal Choice:**A) Soup & Greek Salad, B) Spinach Pie & Greek Salad, C) Greek Chicken Wrap with fries, D) Chicken Santorini Salad with feta, walnuts, cranberries, walnuts, and grilled chicken. **Remember to make your meal selection on the registration page.** *Register on page:30*

**Classic New York TV and Movie Sites Code:241400-03**

**On Location Tours, New York City, NY**

**Bus Tour**

Wednesday, April 10 \$50.00 Meal Incl.

Depart: 8:00am Return:5:00pm



Take a trip through the *reel* New York. See the famous spot where Marilyn Monroe's skirt flew up in, The Seven Year Itch, sit on Woody Allen & Diane Keaton's bench from Manhattan, visit Grand Central, seen in The Godfather and Superman, admire the Plaza Hotel, as seen in **The Way We Were**, check out locations from **Taxi Driver** and **Marathon Man**, and visit Holly Golightly's brownstone from **Breakfast at Tiffany's**. The tour is led by a local actor. **Lunch at Ellen's Stardust Diner. Meal Choice:** A) American Cheeseburger, B) Chicken Fingers, C) Grilled Chicken Breast Sandwich. **Remember to make your meal selection on the registration page.** *Register on page:30*

**Fun Between the Covers Code:241400-07**

**Rainbow Dinner Theater**

Wednesday, May 1 \$49.00 Meal Incl.

Depart:9:15am Return:5:00pm

A small town bookstore is about to blow the cover off America's most secretive health food guru. She is hiding much more than anyone bargained for, and this little bookstore will never be the same. One of the funniest shows you'll ever see! Buffet lunch will be served. *Register on page:30*



## TRIPS

(ALL TRIPS ARE NON-REFUNDABLE)

### S'Wonderful-The Gershwin Musical Code:241400-04

**Ocean Professional Theater, Manahawkin, NJ**

Wednesday, May 8 \$50.00 Meal Incl.

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



An all-singing, all-dancing celebration of the brilliant and breathtaking music and lyrics of brothers George and Ira Gershwin. Five mini-musicals take you on a ride to the places, times and styles that made the Gershwin brothers the most successful songwriting team in musical history. **Lunch at Sweet Jenny's. Meal Choice:** A) Homemade Lobster Cake, B) Grilled Sesame Crusted Chicken, C) Stuffed Flounder, D) Vegetable Ravioli Pomadora. **Remember to make your meal selection on the registration page. Register on page:30**

### Stock Market History and Ground Zero Tour Code:241400-05

**NYC, NY- Outdoor Walking Tour**

Wednesday, June 5 \$69.00 Meal Incl. **WALKING REQUIRED**

Depart:8:30am Return: 4:30pm



A 2-hour tour will explore the rich history of the New York Stock Exchange. You will **walk** in the footsteps of financial legends as you explore the Canyons of Lower Manhattan. Then visit Ground Zero and the 9/11 Memorial. Stops will include The New York Stock Exchange, The American Stock Exchange Charging Bull, Trinity Church, Federal Hall, St. Paul Church, the World Trade Center complex, Winter Garden, a view of Ground Zero, Battery Park City, The American Express Eleven Tears Memorial, the Reflecting Absence Memorial, the Firefighters' 9/11 Memorial and Engine and Ladder Co. Lunch at **Bobby's Van Steak House. Meal Choice made at restaurant:** Grilled Portobello Sandwich, Classic Nicoise Salad, Classic Caesar Salad with grilled shrimp or steak, Chicken Quesadilla, Steak Wrap, Bobby Van's Burger, Sliced Steak Sandwich. **Remember to make your meal selection on the registration page. Register on page:30**

### "Present Laughter"

Code:241400-06

**Two River Theater, Red Bank, NJ**

Wednesday, June 12 \$57.00 Meal Incl.

