2022 ACTIVE ADULT SENIOR PROGRAM GUIDE
SUMMER/FALL SESSIONS: JUL 5-AUG 12 (6 weeks)
SEP 6-DEC 16 (15 weeks)

REGISTRATION INFORMATION
DATE: Tuesday, June 21, 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. (NO 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. 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)
- All in-person participants must adhere to 2022 Class Participation Guidelines (attached) and follow all safety protocols. These may change at any time.
- 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
In-person classes to be held at:
SUMMER (JUL 5-AUG 12): Morganville Firehouse, 78 Tennant Road, Morganville 07751
FALL (SEP 6-DEC 16): Marlboro Rec Center, 1996 Recreation Way, Marlboro 07746
Summer Classes will begin Tuesday, July 5, 2022

Fall Classes will begin Tuesday, September 6, 2022

There will be NO classes on the following dates:

- **Mon:** Sep 5, 26, Oct 10
- **Tue:** Sep 27, Oct 4, Nov 8
- **Wed:** Oct 5, Dec 21
- **Thurs:** Nov 11
- **Fri:** Sep 9, Oct 21, Oct 28, Nov 18, Dec 9

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**CLASSES & PROGRAMS**

**AARP DRIVER SAFETY PROGRAM**
Friday, September 23  
Recreation Center  
9:00am-3:00pm bring your own lunch  
$20.00 fee AARP members/$25.00 fee non-members

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.

**ABC CLASS (ARMS, BUTT & CORE), advanced class**
Summer on Zoom  
Fridays, Jul 8-Aug 12  
Fall at Rec Center  
Fridays, Sep 9-Dec 16  
10:15am-11:15am, Instructor: Joann LaPorta

This class is an advanced class. It is NOT for everyone. Exercise will be on a mat and standing. Some exercises will be timed at 30 second intervals with 15 second rest. The class will work out ARMS, using handheld weights and your body weight; BUTT, working the glutes, legs, and calves with ski squats, deadlifts, and Pilates moves; and CORE, using the 5 major muscle groups of the abdominal section, which in turn will strengthen the back. **Equipment:** mat, weights, towel and water

**BALANCE and STRETCH**  
**New Class**
Summer at Morganville Firehouse  
Wednesdays, Jul 6-Aug 10  
10:15am-11:15am
Fall at Rec Center  
Thursdays, Sep 8-Dec 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 posture, strength and standing balance.
BALLROOM DANCE **Returning Favorite**
No summer class
Mondays, Sep 12-Dec 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.

CANASTA, BRIDGE or any CARD GAMES
No summer class
Fridays, Sep 9-Dec 16 Rec Center
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.

CARDIO WELLNESS, chair class
Summer at Morganville Firehouse
Tuesdays, July 5-Aug 9 and Wednesdays, Jul 6-Aug 10
Fall at Rec Center
Wednesdays, Sep 7-Dec 14 and Fridays, Sep 9-Dec 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

CARDIO, intermediate
Summer at Morganville Firehouse
Tuesdays, Jul 5-Aug 9 & Thursdays, Jul 7-Aug 11
Fall at Rec Center
Tuesdays, Sep 6-Dec 13 & Thursdays, Sep 8-Dec 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

COUNTRY LINE DANCE
No summer class
Wednesdays, Sep 7-Dec 14 Rec Center
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
KNITTING
No summer class
**Wednesdays, Sep 7-Dec 14 Rec Center**
9:30am-11:30am
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
No summer class
**Mondays, Sep 12-Dec 12 Rec Center**
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.**

MINDFULNESS MEDITATION
Always on Zoom
**Summer**
**Thursdays, Jul 7-Aug 11**
**Fall**
**Thursdays, Sep 8-Dec 15**
9:00am-10:00am, Instructor: Marlene Flanagan
Slow down, breathe and feel. **Mindfulness** is a practice of awareness bringing attention to how we feel. How do you respond to stressful thoughts or in difficult situations? Learn how to practice mindfulness. It can greatly reduce stress and improve your sleep.
Stretch (5-10 minutes) and move gently before settling in to practice meditation. Learn how to "just be" and create your own calm. The instructor will help you build a meditation practice that can be taken anywhere! **Equipment: mat and water**

OUTDOOR SUMMER PICKLEBALL, **outdoors at Marlin Estates Park**
**Monday-Friday, July and August**
8:00am-10:00am, Open Play
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.** Bring your own equipment. Make some new pickleball friends!
PICKLEBALL, indoors at the Marlboro Rec Center  
Sept 6-Dec 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 for them. Players wait their turn by placing their rackets in line. Then, they rotate their way through play on the three indoor courts taking turns with different groups and partners. Players must provide ALL of their own equipment. Bring your racket and a ball or two.

