

2024 ACTIVE ADULT SENIOR PROGRAM GUIDE
WINTER/SPRING SESSION: JANUARY 2- JUNE 14

REGISTRATION INFORMATION

DATE: Tuesday, December 19, 2023

TIME: 9:00am

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.
- **No calls to register** will be taken prior to 9:00 am. **Please do not leave messages to register at any time on registration day.**
- Programs will continue to be offered **INDOORS** and on **ZOOM**. We will enforce a **strict attendance policy for INDOOR classes** as they are limited in size. Please only register if you plan to attend regularly.
- **IF YOU WILL BE AWAY FOR THE WINTER PLEASE DO NOT REGISTER UNTIL YOU RETURN!!!**
- **ZOOM** programs will be able to accommodate all participants that are interested.
- *****VERY IMPORTANT*** Please call with any questions you may have PRIOR to registration day (to keep things moving along on registration day).**

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

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

ON REGISTRATION DAY you will be **limited** to:

- **1** Total Body Class (Mon or Fri)
- **2** days of Pickleball of the same level. Space is limited.

Anyone that registers for more than 2 pickleball days will be removed from ALL registered days.

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

APPROXIMATELY ONE WEEK AFTER REGISTRATION, all registration restrictions will be lifted for residents. At that time you may register for any classes that are open or join any waitlists.

CLASS LOCATIONS

Morganville Firehouse, 78 Tennent Road, Morganville 07751

Marlboro Rec Center, 1996 Recreation Way, Marlboro 07746

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 **If you miss two consecutive exercise classes, you will be withdrawn from the program.** You may go on the waitlist to be re-registered in the program when a spot is available.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 released off the waitlist, you will have 48 hours to accept the spot, before we move onto the next person.** Check your emails!! 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 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.

FIRST DAY OF CLASSES: Tuesday, January 2, 2024

There will be NO classes on the following dates:

Mon: Jan 15, Feb 19, Apr 1, May 27

Tue: Apr 2, Mar 19

Wed: Apr 3

Thurs: Feb 29, Mar 7, Apr 4

Fri: Jan 26, Feb 9, Mar 29, Apr 5, Apr 12, May 31, Jun 14

[NEW/INACTIVE PARTICIPANT - REGISTRATION FOR EMAILS](#)

If you are looking to begin participating at the Senior Center, but you are not quite ready to sign up for programs at this time, please sign up for the NEW/INACTIVE PARTICIPANT EMAILS, so you can receive emails about upcoming programs.

[CLASSES & PROGRAMS](#)

BALANCE and STRETCH

Rec Center

Thursdays, January 4-June 13

11:30am-12:30pm, Instructor: Toni Martino

Research has shown it is important to get all four types of exercise: endurance, strength, balance and flexibility. Each one has different benefits and doing one kind can improve your ability to do the others. Balance training is undertaken to help prevent falls/injury, **improve your posture, strength and standing balance**. **Equipment: weights, ball, band, water**

BALLROOM DANCE

Rec Center

Mondays, January 8-June 10

11:30am-12:30pm, Instructor: Enzo Ascari

No experience needed. Try something new and have a great time! Get ready for that special event coming up or just have some fun. Learn Merengue, Fox Trot, Waltz, Tango and more! Fun for singles or couples.

CANASTA, open play

Rec Center

Fridays, January 5-June 14

10:00am-12:00pm

Open play for your enjoyment. Card tables will be set up, cards will be provided and coffee & snacks will be available. Meet up with your friends. Spend a few hours playing, learning or practicing the finer points and strategies of your game. **No instructor.**

CANASTA: FIND A GAME MEET UP

Rec Center

Thursday, March 14

1:00pm-2:00pm

Calling all canasta players looking to form a group. Come to this “find a game” meetup! Connect with other like-minded players. **Stay and play! Maybe you will find a weekly game?**

CANASTA LESSONS

Rec Center

Wednesday, February 21 & 28

1:00pm-3:00pm

Learn to play canasta. First a lesson on how to play the game. Then supervised, open play under the guidance of amazing volunteer instructors. Join the fun!

CARDIO VARIETY, *advanced class*

Rec Center

Mondays, January 8-June 10

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, get your cardiovascular exercise while having FUN. Bring a towel and water, and get moving!

