

2025 ACTIVE ADULT SENIOR PROGRAM GUIDE
WINTER/SPRING SESSION: JANUARY 6 - JUNE 13

REGISTRATION INFORMATION

DATE: Thursday, December 19, 2024

TIME: 9:00am SHARP!

ONLINE AND VIA PHONE CALL ONLY! NO IN-PERSON REGISTRATION!

****PLEASE CALL WITH ANY QUESTIONS YOU MAY HAVE PRIOR TO REGISTRATION DAY.****

- You may register on community pass at <https://register.communitypass.net/marlboro> or call 732-617-0100 or 732-617-0367 for assistance registering.
- **PLEASE DO NOT** call prior to 9:00 am and **DO NOT LEAVE MESSAGES TO REGISTER. ALL MESSAGES WILL BE AUTOMATICALLY DELETED ON REGISTRATION DAY!!!**
- If you are not registered for any programs and **you would like to receive emails** about upcoming programs, [register for](#) **NEW/INACTIVE PARTICIPANT EMAILS.**

REGISTRATION PROCEDURES

- There will be **3 PICKLEBALL SESSIONS** inclusive of all of the current levels: Registration will be the month prior to each session. e.g., Dec 19th for Session I Jan/Feb, Feb 10th for Session II Mar/Apr, Apr 14th for Session III May/June
- **EXERCISE** – only the classes listed directly below have restrictions on Registration Day
- **BINGO** and **BIRTHDAYS** will open for registration monthly
- **TRIPS, SPECIAL EVENTS** and **SOCIAL EVENTS** - no payments during phone registration
- **LECTURES** can be registered for at any time - you can even email to register
- **VETERANS** and **SUPER SENIORS** will have special registration time. **(We will contact you!)**
- **ZOOM PROGRAMS** accommodate all participants – register anytime.

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

ON REGISTRATION DAY on the below, you will be **limited** to:

- **1 Total Body Class** (Mon or Fri)
- **1 Kick it Up class** (Tues or Thurs)
- **1 Balance & Stretch Class** (Tues or Thurs)
- **1 Cardio Wellness** (Mon or Wed)
- **2 days of Pickleball (of the same level)**

There will not be any other restrictions on Registration Day.

On Monday, December 23rd all registration restrictions will be lifted. At that time you may register for **open classes** or **join any waitlists.**

CLASS LOCATIONS

Morganville Firehouse, 78 Tennent Road, Morganville 07751
Marlboro Rec Center, 1996 Recreation Way, Marlboro 07746

ATTENDANCE POLICY

In-person 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 **If you miss two consecutive exercise classes,** you may be withdrawn from the program without notification. 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 hopefully when 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 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.*

Seniors needing assistance on trips or in classes **MUST** bring an aide or chaperone.

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: Monday, January 6, 2025

There will be NO classes on the following dates:

Mon: Jan 20, Feb 17, Apr 14, May 26

Tue: Apr 1, 15, 22

Wed: Apr 16, May 21

Thurs: Feb 6, Apr 17, June 5

Fri: Jan 24, Mar 21, Apr 18, May 16

CLASSES & PROGRAMS

AARP DRIVER SAFETY PROGRAM

Rec Center

Monday, March 10

9:00am-3:00pm bring your own lunch

\$20.00 fee AARP members/\$25.00 fee non-members Participants completing the course *should be* entitled to a discount on their auto insurance. To confirm this information, reach out to your insurance provider. Limited enrollment. **Once registered please drop your check, made out to AARP, at the Rec Center.**

ART CLASS - ACRYLIC PAINTING

Rec Center

Mondays, 5 Week Program: Jan 6, 13, 27 Feb 3, 10

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, 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

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

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)*

Rec Center

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

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**

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

Rec Center

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

BALLROOM DANCE, *all levels*

Rec Center

Mondays, 11:30am-12:30pm, Instructor: Enzo (Skip) 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! *open play*

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!!!**

CANASTA, *open play*

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. Meet up with your friends. Spend a few hours playing, learning or practicing the finer points of your game.