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



A tony award nominee for his performance in the hit Broadway production of End of the Rainbow, returns in this sparkling, sophisticated comedy as the debonair matinee idol Garry Essendine, the center of a vortex of friends, lovers, producers and playwrights, all of whom invade his glamorous 1930s art-deco style London Home, demanding his attention. Lunch at Buona Sera. **Meal Choice:** A) Chicken Marsala, B) Penne Alla Vodka, C) Talapia Oregnato. **Remember to make your meal selection on the registration page. Register on page:30**

## CLASSES

Please consult your physician before starting this or any exercise program

### **AARP Defensive Driving Class Recreation Center Code:241401-09**

Wed., April 17 & Thurs., April 18

9:00am-12:00pm **\$14.00 Make ck. payable to: AARP**  
**(\$12.00 for AARP Members)**



A two-day "AARP Driver Safety" refresher course will be held. Participants will receive a minimum 5% discount on portions of their auto insurance (check with your insurance company for your discount amount), discount valid for three years and two points removed from their driving record, if applicable. **Checks payable to AARP. Space limited register early.**

***Register on page:31***

### **Ballroom Dancing**

Thursdays

11:30am-12:30pm



**Recreation Center**

January 10-June 20

***No class on Mar.28***

**Code:241401-03**

**No Fee**

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

***Register on page:31***

### **Beginner Canasta I**

Mondays

10:00am-12:00pm

**Recreation Center**

January 7-June 17

***No class on Jan.21, Feb.18, Mar.25, May 27***

**Code:241401-16**

**No Fee**



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:31***

### **Beginner Canasta II**

Mondays

12:15pm-2:15pm

**Recreation Center**

January 7-June 17

***No class on Jan.21, Feb.18, Mar.25, May 27***

**Code:241401-28**

**No Fee**



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:31***

## CLASSES

Please consult your physician before starting this or any exercise program

### **Beginner Spanish Class      Recreation Center      Code:241401-34**

Tuesdays      Jan. 22,29, Feb.5,12,19,26, Mar.5,12,19, Apr.2      **No Fee**  
 1:00pm-2:00pm      *No class on Mar.26*



Interested in learning a new language? Learning Spanish for pleasure, for travel or 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. **Register on page:31**

### **Bingo      Recreation Center      Code:241401-04**



Fridays      Jan.11, Feb.8,22, Mar.8,15, Apr.12, 26, May 10,24  
 1:00pm-2:30pm      Jun.21

Share an afternoon with friends as you enjoy several Bingo games . **Register on page:31**

### **Bocce Ball      Recreation Center      Code:241401-08**



Mondays & Thursdays      Mar.4-June 20      **No Fee**  
 1:00pm-3:00pm      *No class on Mar.25,28,,May27*

Sign up to play alone or with a group. If we get enough people, we will set up teams and engage in competitive games. Weather permitting. **Register on page:31**

### **Intermediate Canasta      Recreation Center      Code:241401-17**



Fridays      January 4-June 21      **No Fee**  
 10:00am-12:00pm

*No class on Jan.25, Feb.15, Mar.22,29, Apr.19, May 3, Jun.14*

Spend two hours learning the fine points and the strategies for making Canasta a “challenging” game. **Limited space. Register on page:31**

### **Cardio Wellness      Recreation Center      Code:241401-10**



Mondays      January 7-June17      **No Fee**  
 11:30am-12:30pm      *No class on Jan.21, Feb.18, Mar.25, May27*

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. **Register on page:31**

## CLASSES

Please consult your physician before starting this or any exercise program

### Computer Class

Mondays

**Session I** Feb.4,11,25

**Session II** Apr.8,15,22,29

### Dugan Elementary School

4:00pm-5:00pm

Mar.11,18,25

May 6,13



**No Fee**

**Code:241401-00**

**Code:241401-25**

*No class on Feb.18, Apr.1*

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

**Register on page:31**

### Create a Three Dimensional Masterpiece

Wednesdays

1:00pm-2:30pm

### Recreation Center

January 2-June 19

*No class on Mar.27*

**Code:241401-24**

**No Fee**



This program 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. The supplies necessary are one box of Model Magic (Primary colors), a bottle of Tacky Glue, a canvas board (recommended size is 11x14), a few bottles of acrylic paint (primary colors are okay), and your favorite picture (from magazine or book or any other place).

**Register on page:31**

### Dabbling in the Arts

Thursdays

1:00pm-3:00pm

### Morganville Center

February 7-June 20

*No class on Mar.28*

**Code:241401-11**

**No Fee**



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. All levels of experience will be accommodated.

