Marlboro Township

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

BEST OF TIMES

January-June 2020

"EVERY ACCOMPLISHMENT STARTS WITH THE DECISION TO TRY."

Online Registration
www.marlboro-nj.gov/signup
https://register.communitypass.net/marlboro

CREATE A MASTERPIECE

PICKLEBALL DEMO

EXERCISE

HALLOWEEN SPOOKTACULAR

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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
www.marlboro-nj.gov

Mayor Jonathan L. Hornik Telephone: (732) 536-0200

Dear Seniors:

It is always a pleasure to present the "Best of Times" Senior Brochure seeing that it is filled with great programs, services and information. The hard work of our Senior Program Director makes it easy to promote this successful effort. We are consistently looking to improve upon a strong foundation that offers the best programming for our Senior Citizens, in relation to health and wellness as well as friendship and fun. Information on activities and events can be found in this guide, the Recreation newsletters, and Township emails. Through the continued cooperation from the Morganville Volunteer Fire Company, our expanded facilities have allowed us to offer more classes as well as significantly reducing waiting lists. We hope that everyone takes advantage of all that our Senior Program has to offer.

As winter draws near, severe weather is always a possibility. Extreme conditions have become more frequent in recent years disrupting our daily schedules, leaving many seniors housebound, causing damage to our properties and roads and affecting our municipal budget. With a rise in unpredictable weather, comes a growing need for emergency preparedness and communication. We send a township wide Thursday Blast, a weekly email that includes event promotions as well as important local information. If you are not receiving the Thursday blast, you may be missing out on the weekly update, but more importantly you may not be on the list to receive emergency communications.

Please visit the "Communications for Residents" section of our website and register for any and all of our communication options. If you have any concerns about how to take full advantage of our electronic forms of communication that include email and social media, our Teen Advisory Committee (TAC) is here to help, with technical needs like this and general help in operating your electronic devices. Call to inquire about this valuable program.

If electronic options are not possible for you, call our Police non-emergency number at (732) 536-0100, dial ext. 1412 and Matt Price will register your phones to receive reverse 9-1-1 calls. Please remember that the police and Town Hall are always here to provide assistance and information. Keep in touch with your friends and neighbors. During weather emergencies, we are all in it together.

Thank you to our new Recreation Director, Dan Reeve and our new Senior Program Director, Heidi Pincus who have partnered together to bring the best recreation offerings possible to our community. Along with our experienced senior office staff members Linda Dugan and Rosemary Pascale, they aim to create a quality and welcoming series of programming dedicated to Marlboro Senior Citizens. I look forward to seeing you at the many events planned for this winter and spring.

Very truly yours,

Mayor Jonathan Hornik

MARLBORO TOWNSHIP SENIOR PROGRAM
POLICIES AND PROCEDURES

Mission Statement

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

Age requirement for senior program participants

- 60 and up
- An adult spouse/partner under the age of 60 and living in the same household is entitled to participate.
- An adult partner/friend residing outside of Marlboro Township may participate providing space is available. Programs open to non-residents 1 week after registration opens to residents. A 30% fee is added for non-residents.
- A disability does not qualify anyone under age 60 for senior status.

Proof of Residency

- A resident is a homeowner or renter who resides in the Township. Proof of residency is required via driver's license, utility bill or tax bill.

Non Residents

- Former residents of Marlboro that have resided in the Township for many years and move may continue to participate in programs available to non-residents with an additional 30% charge.

Dear Seniors,

Wow! This year has flown by. As I anticipate the excitement of the holiday season, I reflect back upon the wonderful memories that I have from this past year. I have enjoyed meeting so many of you, and I look forward to continuing to do so, while creating more fun times together. I am excited to introduce the "Best of Times" Senior Brochure for January-June 2020. The included programs will fill the days ahead and the upcoming season with plenty of special events, exercise classes, discussions, lectures and many great memories! I would like to thank all of you for making my (almost) first year such a wonderful experience. Remember, my door is always open. Please stop by anytime. I look forward to meeting you!

Warm Holiday Wishes,
Heidi

REGISTRATION INFORMATION

You may register **ONLINE** or **IN PERSON**.

Registration will begin on **Wednesday, December 11th at 8:30am.**
Walk-ins will be issued a number starting at 8:30am and numbers will be called in order. **"Walk-ins" may bring only 1 friend's registration.**

