

2022 ACTIVE ADULT SENIOR PROGRAM GUIDE

SUMMER/FALL SESSIONS: **JUL 5-AUG 12 (6 weeks)**

SEP 6-DEC 16 (15 weeks)

REGISTRATION INFORMATION

DATE: Tuesday, **June 21, 2022**

TIME: 9:00am

- You may register on community pass at www.marlboro-nj.gov/signup
- You may call 732-617-0100 or 732-617-0367 for assistance registering. (**NO IN-PERSON REGISTRATION**) All recreation staff members will be available to help.
- **No calls** will be taken prior to 9:00 am. Please do not leave messages to register.
- Programs will be offered **INDOORS** and on **ZOOM**, so that everyone can continue to participate. Classes **INDOORS** will be limited in size and there will be a strict attendance policy. Please only register if you plan to attend regularly. **ZOOM** programs will be able to accommodate all participants that are interested.
- **Please call with any questions you may have PRIOR to registration day.**

PROGRAM RULES

- If you register for an in-person program, you agree to the **RELEASE OF LIABILITY AND ASSUMPTION OF RISK AGREEMENT**. (attached)
- All in-person participants must adhere to **2022 Class Participation Guidelines** (attached) and follow all safety protocols. **These may change at any time.**
- Masks are no longer required. If you are more comfortable feel free to wear one.
- Seniors needing assistance on trips or in classes must bring an aide or chaperone.

EXERCISE CLASS REMINDERS

- **All participants must provide their own equipment.**
- **IMPORTANT REMINDER:** 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.

LOCATION

In-person classes to be held at:

SUMMER (JUL 5-AUG 12): Morganville Firehouse, 78 Tennant Road, Morganville 07751

FALL (SEP 6-DEC 16): Marlboro Rec Center, 1996 Recreation Way, Marlboro 07746

Summer Classes will begin Tuesday, July 5, 2022

Fall Classes will begin Tuesday, September 6, 2022

There will be NO classes on the following dates:

Mon: Sep 5, 26, Oct 10

Tue: Sep 27, Oct 4, Nov 8

Wed: Oct 5, Dec 21

Thurs: Nov 11

Fri: Sep 9, Oct 21, Oct 28, Nov 18, Dec 9

CLASSES & PROGRAMS

AARP DRIVER SAFETY PROGRAM

Friday, September 23

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

Recreation Center

\$20.00 fee AARP members/\$25.00 fee non-members

Those completing the course should be entitled to a discount on their auto insurance. To confirm this information, reach out to your insurance provider. Limited to 20 participants. You must drop off a **check made out to AARP.**

ABC CLASS (ARMS, BUTT & CORE), *advanced class*

Summer on Zoom

Fridays, Jul 8-Aug 12

Fall at Rec Center

Fridays, Sep 9-Dec 16

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

This class is an **advanced class**. It is **NOT** for everyone. Exercise will be on a mat and standing. Some exercises will be timed at 30 second intervals with 15 second rest. The class will work out **ARMS**, using handheld weights and your body weight; **BUTT**, working the glutes, legs, and calves with ski squats, deadlifts, and Pilates moves; and **CORE**, using the 5 major muscle groups of the abdominal section, which in turn will strengthen the back. **Equipment: mat, weights, towel and water**

BALANCE and STRETCH

**** New Class****

Summer at Morganville Firehouse

Wednesdays, Jul 6-Aug 10

10:15am-11:15am

Fall at Rec Center

Thursdays, Sep 8-Dec 15

****Change in day of the week for fall class****

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 posture, strength and standing balance.**

BALLROOM DANCE

**** Returning Favorite ****

No summer class

Mondays, Sep 12-Dec 12

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, BRIDGE or any CARD GAMES

No summer class

Fridays, Sep 9-Dec 16 Rec Center

10:00am-12:00pm

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

CARDIO WELLNESS, *chair class*

Summer at Morganville Firehouse

Tuesdays, July 5-Aug 9 and Wednesdays, Jul 6-Aug 10

Fall at Rec Center

Wednesdays, Sep 7-Dec 14 and Fridays, Sep 9-Dec 16

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, a band and water**

CARDIO, *intermediate*

Summer at Morganville Firehouse

Tuesdays, Jul 5-Aug 9 & Thursdays, Jul 7-Aug 11

Fall at Rec Center

Tuesdays, Sep 6-Dec 13 & Thursdays, Sep 8-Dec 15

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

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

COUNTRY LINE DANCE

No summer class

Wednesdays, Sep 7-Dec 14 Rec Center

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**

KNITTING

No summer class

Wednesdays, Sep 7-Dec 14 Rec Center

9:30am-11:30am

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

MAHJONG

No summer class

Mondays, Sep 12-Dec 12 Rec Center

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.**

MINDFULNESS MEDITATION

Always on Zoom

Summer

Thursdays, Jul 7-Aug 11

Fall

Thursdays, Sep 8-Dec 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. How do you respond to stressful thoughts or in difficult situations? Learn how to practice mindfulness. It can greatly reduce stress and improve your sleep.

