



Marlboro Township

1996 Recreation Way, Marlboro, New Jersey 07746

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E-mail: Recreation@marlboro-nj.gov

Best of Times

Ride The Wave To Good Health

July-December 2016

Active Adult Program Guide

Senior Office 732-617-0367

Inside This Brochure

Programs are offered to all Marlboro Township residents who are 60 years of age and older with proper ID.

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Mayor

Jonathan L. Hornik

TOWNSHIP OF MARLBORO

1979 TOWNSHIP DRIVE
MARLBORO, NJ 07746-2299
www.marlboro-nj.gov

Telephone:

(732) 536-0200

April 2016

Dear Seniors:

Spring has taken its time getting here, but it is definitely on the way and summer is around the corner. I am pleased to present the July through December edition of the "Best of Times". My administration along with the Recreation and Swim Utility work hard to ensure a good quality of life for Marlboro Township Residents. In fact, senior programming has increased by over 26% since I took office in 2008. There are many new activities and events that can be found in this guide and I hope everyone takes advantage of these innovative additions to our programming.

The weather of the last few years has presented challenges to both the township and residents. Extreme weather emergencies have become much more frequent in recent years disrupting our quality of life, leaving many seniors housebound, causing damage to our properties and roads and affecting our municipal budget. As our weather becomes more unpredictable, we place even more focus on making sure our emergency preparedness will be ready when needed. Communication is a vital part of being prepared. With options such as email notifications, reverse 911 calls, Facebook and Twitter, residents can quickly be contacted in times of emergency.

Seniors face additional challenges as well as generally having less access to computers, social media and smartphones. Therefore, it is even more important that you register your home and cell phone for reverse 911 calls. Simply call (732) 536-0100 ext. 1412 and Matt Price will register your phones. You may also visit the "Communications for Residents" section of our website and register for any and all of our communication options. Please remember that the police and Town Hall are always here to provide assistance and information.

Our Teen Advisory Committee (TAC) is here to help, as well. If you would like assistance adding your email and phone to the call lists, or registering for Facebook so you can follow Facebook page updates, please contact Denise Barry at (732) 617-0100 and she will arrange for a member of TAC to come to your home and assist you.

The senior events get more varied and exciting every year. Thank you to Ted Ernst, Recreation Director, Denise Barry, Director of Senior Services and the entire recreation staff who all do a wonderful job ensuring that our senior programs are the best around. I look forward to seeing you at the many events planned for this summer and fall.

Very truly yours,



Jonathan L. Hornik

Mayor

Classes are limited, so please sign up only for programs that you **PLAN** to attend on a regular basis. If you are away for more than 4 consecutive classes, please register upon your return. **Missing 4 consecutive classes will result in automatic withdrawal from the program.**



Joanne



Andy Lee



Rosie

Workout with us !



Skip



Cindy



Pat

Online Registration is Available

<https://register.communitypass.net/marlboro>

- Create a family account
- Keep user name and password for future reference
- Click on down arrow

Register for Activity

- Click on

2016 Senior Programs Summer/Fall

Inside this brochure

1. Fill out page 29 (Registration Page) in this brochure.
 2. Page 32(Senior Emergency Information), must be completed if you are a NEW member or have medical updates.
- Registrations CANNOT be accepted without pages 29 and 32 if applicable).

IMPORTANT REGISTRATION INFORMATION

All trips, unless otherwise indicated, will include round trip motor coach leaving from and returning to Marlboro Mall (Route 79 and School Road West). Unless you are notified otherwise, you will be registered automatically upon receipt of your payment and registration.

Registration is done online by going to

<https://register.communitypass.net/marlboro>

Programs and trips are for Marlboro residents and non-residents Senior Citizen (60 years old or older). An additional fee is charged for non-residents upon availability of programming. Checks must be made payable to: MARLBORO RECREATION and mailed to or dropped off.

**1996 Recreation Way
Marlboro, NJ 07746.**

IF YOU HAVE ANY PHYSICAL LIMITATIONS OR SPECIAL ASSISTANCE IS NEEDED, PLEASE MAKE NOTE OF THAT WHEN YOU REGISTER. Members needing assistance on trips or in classes must bring an aide or chaperone.

Due to the extreme popularity of our trips and events, we must continue to make it as equitable as possible for everyone to participate. Wait lists will be utilized. **If you need to cancel, please contact the Senior Office. As a courtesy to those on the wait list, please do not sell tickets on your own.**

Please note the dates for registration and adhere to these dates. Registrations can be done online or at the Recreation Center.

Please understand that we have only a limited number of seats available on any given trip. The Marlboro Recreation Department may cancel programs and activities when there is insufficient response or when weather or circumstances beyond our control make it necessary.

A refund will be given under the following conditions:

A program or event is rescheduled or cancelled by the Recreation Department or notification is given (due to illness only) two weeks prior to the event. A refund will not be given when Recreation cannot be refunded from the source of the trip or event. The Recreation Department will vote upon final decisions regarding refunds.

Refunds may take up to 8 weeks.

TRIPS ARE NON-REFUNDABLE.

PLEASE NOTE THERE WILL BE A \$5.00 CLERICAL FEE FOR EVERY REFUND ISSUED (Per Marlboro Township Ordinance)

SPECIAL EVENTS

Around the World Pot Luck Luncheon Marlboro Recreation Center

Fee: \$5.00



Friday, September 30

11:30am-2:30pm

Please sign up to bring an ethnic dish for one of the following, appetizers, main dishes, salads. The office will keep a list so we have a well rounded lunch. All food must be placed in disposable containers. Bring a small tent card to place by your dish listing ingredients. It will help with allergies to identify which ones to avoid. All food should be brought ready to serve. Once everyone signs up, the Senior Office will notify you as to the quantity you should make. Following the delicious lunch will be a make your own ice cream sundae bar with many different toppings to add to make your dessert scrumptious! After lunch, enjoy the music of **“WHO ARE YOU GUYS”**.