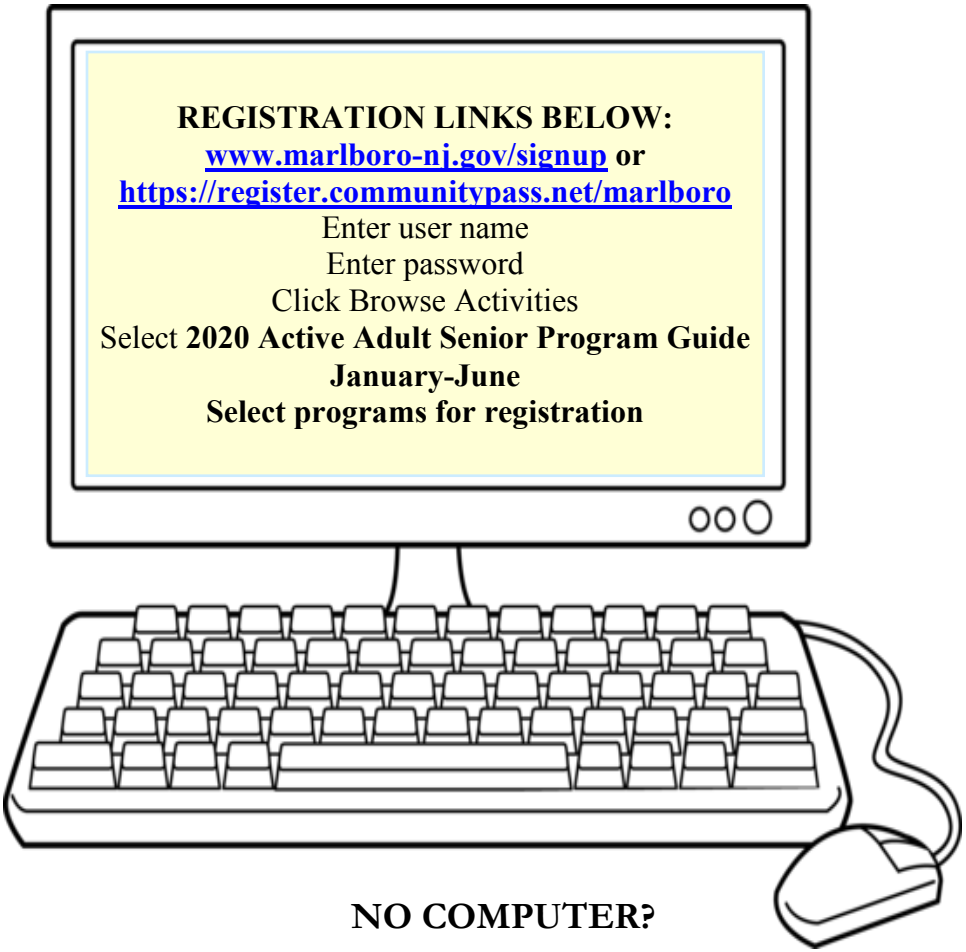
To register for Active Adult Senior Programs you must log onto your CommunityPass account. The CommunityPass home page will allow you to view the brochure. **New users must create an account**.

REGISTRATION LINKS BELOW
www.marlboro-nj.gov/signup or
https://register.communitypass.net/marlboro
New users: scroll to bottom and click "create an account"
Remember: save user name and password for future reference
once logged in: Browse Activities
2020 ACTIVE ADULT SENIOR PROGRAM GUIDE January-June
Select CONTINUE
"add to cart" to register for programs
All checks for Trips and Special Events should be payable to: Marlboro Recreation

PLEASE NOTE: "INCOMPATIBLE PROGRAMMING" means you are performing a function the system will not allow such as registering for multiple classes that are at the same time. **Call 732-617-0367 for assistance.**

Classes are limited, and sometimes have waitlists, so **PLEASE** only sign up for programs that you plan to attend on a **REGULAR** basis. We appreciate your consideration! We try to accommodate as many residents as possible. If you register for a class and realize you are unable to attend, please call the Senior Office at 732-617-0367 to be removed from the program. **Missing 4 consecutive classes will result in withdrawal from a program unless we have been notified. Snowbirds, please register when you return!**

ONLINE REGISTRATION



NO COMPUTER?

IN PERSON REGISTRATION

All seniors must complete the **Registration Form** on page 31. All **NEW** registrants and those with **MEDICAL UPDATES** must complete the **Senior Emergency Information Form** on Page 32. Registration CANNOT be accepted without all applicable pages.

MORE REGISTRATION INFORMATION

Programs and trips are for Marlboro residents age 60 and up.
Upon availability of programming, an additional fee is charged for non-residents to participate.

Make check payable and mail/drop off to: **Marlboro Recreation**
1996 Recreation Way
Marlboro, NJ 07746
Attn: Senior Office

Unless otherwise notified, you will be registered upon receipt of your payment and registration forms. **Seniors needing assistance on trips or in classes must bring an aide or chaperone.**

All trips, unless otherwise indicated, will include round trip coach bus service leaving from and returning to the Marlboro Mall located on the corner of Route 79 and School Road West.

Please understand there are a limited number of seats available on any given trip. Due to the extreme popularity of these trips, waitlists will be utilized. **If you need to cancel**, please contact the Senior Office. **Please do not sell tickets on your own**! Each trip participant **MUST BE REGISTERED** or he/she **WILL NOT** be permitted on the bus.

REFUND POLICY

Marlboro Recreation reserves the right to cancel programs and activities. **A full REFUND will be given ONLY** when a program is canceled.

******TRIPS and SPECIAL EVENTS ARE NON-REFUNDABLE******
If a replacement is found for a cancellation of a "nonrefundable trip or event," a refund will be issued, however, **there will be a 20% fee assessed** on the refund. Refunds may take up to 8 weeks.

Please note Township refund policy: There will be a processing fee of $5.00 or 20% of the amount to be refunded, whichever is greater, to a maximum of $25 which will be charged on ALL refunds except for cancellations initiated by the Township.

MEETINGS

SENIOR ADVISORY COMMITTEE MEETINGS

10:30am on Tuesday: Jan 7, Feb 4, Mar 3, Apr 7, May 5, Jun 2

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. Meetings are once a month at the Marlboro Recreation Center unless otherwise noted. Everyone is welcome and refreshments are served.

INCLEMENT WEATHER POLICY

WEEKDAY WEATHER CANCELLATION

In the event of inclement weather, and the Marlboro Township Schools are closed, all programs will be canceled.
If schools are delayed due to inclement weather, all programs scheduled in the Rec Center to begin before noon will be canceled. A determination of the afternoon and evening programs at the Rec Center will be made by 11:00am.
If schools are released early due to inclement weather, all afternoon and evening programs will be canceled.

