

2022 ACTIVE ADULT SENIOR PROGRAM GUIDE

WINTER/SPRING SESSION: **JANUARY 3-JUNE 17 (24 weeks)**

REGISTRATION INFORMATION

Registration will open on:

DATE: Tuesday, **December 21, 2021**

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**)
- 7 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 either INDOORS or on ZOOM for the season, so that everyone can continue to participate. Classes INDOORS will be limited in size and there will be a strict attendance policy. 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 COVID safety protocols. **These may change at any time.**
- Masks are required to walk into the Rec Center, but will be optional while exercising indoors. If you feel more comfortable, feel free to wear your mask. This will be a personal decision. For special events masks will be required unless seated.

EXERCISE CLASS REMINDERS

- 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.

The First Day of Class will be Monday, January 3, 2022

There will be NO classes on the following dates:

Mon: Jan 17, Feb 21, April 18, May 30

Tue: April 19

Wed: April 20

Thurs: February 10, April 21

Fri: January 28, March 25, April 15, 22

**WINTER/SPRING SESSION (JAN-JUN 2022) in-person classes will be held at the
Marlboro Rec Center: 1996 Recreation Way, Marlboro, NJ 07746**

EXERCISE CLASSES & PROGRAMS

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

Fridays, January 7-June 17

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**

CANASTA

INDOORS

Fridays, January 7-June 17

10:00am-12:00pm

Open play for your enjoyment. Spend a few hours playing, learning and practicing the finer points and strategies. **No instructor.**

CARDIO WELLNESS, *chair class*

INDOORS

Wednesdays, January 5-June 15

Fridays, January 7-June 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, a band and water**

CARDIO, *intermediate*

INDOORS

Tuesdays, January 4-June 14

Thursdays, January 6-June 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, a band and water**

COUNTRY LINE DANCE

INDOORS

*******RETURNING FAVORITE*******

Wednesdays, January 5-June 15

9:00am-10:00am, Instructor: Jo-Ann Figurelli

This class will combine low, moderate and high energy line dance routines to a variety of music including Country, Contemporary and Oldies. 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

INDOORS

Wednesdays, January 5-June 15

9:00am-11:00am

Experienced and newcomers welcome! Join together to create your 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

INDOORS

Mondays, January 3-June 13

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

ZOOM

Thursdays, January 6-June 16

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. A variety of techniques will be used including: breath work, journaling, gratitude lists and "Mundra" hand gestures to teach you how to "let go". The instructor will help you build a meditation practice that you can take anywhere! **Equipment: mat and water**

PICKLEBALL, indoors Marlboro Rec Center *****RETURNING FAVORITE*****

Monday, Wednesdays, Fridays, January-March

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

INDOORS

If you would like to play **indoors**, you **MUST REGISTER** for rotational play. Use of the indoor courts will be **limited** during **January-March**. You will not be permitted to just drop in. Players must provide **ALL** of their own equipment.

PICKLEBALL, outdoors at Marlin Estates Park

Monday-Friday, April-June

OUTDOORS

Courts will be reserved in April from 10am-12pm, May 9am-11am, June 8am-10am

If you would like to play **outdoors**, all are welcome to join in for rotational play at **Marlin Estates Park** (East Francis Avenue) **April-June**. The courts will be reserved for Township seniors weekdays at the above listed times. **No registration is required. Bring your own equipment.**

PING PONG/POOL

INDOORS

*******RETURNING FAVORITE*******

Wednesdays, January 5-June 15

11:30am-1:30pm

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

STRENGTH TRAINING

ZOOM

Tuesdays, January 4-June 14

Thursdays, January 6-June 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

STRETCH, BREATHE AND BALANCE

ZOOM

*******NEW*******

Mondays, January 3-June 13

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

This class is designed to help you feel more easeful in your body and mind. A slow yoga practice with long held gentle stretches, mindful movement and breathing practices for the mind, balance poses to maintain strength in the body and a guided relaxation to bring it all together! Wear comfortable clothing. **Equipment: A yoga mat, two yoga blocks, a strap, a blanket and water**