CARDIO WELLNESS, *chair class* (BEGINNING IN FEBRUARY)

Morganville Firehouse

Mondays, February 5-June 10

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 strengthen your cardio vascular system as well as target the different muscles in your body. **Equipment: weights, ball, band**

COUNTRY LINE DANCE

Rec Center

Wednesdays, January 3-June 12

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.

DANCE FITNESS (4 Week Program) (NEW)

Rec Center

Wednesdays, January 3, 10, 17, 24

10:15am-11:15am, Instructor: Kathy Sokolowsky

Do you love a good dance party? Join this fun fitness class. Dance your way to better cardio health under the instruction of your dance teacher. Learn core dance moves step by step and “groove” to fun dance tunes with your friends!

GENTLE FITNESS, *chair class* (NEW)

Rec Center

Wednesdays, January 3-June 12 or Fridays, January 5-June 14

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. **Chair and standing options** will be offered. **Equipment: weights, ball, band**

GOOD MORNING STRETCH (NEW)

Morganville Firehouse

Mondays, January 8-June 10

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

Stretching helps to improve your body's daily function, reduce the risk of injury and increase flexibility. This class should help get you moving better and feeling good! **Floor and standing options** will be provided. **Equipment: mat (optional), water and towel**

INTRO to CARDIO (BEGINNING IN FEBRUARY)

Morganville Firehouse

Mondays, February 5-June 10

10:15am-11:15am, Instructor: Rosie O'Donnell

This program is for the participant who is looking [to transition back into exercise](#) with a gentle cardio program. Build endurance and strengthen your cardiovascular system. **Equipment: weights, ball, band**

KENJA, low impact fitness (BEGINNING IN MARCH)

Rec Center

Wednesdays, March 6-June 12

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! (NEW)

Rec Center

Tuesdays, January 2-June 11 or Thursdays, January 4-June 13

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

Rec Center

Wednesdays, January 3-June 12

10:00am-12:00pm

Experienced and newcomers welcome. Join together to create! Participants create their own items as well as items to donate and/or to sell to raise money to be donated to local philanthropic organizations. Bring your own yarn to use and/or donate. **No instructor.**

MAHJONG, open play

Rec Center

Mondays, January 8-June 10

11:30am-2:30pm

Open play for those who love Mahjong. Please bring your own set. Call the office if you are a single player looking for a group. **No instructor.**

MAHJONG: FIND A GAME MEET UP

Thursday, February 8

1:00pm-2:00pm

Calling all Mahjong players looking to form a group. Come to this "find a game" meetup! Connect with other like-minded players. **Stay and Play! Maybe you will find a weekly game?**

MAHJONG LESSONS

Wednesday, Jan 24 and Jan 31

1:00pm-3:00pm

Learn to play mahjong. First a lesson on how to play the game. Then supervised, open play under the guidance of amazing volunteer instructors. Join the fun!

ONE MORE REP! *strength and balance* (NEW CLASS)

Rec Center

Tuesdays, January 2-June 11

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

In this class the focus will be **strength and balance**. You will use your body weight and free weights to **become stronger** and **more stable** on your feet. Practice balancing and holding positions to help strengthen your body and improve your stability for a stronger, more confident version of yourself.

Chair & standing options will be provided. **Equipment: weights, water and towel.**

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

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**

Session I

***EACH DAY IS REGISTERED FOR INDIVIDUALLY NO INSTRUCTOR - OPEN PLAY**

Rec Center

January-February

Mondays or Wednesdays-Advanced & Intermediate

Tuesdays or Thursdays-Beginner

12:45pm-2:45pm

Session II

***EACH DAY SELECTED IS REGISTERED FOR INDIVIDUALLY NO INSTRUCTOR - OPEN PLAY**

Rec Center

March-April

Mondays or Wednesdays-Advanced & Intermediate

Tuesdays or Thursdays-Beginner

12:45pm-2:45pm

Session III

***EACH DAY SELECTED IS REGISTERED FOR INDIVIDUALLY NO INSTRUCTOR - OPEN PLAY**

Rec Center

May-June

Mondays or Wednesdays-Advanced & Intermediate

Tuesdays or Thursdays-Beginner

12:45pm-2:45pm

PILATES, (MAT) beginner

Morganville Firehouse

Wednesdays, January 3-June 12

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

Rec Center

Thursdays, January 4-June 13

11:30am-1:30pm

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

SQUARE DANCE CLASS (4 weeks!!!) (NEW CLASS)

Rec Center

Wednesdays, February 7, 14, 21, 28

10:15am-11:15am, Caller: Betsy Gotta

Since we had so much fun & laughter at the HOE DOWN, a 4 week mini-session of square dancing is now available. Join in and Swing Your Partner! (**No partner is required. Participants will be paired up.**) Dance and enjoy a fun afternoon!