Health and Wellness Fair (Flu Shots) Recreation Center No Fee



Wednesday, October 5

10:00am-1:00pm

Many free screenings will be available. Vendors will be present to answer questions and offer informative information on health and wellness. You will also have the opportunity to get your yearly flu shot at the same time. All residents over 6 months of age, and those with a chronic illness, are eligible for the flu vaccine. Those covered by Medicare Part B, need to bring their Medicare card on that day. Medicare, along with additional insurance companies, will cover the cost of the vaccination. If the insurance company does not cover the vaccination, a fee (TBA) will be payable on that day.



**MASTER OF SWING
April 8, 2016**

SPECIAL EVENTS

Trivia Tidbits

Fee: \$6.00 Meal Incl. resident

Friday, October 21

Nibble on tea sandwiches while exercising your brain with stimulating trivia questions. No pressure, just for fun! Each table will work as a group to answer the questions. What an entertaining way to challenge yourself and socialize. Come spend time with friends, meet new people and learn something you did not know! Don't miss out on this fun afternoon!

Recreation Center

\$8.00 Meal Incl. non-resident

12:30pm-2:30pm



A Wonderful Thanksgiving Event Marlboro Recreation Center
Fee: \$15.00 Meal Incl. resident \$19.00 Meal Incl. non-resident
Friday, November 18 11:30am-2:30pm
You are invited to join us as we give thanks for our harvest, friends and families. Good food and entertainment will be provided. Listen to the sounds of Jukebox Legends! Don't forget your dancing shoes!



For further information about program contact (732)431-6400ext.1188 or contact your local Police Department.

The **Monmouth County Special Needs Registry** is a **voluntary** service open to all citizens with disabilities who reside, attend school or are employed in Monmouth County. The registry was created to help police officers and other emergency service personnel to better assist residents with special needs in the event of an emergency by providing those first responders with vital information regarding a registrant's disability, emergency contact information, a physical description and current photograph of the registrant. www.MCSNRNJ.org

SPECIAL EVENTS

A Festive Holiday Celebration– Not to be Missed!
Crystal Point Yacht Club Pt. Pleasant, NJ Fee: \$46.00 Meal Incl. resident
Friday, December 9 9:30am-3:30pm
A unique trip not to be missed! The day starts at 9:30am at the Marlboro Recreation Center with complimentary hot coffee and a light breakfast. After breakfast, we will board charter buses and travel to The Crystal Pointe in Pt. Pleasant for some dancing, listening to the great sounds of the Colts Neck Swing Band. **Meal Selection:**
A) Boneless Breast of Chicken, B) Stuffed Sole Florentine, C) Pasta.
• *All cars will be parked at the Recreation Center. The buses will leave from the Marlboro Recreation Center and return to the Marlboro Recreation Center.*

**Many thanks
for your continue support and donations!!**

<p><i>ChocaL8Kiss</i> 285 Gordons Corner Road Manalapan, NJ 07726</p>		<p><i>Bagel World</i> 455 County Road 520 Marlboro, NJ 07746</p>
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**Marlboro Township 2016
Summer Concerts Series**

Sunday, July 10 Amish Outlaws
featuring a Firework Display

Sunday, August 7 Family Night featuring
Brian Kirk and the Jirks
(Free inflatable rides)

- *No pets, no smoking, no alcohol*

TRIPS
(ALL TRIPS ARE NON-REFUNDABLE)



“Rock, Roll & Soul”

Hunterdon Hills, Hampton, NJ **\$65.00 Meal Incl. resident**
 Wednesday, August 24 \$84.00 Meal Incl. non-resident
 Depart: 10:30am Return: 5:00pm



As the title suggests, we will be featuring some classic rockin' and soulful hits from the 50s through the 70s, with a special emphasis on the legendary female vocalists from that era. Along with great voices, this lively show will have beautiful sets and costumes, along with our phenomenal onstage orchestra. **Meal selection made at restaurant.**

“Samson”

Strasburg, PA, **\$74.00 Meal Incl. resident**
 Wednesday, September 14 \$96.00 Meal Incl. non-resident
 Depart: 9:30am Return: 7:00pm



The world’s first superhero ... the strongest man who ever lived...
 He killed a lion with his bare hands and defeated a thousand soldiers ... but he’s not a hero because of the strength of his hands, he’s a hero because of the faith in his heart!
 One of the most captivating stories in the Bible, SAMSON is filled with colorful characters, extraordinary feats of strength, and amazing special effects that you will love.
 When Samson stands between two colossal columns in a godless temple and starts to push – it’s an immersive scene that literally brings the house down! A message of hope for the wayward, comfort to the weary and the incredible grace of God that enables us to truly be strong in Him! **Smorgasbord Lunch at Bird-in Hand Restaurant.**

Fiesta De San Gennaro

Doolan’s, Spring Lake, NJ **\$52.00 Meal Incl. resident**
 Wednesday, September 21 \$68.00 Meal Incl. non-resident
 Depart: 10:30am Return: 4:30pm



Vegas, AC, Cruise Ship Stars Andre & Cirell return with some new and old side splitting music and comedic skits and impressions. Dance to Bill Trimarco & The Gondalier Show Band. **Meal Choice: A) Top Sirloin of Beef, B) Chicken Scarpiello, C) Tilapia Francaise.**

TRIPS
(ALL TRIPS ARE NON-REFUNDABLE)



Trip to Atlantic City Casino

Tropicana Casino, Atlantic City, NJ

Friday, October 14

Depart: 9:30am



\$21.00 resident LUNCH ON OWN

\$27.00 non-resident LUNCH ON OWN

Return: 6:15pm

Enjoy a trip to Atlantic City. More information will follow. Lunch is on your own.

National Museum of American Jewish History

Philadelphia, PA

Wednesday, October 26

Depart: 9:00am



\$34.00 BOX LUNCH Incl. resident

\$41.00 BOX LUNCH Incl. non-resident

Return: 4:00pm

The Museum's artifact collection represents the broad spectrum of American Jewish life and illustrates such universal themes as immigration, worship, hard work, entertainment, community and family life. Its more than 30,000 artifacts form the basis of our core exhibition and guide the Museum's continuing efforts to interpret and inspire through exhibitions, educational programs, and scholarly research.