WEEKEND WEATHER CANCELLATION

All AM weekend programs at the Recreation Center and Marlboro Township Schools will be canceled in the event of any severe weather Friday and/or Saturday nights. A determination of PM programs will be made by 11:00am and participants will be notified.

IF YOU DO NOT FEEL IT IS SAFE FOR YOU, EVEN IF PROGRAMS ARE NOT CANCELED, PLEASE STAY HOME!

SPECIAL EVENTS

Have a Heart, Celebrate With Us! **$8 resident**
Friday, February 14 **Rec Center**
11:30-2:30pm

Experience Valentines Day with a hot meal and heart warming entertainment by **Gordon James**. This is a celebration for everyone! Enjoy a relaxing afternoon reminiscing and feeling nostalgic over familiar love songs. Have fun learning the history behind some of your favorite songs.

Bring a Spring Thing, Gift Auction **$5 resident**
Thursday, March 19 **Rec Center**
11:30-2:30pm

Join us for some Chinese food and a Chinese "spring themed" gift auction to welcome the change of season. Attendees will purchase and bring a "spring thing," a small gift from $5 to $8 dollars to be raffled off. All participants will receive **20 tickets** to place in containers to select which items they would like a chance to win. Join us for a fun afternoon filled with surprises!

Spring Fling, "50's Soda Shop Sock Hop" **$8 resident**
Friday, April 17 **Rec Center**
11:30-2:30pm

Rock around the clock with us back into the 50's to celebrate the beginning of spring at our 50's Soda Shop Sock Hop!!! Enjoy a cheeseburger (or vegetarian option) an egg cream and other fun foods, while listening and dancing to upbeat musical entertainment by **Bill Turner and the Blue Smoke Band.** Wear your poodle skirt or leather jacket - or any 50's attire you desire! This is the dance party you have been waiting for!

SPECIAL EVENTS ARE NON REFUNDABLE

SOCIAL EVENTS

Let's Be Happy Today!
Friday, January 31
10-11:30am

Morganville Senior Ctr
No fee resident
Registration Required

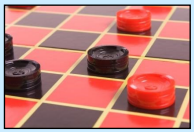
Winter can be dreary and depressing. Life can be challenging at times. Come out today to get over your winter blues and celebrate something happy! Come socialize over bagels, coffee and cake and celebrate life! Space is limited!

Valentine's Day Card Making
Tuesday, Feb 4
1-2:30pm

Morganville Senior Ctr
No fee resident
Registration Required

Come out to create cards for a cause. We will make festive Valentine's Day cards and share them with a hospital, nursing home or maybe a classroom full of children! Coffee and cake will be served. Space is limited!

Game Day
Wednesday, March 4
1-2:30pm

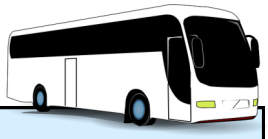


Morganville Senior Ctr
No fee resident
Registration Required

Don't sit home alone! Come out and socialize! Join us for fun & games, coffee & conversation. Play cards, a variety of board games, chess, checkers, backgammon, or just hang out and enjoy mingling with friends. Coffee and light snack will be served. Space is limited!

Some Social and Special Events are listed in this publication, and others will be announced from time to time by email blast. Please make sure an accurate email contact is listed on your account. If you do not have access to a computer, please ask to be added to our "call list" so that you don't miss out on announcements and events**!**

TRAVEL GUIDE
(ALL TRIPS ARE NON-REFUNDABLE)



The Irish Cabaret, St. Patrick's Day Celebration
Hunterdon Hills Playhouse

Hampton, NJ — **$71.50 w/meal resident**
Tuesday, March 17 — $93.00 w/meal non-resident
Depart 10:15am — Return 5:30pm

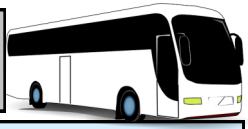
Come celebrate St. Patrick's Day, as the sights and sounds of Ireland come alive in The Irish Cabaret starring Andy Cooney, who has sold out Carnegie Hall seven times. The Irish Cabaret is a celebration of Ireland's music, song, comedy and dance. Also featured during the show are Eimear Reynolds, part of the original cast of Celtic Woman, and Gary Wilson, Ireland's crown prince of comedy, who has toured throughout Ireland and the UK. The Guinness Irish Band, made up of the greatest Irish and Irish American Musicians on the music scene today and World class Irish dancers, who are decorated with some of the most prestigious awards in the dancing world, round out this world class line-up of talent. Designed to entertain the entire family, this is one Saint Patrick's Day celebration you don't want to miss! **Meal selection at theater.**

The Best Man, Walnut Street Theater

Philadelphia, PA — **$58.00 w/meal resident**
Thursday, April 2 — $75.50 w/meal non-resident
Lunch 11:15am — Return 6:00pm

By Gore Vidal, "The Best Man" is presented by special arrangement with Samuel French, Inc. at the Walnut Street Theater, the oldest theater in America. It is the 48 hours leading up to the presidential nomination. Two candidates and their advisors play an intense winner-take-all-game of political cat and mouse. Promoting virtually identical policies, the two men's personalities define their true differences: one is wit and scholar with lofty principles. The other is young, ruthless—and the perfect TV-friendly candidate. The Best Man will have you hanging onto every unpredictable twist, turn, play and ploy, as secrets are revealed and allegiances are bought and sold. In this time when politics are fiercely debated, The Best Man should not be missed! **Early lunch will be served @ 11:15 at the Rec Center, prior to departure @ 12:15. Please note: the bus will pick up at the Rec Center for this trip NOT at the Marlboro Mall.**

