

## 2024 ACTIVE ADULT SENIOR PROGRAM GUIDE

SUMMER SESSION: **JUL 1-AUG 9 (6 weeks)**

FALL SESSION: **SEP 3-DEC 13 (15 weeks)**

### REGISTRATION INFORMATION

**DATE:** Wednesday, June 19, 2024

**TIME:** 9:00am **SHARP!**

**\*Online and via phone call only! No IN-PERSON registration!\***

You may register on community pass at <https://register.communitypass.net/marlboro> or call 732-617-0100 or 732-617-0367 for assistance registering. (There is **NO IN-PERSON REGISTRATION!**)

- Seniors needing assistance on trips or in classes **MUST** bring an aide or chaperone.
- Registration **CALLS** will **NOT** be answered prior to 9:00 am. **PLEASE DO NOT LEAVE MESSAGES TO REGISTER!!!**
- Programs will continue to be offered **INDOORS** and on **ZOOM**.
- **ZOOM** programs will be able to accommodate all participants that are interested.
- We will adhere to a strict attendance policy (see next page).
- **Please call with any questions you may have PRIOR to registration day.**
- **There is currently NO DRIVER.**

### CLASS LOCATIONS

**SUMMER** (JUL 1-AUG 9): **Morganville Firehouse**, 78 Tennent Road, Morganville 07751

**SUMMER Marlboro Senior Center**, 176 Texas Road, Morganville, 07751

**FALL** (SEP 3-DEC 13): **Rec Center/Firehouse**, 1996 Recreation Way/78 Tennent Road

### **\*\*\*RESTRICTIONS AND LIMITATIONS ON REGISTRATION DAY\*\*\***

Many new classes have been added to try to accommodate everyone as attendance grows.

ON REGISTRATION DAY **FOR FALL PROGRAMS ONLY** you will be **limited** to:

- **1** Total Body Class (Mon or Fri)
- **1** Kick It Up Class (Tue or Thurs)
- **1** Balance & Stretch Class (Tue or Thurs)
- **1** Get Fit While You Sit (Wed or Fri)

There will be **no restrictions** on registration for anything else including: **Social Events, Special Events, Trips, Lectures,** or **Zoom** programs.

**ONE WEEK AFTER REGISTRATION**, Wednesday, June 26<sup>th</sup> at 9:00am, all registration restrictions will be lifted. At that time you may register for any classes that are not full 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 **If you miss two consecutive exercise classes, you will be withdrawn from the program without notification** and put on the waitlist to be re-registered in the program when a spot is available.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.
- **EQUIPMENT IS AVAILABLE**, but you are welcome to bring your own.

**Summer Classes: Monday, July 1-Friday, August 9, 2024**

**Fall Classes: Tuesday, September 3-Friday, December 13, 2024**

**There will be NO classes on the following dates:**

**Mon:** Sept 2, Oct 14, Nov 11

**Tue:** Nov 5

**Wed:** Oct 2

**Thurs:** July 4, Oct 3, **Oct 31**, Nov 28, **Dec 12**

**Fri:** July 5, **Sep 13**, Oct 11, **Nov 22**, Nov 29

## SUMMER CLASSES AND PROGRAMS

### ART – SUMMER SKETCHING WITH FRANK

Always on Zoom

Summer

Thursdays

**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! **Materials to bring to class: 9 x 12 drawing pad or larger, drawing pencils, kneaded eraser, ruler**

### BALANCE and STRETCH, *standing class (with a chair for balance)*

Summer at the Morganville Firehouse

Thursdays

**9:00am-10:00am, 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 balance.**  
**Equipment: weights, ball, band, water**

### BOX and BURN, *all levels (NEW CLASS)*

Summer at the Morganville Firehouse

Mondays

**9:00am-10:00am, Instructor: Lisa Parachini**

Box and Burn will combine basic shadow boxing combinations with strength training intervals in order to maximize calorie burn and build strength and coordination! **Equipment: weights**

### BRING YOUR GAME!

Summer at the Morganville Senior Center

Wednesdays

**11:30am-2:00pm, no instructor**

Open play for your enjoyment. Card tables will be set up. Bring your own coffee and snacks, meet up with friends and spend a couple of hours playing your favorite game. Canasta, Mahjong, Scrabble, Chess, Rummikub, Backgammon, Checkers - or any other board game you love to play. **You must provide your own games!!!** **The building will be locked up PROMPTLY at the end of class.**

### CARDIO WELLNESS, *combination of chair and standing*

Summer at the Morganville Firehouse

Mondays

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

This program is for the participant who is looking to exercise with a gentle cardio program. Classes will help strengthen your cardio vascular system as well as target the different muscles in your body.

