

2023 ACTIVE ADULT SENIOR PROGRAM GUIDE

SUMMER/FALL SESSIONS: JUL 5-AUG 11 (6 weeks)

SEP 5-DEC 15 (15 weeks)

REGISTRATION INFORMATION

DATE: Tuesday, June 20, 2023

TIME: 9:00am

- You may register on community pass at www.marlboro-nj.gov/signup or call 732-617-0100 or 732-617-0367 for assistance registering. (**NO IN-PERSON REGISTRATION**)
- Seniors needing assistance on trips or in classes must bring an aide or chaperone.
- **No calls to register** will be taken prior to 9:00 am. **PLEASE DO NOT LEAVE MESSAGES TO REGISTER AT ANY TIME ON REGISTRATION DAY.**
- Programs will continue to be offered **INDOORS** and on **ZOOM**. We will enforce a **strict attendance policy for INDOOR classes** as they are limited in size. Please only register if you plan to attend regularly. **ZOOM** programs will be able to accommodate all participants that are interested.
- **VERY IMPORTANT - Please call with any questions you may have PRIOR to registration day, to keep things moving on registration day.**

*****RESTRICTIONS AND LIMITATIONS ON REGISTRATION DAY*****

ON REGISTRATION DAY, Tuesday, June 20 at 9:00 am, you will be **limited** to:

- Registering for a **maximum of 4** of the following **HIGH DEMAND EXERCISE CLASSES**: Total Body Workout, Cardio Variety, Cardio Wellness, Intermediate Cardio and Balance and Stretch. There are **no restrictions** for classes on **Zoom**.

As part of the 4 you select:

- You may register for **only 1** Total Body Class (Mon or Fri)
- You may select **up to 2** of **either** Intermediate Cardio **or** Cardio Wellness. (**Not 1 of each.**)

Initially, you may select **up to 5** of the **Social Events**. There will be **no restrictions** on registration for **Special Events, Trips, Lectures,** or **Zoom** programs.

PICKLEBALL registration will be limited to a maximum of **3 sessions** per registrant, until a week after registration. **Anyone that registers for more than 3 sessions will be removed from all registered days.** Fridays will be open play for **all levels.**

A WEEK AFTER REGISTRATION, Tuesday, June 27th at 9:00am, **all registration restrictions** will be lifted. At that time you may register for any classes that are open or join any waitlists.

ATTENDANCE POLICY

Classes are limited and sometimes have waitlists. **Please only sign up for programs that you plan to attend on a REGULAR basis.** We will adhere to a strict attendance policy. **If you miss two consecutive exercise classes, you will be withdrawn from the program** and put on the waitlist to be re-registered in the program when a spot is available. The hope is to accommodate more people instead of having empty spots. Once called off the waitlist, you will have 48 hours to accept the spot, before we move onto the next person. This will provide an opportunity for more participants to take advantage of the many classes provided by the Township.

Please notify the office as soon as possible if you are having surgery, in rehab, taking care of a family member, traveling for weeks/months, etc. Your spot cannot be held, but we will move you to the waitlist, so by the time you are ready to return, it will be a short wait before a spot becomes available. If you wait for us to remove you from a program, it will take longer for you to be readmitted. **Please be respectful and ONLY attend programs that you are registered for. Anyone attending classes that they are not registered for will be suspended from programs.**

Reminder: 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. This will enable the Township to accommodate as many residents as possible. *Many are eager to participate in classes, so please be courteous and understanding as we try a new way to be fair to all participants.*

EXERCISE CLASS REMINDERS

- **IMPORTANT:** 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.

Summer Classes will begin WEDNESDAY, July 5, 2023

Fall Classes will begin Tuesday, September 5, 2023

There will be NO classes on the following dates:

Mon: Sep 4, Sep 25, Oct 9

Tue: Nov 7

Thurs: Nov 23

Fri: Sep 15, Oct 27, Nov 10, 17, 23, 24, Dec 8

CLASS LOCATIONS

In-person classes to be held at:

SUMMER (JUL 5-AUG 11): Morganville Firehouse, 78 Tennent Road, Morganville 07751

FALL (SEP 5-DEC 15): Marlboro Rec Center, 1996 Recreation Way, Marlboro 07746

CLASSES & PROGRAMS

AARP DRIVER SAFETY PROGRAM

\$20.00 fee AARP members/\$25.00 fee non-members

Monday, October 16

9:00am-3:00pm bring your own lunch

Recreation Center

Those completing the course should be entitled to a discount on their auto insurance. To confirm this information, reach out to your insurance provider. Limited to 20 participants. You must drop off a **check made out to AARP.**

BALANCE and STRETCH

Summer at Morganville Firehouse

Thursdays, Jul 6-Aug 10

9:00am-10:00am

Fall at Rec Center

Thursdays, Sep 7-Dec 14

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

Fall at the Rec Center

Mondays, Sep 11-Dec 11

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!