**Limited space. Register on page:31**

### Do You Crochet ?

Wednesdays

9:30am-11:30am

### Recreation Center

January 2-June 19

*No class on Mar.27*

**Code:241401-12**

**No Fee**



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. Bring a size J crochet hook to class. A great way to learn a new craft and be creative!

**Register on page:31**

## CLASSES

Please consult your physician before starting this or any exercise program

### Gentle Fitness

Tuesdays  
11:30am-12:30pm

### Recreation Center

January 8-June 18  
*No class on Mar.26*

Code:241401-14

No Fee



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. The instructor will give alternate exercises to those who choose to sit.

*Register on page:31*

### Intermediate Cardio I & II

Tuesdays & Thursdays  
10:15am-11:15am

### Recreation Center

January 8-June 20  
*No class on Mar.26,28,Jun.6*

Code:241401-13

No Fee

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

*Limited space.*

*Register on page:31*



### Knitting Class

Mondays  
1:00pm-3:00pm



### Recreation Center

January 7-June 17  
*No class on Jan.21, Feb.18, Mar.25, May27*

Code:241401-15

No Fee

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:31*

### Mahjong

Mondays  
1:00pm-3:00pm



### Recreation Center

January 7-June 17  
*No program on Jan.21, Feb.18, Mar.25, May27*

Code:241401-23

No Fee

Open game for those who love to play Mahjong. Please bring your own mahjong set to class. No instructor for this program. *Register on page:31*

## CLASSES

Please consult your physician before starting this or any exercise program

### Pickle Ball I

Monday  
1:00pm-2:00pm



**Recreation Center**

January 7-June 17

**Code:241401-31**

**No Fee**

***No class on Jan.21, Feb.18,, Mar.25, May27***

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:31***

### Pickle Ball II

Fridays  
10:30am-12:30pm



**Recreation Center**

January 11-June 21

**Code:241401-26**

**No Fee**

***No class on Jan.25, Feb.15, Mar.22, Mar.29, Apr.19, May 3, Jun.14***

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.

***Register on page:31***

### Ping Pong

Wednesdays  
12:00pm-1:00pm



**Recreation Center**

January 9-June 19

**Code:241401-18**

**No Fee**

***No class on Mar.27***

Have fun socializing over a game of ping pong. Engage in a game of singles or doubles. No experience needed.

***Register on page:31***

### Strength Training I & II

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

**Recreation Center**

January 8-June 20

**Code:241401-20**

**No Fee**

***No class on Mar.26,28, Jun.6***



This class will help you develop more strength training and balance.

You will go through a warm-up and then focus on flexibility and balance.

Wear comfortable clothing.

***Register on page:31***

### Tai Chi Chi Kung

Mondays  
10:15am-11:15am



**Recreation Center**

January 7-June 17

**Code:241401-21**

**No Fee**

***No class on Jan.21, Feb.18, Mar.25, May27***

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 noncompetitive, gentle and self paced. Anyone can do it, and the benefits are extensive.

***Register on page: 31***

## CLASSES

Please consult your physician before starting this or any exercise program

<p><b>Tai Chair</b>                   Wednesdays                  10:15 am– 11:15 am</p>	<p><b>Recreation Center</b>                  January 9-June 19  <i>No class on Mar.27</i></p>	<p><b>Code:241401-27</b>  <b>No Fee</b></p>
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Tai Chair is an alternative form of 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 to strengthen heart muscle. In a gentle and fun way, it improves physical and 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:31**

<p><b>Total Body Workout</b>                   Fridays                  9:00am-10:00am</p>	<p><b>Recreation Center</b>                  January 11-June 21</p>	<p><b>Code:241401-19</b>  <b>No Fee</b></p>
--	---	---

*No class on Jan.25, Feb.15, Mar.22, Mar.29, Apr.19, May 3, Jun.14*  
 This class will be held in the gym at the Recreation Center. We will work on flexibility, range of motion, endurance and functional movements for seniors. The program encourages seniors to work at their own pace and to achieve their own fitness goals. **Register on page:31**

<p><b>Yoga</b>                   Mondays                  9:00am-10:00am</p>	<p><b>Recreation Center</b>                  January 7-June 17</p>	<p><b>Code:241401-22</b>  <b>No Fee</b></p>
---	--	---