STRENGTH TRAINING

Always on Zoom

Tuesdays, January 2-June 11 or Thursdays, January 4-June 13

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**

TAI CHI

Rec Center

Thursdays, January 4-June 13

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

Rec Center

Mondays, January 8-June 10 or Fridays, January 5-June 14

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

Rec Center

Fridays, January 5-June 14

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**

YOGA, chair

Always on ZOOM

Thursdays, January 4-June 13

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, strap, water

YOGA, gentle

Always on ZOOM

Mondays, January 8-June 10

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

Begin your day with a one hour yoga class designed to offer something for everyone. We will combine movement with breath while focusing on increasing flexibility, joint stability and balance. Class is spent in a variety of positions such as lying on the back or stomach and in seated postures. Students should be able to transition on and off the floor for gentle kneeling, standing and balance poses. Class will end with a quiet, guided relaxation. **Equipment: mat, blocks, strap, chair (for balance), water**

ZUMBA

Rec Center

Tuesdays, January 2-June 11

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**

ART CLASSES

ACRYLIC PAINTING - **IN PERSON!!!** (6 WEEKS - NEW CLASS)

Rec Center

Mondays, Jan 8, 22, 29 Feb 5, 12, 26 (no class MLK or President's Day)

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.**

SKETCHING WITH FRANK

Always on Zoom

Thursdays, January 4-June 13

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**

WATERCOLOR & MIXED-MEDIA ART CLASS

Always on ZOOM

Tuesdays, January 2-June 11

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.**

DISCUSSION GROUPS

DISCUSSION GROUP: Coffee & Conversation

Looking for a volunteer moderator

Thursdays, January 4-June 13

10:00am-11:00am

Let's have coffee! Join together with others to enjoy your morning coffee. Meet new people, form friendships, enjoy some fresh conversation. This is an informal way to meet up with others, enjoy some coffee and pastries and discuss anything! This is currently not moderated – **call the office if you would like to volunteer to moderate!!!** To all of the new comers out there, this is a great way to meet some new people! **Coffee and pastries served.**

DISCUSSION GROUP: Football Fanatics (NEW)

Moderator: Ronnie Quaccharini

Mondays, Jan 22, Feb 12

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. **Coffee and pastries served.**

DISCUSSION GROUP: Hanging with Heidi

Moderator: Heidi Pincus

Tuesdays, January 2-June 11

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. Coffee and pastries served.**

DISCUSSION GROUP: News & Your Views

Moderator: Sandy Levin

Tuesdays, January 2-June 11

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!!! Coffee and pastries served.**

DISCUSSION GROUP: Old-Time Baseball Memories

Moderators: Sandy Levin and Ted Zubulake

Thursdays, Jan 18, Feb 15, Mar 21, Apr 18, May 16, Jun 13

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. **Coffee and pastries served.**

DISCUSSION GROUP: Share Your Travel Adventures! (NEW)

Moderator: Jed Zaitz

Wednesdays, January 3-June 12

1:00pm-2:00pm

Get together with people who love to travel to share experiences, adventures and memories. People who just want to hear stories about other places are also welcome. Each week's discussion will relate to specific themes. **Coffee and pastries served.**

DISCUSSION GROUP: Veteran's Monthly Meetup

Thursdays, Jan 4, Feb 1, Mar 7, Apr 11, May 2, Jun 6

11:30am-12:30pm

Calling all veterans! If you are a veteran looking for a group to meet up with and reminisce – you have found it! Join in and share in the comradery while enjoying **coffee & pastries. No Moderator.**

HEALTH

HACKENSACK MERIDIAN HEALTH SCREENINGS

Friday, May 3

10:00am-12:00pm

Hackensack Meridian Health will be back for more health screenings. Blood Pressure, Pulse, BMI, Stroke Risk Assessment, Cholesterol and Glucose screenings.