CARDIO VARIETY, *all levels*

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, get your cardiovascular exercise while having FUN. **Equipment: towel and water**

CARDIO WELLNESS, *combination of chair and standing*

Morganville Firehouse, Mondays, 11:30am-12:30pm, Instructor: Rosie O'Donnell

Rec Center, Wednesdays, 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. Sit or stand, whatever you feel comfortable with. **Equipment: weights, ball, band, water**

COUNTRY LINE DANCE

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**

COUNTRY LINE DANCE, *4 weeks of half hour beginner lessons*

Rec Center, Jan 8, 15, 29 and Feb 5

Wednesdays, 8:30am-9:00am, Instructor: Jo-Ann Figurelli

Try it – see if you like it!! Or, brush up on your steps. If you have not participated in Country Line Dance before, this class will get you up to speed in no time! **Equipment: water, comfortable clothes and sneakers**

GET FIT WHILE YOU SIT, *chair class*

Rec Center

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*

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

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

Build endurance and strengthen your cardiovascular system by participating in this low impact class. **Equipment: weights, ball, band and water**

KICK IT UP! *combination of chair and standing*

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 and water**

KNITTING

Rec Center

Wednesdays, 10:00am-12:00pm

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

MAHJONG, *open play*

Rec Center

Mondays, 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.**

ONE MORE REP! *chair or standing*

ZOOM

Thursdays, 9:00-10:00am, 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* **NO INSTRUCTOR - ROTATIONAL PLAY**

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 their rackets up and rotate in to compete with different groups on the three courts. **Bring your own equipment!!!**

***PICKLEBALL IS AVAILABLE AT DIFFERENT LEVELS.** You must register for each day individually. You may only register for **2 days per session**. They must be the same level.

FRIDAYS WILL OPEN AT A LATER DATE AND BE RESERVED FOR THOSE CLOSED OUT OF ALL OTHER SESSIONS.

Session I **January-February**

Rec Center, 12:45pm-2:45pm

Mondays or Wednesdays-Advanced & Intermediate

Tuesdays or Thursdays-Intermediate & Beginner

Fridays-Mixed Play – reserved

Session II **March-April**

Rec Center, 12:45pm-2:45pm

Mondays or Wednesdays-Advanced & Intermediate

Tuesdays or Thursdays-Intermediate & Beginner

Fridays-Mixed Play - reserved

Session III **May-June**

Rec Center, 12:45pm-2:45pm

Mondays or Wednesdays-Advanced & Intermediate

Tuesdays or Thursdays-Intermediate & Beginner

Friday-Mixed Play – reserved

PILATES, (MAT) *beginner*

Morganville Firehouse

Wednesdays, 9:00am-10:00am, Instructor: Toni Martino

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, 11:30am-1:30pm

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

STRENGTH TRAINING

ZOOM

Tuesdays ONLY, 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, *gentle class*

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*

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**

WAKE UP WITH YOGA

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, strap, blanket, water**

WARRIOR WORKOUT, *standing class*

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.** No warrior face paint required; however, **water is necessary!**

YOGA, *chair*

ZOOM

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, strap, water**

YOGA, *gentle*

ZOOM

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

Rec Center

Tuesdays, 9:00am-10:00am, Instructor: Toni Martino

Do you love to dance? Zumba Fitness® 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**

DISCUSSION GROUPS

Coffee and pastries to be served at all discussion groups.

DISCUSSION GROUP: Coffee & Conversation

Thursdays, 10:00am-11:30am

Join together with others to enjoy your morning coffee. Meet new people, form friendships and enjoy some fresh conversation. This is an informal way to meet up with others to discuss anything!

DISCUSSION GROUP: Football Fanatics

Monday, February 10, 11:30am-12:30pm, Moderator: Ronnie Quacquareni

Attention football fans! Get together for [a wrap up session](#) on the football season. Share your opinions.