**Equipment: weights, ball, band, water**

**DISCUSSION GROUP: Hanging with Heidi**

**Moderator: Heidi Pincus**

**Summer Outdoors at the Rec Center "Under the Tree"**

**Tuesdays**

**11:30pm-12:30pm**

Participate in a **small discussion group** moderated by Heidi. This group will allow you to connect with others, discuss what is on your mind and 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! **Present a topic for the group to debate/discuss.**

**DISCUSSION GROUP: News & Your Views**

**Moderator: Sandy Levin**

**Summer at the Morganville Senior Center**

**Tuesdays**

**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!!!**

**DRUMMING TO YOUR OWN BEAT! (RETURNING CLASS), *chair class***

**Summer at the Morganville Firehouse**

**Wednesdays**

**11:30am-12:00pm, Instructor: Joann LaPorta**

Research has shown that besides having fun - drumming 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. By participating in a Drums for Wellness class you are not only having fun, but reaping benefits for the mind, body, and soul. **Bring water!**

**GET FIT WHILE YOU SIT, *chair class***

**Summer at the Morganville Firehouse**

**Tuesdays or Thursdays**

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

This class will offer cardio movement focused on enhancing mobility, strength and flexibility using weights, bands, balls and your body weight. **Equipment: weights, ball, band and water**

**INTERMEDIATE CARDIO, *combination of chair and standing***

**Summer at the Morganville Firehouse**

**Mondays**

**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**

## KNITTING

Summer at the Morganville Senior Center

Wednesdays

10:00am-11:00am, no instructor

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 philanthropic organizations. Bring your own yarn to use and/or donate. **The building will be locked up PROMPTLY at the end of class.**

**KICK IT UP!** *combination of chair and standing*

Summer at the Morganville Firehouse

Tuesdays or Thursdays

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

This class will **kick up** your **cardio & strength** workout. Move your body to **improve your endurance** and strengthen your cardiovascular system. Then work on **building up your strength** and **improving your balance**. **Equipment: weights, ball, band, water**

OUTDOOR **SUMMER** PICKLEBALL, *outdoors at Marlin Estates Park*

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 Marlin Estates** at the above listed time. **No registration is required for the summer**. Bring your own equipment. Make some new pickleball friends!

**STRETCH AND STRENGTHEN (NEW CLASS), *floor and standing options***

Summer at the Morganville Firehouse

Fridays

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

In this class the focus will be **STRETCHING AND STRENGTHENING** your body. You will work on becoming more flexible and increasing your muscle strength. This class should help get you moving better and feeling good! **Floor and standing options**. **Equipment: mat (optional), water and towel**

## STRENGTH TRAINING

Always on Zoom

Tuesdays or Thursdays

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

This class will focus on helping you become more flexible and increasing your 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, water**

**TOTAL BODY WORKOUT, *advanced class - mat and standing***

**Summer ZOOM Mondays**

**Summer Fridays at the Morganville Firehouse**

**Mondays or Fridays**

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

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

**WAKE UP WITH YOGA**

**Summer at the Morganville Firehouse**

**Wednesdays**

**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, strap, blanket, water**

**WARRIOR WORKOUT, *standing class (NEW CLASS)***

**Summer at the Morganville Firehouse**

**Wednesdays**

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

This Warrior Workout class will get your heart pumping, muscles toned, and waist chiseled. ***It is a standing class for all levels.*** **Equipment: weights and warrior spears (broomsticks).** No warrior face paint required; however, **water is necessary.**

**YOGA, *chair class***

**Summer ZOOM**

**Thursdays**

**11:30am-12:30pm, Instructor: Sue Santoriello**

A gentle class adapting yoga poses with the use of a chair. This class cultivates awareness and relaxation through meditation, breath work and gentle stretches without the stress of getting up and down off the floor. Benefits include increased balance, strength, flexibility, range of motion, and stress reduction.

