

2023 ACTIVE ADULT SENIOR PROGRAM GUIDE

WINTER/SPRING SESSIONS: **JANUARY 3 -JUNE 16**

REGISTRATION INFORMATION

DATE: Tuesday, **Dec 20, 2022**

TIME: 9:00am

- You may register on community pass at www.marlboro-nj.gov/signup
- You may call 732-617-0100 or 732-617-0367 for assistance registering. (**THERE WILL NOT BE ANY IN-PERSON REGISTRATION.**) All recreation staff members will be available to help.
- **No calls** will be taken prior to 9:00 am. Please do not leave messages to register.
- Programs will be offered **INDOORS** and on **ZOOM**, so that everyone can continue to participate. Classes **INDOORS** will be limited in size and there will be a **strict attendance policy**. **Please only register if you plan to attend regularly.** If you will be away for the winter, please register upon returning. **ZOOM** programs will be able to accommodate all participants that are interested.
- **Please call with any questions you may have PRIOR to registration day.**

PROGRAM RULES

- If you register for an in-person program, you agree to the **RELEASE OF LIABILITY AND ASSUMPTION OF RISK AGREEMENT**. (attached)
- Masks are no longer required. If you are more comfortable feel free to wear one.
- Seniors needing assistance on trips or in classes must bring an aide or chaperone.

EXERCISE CLASS REMINDERS

- **All participants must provide their own equipment.**
- **IMPORTANT REMINDER:** Please consult with your physician and take into consideration any health restrictions you may have prior to participating in exercise programs.
- **BE SAFE. WORK AT YOUR OWN PACE** to achieve your fitness goals. **MODIFY** as necessary. Wear proper work out attire.

LOCATION

ALL classes to be held at the Marlboro Rec Center, 1996 Recreation Way, Marlboro 07746

Classes will begin Tuesday, January 3, 2023

There will be NO classes on the following dates:

Mon: Jan 16, Feb 20, May 29

Tue: June 6

*****Spring Break from April 3-7*****

CLASSES & PROGRAMS

BALANCE and STRETCH

Thursdays, January 5 - June 15

11:30am-12:30pm Instructor: Toni Martino

Research has shown it is important to get all four types of exercise: endurance, strength, balance and flexibility. Each one has different benefits and doing one kind can improve your ability to do the others. Balance training is undertaken to help prevent falls/injury, **improve your posture, strength and standing balance.**

BALLROOM DANCE

Mondays, January 9-June 12

11:30am-12:30pm Instructor: Enzo Ascari

No experience needed. Try something new and have a great time! Get ready for that special event coming up or just have some fun. Learn Merengue, Fox Trot, Waltz, Tango and more! Fun for singles or couples.

BRING YOUR GAME! *open play*

*******NEW*******

CHESS, CHECKERS or any board game you love to play!

Fridays, January 6-June 16

12:30pm-2:30pm

Open play for your enjoyment. Card tables will be set up and coffee & snacks will be available. Meet up with friends and spend a few hours playing your favorite game. Chess, Checkers - or any other board game you love to play. **You must provide your own games!!!** No instructor.

CANASTA, BRIDGE or any CARD GAMES, *open play*

Fridays, January 6-June 16

10:00am-12:00pm

Open play for your enjoyment. Card tables will be set up and coffee & snacks will be available. Bring a group or find a group. Spend a few hours playing, learning or practicing the finer points and strategies of your game. **No instructor.**

CANASTA LESSONS

Wednesdays, Jan 4, 11, 18

1:00pm – 3:00pm

Learn to play Canasta!

First a lesson on how to play the game. Then supervised, open play to learn under the guidance of volunteer instructors. Join the fun!

CARDIO, *intermediate*

Tuesdays, January 3-June 13

Thursdays, January 5-June 15

10:15am-11:15am, Instructor: Rosie O'Donnell

Build endurance and strengthen your cardiovascular system by participating in this low impact class.