Stretch (5-10 minutes) and move gently before settling in to practice meditation. Learn how to "just be" and create your own calm. The instructor will help you build a meditation practice that can be taken anywhere! **Equipment: mat and water**

OUTDOOR SUMMER PICKLEBALL, outdoors at Marlin Estates Park

Monday-Friday, July and August

8:00am-10:00am, Open Play

If you would like to play **outdoors**, Marlboro seniors are welcome to join in for rotational play at **Marlin Estates Park** (East Francis Avenue) during **July and August**. The courts will be reserved, for **ALL** Township Seniors, **weekdays only** at the above listed time. **No registration is required. Bring your own equipment. Make some new pickleball friends!**

PICKLEBALL, *indoors at the Marlboro Rec Center*

Sept 6-Dec 16

Monday, Wednesdays, Fridays **ADVANCED & INTERMEDIATE PLAYERS**

Tuesdays & Thursdays **BEGINNERS ONLY**

1:00pm-2:30pm, Open Play

If you would like to play **indoors**, you **MUST REGISTER**. You may not just drop in! Players are responsible for setting up and breaking down the portable pickleball nets provided for them. Players wait their turn by placing their rackets in line. Then, they rotate their way through play on the three indoor courts taking turns with different groups and partners. Players must provide **ALL** of their own equipment. Bring your racket and a ball or two.

PING PONG/POOL

No summer class

Thursdays, Sept 8-Dec 15

11:30am-1:30pm

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

STRENGTH TRAINING

Always on Zoom

Summer

Tuesdays, Jul 5-Aug 9

Thursdays, Jul 7-Aug 11

Fall

Tuesdays, Sept 6-Dec 13

Thursdays, Sept 8-Dec 15

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

This class will focus on developing more flexibility and muscle strength. Be ready to see and feel changes! You will go through a warm-up and then focus on strength, flexibility and balance.

Equipment: Chair, weights, ball, band and water

TAI CHI

Summer at Morganville Firehouse

Thursdays, Jul 7-Aug 10

Fall at Rec Center

Thursdays, Sept 8-Dec 15

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

THE KENJA CLUB, *Goju Ryu*

No summer Classes

Wednesdays, Sept 7-Dec 14

10:15am-11:15am, 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. **Equipment: water, comfortable clothes and sneakers**

TOTAL BODY WORKOUT

Summer

Mondays, Jul 11-Aug 8 Zoom

Wednesdays, Jul 6-Aug 10 Morganville Firehouse

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

****Change in time for summer class****

Fall

Mondays, Sept 12-Dec 12 Rec Center

Wednesdays, Sept 7-Dec 14 Zoom

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

WALK WITH FRIENDS, Township Drive by the roadside soccer fields

Summer

Mondays, Jul 11-Aug 8 Walk with Rec

Wednesdays, Jul 6-Aug 10 Walk with Rec

Fall

Mondays, Sept 12-Dec 12 Walk with Rec

Wednesdays, Sept 7-Dec 14 Walk with Rec

9:00am-10:00am

Are you looking for a reason to go outside? Do you want to exercise but lack the motivation to go it alone? Head on over to the Recreation walking path. These walking paths provide the perfect opportunity to walk and talk and make some new friends or to catch up with some of your old ones. Before you know it, the hour will have passed. **JUST SHOW UP anytime to walk with friends or walk with us on Monday and Wednesday mornings. Registration is only required for Mondays and Wednesdays. Supplies: Don't forget a water bottle, a good pair of sneakers, a hat and sunblock.**