**Equipment: chair, mat, one block, strap, water**

**YOGA, *gentle class***

**Summer ZOOM**

**Mondays**

**9:00am-10:00am, Instructor: Sue Santoriello**

Learn various breathing techniques to calm and quiet the mind. Ease into stretches and gently move the body. Class will combine movement with breath while focusing on increasing flexibility and balance. Students should be able to transition on and off the floor for gentle kneeling, standing and balance poses. (Keep a chair nearby for assistance.) 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

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, sneakers**

## FALL CLASSES & PROGRAMS

### ART CLASS - ACRYLIC PAINTING

Fall at the Rec Center

Mondays, September 30, October 7, 21, 28, November 4, 18

10:00am-12:00pm, Instructor: Fran Mednick

This class is for anyone who would like to learn, or others that already enjoy acrylic painting. It will include a brief lesson on how to mix colors to create different values. **Explore your creative side** as you master acrylic techniques and apply them to your paintings. **Materials to bring to class: a canvas or canvas board, (8X10, or 11X14), a set of acrylic paints, a variety of different size brushes, a cup for water, a palette or paper plates, pencils and an eraser, a picture of something you would enjoy painting.**

### ART CLASS - SKETCHING WITH FRANK

Always on Zoom

Thursdays

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! **Materials to bring to class: 9 x 12 drawing pad or larger, drawing pencils, kneaded eraser, ruler**

### ART CLASS - WATERCOLOR & MIXED-MEDIA ART CLASS

Always on ZOOM

Tuesdays

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. **Materials to bring to class: A list of required supplies will be forwarded to participants prior to the start of class.**

**BALANCE and STRETCH, *standing (with a chair for balance)***

**Fall at the Rec Center**

**Tuesdays or Thursdays**

**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 balance.**

**BALLROOM DANCE, *all levels***

**Fall at the Rec Center**

**Mondays**

**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 and more! Fun for singles or couples.

**BRING YOUR GAME!**

**Fall at the Rec Center**

**Fridays**

**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. **Rummikub, Scrabble, Chess, Checkers, Backgammon** - or any other 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**

**10:00am-12:00pm, no instructor**

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 of your game.

**CARDIO VARIETY, *all levels***

**Fall at the Rec Center**

**Mondays**

**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, *combination of chair and standing***

**Fall at the Firehouse**

**Mondays**

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

This program is for the participant who is looking to exercise with a gentle cardio program. Classes will help strengthen your cardio vascular system as well as target the different muscles in your body.

**Equipment: weights, ball, band, water**



## COUNTRY LINE DANCE

Fall at the Rec Center

Wednesdays

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**

## FIND A GAME ROTATIONAL PLAY (NEW PROGRAM!)

Fall at the Rec Center

Wednesdays

12:30pm-2:30pm

Are you looking to learn/play **Canasta or Mahjong** and/or you don't have a group to play with? Or you know the basics, but could you some help? Unsure of your moves? Want to learn and make new friends? Join **FIND A GAME ROTATIONAL PLAY**. This group has it all!! "Friends" to help you with your moves and others in the same shoes – looking for a group, wanting to learn. Whatever your situation this group will hopefully make it work! **ASK ME!!!! (THIS IS NOT FOR PEOPLE WHO HAVE A REGULAR GROUP TO PLAY WITH.)**

## GET FIT WHILE YOU SIT, *chair class*

Fall at the Rec Center

Wednesdays or Fridays

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

This class will offer cardio movement focused on enhancing mobility, strength and flexibility using weights, bands, balls and your body weight. **Equipment: weights, ball, band**

## INTERMEDIATE CARDIO, *combination of chair and standing*

Fall at the Firehouse

Mondays

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**

## KENJA, *low impact fitness*

Fall at the Rec Center

Wednesdays

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

Kenja 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**

**KICK IT UP!** *combination of chair and standing*

Fall at the Rec Center

Tuesdays or Thursdays

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

This class will **kick up** your **cardio & strength** workout. Move your body to **improve your endurance** and strengthen your cardiovascular system. Then work on **building up your strength** and **improving your balance**. Equipment: weights, ball, band

**KNITTING**

Fall at the Rec Center

Wednesdays

10:00am-12:00pm, no instructor

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.

**MAHJONG: Open Play**

Fall at the Rec Center

Mondays

11:30am-2:30pm, no instructor

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, or join **FIND A GAME ROTATIONAL PLAY** on Wednesdays.