PING PONG/POOL  
No summer class  
Thursdays, Sept 8-Dec 15  
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 5-Aug 9  
Thursdays, Jul 7-Aug 11  
Fall  
Tuesdays, Sept 6-Dec 13  
Thursdays, Sept 8-Dec 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

TAI CHI  
Summer at Morganville Firehouse  
Thursdays, Jul 7-Aug 10  
Fall at Rec Center  
Thursdays, Sept 8-Dec 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
THE KENJA CLUB, Goju Ryu
No summer Classes
Wednesdays, Sept 7-Dec 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**

TOTAL BODY WORKOUT
Summer
Mondays, Jul 11-Aug 8 Zoom
Wednesdays, Jul 6-Aug 10 Morganville Firehouse
9:00am-10:00am, Instructor: Joann LaPorta ***Change in time for summer class***
Fall
Mondays, Sept 12-Dec 12 Rec Center
Wednesdays, Sept 7-Dec 14 Zoom
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 WITH FRIENDS, Township Drive by the roadside soccer fields
Summer
Mondays, Jul 11-Aug 8 Walk with Rec
Wednesdays, Jul 6-Aug 10 Walk with Rec
Fall
Mondays, Sept 12-Dec 12 Walk with Rec
Wednesdays, Sept 7-Dec 14 Walk with Rec
9:00am-10:00am
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. **JUST SHOW UP anytime to walk with friends or walk with us on Monday and Wednesday mornings. Registration is only required for Mondays and Wednesdays.** **Supplies:** Don't forget a water bottle, a good pair of sneakers, a hat and sunblock.
YOGA, chair
Always on ZOOM
Summer
Thursdays, Jul 7-Aug 11
11:00am-12:00pm, Instructor: Marlene Flanagan
Fall
Thursdays, Sept 8-Dec 15
11:00am-12:00pm, Instructor: TBA
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 11-Aug 8
9:00am-10:00am, Instructor: Susan Santoriello
Fall
Mondays, Sept 12-Dec 12
9:00am-10:00am, Instructor: TBA
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 Morganville Firehouse
Tuesdays, Jul 5-Aug 9
Fall at Rec Center
Tuesdays, Sep 6-Dec 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
Summer
Thursdays, Jul 7-Aug 11
Fall
Thursdays, Sep 8-Dec 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! **Supplies:** 9 x 12 drawing pad or larger, drawing pencils, kneaded eraser, ruler

WATERCOLOR & MIXED-MEDIA ART CLASS
Always on ZOOM
No summer class
Fall
Tuesdays, Sep 6-Dec 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. **Supplies:** A list of required supplies will be forwarded to participants prior to the start of class.

DISCUSSION GROUPS

DISCUSSION GROUP: Hanging with Heidi
No summer class
Wednesdays, Sep 7-Dec 14 Rec Center
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
Tuesdays, Sep 6-Dec 13
11:30am-1:00pm
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
Thursday, September 15th
Thursday, October 20th
Thursday, November 17th
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
You will see and agree to the following acknowledgement when you register for any informational sessions provided by the Township:

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.

Information regarding upcoming 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

BINGO, Residents Only, no fee
Wednesday, September 28th
Wednesday, October 26th
Wednesday, November 30th
Wednesday, December 14th
1:00pm-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, Residents Only, no fee
Friday, September 16th – Happy Birthday, September!
Friday, October 14th – Happy Birthday, October!
Thursday, November 10th – Happy Birthday, November!
Thursday, December 15th – Happy Birthday, December!
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. Registration is required.

LET’S CELEBRATE NATIONAL ICE CREAM DAY, Residents Only, no fee
Monday, July 18th
2:00pm-3:00pm
It doesn’t get much yummier than this! Let’s celebrate our love for ice cream with Artis Senior Living of Eatontown and the Mr. Softee Ice Cream Truck!!! Can you say “Ice Cream Party!” Registration is limited for this one, so sign up quickly!!!

WHAT’S COOKING? Residents Only, no fee
Thursday, September 29th
1:00pm-2:00pm
Sponsored by: Brandywine Living at Governor's Crossing
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 while you munch on the yummy meal that is being prepared.

COMING IN THE FALL...