Summer at the Rec Center

Tuesdays, July 11-Aug 8

1:30pm-3:30pm

Fall at the Rec Center

Fridays, Sep 8-Dec 15

12:30pm-2:30pm, no instructor

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. Canasta, Mahjong, Scrabble, 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

Fall at the Rec Center

Fridays, Sep 8-Dec 15

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: FIND A GAME

Friday, September 8

2:00pm-3:00pm

Calling all Canasta Players looking to form a group. Come to this “find a game” meetup! Connect with other like-minded players.

CARDIO, *intermediate*

Summer at the Morganville Firehouse

Tuesdays, Jul 11-Aug 8 & Thursdays, Jul 6-Aug 10

10:15am-11:15am, Instructor: Lisa Parachini

Fall at the Rec Center

Tuesdays, Sep 5-Dec 12 & Thursdays, Sep 7-Dec 14

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 VARIETY

Summer at the Morganville Firehouse

Wednesdays, Jul 5-Aug 9

10:15am-11:15am

Fall at the Rec Center

Mondays, Sep 11 – Dec 11

9:00am-10:00am, Instructor: Joann LaPorta

This class will keep you interested in your cardio workout. With timed interval training, circuit stations, and a bit of cha-cha, we will get our cardiovascular exercise while having FUN. So, bring a towel and water, and let's get moving.

Equipment: towel and water

CARDIO WELLNESS, *chair class*

Summer at the Morganville Firehouse

Tuesdays, Jul 5-Aug 9

11:30am-12:30pm, Instructor: Marla Rudich

Fall at the Rec Center

Wednesdays, Sep 6-Dec 13 and Fridays, Sep 8-Dec 15

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:** weights, ball, band, water

COUNTRY LINE DANCE

Fall at the Rec Center

Wednesdays, Sep 6-Dec 13

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**

DRUMS ALIVE! (DRUMS FOR WELLNESS)

Summer at the Firehouse

Wednesdays, Jul 5-Aug 9

11:30am-12:30pm, Instructor: Joann LaPorta

Research has shown that besides having fun - Drums Alive! for Wellness stimulates the left and right side of the brain. Research shows as a direct result of drumming, there is an improvement of brain hemisphere synchronization which can help to improve concentration, creativity and mental capacity.

Drumming is also a powerful stress reduction. When drumming to the rhythm of music, the brain waves enhance or change, especially the Alpha waves, which are linked to the feeling of euphoria and well being. By participating in a Drums for Wellness class you are not only having fun, but reaping benefits for the mind, body, and soul

KNITTING

Summer at the Rec Center

Tuesdays, July 11-Aug 8

10:00am-11:30am

Fall at the Rec Center

Wednesdays, Sep 6-Dec 13

10:30am-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

Fall at the Rec Center

Mondays, Sep 11-Dec 11

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: FIND A GAME

Monday, September 18

2:00pm-3:00pm

Calling all Mahjong players looking to form a group. Come to this "find a game" meetup! Connect with other like-minded players.

NEW MEMBER REGISTRATION

*****NEW*****

If you are a new participant looking to join senior programs at the Rec Center and you are not yet registered for any programs, please register here to receive emails about upcoming programs.

