

## 2021 ACTIVE ADULT SENIOR PROGRAM GUIDE

SPRING SESSION: **APRIL 5-JUNE 25 (12weeks)**

SUMMER SESSION: **JULY 6-AUGUST 13 (6 weeks)**

### REGISTRATION INFORMATION

**DATE: Tuesday, March 30, 2021**

**TIME: 9:00 am**

- You may register on community pass at [www.marlboro-nj.gov/signup](http://www.marlboro-nj.gov/signup)
- You may call in for assistance registering. **(NO IN PERSON REGISTRATION)**
- 6 staff members will be available to help.
- **No calls** will be taken prior to 9:00 am. Please do not leave messages to register.
- **Please only register for 1 ZOOM link per program per household.**
- Please keep in mind outdoor exercise programs are limited.
- **Please call with any questions you may have PRIOR to registration day.**

### OUTDOOR PROGRAM LOCATIONS & INFORMATION

- Masks will be required as participants come and go to all outdoor programs.
- In the case of inclement weather or an uncertain forecast, please call ahead or check your email to see if class is canceled.
- **COVID safety protocols will be in place and must be adhered to at all times.**

**OUTDOOR SPRING SESSIONS (APR-JUN) will be held at:**

**Marlboro Rec Center  
1996 Recreation Way  
Marlboro, NJ 07746**

**OUTDOOR SUMMER SESSIONS (JUL-AUG) will be held at:**

**Vanderburg Soccer Complex  
134 Vanderburg Road  
Marlboro, NJ 07746**

### ADDITIONAL PROGRAMS & SPECIAL EVENTS

Occasionally, additional lectures and special events will be announced via email. Please make sure that you check your email regularly, so you do not miss out! If you do not use email, make sure you have a friend that will keep you informed! Also, feel free to call the senior office for updates, or just to say "Hello", we miss you!

## **EXERCISE CLASSES**

**IMPORTANT REMINDER:** Some class will be held **outdoors**, weather permitting. Please take into consideration any health restrictions that might be problematic if participating outdoors, such as allergies or asthma. **Work at your own pace!!! Do not forget sun block and water!!**

### **BALANCE, CORE AND RESTORE YOGA, ZOOM**

**Tuesdays, April 6-June 22, July 6-August 10**

**11:15am- 12:15pm, Instructor: Marlene Flanagan**

Yoga offers us an opportunity to connect mind and body, taking care of ourselves inside and out. Core abdominal strength improves nearly every pose. In this class, we will link deep stretching and strengthening of the muscles together with balance to achieve maximum benefit. Props are needed. (Modifications will be offered). Mat or blanket required.

### **CARDIO WELLNESS, OUTDOORS**

**Wednesdays, April 7-June 23, July 7-August 11**

**Fridays, April 9-June 25, July 9-August 13**

**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. **Chairs will be provided**, however, all other equipment must be provided by participants. 1 or 2 pound weights and a ball are suggested, but are not required.

### **CHAIR YOGA, ZOOM**

**Thursdays, April 8-June 24, July 8-August 12**

**11:00am-12:00pm, Instructor: Pat Hudacsko**

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.**

### **GENTLE YOGA, OUTDOORS**

**Mondays, April 5-June 21, July 12-August 9**

**9:00am-10:00am, Instructor: Pat Hudacsko**

**No class May 31**

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.

**LIIT (LOW INTENSITY INTERVAL TRAINING), OUTDOORS**

**Mondays, April 5-June 21, July 12-August 9**

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

**No class May 31**

Do you want to torch calories and sculpt your whole body from head to toe? Join this Low Intensity Interval Training (LIIT) class. This **advanced** class will start with a warm up, followed by exercise for 30 seconds, then rest for 60 seconds, before moving onto the next exercise. Cool down to follow. **Only a mat and water are needed for this class.**

**INTERMEDIATE CARDIO, OUTDOORS**

**Tuesdays, April 6-June 22, July 6-August 10**

**Thursdays, April 8-June 24, July 8-August 12**

**9:30am-10:30pm, Instructor: Rosie O'Donnell**

Build endurance and strengthen your cardiovascular system by participating in this low impact aerobics class. **Wear good sneakers and comfortable clothing. Don't forget to bring a water bottle to class.**

**MINDFULNESS MEDITATION, ZOOM**

**Wednesdays, April 7-June 23, July 7-August 11**

**9:00am-10:00am, Instructor: Marlene Flanagan**

Slow down, breathe and feel. *Mindfulness* is a practice of awareness bringing attention to how we feel and respond to our thoughts, emotions and experiences. Practicing mindfulness can greatly reduce stress and improve sleep. In this class, we will stretch and move gently before we settle in and practice meditation. Learn to "just be" and create your own calm. No experience necessary! **Only a mat and water are needed for this class.**

**STRENGTH TRAINING, ZOOM**

**Tuesdays, April 6- June 22, July 6-August 10**

**Thursdays, April 8-June 24, July 8-August 12**

**10:00am-11:00am, 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. **Chair, weights, ball and band needed for class.**

**TAI CHI, OUTDOORS**

**Wednesdays, April 7-June 23, July 7-August 11**

**10:15-11:00 am, Instructor: Aleta Heir**

Tai Chi uses slow, focused movement to increase flexibility and strengthen muscles. Listen to your body and perform only movements within your range of motion and level of comfort. Tai Chi improves relaxation, strength, balance, coordination, posture, concentration and flexibility. **Bring a bottle of water, wear loose clothes and flat shoes or sneakers.**

**TOTAL BODY WORKOUT, OUTDOORS**

**Fridays, April 9-June 25, July 9-August 13**

**10:00am-11:00am, Instructor: Joann LaPorta**

An advanced class that will work on flexibility, range of motion, endurance, functional movements and drills for seniors. The program encourages participants to work at their own pace and to achieve their own fitness goals.

