

**2021 ACTIVE ADULT SENIOR PROGRAM GUIDE**  
**FALL SESSION: SEPTEMBER 9-DECEMBER 17 (15 weeks)**

**REGISTRATION INFORMATION**

Registration will open on:

DATE: Tuesday, **August 31, 2021**

TIME: 9:00am

- You may register on community pass at [www.marlboro-nj.gov/signup](http://www.marlboro-nj.gov/signup)
- You may call in for assistance registering. **(NO IN PERSON REGISTRATION)**
- 6 staff members will be available to help.
- **No calls** will be taken prior to 9:00 am. Please do not leave messages to register.
- **Please** only register for **1 ZOOM link per program per household**.
- **Please call with any questions you may have PRIOR to registration day.**

**PROGRAMS** will continue to be offered on **ZOOM** and **OUTDOORS** so that everyone can continue to participate. When they cannot be held **OUTDOORS**, some **OUTDOOR** programs will be hosted on **ZOOM**. **No INDOOR** programs will be offered at this time.

**PROGRAM RULES:**

- All in person participants must complete a **RELEASE OF LIABILITY AND ASSUMPTION OF RISK AGREEMENT**. (see attached)
- All in person participants must adhere to **Outdoor Class Participation Guidelines Fall 2021** and all COVID safety protocols in place. (See attached.) These may change at any time.
- Masks will be optional while exercising outdoors. If you feel more comfortable, feel free to wear your mask. This will be a personal decision.

**FALL SESSION (SEP-DEC 2021) will be held OUTDOORS at:**

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

**The First Day of Class will be Thursday, September 9, 2021**

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

**Mon Oct 11**

**Tue Nov 2**

**Wed Sep 15**

**Thurs Sep 16, Nov 11, Nov 25**

**Fri Oct 29, Nov 26**

## **EXERCISE CLASSES**

- All participants must provide their own equipment.
- **IMPORTANT REMINDER:** Please take into consideration any health restrictions that might be problematic if participating in exercise programs. Make sure to consult your physician before starting any exercise program.
- **WORK AT YOUR OWN PACE** to achieve your fitness goals. **BE SAFE** - modify when necessary.
- Don't forget to bring a water bottle to class.
- Wear good sneakers and comfortable clothing.

### **CARDIO WELLNESS, *chair***

**OUTDOOR**

**Wednesdays, September 22-December 15**

**Fridays, September 10-December 17**

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

This program is for the participant who is looking to transition back into exercise with a gentle cardio program. Classes will target the different muscles in your body. **Equipment: 1 or 2 pound weights, a ball and band.**

### **INTERMEDIATE CARDIO**

**OUTDOOR**

**Tuesdays, September 14-December 14**

**Thursdays, September 9-December 16**

**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 and band**

### **MINDFULNESS MEDITATION**

**ZOOM**

**Wednesdays, September 22-December 15**

**9:00am-10:00am, Instructor: Marlene Flanagan**

Slow down, breathe and feel. *Mindfulness* is a practice of awareness bringing attention to how we feel and respond to our thoughts, emotions and experiences. Practicing mindfulness can greatly reduce stress and improve sleep. In this class, we will stretch and move gently before we settle in and practice meditation. Learn to "just be" and create your own calm. No experience necessary! **Equipment: mat and water**

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

**OUTDOOR**

**Monday-Friday, September-November**

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

If you would like to play **PICKLEBALL outdoors**, all are welcome to join in and **share** the outdoor pickleball courts **September-November** with **“rotational play”** on the courts at **Marlin Estates Park** (East Francis Avenue). The courts have been reserved for Township seniors weekdays, from **1-3pm**. **No registration is required. Bring your own equipment.**

**STRENGTH TRAINING**

**ZOOM**

**Tuesdays, September 14-December 14**

**Thursdays, September 9-December 16**

**10:00am-11:00am, 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**

**THE KENJA CLUB**, *Goju Ryu*

**OUTDOOR**

**Wednesdays, September 22-December 15**

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

The Kenja Club is a low impact fitness class specifically designed to strengthen your body, improve your balance and flexibility, and keep your mind sharp. It can also help improve circulation and relieve stress. (It is similar in principle and movements to Tai Chi). You will learn the forms of an Okinawan art called Goju Ryu. **Equipment: water, comfortable clothes and sneakers.**