Lunch Choice: A) Bagel with Lox, Spread & tomato, B) White Meat Tuna Salad with Lettuce, Tomato on Rye, C) Grilled Vegetable Wrap w. Red Pepper Mayo, D) Oven Roasted Turkey w. Lettuce on Rye, Beverage Choice: A) Reg. Pepsi, B) Diet Pepsi, C) Bottle water. — All bags subject to x-ray inspection, please don't bring a bag larger than 16"by 24".

“Cruzin’ on a Saturday Nite”

Stony Hill, Hackensack, NJ

Wednesday, November 9

Depart: 10:00 am

\$50.00 Meal Incl. resident

\$65.00 Meal Incl. non-resident

Return: 4:00 pm

Brand new show featuring the memorable songs of the Platters & other 50's groups. Dance, dine and enjoy a great afternoon with Joe Zisa & “friends”.

Lunch: (Family Style) Salad, Pasta, Chicken Marsala, Roast Beef, Potatoes & vegetables and dessert.



TRIPS
(ALL TRIPS ARE NON-REFUNDABLE)



2016 Christmas Show, Winter Wonderland

American Music Theater, **\$70.00 Meal Incl. resident**
 Wednesday, November 30 **\$85.00 Meal Incl. non-resident**
 Depart: 9:00am **Return: 7:00pm**



It's the most wonderful time of the year – time again to be dazzled and delighted with first rate musical merriment, live on stage! This event is filled with yuletide whimsy and winter wonder that celebrates both the magic and the meaning of Christmas. Witness a beautiful Christmas town, an enchanting trip to the North Pole, powerhouse vocals, dazzling scenery, and lots more. You'll want to wrap yourself up in this warm and wonderful seasonal show that promises to be one of your family's favorite holiday habits. **Lunch at Miller's Smorgasbord.**

Alzheimer/Caregiver Support Group Recreation Center No Fee

Tuesdays 1:00pm-2:00pm 2nd Tuesday of every month
 Jul.12 Aug.9 Sept.13 Oct.11 Nov.15 Dec.6



Alzheimer's disease and other related dementias group is designed to provide emotional and educational support for caregivers. Come relax in a confident place and share what is on your mind. Please join us! To attend this or any other support group call 973-586-4300.

NEW....EARLY BIRD STRENGTH TRAINING CLASSES

EB Strength Training Recreation Center No Fee-resident
 Tuesday Sept.6-Dec.13
 7:50am-8:50am **No class on Sept.27,Oct.4,11,Nov.8**



This class is for the intermediate participants. It will help you develop more flexibility and muscle strength. You will go through a warm-up and then focus on flexibility and balance. Wear comfortable clothing and get your workout done early! **No transportation available.**

EB Strength Training Recreation Center No Fee-resident
 Thursday Sept.8-Dec.15
 7:50am-8:50am **No class on Nov.24**



This class is for the intermediate participants. It will help you develop more flexibility and muscle strength. You will go through a warm-up and then focus on flexibility and balance. Wear comfortable clothing and get your workout done early! **No transportation available.**

SUMMER “CAMP” FUN

“Grandparents’ Days”

No Fee-resident only

Aquatic Center located on Boundary Road

3:00pm-5:00pm

Monday, July 11

Monday, July 18

Monday, July 25

Monday, August 1

What better way to spend quality time with your grandchildren than spending it at the Aquatic Center sliding down the wet and wild water slide, or just splashing in the pool? No grandchildren? You can still come and relax and enjoy the pool.

Free Swim for Seniors

Aquatic Center located on Boundary Road

No Fee-resident only

Mondays-Thursdays

3:00pm-4:30pm

Jul.5-Aug.4

Please be sure to bring your own towel, hat and sunscreen.

Water Aerobics

3:00pm-4:00pm

Aquatic Center located on Boundary Road

No Fee-resident only

Tuesdays July 5 - Aug. 2

Thursdays July 7- Aug. 4

Take part in a low impact water aerobic class to help promote your fitness. A hat and water shoes can be worn in the pool. Remember your sunscreen!

CLASSES

Please consult your physician before starting this or any exercise program

AARP Driver Safety Program

Monday, Aug.15 & Tuesday, Aug.16

9:00am-12:00pm

Monday, Oct.17 & Tuesday, Oct.18

9:00am-12:00pm



Recreation Center \$15.00 AARP member

\$20.00 non-members Make check payable to: AARP

Those completing the course are entitled to a minimum 5% discount on their auto insurance. For information regarding points call the NJ Motor Vehicle 1-609-292-7500 (toll call). "Participants may have two points removed from their driving record subject to certain restrictions." Seating limited to 30 participants.

Ballroom Dancing

Recreation Center

No Fee-resident

Thursday

September 8-December 15

\$35.00 non-resident

11:30am-12:30pm

No class on Nov.24



No experience needed. Have a great time, add fun to your life or get ready for that special event. Learn Merengue, Fox Trot, Waltz, Tango and more! Fun for singles or couples. **NO SUMMER CLASSES.**

Balance and Stretch Class Recreation Center

No Fee-resident

Thursday

September 8-December 15

\$35.00 non-resident

1:00pm-2:00pm

No class on Nov.24



Improving your balance may not be number one on your priority list but maybe it should be! Balance falls into the same category as flexibility, core stretch and mobility. These are all things our bodies need to function efficiently. Come join this class as we focus on balance, stability and stretching. **NO SUMMER CLASSES.**

Bingo

Recreation Center

No Fee-resident

Tuesdays

September 13-December 6

1:00pm-2:00pm

Sept.13,Oct.25,Nov.15,29,Dec.6



Share an afternoon with friends as you enjoy several Bingo games. We welcome any **NEW** unwanted items to use for our Bingo games. What a great way to clean out your closets! Items can be dropped off at the Senior Office. **NO SUMMER PROGRAM.**