TRAVEL GUIDE
(ALL TRIPS ARE NON-REFUNDABLE)



Kentucky Derby-New York Style
Li Greci's Staaten

Staten Island, NY — **$57.00 w/meal resident**
Tuesday, April 28 — $74.00 w/meal non-resident
Depart 10:15am — Return 5:00pm

Come and celebrate the derby with your own hat creations. Order up a Mint Julep while singing "My Old Kentucky Home." Enjoy simulated horse races that you can wager on for prizes and enjoy the band, food, and comedian - **Kentucky Style! Meal selection: A) Pot Roast B) Chicken Bruchetta C) Scrod Oreganato**

Towne of Historic Smithville

Smithville, NJ — **$25.00 w/meal resident**
Thursday, May 7 — $32.50 w/meal non-resident
Depart 9:30am — Return 5:00pm

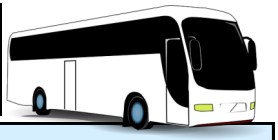
Come enjoy lunch at **Fred and Ethel's Lantern Light Tavern** and a day of shopping in the **Towne of Historic Smithville**. Experience the abundance of great shoppes, eateries, beauty services and family fun! **Family style lunch includes: salad, pasta, entrée and dessert. WALKING IS REQUIRED.**

I left My Dignity in My Other Purse
Hunterdon Hills Playhouse

Hampton, NJ — **$64.00 w/meal resident**
Wednesday, May 20 — $83.00 w/meal non-resident
Depart 10:15am — Return 5:30pm

Joyce Dewitt, renowned for her role as Janet in the iconic TV sitcom, "Three's Company," returns to the HHP stage in this hilarious new comedy. Four days ago, Ruth Baker planned to retire and marry her fiancé in Tahiti. But then her retirement party spun wildly out of control, leaving Ruth too inebriated to remember everything that happened. Now with the help of her best friends, she must piece together the embarrassing events of that night! A sidesplitting cross between The Golden Girls and The Hangover! **Meal selection at theater.**

TRAVEL GUIDE
(ALL TRIPS ARE NON-REFUNDABLE)



Happy Days Under the Rock and Roll Boardwalk
Doolan's, Spring Lake, NJ
Thursday, June 11
Depart 10:30am

$56.50 w/meal resident
$73.50 w/meal non-resident
Return 4:30pm

Dress is strictly summer casual as you revel, reminisce and dance to the Good, Good, Good, Good Vibrations of the Beach Boys, Parrot Head Jimmy Buffet, Chubby Checker, The Drifters, Dion and The Belmonts and more - plus an outrageous comedian. All songs performed by the sensational All Star Players. Come and celebrate the music of the greatest Beach Party Artists of all time!
Meal Selection: A) Roast Loin of Pork B) Chicken Kiev C) Herbal Salmon

Young at Heart
Royal Manor, Garfield, NJ
Tuesday, June 23
Depart 10:15am

$61.00 w/meal resident
$79 w/meal non-resident
Return 5:30pm

Here is the quintessential Frank Sinatra tribute featuring the legendary Tony Sands. Not just your ordinary tribute, but a multimedia narration, starting with the early big band era and culminating with the historical Madison Square Garden performance. We will take you through his entire career, from the saloon songs, songs from his Oscar winning movie career and so much more. Starting the day will be the incomparable Peter Lieberman! So pack your troubles in dreams and dream all your troubles away! **Family style lunch includes: fresh garden salad, ziti marinara, roast beef, roast chicken, rosemary potatoes, fresh garden medley, dessert, coffee, tea.**

Are you interested in teaching a class and sharing your talent? We are always looking for exciting new ideas & enthusiastic instructors.

If you have any suggestions for programs you would like to see, call the Senior Office at 732-617-0367 or email hpincus@marlboro-nj.gov

CELL PHONE & COMPUTER ASSISTANCE

SAY ALOHA TO SUMMER BBQ

Free Computer and Cell Phone Help
for the Senior Citizens of Marlboro Township
Sponsored by: The Marlboro Township
Teen Advisory Committee
For additional information
please email TAC@marlboro-nj.gov

SENIOR PROGRAMS ARE HELD AT THE FOLLOWING LOCATIONS:
MARLBORO RECREATION CENTER - 1996 RECREATION WAY
MORGANVILLE FIREHOUSE - 78 TENNENT ROAD
MORGANVILLE SENIOR CENTER - 176 TEXAS ROAD

CLASSES/PROGRAMS

Please consult your physician before starting any exercise program

AARP Driver Safety Program

Friday, Feb 7 9:00am-3:00pm **bring your own lunch**
Tuesday, June 9 9:00am-3:00pm **bring your own lunch**
Recreation Center $15.00 AARP member
$20.00 non-member **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 NJ Motor Vehicles at 609-292-7500. Participants may have two points removed from their driving record subject to certain restrictions. **Seating limited to 30 participants.**

Adv. Strength Training **Recreation Center** **No Fee resident**
Tuesday Jan 7-Jun16 $60.00 non-resident
9:00-10:00am ***No class Jan 21, Mar 3, Apr 7***

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

Adv. Strength Training **Recreation Center** **No Fee resident**
Thursday Jan 2-Jun 18 $60.00 non-resident
9:00-10:00am ***No class Feb 27, Mar 5, 19, Apr 9***

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

Ballroom Dancing **Recreation Center** **No Fee resident**
Thursday Jan 2-Jun 18 $60.00 non-resident
11:30-12:30pm ***No class Mar 19, Apr 9***

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.