DISCUSSION GROUP: Hanging with Heidi

Tuesdays, 11:30am-12:30pm, Moderator: Heidi Pincus

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

Tuesdays, 11:00am-12:30pm, Moderator: Sandy Levin

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

Jan 23, Feb 20, Mar 20, Apr 10, May 15, June 12

Thursdays, 1:00pm-2:30pm, Moderators: Sandy Levin and Ted Zubulake

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

Feb 5, Mar 5, Apr 2, May 7, June 4

Wednesdays, 11:00am-12:00pm, Moderators: Lance Adelson & Steve Steinberg

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: Transitions

Wednesdays (1st and 3rd Wed. of the month), starting January 15

1:00pm-2:00pm

Join together with others who are going through the many challenges of life transitions. Perhaps you are finding your way after the passing of your spouse, a close friend or relative, or maybe you are exploring your new normal after a divorce. Possibly you have been seeing changes in your partner and you are transitioning into a caretaker role. Or, maybe you are sorting through news about a new life change you are facing. Whatever type of transition you may be going through, this group will be here for you hopefully to find comfort or possibly inspiration from others facing their own transitions. You might even be the one to inspire someone else! Take the next step on your journey and join this transitions group. At the very least, it will give you a new place to go!

DISCUSSION GROUP: Veteran's Monthly Meetup

Thursdays, Jan 9, Feb 13, Mar 6, Apr 3, May 1, Jun 12

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, March 7

10:00am-12:00pm

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

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.**

LECTURE: LUNCH & LEARN on GUIDED KNEE INJECTIONS

Speaker: NE SPINE AND SPORTS MEDICINE

Thursday, January 30

12:30pm-2:00pm

The doctors from **Northeast Spine & Sports Medicine** will host a presentation to educate us on **GUIDED KNEE INJECTIONS**, while we enjoy a **catered lunch** they will provide! They will discuss: Guided knee injections without radiation, knee therapy protocols for improved mobility and natural supplementation for joint support. The medical team will be available after the presentation to answer your questions.

LECTURE: LUNCH & LEARN on NECK, UPPER BACK and SHOULDER PAIN

Speaker: NE SPINE AND SPORTS MEDICINE

Thursday, February 27

12:30pm-2:00pm

The doctors from **Northeast Spine & Sports Medicine** will host a presentation to educate us on conservative therapies and interventional procedures for **NECK, UPPER BACK and SHOULDER PAIN**, while we enjoy a **catered lunch** they will provide! The medical team will be available after the presentation to answer your questions.

LECTURE: AWITS (A WALK IN THEIR SHOES)

Speaker: Reflections Memory Care Director from Mattison Crossing

Thursday, March 6

1:00pm-2:00pm

An expert in dementia care will present **AWITS, A WALK IN THEIR SHOES**, to help you better understand a what life is like for individuals living with dementia.

LECTURE: THE IMPORTANCE OF DENTAL HYGIENE

Speaker: JSUMC Dental Clinic Residents

Wednesday, March 12

TIME 1:00pm-2:00pm

Poor oral health can make conditions such as diabetes and heart disease worse. Learn how to prevent gum disease, care for dentures and why taking care of your oral health benefits your over all general health! **Sponsored by Hackensack Meridian Health.**

LECTURE: OSTEOPOROSIS & EXERCISE

Speaker: Physician Therapists from Hackensack Meridian Health

Tuesday, April 29

1:00pm-2:00pm

Understand why it is important to keep yourself moving and learn new exercises to help maintain strength and balance while living with osteoporosis. **Sponsored by Hackensack Meridian Health.**

8 PART SERIES:

LECTURE: INTRODUCTION TO THE 8 DIMENSIONS OF WELLNESS*

Speaker: Rachel Tansey, Rutgers University Family and Community Health Sciences

Thursday, January 16

1:00pm-2:00pm

Well-being is an important part of living a healthy and fulfilled life. This series will discuss eight components of wellness, while suggesting ways to achieve them for better life-balance and stress reduction.

