

**SERVING
KEYPORT
AND THE
BAYSHORE
AREA**



**FREE TO
KEYPORT
RESIDENTS
60+
(UNDER 60
DISABLED)**

110 Second Street, Keyport, NJ 07735

website: www.keyportonline.com VISIT OUR FACEBOOK PAGE "KEYPORT SENIOR CENTER"

Supervisor: Madeline Costello

Social Worker: Ann Albano

Part time clerical staff: Sofie Clark sclark@keyportonline.com

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HAPPY HOLIDAYS

**You are Invited to a Keyport Senior Center
Choir Recital and Sing Along**



**Please Sign up to Bring Your Favorite Holiday Dessert
to Share**

**(OR if you don't like to bake, please sign up to bring
hot chocolate or Holiday paper cups/plates/napkins)**

Tuesday, December 03, 2024 at 12:00 PM

Annual Holiday Party

Wednesday, December 11th

At Jacques in Middletown

12:00-3:00pm

**Lunch Choices include: Chicken
Sorrentino, Poached Salmon and
Prime Rib**

**Cost: \$43 member
(\$48 non member)**

**Ask Sofie for a Table Seating
Request Form**

**KEYPORT SENIOR CITIZENS ADVISORY COMMITTEE
SUPPORTS THE PROGRAMS OF THE
SENIOR CENTER**

President: Lynn Case **Vice-President:** Bob Thompsen

Treasurer: Darlene Burgess **Secretary:** Dawn Staniforth

Advisor: Madeline Costello

ADVISORY COMMITTEE MEMBERS

Ken Angrason	Joe Carey	Jean Crone
June Dougherty	Mary Lou Faitoute	Julia Hudson
Letitia Lombardo	Patti Mascolino	Elba Moreno
Susan Pike	Virginia Smith	Bob Thompsen

Notes from Advisory Committee President Lynn Case



It is difficult to believe that it has been almost two years since I stepped into the role of President of the Keyport Senior Center Advisory Committee (KSCAC). During that time, KSCAC members have continued to fundraise

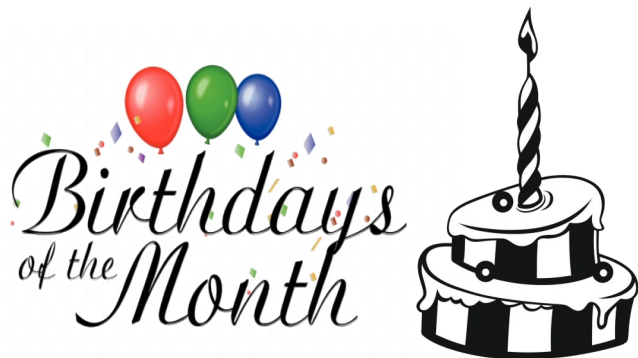
through gift basket auctions, the annual jewelry sale, and the "pick a calendar date" sale. This has enabled the Advisory Committee to continue to support such activities as the Theater Club's bi-annual lunch and a play, recognizing Keyport Senior Center members on their birthday with a card, and helping to keep the cost down for various special luncheons, such as for St. Patrick's, Valentine's Day, Veterans Day, etc. In addition, we have added some new activities, such as the Outreach Committee, which contacted all Keyport Senior Center members for their feedback on center activities, and the December holiday, "Bring Your Favorite Dessert" event. During that time, I have been blessed to have the support of our Supervisor, Madeline Costello, and KSCAC Board members; Vice President, Bob Thompsen, Secretary, Dawn Staniforth, and Treasurer, Darlene Burgess. I also want to thank the Committee Chairs; Joe Carey, Bylaws Update Committee, Elba Moreno, Outreach Committee, and Dawn Staniforth, Fundraising Committee. Lastly, a special thanks to Janice Bonica, Mary Ellen Murach and Gail Young, who beautifully decorate the Senior Center, and, along with Gilda Cleary, Sue Jennings, Patti Mascolino, Ken Angrason, and Bob Thompsen, are servers at our various luncheon events. You will continue to see me around the Keyport Senior Center as I plan to continue as a member of the KSCAC serving on the Theater Committee. Have a wonderful holiday. Lynn

From the desk of... Madeline

As this year comes to a close, I want to thank you all for your participation in our classes, events, and trips. I want to make a special thank you to our Events Committee for all your work throughout the year to make the Center look inviting for each season as well as working with me on the special lunches for all.

Saying goodbye to Debbie was bitter-sweet. She is happy moving into her retirement years and yet we feel sad to see her go. At this time we are now welcoming Elizabeth, Kim and Oscar to fill in with a new way for you all to stay in shape. I am happy to have them come on board and they are looking forward to getting to know you!