CLASSES/PROGRAMS

Please consult your physician before starting any exercise program

Bingo
Tuesday
1:00-2:00pm

Recreation Center **No Fee resident**
Jan 14, 28, Feb 11, 25, Mar 10, 24,
Apr 14, 28, May12, 26, Jun 9

Share an afternoon with friends as you enjoy several Bingo games. We welcome any **NEW** unwanted items to use as prizes for our Bingo games. What a great way to clean out your closets! Items can be dropped off at the Senior Office.

Bocce Ball
Open Play
9:00-1:00pm

Recreation Center **No Fee resident**
Jan 2-Jun 19

Play on 2 outdoor courts. No registration required. **Weather permitting.**

Beginner Canasta
Monday
10:00-12:00pm

Recreation Center **No Fee resident**
Jan 6-Jun 15 $60.00 non-resident
No class Jan 20, Feb 17, Apr 6, May 25

Open game for your enjoyment. **<u>No instructor</u>.**

Inter. Canasta
Friday
10:00-12:00pm

Recreation Center **No Fee-resident**
Jan 3-Jun 19 $60.00 non-resident
No class Feb 14, Apr 10, 17

Spend two hours playing and practicing the finer points and the strategies for making Canasta a challenging game. **<u>No instructor</u>.**

Cardio Wellness
Monday
11:30-12:30pm

Recreation Center **No Fee resident**
Jan 6-Jun 15 $60.00 non-resident
No class Jan 20, Feb 17, Apr 6, May 25

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.

CLASSES/PROGRAMS

Please consult your physician before starting any exercise program

Country Line Dancing **Recreation Center** **No Fee resident**
Wednesday Jan 8-Jun 17 $60.00 non-resident
9:00-10:00am ***No class Apr 8***

This class will combine low, moderate and high energy line dance routines to a variety of music including Country, Contemporary and Oldies. Line Dancing is a fun way to dance socially without a partner and a great way to burn calories.

Create Your Masterpiece **Recreation Center** **No Fee resident**
Wednesday Feb 5-Jun 17 $60.00 non-resident
1:00-2:30pm ***No class Apr 8***

In this program you will use colored pencils to draw still life. You will learn about picture composition and all the techniques around shading and color mixing. Come join the fun! **Required materials:** a box of colored pencils (the more colors the better!) and an 11x14 sketchpad.

Dabbling in the Arts **Morganville Senior Center** **No Fee resident**
Thursday Jan 2-Jun 18 $60.00 non-resident
12:00-2:00pm ***No class Mar 19, Apr 9***

Come join us as we explore and experience the joy of drawing and painting. All media are welcome. Teacher focuses on watercolor and acrylic painting. No experience is necessary. 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.

Do You Crochet or Knit? Want to Learn?

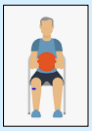
Wednesday **Recreation Center** **No Fee resident**
9:30-11:30am Jan 8-Jun 17 $60.00 non-resident
No program Apr 8

Experienced & newcomers are welcome. Join together to create your own items and items to raise money, which will be **donated** to local organizations. Bring to class a size "H" crochet hook or an "A" needle. Bring your own yarn to use and/or to donate! Assistance provided. **No instructor.**

CLASSES/PROGRAMS

Please consult your physician before starting any exercise program

Gentle Fitness
Tuesday
11:30-12:30pm



Recreation Center
Jan 7-June 16
No class Jan 21, Mar 3, Apr 7

No Fee resident
$60.00 non-resident

A gentle class that will focus on balance, flexibility and strength training using dumbbells, bands and balls. Great class for those with osteoporosis, arthritis, a walker or any medical condition that makes exercise difficult. We will work sitting and standing (standing is optional and instructor will give alternative exercises for those who cannot stand).

Intermediate Cardio
Tuesday
10:15-11:15am

Recreation Center
Jan 7-June 16
No class Apr 7

No Fee resident
$60.00 non-resident

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.

Intermediate Cardio
Thursday
10:15-11:15am

Recreation Center
Jan 2-Jun 18
No class Mar 19, Apr 9

No Fee resident
$60.00 non-resident

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.

Low Impact Cardio Mix
Tuesday
10:15-11:15am

Morganville Firehouse
Jan 7-June 16
No class Apr 7

No Fee resident
$60.00 non-resident

This class is for participants of all ability levels. It will blend low impact cardio and strength training. You will go through a warm-up and then focus on strength, balance and heart health. Wear comfortable clothing.

CLASSES/PROGRAMS

Please consult your physician before starting any exercise program

Low Impact Cardio Mix | **Morganville Firehouse** | **No Fee resident**
Thursday | Jan 2-Jun 18 | $60.00 non-resident
10:15-11:15am | ***No class Mar 19, Apr 9***

This class is for participants of all ability levels. It will blend low impact cardio and strength training. You will go through a warm-up and then focus on strength, balance and heart health. Wear comfortable clothing.

Mahjong
Monday
12:30-3:00pm

Recreation Center | **No Fee resident**
Jan 6-June 15 | $60.00 non-resident
No program Jan 20, Feb 17, Apr 6, May 25

Open game for those who love to play Mahjong. Please bring your own set to class. **No instructor.**

Pickleball
Monday-Friday
1:00-2:30pm

Recreation Center | **No Fee resident**
Jan 2-June 19

Join one of the fastest growing recreational sports! This paddleball sport that combines elements of tennis, badminton, and table tennis is played on a badminton-sized court using solid paddles made of wood or composite materials to hit a plastic, polymer ball over a net. Please bring your own paddle.