***continuation of the above series will be from 1-2pm on the following dates:**

Thursday, February 13

Dimension 1-Emotional Coping effectively with life and creating satisfying relationships.

Thursday, May 15

Dimension 2-Environmental Enjoying good health by occupying pleasant, stimulating environments that support well-being.

(Dimension 3-8 Financial, Intellectual, Occupational, Physical, Social, Spiritual **Dates TBA)**

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.

BINGO & BIRTHDAYS

***We will email a reminder when registration for BINGO opens.**

BINGO & BAGELS

Friday, January 31 (Register December 19)

Friday, February 28 (Register February 3)

Friday, March 28 (Register March 3)

Wednesday, April 30 (Register April 2)

Friday, May 30 (Register May 1)

Marlboro Rec Center

12:30pm-2:00pm

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

BIRTHDAY CELEBRATIONS

Friday, February 21 Happy Birthday January & February!

Friday, April 11 Happy Birthday March & April!

Friday, June 6th Happy Birthday May & June!

Marlboro Rec Center

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!!! 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 PURCHASED WITH THE UNDERSTANDING THAT THEY ARE NON-REFUNDABLE. If a replacement is found through the waitlist, **a refund may be issued in accordance with the Township refund policy.** *If a program is cancelled by the Township or a venue, a full refund will be processed.*

SPECIAL EVENTS, LUNCHEONS, FUN & GAMES!!!

JANUARY

BEAT THE WINTER BLUES, *coffee, tea & snacks*

No fee!

Friday, January 10

12:30pm-2:00pm

Let's get together for a fun afternoon to beat the winter **BLUES!** Get out of your house, meet up with some friends and have a great afternoon. Join in for some upbeat **Rhythm and BLUES** music. **Courtney Colletti** is one of Bucks County's most highly regarded, in-demand, and versatile talents and **whenever he sings, something very wonderful happens.** He is known for enchanting audiences with his warm, playful, and heartfelt musicianship. Don't miss this **musical entertainment** - it will knock your socks off! But, put them back on – it's cold out there! Warm up with the comfort of **milk and cookies.**

DESSERT TRIVIA

No Fee!

Tuesday, January 14

1:00pm-2:00pm

Show what you know while enjoying some **special desserts, coffee & tea.** Join in for a fun afternoon of **MULTIPLE CHOICE** trivia with some challenging questions. Prize for the **one** that knows the most!!!

CRAFTY CREATIONS I

No Fee!

Tuesday, January 21

1:00pm-2:00pm

Winter time is the perfect time to warm up with craft making. Join in for a fun afternoon of **VALENTINE'S DAY CARD MAKING. Supplies provided.**

"YEAR OF THE SNAKE" CELEBRATION, *Chinese New Year Luncheon*

Fee: \$15

Friday, January 24

11:30am-2:30pm

Warm up with a **Chinese Food luncheon** to celebrate the upcoming **Chinese New Year**. 2025 is the year of the snake! In Chinese Zodiac the snake is associated with wisdom, charm, intuition and transformation. Join in the festivities if you are wise, charming or intuitive, or even if you are not! 2025 is predicted to be a powerful time of reflection and personal growth. Lucky colors are **black, red** and **yellow**! Please **wear any or all** of these colors. Maybe **you will get** lucky!!! Event includes a hot **Lunch & a special Chinese New Year presentation by Steven Pollack** that explores the history, popular culture and traditions of this colorful festival.