CLASSES

Please consult your physician before starting this or any exercise program

<p>Bocce Ball Monday 11:00am-12:00pm Sign up to play on our 2 outdoor courts as a group. Weather permitting.</p>	<p>Recreation Center July 11-December 12 <i>No play on Aug.15,22,29,Sept.5,Oct.3,10</i></p>	<p>No Fee-resident</p>	
<p>Beginner Canasta Monday 10:00am-12:00pm Open game for your enjoyment. No instructor.</p>	<p>Recreation Center July 11-December 12 <i>No class on Aug.15,22,29,Sept.5,Oct.3,10</i></p>	<p>No Fee-resident \$35.00 non-resident</p>	
<p>Intermediate Canasta Friday 10:00am-12:00pm Spend two hours playing and practicing the fine points and the strategies for making Canasta a “challenging” game. No instructor.</p>	<p>Recreation Center July 8-December 16 <i>No class Aug.19,26,Sept.2,30,Oct.21,Nov.11,18,25,Dec.9</i></p>	<p>No Fee-resident \$35.00 non-resident</p>	
<p>Cardio Wellness Monday 11:30am-12:30pm This program is for the exerciser who is looking for a gentler cardio program. Poles, weighted balls, bands and blocks will be used to target the different muscles in your body for a total makeover. NO SUMMER CLASSES.</p>	<p>Recreation Center September 12-December 12 <i>No class on Oct.3,10</i></p>	<p>No Fee-resident \$35.00 non-resident</p>	
<p>Create Your Masterpiece Wednesday 1:00pm-2:30pm In this program, you will learn how to utilize different materials, such as colored pencils, acrylic paints, and Model Magic clay. Draw your favorite picture on a sketchpad using colored pencils and then transform it to a 3-Dimensional picture using Model Magic clay on canvas. Come join the fun! Required materials: a box of colored pencils (the more colors the better!), a sketchpad (thicker paper suggested), canvas (11x14 suggested), acrylic paints (primary colors), a box of Model Magic (primary colors), and tacky glue. NO SUMMER CLASSES.</p>	<p>Recreation Center September 7- December 14 <i>No class on Oct.5,12</i></p>	<p>No Fee-resident \$35.00 non-resident</p>	

CLASSES

Please consult your physician before starting this or any exercise program

Dabbling in the Arts

Thursday
12:00pm-2:00pm

Morganville Center

September 8-December 15
No class on Nov.24

No Fee-resident

\$35.00 non-resident



Come join us as we explore and experience the joy of drawing and painting using various mediums such as watercolor, acrylic, pastels and pencils to name a few. No experience is necessary and all levels of experience will be accommodated. During the first class we will discuss areas that are of interest to the students attending and materials to be used. **NO SUMMER CLASSES.**

Do You Crochet or Knit? Want to Learn?

Wednesday
9:30am-11:30am

Recreation Center

July 6-December 14

No Fee-resident

\$35.00 non-resident

No class on Aug.17,24,31,Oct.5,12



Experienced & newcomers are welcome. Join together to create afghans which will be **donated** to local organizations. This “group” project will teach newcomers how to crochet squares. The group will then join the squares together to create afghans to donate. Bring to class a size J crochet hook. **No instructor.**

Gentle Fitness

Tuesday
11:30am-12:30pm



Recreation Center

July 5-December 13

No Fee-resident

\$35.00 non-resident

No class on Aug.16,23,30,Sept.27,Oct.4,11,Nov.8

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

Advance Cardio Exercise

Tuesday
10:15am-11:15am

Recreation Center

July 5-Aug.16

Monmouth Worship Center

September 6-December 13 **Recreation Center**

No Fee-resident

No class on Aug.16,23,30,Sept.27,Oct.4,11,Nov.8



An **advance cardio class** to help tone and strengthen the upper body with the use of bands and free weights. Please wear good sneakers, comfortable clothing and bring a water bottle to class.

CLASSES

Please consult your physician before starting this or any exercise program

Advance Cardio Exercise Recreation Center No Fee-resident
 Thursday July 7-Aug.11 **Monmouth Worship Center**
 10:15am-11:15am September 8-December 15 **Recreation Center**
No class on Aug.18,25,Sept.1,Nov.24



An **advance cardio class** to help tone and strengthen the upper body with the use of bands and free weights. Please wear good sneakers, comfortable clothing and bring a water bottle to class.

Intermediate Cardio Exercise Recreation Center No Fee-resident
 Tuesday July 5-December 13 \$35.00 non-resident
 10:15am-11:15am *No class on Aug.16,23,30,Sept.27,Oct.4,11,Nov.8*



Build endurance and strengthen your cardiovascular system by participating in this low impact aerobics class. Please wear good sneakers, comfortable clothing and bring a water bottle to class.

Intermediate Cardio Exercise Recreation Center No Fee-resident
 Thursday July 7-December 15 \$35.00 non-resident
 10:15am-11:15am *No class on Aug.18,25,Sept.1,Nov.24*



Build endurance and strengthen your cardiovascular system by participating in this low impact aerobics class. Please wear good sneakers, comfortable clothing and bring a water bottle to class.

Knitting Class Recreation Center No Fee -resident
 Monday July 11-December 12 \$35.00 non-resident
 1:00pm-3:00pm *No class on Aug.15,22,29,Sept.5,Oct.3,10*



Learn the basics of casting on and casting off as well as the basic stitches: knit, pearl, garter and more. Learn how to use the tools, make a gauge for proper measurements and a good fit, and how to read a pattern. Items you need to purchase for the first class are: 1 skein of yarn (your choice of color), regular or worsted, and 1 set of 5-7 size knitting needles. **Class size is limited.**

Mahjong Recreation Center No Fee-resident
 Monday July 11-December 12 \$35.00 non-resident
 12:30pm-3:00pm *No class on Aug.15,22,29,Sept.5,Oct.3,10*



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

CLASSES

Please consult your physician before starting this or any exercise program

Pickle Ball I

Monday

8:00am-10:00am July 11-Aug.15 *Play is on outdoor hockey court*

1:00pm-3:00pm Sept.12-Dec.12 *Play is indoor in the gym*

No class on Aug.15,22,29,Sept.5,Oct.3,10

This mini-tennis game is played by 2 or 4 people on a badminton-sized court using wood paddle racquets and a plastic poly baseball with holes. Please bring your own paddle.