TAI CHI

Fridays, January 7-June 17

ZOOM

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**

THE KENJA CLUB, *Goju Ryu*

INDOORS

Wednesdays, January 5-June 15

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

Mondays, January 3-June 13

INDOORS

Wednesdays, January 5-June 15

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

WALKING GROUPS, Township Drive by the roadside soccer fields

OUTDOORS

Monday-Friday, January 3-June 17

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 - NO instructor.**

Registration is NOT required. Supplies: Don't forget a water bottle, a good pair of sneakers, a hat and sunblock.

YOGA, *chair*

ZOOM

Thursdays, January 6-June 16

11:00am-12:00pm, 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

(HATHA) YOGA, *gentle*

*****NEW INSTRUCTOR*****

Tuesdays, January 4-June 14

INDOORS

11:30am-12:30pm, Instructor: Chris Chiappone

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, a strap and water

ZUMBA GOLD

INDOORS

*******RETURNING FAVORITE*******

Tuesdays, January 4-June 14

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

SKETCHING WITH FRANK

ZOOM

Thursdays, January 6-June 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. 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, January 4-June 14

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.**

COOKING DEMOS

WHAT'S COOKING?

ZOOM

Wednesday, January 19th

Wednesday, March 16th

Wednesday, May 18th

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

Brandywine Living will host **Cooking Demos** on ZOOM (and possibly in-person later on) for us! Participants will be able to watch and learn from Chef Lori and her Sous Chef Brittany. The recipe of the day will be provided ahead of time. Either cook along with these creative cooks, or sit back and enjoy the presentation, take notes and later try the recipe on your own!

DISCUSSION GROUPS

DISCUSSION GROUP: Hanging with Heidi

INDOORS

Mondays, January 3-June 13

2:00pm-3:00pm

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

INDOORS

Moderators: Jessica Sand, Jules & Sandy Levin

Tuesdays, January 4-June 14

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 LOOKING FOR NEW PARTICIPANTS TO JOIN.**

DISCUSSION GROUP: Old-Time Baseball Memories

INDOORS

Moderators: Sandy & Jules Levin, Ted Zubulake

Tuesdays, March 22, April 26, May 24

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

RWJ HOPE & HEALING PROGRAM, 6 individual sessions, *select one or all!*

Thursdays, 2:30pm-3:30pm

ZOOM

January 6th Brain Health

January 20th Virtual Tour: New Jersey's Hidden Gems

February 3rd Aspire to Inspire: How to be more helpful

February 17th Times of Your Life: The Memories that Make Us

March 3rd Self-Care: Making peace with your past

[Descriptions of the above lectures follow:](#)

Topic: BRAIN HEALTH

ZOOM

Sponsored by: RWJ Hope & Healing

Date: Thursday, January 6th

Time: 2:30pm-3:30pm

Description: What can we do to improve our memory? Do you like crossword puzzles? Sudoku? What are some things you do or can do to help keep your brains healthy? What foods can you eat to improve your brain health? Come explore some good ways we can maintain good brain health!

Topic: VIRTUAL TOUR: NEW JERSEY'S HIDDEN GEMS

ZOOM

Sponsored by: RWJ Hope & Healing

Date: Thursday, January 20th

Time: 2:30pm-3:30pm

Description: We all live here in the United States but how much do we know about the States of our Union? What do we even know about our Garden State, New Jersey? Come join with us as we explore some of New Jersey's Hidden Gems.

Topic: ASPIRE TO INSPIRE: HOW TO BE MORE HELPFUL

ZOOM

Sponsored by: RWJ Hope & Healing

Date: Thursday, February 3rd

Time: 2:30pm-3:30pm

Description: We all can use help in our lives but maybe we can be the help that others need. Come explore some ways to become a more helpful person and some organizations that are really doing some good.