*No class on Jan.21, Feb.18, Mar.25, May27*  
 Ease into stretches and gently move your body. Work at your own pace. Wear comfortable clothing. **Register on page:31**

<p><b>Zumba Gold</b>                   Wednesdays                  11:30pm-12:30pm</p>	<p><b>Recreation Center</b>                  January 9 - June19</p>	<p><b>Code:241401-30</b>  <b>No Fee</b></p>
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*No class on Mar.27*  
 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:31**



## LECTURE SERIES

- Releasing Worry, Finding Peace** **Code:241405-01**  
 Friday, January 18 **Recreation Center** **No Fee**  
*Presenter: Carol Palmer, BA, Monmouth Medical* 1:00pm-2:00pm  
 Worrying wears us out, erodes our immune system and robs our lives of joy. Learn practical ways to minimize worry, improve health and lift your spirits.  
**Register on page:32**
- Ident Adult** **Recreation Center** **Code:241405-02**  
 Friday, February 1 1:00pm-2:00pm **No Fee**  
*Presenter: Pharmacist Paul Schneide B Sc. R.Ph.*  
 FarmaPack is an easy-to-use multi-medication packaging solution for administering medications. Come find out what it is all about. No hassle with tedious task of sorting it out on your own! Learn about vitamins and supplement that help keep us healthy.  
**Register on page:32**
- Options for Senior Living** **Recreation Center** **Code:241405-03**  
 Thursday, February 21 1:00pm-2:00pm **No Fee**  
*Presenter: Rose Ciaburri, Chelsea House & Melody Santos, Sundance Rehabilitation*  
 Different types of retirement living options will be discussed: Independent Living, Continuing Care Communities, Assisted Living and Specialized Care for Dementia. We will also discuss the importance of physical therapy during the senior years and recovery from an injury.  
**Register on page: 32**
- Sleep Disorder** **Recreation Center** **Code:241405-04**  
 Thursday, March 14 1:00pm-2:00pm **No Fee**  
*Presenter: Matthew J. Davis, MD, Neurology, Monmouth Med. Center*  
 Sleep Disorders are more common than you think. About 40 million people in the U.S. suffer from sleep problems every year. Join Dr. Davis for an overview of sleep disorders, their treatment and the importance of their influence on your medical health as well as quality of life.  
**Register on page:32**
- Warning Signs of a Stroke/What are TIAs? Rec. Center** **Code:241405-05**  
 Thursday, April 11 1:00pm-2:00pm **No Fee**  
*Presenter: Presented by Neil Holland, MD, Medical Director of the Neuroscience Institute at Monmouth Medical Center;* A stroke is a medical emergency that happens when blood flow to your brain stops and brain cells begin to die. Join Dr. Holland to learn about the warning signs and symptoms of a stroke and how timing in getting medical treatment is crucial to saving lives. “Mini-strokes” or transient ischemic attacks (TIAs) will also be explained.  
**Register on page:32**

## LECTURE SERIES

**Learning to Aid Oneself      Recreation Center      Code:241405-00**

Thursday, April 25      1:00pm-2:00pm      **No Fee**

***Presenter: Dr. Sharon Barnum, A & A Chiropractic, LLC***

Dr. Barnum is local chiropractor who will be giving an informative demonstration on the following topics: Proper positioning for sleep, sitting, etc., protecting the neck and back from injury, improving spinal and hip function on your own at home, and basic stretching and balance exercises for seniors. The program will end with a question and answer session.      ***Register on page:32***

**Preventive Cardiology      Recreation Center      Code:241405-06**

Thursday, May 9      1:00pm-2:00pm      **No Fee**

***Presenter: Ajay Shah, MD, Monmouth Medical Center***

Non-invasive Cardiology, Monmouth Medical Center; There are many types of heart and blood vessel diseases, but there are steps you can take to lower your risk of heart disease and heart attack. Join Dr. Shah to learn about healthy lifestyle changes and screening tests that can help you control your risk for heart disease.      ***Register on page:32***

**Vascular Disease/Vein Treatment      Recreation Center      Code:241406-07**

Friday, June 7      1:00pm-2:00pm      **No Fee**

***Presented by Peter Farrugia, MD, Cardiology, Monmouth Medical Center***

The vascular system includes the arteries, veins and capillaries that carry blood to and from the heart. Problems of the vascular system are common and can be serious. Interventional cardiologist Dr. Farrugia will discuss the arterial effects of the lower extremities including chronic venous insufficiencies which are commonly associated with varicose veins as well as latest treatment options.