OUTDOOR SUMMER PICKLEBALL, *outdoors at Marlin Estates Park*

Summer

Monday-Friday, July and August

8:00am-10:00am, Open Play for all levels

If you would like to play **outdoors**, Marlboro seniors are welcome to join in for rotational play at **Marlin Estates Park** (East Francis Avenue) during **July and August**. The courts will be reserved, for **ALL** Township Seniors, **weekdays only** at the above listed time. **No registration is required for the summer. Bring your own equipment. Make some new pickleball friends!**

PICKLEBALL, *indoors*

Fall at the Rec Center

Sept 5-Dec 15

Mondays, Tuesdays, Wednesdays, Thursdays, Fridays **ADVANCED & INTERMEDIATE PLAYERS**

12:45pm-2:15pm

Mondays, Tuesdays, Wednesdays, Thursdays, Fridays **BEGINNERS ONLY**

2:30pm-4:00pm

If you would like to play **indoors**, you **MUST REGISTER. To begin with you may select up to 3 sessions. You may not just drop in!** Players are responsible for set up/break down of equipment. Players line up their rackets and wait their turn to compete with different groups on the three indoor courts. Players must provide their own equipment. Bring your racket and a ball or two.

PING PONG/POOL

Fall at the Rec Center

Thursdays, Sept 7-Dec 14

11:30am-1:30pm

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

STRENGTH TRAINING

Always on Zoom

Summer

Tuesdays, Jul 11-Aug 8 & Thursdays, Jul 6-Aug 10

Fall

Tuesdays, Sept 5-Dec 12 & Thursdays, Sept 7-Dec 14

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

TAI CHI

Fall at the Rec Center

Thursdays, Sept 7-Dec 14

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**

THE KENJA CLUB, *Goju Ryu*

Fall at the Rec Center

Wednesdays, Sept 6-Dec 13

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

TOTAL BODY WORKOUT

Summer on Zoom

Mondays, Jul 10-Aug 7 Zoom

Fridays, Jul 7-Aug 11 Zoom

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

Fall at the Rec Center

Mondays, Sept 11-Dec 11

Fridays, Sept 8-Dec 15

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

WALK TOGETHER, Township Drive by the roadside soccer fields

Summer

Wednesdays, Jul 5-Aug 9

9:00am-10:00am

Fall TBA

Are you looking for a reason to go outside? Do you want to exercise but lack the motivation to go it alone? Head on over to the Recreation walking path. These walking paths provide the perfect opportunity to walk and talk and make some new friends or to catch up with some of your old ones. Before you know it, the hour will have passed. **Supplies: Don't forget a water bottle, a good pair of sneakers, a hat and sunblock. Come walk with us!!!**

WAKE UP WITH YOGA

Summer at the Morganville Firehouse

Wednesdays, Jul 5 - Aug 9

Fall at the Rec Center

Fridays, Sep 8-Dec 15

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. Participants 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*

Always on ZOOM

Summer

Thursdays, Jul 6-Aug 10

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

Fall

Thursdays, Sept 7-Dec 14

11:30am-12:30pm, Instructor: **Pat Hudacsko** WELCOME BACK!

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*

Always on ZOOM

Summer

Mondays, Jul 10-Aug 7

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

Fall

Mondays, Sept 11-Dec 11

9:00am-10:00am, Instructor: **Pat Hudacsko** WELCOME BACK!

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

Summer at the Morganville Firehouse

Tuesdays, Jul 11-Aug 8

Fall at the Rec Center

Tuesdays, Sep 5-Dec 12

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

Always on Zoom

Summer

Thursdays, Jul 6-Aug 10

Fall

Thursdays, Sep 7-Dec 14

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! **Supplies: 9 x 12 drawing pad or larger, drawing pencils, kneaded eraser, ruler**

WATERCOLOR & MIXED-MEDIA ART CLASS

Always on ZOOM

Fall ONLY

Tuesdays, Sep 5-Dec 12

10:00am-11:30am, 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. **Supplies: A list of required supplies will be forwarded to participants prior to the start of class.**

DISCUSSION GROUPS

DISCUSSION GROUP: Coffee & Conversation

*****NEW*****

Thursdays, Sep 7-Dec 14

10:00am-11:00am

Let's have coffee! Join together with others to enjoy your morning coffee. Meet new people, form friendships, enjoy some fresh conversation. This is an informal way to meet up with others, enjoy some coffee and pastries and discuss anything! This is not moderated. To all of the new comers out there, this is a great way to meet some new people!

DISCUSSION GROUP: Hanging with Heidi

Summer OUTDOORS at the Rec

Tuesdays, July 11-Aug 8

11:30am-12:30pm

Fall at the Rec Center

Wednesdays, Sep 6-Dec 13

1:00pm-2:00pm

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 maybe answer a few thought provoking questions in the mix! Everyone will be given the opportunity to participate. Come join in with an open mind and have some fun!