Equipment: weights, a ball, a band and water

CARDIO WELLNESS, *chair class*

Wednesdays, January 4-June 14

Fridays, January 6-June 16

11:30am-12:30pm, Instructor: Rosie O'Donnell

This program is for the participant who is looking to transition back into exercise with a gentle cardio program. Classes will target the different muscles in your body. **Equipment:** 1 or 2 pound weights, a

ball, a band and water

COUNTRY LINE DANCE, *Beginner/Advanced Beginner*

Wednesdays, January 4-June 14

9:00am-10:00am, Instructor: Jo-Ann Figurelli

This class will combine low, moderate and high energy line dance routines. Line Dancing is a fun way to dance socially without a partner and a great way to burn calories. **Equipment:** water, comfortable

clothes and sneakers

(THE) KENJA CLUB, *Goju Ryu*

Wednesdays, January 4-June 14

10:15am-11:15am, Instructor: Sensei Mark Kapel

The Kenja Club is a low impact fitness class specifically designed to strengthen your body, improve your balance and flexibility, and keep your mind sharp. It can also help improve circulation and relieve stress.

Equipment: water, comfortable clothes and sneakers

KNITTING

Wednesdays, January 4-June 14

10:00am-12:00pm

Experienced and newcomers welcome. Join together to create! Participants create their own items as well as items to donate and/or to sell to raise money to be donated to local organizations. Bring your own yarn to use and/or donate. **No instructor.**

MAHJONG, *open play*

Mondays, January 9-June 12

11:30am-2:30pm

Open play for those who love Mahjong. Please bring your own set. Call the office if you are a single player looking for a group. **No instructor.**

MAHJONG LESSONS

Wednesdays, Feb 1, 8, 15

1:00pm – 3:00pm

Learn to play Mahjong!

First a lesson on how to play the game. Then supervised, open play to learn under the guidance of volunteer instructors. Join the fun!

PICKLEBALL, *indoors at the Marlboro Rec Center*

January 3-June 16

Monday, Wednesdays, Fridays *Advanced & Intermediate Players*

Tuesdays & Thursdays *Beginners Only*

1:00pm-2:30pm, Open Play

If you would like to play **indoors**, you **MUST REGISTER**. You may not just drop in! Players are responsible for setting up and breaking down the portable pickleball nets provided. Players wait their turn by placing their rackets in line. Then, they rotate play on the three indoor courts taking turns with different groups and partners. Players must bring their own racket.

PING PONG/POOL

Thursdays, January 5-June 15

11:30am-1:30pm

Have fun socializing over a game of ping pong or pool. Open play.

STRENGTH TRAINING

ZOOM

Tuesdays, January 3-June 13

Thursdays, January 5-June 15

10:15am-11:15am, Instructor: Joann LaPorta

This class will focus on developing more flexibility and muscle strength. Be ready to see and feel changes! You will go through a warm-up and then focus on strength, flexibility and balance. **Equipment:** Chair, weights, ball, band and water

TAC TECHNOLOGY ASSISTANCE

*****COMING SOON*****

DATE & TIME TO BE ANNOUNCED

Do you struggle with technology? Do you need cell phone, IPAD and/or computer help? Would you just like to learn more and improve your skill set? Whatever your need, the Marlboro Township **Teen Advisory Committee (TAC)** is coming to the Rec Center to help Township Seniors! Join in for a “how-to” discussion and pick up a few pointers. Followed by a group Q & A and then one-on-one for any follow up assistance. Bring your equipment (if it is portable), or schedule an appointment for follow up help at home! The TAC Members are eager to help assist and to answer any questions you may have!!

TAI CHI

Thursdays, January 5-June 15

9:00am-10:00am, Instructor: Cheryl George

Tai Chi 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. **Equipment: water, comfortable clothes and sneakers**

TOTAL BODY WORKOUT

Mondays, January 9-June 12

Fridays, January 6-June 16

10:15am-11:15am, Instructor: Joann LaPorta

This **advanced** class will start with a warm up, before working on flexibility, range of motion, endurance and functional movements. Cool down to follow.

Equipment: weights, band, mat and water

WAKE UP WITH YOGA

Fridays, January 6-June 16

9:00am-10:00am, Instructor: Susan Santoriello

Begin your day with a one hour yoga class designed to offer something for everyone. We will combine movement with breath, while focusing on increasing flexibility, joint stability and balance. 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. Class will end with a quiet, guided relaxation. **Equipment: mat, blocks, a strap and water**

YOGA, *chair*

ZOOM

Thursdays, January 5-June 15

11:30am-12:30pm, Instructor: Susan Santoriello

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.