Register for:

Pickleball I –Monday ***No Program Jan 20, Feb 17, Apr 6, May 25***

Pickleball II–Tuesday ***No Program Apr 7***

Pickleball III –Wednesday ***No Program Apr 8***

Pickleball IV–Thursday ***No Program Mar 19, Apr 9***

Pickleball V–Friday ***No Program Feb 14, Apr 10, 17***

CLASSES/PROGRAMS

Please consult your physician before starting any exercise program

Ping Pong/ Pool
Wednesday
11:00-1:00pm

Recreation Center
Jan 8-Jun 17
No program Apr 8

No Fee resident
$60.00 non-resident

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

Ping Pong/ Pool
Friday
11:00-1:00pm

Recreation Center
Jan 3-June 19
No program Feb 14, Apr 10, 17

No Fee resident
$60.00 non-resident

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

Strength Training
Tuesday
9:00-10:00am

Morganville Firehouse
Jan 7-June 16
No class Apr 7

No Fee resident
$60.00 non-resident

This class is for 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
Thursday
9:00-10:00am

Morganville Firehouse
Jan 2-Jun 18
No class Mar 19, Apr 9

No Fee resident
$60.00 non-resident

This class is for 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.

CLASSES/PROGRAMS

Please consult your physician before starting any exercise program

Tai Chi **Recreation Center** **No Fee-resident**
Wednesday Jan 8-Jun 17 $60.00 non-resident
10:15-11:15am ***No class Apr 8***

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 nearby.

Total Body Workout I **Recreation Center** **No Fee-resident**
Monday Jan 6-Jun 15 $60.00 non-resident
10:10-11:10am ***No class Jan 20, Feb 17, Apr 6, May 25***

An **advanced 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.

Total Body Workout II **Recreation Center** **No Fee-resident**
Friday Jan 3-Jun 19 $60.00 non-resident
9:30-10:30am ***No class Feb 14, Apr 10, 17***

An **advanced 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.

DO YOU LIKE TO SING?

Chorale Group **Recreation Center** **No Fee resident**
Wednesday Jan 8, Feb 12, Mar 11,
1-2:30pm Apr 15, May 13, Jun 10

Do you like to sing? Would you like to be part of the Marlboro Senior Chorus? This group will collectively decide what they would like to sing and enjoy singing one afternoon per month. Registration is required.

CLASSES/PROGRAMS

Please consult your physician before starting any exercise program

Gentle Yoga
Monday
9:00-10:00am

Recreation Center
Jan 6-Jun 15
No class Jan 20, Feb 17, Apr 6, May 25

No Fee-resident
$60.00 non-resident

Learn various breathing techniques to calm and quiet the mind. Ease into stretches and gently move the body. Class is spent in a variety of positions such as lying on the back or stomach and in seated postures. Students should be able to transition on and off the floor for gentle kneeling, standing and balance poses. Work at your own pace and wear comfortable clothing.

Chair Yoga
Friday
11:30-12:30pm

Recreation Center
Jan 3-June 19
No class Feb 14, Apr 10, 17

No Fee-resident
$60.00 non-resident

A gentle class adapting yoga poses with the use of a chair. This class cultivates awareness and relaxation through meditation, breath work and gentle stretches without the stress of getting up and down off the floor. Benefits include increased balance, strength, flexibility, range of motion, and stress reduction. Work at your own pace and wear comfortable clothing.

Zumba Gold
Wednesday
11:30-12:30pm

Recreation Center
Jan 8-Jun 17
No class Apr 8

No Fee-resident
$60.00 non-resident

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

Bagel World, ChocaL8Kiss & Samaha Farms
We appreciate all the donations!

LECTURES

Ditch the Guilt No Fee Resident
Tuesday, January 7 Recreation Center
Time: 1-2pm
Speaker: Julie Davelman, Clinical Psychologist
Description: When a negative emotion like guilt controls your decision making, you stop performing your best. Come learn how to keep your guilt in check and use it as a cue for improving yourself rather than allowing it to be a block to your success.

Arthritis Treatment Options No Fee Resident
Friday, February 7 Recreation Center
Time: 10-11am
Speaker: Mutahir Abidi, MD Board Certified Rheumatologist
Description: Learn about different types of Arthritis and new promising treatments.
Sponsored by Centrastate Healthcare System

Why Can't I Sleep?
Tuesday, March 3 No Fee Resident
Time: 1-2pm Recreation Center
Speaker: Julie Davelman, Clinical Psychologist
Description: Learn what you can do differently to get the kind of nights sleep you want and need. Techniques for Fighting Insomnia & Improving Sleep will be discussed.

Look out for information regarding other lectures in upcoming months!

DISCUSSION GROUPS

News & Your Views

Recreation Center **No Fee resident**
Wednesday
9:00-10:30am
Jan 8, 22, Feb 5, 19, Mar 4, 18,
Apr 1, 22, May 6, 20, Jun 3
News is designed to evaluate current issues. This friendly group is trying to figure it all out, while enjoying their morning coffee. Bring your information, opinions, an open mind and your sense of humor to discuss key national and local happenings. **Registration is required.**

Old Time Baseball Memories **Recreation Center** **No Fee resident**
Tuesday
1:00-2:30pm
Mar 3, May 12
Attention all sports lovers! Join in a discussion of old time baseball memories. Specific players, heroes and special events will be topics for discussion. We will also compare some of the differences between old time baseball with current times. Share your memories, thoughts and opinions.
Registration is required.