***Register on page:32***

### **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](mailto:dbarry@marlboro-nj.gov), or call Denise Barry at 732-617-0100 x 1332. For additional information about TAC, please email [TAC@marlboro-nj.gov](mailto:TAC@marlboro-nj.gov) or call 732-536-0200.



**TRANSPORTATION TO SHOPPING MALLS**  
**Friday 11:00am -1:00pm Register on page: 25**



**Free Shopping for Senior Citizens**  
**of Marlboro Township**

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

To schedule a ride, call Marlboro Recreation Senior Office at  
 (732) 617-0100 Ext. 1322

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 Senior Office Transportation Line @ (732) 617-0100 Ext.1322.***

Friday, Jan. 4, 2013	Wegman's & Target (Manalapan)	241408-00
Friday, Jan.11, 2013	Shop Rite (Marlboro)	241408-01
Friday, Jan.18, 2013	Walmart & Sam's (Freehold)	241408-02
Friday, Jan.25, 2013	No Shopping	-
Friday, Feb.1, 2013	Delicious Orchards (Colts Neck)	241408-03
Friday, Feb.8, 2013	Walmart & Sam's (Freehold)	241408-04
Friday, Feb.15, 2013	No Shopping	241408-05
Friday, Feb.22, 2013	Wegman's & Target (Manalapan)	241408-05
Friday, Mar.1, 2013	Shop Rite (Marlboro)	241408-06
Friday, Mar.8, 2013	Delicious Orchards, (Colts Neck)	241408-07
Friday, Mar.15, 2013	Walmart & Sam's (Freehold)	241408-08
Friday, Mar.22, 2013	No Shopping	-
Friday, Mar.29, 2013	Delicious Orchards, (Colts Neck)	241408-09
Friday, Apr.5, 2013	Wegman's & Target	242418-10
Friday, Apr.12, 2013	Shop Rite ( Marlboro)	241418-11
Friday, Apr.19, 2013	No Shopping	-



# Marlboro Township Assist During Sandy

**Comfort  
Station**



**Movie  
Night**



# Better Times Ahead!!



**Charging  
Station**





## TRANSPORTATION

**??? NEED A RIDE ???**

*MARLBORO TOWNSHIP RECREATION DEPARTMENT*  
*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 are for special events**

*for*

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

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

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

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Phone: \_\_\_\_\_

**I WILL NEED A RIDE TO THE FOLLOWING:**

Name of program or trip:

Date of programs or trips:

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

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

**TIPPING IS NOT ACCEPTED**

**NEED HELP FILLING OUT REGISTRATION FORMS?**

**DIRECTIONS FOR FILLING OUT  
REGISTRATION FORMS**

- 1. Make a copy of your Driver's License**
- 2. Fill out the Health Form on page 38 or page39**
- 3. Be sure you are on the appropriate page:**
  - Special Event Page**
  - Trip Page**
  - Class Page**
  - Discussion/Lecture Page**
  - Shopping Page**
  - Health Screening Page**
- 4. Fill out top portion of page and sign on the signature line  
BE SURE TO FILL IN EMAIL ADDRESS**
- 5. Write name of participant/participants,  
Write name of program  
Code number next to program description  
Cost of program (if applicable)  
Meal Choice if required  
Seat Me With ( if applicable)  
Special Needs ( if applicable)**
- 6. Mail in or walk in registration pages  
on dates requested:  
Marlboro Recreation  
1996 Recreation Way  
Marlboro, NJ 07746**

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

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



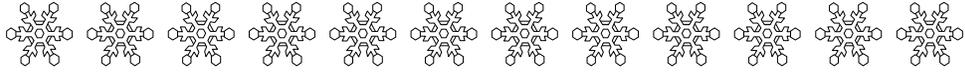
and



**ChocaL8Kiss  
285 Gordons Corner Rd. #3  
Manalapan, NJ 07726**

and

**Marlboro Township Businesses  
who supported our Senior Holiday Party**



*The Senior Office  
Staff wishes you  
a happy, healthy  
and joyous holiday  
season with many  
wonderful memories!  
It is our pleasure to  
be a part of your  
lives!*



**REGISTRATION NOT ACCEPTED BEFORE DECEMBER 12, 2012**

**Trip Page**

**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  
 DEPARTMENT, 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
<b>Seat me with: Neil and Helen Smith</b>		<b>Special Need: Mary walks with cane</b>		

**REGISTRATION NOT ACCEPTED BEFORE DECEMBER 12, 2012**

**SPECIAL EVENT  
PAGE**

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

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.