Pickle Ball II

Wednesday

8:00am-10:00am July 6-Aug.10 *Play is on outdoor hockey court*

1:00pm-3:00pm Sept.7-Dec.14 *Play is indoor in the gym*

Recreation Center No Fee-resident

July 6-December 14

No class on Aug.17,24,31,Oct.5,12



This mini-tennis game is played by 2 or 4 people on a badminton-sized court using wood paddle racquets and a plastic poly baseball with holes. Please bring your own paddle.

Pickle Ball III

Friday

8:00am-10:00am July 8-Aug.12 *Play is on outdoor hockey court*

9:00am-11:00am Sept.9 - Dec.16 *Play is indoor in the gym*

No class Aug.19,26,Sept.2,30,Oct.21,Nov.11,18,25,Dec.9

This mini-tennis game is played by 2 or 4 people on a badminton-sized court using wood paddle racquets and a plastic, poly baseball with holes.

Recreation Center No Fee-resident

July 8-December 16



Ping Pong/ Pool

Wednesday

12:00pm-1:00pm



Recreation Center

September 7-December 14

No class on Oct.5,12

No Fee-resident

\$35.00 non-resident



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

CLASSES

Please consult your physician before starting this or any exercise program

Strength Training

Tuesday
9:00am-10:00am

Recreation Center No Fee-resident
July 5-Aug.9 - **Monmouth Worship Center**

Sept.6-Dec.13 - **Recreation Center**

No class on Aug.16,23,30,Sept.27,Oct.4,11,Nov.8



This class is for the beginner and intermediate participants. It will help you develop more flexibility and muscle strength. You will go through a warm-up and then focus on flexibility and balance. Wear comfortable clothing.

Strength Training

Thursday
9:00am-10:00am

Recreation Center No Fee-resident
July 7-Aug.11 - **Monmouth Worship Center**

Sept.8-Dec.15 - **Recreation Center**

No class on Aug.18,25,Nov.24



This class is for the beginner and intermediate participants. It will help you develop more flexibility and muscle strength. You will go through a warm-up and then focus on flexibility and balance. Wear comfortable clothing.

Advance Strength Training

Tuesday
9:00am-10:00am

Recreation Center No Fee-resident
July 5-December 13 \$35.00 non-resident

No class on Aug.16,23,30,Sept.27,Oct.4,11,Nov.8



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

Advance Strength Training

Thursday
9:00am-10:00am

Recreation Center No Fee-resident
July 7-December 15

No class on Aug.18,25,Sept.1,Nov.24



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

CLASSES

Please consult your physician before starting this or any exercise program

Serenity Tai Chi

Wednesday
10:15 am-11:15am

Recreation Center

September 7-December 14
No class on Oct.5,12

No Fee-resident

\$35.00 non-resident



Scientific research has proven that the practice of Tai Chi has a profound effect on heart conditions, hypertension, bone density and the brain. It is a complete system of exercise that improves relaxation, strength, balance, coordination, posture, concentration and flexibility. Movements are smooth, slow, continuous and graceful. The Tai Chi form can be broken down into a series of separate moves. This makes it easier for both teaching and learning. Bring a bottle of water, wear loose clothes, flat shoes or sneakers and for those who wish, you may sit or have a chair near by. **NO SUMMER CLASSES.**

Total Body Workout

Monday
10:15am-11:15am

Recreation Center

September 12-December 12
No class on Oct.3,10

No Fee-resident

\$35.00 non-resident



An **advance class** that will work on flexibility, range of motion, endurance, functional movements and drills for seniors. The program encourages seniors to work at their own pace and to achieve their own fitness goals. **NO SUMMER CLASSES.**

Yoga I

Monday
9:00am-10:00am



Recreation Center

July 11-December 12
No class on Aug.15,22,29,Sept.5,Oct.3,10

No Fee-resident

\$35.00 non-resident

Learn various breathing techniques to calm and quiet the mind. Ease into stretches and gently move the body. Work at your own pace. Wear comfortable clothing.

Yoga II

Friday
11:30am-12:30pm

Recreation Center

July 8-December 16
No class Aug.19,26,Sept.2,30,Oct.21,Nov.11,18,25,Dec.9

No Fee-resident

\$35.00 non-resident

Learn various breathing techniques to calm and quiet the mind. Ease into stretches and gently move the body. Work at your own pace. Wear comfortable clothing.



CLASSES/LECTURES

Please consult your physician before starting this or any exercise program

Zumba Gold

Wednesday
11:30am-12:30pm

Zumba Fitness® is the only Latin-inspired dance-fitness program that blends red-hot international music, created by Grammy Award-winning producers, and contagious steps to form a "fitness-party" that is downright addictive. **NO SUMMER CLASSES.**

Recreation Center

September 7-December 14
No class on Oct. 5, 12

No Fee-resident

\$35.00 non-resident



Breakfast Club

Facilitator: Dillies Pilevsky
Wednesday

Recreation Center

9:00am-10:30am
Jul. 6, 20, Aug. 3, 10, Sept. 7, 21, Oct. 19, Nov. 2, 16, Dec. 7

No Fee-resident

\$35.00 non-resident



The purpose of the Breakfast Club is to "savor" the current news over a bagel and coffee among a friendly group who, along with you, are trying to figure it all out. Bring your daily newspaper or magazine, your opinions, a sense of humor and an open mind.

What Is Your Opinion?