Equipment: chair, mat, one block and a strap

YOGA, *gentle*

ZOOM

Mondays, January 9-June 12

9:00am-10:00am, Instructor: Susan Santoriello

Begin your day with a one hour yoga class designed to offer something for everyone. We will combine movement with breath while focusing on increasing flexibility, joint stability and balance. 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. Class will end with a quiet, guided relaxation. **Equipment: mat, blocks, a strap, a chair (for balance) and water**

ZUMBA

Tuesdays, January 3-June 13

9:00am-10:00am, Instructor: Toni Martino

Do you love to dance? 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. Have a party while you exercise! **Equipment: water, comfortable clothes and sneakers**

ART CLASSES

SKETCHING WITH FRANK

ZOOM

Thursdays, January 5-June 15

1:00pm-2:30pm, Instructor: Frank Rosato, Graphic Artist, Illustrator and Cartoonist

Do you want to learn how to draw? Or maybe you think you can't draw, but always wanted to. Then this class is for you. In this zoom class, you will learn the basic foundations of drawing and gradually move on to more challenging projects. Drawing is fun and relaxing. Once you learn the basics you will be amazed at what you can draw! **Zoom link** to be forwarded weekly. **Supplies: 9 x 12 drawing pad or larger, drawing pencils, kneaded eraser, ruler**

WATERCOLOR & MIXED-MEDIA ART CLASS

ZOOM

Tuesdays, January 3-June 13

11:00am-12:30pm, Instructor: Domenica Donna Como, Certified Art Teacher & Artist

Do you like to paint? This class is designed for *beginner to intermediate* students who want to learn the art of watercolor painting. A fundamental, hands-on working knowledge of the medium will be taught. Various techniques will be explored. Experiment with tools, papers, mixed media, collage and more. Learn in a fun atmosphere while enjoying creative exercises, stimulating discussions, and some art history. Emphasis will be on learning new techniques and exploring different tools to create beautiful paintings. **Zoom link** to be forwarded weekly. **Supplies: A list of required supplies will be forwarded to participants prior to the start of class.**

HEALTH SCREENINGS

MINI HEALTH CHECKUP

Tuesday, February 28

10:00am - 12:30pm

Stop by for a blood pressure check, hearing check and a gait and balance check. Sponsored by **Beacon for Life**. Registration is required

BAGELS AND BLOOD PRESSURE

Tuesday, March 7

9:30am-12:30pm

Stop by after class to meet the team from **The Jewish Home of Freehold**. Director of Community Relations, Victoria and their nurse! Enjoy a bagel breakfast as you are passing through, have your blood pressure screened and receive a booklet to record future readings! The team will be happy to answer any questions and advise on healthy blood pressure and triggers to watch for!

HACKENSACK MERIDIAN HEALTH SCREENINGS

Friday, April 21

10:00am-12:00pm

Hackensack Meridian Health returns for more **FREE** health screenings. Blood Pressure, pulse, BMI, Stroke Risk Assessment, Cholesterol, Glucose and Bone Density screening appointments. Bone Density screening appointments will be limited. Information for registration for Bone Density screenings will be available in April. **Registration is required for all screenings.**

DISCUSSION GROUPS

HANGING WITH HEIDI

Moderator: Heidi

Tuesdays, January 3-June 13

11:30am-12:30pm

Participate in a **small discussion group** moderated by Heidi. This group will allow you to connect with others, discuss what is on your mind and answer a few thought provoking questions in the mix! Everyone will be given the opportunity to participate. Join in with an open mind and have some fun!

NEWS & YOUR VIEWS

Moderators: Jessica Sand & Sandy Levin

Tuesdays, January 3-June 13

11:00am-12:30pm

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.

OLD-TIME BASEBALL MEMORIES

Moderators: Sandy Levin & Ted Zubulake

Thursdays, February 16, March 23, April 20, May 18, June 15

1:00pm-2:30pm

Attention baseball fans! Get together with a group of like-minded comrades for a discussion about old-time baseball. Share your memories, thoughts and opinions. Compare today's baseball with that of yesteryear.