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.

**Please  
Sign→**

**Signature:** \_\_\_\_\_

Participant's Name	Special Events	Code #	Fee



# Weekly Shopping Excursions



**REGISTRATION NOT ACCEPTED BEFORE DECEMBER 12, 2012**

**TRIP PAGE**

**Mail Registration Forms to:**

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

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	Trip Name	Code #	Trip Cost Total Amt.	Meal Choice

**Seat me with:** \_\_\_\_\_



# Bingo

# Cardio



# Strength Training

# Zumba





# Crocheting



# Ping Pong



**REGISTRATION NOT ACCEPTED BEFORE DECEMBER 12, 2012**

<b>LECTURE/ DISCUSSION PAGE</b>	<b>Mail Registration Forms to:</b> Marlboro Recreation, 1996 Recreation Way Marlboro, NJ 07746 Attn: Senior Programs
Name (first and last) _____ Home Phone _____	
Address _____ Email _____	
City _____ Emergency Phone _____	
<ul style="list-style-type: none"> <li>• <b>Consult with your physician before beginning these or any exercise programs.</b>  <i>PLEASE LIST EACH PERSON PARTICIPATING</i>  <b>MARLBORO CABLE TELEVISION RELEASE WAIVER/ PHOTOGRAPH WAIVER</b>  <input type="checkbox"/> <b>Yes, I give permission for myself to be videotaped/photographed for Marlboro Twp.</b>  <input type="checkbox"/> <b>No, I do not give permission for myself to be videotaped/photographed for Marlboro Twp.</b> </li> </ul>	
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.	
<b>Please Sign →</b>	Signature: _____

Participant's Name	Lecture Name	Code #

# Happy Sipping Tea Time 2012





# Mediation Workshop



# Pilgrim's Day Luncheon 2012





# Pilates Workshop



**Directions**  
**Morganville Senior Center**  
**176 Texas Road**

**Directions to Morganville Senior Center**

**From Wyncrest Road**

Turn left on to Rt. 79.