SPEED FRIENDING followed by the MIX IT UP MIXER
Date and Time TBA
New to the Rec center senior programs? Been here for a long time? It does not matter. This is an event you won’t want to miss. Space will be limited! As always join in as soon as registration is available. Guaranteed to have a fun afternoon of making new friends, playing games and having lunch together. More details will follow at a later date.

FALL TRIVIA
Date and time TBA
Join in for a fun afternoon of fall trivia. Prizes for winners!!! More details will follow at a later date.
HEALTH SCREENINGS
HACKENSACK MERIDIAN HEALTH SCREENINGS
Friday, October 21st
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.

REFUND POLICY
Please read the following information before registering for any paid events.
***TRIPS and SPECIAL EVENTS ARE NON-REFUNDABLE***
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, then a full REFUND will be given.

SPECIAL EVENTS
Reminder: REFUND POLICY All Special Events are NON-refundable

Notice of upcoming special events will go out via email. Who knows what fun lies ahead besides the usual events such as our annual Halloween, Thanksgiving & Holiday Parties!! Look out for registration for special events to be announced in the fall!

No need to pay for these now, but SAVE THE DATE if you would like to attend.

WELCOME BACK
Friday, September 30th

HALLOWEEN PARTY
Friday, October 28th

THANKSGIVING FEAST
Friday, November 18th

HOLIDAY PARTY
Friday, December 9th
TRIPS
Reminder: REFUND POLICY All Trips 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. Please understand there are a limited number of seats available for all trips. Due to the extreme popularity of these trips, 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.

FIESTA DE SAN GENNARO, DOOLAN’S $61.00 pp w/lunch, residents only
Spring Lake, New Jersey
Wednesday, September 14
Depart at 10:30am
Return at 4:30pm
Versatile performer Joey Vincent of Italian American Heritage has been performing popular music and comedy for over thirty-five years. He plays trumpet like the old pros, sings and impersonates all the greats and tells jokes like your most favorite comedians.
Menu: One hour open bar, fresh garden salad, caterers’ choice of soup, sirloin of beef, chicken marsala or salmon with dill sauce, dessert – coffee or tea, wine and soda during lunch

TOWNE OF HISTORIC SMITHVILLE & LUNCH AT $30.00pp w/lunch, residents only
FRED AND ETHEL’S LANTERN LIGHT TAVERN This trip is RAIN or SHINE!!!
Smithville, NJ
Thursday, September 22
Depart at 9:00am
Return at 5:00pm
Enjoy lunch at Fred and Ethel’s Lantern Light Tavern and a few hours of shopping in the Towne of Historic Smithville. Experience the abundance of great shops, eateries, beauty services and fun! Meal selection: A.) Atlantic Salmon with Creamy Dill Sauce B.) Flat Iron Steak w/Red Wine Demi-Glace C.) Chicken Cordon Bleu WALKING IS REQUIRED!!!

FRANKIE VALLI AND THE FOUR SEASONS TRIBUTE $63.50pp w/lunch, residents only
BY “THE JERSEY FOUR”
Li Greci’s Staaten, Staten Island, NY
Tuesday, October 18
Depart at 10:15am
Return at 5:00pm
The fabulous Jersey Four recreate the vibrant music, vocals, harmonies, and stage presence of your favorite “Jersey Boys” – Frankie Valli and The Four Seasons. The sound that thrilled the Rock and Roll era of the 60’s and onward is once again recreated by this fabulous tribute band. You will also enjoy a hilarious comedian. Menu: One Hour open bar, fresh garden salad, caterers’ choice of pasta or soup, sirloin of beef, chicken marsala or salmon with dill sauce, Dessert – coffee or tea, wine and soda during lunch
A TRIBUTE TO BARBARA STREISAND
The Brownstone, Paterson, NJ
Tuesday, November 15
Depart at 10:15am
Return at 5:00pm
Barbra Streisand is an American singer, songwriter, actress and filmmaker. In a career spanning 6 decades, she has become an icon in multiple fields of entertainment with songs like “Memories”, “Happy Days are Here Again” “people” “Hello Dolly” and a whole slew of others! 

**Family Style lunch including:** warm rolls, fresh garden salad, chicken gumbo soup, BBQ chicken, Glazed Pork, Rice Pilaf, Fresh vegetable medley & dessert.

**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 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 in the fall. Missing 4 consecutive classes will result in withdrawal from a program unless we have been notified. Snowbirds, please notify the office if you are leaving for the season.