

**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 mcostello@keyportonline.com

Social Worker: Ann Albano

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

Kathy Beam KeyportSeniorCenter@keyportonline.com

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Volume 33 Issue 2

February 2025

KEYPORT SENIOR CENTER
Valentine's LUNCH!
Wednesday, February 12th
Lasagna Lunch & Love Songs

11:00-12:00pm- Love Songs
12:00pm- Lasagna Lunch

Lunch includes
Lasagna, bread, salad,
dessert and soft drinks

COST: \$12.00

Please have exact change or
checks made payable to KSCAC

Entertainment by Frank Rosato

**KEYPORT SENIOR CENTER
CELEBRATES BLACK HISTORY MONTH**

PRODUCED BY: Jessica and Tony Callandrillo



The Center
Chorus will
perform!

Prizes will
once again
be donated
by our
Mayor Rose
Araneo



TUESDAY, FEBRUARY 25, 2025

START TIME: 10:30AM

(Please arrive by 10:15 to pick up BINGO boards)
**LUNCH: \$8.00 (Southern fare – fried chicken, sides,
desserts and drink)**

**Please sign up with Sofie, Kathy or Madeline by
February 18, 2025**

Phone: 732-264-4916

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 Member June Dougherty

Fun Trivia

How fast winter is flying by.

Have you heard, the word for Year 2024 was Brain Rot . According to the Oxford University Press-it is attributed to excessive amounts of low quality online content especially on social media.

The term increased in usage 230% between 2023 and 2024. It was first used in 1854 in Thoreau's popular book *Walden*. It is now gaining popularity in 2024/25 among Gen Z (1995-2012) and Gen Alpha(2013-2025). Clearly this new generation hasn't come up with new lingo. What's old is new again!

Do you know what generation you belong to?

Greatest Generation 1901-1924

Silent Generation 1925-1945

Baby Boomer 1946-1964

Continuing with the fun trivia, Groundhog Day was first celebrated in the USA February 2, 1887 in Punxsutawney, Pa.

It's origin is from a German tradition of marking Candlemas (Feb.2) as "Badger Day" . If a badger emerged from the den on a sunny day casting a shadow it signified only 4 more weeks of winter.

Valentine's Day is another Trivia fun fact dive into the past. The Victorians were the first to give flowers on Valentine's Day. Red roses were given as a symbol of Romance, which dates back to ancient Rome. They were said to be the favorite posy of Venus-the Roman goddess of love (Cupid's mother). Other facts are not so uplifting dating back to 6th century B.C. I'll let the reader go on the hunt for those details. Cupid is a Greek God, called Eros in 700 BC. The Romans remade Eros into Cupid in 4th century BCE. In the 19th century, the Bow and arrow became the symbol to a persons heart for love.

From
the desk of... Madeline

Fun was had by all those who participated in our "Game Month"! Thank you to The Villa's, Hackensack Meridian and NJ Natural Gas for sponsoring the games and to all those who participated!

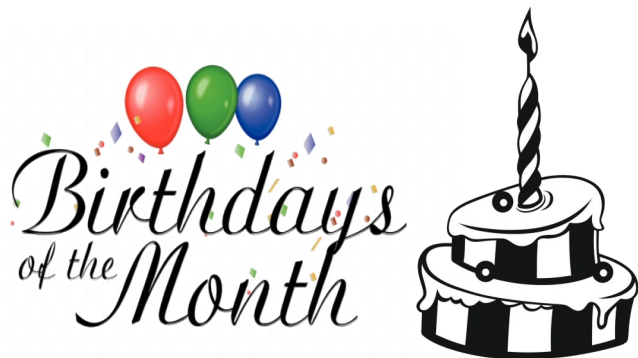
The Pottery program in our All-Medium Art brought out the creativity in many of our artists, thanks to Mary Lou! The All-Medium Art Class incorporates various forms of Art. You can continue working on a particular project, painting both Watercolor or Acrylics or join in on the various projects brought to you throughout the year. Check out our calendar page for any updates on the Art Class.

If you haven't already signed up for this year, this is the last month for reregistration. Keyport residents please just stop in our office or call in to let us know you are continuing your membership. If you are a nonresident and decided not to rejoin, call to let us know.

Please take note, when there is a service dog in the building, a service dog while in service, do not try to pet or talk to the dog. It is sooo tempting as we all love dogs, but do remember the dog is for service and it is very important for the safety of both the dog and its owner. Thank you for your cooperation.