Turn left at Tennent Road

Turn right on Greenwood Road

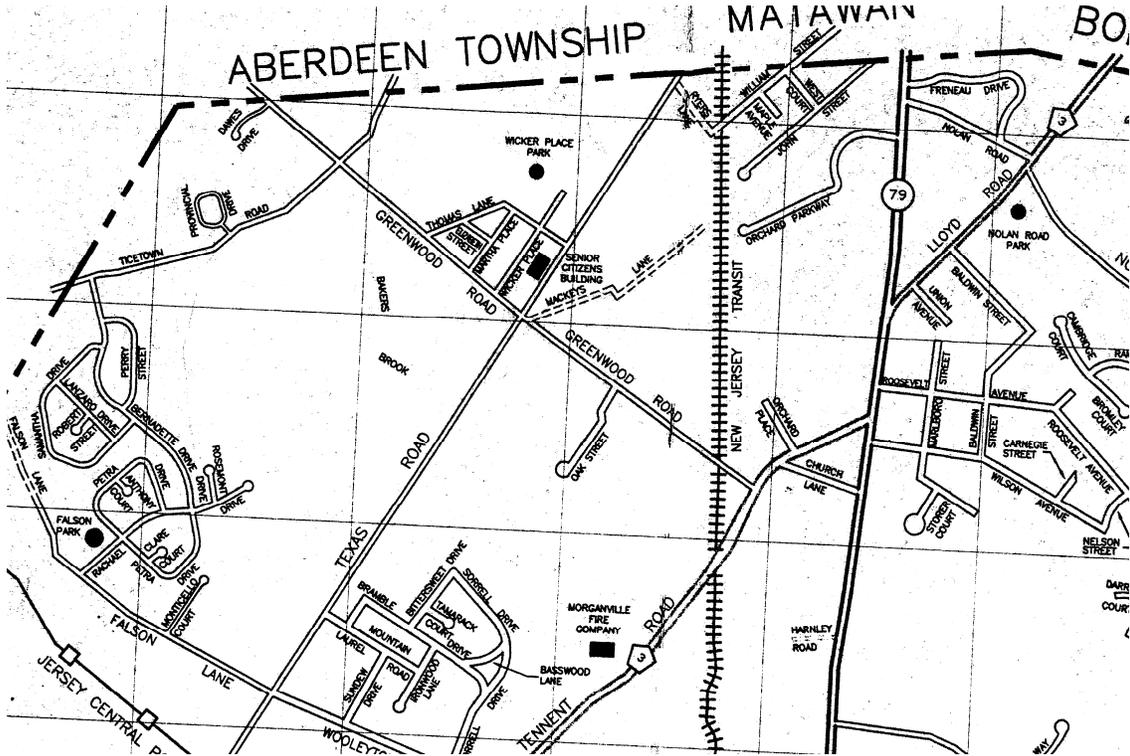
Turn right on Texas Road

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 bussing is available for trips only if a handicap bus is obtainable and the trip destination is accessible for handicap buses. Those requiring "special bussing" should be made aware that an added fee is charged to the township for the use of the handicap chartered bus and cancellation on the day of the trip would result in a penalty fee charged to the township.

## ATTENTION SENIORS

- Bus seating is done on a rotating basis. The front of the bus is reserved for those who need the assistance of a medical device in order to be mobile. Other special needs will be placed in accordance to availability.

- Free township bus service is offered to Marlboro Township Seniors who do not hold a driver's license and are attending programs and trips sponsored by the Senior Program only.

Transportation to doctors 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 weekly shopping trips as scheduled. **Tipping is not allowed.**

### **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 ONLY IF YOU ARE UPDATING YOUR INFO OR  
IF YOU ARE REGISTERING FOR THE FIRST TIME**

**SENIOR EMERGENCY INFORMATION CARD 2013**

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:** \_\_\_\_\_

**List any allergies** \_\_\_\_\_

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

**DO YOU HAVE A HISTORY OF:**  
HEART DISEASE?               SEIZURES?   
BLEEDING/CLOTTING DISORDERS?               PACE MAKER?

List any Physical Limitations: \_\_\_\_\_

Surgeries: \_\_\_\_\_

\_\_\_\_\_  
**Signature:** \_\_\_\_\_ **Date:** \_\_\_\_\_

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

**SENIOR EMERGENCY INFORMATION CARD 2013**

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:** \_\_\_\_\_

**List any allergies** \_\_\_\_\_

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

**DO YOU HAVE A HISTORY OF:**

HEART DISEASE?  SEIZURES?

BLEEDING/CLOTTING DISORDERS?  PACE MAKER?

List any Physical Limitations: \_\_\_\_\_

Surgeries: \_\_\_\_\_

\_\_\_\_\_  
**Signature:** \_\_\_\_\_ **Date:** \_\_\_\_\_

## FOR YOUR INFORMATION

### **MONMOUTH COUNTY SHERIFF'S OFFICE**

**732-431-7139**

### **MONMOUTH COUNTY OFFICE ON AGING**

**732-431-7450**

For Fraud, Scams or Crime:

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

For Information on:

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

### **LEGAL SERVICES**

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

### **ADULT PROTECTIVE SERVICES**

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

### **RESIDENTIAL MAINTENANCE**

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

### **HOME HEALTHCARE**

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

### **HOME REPAIR/BARRIER FREE**

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

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

## FOR YOUR INFORMATION

### MEALS ON WHEELS

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

### SENIOR CITIZEN AREA TRANSPORTATION

732 431-6487

**Shared Ride** – This service requires that clients make a 1 week 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 from 9:00 AM and 2:00 PM.

**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 1 week in advance. Transportation is provided for a variety of medical, educational, nutritional, and shopping trips.

**Shared Ride Work** - Limited work transportation starting at \$7.00 (upon available). Please call for more information.