Wednesday Jul. 13, 27, Aug. 3, 17, Sept. 14, 28, Oct. 19, 26, Nov. 9, 23, Dec. 14
1:00pm-2:00pm

Recreation Center

No Fee-resident



Looking for a dynamic and stimulating conversation? Do you enjoy sharing your opinions? This is the group for you!! Sit back with a warm cup of coffee or tea and nosh on a bagel while volunteer monitors guide the discussion so everyone can have the opportunity to participate and express themselves. The group, as a whole, will decide on the current world events they wish to discuss. Join us! **Registration is required.**

Understanding the Changes Associated with Aging

Tuesday, July 5

1:00pm-2:00pm

Recreation Center

No Fee-resident

The purpose of this session is to examine what contributes to the aging process and how we can live longer, healthier lives.

Aging Sensitivity

Tuesday, July 12

Recreation Center

1:00pm-2:00pm

No Fee-resident

The purpose of this session is to explore what it means to age in our larger society and for each of us personally.

**Free Individual Computer and Cell Phone Training
for Marlboro's Seniors
Sponsored by: Members of Marlboro's Teen Advisory Committee**

If you are interested in receiving individual computer or cell phone training at your home or interacting with Marlboro's teens while playing Wii, please send an email to the Senior Office at dbarry@marlboro-nj.gov, or call Denise Barry at 732-617-0367. For additional information about TAC, please email TAC@marlboro-nj.gov or call 732-536-0200.

INCLEMENT WEATHER POLICY

WEEKEND WEATHER CANCELLATION POLICY

All A.M. weekend programs at the Community Center and Marlboro Township Schools will be cancelled in the event of any snow Friday and /or Saturday nights. A determination of P.M. programs will be made by 11:00am and participants will be notified.

WEEKDAY WEATHER CANCELLATION POLICY

In the event of inclement weather, and the Marlboro Township Schools are closed, all programs scheduled at the school and community center will be cancelled.

If the township elementary schools are delayed due to inclement weather, all programs scheduled in the Community Center for the a.m. will be automatically cancelled. A determination of the p.m. programs at the Community Center **only** will be made by 11:00am

If the township elementary schools are released early due to inclement weather, all evening programs at the schools and Community Center will be cancelled.

Any cancelled programs may be rescheduled at the Recreation Department's discretion.

**Call the Recreation Office at (732) 617-0100 or watch
Cable TV Channel 77 for more information.**

SHOPPING EXCURSIONS

Free Shopping for Senior Citizens of Marlboro Township

Free transportation to seniors who do not hold a driver's license to various shopping locations is offered on Fridays.



- To schedule a ride, call Marlboro Recreation Senior Office Transportation at (732) 617-0366
- Shopping bags are limited to the amount you can carry on your own.
 - Space is limited, **reservations are needed.**
- Drop off times at each shopping location will be 11:00 am.
Pick up time will be 1:00 pm.
- *If you scheduled an appointment and cannot keep it, please notify the*
 - **Office Transportation Line @ (732) 617-0366**

Friday, July 8, 2016	Wegman's & Target (Manalapan)
Friday, July 15, 2016	Walmart & Sam's (Freehold)
Friday, July 22, 2016	Wegman's & Target (Manalapan)
Friday, July 29, 2016	Shop Rite (Marlboro)
Friday, Aug.5, 2016	Wegman's & Target (Manalapan)
Friday, Aug.12, 2016	Shop Rite (Marlboro)
Friday, Aug.19, 2016	Wegman's & Target (Manalapan)
Friday, Sept.9, 2016	Walmart & Sam's (Freehold)
Friday, Sept.16, 2016	Wegman's & Target (Manalapan)
Friday, Sept.23, 2016	Shop Rite (Marlboro)
Friday, Oct.7, 2016	Wegman's & Target (Manalapan)
Friday, Oct.14, 2016	Shop Rite (Marlboro)

SHOPPING EXCURSIONS

Friday, Nov.4, 2016	Wegman's & Target (Manalapan)
Friday, Dec.2, 2016	Shop Rite (Marlboro)
Friday, Dec.16, 2016	Wegman's & Target (Manalapan)

NO TIPPING PLEASE

HEALTH SCREENINGS

Cholesterol Screening

Friday, July 8

HDL,LDL, Triglycerides, total cholesterol. Fasting is recommended.

Recreation Center

9:00 am



Audiology Screening

Friday, August 12

Recreation Center

9:00 am

Glucose Screening

Friday, September 16

Recreation Center

9:00 am

Do not eat or drink anything except water for 5-8 hours prior to the test.

Cholesterol Screening

Friday, October 7

HDL,LDL, Triglycerides, total cholesterol. Fasting is recommended.

Recreation Center

9:00 am

Audiology Screening

Friday, November 4

Recreation Center

9:00 am

Glucose Screening

Friday, December 2

Recreation Center

9:00 am

Do not eat or drink anything except water for 5-8 hours prior to the test.

TRANSPORTATION

??? NEED A RIDE ???

MARLBORO TOWNSHIP RECREATION & PARKS DEPARTMENT
offers
FREE BUSSING FROM 8:00AM-3:00PM (DAILY)
Extended hours are for special events
for
MARLBORO TOWNSHIP SENIORS ATTENDING PROGRAMS AND TRIPS SPONSORED
BY OUR SENIOR PROGRAM.

Reservations must be made at least **1 week** in advance by calling
MARLBORO RECREATION CENTER (732) 617-0366.

Leave your name, address, phone number and the event you wish to
attend or fill out the information below and return it with your registrations.

Name: _____

Address: _____

Phone: _____

I WILL NEED A RIDE TO THE FOLLOWING:

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

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

TIPPING IS NOT ACCEPTED

REGISTRATION NOT ACCEPTED BEFORE JUNE 6, 2016

Mail Registration Forms to:

Marlboro Recreation, 1996 Recreation Way, Marlboro, NJ 07746

Attn: Senior Programs

Name (first and last) : _____ Home Phone: _____

Address: _____ City: _____

USER NAME: _____ PASSWORD: _____

- Consult with your physician before beginning these or any exercise programs.