DISCUSSION GROUP: News & Your Views

Moderators: Jessica Sand & Sandy Levin

Summer at the Rec Center

Tuesdays, July 11-August 8

10:00am-11:30am

Fall at the Rec Center

Tuesdays, Sep 5-Dec 12

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. **ENTHUSIASTIC GROUP ALWAYS LOOKING FOR NEW PARTICIPANTS TO JOIN!!!**

DISCUSSION GROUP: Old-Time Baseball Memories

Moderators: Sandy & Jules Levin, Ted Zubulake

Wednesday, September 20th

Thursday, October 26th

Thursday, November 16th

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.

DISCUSSION GROUP: Veteran's Monthly Meetup

*****NEW*****

September 6, October 4, November 1, December 6

Wednesdays, 11:30am-12:30pm

Calling all veterans! If you are a veteran looking for a group to meet up with and reminisce – you have found it! Join in and share in the comradery while enjoying coffee & pastries.

HEALTH

HACKENSACK MERIDIAN HEALTH SCREENINGS

Friday, November 3

10:00am-12:00pm

Hackensack Meridian Health will be back for more health screenings. Blood Pressure, Pulse, BMI, Stroke Risk Assessment, Cholesterol and Glucose screenings. Bone Density screening appointments will be available **for the first 18 callers.**

NJ COMMISSION FOR THE BLIND and VISUALLY IMPAIRED (CBVI)

Wednesday, September 13

9:00am-12:00pm

Free eye health screening including: vision screening, eye pressure check, consultation and next step. You will go home with your results from the exam. After you are registered, you will be contacted with your appointment time. **Space is limited.**

LECTURES

When you register for any informational sessions provided by the Township: **You 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.**

Information regarding any 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.

COLD LASER THERAPY FOR ARTHRITIC PAIN

Wednesday, September 20

1:00pm – 2:00pm

Speaker: Dr. Keith Schnappauf, Covered Bridge Chiropractic

Learn about cold laser therapy, an exciting advance in the treatment of arthritis pain and peripheral neuropathy. Learn what cold laser therapy is, how it works and the common ailments and conditions that benefit from this treatment.

MEDITERRANEAN AND DASH DIETS, sponsored by HMH

Monday, October 30

1:00pm – 2:00pm

Join Tonja Werkman, R.D., as she shares advice on foods that can help your heart health and long-term healthy eating style. Topics will include: sources of antioxidants to include in your diet, eating healthier fats and key components of the Mediterranean and DASH Diet.

MYTH-BUSTING: UNCOVERING NUTRITION TRUTHS

Thursday, October 19

1:00pm-2:00pm

Speaker: LAUREN DORMAN, Registered Dietician (MS RD CDE)

When it comes to nutrition and health, so much misinformation exists. So, do not believe everything that you see and hear! For the average consumer, it can be both challenging and overwhelming to know which information is accurate and which is not. Diet myths can be difficult to distinguish, but in order to have a healthy relationship with food, body, and mind, people *need* to care and become aware.

Lauren Dorman, MS RD CDE, believes that everyone deserves to be educated by a Registered Dietitian – an expert in food and nutrition who can translate science into practical solutions for people who wish to improve their health and overall well-being. She will uncover the many truths behind the eight most common myths surrounding health and nutrition. In fact, you may very well be surprised by what is fact versus fiction.

PAIN MANAGEMENT, presented by CentraState Rehabilitation

Tuesday, November 14

1:00pm-2:00pm

Victoria Rainaud, DPT, will discuss how physical therapy can manage, reduce, or eliminate pain through individualized treatment programs, hands on care, exercise, and education.

PELVIC FLOOR REHAB THERAPY, presented by CentraState Rehabilitation

Friday, September 22

1:00pm-2:00pm

Danielle Gorman-Robbins, DPT, will discuss pelvic floor disorders such as pelvic pain and incontinence in both men and women and how it can be treated. With gentle intervention, symptoms typically improve after a few short visits.

RESILIENCE LECTURE, sponsored by Senior Helpers and Springpoint Senior Living

Wednesday, October 18

1:00pm-2:00pm

Speaker: Lise Deguire, Psy.D.