LECTURES

WHEN YOU REGISTER FOR ANY INFORMATIONAL SESSIONS/LECTURES PROVIDED BY THE TOWNSHIP, YOU ARE IN AGREEMENT WITH THE FOLLOWING: I ACKNOWLEDGE THAT THE INFORMATION AND OPINIONS PROVIDED IN THIS SESSION ARE SOLELY THE PRESENTER'S AND DO NOT REFLECT THE OPINIONS AND BELIEFS OF THE TOWNSHIP OF MARLBORO.

SENIOR FAMILY & COMMUNITY HEALTH SCIENCES LECTURES

Thursdays

1:00pm-2:00pm

The following three lectures will be presented by Rachel Tansey, Senior Family & Community Health Sciences Associate, sponsored by **Rutgers Cooperative extension of Monmouth County**.

Thursday, January 26 New Year, A Better You

The start of a new year is a perfect time to set yourself on the pathway to a healthy lifestyle. This lecture provides tips to help you start the year off right with healthy food, physical activity and attention to your overall well-being.

Thursday, February 23 Cooking Your Way to a Healthy Heart

Celebrate Heart Health Month by exploring several strategies to fine tune your heart health. Topics include: stocking your home pantry, menu planning and enhancing your cooking skills.

Thursday, March 23 Supporting a Strong Immune System

Learn about the nutrients you need to keep your immune system strong. We will learn about the difference between prebiotics and probiotics, antioxidants and phytochemicals and the vitamins and minerals we need for a robust immune system.

FROM LONELINESS TO LAUGHTER, *Lunch & Learn*

Thursday, January 19

12:30pm-2:00pm

Presenter: Pam Montemurno

Join in for a lecture about combating the epidemic of loneliness in seniors. Have you ever felt lonely? Have you ever felt that that you are all alone in your feelings of loneliness? Well you are not. Attend this informative yet light hearted lecture to learn more and change your feelings from loneliness to laughing out loud. Lunch will be provided by **The Jewish Home for Rehabilitation**.

PREDIABETES: ARE YOU AT RISK?

Tuesday, January 24

1:00pm-2:00pm

Can making changes prevent you from getting Diabetes? Join us for this informative program and find out the early warning signs, symptoms of Prediabetes and changes you can make to help prevent it. **Lecture sponsored by Hackensack Meridian Health.**

INHERITANCE TAX: Everything you need to know about it.

Friday, February 17

1:00pm-2:00pm

Inheritance Tax is the tax that nobody wants to talk about, but may affect many of us. Learn about the role of an executor or administrator, types of beneficiary classes, filing requirements, how to obtain waivers and other important information that can prove to be beneficial down the line. Followed by Q & A session. This lecture will be presented by an auditor from the Inheritance Tax Department of NJ, along with someone from the State's Tax Education Department. **Sponsored by Senior Helpers.**

HISTORY OF BROOKLYN

Thursday, April 27

1:00pm-2:00pm

Speaker: Sandy Levin

Come take a walk down memory lane to reminisce with others about Brooklyn memories of familiar people, places and events. Some history about how it became the Brooklyn you all know and love will also be included in this fun lecture!

Information regarding additional lectures will be released throughout the season. Keep an eye on your email and look for notices posted at the senior center. All requests for specific topics will be considered!!!

SOCIAL EVENTS

MONTHLY BAGELS & BINGO

Wednesday, January 11

Wednesday, February 15

Wednesday, March 15

Wednesday, April 19

Wednesday, May 10

Wednesday, June 14

12:30pm-2:00pm

Marlboro Rec Center

Come join in for a fun, relaxing hour!!! Prizes for winners! Refreshments to be provided.

Registration is required.

BIRTHDAY CELEBRATIONS

Friday, February 3 - Happy Birthday, January & February!

Friday, April 14 - Happy Birthday, March & April!

Friday, June 2 - Happy Birthday, May & June!

1:00pm-2:00pm

Marlboro Rec Center

Please join this social event to gather and celebrate monthly birthdays with your senior center friends that are celebrating! **Everyone is welcome – you do not need to have a birthday during the month scheduled.** Celebrate with those that do!!! We will sit and chat and enjoy the afternoon together. Coffee and cake and other treats will be served. Special gift for celebrants! **Registration is required.**

A WORD FROM OUR SPONSOR

Thursday, January 12

1:00pm-2:00pm

Right at Home will sponsor a fun game with prizes! Test your memory!