Topic: TIMES OF YOUR LIFE: THE MEMORIES THAT MAKE US

ZOOM

Sponsored by: RWJ Hope & Healing

Date: Thursday, February 17th

Time: 2:30pm-3:30pm

Description: Memories are very essential in our lives because they allow us to grow and learn to be a better person. Our recollections can teach us very important life lessons, demonstrate skills and abilities and can make us feel happy and entertained. We can remember where we did our mistakes and learn from it. Come join us as we reflect on the Times of Our lives: The Memories that Make Us.

Topic: SELF CARE: MAKING PEACE WITH YOUR PAST

ZOOM

Sponsored by: RWJ Hope & Healing

Date: Thursday, March 3rd

Time: 2:30pm-3:30pm

Description: When you look back at the past, knowing what you know now, you may find it difficult to understand how you once made the choices you have. How do we reflect back on what we did and why we did things and make peace with our past?

**WISE PROGRAM, 6 session program
(WELLNESS INITIATIVE FOR SENIOR EDUCATION)**

INDOORS

Host: Wellspring Center for Prevention

Date: Mondays, February 28 – APRIL 4

Time: 10:30am-12:30pm

Description: The WISE Program is a wellness and prevention program for older adults, designed to help them celebrate healthy aging, make healthy lifestyle choices and avoid substance abuse. It provides valuable educational services to older adults on topics including nutrition and exercise, medication use, stress management, depression and substance abuse.

During the lessons, participants are educated through interactive exercises that include small group discussion and projects. **Topics include:** *Understanding the Changes Associated with Aging, Aging Sensitivity, Valuing Cultural and Generational Diversity, Medication and the Older Adult Addiction, ATOD (Alcohol, Tobacco and Other Drugs) and the Older Adult, and An Enhanced Quality of Life.* **This program will be sponsored by: The Marlboro Township Alliance.** **FREE LUNCH** will be provided **at each session** for attendees as well as weekly attendance giveaways!

Topic: VETERANS: DO YOU KNOW WHAT SERVICES YOU MAY BE ELIGIBLE FOR?

Sponsored by: VETERAN CARE SERVICES

Date: Tuesday, January 18

INDOORS

Time: 12:00pm-1:00pm

Description: While you enjoy a **FREE** lunch provided by **SPRINGPOINT LIVING**, Manalapan, a representative from **Veteran Care Services** will host a session to inform **veterans, spouses of veterans and widows/widowers of veterans** which care services they may be eligible for from the Veteran's Association. Get informed!

Topic: MANAGING ANXIETY

INDOORS

Speaker: Julie Davelman, Clinical Psychologist

Date: Thursday, January 27

Time: 1:00pm-2:00pm

Description: Do you struggle with anxiety- - that unpleasant state of inner turmoil that sometimes rears its head? This lecture will help provide some techniques that may help you deal with some of the uneasiness and worry that we all face from time to time. If these feelings persist and are affecting your quality of life, please address them with your health care provider.

Topic: COPING WITH LOSS

INDOORS

Speaker: Julie Davelman, Clinical Psychologist

Date: Thursday, March 10

Time: 1:00pm-2:00pm

Description: Loss is the emotional suffering you feel when something or someone is taken away. Often the pain of loss can feel overwhelming. You may experience all kinds of difficult and unexpected emotions, from shock or anger to disbelief, guilt, and profound sadness. This lecture/discussion will provide some strategies on how to navigate through this difficult time. Participants will be able to participate interactively.