What is your Opinion? **Recreation Center** **No Fee resident**
Wednesday
9:00-10:30am
Jan 15, 29, Feb 12, 26, Mar 11, 25,
Apr 15, 29, May 13, 27, Jun 10
Looking for a stimulating conversation to get you thinking? Do you enjoy sharing your opinions? This is the group for you! Sit back with a warm cup of coffee or tea while volunteer moderators guide the discussion, so everyone can have the opportunity to participate. The group as a whole will decide on the current world events they wish to discuss. Join us! **Registration is required.**

Writing Group **Recreation Center** **No Fee resident**
Thursday
10:15-11:30am
Jan 9, 23, Feb 6, 20, Mar 12, 26,
Apr 2, 16, May 7, 21, Jun 4
Do you like to write? Join this group for an opportunity to write memoirs, poems or creative stories. Writing will be in class and those that would like to may share writings with the group. Critiques (feedback) will be offered if solicited. Open to all, no experience necessary. Facilitated by a leader.
Registration is required.

SHOPPING EXCURSIONS

Free Shopping for Senior Citizens of Marlboro Township

Free transportation to various shopping locations for seniors who do not hold a driver's license is offered Fridays @ 11am. To schedule a ride call the Marlboro Recreation Senior Office Transportation Line at (732) 617-0366.

Shopping bags are limited to the amount you can carry on your own. Drop off and pick up times can vary depending on the number of participants. Space is limited. Registration is required.

Friday, Jan 3, 2020	ShopRite (Marlboro)
Friday, Jan 10, 2020	Wegman's & Target (Manalapan)
Friday, Jan 17, 2020	ShopRite (Marlboro)
Friday, Jan 24, 2020	Walmart & Sam's (Freehold)
Friday, Jan 31, 2020	Wegman's & Target (Manalapan)
Friday, Feb 7, 2020	ShopRite (Marlboro)
Friday, Feb 14, 2020	No Shopping
Friday, Feb 21, 2020	Wegman's & Target (Manalapan)
Friday, Feb 28, 2020	Walmart & Sam's (Freehold)
Friday, Mar 6, 2020	Wegman's & Target (Manalapan)
Friday, Mar 13, 2020	ShopRite (Marlboro)
Friday, Mar 20, 2020	Wegman's & Target (Manalapan)

SHOPPING EXCURSIONS	
Friday Mar 27, 2020	Walmart & Sam's (Freehold)
Friday, Apr 3, 2020	ShopRite (Marlboro)
Friday, Apr 10, 2020	No Shopping
Friday, Apr 17, 2020	No Shopping
Friday, Apr 24, 2020	Wegman's & Target (Manalapan)
Friday, May 1, 2020	ShopRite (Marlboro)
Friday, May 8, 2020	Wegman's & Target (Manalapan)
Friday, May 15, 2020	ShopRite (Marlboro)
Friday, May 22, 2020	Wegman's & Target (Manalapan)
Friday, May 29, 2020	Walmart & Sam's (Freehold)
Friday, Jun 5, 2020	ShopRite (Marlboro)
Friday, Jun 12, 2020	Wegman's & Target (Manalapan)
Friday Jun 19, 2020	Walmart & Sam's (Freehold)

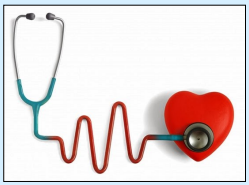
Many thanks to the Senior Advisory Committee and the Teen Advisory Committee for all of their dedication and many volunteer hours!!!

HEALTH SCREENINGS

Cholesterol Screening **Recreation Center**
Friday, Jan 17 9:00 am
HDL, LDL, Triglycerides, Total Cholesterol. Fasting is recommended.

Glucose Screening **Recreation Center**
Friday, Feb 21 9:00 am
Do not eat or drink anything except water for 5-8 hrs prior to the test.

Audiology Screening **Recreation Center**
Friday, Mar 20 9:00 am



Cholesterol Screening **Recreation Center**
Friday, Apr 17 9:00 am
HDL, LDL, Triglycerides, Total Cholesterol. Fasting is recommended

BP/Body Comp Screen **Recreation Center**
Friday, May 15 9:00 am

Glucose Screening **Recreation Center**
Friday, Jun 19 9:00 am
Do not eat or drink anything except water for 5-8 hrs prior to the test.

TRANSPORTATION

TRANSPORTATION INFORMATION

Trips

Bus transportation fees for Marlboro Township residents are covered by the Township.

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

Programs/Shopping

Free bus service is offered to Marlboro Township Seniors ***who do not hold a driver's license.***

The Township Bus is **ONLY** used for transportation to and from **senior programs and activities** at the Recreation Center, the Morganville Senior Center on Texas Road, the Morganville Firehouse on Tennent Road, the Marlboro Mall on Rt. 79 for trips and to various supermarkets on scheduled shopping days for seniors ***who do not hold a driver's license***.
Tipping is not accepted by Township employees.

SENIOR EMERGENCY INFORMATION

The Senior Emergency Information Form in the brochure (p. 32) may also be completed online. All new participants are required to complete this form. Seniors are encouraged to regularly update the office with any changes. All forms are kept on file in the Senior Office.

THANK YOU
FOOD EMPORIUM
FOR ALL OF YOUR
DONATIONS!

TRANSPORTATION

? ? ? NEED A RIDE ? ? ?

MARLBORO TOWNSHIP RECREATION

& PARKS DEPARTMENT

offers

FREE BUSING FOR NON-DRIVERS FROM 8:30AM-2:30PM

FOR MARLBORO TOWNSHIP SENIORS ATTENDING PROGRAMS AND TRIPS SPONSORED BY OUR SENIOR OFFICE

(Extended hours for trips)

Reservations must be made at least **1 week** in advance by calling:

Senior Transportation at (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 registration form.