WHAT'S COOKING?

Tuesday, January 17

12:30pm-1:30pm

Time for Soup!!! Brandywine Living will host a Cooking Demo in-person for us! Participants will be able to watch and learn from Chef Chris and Sous Chef Brittany. Sit back and enjoy the demonstration and then enjoy some delicious soup! **Sponsored by: Brandywine Living at Governor's Crossing**

PICTIONARY

Tuesday, February 21

1:00pm-2:00pm

Let's have some fun and draw together. Have you ever played the game of Pictionary? Yes or no, it does not matter! You do not have to have drawing skills for this game! Join your friends for an afternoon of fun and laughter.

SCRABBLE & SNACKS

Tuesday, March 14

12:30-2:30pm

Do you love to play Scrabble? **BRING YOUR SET** (if you have one) and be set up with others looking to play this **GOOD FOR YOUR BRAIN GAME!!!** Did you know that Scrabble can help enrich vocabulary and improve cognitive performance, strategic thinking and focus, all while you are enjoying interacting with others? Join in for a fun, possibly competitive afternoon.

TRIVIA FUN!

Thursday, April 13

1:00pm-2:00pm

Join in for a fun afternoon of **EASY MULTIPLE CHOICE** trivia with some challenging questions. Prizes for winners!!! Coffee and a light snack will be served.

WHERE ARE YOU FROM? *Cultural Event*

Tuesday, May 16th

12:30-2:30pm

We have such a wide range of people from different backgrounds. Let's find out how many different countries/cultures we represent within our senior group. Let's have a cultural exchange where we can share and learn about one another. Come participate in a fun day! This is an opportunity to share your customs, ideas and/or any interesting facts. Let's join together to learn about one another and celebrate our diversity.

SPECIAL EVENTS & TRIPS

*****PLEASE READ THE FOLLOWING INFORMATION PRIOR TO REGISTERING FOR ANY SPECIAL EVENTS OR TRIPS THAT REQUIRE A FEE TO BE PAID.*** TRIPS and TOWNSHIP SPONSORED SPECIAL EVENTS ARE PURCHASED WITH THE UNDERSTANDING THAT THEY ARE NON-REFUNDABLE. IF THERE IS A WAITLIST AND A REPLACEMENT CAN BE FOUND FOR YOUR TICKET /SEAT, IT IS THEN POSSIBLE THAT A REFUND BE ISSUED IN ACCORDANCE WITH THE**

TOWNSHIP REFUND POLICY. *The policy is as follows: 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. Refund processing may take up to 8 weeks.*

If a program is cancelled by the Township or by the VENUE, then a FULL REFUND will be given.

SPECIAL EVENTS

Reminder: All seats for Special Events are purchased as NON-refundable.

All luncheons hosted by the senior center will include a vegetarian option.

JANUARY:

JANUARY JAZZ JAMBOREE

Friday, January 27

11:30am-2:30pm

Fee: \$15pp

Let's beat those winter blues and Jazz it up!! Get your friends together and come on over to our jazzed up, winter wonderland to enjoy a **hot meal** while being entertained with some relaxing jazz tunes performed by a talented Jazz Duo.

FEBRUARY:

SUPER BOWL PARTY

Thursday, February 9

11:30am-2:30pm

Fee: \$5pp (Yes - only FIVE dollars!!!)

Fun and games abound for all of the sports fans out there and anyone that is looking for a **SUPER (BOWL) GOOD TIME!** Don't forget to **wear a football jersey** representing your favorite team. There will be an assortment of **games** set up to participate in. Have a ball and test your skills, while collecting **winning tickets** to be entered into a raffle to win awesome prizes! Don't miss this exciting event!!! We have never had anything like this! **Sponsored by Senior Helpers, Brandywine Assisted Living at Governor's Crossing and the Gardens at Monroe Healthcare and Rehabilitation.** There will be **music, food and fun!!!**