**WALKING GROUPS, OUTDOORS by the SOCCER FIELD**

**Mondays-Fridays, April 5-June 25**

**9:00am-10:00am**

Are you looking for a reason to get outside? Do you want to exercise, but lack the motivation to go it alone? These walking groups provide the perfect opportunity to walk and talk and catch up with some of your recreation friends. Before you know it, the hour will have passed! Join **a socially distanced walking group** and enjoy camaraderie while exercising. Set your own pace. This is not a race!! Forget about everything else for an hour and have a few laughs as you exercise. Watch how time flies! Get healthy and get rid of the “COVID 15” together! **Don't forget a water bottle and a good pair of sneakers.**

**DISCUSSION GROUP: Hanging with Heidi, OUTDOORS**

**Mondays, April 5-June 21**

**Wednesdays, April 7-June 23**

**Fridays, April 9-June 25**

**1:00pm-2:00pm**

Do you miss socializing? Do you have a lot on your mind? Come join **a small socially distanced 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! **Chairs will be provided.**

**DISCUSSION GROUP: News & Your Views, OUTDOORS**

**Tuesdays April 20-June 22**

**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. **Chairs will be provided.**

## **ART CLASSES**

### **SKETCHING WITH FRANK, ZOOM**

**Thursdays, April 8-June 24**

**1:00pm-2:30pm, Instructor: Frank Rosato**

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 and once you learn the basics you will be amazed at what you can draw. Supplies students will need for the class. 9 x 12 drawing pad or larger. Drawing pencils. Kneaded eraser. Ruler.

Class is taught by Frank Rosato former art director and senior designer for several major companies and now owner of Ragtime Art and Sound Studio. Frank is a graphic artist, an illustrator and a cartoonist.

### **SUMMER SKETCHING WITH FRANK, ZOOM**

**Thursdays, July 8- August 12**

**1:00pm-2:30pm, Instructor: Frank Rosato**

This class will be a shortened version of "Sketching with Frank". It will teach the basic foundations of drawing and gradually move on to more challenging projects. The instructor will assess where the participants are at and go from there. Supply list for class: 9x 12 drawing pad or larger. Drawing pencils. Kneaded eraser. Ruler.

### **WATERCOLOR ART CLASS with TRACEY, ZOOM**

**Mondays, April 12-June 21**

**11:00-12:30pm, Instructor: Tracey Witter**

Do you like to paint? This class is designed for students who want to learn the art of Watercolor Painting. A fundamental, hands-on working knowledge of the medium will be taught. Emphasis will be on learning techniques and exploring different tools to create beautiful paintings. Students will enjoy seeing their own style come alive. After a demo and instruction, the students take the lesson learned and create their masterpiece. The students work from photos and still life.

## **LECTURES ON ZOOM**

### **Topic: THE FEELING NO ONE TALKS ABOUT - HOW ENVY MAY AFFECT YOU**

**Speaker:** Julie Davelman, Clinical Psychologist

**Date:** Tuesday, April 13<sup>th</sup>, 2021

**Time:** 1:00pm

**Description:** When coping with adversity, we are often encouraged to focus on gratitude and giving thanks for everything that we have instead of focusing on what we do not have or have lost. This is difficult for many reasons including the fact that, at times, everyone feels envious of others. Since society views envy as a negative emotion, we do not like to talk about it even though it is experienced by everyone at some point. Thus, this workshop will encourage an open dialogue on the topic of envy. Join in for a discussion about the feeling that no one talks about, ENVY, and learn how it may affect you!

### **Topic: TOUR OF PARIS and THE LOUVRE, sponsored by the Chelsea at Manalapan**

**Speaker:** Paul White

**Date:** Wednesday, April 21, 2021

**Time:** 2:30pm

**Description:** The Louvre, or the Louvre Museum, is the world's largest art museum and a historic monument in Paris, France. Come join Paul White for another interesting afternoon and see what The Louvre has to offer. Also included on this trip – a tour of Paris!

### **Topic: BALANCE AND FALL PREVENTION, A PHYSICAL THERAPIST'S POINT OF VIEW.**

**Speaker:** Jessica Deak

**Date:** Tuesday, May 4<sup>th</sup>, 2021

**Time:** 1:00pm

**Description:** Join in for a physical therapist's point of view on fall prevention and balance strategies. Included will be: statistics on falls in older adults, various causes and risk factors, commonly prescribed medications that can be contributing to balance deficits, the importance of frequent screening for falls, and interventions that can be helpful. Exercises and stretches that can be performed for strengthening and improving balance will also be demonstrated. This presentation will give viewers an idea of their capabilities and what they can do to prevent falling. Viewers can ask questions throughout the session or wait until the end of the presentation.

## **ADDITIONAL PROGRAM INFORMATION:**

### **CANASTA OR MAHJONG**

If you would like to play **CANASTA OR MAHJONG OUTSIDE**, please call in advance to schedule for a table to be set up for your group. A waiver must be signed and masks will be required.

### **KNITTING**

If you would like to **KNIT OR CROCHET OUTSIDE**, please call in advance to schedule for a table to be set up for your group. A waiver must be signed and masks will be required.

### **PICKLEBALL**

If you would like to play **PICKLEBALL**, the courts at **Marlin Estates Park** (East Francis Avenue) have been reserved for Township seniors from 1-3pm, Monday thru Friday, March through May, 8-10am Monday thru Friday, June- August, and from 1-3pm, Monday thru Friday until the end of November.

If you have a good idea, please feel free to share it with me. Remember these are your programs – all suggestions are welcome.