**PICKLEBALL**, *indoors open play (NOT AN INSTRUCTIONAL COURSE)*

Fall at the Rec Center

12:45pm-2:45pm, **THREE 5 WEEK SESSIONS**

Session I September 3-October 4

Session II October 7-November 8

Session III November 12-December 13

**Mondays & Wednesdays** **ADVANCED & INTERMEDIATE**

**Tuesdays & Thursdays** **INTERMEDIATE & BEGINNERS**

**Fridays** **MIXED LEVELS**

If you would like to play pickleball **indoors**, you **MUST REGISTER**. **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. **NO INSTRUCTOR - OPEN PLAY**

**PILATES, (MAT) beginner** Morganville Firehouse

Wednesdays

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

Pilates is a practice focused on improving coordination, strength, balance, and posture through a targeted series of full-body exercises. It is a flow of exercises **on the floor, on a mat**, using your body weight as resistance, blocks, balls, and bands. Pilates practice will help with improving your balance, strength, flexibility, focus and your breath. **Equipment: mat, towel and water**

## **PING PONG/POOL**

**Fall at the Rec Center**

**Thursdays**

**11:30am-1:30pm, no instructor**

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

## **STRENGTH TRAINING**

**Always on Zoom**

**Fall**

**Tuesdays & Thursdays**

**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**

## **STRETCH AND STRENGTHEN (NEW CLASS), floor and standing options**

**Fall Morganville Firehouse**

**Mondays**

**9:00am-10:00am, Instructor: Marla Rudich**

In this class the focus will be **STRETCHING AND STRENGTHENING** your body. You will work on becoming more flexible and increasing your muscle strength. This class should help get you moving better and feeling good! **Floor and standing options. Equipment: mat (optional), water and towel**

## **TAI CHI**

**Fall at the Rec Center**

**Thursdays**

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

Tai Chi is a complete system of exercise that improves relaxation, strength, balance, coordination, posture, concentration and flexibility. Movements are smooth, slow, continuous and graceful. The Tai Chi form can be broken down into a series of separate moves. **Equipment: water, comfortable clothes and sneakers**

## **TOTAL BODY WORKOUT *advanced class - mat and standing***

**Fall at the Rec Center**

**Mondays or Fridays**

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

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

**Equipment: weights, band, mat and water**

**WAKE UP WITH YOGA, *all levels***

**Fall at the Rec Center**

**Fridays**

**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**

**WARRIOR WORKOUT, *standing class (NEW CLASS)***

**Fall at Morganville Firehouse**

**Wednesdays**

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

This Warrior Workout class will get your heart pumping, muscles toned, and waist chiseled. ***It is a standing class for all levels***. **Equipment: weights and warrior spears (broomsticks)**. No warrior face paint required; however, **water is necessary!**

**YOGA, *chair***

**Always on ZOOM**

**Fall**

**Thursdays**

**11:30am-12:30pm, 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.

**Equipment: chair, mat, one block and a strap**

**YOGA, *gentle***

**Always on ZOOM**

**Fall**

**Mondays**

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

Learn various breathing techniques to calm and quiet the mind. Ease into stretches and gently move the body. Class will combine movement with breath while focusing on increasing flexibility and balance. Students should be able to transition on and off the floor for gentle kneeling, standing and balance poses. (Keep a chair nearby for assistance.) Class will end with a quiet, guided relaxation. **Equipment:**

**mat, blocks, a strap, a chair (for balance) and water**

## ZUMBA

Fall at the Rec Center

Tuesdays

9:00am-10:00am, **Instructor: Lisa Parachini (NEW ZUMBA INSTRUCTOR)**

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**

## DISCUSSION GROUPS

Coffee and pastries to be served at all discussion groups.

### DISCUSSION GROUP: Coffee & Conversation

No moderator

Thursdays

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! **To all of the newcomers out there, this is a great way to meet others!**

### DISCUSSION GROUP: Football Fanatics

Moderator: Ronnie Quacquareni

**Mondays: September 30, October 28, November 25, December 16**

11:30am-12:30pm

Attention football fans! Get together with other football fanatics for a discussion about everything and anything football! Share your memories, thoughts and opinions. Compare today's football with that of yesteryear.