BOB SCOTT'S GAME SHOW

Wednesday, February 22

12:30pm-2:30pm

Fee: \$10pp

This is not your typical game event. This game show experience has everyone involved playing for a chance to win **awesome prizes!** Players are randomly drawn to participate in games similar to some of your favorite game shows. Don't miss this fun event! **A light snack** will be served. **Sponsored by ARTIS Senior Living of Eatontown & friends.**

MARCH:

NEWCOMERS WELCOME LUNCH

Tuesday, March 21

12:00pm-2:00pm

Fee: \$5pp

Are you new to Marlboro Township Rec Center Senior programs? Did you just move here or did you just "come of age"? Are you looking to find out more? Meet other newcomers? Register now for a fun afternoon **just for NEWCOMERS**. Don't be shy! Don't worry about who you will sit with - we have that covered! **Lunch will be served.**

HATS OFF TO SPRING!

Friday, March 31

11:30am-2:30pm

Fee: \$15pp

Do you have **spring fever**? Are you getting stir crazy - ready to get outside after a long winter? Well, put on your best, favorite or lucky hat (**we will have a contest**) and join us for a **HATS OFF TO SPRING** celebration with some of your favorite **BROADWAY SHOW TUNES** performed by Peggy Lee and Geoff. This event will include good food, good friends, good music and good fun! **Lunch: Assorted sandwiches will be served with side salads, coffee, tea and dessert.**

APRIL:

SPEED FRIENDING followed by the MIX IT UP MIXER

Friday, April 28

11:30am-2:30pm

Fee: \$15pp

Are you new to the Rec center senior programs, or have you been here for a long time? It does not matter! Come try something new. This is an event you won't want to miss. Space will be limited! You are guaranteed to have a fun afternoon making new friends and having lunch together while enjoying **musical entertainment provided by Jerry Spathis**. You might even be inspired to get up and dance! **Lunch: A variety of wraps with side salads, coffee, tea and dessert.**

MAY:

SPLASH INTO SUMMER BBQ

Wednesday, May 24

11:30am-2:30pm

Fee: \$15pp

Before we head into Memorial Day weekend, the traditional summer kickoff, let's get together for our own celebration. **Wear something splashy! BBQ fare will be served** and entertainment provided.

NOTICE OF ADDITIONAL EVENTS WILL GO OUT VIA EMAIL. WHO KNOWS WHAT FUN LIES AHEAD!!!

TRIPS

Reminder: All Trips are NON-refundable

All trips, unless otherwise indicated, will **include round trip coach bus service** from the Marlboro Mall (Route 79 and School Road West.) There are a limited number of seats available for all trips. Since waitlists will be utilized, **if you need to cancel**, please contact the Senior Office. **You may not sell your ticket on your own!** Each trip participant **MUST BE REGISTERED** or he/she **WILL NOT** be permitted on the bus. Trips will be opened to non-residents (additional fee) if there is space available.

ST. PATRICK'S FESTIVAL, Li Greci's Staaten

\$66.50pp w/lunch, residents

Staten Island, NY

Thursday, March 16

Depart at 10:15am

Return at 5:00pm

Mike Byrne (Irish Tenor) & Green Derby Show Band and/or Willie Lynch Band. All shows will have a Comedian & Bagpipes. Let's make it a great day for the Irish & wearing of the green. Bring your friends and have a wonderful time at our St. Patrick's Day celebration. **Menu: One Hour Open Bar, Fresh Garden Salad, Caterers' Choice of Pasta or Soup, Corned Beef & Cabbage, Half Roasted Chicken or Salmon with Dill Sauce. Dessert – coffee or tea. Wine and Soda included during lunch.**

NOSTALGIC BEST OF BROOKLYN BUS TOUR/DELI STOP

\$70.50pp w/lunch, residents

Brooklyn, New York

Tuesday, March 28

Depart at 9:00am

Return at 4:30pm

Highlighting Brooklyn's food, history, culture and architecture on a 4.5 hour multimedia SIGHTSEEING (Mostly) BUS TOUR. *****THIS TOUR INCLUDES 35-40 MINUTES OF VERY LEISURELY WALKING – WEAR COMFORTABLE SHOES!!! ***** Brooklyn neighborhoods and landmarks included: Brooklyn Heights, The Promenade, Grand Army Plaza, Greenwood Cemetery and the original location of Ebbetts Field, home of the Brooklyn Dodgers. **Famous movie locations included from:** The Godfather, Moonstruck, Dog Day Afternoon and more! You will experience a **full sit-down LUNCH AT WORLD FAMOUS JUNIOR'S including a Half of a Pastrami Sandwich on Rye (alternatives: turkey or tuna), Fries and a Soft Drink, along with a Slice of Cheesecake with Coffee or Tea for dessert!**