At the age of four, Dr. Lise Deguire suffered third-degree burns on 65% of her body as the result of negligence. Against the odds, she lived through the trauma, beginning decades of treatment as a burn survivor and this is just the beginning of her compelling story. Dr. Deguire explains her long but ultimately triumphant path towards love, health, and life satisfaction. Dr. Deguire, now a psychologist, offers information on how you too can improve *your* capacity for psychological resilience by practicing the six skills of the resilient mindset. Dr. Deguire's story, a story of light over darkness, triumph over trauma, will give you hope and inspiration, some of life's greatest gifts.

SENIOR FAMILY & COMMUNITY HEALTH SCIENCES LECTURES

1:00pm-2:00pm

The following 3 lectures will be presented by Rachel Tansey, Senior Family & Community Health Sciences Associate, sponsored by [Rutgers Cooperative extension of Monmouth County](#).

Thursday, September 14

TOPIC: 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.

Tuesday, October 24

TOPIC: THE IMPORTANCE OF SEAFOOD FOR OUR HEALTH

Seafood is an important part of a healthy diet. This presentation will discuss why incorporating more seafood into our weekly routine can be beneficial to our brain and cardiovascular system as well as our overall health!

Tuesday, December 12

TOPIC: COFFEE: Should it be Your Mug of Choice?

Current research on coffee indicates possible health benefits including a decreased risk of certain health conditions. Join us to learn how it's really ok to have coffee as your mug of choice!

VESTIBULAR REHABILITATION, [presented by CentraState Rehabilitation](#)

Friday, October 20

1:00pm-2:00pm

Erin Ruple, DPT, will discuss vestibular disorders and rehabilitation that involves exercises to help manage dizziness and balance issues which can improve quality of life.

SOCIAL EVENTS

You may select up to 5 of the below social events, in addition to BINGO & Birthday Celebrations.

BINGO & BAGELS – [Registration for Bingo will open on the 1st of each month. Save the dates!](#)

Wednesday, September 13th

Wednesday, October 11th

Thursday, November 9th

Friday, December 15th

12:30pm-2:00pm

Marlboro Rec Center

Come join in for a fun, relaxing hour!!! Prizes for winners! Bagels, coffee & dessert to be provided.

BIRTHDAY CELEBRATIONS

Wednesday, September 6th Happy Birthday, July, August, September!

Thursday, November 2nd Happy Birthday, October, November, December!

1:00pm-2:00pm

Please join for this social event to celebrate monthly birthdays with your senior center friends! **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.

HOLIDAY COOKIE DECORATING, sponsored by the Chelsea Marlboro

Tuesday, December 14th

1:00pm-2:00pm

ICE CREAM SOCIAL

Thursday, July 13th

2:30pm-3:30pm

It doesn't get much yummiier than this! Let's celebrate our love for ice cream with our sponsors from **Senior Helpers, Brandywine Assisted Living at Governor's Crossing and The Gardens of Monroe Healthcare & Rehabilitation** and the **Mr. Softee Ice Cream Truck!!!** Time for an *"Ice Cream Party!"* Registration is limited for this one, so sign up quickly!!!

PAINT & SNACK, sponsored by Beacon of Life

Tuesday, November 21

1:00pm-2:00pm

ROOT BEER FLOATS & ELVIS TRIVIA, sponsored by the Chelsea Marlboro

Tuesday, September 26

1:00pm-2:00pm

SCRABBLE & SNACKS

Tuesday, September 19th

12:30pm-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.

SELF-CARE EVENT, sponsored by the Chelsea Marlboro

Wednesday, October 25

1:00pm-2:00pm

More information TBA at a later date.

SHOW WHAT YOU KNOW TRIVIA EVENT

Monday, October 23

1:00pm-2:00pm

Join in for a fun afternoon of fall trivia. Prizes for winners!!!

THANKSGIVING CRAFT, sponsored by the Chelsea Marlboro

Wednesday, November 15

1:00pm-2:00pm

Let's create! Do you enjoy crafts? Looking for a fun afternoon? Join in for a seasonal craft.

WHAT'S COOKING? Sponsored by Brandywine Living at Governor's Crossing

Tuesday, October 10th

12:00pm-1:30pm

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, then enjoy the food that is prepared!

*****REFUND POLICY*****

PLEASE READ BEFORE REGISTERING FOR ANY PAID EVENTS

*****ALL TRIPS and SPECIAL EVENTS ARE NON-REFUNDABLE*****

All trips and events are purchased with the understanding that they are non-refundable, no matter what the reason. If a replacement is found (through the waitlist) for a cancellation of a "nonrefundable trip or event," a refund may 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 a venue, then a full refund will be processed.