On a last note, I decided to retire on March 1st and move into a new chapter of my life. I was so lucky to have a job that I really enjoyed. A big part of any job is the people you work with and I have to say you have been helpful, kind and lots of fun to be with. I will be joining my Senior Center and look forward to more exercise and fun, and less computer work 😊 thank you, as you made this part of my life a wonderful experience.





Anthony Callandrillo, Julie Vitale, Thomas Wortley, Joy Fleming, Thomas McConeghy, Zdzislaw Czech, Kathy Beam, Renhaun Tang, Diane Ombrellino, Agnes Leyesa, JoAnn Snyder, Tamara Bonaventura, Maxis Pierre, Gwen Williams, Frank Gulla, Peter Chiu, Cherie Piasio, Lois Hewitt, Youssef Youssef, Sandra Erickson, Carolyn Hardt, Barbara-Joan Colfer, Eileen McConeghy, Laurie Eng, Mark Orr, Marion Avallone, Nilda Cabrera, Nidia D'Achiardi, Joan Devino, Linda Melendez, James Cassidy, Judy Willson, Miriam Merced, Carol Battista, Lillian Dekovics, Judy Lipman, Susan Palaschak



Condolences



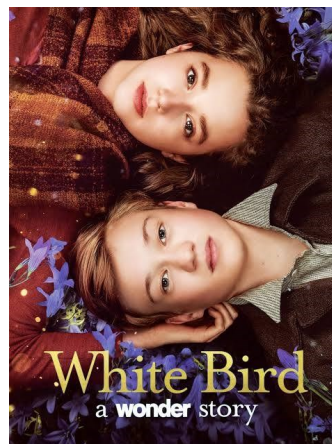
**Margaret Hollowood
Donna Robichaud
Richard Eisenbeis
Pamela Basista**

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!

MOVIE

WHITE BIRD



Struggling to fit in at his new school after being expelled for his treatment of Auggie Pullman, Julian is visited by his grandmother and is transformed by the story of her attempts to escape Nazi-occupied France during World War II.



wish list

Our cupboards are full. Thank you for your generous donations!



**Lucille Waugh
Anatoly Dragomeretsky**



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
Madeline Costello Helen Dahlgren Satish Daniel **Viola Didato Eileen DeFicco Joan Devino**
June Dougherty Laurie Eng **Wendy Esannason** Mary Faltoute Debbie Hege
Constance Lefferts Robert Lesniakowski **Agnes Leyesa** Terrie Magistro **Sue Miller** Sandy Molon
MaryEllen Murach 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



PRESENTED BY RIGHT AT HOME OF CNJ

Heart Health Presentation

Right at Home of Central NJ
732-967-0900

www.rahcentral.com * support@rahcentral.com

February 5th, 11 AM
Keyport Senior Center

Make your heart health always your priority.
Participate in this event and take steps towards a better lifestyle!



JOIN MONMOUTH COUNTY CONSUMER AFFAIRS

FOR A PRESENTATION ON

PROTECTING YOURSELF FROM SCAMS

Whether an unwanted phone call, hiring a contractor, identity theft, shopping online, or gift cards there are countless dangers to be aware of. Knowledge is power!

THURSDAY FEBRUARY 27 at 11:00AM

Keyport Senior Center

110 Second Street

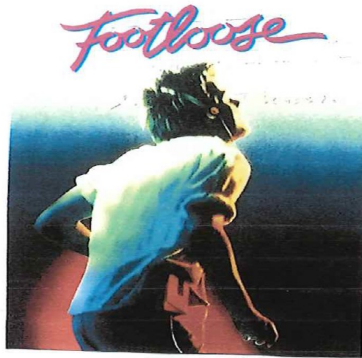
Join Monmouth County Consumer Affairs Director Joseph Hadden as he talks about the latest scams and how you can protect yourself from becoming another victim.

Come prepared to ask any specific questions you may have!



KEYPORT THEATRE GROUP

Announces a trip to
The Algonquin Theatre in Manasquan
Saturday, April 5, 2025



A rebellious city boy finds himself in an uptight Midwestern Town where dancing and therefore all youthful joy has been banned.

Lunch at Squan Tavern

Cost \$93.00 (includes bus, lunch and theatre ticket). KSC members have first priority. If available, non member tickets cost \$98.00.

Make checks payable to KSCAC and include your phone number. Meet at the parking lot at 9:45 AM. Bus leaves from Keyport Senior Center Parking Lot at 10:00 AM. Return is approximately 5:30 PM.