FABULOUS 50'S/SENSATIONAL 60'S, The Brownstone

\$69.00pp w/lunch, residents

The Brownstone, Paterson, NJ

Thursday, April 20

Depart at 10:15am

Return at 5:00pm

Take a trip with **Adam and The New Hearts** to the fabulous days and nights of the 1950's and 1960's. Starting off with great singers like Bobby Darin and Johnny Maestro. These decades would give birth to some of the greatest Rock and Rollers of our time. Great singing groups like "The Drifters", "The Platters", "The Four Seasons" and great stars like Jerry Lee Lewis, Elvis, Dion & more!! Some might say it was one of the greatest musical eras of all time! **Family- Style Menu: 2 Complimentary Drinks, Fresh Garden Salad, Beef Barley Soup, BBQ Chicken, Stuffed Loin of Pork, Rice Pilaf, Fresh Vegetable Medley, Dessert, Coffee, Tea, Decaf and Soda on the table all day**

MILLION DOLLAR QUARTET, Hunterdon Hills Playhouse

\$75.00pp w/lunch, residents

Hunterdon, NJ

Tuesday, April 25

Depart at 10:15am

Return at 5:00pm

This Tony Award-nominated musical sensation is set on December 4, 1956, when an extraordinary twist of fate brought **Johnny Cash, Jerry Lee Lewis, Carl Perkins and Elvis Presley** together at Sun Records in Memphis for what would be **one of the greatest Jam Sessions ever!** This poignant and funny musical features an incredible score of rock 'n' roll, gospel, R&B and country hits, performed live on stage by world-class actors and musicians. Hit songs include "Blue Suede Shoes," "Fever," "Walk the Line," "Sixteen Tons," "Who Do You Love?" "Great Balls of Fire," "Folsom Prison Blues," "Whole Lotta Shakin' Goin' On," "Hound Dog" and more! **Lunch included. (Menu will not be released by venue until February.)**

HAPPY DAYS UNDER THE ROCK AND ROLL BOARDWALK, The Shore Club \$65.00pp w/lunch, residents

Spring Lake, New Jersey

Wednesday, June 7

Depart at 10:30am

Return at 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. **Menu: One Hour Open Bar, Fresh Garden Salad, Caterers' Choice of Soup, Beef Brisket, Chicken Kiev or Herbal Salmon. Dessert – coffee or tea. Wine and soda during lunch.**

MORE LECTURES, SPECIAL EVENTS & SOCIAL EVENTS

Any additional **lectures, special events** and/or **social events** will be announced via email and posted on the bulletin board outside of the Senior Office. Don't miss out! If you do not use email or come to the Senior Center regularly, please check with your friends to keep informed! You may also call the Senior Office for updates anytime (ask to be added to our no email list) at 732-617-0367 or 732-617-0100. **We are always happy to hear from you!** 😊

NEW PROGRAM IDEAS

If there is a program you would like to see, or you would like to **volunteer to share a talent or host a discussion group**, please feel free to share your idea with me. Also, if you attend a program elsewhere that you think your Senior Center friends would enjoy – grab a business card and drop it off at my office. These programs are for you! I am always looking for new, fun, interesting and educational programs. All suggestions are welcome. Call 732-617-0367 or 732-617-0100 or email hpincus@marlboro-nj.gov anytime.

ATTENDANCE

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. We will adhere to a strict attendance policy going forward. Our waitlists are growing! Please let us know if you will be missing classes. Missing 3 consecutive classes will result in automatic withdrawal from a program **unless** we have been notified. **If you will be out of town for an extended period of time (snowbirds, travel etc.), please leave a spot open for someone that is here!** We are doing our best to manage the waitlists and accommodate as many as possible. We need your help!!! **Please register upon returning.** Thank you.