### LOW INCOME HOME ENERGY ASSISTANCE PROGRAM

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

**Single** - \$1,862 per month      **Couple** - \$2,552 per month

For info call “HEAP” hotline (732-502-8855). To download forms go to:  
[www.energyassistance.nj.gov](http://www.energyassistance.nj.gov)

### New Requirements as of January 1, 2013

### 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](http://www.state.nj.us/health/seniorbenefits)

#### *Income Limits for PAAD Programs 2013:*

\$25,744 for single and \$31,563 for married couples

#### *Senior Gold 2013 income limits:*

at least \$25,744 and less than \$35,743 for singles and  
at least \$31,563 and less than \$41,563 joint married couples

- Info is available on the web@ [www.NJPAAD.gov](http://www.NJPAAD.gov)

*Hearing Aid Assistance to the Aged  
and Disabled (HAAAD) follows PAAD Guidelines*

**FOR YOUR 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**

**Hospitals**

**Bayshore Community Hospital 732-739-5900/5918**

**CentraState Hospital 732-431-2000**

**Jersey Shore Medical Center 732-775-5500**

**Monmouth Medical Center 732-222-5200**

**Riverview Medical Center 732-741-2700**

**FOR YOUR INFORMATION**

**HELPFUL AGENCIES**

**Marlboro Township Senior Citizen Office**                      **732 617-0100**  
**N.J. Dept. of Health & Senior Services**                      **1-800-792-8820**

**Division of Transportation (DOT)**                                      **732-431-6485 or**  
**732-780-1121 (Bus/ Train Information)**

**Division of Social Services**  
**Central Offices:**  
**732-431-6000 ( emergency call only)**  
**1-800-662-3114(clients only)**

**HAAD - Hearing Aid Assistance**      **1800-792-9745**      **609-588-7030**

**Health/Disability Services**                                      **732-845-2082**  
**Community Care Program for The Elderly & Disabled –CCPED**

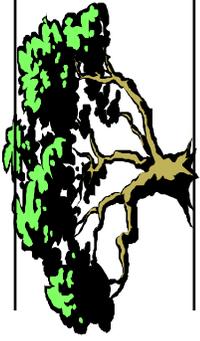
**H.E.A.R.T.H**    **732-222-9111**  
**Helping Elderly Adults Remain in their Homes**

**Lifeline Assistance Homeowners/Tenants/Renters Credit Program**  
**1-800-792-9745**

**Need Confidential Help, 24/7?**                                      **Call 2-1-1**  
**Connect with a caring professional who knows community resources.**

**NJ Dept. of Human Services Division Of Disability Services**  
**609-292-3717**

**NJ Commission– Blind/Visually Impaired**                      **732-255-0723**



# Marlboro Township

## Department of Recreation

PRST STD  
U.S. POSTAGE  
PAID  
PERMIT NO. 246  
FREEHOLD, NJ

1996 Recreation Way, Marlboro, New Jersey 07746  
Phone: 732-617-0100 / Fax: 732-536-2576 / E-mail: [Recreation@marlboro-nj.gov](mailto:Recreation@marlboro-nj.gov)

### **MAYOR**

JONATHAN L. HORNİK

### **COUNCIL**

JEFFREY CANTOR-President  
SCOTT METZGER-Vice President  
RANDI MARDER  
FRANK LA ROCCA  
CAROL MAZZOLA

### **Advisory Board**

Jane Gursky, Vice Chairman  
Michele Lewis  
Howard Wolfson  
Eric Cohen  
Darrin Kleinstein  
Gerard Dimino  
Bradley Rubin  
Bob Shapiro

### **RECREATION**

Ted Ernst, Director

### **RECREATION SENIOR STAFF**

Denise Barry, Senior Citizen Director ([dbarry@marlboro-nj.gov](mailto:dbarry@marlboro-nj.gov))  
Rosemary Brajczewski, Transportation ([rbrajczewski@marlboro-nj.gov](mailto:rbrajczewski@marlboro-nj.gov))  
Linda Dugan, Transportation ([ldugan@marlboro-nj.gov](mailto:ldugan@marlboro-nj.gov))

**VALID UNTIL JUNE 30th, 2013**  
**E-Mail: [Recreation@Marlboro-NJ.gov](mailto:Recreation@Marlboro-NJ.gov)**