LECTURES

All requests for specific topics will be considered.

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.

LECTURE: (THE) ABC'S OF DIABETES

Speaker: Cynthia Andl, RN

Tuesday, January 30

1:00pm-2:00pm

Gain a greater understanding of diabetes and learn simple steps to help keep your diabetes under control. **Coffee and snack served. Sponsored by Hackensack Meridian Health**

LECTURE: ARTHRITIS AND TREATMENT

Speaker: Lara Cohen, OT

Thursday, January 18

1:00pm-2:00pm

Join in for a discussion on arthritis, joint protection techniques and managing your pain. **Coffee and pastries served. Sponsored by CentraState Rehabilitation**

LECTURE: BEATING THE WINTER BLUES

Speaker: Rachel Tansey

Tuesday, January 23

1:00pm-2:00pm

The winter months can often create a sense of the blues or feeling down – let's discuss ways to help beat those feelings. **Coffee and pastries served. Sponsored by Rutgers Cooperative extension of Monmouth County**

LECTURE: COGNITION AND TREATMENT

Speaker: Lara Brody, Speech Pathologist

Tuesday, February 20

1:00pm-2:00pm

What is Cognition? The mental action or process of acquiring knowledge and understanding through thought, experience and the senses. Learn about the role of the speech pathologist and strategies to improve function. **Coffee and pastries served. Sponsored by CentraState Rehabilitation**

LECTURE: FALL PREVENTION

Speaker: Holli Hornlien, PT

Tuesday, March 26

1:00pm-2:00pm

A discussion on balance and fall prevention including strategies for safety. **Coffee and pastries served.**

Sponsored by CentraState Rehabilitation

LECTURE: JOYFUL HEART TEA

Speaker: Virginia Adair, RN Educator

Thursday, May 16

1:00pm-2:00pm

Join us and learn how heart disease affects women differently than men, as well as signs, symptoms, risk factors, prevention and treatment options. We will discuss which teas are heart healthy and **enjoy samples. Coffee and snack served. Sponsored by Hackensack Meridian Health**

LECTURE: NUTRITION AND HEART DISEASE

Speaker: Rachel Tansey

Tuesday, February 13

1:00pm-2:00pm

It's Heart Health Month...come join us to learn how to keep that ticker strong and improve your heart health! **Coffee and healthy snack. Sponsored by Rutgers Cooperative extension of Monmouth County**

LECTURE: PAUL NEWMAN

Speaker: Stuart Liss

Friday, April 19

12:30pm-2:00pm

Few personalities in Hollywood (and elsewhere) have been as highly respected and loved as Paul Newman. As a great actor, great humanitarian, loving father and husband, Paul Newman is unforgettable. Enjoy a presentation by a fun speaker about his life! **Coffee and a light snack will be served. Sponsored by the Chelsea at Marlboro and Senior Helpers**

LECTURE: PLANNING AND SHOPPING SMART

Speaker: Rachel Tansey

Thursday, March 21

1:00pm-2:00pm

Let's discuss ways to meal plan, organize, shop smarter and find out what's important on those nutrition fact labels. **Coffee and pastries served. Sponsored by Rutgers Cooperative extension of Monmouth County**

LECTURE: ROSIE THE RIVETER & HER SISTERS – THE WOMAN OF WORLD WAR II

Speaker: Trish Chambers

Friday, March 1

2:00pm-3:00pm

In recognition of International Women's Day on March 8th **Trish Chambers** will tell us a fabulous story. Rosie the Riveter is the story of the women who sustained our nation and its troops during WWII. Rosie and her sisters changed America forever, not only by their work during the war but by also expanding the presence of women in the workplace, the arts and professions. The presentation explores how they proved their capabilities by stepping into the places of the men who went to war, what they accomplished in jobs and situations that were considered outside the sphere of women, and how they paved the way for the feminist revolution of the 60's. **Coffee and a light snack will be served.**

LECTURE: VISITING PHYSICIANS

Speaker: Amy Levine

Tuesday, March 5

1:00pm-2:00pm

Amy Levine from **Visiting Physician Services** will be discussing the benefits of having house calls to help elders age in place with improved quality of life. Specifics to be included are: services that may be covered, which insurance providers may participate, when you might want to think about having someone come to your house and other specific details about the services. **Coffee and pastries served.**

BINGO & BIRTHDAYS

BINGO & BAGELS

Wednesday, January 31

Wednesday, February 28

Wednesday, March 27

Wednesday, April 24

Wednesday, May 29

Wednesday, June 5

12:30pm-2:00pm

Marlboro Rec Center

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

BIRTHDAY CELEBRATIONS

Friday, February 2 Happy Birthday January & February!