### DISCUSSION GROUP: Hanging with Heidi

Moderator: Heidi Pincus

Tuesdays

11:30am-12:30pm

Participate in a **small discussion group** moderated by Heidi. This group will allow you to connect with others, discuss what is on your mind and 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! **Present a topic for the group to debate/discuss.**

### DISCUSSION GROUP: News & Your Views

Moderator: Sandy Levin

Tuesdays

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 Levin and Ted Zubulake**

**Thursdays: September 19, October 17, November 21, December 19**

**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: Talkin' Baseball (NEW GROUP)**

**Moderators: Lance Adelson & Steve Steinberg**

**Wednesdays: September 4, October 9, November 6, December 4**

**11:00am-12:00pm**

Talkin' Baseball will focus on present day baseball including: the ongoing Major League Baseball season, the state of the game and Hot Stove Baseball in the off season (covering amongst other things potential trades & free agency). **Fans of all MLB teams are welcome**, not just those from the NY and Philadelphia area.

**DISCUSSION GROUP: Veteran's Monthly Meetup**

**Held on the 2<sup>nd</sup> Thursday of the month**

**Thursdays: September 12, October 10, November 14**

**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. **No Moderator.**

**HEALTH SCREENINGS & WORKSHOPS**

**TAKE CONTROL OF YOUR HEALTH DIABETES WORKSHOP, Sponsored by Hackensack Meridian Health**

**Mondays: September 9, 16, 23, 30, October 7, 21**

**6 WEEK PROGRAM**

**1:00pm-3:00pm**

Learn how to better manage your Diabetes. You will learn more about: How Diabetes affects your body, techniques to deal with anxiety and stress, guidelines for healthy eating, how to plan menus, appropriate exercise to best control your blood sugar, appropriate use and management of medications, and the importance of monitoring your blood sugar. Get the support and tools you need to help you manage this disease. **PLEASE ONLY REGISTER IF YOU PLAN TO ATTEND ALL SESSIONS.**

**HACKENSACK MERIDIAN HEALTH SCREENINGS**

**Friday, September 20**

**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.

**HEARING SCREENINGS & LECTURE/Q&A: AUDIOLOGY ISLAND**

**Speaker: Dr. Stella Fulman**

**Wednesday, October 30**

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

Audiology Island will be here to discuss the importance of hearing to your health. They will also provide free hearing health screenings.

## LECTURES

Coffee and snack to be served at all 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.*

### LECTURE: SAVVY SWEET & SAVORY SUPPER SUGGESTIONS

Speaker: Rachel Tansey

Thursday, September 5

1:00pm-2:00pm

Let's find some healthy options for suppers. We will review some nutrient profiles to be sure it's a nutritious option and hope to spark some creativity. **Sponsored by Rutgers Cooperative Extension of Monmouth County**

### LECTURE/WORKSHOP: FALL PREVENTION

Friday, September 6

1:00pm-2:00pm

This lecture will discuss balance and coordination techniques and different ways to prevent falls. It will be coordinated with some boxing moves to keep it fun and entertaining. **Sponsored by NJ Sports, Spine & Wellness**

### LECTURE: ESTATE PLANNING AND WISHES FOR CARE

Speaker: David Nathan, Waypoint Legal

Tuesday, September 10

1:00pm-2:00pm

Many important legal questions arise as we approach our senior years. Chief among these is how we can ensure that our intended heirs receive our property after our death, how we can make our coming years more comfortable, and how we can afford the expenses that arise as we grow older.

Thankfully, well-executed legal documents (wills, trusts, advanced directives) can provide guidance and control over these essential questions. Even so, it is understandable to have continuing concerns about this complex area of law. David Nathan, a Freehold elder law attorney will help answer some questions you may have. Maybe even some that you did not know you had!