**TAI CHI**

**Fridays, October 1-22**

**\*\*\* 4 WEEK TRIAL SESSION\*\*\***

**OUTDOOR**

**9:00am-10:00am, Instructor: Bobbi Joels**

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**

**OUTDOOR**

**Mondays, September 13-December 13**

**Fridays, September 10-December 17**

**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**

**WALKING GROUPS**, by the soccer field

**OUTDOOR**

**Monday-Friday**

**9:00am-10:00am**

Are you looking for a reason to get outside? Do you want to exercise, but lack the motivation to go it alone? These walking groups provide the perfect opportunity to walk and talk and catch up with some of your recreation friends. Before you know it, the hour will have passed! **Supplies:** **Don't forget a water bottle, a good pair of sneakers, hat and sunblock.**

**YOGA**, *chair*

**ZOOM**

**Thursdays, September 9-December 16**

**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*

**OUTDOOR**

**Mondays, September 13-December 13**

**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 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. **Equipment:** **mat, two blocks, and a strap**

## **ART CLASSES**

**SKETCHING WITH FRANK**

**ZOOM**

**Thursdays, September 9-December 16**

**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 and once you learn the basics you will be amazed at what you can draw. **Supplies:** **9 x 12 drawing pad or larger, drawing pencils, kneaded eraser, ruler.**

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

**ZOOM**

**Tuesdays, September 14-December 14**

**No class September 28**

**1:00pm-2:30pm, Instructor: Domenica Donna Como, Certified Art Teacher & Artist**

Do you like to paint? This class is designed for *beginner to intermediate* students who want to learn the art of Watercolor Painting. A fundamental, hands-on working knowledge of the medium will be taught. Emphasis will be on learning techniques and exploring different tools to create beautiful paintings. Students work from photos and still life.

With individualized guidance, your skills will be revealed as you enhance your watercolor painting and mixed-media skills. Make new friends and improve your overall well-being as we explore various techniques, experimental tools, papers, mixed media, collage and more. Learn in a fun atmosphere while enjoying creative exercises, stimulating discussions, and some art history. Experienced artists, come explore challenging concepts and materials designed with your skills in mind, and bring your creative ideas and art to the next level. **Supplies: A list of required supplies will be forwarded to participants prior to the start of class.**

## **COOKING DEMOS**

**WHAT'S COOKING?**

**ZOOM**

**Wednesday, October 6**

**Wednesday, December 1**

**1:00pm-2:00pm, sponsored by Brandywine Living at Governor's Crossing**

**Brandywine Living will host 2 Cooking Demo's on ZOOM for us!** Participants will be able to watch and learn from Chef Lori and her Sous Chef Brittany. Enjoy the presentation, take notes and try the recipe on your own!

## **DISCUSSION GROUPS**

**DISCUSSION GROUP: Hanging with Heidi**

**OUTDOOR**

**Mondays, September 13 - December 13**

**Thursdays, September 9 - December 16**

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

Do you miss socializing? Do you have a lot on your mind? Come join a **small discussion group** moderated by Heidi. This group will allow you to connect with others, discuss what is on your mind and maybe answer a few thought provoking questions in the mix! Everyone will be given the opportunity to participate. Come join in with an open mind and have some fun!

**DISCUSSION GROUP: News & Your Views**

**OUTDOOR**

**Moderators: Jessica Sand, Jules & Sandy Levin**

**Tuesdays, September 14-December 14**

**11:30am-1:00pm**

News is designed to evaluate current issues. This friendly group is trying to figure it all out, while enjoying their morning coffee. Bring your information, opinions, an open mind and your sense of humor to discuss key national and local happenings.

**DISCUSSION GROUP: Old Time Baseball Memories**

**OUTDOOR**

**Moderators: Sandy & Jules Levin**

**Tuesday, October 12th**

**Tuesday, Nov 16th**

**1:00am-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 old time baseball with current times.

**LECTURES**

**Topic: GENEALOGY**

**OUTDOOR**

**Speaker: Beverly Yackel, Chairman Speakers Bureau, Monmouth County Genealogy Society**

**Date: Friday, October 1, 2021**

**Time: 2:00pm-3:00pm**

**Description:** Are you interested in preserving your family history, but unsure how to begin? Is your family history full of holes that you are eager to fill? This speaker might be able to guide you on your journey of discovery. This lecture on Genealogy will teach you how to uncover your families' background and perhaps even some hidden secrets!