WELCOME KIM



CHAIR YOGA

Seated and standing yoga class that incorporates yoga poses, breathing practices, guided imagery, mindfulness and meditation. Yoga helps to improve concentration, well-being, muscle tone, flexibility, breathing and balance.

TUESDAYS BEGINNING DECEMBER 3RD

AT 1:00PM

June March, Samme North, Michelle Andreola, Janet Fagan, Diana Rasmussen, Angela Benanti, Karen McBride, Madeline Antos, James O'Brien, Martha Shearer, Marianne Tavani, Thomas Huetter, Maria Defazio, Nancy Deodato, Alice Christathakis, Marianne Schell, Philip Ocken, Agnes Geores, Lois Vitucci, Mary Zwingraf, Jack Mendelsohn, MaryAnn Mish, Carol Lamar, Ken Angrason, Patty Ryan, Kathleen McNamara, Bob Thompsen, Kenneth Noble, Virgen Pierre, Brigitte Broderick, Neil Mendelsohn, Gene Cosnoski, Nelson Ortiz, Dianna Andrews, Ermelinda Dimartino, Gloria Ehlers, Jerry Schulden, Mattie Anderson



To Helen Sona for the loss of her son
To Mary Cape for the loss of her husband



Laurie Parnaby
Anthony Magistro
Donna Langan
Stephen Langan
George Arnold
Norma Patron

Welcome
to our
New Members

See a new face? Welcome them! Show them around the Center and get them involved with all the Center has to offer! Who knows... you might just make a new friend!



We are in need of coffee. Thank you for your generous donations!



Celia Marzano
Felicia Troisi



We ACCEPT General Sympathy, Get Well, Thinking of You, and BIRTHDAY CARDS. We do NOT ACCEPT any Holiday, Specific Occasion Cards, or Religious cards. THANK YOU FOR YOUR DONATIONS TO THE CENTER!

Thank you

FOR YOUR SUPPORT

Did you realize that our name page is a fun way of donating to our Center?

Below is a list of all the members who contribute to the good work of our

center. It's only \$10.00/year! Please stop in the front office to be a part of the center's support.

Ann Albano Maria Bardowell Carol Battista **Brigitte Broderick** Darlene Burgess
Tony Callandrillo Jessica Magee Callandrillo ELIZABETH CARTER Lynn Case
Anne Conway Madeline Costello Helen Dahlgren Satish Daniel Viola Didato Eileen DeCicco
Joan Devino **June Dougherty** Laurie Eng **Wendy Esannason** Mary Faitoute Debbie Hege
Len Layland **Sue Layland** Constance Lefferts Robert Lesniakowski **Agnes Leyesa** Terrie Magistro
Sue Miller Sandy Molon MaryEllen Murach Phil Ocken Regina O'Reilly **Gail Paris**
Cathy Mietz **COOKIE PIZZI FRED PIZZI Diana Rasmussen Barbara Repp**
Dan Rosato DIANE SHEPPARD **VIRGINIA SMITH Dawn Staniforth Marianne Tavani**
Orma Trim



South Jersey Legal Services Tuesday 12/3 at 10:00am

South Jersey Legal Services, Inc., is a non-profit organization created to provide quality legal representation and advocacy to low-income individuals. We seek to empower low-income individuals to access the judicial system so they will achieve the greatest possible measure of substantive procedural, social and economic justice.

South Jersey Legal Services, Inc. (SJLS) is a non-profit organization created to provide quality legal representation and advocacy to low-income individuals in Atlantic, Burlington, Camden, Cape May, Cumberland, Gloucester, Monmouth, Ocean and Salem Counties. With over 50 years' experience, SJLS is part of the [Legal Services of New Jersey](#) network and a recipient of funds from the federal [Legal Services Corporation](#). In addition, SJLS receives funds from other federal, state, and local government sources, several county offices on aging, the [United Way of Philadelphia and Southern New Jersey](#), and other public and private grantors.



Visiting Nurse Association Health Group

Senior Wellness Nurse

KEYPORT SENIOR CENTER

SECOND FRIDAY OF EACH MONTH

DECEMBER 13TH: 10:30-12:00 NOON

Free-No Cost

The VNA Health Group nurse performs a nursing assessment which includes:

- Blood pressure screenings
- Cardio vascular assessment
- Medication Review
- Disease Specific Education
- Nutrition and Diet
- Depression Screenings

This free program focuses on health promotion to assist seniors in achieving and maintaining an optimal level of functioning.

JANUARY GAME DAYS!