**LECTURE: MEDICARE SEMINAR: UNDERSTANDING YOUR BENEFITS**

**Speaker:** Jacki Spear

**Friday, September 27**

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

This lecture will provide FREE accurate, practical information about Medicare which will be explained in an easy-to-understand manner. You will learn how to navigate the ins and outs of signing up and choosing plans best suited to fit your needs. **Topics to be discussed:** What is Medicare? What are the parts of Medicare? How does Medicare work? **Sponsored by American Senior Benefits**

**LECTURE: THE IMPORTANCE OF MOVEMENT AND PROPER NUTRITION**

**Friday, October 4**

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

This lecture will focus on the importance of movement and proper nutrition as it relates to aging. **Sponsored by NJ Sports, Spine & Wellness**

**LECTURE: ANXIETY & DEPRESSION**

**Speaker & Date TBA**

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

**Sponsored by Hackensack Meridian Health**

**LECTURE: HEALTHY EATING AND CHRONIC DISEASE PREVENTION**

**Speaker:** Rachel Tansey

**Tuesday, October 22**

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

A discussion on preventing and lowering your risk for adverse health conditions. Suggestions with simple practical tips to promote a healthy lifestyle. **Sponsored by Rutgers Cooperative extension of Monmouth County**

**LECTURE: ROUND TABLE/ Q&A SESSION**

**Friday, November 1**

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

Ask our providers questions you may have regarding how to stay active and address any common concerns regarding the body and injuries. **Presented by NJ Sports, Spine & Wellness**

**LECTURE: LONGEVITY & HEALTHY LIVING**

**Speaker:** Rachel Tansey

**Thursday, November 14**

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

A discussion on mindfulness and healthy habits to encourage practices to allow for aging gracefully. **Sponsored by Rutgers Cooperative extension of Monmouth County**



## BINGO & BIRTHDAYS

**BINGO & BAGELS**, *registration will open each month*

Marlboro Rec Center

**Monday, September 30**

**Friday, October 25**

**Tuesday, November 26**

**Thursday, December 19**

**12:30pm-2:00pm**

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

## BIRTHDAY CELEBRATIONS

Marlboro Rec Center

**Friday, September 20** Happy Birthday, July, August & September!

**Friday, November 15** 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. **Birthday gift for those celebrating! Sponsored by ARTIS of Eatontown**

### \*\*\*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, SOCIAL EVENTS, LUNCHEONS, FUN & GAMES!!!

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

## SEPTEMBER

### WELCOME BACK PIZZA & ICE CREAM PARTY

Fee: \$5pp

**Wednesday, September 4**

**12:30pm-2:00pm**

Welcome back from summer break! Meet up with your friends to catch up at an afternoon social.

### **“STAY-TRIP” (NEW EVENT)**

#### **BILLIONAIRE’S CLUB MURDER MYSTERY MASQUERADE**

**FEE: \$26pp, includes interactive show and lunch!**

**Friday, September 13**

**11:30pm-2:30pm**

Have you heard of a stay-cation? Well this is going to be a **“STAY-TRIP”!** We are bringing the excitement of the theater to the Rec Center for an **interactive Murder Mystery Masquerade Show/Event** filled with **fun** and **suspense**. **Attend the Billionaires’ Club Annual Masquerade Ball**, don’t forget to **dress up** for this Murder Mystery Masquerade. That dress or suit that you saved for “someday” would be perfect!

**Event Details:** Someone will die in a comedic way, and you and your table mates will **actively participate** in trying to **solve this mystery** as a team! Your help is needed to get this soiree back on track by solving the crime before the masked menace gets away! **Your group will be provided with clues**. Plus, you will **look at evidence** and **bribe characters** for clues to figure out exactly who did it. (Some of the more outgoing guests at the event will be **chosen to play the parts of suspects**, but EVERYONE gets to help solve the crime.) Some of the guests will be suspects and you will all **work together** to solve the murder! The killer could be any one of our guests – even you! By the end of the party, you and your team will try to **guess who did it, how** they did it, and **why** they did it. There is nothing quite like the thrill of having all of the clues suddenly fall into place and seeing the picture clearly. The “Ah-ha!” moment is absolutely magical.

#### **THE LOGO GAME**

**No Fee!**

**Tuesday, September 17**

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

**Bartley Healthcare** will host this fun game for us! Participants will be tested on their knowledge of company logos from the past to present day. We are going back as far as the 1800’s! Prize for the winner!

#### **THE PRICE IS RIGHT**

**No Fee!**

**Tuesday, September 24**

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

**The Chelsea at Marlboro** is back to host another **“The Price is Right”** game for us! Participants will have fun testing their knowledge of the cost of everyday items. Prizes for winners!