YOGA, *chair*

Always on ZOOM

Summer

Thursdays, Jul 7-Aug 11

11:00am-12:00pm, Instructor: Marlene Flanagan

Fall

Thursdays, Sept 8-Dec 15

11:00am-12:00pm, Instructor: TBA

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

YOGA, *gentle*

Always on ZOOM

Summer

Mondays, Jul 11-Aug 8

9:00am-10:00am, Instructor: Susan Santoriello

Fall

Mondays, Sept 12-Dec 12

9:00am-10:00am, Instructor: TBA

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

ZUMBA

Summer at Morganville Firehouse

Tuesdays, Jul 5-Aug 9

Fall at Rec Center

Tuesdays, Sep 6-Dec 13

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 and sneakers

ART CLASSES

Always on ZOOM

SKETCHING WITH FRANK

Summer

Thursdays, Jul 7-Aug 11

Fall

Thursdays, Sep 8-Dec 15

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! **Supplies: 9 x 12 drawing pad or larger, drawing pencils, kneaded eraser, ruler**

WATERCOLOR & MIXED-MEDIA ART CLASS

Always on ZOOM

No summer class

Fall

Tuesdays, Sep 6-Dec 13

11:00am-12:30pm, 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. 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. **Supplies: A list of required supplies will be forwarded to participants prior to the start of class.**

DISCUSSION GROUPS

DISCUSSION GROUP: Hanging with Heidi

No summer class

Wednesdays, Sep 7-Dec 14 Rec Center

1:00pm-2:00pm

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!

DISCUSSION GROUP: News & Your Views

Moderators: Jessica Sand & Sandy Levin

Tuesdays, Sep 6-Dec 13

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. **ENTHUSIASTIC GROUP ALWAYS LOOKING FOR NEW PARTICIPANTS TO JOIN!!!**

DISCUSSION GROUP: Old-Time Baseball Memories

Moderators: Sandy & Jules Levin, Ted Zubulake

Thursday, September 15th

Thursday, October 20th

Thursday, November 17th

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.

LECTURES

You will see and agree to the following acknowledgement when you register for any informational sessions provided by the Township:

I acknowledge that the information and opinions provided in this session are solely the presenter's and do not reflect the opinions and beliefs of the Township of Marlboro.

Information regarding upcoming 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.

SOCIAL EVENTS

BINGO, Residents Only, *no fee*

Wednesday, September 28th

Wednesday, October 26th

Wednesday, November 30th

Wednesday, December 14th

1:00pm-2:00pm

Marlboro Rec Center

Come join in for a fun, relaxing hour!!! Prizes for winners! Refreshments to be provided.

Registration is required.

BIRTHDAY CELEBRATIONS, Residents Only, *no fee*

Friday, September 16th – Happy Birthday, September!

Friday, October 14th – Happy Birthday, October!

Thursday, November 10th – Happy Birthday, November!

Thursday, December 15th – Happy Birthday, December!

1:00pm-2:00pm

Marlboro Rec Center

Please join this social event to gather and celebrate monthly birthdays with your senior center friends that are celebrating! **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. **Registration is required.**

LET'S CELEBRATE NATIONAL ICE CREAM DAY, Residents Only, *no fee*

Monday, July 18th

2:00pm-3:00pm

It doesn't get much yummiier than this! Let's celebrate our love for ice cream with **Artis Senior Living of Eatontown** and the **Mr. Softee Ice Cream Truck!!!** Can you say "Ice Cream Party!"

Registration is limited for this one, so sign up quickly!!!

WHAT'S COOKING? Residents Only, *no fee*

Thursday, September 29th

1:00pm-2:00pm

Sponsored by: Brandywine Living at Governor's Crossing

Brandywine Living will host a Cooking Demo in-person for us! Participants will be able to watch and learn from Chef Chris and Sous Chef Brittany. Sit back and enjoy the demonstration while you munch on the yummy meal that is being prepared.

[COMING IN THE FALL...](#)

SPEED FRIENDING followed by the MIX IT UP MIXER

Date and Time TBA

New to the Rec center senior programs? Been here for a long time? It does not matter. This is an event you won't want to miss. Space will be limited! As always join in as soon as registration is available. Guaranteed to have a fun afternoon of making new friends, playing games and having lunch together. More details will follow at a later date.

FALL TRIVIA

Date and time TBA

Join in for a fun afternoon of fall trivia. Prizes for winners!!! More details will follow at a later date.

HEALTH SCREENINGS

HACKENSACK MERIDIAN HEALTH SCREENINGS

Friday, October 21st

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. Bone Density screening appointments will be available **for the first 18 callers.**

REFUND POLICY

Please read the following information before registering for any paid events.