Come Join
the FUN!



Thursday, January 9th at 10:30am

Sponsored by NJ Natural Gas



Wednesday, January 8th at 11:00am

Sponsored by Hackensack Meridian Health



Thursday, January 16th at 11:00am

Sponsored by the Villas



Date & Time TBA

Sponsored by Keyport Alliance

MYSTERY GAME



Date & Time TBA

With the Nursing Students

“MOVEMENT FOR LIFE” PROGRAM



A COMPREHENSIVE EXERCISE PROGRAM TAKING IN ALL ASPECTS OF HEALTHY MOVEMENT FOR OLDER ADULTS. ALL CLASSES ARE OFFERED AT NO COST AND ARE TAUGHT BY CERTIFIED INSTRUCTORS.

BASIC LINE DANCE- Don't miss out on the fun! Make new Friends, keep your memory fresh & improve your coordination & exercise all in one! Learn the Basic line dance steps. You will learn popular Party Line dances & others to various types of music.

CHAIR YOGA- Seated and standing yoga class that incorporates yoga poses, breathing practices, guided imagery, mindfulness and meditation. Yoga helps to improve concentration, well being, muscle tone, flexibility, breathing and balance. Tuesdays at 1

INTERMEDIATE LINE DANCING- Don't miss out on the fun. There is No better way to Make New Friends, keep your Memory Fresh and Exercise ALL In One! Come join us in “COUNTRY LINE DANCING” to various types of music with Ellen. Guaranteed you will start your day with a Bounce in your step and a Smile on your face. Where: Keyport Senior Center When: Wednesdays 10:00 am.

GENTLE FITNESS- Exercises for functional strength training that emphasize balance and fall prevention Individuals work at their own paces while standing or seated. Thursdays at 10:00AM

LATIN GROOVE- Dance to the beat of Latin rhythms like Cha Cha, Salsa, Merengue, and Bachata as well as popular line dances like the Electric Slide, Cupid Shuffle and Cowboy Hustle. A fun way to get a good workout. Come move your body and get your groove on!

PROJECT HEALTHY BONES- an exercise and educational program designed to prevent and slow the development of osteoporosis. Participants begin with 1-pound weights and progress as self-determined.

SENIOR CIRCUIT- Interval training that combines strength, balance, and cardiovascular exercises in a circuit format. Work at your own pace to improve flexibility, build endurance, and enhance muscle strength. Wednesdays at 1PM

SENIOR STRENGTH- Improve muscle strength, balance, and mobility using light weights, resistance bands, and exercise balls. Build strength in a fun, safe and supportive environment. Mondays at 1PM

TAI CHI- Come join Bruce King for class. For those of you familiar, Bruce will be sharing the Sun Style short form. Tai Chi is meditation in motion, a slow, gentle, graceful, mind-body, low impact, full body, fun exercise.

ZUMBA- a medley of dance styles. Zumba breaks these dances down to address the anatomical and biomechanical needs of active older adults or the unconditioned beginner. It does not rely on typical aerobics-style 32-count beats for movement and, instead, is inspired by authentic music.



KEYPORT SKIPPER BUS

Seniors (60+) & Disabled
Transportation "Skipper" Bus Schedule

TUESDAYS AND THURSDAYS 10AM-3PM (LAST PICK-UP)

APPROX. 1 HOUR LOOP

- 500 BROAD STREET (BUS ENTRANCE)
- CVS (3391 NJ-35)
- STOP & SHOP (ENTRANCE DOOR CLOSE TO IHOP)
- 50 BEERS STREET (SIDE ENTRANCE)
- CORNER OF BEERS ST. AND FRONT ST.
- FARMERS MARKET (Thursday 6/6-10/25 Opens 1PM)
- KEYPORT BOROUGH HALL (REAR ENTRANCE IN PARKING LOT)
- BROAD ST. & FRONT ST. (IN FRONT OF MCDONAUGH'S PUB)
- THIRD ST. (LIBRARY)
- WATER FRONT (GAZEBO AT PARKING LOT WALKWAY)
- KEYPORT SENIOR CENTER (REAR ENTRANCE BY RAMP)
- GREEN GROVE AVE. AT APARTMENTS

ADDITIONAL FREE TRANSPORTATION

Monmouth County Wellness Transportation 732-431-7448
Caregiver Volunteers of Central Jersey 732-505-2273