SPECIAL EVENTS/SOCIAL EVENTS

BINGO, Residents Only, no fee

INDOORS

Tuesday, January 11

1:00pm-2:00pm

Marlboro Rec Center

Springpoint Senior Living in Manalapan will sponsor BINGO for us! Come join in for a fun, relaxing hour!!! Prizes for winners! Refreshments to be provided. **Registration is required.**

BE OUR GUEST Cooking Demo, Residents Only, no fee

INDOORS

Wednesday, January 12

12:00pm-1:30pm

Marlboro Rec Center

Do you like to cook or do you prefer to be catered to? Either way you are welcome to join in for an in-person cooking demo brought to us by the fabulous chef from the **Chelsea at Marlboro**. Come see what tasty food is provided for their residents! **Registration is required and will be limited for this FREE lunch!!!**

THE NOT SO NEWLYWED (and NOT SO NEWLY FRIENDS) GAME, Residents Only, \$10 fee

Friday, January 28

11:00am-1:30pm

INDOORS

Marlboro Rec Center

Come on out for an afternoon of laughter, **lunch** and relaxation. This will be our very own version of the old-time **Newlywed Game Show from 1966!** This is going to be a fun afternoon getting to know your friends and getting to see how well they really know each other! There will be prizes for contestants and audience participation! Contestants will compete for prizes by answering questions about their relationship. (Nothing too personal.) The audience will compete for prizes by guessing the winner's score and who the winner of each round will be!!! **NOT SO NEWLY WEDS and NOT SO NEWLY FRIENDS or ANY COUPLES please call the office at 732-617-0367 IF YOU WOULD LIKE TO BE A PARTICIPANT.** Registration is required.

ART EVENT: CREATE A HEART SHAPED PICTURE COLLAGE, Residents Only, *no fee*

Tuesday, February 1

1:00pm-2:00pm

INDOORS

Marlboro Rec Center

Are you creative? Looking for your next art project? When is the last time you created something with those old photos that are in a box gathering dust? Join us to create a unique photo keepsake for yourself or a special gift collage to give away. Perhaps the perfect Valentine's Day gift! **Springpoint Senior Living in Manalapan** will sponsor this creative afternoon. Bring a bunch of smaller sized photos to create your collage with. **Registration will be limited.**

SUPER BOWL PRE-GAME TAILGATE PARTY, Residents Only, *\$10 fee*

Thursday, February 10th

11:30am-1:30pm

INDOORS

Marlboro Rec Center

Hello football fans! Come join in for an afternoon of fun and games at the most eventful tailgate party ever! For all of the competitive sports fans we will host a few competitive events for you to showcase your talents. Wear your favorite team's jersey or colors. Lunch, dessert and coffee will be served. Games, prizes, fun for all!!! **Prizes for this event will be sponsored by: Brandywine Living at Governor's Crossing, The Gardens at Monroe & Senior Helpers Home Care**

SENIOR JEOPARDY, Residents Only, *no fee*

INDOORS

Tuesday, February 15th

1:30pm-2:30pm

Marlboro Rec Center

Time for more fun and games! Senior Jeopardy will provide a fun, interactive, learning environment and of course some healthy competition! The game will be played just like the TV show. Don't worry if you are not familiar with the game the rules will be explained.

LOST CELEBRATIONS, Residents Only, *no fee*

INDOORS

Tuesday, February 22

1:00pm-2:00pm

Marlboro Rec Center

Over the past few years we have missed out on sharing some special times together. Please join me today to celebrate everything!!! We will sit and chat and reminisce about all that we are grateful for! Let's spend the afternoon together. Coffee and cake will be served. **Registration is required.**

THE GENERATION GAP, *Residents Only*, **no fee**

INDOORS

Friday, March 25th

4:00pm-6:00pm

Marlboro Recreation Center

This event will be an **intergenerational challenge**. Do you think you are smarter than **Gen Z** (11-25 years)? All of you from **the Greatest Generation** (94+ years), **the Silent Generation** (76-93 years) and all of the **Baby Boomers** ((57) 60-75 years) come on out and show these kids what you know! I'd be willing to guess that by the end of the day we will all have had a great time and learned quite a bit about one another! **Refreshments** will be served. Games, prizes, fun for all!!!

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.