- Email: _____ User Name: _____

PLEASE LIST EACH PERSON PARTICIPATING

MARLBORO CABLE TELEVISION RELEASE WAIVER/ PHOTOGRAPH WAIVER

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

___ No, I do not give permission for myself to be videotaped/photographed for Marlboro Twp.

**THE UNDERSIGNED PARTICIPANT OR ADULT ASSUMES ALL THE RISKS INVOLVED
AND SHALL HOLD HARMLESS THE TOWNSHIP OF MARLBORO, THE RECREATION**

DEPARTMENT, AND ITS EMPLOYEES FROM ANY AND ALL LIABILITIES.

Please
Sign →

Signature: _____

PARTICIPANT'S NAME	Meal Choice/ Seat Me With:	ALL ACTIVITIES

ATTENTION SENIORS

POLICIES AND PROCEDURES for the Marlboro Township Senior Program

MISSION STATEMENT:

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

Age Restriction for Senior Citizens:

- 60 and older
- An adult spouse / partner under the age of 60 and living in the same household would be entitled to participate in programming and trips.
- An adult partner/friend residing outside of Marlboro Township is allowed to take part on trips if no other resident wants to attend. An added 30% fee is added for non-residents.
- A disability will not qualify anyone under age 60 for senior status.

Proof of Residency:

- A resident is one who **resides** in the township and pays municipal taxes to Marlboro Township, otherwise non-resident fee will be added.

Renter must show proof of residency via driver's license/ utility bill, or tax bill.

Auxiliary Groups / Individuals:

- Residents of Marlboro that have resided in the town for many years and are moving will be entitled to finish out the year in our programming. Trip sign ups would cost an additional 30%. Out-of-town guests may attend trips for an additional 30% charged above the cost of the trip, special event, and program.

ALLIANCE MEETINGS

The Marlboro Alliance acts as a catalyst within our community to raise public awareness about substance abuse issues. Alliance membership comprises representatives of the Marlboro community including but not limited to, police, schools, government, residents and treatment agencies. Our meetings are once a month at the Marlboro Recreation Center at 9:15am unless otherwise noted. Everyone is welcome and refreshments are served.

ATTENTION SENIORS

Transportation:

- Bus transportation fees for Marlboro Township residents are covered by the township. Upon request, handicap bussing is available for trips only if a handicap bus is obtainable and the trip destination is accessible for handicap buses. This does not include the township bus. Those requiring “special bussing” should be made aware that an added fee is charged to the township for the use of the handicap bus and cancellation on the day of the trip would result in a penalty fee charged to the township.
- Bus seating is done on a rotating basis. The front of the bus is reserved for those who need the assistance of a medical device in order to be mobile. Other special needs will be placed in accordance to availability.
- Free township bus service is offered to Marlboro Township Seniors who **do not** hold a Driver’s License.

Tipping is not allowed.

The Township Bus is used for local transportation of seniors, who do not hold a driver’s license, to and from the Recreation Center, the Marlboro Mall on Rt. 79, the Morganville Senior Center on Texas Road and various supermarkets.

Emergency Procedures:

All participants are required to sign a fitness waiver before participating in fitness classes. Emergency cards are distributed to participants in all classes and are kept in the Senior Office. Seniors are encouraged to update the office with any changes.

PLEASE FILL OUT AND RETURN WITH YOUR REGISTRATION

SENIOR EMERGENCY INFORMATION CARD 2016

EMAIL ADDRESS: _____

NAME: _____ BIRTH DATE: _____

ADDRESS: _____ PHONE: _____

EMERG. CONTACT & RELATIONSHIP#1 _____ PH.#: _____

EMERG. CONTACT & RELATIONSHIP#2 _____ PH.#: _____

PHYSICIAN'S NAME: _____ PHONE: _____

LIST ANY MEDICAL CONDITIONS YOU MAY HAVE AND THE MEDICATIONS YOU ARE TAKING.

LIST FREQUENCY OF MEDICATIONS: BLOOD TYPE: _____

List any allergies _____

Asthma: Yes No **Diabetic:** Yes No

DO YOU HAVE A HISTORY OF:

HEART DISEASE? SEIZURES?

BLEEDING/CLOTTING DISORDERS? PACE MAKER?

List any Physical Limitations:

Surgeries: _____

FOR YOUR INFORMATION

MONMOUTH COUNTY SHERIFF'S OFFICE

732-431-7139

MONMOUTH COUNTY OFFICE ON AGING

732-431-7450

For Fraud, Scams or Crime:

Call our TRIAD Hotline at 1-877-222-3737

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

Home Healthcare

Click on link below: 732-531-9111

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

Legal Services Ocean-Monmouth *Click on link below: 732-531-9191*

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

Medicare Enrollment

Click on link below: 800-772-1213

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

Monmouth County Health Department *Click on link below: 732 431-7456*

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

Social Security Administration *Click on link below: 1-800-772-1213*

<http://www.ssa.gov/>

Social Services

Click on link below: 732-431-6000

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

State Health Insurance Assistance Program (SHIP) 1-800-792-8820 *Click on link below: <http://www.state.nj.us/humanservices/doas/services/ship/>*

FOR YOUR INFORMATION

SENIOR CITIZEN AREA TRANSPORTATION

- **SCAT:** (732) 431-6485 -*Click on link below:*
[HTTP://WWW.VISITMONMOUTH.COM/PAGE.ASPX?ID=2900](http://www.visitmonmouth.com/page.aspx?id=2900)
- **ACCESS LINK:** 1 800-955-2321 - *Click on link below:*
[HTTP://WWW.NJTRANSIT.COM/HP/HP_SERVLET.SRV?HDNPAGEACTION=HOMEPAGETO](http://www.njtransit.com/hp/hp_servlet.srv?hdnpageaction=homepageto)
- **EZ RIDE:** (201) 939-4242 - *Click on link below:*
[HTTP://WWW.EZRIDE.ORG/3-0-SENIORTRANSPORTATION.ASP](http://www.ezride.org/3-0-seniortransportation.asp)
- **MARLBORO SENIOR RECREATION BUS** (732) 617-0366
(For those who do not hold a driver's license)