Monday, April 15 Happy Birthday March & April!

Friday, June 7 Happy Birthday May & June!

1:00pm-2:00pm

Please join for this social event to celebrate 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!**

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

PLEASE READ BEFORE REGISTERING FOR ANY PAID EVENTS

*****ALL TRIPS and FEE BASED 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 Township. If a program is cancelled by the Township or a venue a full refund will be processed. .*

SPECIAL EVENTS, LUNCHEONS, FUN & GAMES!!!

JANUARY

TRIVIA & TREATS

No Fee!

Tuesday, January 9

1:00pm-2:00pm

Show what you know while enjoying some healthy treats! Join in for a fun afternoon of **EASY MULTIPLE CHOICE** trivia with some challenging questions. Prize for **the one** that knows the most!!!

Coffee and a variety of treats will be served.

MARVELOUS MID-MONTH MUSICAL

12:30pm-2:00pm

Fee: \$5

Wednesday, January 17th

Join your Rec Center friends for an hour of **marvelous entertainment** with a **side of coffee and cake!** The very talented **Jenny Lee Stearn, a Broadway veteran,** will sing just for us! Get out of the house, have a great afternoon and beat those winter blues!! This Marvelous Mid-Month Musical entertainment will knock your socks off!

FLAVIAN’S MIND READING GAME SHOW, luncheon

Fee: \$15

Friday, January 26

11:30am-2:30pm

Warm up with a **hot lunch** and lose those winter blues! Join in for a fun afternoon with **Flavian and his** never seen here before **mind-boggling mind reading show.** The audience will participate as **Flavian reads minds** and has everyone laughing with some fun, possibly outrageous, mental marvels. Don’t miss this fun and exhilarating show! You will leave this event saying, “How does he do it?!” **Hot lunch, dessert & coffee included.**

FEBRUARY

SUPER BOWL SHOWDOWN, luncheon

Fee: \$5

Friday, February 9

11:30am-2:30pm

Super Bowl **fun, games and prizes** for all of the sports fans out there and anyone that is looking for a **Super (Bowl) Good Time! All will be winners at this showdown! NO FOOTBALL KNOWLEDGE REQUIRED** to participate and have a great time!!! With Jim from **JTK Entertainment** and an assortment of games, all will have **fun, fun, fun!** This will be an afternoon to remember!!! Don't forget to **wear a football jersey or your favorite team colors!!! Who will be named the biggest fan?** Have a **ball** while collecting **winning tickets** to be entered into a **raffle** to win **prizes!** Don't miss this exciting event!!!
Lunch included. Sponsored by Senior Helpers, Brandywine Assisted Living at Governor's Crossing, the Gardens at Monroe Healthcare and Rehabilitation and Dove Hospice

VALENTINE'S DAY CHOCOLATE PARTY

Fee: \$5

Wednesday, February 14

1:00pm-2:30pm

Let your heart skip a beat as you enjoy this decadently delicious **chocolate party** while relaxing to the **fabulous music of Elyse Langley**. Gather your **chocolate loving** friends to celebrate the **love of life, good friends and anything that makes you feel happy while eating chocolate** on this Valentine's Day! This will be a fun, upbeat party. Please wear something **RED!!!** Raffle for two special holiday give-a-ways!!

THE NOT SO NEWLY WED OR NOT SO NEWLY FRIENDS GAME, luncheon

Fee: \$15

Thursday, February 29

11:30am-2:30pm

Leap into fun this **LEAP YEAR** with a twist on one of your favorite games! Watch as some of our volunteers (**call the office to sign up!**) answer questions and compete to win prizes! We will see which of our "old" **married couples** and our "old" **friend couples** know the most about their partners! This event will provide a lot of good laughs for all. **Coffee, tea and a hot meal included.**

MARCH

SWING YOUR PARTNER, Square Dance Luncheon

Fee: \$5

Thursday, March 7

11:30pm-2:00pm

Do-Si-Do, around you go, promenade. Let's dance and enjoy a fun afternoon! **No partner required.** When is the last time you attended a square dance? If you did not attend in the fall, you missed the fun! Try something different. Who's game? Dance and enjoy a fun afternoon! **Light lunch included.**

MINUTE TO WIN IT – Take 2!