Name:_____

Address:_____

Phone:_____

I WILL NEED A RIDE TO THE FOLLOWING:

Name of program or trip:	Date of program or trip:
_____	_____
_____	_____
_____	_____

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

TIPPING IS NOT ACCEPTED

REGISTRATION NOT ACCEPTED BEFORE DEC 11, 2019

REGISTRATION FORM

Mail checks to:

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

Name:_____ Home Phone:_____

Address:_____ City:_____

USER NAME:_____ PASSWORD:_____

Consult with your physician before beginning any exercise programs.

Email:_____

MARLBORO CABLE TELEVISION RELEASE WAIVER/ PHOTOGRAPH WAIVER

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

____No, I do not give permission to be videotaped/photographed for Marlboro Twp.

THE UNDERSIGNED PARTICIPANT 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	ACTIVITIES	Meal Choice/ Seat Me With:

COMPLETE AND RETURN WITH YOUR REGISTRATION

SENIOR EMERGENCY INFORMATION FORM 2020

For NEW MEMBERS or UPDATES on medical

EMAIL ADDRESS:_____

NAME:_____ **BIRTH DATE:**_____

ADDRESS:_____ **PHONE:**_____

EMERG. CONTACT/RELATIONSHIP#1_____ **PH.#:**_____

EMERG. CONTACT/RELATIONSHIP#2_____ **PH.#:**_____

PHYSICIAN'S NAME:_____ **PH.#:**_____

LIST MEDICAL CONDITIONS, MEDICATIONS YOU ARE TAKING. & FREQUENCY OF MEDICATIONS: **BLOOD TYPE:**_____

_____

_____

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

List all allergies_____

DO YOU HAVE A HISTORY OF:

☐ASTHMA ☐DIABETES ☐HEART DISEASE ☐SEIZURES

☐BLEEDING/CLOTTING DISORDERS ☐PACE MAKER

List any physical limitations:_____

Surgeries: _____

Signature:_____**Date:**_____

PICKLEBALL

COUNTRY LINE DANCE

KNITTING

HEALTH FAIR

FOR YOUR INFORMATION

MARLBORO TOWNSHIP SENIOR OFFICE 732-617-0367

MONMOUTH COUNTY SHERIFF'S OFFICE 732-431-7139

MONMOUTH COUNTY OFFICE ON AGING 732-431-7450

Monmouth County Dept. of Consumer Affairs 732-431-7900

Home Healthcare (*Link below)* 732-531-9111

http://fcsmonmouth.org/our-services/home-care/home-care-contacts/

Legal Services Ocean-Monmouth (*Link below)* 732-531-9191

http://www.oceanresourcenet.org/search/ocean-monmouth-legal-services/

Medicare Enrollment (*Link below)* 800-772-1213

https://www.medicare.gov/find-a-plan/enrollment/check-enrollment.aspx

Monmouth County Health Department (*Link below)* 732 431-7456

http://co.monmouth.nj.us/page.aspx?ID=1932

Social Security Administration (*Link below)* 800-772-1213

http://www.ssa.gov/

Social Services (*Link below)* 732-431-6000

www.monmouthresourcenet.org/search/monmouth-county-division-of-social-services-mcdss/

State Health Insurance Assistance Program (SHIP) 800-792-8820

http://www.state.nj.us/humanservices/doas/services/ship/

FOR YOUR INFORMATION

SENIOR CITIZEN AREA TRANSPORTATION

SCAT 732 431-6485 (***Link below)***

HTTP://WWW.VISITMONMOUTH.COM/PAGE.ASPX?ID=2900

ACCESS LINK 800-955-2321 (***Link below)***

HTTP://WWW.NJTRANSIT.COM/HP/HP_SERVLET.SRV?HDNPAGEACTION=HOMEPAGETO

EZ RIDE 201-939-4242 (***Link below)***

HTTP://WWW.EZRIDE.ORG/3-0-SENIORTRANSPORTATION.ASP

MARLBORO SENIOR RECREATION BUS 732-617-0366

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.

For info call "LIHEAP" hotline (732-982-8710 or 800-510-3102).

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

Link: http://www.state.nj.us/humanservices/doas/services/

SENIOR GOLD PRESCRIPTION INCOME LIMITS

Annual income limits and info. ***Link below:***

http://www.state.nj.us/humanservices/doas/services/seniorgold/index.html

Marlboro Township
Department of Recreation & Swim

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

ADVISORY COMMITTEE
Adam Dictrow-Chair
Joyce Fallon-Vice Chair
Bethanne Augsbach
Andy Bernstein
Scott Borbely
Cindy Napoletano
Andy Pargament
Stacey Rothman
Bob Shapiro

DEPARTMENT OF RECREATION
Dan Reeve, Director

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Linda Dugan, Omni Bus and Recreation Leader (ldugan@marlboro-nj.gov)
Rosemary Pascale, Omni Bus and Recreation Leader (rpascale@marlboro-nj.gov)

RECREATION OFFICE
Suzi Leifer, Assistant Director
Elaine Rechtman, Administrative Clerk
Lynne Gustman, Program Coordinator
Amy Guiliano, Recreation Leader
Ron Quacquarini, Recreation Leader

SWIM CLUB
Mike Butrico, Director

MARLBORO ALLIANCE
Nancy Geist

Brochure valid until June 19, 2020