MEALS ON WHEELS - MONMOUTH COUNTY (732) 775-5155

HOME ENERGY ASSISTANCE PROGRAM

- This Federal program provides financial assistance with energy costs for eligible Seniors who meet income guidelines.
Single - \$1,945 per month **Couple** - \$2,621 per month
- For info call "HEAP" hotline (732-982-8710 or 1 800-510-3102). To download forms click on: <http://www.state.nj.us/humanservices/doas/services/>

PHARMACEUTICAL ASSISTANCE AND DISABLED (PAAD)

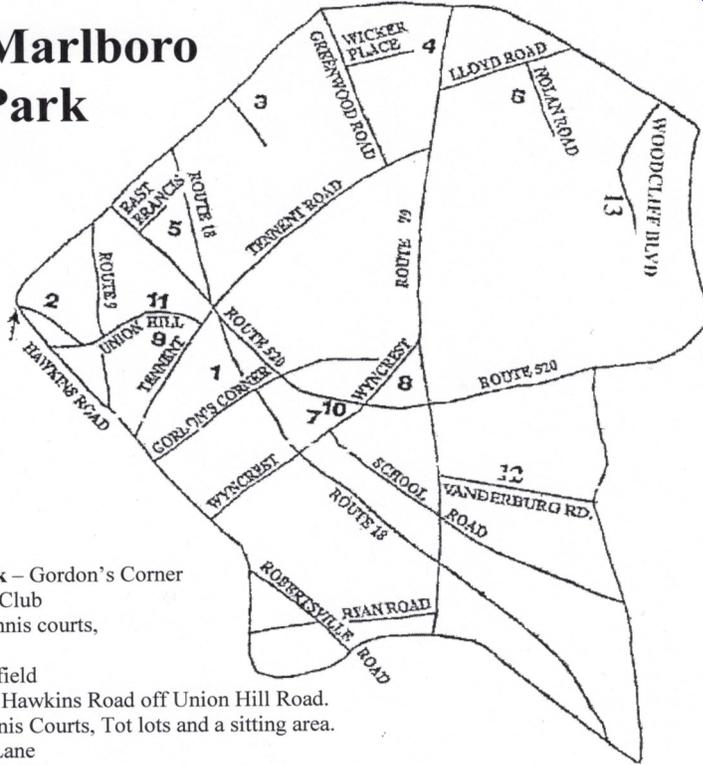
LIFELINE ENERGY ASSISTANCE AND HEARING AID (HAAD)

- CALL 1-800-792-9745
- *Click on link:* <http://www.state.nj.us/humanservices/doas/services/>

SENIOR GOLD PRESCRIPTION INCOME LIMITS

- Annual income and info. *Click on link below:*
<http://www.state.nj.us/humanservices/doas/services/seniorgold/index.html>

There is a Marlboro Township Park Near You!



- 1. Marlboro County Park** – Gordon's Corner Road by Municipal Swim Club
Facilities: Eight lighted tennis courts, two handball walls, basketball courts and ball field
- 2. Hawkins Road Park** – Hawkins Road off Union Hill Road.
Facilities: Basketball, Tennis Courts, Tot lots and a sitting area.
- 3. Falsion Park** – Falsion Lane
Facilities: Tennis court and tot lot
- 4. Wicker Place Park** – Off Texas Road
Facilities: Basketball court and tot lot.
- 5. Marlin Estate Park** – East Francis Avenue
Facilities: Basketball court, two tennis courts, softball field, and tot lot.
- 6. Nolan Road Park** – Corner of Lloyd and Nolan Road
Facilities: Basketball court, two tennis courts, softball field, and tot lot.
- 7. Municipal Complex** – Wyncrest Road
Facilities: Athletic fields, tot lot, shuffle board courts, walking path, and shelter building.
- 8. Defino Central School** – Tennis Facility
- 9. Robertsville School** – Tennis Facility
- 10. Recreation Way Park** – Community Center
Facilities: Hockey rink, lighted basketball courts, and tot lot
- 11. Union Hill Recreation Complex** – Union Hill Road
Facilities: Two lighted softball fields, tot lot, and walking paths
- 12. Vanderburg Soccer Complex / Aquatic Center** – Vanderburg / Boundry Roads
Facilities: Soccer fields and pool facility with shelters and restrooms
- 13. Woodcliff Park** – Woodcliff Blvd
Facilities: Basketball court, Picnic area, and tot lots



Marlboro Township Department of Recreation

1996 Recreation Way, Marlboro, New Jersey 07746

Phone: 732-617-0100 / Fax: 732-536-2376 / E-mail: Recreation@marlboro-nj.gov

MAYOR

JONATHAN L. HORNIK

COUNCIL

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

ADVISORY COMMITTEE

Eric Cohen-Chair
Adam Dictrow
Gerard Dimino
Joyce Fallon
Robert Milke
Andy Pargament
Jeff Rosen
Suzan Siegel
Bob Shapiro
Cindy Napoletano-Alt.#1
Stacey Rothman-Alt. #2



DEPARTMENT OF RECREATION

Ted Ernst - Director

RECREATION SENIOR STAFF

Denise Barry, Senior Citizen Director (dbarry@marlboro-nj.gov)
Linda Dugan, Recreation Leader (ldugan@marlboro-nj.gov)
Rosemary Pascale Omni Bus and Recreation Leader (rpascale@marlboro-nj.gov)

Recreation Office Staff

Michelle Gropper, Ass't Superintendent
Elaine Rechtman, Administrative Clerk
Lynne Gustman, Recreation Coordinator
Suzi Leifer, Recreation Coordinator
Valerie Crimeni, Recreation Leader

VALID UNTIL December 31, 2016

E-Mail: Recreation@Marlboro-nj.gov

<https://register.communitypass.net/marlboro>