FEBRUARY

THE WHOLE 9 YARDS, *Super Bowl Luncheon*

Fee: \$5

Thursday, February 6

11:30am-2:30pm

Join us for **THE WHOLE 9 YARDS** Super Bowl Party filled with **fun, games and prizes** for all of the sports fans and **ANYONE** looking for a **SUPER (BOWL) Good Time!** **NO FOOTBALL KNOWLEDGE IS REQUIRED** to participate and have a great time!!! With Jim from **JTK Entertainment** and an assortment of games, there is no limit to the fun we will have! **Get in the spirit by wearing your football jersey** and see who will be named the biggest fan! **Sponsored by The Gardens at Monroe, Senior Helpers, Dove Hospice, Mattison Crossing and Waypoint Legal.**

LOVE BITES! *Valentine's Day Treat Party*

Fee: \$5

Friday, February 14

12:30pm-2:00pm

Roses are red, violets are blue, delicious **LOVE BITES** are waiting for you! Valentine's Day is the perfect day to surround yourself with **LOVE**. This will be a fun, upbeat party to celebrate everything we **LOVE!** **LOVE** your life, **LOVE** your friends, **LOVE** your **LOVE**. **LOVE** your Rec Programs! Laugh and smile and have a great afternoon while going on a musical journey with a new performer as she recalls the moments when she **fell in love**... with different genres of music! You will laugh, clap and sing along to popular tunes that chronicle music from the forties through the seventies. Please wear something **RED**, or festive for the occasion!!! **Raffle for two special holiday give-a-ways!! Delicious treats, coffee & tea.**

CRAFTY CREATIONS II

No Fee!

Wednesday, February 19

1:00pm-2:30pm

Do you like to create? What better time than a cold winter afternoon? Bring along some friends for a crafty afternoon **Scrapbooking**. **No special skills needed**. Just a desire to make something original. Create a **MINI SCRAPBOOK** as a gift or to keep for yourself! Supplies provided. Time to dust off the boxes and find some fun pictures. Bring along your pictures, or you can add some later.

MARCH

MINUTE TO WIN IT, *Third Times the Charm*

No fee!

Wednesday, March 5

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, contestants will participate in both physical and mental challenges. A minute will be allotted to complete each task or challenge. These tasks will be silly, fun and challenging! The participant with the most points at the end of the event will be the champion! **Limited space.**

MOBILE COUNTY CONNECTION

No Fee!

Wednesday, March 19

10:00am -1:00pm

The Mobile County Connection provides numerous services out of the **County Clerk's Office** (free notary services, passports & photos, ID's, fraud information) **the Surrogate's Office** (estate information, guardianship, adoptions) and **the Sheriff's Office** (Register Ready ID's, prescription disposal drop off box). Staff members from each of the offices will be available to assist in answering any questions. Representatives from the **Division on Aging, Disabilities and Veteran's Services** will also be available at the event. Some of the services require documents and fees. Information will follow prior to the event.

TIME TO PADDY, *St. Patrick's Day Luncheon*

Fee \$15

Friday, March 21

11:30am-2:30pm

Time to thank your **lucky clovers!!!** We are going to have a feast fit for a **Leprechaun** to celebrate **St. Paddy's Day!** A feast of **Corned Beef and Cabbage** and other **Irish** goodies await. Don't hesitate to join in with your Rec Center friends. We will have a blast **Shamrockin'** the afternoon away with traditional **Irish** tunes and other festive music from **Meredith Beck**. Wear **GREEN** and come see what the **luck O' the Irish** will bring! **Lunch & Entertainment included.**

PAINT PARTY

Fee \$10

Tuesday, March 25

12:30pm-2:30 (or so)

The Art Hut will be here again for a fabulously fun afternoon of painting. Amaze yourself with a beautiful creation by YOU! Instructor and staff will be available for questions and assistance while you are painting. If you missed this last time, you won't want to miss it again!