SPECIAL EVENTS

Reminder: Please read the Township Refund Policy prior to registering. All Special Events purchased are NON-refundable.

SEPTEMBER

WELCOME BACK HOE DOWN, lunch included

\$15 pp

Tuesday, September 12th

11:30pm-2:00pm

Let's dance, square dance that is! When is the last time you attended a square dance? Let's try something different. Who's game? Let's dance and enjoy a fun afternoon!

HELLO FALL, fall fun celebration, sponsored by Beacon of Life

\$5 pp

Thursday, September 21st

1:00pm-2:30pm

Take a trip down memory lane. Rock with Tara Feeley while she entertains us with some of your favorite, upbeat, happy tunes. She will have you singing and tapping and moving with the music! A lite lunch will be provided.

OCTOBER

BOB SCOTT GAME SHOW

\$5 pp

Thursday, October 12th

12:00pm-2:00pm

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! **Pizza, soda, coffee & dessert** will be served. **Game Show and prizes sponsored by The Gardens at Monroe Healthcare & Rehabilitation and ARTIS Senior Living of Eatontown.**

LET'S GET BATTY HALLOWEEN PARTY, *lunch included*

\$15 pp

Friday, October 27th

11:30am-2:30pm

Join in for an afternoon of fun and games and **PRIZES** including our annual costume party! Music by JTK Entertainment. Lunch, dessert and Halloween treats will be served. Always one of the most fun parties of the year!

NOVEMBER

Registration will open in the fall for the Thanksgiving Luncheon.

LET'S GET STUFFED, Thanksgiving Luncheon

Fee TBA

Friday, November 17th

11:30pm-2:30pm

A traditional Thanksgiving lunch will be served with all of the trimmings. New Entertainer: Lou Abbato. Performance 1-2pm.

TRIPS

Reminder: Please read the Township Refund Policy prior to registering. All Trips purchased are NON-refundable.

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.

If you need to cancel, please contact the Senior Office. Since there are a limited number of seats available for all trips, waitlists will be utilized. **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.

AUGUST

REMEMBER ME? HUNTERDON HILLS PLAYHOUSE, Hunterdon

\$82.50 per resident, \$107 per non-resident

Wednesday, August 2

Depart at 10:15am

Return at 5:00pm

Sam Bobrick's wacky and whimsical romantic comedy about love - past and present! Mary and Brian Hanson seem to have it all. A gorgeous apartment, grown and successful children, and a very comfortable marriage. Although content, the marriage has grown tired until one morning over their regular coffee, Mary's old college boyfriend, Peter, appears professing his still held and long lasting love. Mary is flabbergasted until she realizes she is the only one who can see Peter. This Peter is simply a fantasy she has created, a VERY real fantasy that she then allows herself to be swept away by. To make matters worse, Peter refuses to leave, sending Brian into a jealous rage. Brian is determined to do all he can to win back Mary's attention, with hilarious results. A wacky farce loaded with one-liners and non-stop laughs, Remember Me? Will delight all audiences. Starring Joyce Dewitt. **Menu: Table served entrée, dessert, coffee & tea.**

SEPTEMBER

GRUMPY OLD MEN, SURFLIGHT THEATER, Beach Haven, NJ & lunch at Calloway's Restaurant, West Creek, NJ

\$67.00 per resident, \$87.00 per non-resident

Thursday, September 7

Depart at 9:30am

Return at 5:00pm

Based on the 1993 movie, it's the story of two seasoned gentlemen, Max and John, neighbors who've been feuding for most of their lives. Invigorated by their shared affection for their new neighbor, they face-off as romantic rivals until their hilarious shenanigans finally bring about a resolution to their long standing differences. This stage adaptation captures the lovably crotchety characters through twinkling humor, great songs and the affectionate depiction of a small town. **Menu: Salad, Rolls & Butter, choice of Broiled Atlantic Salmon, Roast Prime Rib of Beef, Chicken Francaise, Penne Ala Vodka, Dessert: Ice cream, Iced Tea, Soda, Lemonade, Hot Tea, Coffee. Cash Bar available.**