Put checks in the theatre drop box in the hallway starting March 3, 2025.

You are invited to a
**ST. PATRICK'S DAY
CELEBRATION**
WITH DJ 'ARTIE'
**IRISH TRIVA AND NAME THAT
TUNE**
Friday, March 14, 2025
11:30AM
Keyport Senior Center
110 Second Street
Join us celebrating with friends,
games, food and more! Games start
at 11:30am followed by lunch at
12:30pm. Cost: \$12 (includes corned
beef on rye from Broad Street Diner,
sides and soft drink)

“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.

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

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. **Will resume later in the year. Keep an eye out!**

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)
- WATER FRONT (GAZEBO AT PARKING LOT WALKWAY)
- THIRD ST. (LIBRARY)
- CALVARY THRIFT STORE
- KEYPORT SENIOR CENTER (REAR ENTRANCE BY RAMP)
- GREEN GROVE AVE. AT APARTMENTS
- FOOD PANTRY– ELIZABETH & OSBORN STREET

ADDITIONAL FREE TRANSPORTATION

Caregiver Volunteers of Central Jersey "Healthy Hop"- 732-505-2273
SCAT– Monday-Friday 732-431-6480 'Press 1' (*Note: Scat has resumed Senior Center transportation. If you are not already registered– call to register!)

February 2025

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Dr. Lynn Motasis Podiatrist 732-970-4580</p>	<p>South Jersey Legal Services 732-414-6750 (ext. 6505)</p>			
3	4	5	6	7
<p>9:00-10:30 -Table Tennis 10:00 Dr. Motasis Podiatrist 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</p>	<p>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</p>	<p>10:00-Cards/Poker 10:00-Chair Volleyball with Gail 11:00 “Heart Healthy” by Jonathan from Right at Home 1:00– Senior Circuit with Elizabeth 1-3:30-All Medium Art 2:30-Table Tennis</p>	<p>9:30-1:30-Social Worker 10:00-Gentle Fitness with Oscar 11:00-Canasta 11:30-Table Tennis 12:30-Tai Chi (New time) 1:30– Guitar Lessons</p>	<p>9:00-10:15-Table Tennis 10:00-Cards/Poker 10:30-Latin Groove 12:00-Table Tennis 1:00-Writers Corner 4:30-5:30 Alzheimer's Support Group</p>
10	11	12	13	14
<p>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</p>	<p>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</p>	<p>10:00-Cards/Poker 10:00-Chair Volleyball with Gail 11:00 Valentines Day Lunch & Love Songs 1:00– Senior Circuit with Elizabeth 1-3:30-All Medium Art 2:30-Table Tennis</p>	<p>9:30-1:30-Social Worker 10:00-Gentle Fitness with Oscar 11:00-Canasta 11:30-Table Tennis 12:30-Tai Chi (New time) 1:30– Guitar Lessons</p>	<p>9:00-10:15-Table Tennis 10:00-Cards/Poker 10:30- VNA Nurse 10:30-Latin Groove 12:00-Table Tennis 1:00-Book Cafe</p>
17	18	19	20	21
<p>CENTER CLOSED PRESIDENTS DAY</p>	<p>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</p>	<p>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</p>	<p>9:30-1:30-Social Worker 10:00-Gentle Fitness with Oscar 11:00-Canasta 11:00– Movie “White Bird” 11:30-Table Tennis 12:30-Tai Chi (New time) 1:30– Guitar Lessons</p>	<p>9:00-10:15-Table Tennis 10:00-Cards/Poker 10:30-Latin Groove 12:00-Table Tennis 1:00– Writers Corner</p>
24	25	26	27	28
<p>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</p>	<p>10:00- Center Meeting 10:00-Cards/Poker 10:30 Annual Black History Program & Bingo Southern fare lunch to follow 11:30– Table Tennis 12-1:00– Chorus 12-2-Chess Class 1:00– Chair Yoga with Kim 2:15– Zumba</p>	<p>8:30– Atlantic City Trip 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</p>	<p>9:30-1:30-Social Worker 10:00-Gentle Fitness with Oscar 11:00 “New & Familiar Scams” That Target Senior Population 11:00-Canasta 11:30-Table Tennis 12:30-Tai Chi (New time) 1:30– Guitar Lessons 2:00– Advisory Committee Mtg.</p>	<p>9:00-10:15-Table Tennis 10:00-Cards/Poker 10:30-Latin Groove 12:00-Table Tennis</p>