December 2024

Monday	Tuesday	Wednesday	Thursday	Friday
2	3	4	5	6
9:00-10:30 -Table Tennis 10:00– Dr. Motasis Podiatrist 10:30-Project Healthy Bones 1:00-4:00– Canasta 12-12:45 - Spanish Class 1:00 - Senior Strength with Elizabeth 1:30—Ceramics 2:30—Table Tennis	10:00– South Jersey Legal Services 10:00- Center Meeting 10:00-Cards/Poker 10:30-11:45-Bingo 11:30– Table Tennis 12:00-Share Your Favorite Dessert & Chorus Sing-a-long 12-1:00– Chorus 12-2-Chess Class 1:00-Chair Yoga with Kim 2:15– Zumba	10:00-Cards/Poker 10:00– Chair Volleyball with Gail 1:00– Senior Circuit with Elizabeth 1-3:30-All Medium Art 2:30-Table Tennis	9:30-1:30-Social Worker 10:00-Gentle Fitness with Oscar 11:00-Canasta 11:30-Table Tennis 1:00-2-Chess Class 1:00-Tai Chi 1:30– Guitar Lessons	9:00-10:15-Table Tennis 10:00-Cards/Poker 10:30-Latin Groove 12:00-Table Tennis 4:30-5:30 Alzheimer's Support Group
9	10	11	12	13
9:00-10:30 -Table Tennis 10:30-Project Healthy Bones 11:00-4:00– Canasta 12-12:45 - Spanish Class 1:00 - Senior Strength with Elizabeth 1:30—Ceramics 2:30—Table Tennis	10:00- Center Meeting 10:00-Cards/Poker 10:30-11:45-Bingo 11:30– Table Tennis 12-1:00– Chorus 12-2-Chess Class 1:00-Chair Yoga with Kim 2:15– Zumba	CENTER CLOSED HOLIDAY PARTY AT JACQUES 12:00-3:00PM	9:30-1:30-Social Worker 9:30– Advisory Committee Mtg. 10:00-Gentle Fitness with Oscar 11:00-Canasta 11:30-Table Tennis 1:00-2-Chess Class 1:00-Tai Chi 1:30– Guitar Lessons	9:00-10:15-Table Tennis 10:00-Cards/Poker 10:30- VNA Nurse 10:30-Latin Groove 12:00-Table Tennis 1:00-Writers Corner
16	17	18	19	20
9:00-10:30 -Table Tennis 10:30-Project Healthy Bones 11:00-4:00– Canasta 12-12:45 - Spanish Class 1:00 - Senior Strength with Elizabeth 1:30—Ceramics 2:30—Table Tennis	10:00- Center Meeting 10:00-Cards/Poker 10:30-11:45-Bingo 11:30– Table Tennis 12-1:00– Chorus 12-2-Chess Class 1:00-Chair Yoga with Kim 2:15– Zumba	10:00-Cards/Poker 10:00-Chair Volleyball with Gail 1:00– Senior Circuit with Elizabeth 1-3:30-All Medium Art 2:30-Table Tennis	9:30-1:30-Social Worker 10:00-Gentle Fitness with Oscar 11:00– Movie TBA 11:00-Canasta 11:30-Table Tennis 1:00-2-Chess Class 1:00-Tai Chi 1:30– Guitar Lessons	9:00-10:15-Table Tennis 10:00-Cards/Poker 10:30-Latin Groove 12:00-Table Tennis 1:00– Book Café
23	24	25	26	27
9:00-10:30 -Table Tennis 10:30-Project Healthy Bones 11:00-4:00– Canasta 12-12:45 - Spanish Class 1:00 - Senior Strength with Elizabeth 1:30—Ceramics 2:30—Table Tennis	CENTER CLOSED CHRISTMAS EVE	CENTER CLOSED MERRY CHRISTMAS & HAPPY HANUKKAH	9:30-1:30-Social Worker 10:00-Gentle Fitness with Oscar 11:00-Canasta 11:30-Table Tennis 1:00-2-Chess Class 1:00-Tai Chi 1:30– Guitar Lessons	9:00-10:15-Table Tennis 10:00-Cards/Poker 10:30-Latin Groove 12:00-Table Tennis 1:00– Writers Corner
30	31			
9:00-10:30 -Table Tennis 10:30-Project Healthy Bones 11:00-4:00– Canasta 12-12:45 - Spanish Class 1:00 - Senior Strength with Elizabeth 1:30—Ceramics 2:30—Table Tennis	10:00- Center Meeting 10:00-Cards/Poker 10:30-11:45-Bingo 11:30– Table Tennis 12-2-Chess Class 1:00– Chair Yoga with Kim 2:15– Zumba		Dr. Lynn Motasis Podiatrist 732-970-4580	South Jersey Legal Services 732-414-6750 (ext. 6505)