No fee!

Wednesday, March 13

12:30pm-2:30pm

Who remembers the old TV show **Minute to Win It** where contestants had a minute to complete a challenge? In this fun spin-off of the TV show, contestants will participate in both physical and mental challenges. A minute will be allotted to complete each task or challenge. Sometimes you may compete against others to finish first, sometimes you will compete to have the most correct answers. Sometimes in a group, sometimes in small rounds. These tasks will be silly, fun and challenging! The participant with the most points at the end of the event will be the champion!

ROCK INTO SPRING, *luncheon*

Fee: \$15

Tuesday, March 19

11:30pm-2:30pm

Let's enjoy some time together as we **"ROCK INTO SPRING"** and listen to some nostalgic, Classic Rock Music (It won't be too loud!!!) **performance by Scooter Haines, known for his unique blend of vocals and emotionally charged stage presence.** This will be a celebration of **SPRING** and everything coming **back to life!** Dance, listen, tap or sing along! Don't miss a fun afternoon with a great performance!

Lunch included.

WHAT'S COOKING?

No Fee!

Thursday, March 28

12:00pm-1:30pm

Brandywine Living will host a Cooking Demo for us! Participants will be able to watch and learn from Chef Chris and Sous Chef Brittany. Sit back and enjoy the demonstration, then enjoy the food that is prepared! **Always a delicious treat. Sponsored by Brandywine Living at Governor's Crossing**

APRIL

NEWCOMERS WELCOME LUNCH

Fee: \$5

Tuesday, April 9th

12:30pm-2:00pm

Are you new to Marlboro Township Rec Center Senior programs? Did you just move here or did you just "come of age"? Are you looking to find out more? Make new friends? Register now for a fun afternoon **for NEWCOMERS.** Don't be shy! Don't worry about who you will sit with - we have that covered! If you are looking to meet new people, you are welcome to join! **Lunch will be served.**

(APRIL) SHOWERS OF FUN, *luncheon*

Fee: \$12

Friday, April 12

11:30am-2:30pm

Let's not wait for the storm to pass. **Let's dance in the rain together** and have **"Showers of Fun"**! This afternoon will be full of **smiles, laughter and fun. Entertainment (TBA) and Lunch included.**

ROOT BEER FLOATS & BEATLES TRIVIA

No Fee!

Tuesday, April 30

1:00pm-2:00pm

Show what you know while enjoying a **Root Beer Float!** Join in for a fun afternoon of **MULTIPLE CHOICE TRIVIA** with some challenging questions. Prize for **the one** that knows the most!!!

MAY

WHERE ARE YOU FROM? *Cultural Event*

No Fee!

Wednesday, May 8

12:30-2:30pm

We have such a wide range of people from different backgrounds. Let's find out how many different countries/cultures we represent within our senior group. Let's have a cultural exchange where we can share and learn about one another. **Set up a table or just come participate in a fun day!** This is an opportunity to **share your culture**. Break out those family recipes! Let's join together to learn about one another and celebrate our diversity.

SCRABBLE & SNACKS

No Fee!

Thursday, May 23

12:30pm-2:30pm

Do you love to play Scrabble? **BRING YOUR SET** (if you have one) and be set up with others looking to play this **GOOD FOR YOUR BRAIN GAME!!!** Did you know that Scrabble can help enrich vocabulary and improve cognitive performance, strategic thinking and focus, all while you are enjoying interacting with others? Join in for a fun, possibly competitive afternoon. **Snacks.**

GUESS WHO/BBQ, *luncheon*

Fee: \$12

Friday, May 31

11:30am-2:30pm

Did you ever wonder what your senior center friends looked like years ago? Did you ever wish your friends could see you back in your hey day? Don't miss this opportunity! A photo will be displayed of each participant in their 20's or 30's or thereabout. Participants will have the opportunity to **GUESS WHO?** It will be a fun and interesting day of discovery! A lot of laughter and sharing included in this fun afternoon. Don't miss out!!! Start digging through those old photos... **Prize awarded for the person with most correct guesses!** **BBQ Lunch** and **entertainment by Tom and Kelly Cusmano a very talented duo.** **Wait until you see these two perform!**

JUNE

CONE ZONE (or cup): ICE CREAM SOCIAL

No Fee!