OLDIES BUT GOODIES DOO WOP TO DISCO, LIGRECI'S STAATEN, Staten Island, NY

\$68.00 per resident, \$88.50 per non-resident

Wednesday, September 27

Depart at 10:15am

Return at 5:00pm

The Fabulous Reflections Show Band will be performing an American Bandstand review of the songs you know by heart from the golden 50's, 60's & 70's plus a hilarious comedian. Celebrate an old time rock & roll party. **Menu: One Hour open Bar, Fresh Garden Salad, Caterer's Choice Soup or Pasta, Sirloin of Beef, Chicken Marsala, Sole Oregonato, Dessert, Coffee or Tea. Wine and Soda during lunch.**

OCTOBER

THE NEWARK MUSEUM OF ART, Newark, NJ

\$13.50 per resident, \$18.85 per non-resident

WALKING TOUR!! NO LUNCH!!

Friday, October 13

Departure: 11:30am

Tours: 1pm/divided into 2 tour groups **** Be prepared to walk around for about 45 minutes****

Return: 4:00pm

NO LUNCH – EAT BEFORE YOU GO! BRING A SNACK!

Attendees will go on a 45 minute guided tour - the **Highlight Tour**. This tour will help you navigate and get to know The Newark Museum of Art on a “sampler” tour featuring museum highlights from its wide-ranging collections. Explore the historic Mediterranean Collection, Arts of Africa and the consecrated Tibetan altar. Following the tour, all are welcome to self-guide thru the museum and shop in the gift shop.

NOVEMBER

SWEET CAROLINE - NEIL DIAMOND TRIBUTE, The Brownstone, Paterson, NJ

\$70.50 per resident, \$91.50 per non-resident

Wednesday, November 8

Depart at 10:15am

Return at 5:00pm

Neil Diamond is an American singer-songwriter, musician and actor. One of the world’s best-selling artists of all time, he has sold over 120 million records worldwide since the start of his career in the 1960’s. With super song hits like: “Sweet Caroline”, “Crackin Rosie”, “Cherry Cherry”, “Song Sung Blue” and about a million others! This is a show that shouldn’t be missed! Tommy does an amazing job singing all of Neil’s songs. Also featuring one of the top area comedians to start off your day. **Family-style menu: 2 complimentary drinks, fresh garden salad, beef barely soup, BBQ chicken, stuffed loin of pork, rice pilaf, fresh vegetable medley, dessert, coffee, tea, decaf, soda on table all day.**

DECEMBER

Registration will open in the fall for the HOLIDAY PARTY.

GOLDEN WINTER GALA, HOLIDAY PARTY, Knob Hill Golf Club, Freehold, NJ

\$68.00 per resident

Friday, December 8th from 11:30am-3:30pm

Depart: 11:00am

Return: 4:00pm

Space will be limited for this fabulous holiday extravaganza. Dress up and attend what will be the most talked about event of the season! Enjoy a delicious buffet and amazing giveaways, while you have fun enjoying the company of your friends and partners. You will enjoy dancing and/or listening and tapping along to the music of the **NORTON SMULL BAND** (5 piece). This will be a **DO NOT MISS EVENT!** Don’t get closed out and be disappointed hearing about it later. **MENU: Grilled Vegetable Antipasto Bar, chef’s arrangements specialty salads, four delicious entrees from a Little Italy Lunch Buffet. Accompanied with chef’s selection of fresh vegetables and potatoes, freshly baked dinner rolls and butter. Desserts include: chef’s selection of mini Italian pastries. Freshly brewed coffee, assorted teas and soft drinks. Cash Bar Available.**

BOOGIE WOOGIE CHRISTMAS

The Brownstone, Paterson, NJ

\$70.50 per resident, \$91.50 per non-resident

Wednesday, December 13

Depart at 10:15am

Return at 5:00pm

Come join us for a jumping jazzy Christmas celebration. The world-renowned trumpeter KING JAMES GIBBS III brings his fantastic band to the Brownstone for a great way to brighten the holiday season. Don't miss this incredible musical event, fabulous meal and top area comedian.

Family-Style Menu: 2 complimentary drinks during happy hour, fresh garden salad, ziti marinara, ham, roast turkey with dressing and cranberry sauce, mashed potatoes, gravy, fresh vegetables medley, dessert, coffee, tea, decaf and soda on table all day.

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 somewhere else 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.