#### **CIDER SIP SOCIAL DANCE PARTY!!! (NEW EVENT)**

**\$5pp**

**Thursday, September 26**

**1:00pm-2:30pm**

Welcome to fall! Do you love to dance? Are you ready to have some fun and **dance the afternoon away**? Let’s get together for an exhilarating fall afternoon of **moving and grooving** to some of our favorite 50’s, 60’s and 70’s tunes. Our entertainer, Tara Feeley will be here to host this event (1:30-2:30) **sponsored by Beacon of Life**. Come join in and **dance, tap and move** to the music. **Sip cider**, be social and enjoy some snacks. There will be a **RAFFLE give-away** for all attendees to participate in!

## OCTOBER

### SPOOKY TRIVIA FUN

No Fee!

**Tuesday, October 15**

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

Show what you know about Halloween, ghosts and ghouls and all things spooky & supernatural while enjoying some treats. Join in for a fun afternoon of **TRIVIA**. Prize for **the one** that knows the most!!!

### EAT, DRINK & BE SCARY HALLOWEEN PARTY, *lunch included*

Fee: \$15pp

**Thursday, October 31**

**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

### PAINT & SIP SOMETHING, *Paint Party*

Fee: \$10pp, *all supplies included*

**Tuesday, November 19**

Follow along with a **professional art instructor** from the **ART HUT** to **paint a beautiful picture**, using a pre-sketched or blank canvas. **Sip something** tasty while you paint. Limited enrollment!!!

### SAVE THE DATE!!!

\*\*\*REGISTRATION WILL OPEN IN THE FALL for the **TURKEY JAM, THANKSGIVING LUNCHEON**\*\*\*

### TURKEY JAM, Thanksgiving Luncheon

Fee: TBA

**Friday, November 22**

**11:30am-2:30pm**

A traditional Thanksgiving lunch will be served with all of the trimmings. **Entertainment by Gordon James** will follow. You will hear favorites such as: Will You Still Love Me Tomorrow? Up on the Roof, Be my Baby, Teenager in Love, Save the Last Dance for Me, Stand by Me, I'm a Believer, Sweet Caroline.

## DECEMBER

### AFTERNOON TEA and HOLIDAY COOKIE EXCHANGE

No Fee!

**Friday, December 6**

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

Each participant will bring a different type of **homemade cookies** to swap with each other. Recipes can be shared. More information will follow once attendance is confirmed.

## TWO TRUTHS & A LIE EVENT

No Fee!

Monday, December 9th

1:00pm-2:00pm

Come join in for a fun game of **TWO TRUTHS & A LIE!** Learn some interesting things about your senior friends. This should be a fun one!! Prize for person with the most correct guesses!

**SAVE THE DATE!!! (NEW EVENT)**

\*\*\*REGISTRATION WILL OPEN IN THE FALL for the **REC RING IN** on Tuesday, December 17\*\*\*

## TRIPS

All trips, unless otherwise indicated, will include round trip coach bus service leaving from the Marlboro Rec Center. **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.

Trips may open up to non-residents at a “non-resident” price, upon availability.

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

## SEPTEMBER

\*\*\*\*See **STAY-TRIP Murder Mystery Event** on Friday, September 13\*\*\*\* Listed under **EVENTS!!!**

**BROOKLYN: MUSEUM & BOTANICAL GARDENS, Brooklyn, NY**

**\$28 per resident**

**Wednesday, September 18**

**MUSEUM WALKING TOUR and GARDEN STROLL!!**

**LUNCH NOT INCLUDED, BUT AVAILABLE FOR PURCHASE!! (NO OUTSIDE FOOD PERMITTED)**

**Museum Tour: Time TBA**

**Garden Stroll: Time TBA**

**Lunch Break: Time TBA**

**Depart at TBA**

**Return at TBA**

Take a tour of the Brooklyn Museum and stroll through the Brooklyn Botanical Gardens. The Brooklyn Museum is an art museum. At 560,000 square feet, the museum is New York City's second largest and contains an art collection with around 500,000 objects! The Botanical Gardens are comprised of 52 stunning acres of plants and flowers displayed in a variety of beautiful landscapes. Come take a stroll and smell the flowers.