Thursday, June 6th

2:30pm-3:30pm

It's that time of year again...time for our annual ice cream social! Let's celebrate our love for ice cream with our sponsors from [Senior Helpers](#), [Brandywine Assisted Living at Governor's Crossing](#) and [The Gardens of Monroe Healthcare & Rehabilitation](#) and the **Mr. Softee Ice Cream Truck!!!** Time for an "Ice Cream Party!"

SLIDE INTO SUMMER FUN, *luncheon*

Fee: \$15

Friday, June 14

11:30am-2:30pm

Don't miss out on our last party of the season! Come **slide into summer fun with your friends**, where **you can be the entertainment!** **Joe Kahwaty** will be here for some **KARAOKE** and **DJ entertainment!** Don't be shy - gather with your friends for a **slide into summer** blast! Sing and dance and have a ball!
Lunch included.

TRIPS

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

NOTICE FOR NON-RESIDENT TRIP REGISTRATION WILL FOLLOW IF THERE IS AVAILABILITY.

All trips, unless otherwise indicated, will include round trip coach bus service leaving from and returning to the Marlboro Mall located on the corner of Route 79 and School Road West.

If you need to cancel, please contact the Senior Office. Since there are a limited number of seats available for all trips, waitlists will be utilized. **You may not sell your ticket on your own!** Each trip participant **MUST BE REGISTERED** or he/she **WILL NOT** be permitted on the bus.

MARCH

THE CLUB

George Street Playhouse, New Brunswick

\$74.50 per resident, \$97.00 per non-resident

Thursday, March 14

Lunch at the Rec Center 11:30am

Depart at: 12:30pm

Return at: 4:00pm

Everyone wants to belong to the Club, but what will it cost you? Three married couples collide in a suburban living room one autumn Sunday – what they think is a refuge from the rock 'n roll turbulence outside their neighborhood – only to discover there's no escape from the era's cultural upheaval. Chris Bohjalian's *The Club*, is rich with biting wit and startling twists as **it explores racism, marriage, and the lies we tell ourselves daily.** And though the play is set in 1968, it's eerily timely. **The Club is getting its world premiere at the George Street Playhouse.**

PRINCETON DOUBLE MUSEUM TRIP, plus lunch **\$47.00 per resident, \$61.00 per non-resident**
ART ON HULFISH and the MORVEN MUSEUM and GARDEN

Friday, March 22

Lunch at the Nassau Inn at 12:30pm

Depart at 9:00am

Return at 4:30pm

This trip will include two museum stops. One at **Art on Hulfish**, Princeton Museum's newest gallery in downtown Princeton, which will include an introduction to the space and the current exhibition. The second is a **guided tour** of the **Morven Museum and Gardens**. Morven showcases the rich cultural heritage of the Garden State. Lunch will be in between at the **Nassau Inn** located in Palmer Square.

Lunch Buffet: soup du jour, fresh fruit & berries, penne pasta salad, mixed field greens, deli platter, breads, chicken entrée & dessert.

***** This trip requires walking! Be prepared to do so rain or shine!!!*****

APRIL

BEAUTIFUL-The Carole King Musical
Walnut Street Theater, Philadelphia, PA

Price TBA \$\$\$

Lunch TBA

Wednesday, April 10

Depart at TBA

Return at 6:00pm

The inspiring true story of Carole King's remarkable journey from a teenage songwriter to the Rock & Roll Hall of Fame. From the pop classics King wrote for singers from Aretha Franklin to James Taylor, to her own chart-busting success as a solo artist, **BEAUTIFUL – THE CAROLE KING MUSICAL** takes you on the ride of a lifetime. Featuring over two dozen hits, including "One Fine Day," "Will You Love Me Tomorrow," and "Natural Woman," this Broadway celebration is filled with the songs you remember and a story you'll never forget! **Lunch TBA.**