**Topic: DIABETES SELF-MANAGEMENT – 6 WEEK PROGRAM**

**ZOOM**

**Sponsored by SCAN/Senior Citizens Activities Network**

**Date: Wednesdays, Oct 6-Nov 10**

**Time: 2:00pm-4:00pm**

**Description:** This is a 6-week program and is suitable for folks with diabetes, pre-diabetes, caretakers of diabetics or anyone who wants more information on nutrition. The goal of this workshop is to enforce life skills to manage diabetes and prevent or delay complications which can be serious. A large portion of time will be spent menu planning since so much of diabetes management revolves around food. The workshop is interactive, so each participant will have ample opportunity to share their own thoughts. Participants will receive a companion book, *Living a Healthy Life with Chronic Conditions*.

**RWJ HOPE & HEALING PROGRAM, 6 SESSIONS - select one or all!**

**Topic: ANTICIPATION ANXIETY**

**ZOOM**

**Sponsored by: RWJ Hope & Healing**

**Date: Thursday, September 9, 2021**

**Time: 2:30pm-3:30pm**

**Description:** During this program we will discuss what makes us anxious. Is it the world around us or small things every day? What do we anticipate with dread and what do we anticipate with joy? How do we flip the switch? We can find ways to help ourselves when we feel overwhelmed. Come join in and discover how!

**Topic: HUMOR**

**ZOOM**

**Sponsored by: RWJ Hope & Healing**

**Date: Thursday, September 23, 2021**

**Time: 2:30pm-3:30pm**

**Description:** What makes you laugh? Each person has a different sense of humor and laughs at different things. Let's learn about how **LAUGHTER** really can be the best medicine. Come join us as we explore all things that can make us chuckle.

**Topic: INSPIRATIONAL MEN: GHANDI**

**ZOOM**

**Sponsored by: RWJ Hope & Healing**

**Date: Thursday, October 7, 2021**

**Time: 2:30pm-3:30pm**

**Description:** When we need some inspiration to whom do we look? Maybe someone who has led and inspired others. Let's take a look at Mahatma Gandhi, the life he led and the lessons we can learn from him.

**Topic: CLASSIC BOOKS**

**ZOOM**

**Sponsored by: RWJ Hope & Healing**

**Date: Thursday, October 21, 2021**

**Time: 2:30pm-3:30pm**

**Description:** Do you need an escape? What was your favorite book when you were a child? Who is your favorite author now? Do you find answers to life's questions in a good book? Has one book really changed you in some way? Come explore our love of books together.

**Topic: SPIRITUALITY**

**ZOOM**

**Sponsored by: RWJ Hope & Healing**

**Date: Thursday, November 4, 2021**

**Time: 2:30pm-3:30pm**

**Description:** What fills you up when you are feeling down? What keeps your spirit strong? Is it your faith, nature, a good friend or even chocolate? Come and explore what builds your spirit.

**Topic: INSPIRATIONAL WOMEN: RUTH BADER GINSBURG**

**ZOOM**

**Sponsored by: RWJ Hope & Healing**

**Date: Thursday, November 18, 2021**

**Time: 2:30pm-3:30pm**

**Description:** Even though we can get outside now and do things, sometimes we can be in a rut. What do you need to get moving? Where do we go? We need Inspiration! Who inspires us? Does inspiration come from someone in particular? We want to explore someone who has inspired so many, Supreme Court Justice Ruth Bader Ginsburg.

### **MORE LECTURES, SPECIAL EVENTS & SOCIAL EVENTS**

Any additional **lectures, special events** and/or **social events** that we are able to have will be announced via email. Don't miss out! If you do not use email, make sure you have a friend that will keep you informed! Also, feel free to call the Senior Office for updates, or just to say "Hello"! We are always happy to hear from you! 😊

### **ADDITIONAL PROGRAM INFORMATION**

If you have a good idea, please feel free to share it with me. Remember these are your programs – all suggestions are welcome.

If you or someone you know would like to volunteer to share a talent or host a group, please call or email me.