Lunch is **NOT** included in the price of this trip. You may grab beverages, lunches and sweet treats at the **Yellow Magnolia Café, Yellow Magnolia Canteen** or the **Coffee Bar located at the Botanical Gardens.**

**More details about the trip will follow in August.**

## OCTOBER

### RENAULT WINERY TOUR & LUNCHEON, Egg Harbor City, NJ

**\$60.75 per resident**, *includes tour and lunch*

Wednesday, October 9

Depart at 10:15am

Return at 4:30pm

Welcome to **the nation's 2<sup>nd</sup> oldest winery**, established in 1864! You are in for an enchanting and informative guided tour of the historic winery, a flight of three at the conclusion and a **catered family-style lunch** in the Taste 1864 Restaurant. **Menu: Beverages include a flight of Renault wine including Fleur de Blanc, Meritage & American Champagne. Entrees & Sides: chicken franchise, white wine butter sauce, penne pasta, tomato sauce, parmigiano-reggiano & sweet basil accompanied by a vegetable medley. Dessert: assorted cookies.**

### A TRIBUTE TO BARBARA STREISAND, The Brownstone, Paterson, NJ

**\$66.50 per resident**, *includes lunch*

Wednesday, October 23

Depart at 9:45am

Return at 5:00pm

Barbra Joan "Barbra" Streisand is an American singer, songwriter, actress, and filmmaker. In a career spanning six 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! The show begins with the talented Peter Lieberman and his American Song List, and then onto Ryan Kelly award winning film and singing star, singing her heart out. This all adds up to a memorable day. Lunch: **Family Style Menu: 2 complimentary drinks, warm rolls, fresh garden salad, chicken gumbo soup, meatloaf with gravy, chicken franchise, rice pilaf, fresh vegetable medley, dessert.**

## NOVEMBER

### FIDDLER ON THE ROOF, Axelrod Theater of Performing Arts, Deal, NJ

**\$60.00 per resident**, *includes lunch at the Rec Center*

Thursday, November 7

Lunch at Rec: 11:30am-12:30pm

Depart: 12:45pm

Return: 5:30pm

Sixty years since it debuted on Broadway, **Fiddler on the Roof** remains a worldwide phenomenon and one of the most celebrated musicals of all time, performed in no fewer than 16 languages in no fewer than 32 countries. The winner of nine Tony Awards, Fiddler retells the story of a Jewish family, holding strong to its traditions and faith in the face of changing times and the anti-Semitism of czarist Russia. Based on the stories of Sholem Aleichem and written by songwriters Jerry Bock and Sheldon Harnick and book writer, Joseph Stein, Fiddler's universal theme of tradition cuts across barriers of race, class, nationality and religion. A great musical for the entire family, the score includes favorites such as "If I Were a Rich Man," "Matchmaker," "Sunrise, Sunset" and "Tradition."

LET THE GOOD TIMES ROLL, Shore Club, Spring Lake, NJ

**\$67.50 per resident**

Tuesday, November 13

Depart at 10:15am

Return at 4:15pm

A tribute to Billy Joel the Piano Man, Carol King and the great Roy Orbison – One sensational concert, plus – first rate comedian. Feasting, dancing, drinking, singing and more. Bring your friends and have a wonderful time at this celebration. **Menu: One Hour open bar, fresh garden salad, soup, choice of: sirloin of beef, chicken francese, herbal salmon. Dessert, coffee or tea. Wine or soda during lunch.**

## DECEMBER

JINGLE & MINGLE BASH, HOLIDAY PARTY at 618 Restaurant, Freehold, NJ

**\$77.00 per resident**

Thursday, December 12

12:00pm-3:00pm

Depart: 11:15am

Return: 3:30pm

Space will be limited for this **fabulous holiday extravaganza**. Dress up and attend what will be a memorable afternoon! Jingle & Mingle and have a great time **celebrating the season** with your Rec Center friends! Enjoy a delicious **gourmet plated luncheon with three delicious choices, including a special vegetarian option, a plentiful dessert buffet filled with all sorts of scrumptious treats and amazing giveaways**, while you have fun dancing or tapping along to the music of **Bill Turner & Blue Smoke Band**. Don't get closed out and be disappointed hearing about it later! You **DO NOT want to miss** this one!!! **Cash Bar Available**.

\*\*\*Look out for information for a **HOLIDAY SHOW** coming in the fall\*\*\*

## 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 Heidi. 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 the senior office. These programs are for you! We are 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](mailto:hpincus@marlboro-nj.gov) anytime.