BEEHIVE-The 60's Musical
Hunterdon Hills Playhouse, Hunterdon

\$82.50 per resident, \$107.25 per non-resident

Thursday, April 18

Depart at 9:45am

Return at 5:00pm

The 1960s Musical is a non-stop, energetic celebration of the powerful female voices of the 1960's. Complete with big hair dos and 60's fashions, this musical review will transport audiences with timeless hits such as "My Boyfriend's Back", "Son of a Preacher man", and "You Don't Own Me". The story is told through the lens of six women as they sing their way through 40 of the most iconic songs of this impactful decade. Featuring the music of Aretha Franklin, Tina Turner and Janis Joplin, this toe-tapping, non-stop musical will have audiences dancing in their seats! **Lunch: Table-served entrée, dessert, coffee & tea.**

MAY

BILLION DOLLAR TRIO – Neil Diamond, Olivia Newton John and Patsy Cline Review

Ligreci's Staaten, Staten Island, NY

\$66.00 per resident, \$85.80 per non-resident

Wednesday, May 15

Depart at 10:15am

Return at 5:00pm

Neil Diamond, Olivia Newton John and Patsy Cline: Revel in their music and to the songs of America's most famous entertainers. The All Star Players will thrill you with timeless hits. **Family Style Lunch: one hour open bar, fresh garden salad, caterer's choice of pasta or soup, sirloin of beef, chicken parmesan, salmon with dill sauce, dessert, coffee or tea.**

CAN'T STOP LOVING YOU

\$75.50 per resident, \$98.00 per non-resident

A TRIBUTE TO ENGELBERT, ELVIS and TOM JONES

The Brownstone, Paterson, NJ

Wednesday, May 22

Depart at 9:45am

Return at 5:00pm

Here's the show you have been waiting for! Three of the all-time hottest male singers in one show. Angelo Uccello is spot on as the sexy **Englebert Humperdinck**, Joe Ferraro sings the handsome **Tom Jones** like no other and top it off with world famous Tommy Walker's rendition of the King of Rock and Roll **Elvis Presley** and you've got a show that can't be beat! **Family Style Lunch: two complimentary drinks, warm rolls, fresh garden salad, ziti marinara, chicken marsala, sausage & peppers, rosemary potatoes, fresh vegetable medley, soda, coffee, tea & dessert.** Boutique shopping!

JUNE

RIVER LADY CRUISE, Toms River, NJ

\$56.50 per resident, \$73.50 per non-resident

Tuesday, June 11

Depart at 9:30am

Return at 2:30pm

*****CRUISE TAKES PLACE RAIN OR SHINE, SEATING IS PROTECTED FROM THE WEATHER*****

*****PLEASE NOTE: There are [a few steps](#) to get onto the main deck dining area*****

Come sail away on the iconic **River Lady** for a **HISTORICAL LUNCH CRUISE** down the scenic Toms River and beautiful Barnegat Bay for this 2-1/2 hour sightseeing lunch cruise. She is the only genuine paddle-wheel boat in the entire state. The Victorian (main) level, is enclosed and climate controlled, while the upper deck is open, but covered. The captain will present a fascinating narration of the history of this lovely area, as we pass elegant waterfront homes, beautiful properties, docks, and yacht clubs. **Lunch: Enjoy a delicious meal, complete from salad to dessert, which features your choice of 6 entrees: chicken francese, chicken marsala, sauteed salmon, penne vodka, plain grilled salmon, or gluten free pasta primavera.**

MORE LECTURES, SPECIAL EVENTS & SOCIAL EVENTS

Any additional **lectures, special events** and/or **social events** will be announced via email and posted on the bulletin board outside of the Senior Office. Don't miss out! If you do not use email or come to the Senior Center regularly, please check with your friends to keep informed! You may also call the Senior

Office for updates anytime (ask to be added to our no email list) at 732-617-0367 or 732-617-0100. We are always happy to hear from you! 😊

NEW PROGRAM IDEAS

If there is a program you would like to see, or you would like to volunteer to share a talent or host a discussion group, please feel free to share your idea with me. Also, if you attend a program somewhere else that you think your Senior Center friends would enjoy – grab a business card and drop it off at my office. These programs are for you! I am always looking for new, fun, interesting and educational programs. All suggestions are welcome. Call 732-617-0367 or 732-617-0100 or email hpincus@marlboro-nj.gov anytime.