APRIL

APRIL FOOLS' PARTY, *surprise luncheon*

Fee: \$12

Tuesday, April 1

11:30am-2:30pm

April 1st is **April Fools' Day** and **International Fun at Work Day** – a day to interject **FUN and LAUGHTER** into your day! Sounds like the perfect time to have a party! Come be an April **FOOL** with us. We will play **silly games** and be entertained by a CLOWN – **APRIL FOOLS!!!!** Come join in to see who will really be here to entertain us! We are going to keep it under wraps. Lunch will be from a Michelin Star restaurant, definitely a meal to remember - **APRIL FOOLS!!!!** Don't worry, something tasty will be on the menu! If you like fun, join on in! Hope to see you there! **Lunch & Entertainment included.**

POT LUCK FOOD FROM AROUND THE WORLD, *Cultural Event*

No Fee!

Tuesday, APRIL 22

12:30-2:30pm

April is "**Celebrate Diversity Month**". This was started in April of 2004, to celebrate diversity in hopes of gaining a deeper understanding of our selves and others. Since we have such a wide range of people from different backgrounds at our Senior Center, this is a great time to bring everyone together to **celebrate diversity**. One thing we all have in common - **we love to eat!** To recognize this we will host a POT LUCK LUNCHEON with foods from around the world. Time to break out the secret family recipes!

There is no fee to participate, but **your admission to participate** will be to prepare any dish to share with participants that represents your culture. Let's break bread and together and have a great afternoon sharing while we learn about how much we all have in common.

THE PRICE IS RIGHT

No Fee!

Friday, April 25

1:00pm-2:00pm

Brandywine at Governor's Crossing will be here for a fun game of **Price is Right**. Let's find out which of you are knowledgeable shoppers! Maybe **prizes for all?! Coffee and snacks will be served.**

MAY

CINCO DE MAYO, *luncheon*

Fee: \$15

Friday, May 16

11:30am-2:30pm

Hola Amigos! May your **Cinco de Mayo** be filled with music, fun, food and celebration! Join in for a festive event, **celebrating Mexican culture and heritage!** You will be entertained by Marc Sherman with a program that includes songs from Spain, Mexico and Latin America. You will be transported to another world and culture full of colorful rhythms and melodies. This program includes favorites such as Bésame Mucho, Malagueña, and Cielito Lindo, as well as Cha-chas and Merengue's that will have you tapping your toes. **Lunch & Entertainment included.**

JUNE

SUN PROTECTION TRIVIA

No Fee – only fun prizes!!!

Wednesday, June 4

1:00pm-2:00pm

Join in for this fun game of summer trivia and learn how to protect yourself properly while having fun in the sun!!! **Sponsored by Dove Hospice and Senior Helpers**

SUMMER FUN: PIZZA & ICE CREAM SOCIAL, *luncheon*

Fee: \$5

Thursday, June 5

11:30am-2:30pm

It's time for another **pizza and ice cream social**. This is scheduled for a Thursday, but let's make it a **Sundae, Fun-day!** Don't wait or you will wait on the waitlist! This one fills up faster than you can blink. Vanilla and Chocolate ice cream and a variety of scrumptious toppings. **Lunch & Entertainment included!**

TRIPS

REMINDER: PLEASE READ THE TOWNSHIP REFUND POLICY PRIOR TO REGISTERING.

All trips, unless otherwise indicated, will include round trip coach bus service leaving from and returning to the Marlboro Recreation Center.

ALL TRIPS PURCHASED ARE NON-REFUNDABLE. 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.

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

MARCH

KISS ME I'M IRISH, The Brownstone, Paterson, NJ

Friday, March 14

\$72.00 per resident

Depart 9:45AM

Return 5:00pm

It's that time of the year again when the Irish spirit captures your heart! And what better way than to have award winning Irish crooner Jimmy Walsh and the **world famous** Black Velvet Band sing all of your Irish favorites to get you felling the joy of St. Patty's Day! There will also be a bagpiper performing. Tis the Irish way! **Menu: warm rolls, fresh garden salad, Irish pea soup, corned beef & cabbage, roast chicken, Irish soda bread, boiled potatoes, buttered carrots, dessert, tea or coffee**