*****TRIPS and SPECIAL EVENTS ARE NON-REFUNDABLE*****

If a replacement is found (through the waitlist) for a cancellation of a “nonrefundable trip or event,” a refund may be issued in **accordance with the Township refund policy.** The policy is as follows: **There will be a processing fee of \$5.00 or 20% of the amount to be refunded, whichever is greater, to a maximum of \$25 which will be charged on ALL refunds, except for cancellations initiated by the Township.** Refund processing may take up to 8 weeks.

If a program is cancelled by the Township, then a **full REFUND will be given.**

SPECIAL EVENTS

Reminder: REFUND POLICY All Special Events are NON-refundable

Notice of upcoming special events will go out via email. **Who knows what fun lies ahead besides the usual events such as our annual Halloween, Thanksgiving & Holiday Parties!!** Look out for registration for special events to be announced in the fall!

No need to pay for these now, but SAVE THE DATE if you would like to attend.

WELCOME BACK

Friday, September 30th

HALLOWEEN PARTY

Friday, October 28th

THANKSGIVING FEAST

Friday, November 18th

HOLIDAY PARTY

Friday, December 9th

TRIPS

Reminder: REFUND POLICY All Trips are NON-refundable

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. Please understand there are a limited number of seats available for all trips. Due to the extreme popularity of these trips, waitlists will be utilized. **If you need to cancel**, please contact the Senior Office. **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.

FIESTA DE SAN GENNARO, DOOLAN'S

\$61.00 pp w/lunch, residents only

Spring Lake, New Jersey

Wednesday, September 14

Depart at 10:30am

Return at 4:30pm

Versatile performer Joey Vincent of Italian American Heritage has been performing popular music and comedy for over thirty-five years. He plays trumpet like the old pros, sings and impersonates all the greats and tells jokes like your most favorite comedians.

Menu: One hour open bar, fresh garden salad, caterers' choice of soup, sirloin of beef, chicken marsala or salmon with dill sauce, dessert – coffee or tea, wine and soda during lunch

TOWNE OF HISTORIC SMITHVILLE & LUNCH AT FRED AND ETHEL'S LANTERN LIGHT TAVERN

\$30.00pp w/lunch, residents only

This trip is RAIN or SHINE!!!

Smithville, NJ

Thursday, September 22

Depart at 9:00am

Return at 5:00pm

Enjoy lunch at **Fred and Ethel's Lantern Light Tavern** and a few hours of shopping in the **Towne of Historic Smithville**. Experience the abundance of great shops, eateries, beauty services and fun! **Meal selection: A.) Atlantic Salmon with Creamy Dill Sauce B.) Flat Iron Steak w/Red Wine Demi-Glace C.) Chicken Cordon Bleu** **WALKING IS REQUIRED!!!**

FRANKIE VALLI AND THE FOUR SEASONS TRIBUTE BY "THE JERSEY FOUR"

\$63.50pp w/lunch, residents only

Li Greci's Staaten, Staten Island, NY

Tuesday, October 18

Depart at 10:15am

Return at 5:00pm

The fabulous Jersey Four recreate the vibrant music, vocals, harmonies, and stage presence of your favorite "Jersey Boys" – Frankie Valli and The Four Seasons. The sound that thrilled the Rock and Roll era of the 60's and onward is once again recreated by this fabulous tribute band. You will also enjoy a hilarious comedian. **Menu: One Hour open bar, fresh garden salad, caterers' choice of pasta or soup, sirloin of beef, chicken marsala or salmon with dill sauce, Dessert – coffee or tea, wine and soda during lunch**

A STAR IS BORN

\$66.50pp w/lunch, residents only

A TRIBUTE TO BARBARA STREISAND

The Brownstone, Paterson, NJ

Tuesday, November 15

Depart at 10:15am

Return at 5:00pm

Barbra Streisand is an American singer, songwriter, actress and filmmaker. In a career spanning 6 decades, she has become an icon in multiple fields of entertainment with songs like "Memories", "Happy Days are Here Again" "people" "Hello Dolly" and a whole slew of others!

Family Style lunch including: warm rolls, fresh garden salad, chicken gumbo soup, BBQ chicken, Glazed Pork, Rice Pilaf, Fresh vegetable medley & dessert.

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 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.

ATTENDANCE

Classes are limited and sometimes have waitlists, so **PLEASE** only sign up for programs that you plan to attend on a **REGULAR** basis. We appreciate your consideration! We try to accommodate as many residents as possible. 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.

We will adhere to a strict attendance policy in the fall. **Missing 4 consecutive classes will result in withdrawal from a program unless we have been notified. Snowbirds, please notify the office if you are leaving for the season.**