APRIL

IN THE HEIGHTS, Bristol Riverside Theater, Bristol, PA

Lunch at the King George II Inn

Wednesday, April 9

\$88.00 per resident

Depart 10:00am

Return 5:00pm

Winner of the 2008 Tony Award for Best Musical, *In the Heights* tells the story of a vibrant community in New York's Washington Heights neighborhood – a place where the coffee from the corner bodega is light and sweet, the windows are always open, and the breeze carries the rhythm of three generations of music. From the creator of *Hamilton*, this hip musical will win you over with its **sweet story** and **hot tunes**.

DREAMGIRLS, Walnut Street Theater, Philadelphia, PA

Thursday, April 24

\$62.00 per resident

Lunch at the Rec Center at 11:00am

Depart at 12:00pm

Return at 6:00pm

Stars rise and fall... but dreams live forever! This sensational Broadway musical tells the story of a 1960s Supremes-like girl group that catches its big break during an amateur competition. But will their friendship—and their music—survive the rapid rise from obscurity to pop super stardom? Full of onstage joy and backstage drama, *DREAMGIRLS* is a sweeping and inspirational journey with a dazzling production, powerhouse vocal performances, and an unforgettable score filled with pop, R&B, gospel, disco and more!

MAY

SWING! Hunterdon Hills Playhouse, Hunterdon, NJ

Thursday, May 8

\$82.00 per resident

Depart at 9:45am

Return at 5:00pm

Swing is a musical conceived by Paul Kelly with music by various artists. It celebrates the music of the Swing era of jazz (1930s–1946), including many well-known tunes by artists like Duke Ellington, William "Count" Basie, Benny Goodman and others. It received a nomination for the **2000 Tony Award for Best Musical** and other Tony awards. **Swing combines high energy dancing, singing and acrobatics.** The show recreates the swing style of jazz, which used large bands, fixed musical arrangements and solo-driven improvisations. Together with the development of the music, various forms of swing dancing emerged, varying by geographic regions, such as the Lindyhop or Jitterbug in Harlem or the Whip in Houston. **Lunch included.**

GROUNDS FOR SCULPTURE, Hamilton Township, NJ

DATE TBA

FEE TBA

This trip is RAIN or SHINE!!!

THIS IS A WALKING TOUR - A LOT OF WALKING IS REQUIRED!!!

Depart at 9:30am

Return at 4:30pm

The Grounds for Sculpture is one of New Jersey's best-kept secrets. Grounds for Sculpture is a 42-acre sculpture park with six indoor galleries, a Museum Shop and a cafe. A visit to the grounds is a unique outdoor cultural experience. The Grounds for Sculpture is most known for its sculptures that dot the landscape, but the 42 acres are also full of wildflowers, landscaped ponds, exotic trees, and much more. The paths are easy to walk and there are many places to sit and admire the view. Bring water and sunscreen as you will be outdoors for many hours.

The Grounds for Sculpture is a delight for all, whether you are a sculpture aficionado, garden lover, or just want to spend the day exploring an unusual place. **Lunch will be on your own.** Whenever you are hungry, grab a sandwich from Van Gogh's cafe and find a bench anywhere in the park. Enjoy the scenery while you enjoy your lunch.

JUNE

COUNTRY HALL OF FAMERS, LiGreci's Staaten, NY

Wednesday, June 11

\$72.50 per resident

Depart at 10:00am

Return at 4:30pm

Bill Turner of the Comets performing Johnny Cash, Nashville's darling Nanette Mason of Steel Angels as Dolly Parton and Mike Byrne reminiscing John Denver, plus All Star Comedian! This will be a Country Hall of Fame Day of song and comedy. **Menu: One hour open bar, fresh garden salad, caterers' choice of pasta or soup, sirloin of beef, chicken parmesan, glazed salmon, dessert, coffee or Tea. Wine and soda served during lunch.**

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.