

**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

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Volume 33 Issue 1

January 2025



Valentines Day Lunch

Friday, February 14th

At 12:00pm

Watch the bulletin board for
more details to follow



Celebratory Black History Month

Bingo

Tuesday, February 25th

At 10:30am

With a performance from our Chorus
and a Southern Flare lunch \$8.00

More details to follow



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 Secretary Dawn Staniforth

Happy 2025!!

I started looking up things to write about and learned that January became the first month of the year in 1752 in England and its colonies – it used to be March 25th (who knew!!). There is so much to learn about calendars, that I got overwhelmed. The one thing that struck me is that **January** is named after Janus, the Roman god of all beginnings, and that makes total sense because January is when we all reflect on the past, refresh, renew, and start all over again.

So, it is January, the beginning of a new year – what are you beginning, what will your focus be? May I suggest **Self-Care** as a catch-all because this could mean different things to everyone: Here are some areas to think about how you might refresh, renew, or start in your own life:

- Eat/drink well, and try to understand how foods/drinks affect you (your blood sugar, cholesterol, and mood).
- Hydrate, hydrate, hydrate (*oh how I now know the dangers of dehydration*)
- Exercise regularly, I cannot stress this one enough
- Socialize, make new friends, work on old friendships
- Get creative – art, music, games
- Declutter your mind and your space
- Rest, a good night's sleep makes a lot of difference to your day

The good news is that the Keyport Senior Center offers programs that can help you refresh, renew, or start your journey in many of these areas. Even if you focus on one or two of these, you are off to a good start in **Self-Care!** I share these because they are all important areas requiring strengthening in my life.

In my January letter last year, I reflected on how much the senior center means to me, and it's still true even though I haven't been around much lately. I hope to be around much more in the coming year!! Till then, I wish you all a **Happy, Healthy, and Prosperous New Year!!!**

From
the desk
of...
Madeline

We ended 2024 with so many fun times in December "Share Your Favorite Dessert" and a Sing a Long with David Meenan and our Chorus. Our Holiday Party in Jacques we enjoyed delicious food, fabulous DJ, Steve and great company! Thank you all for participating to make these times memorable.

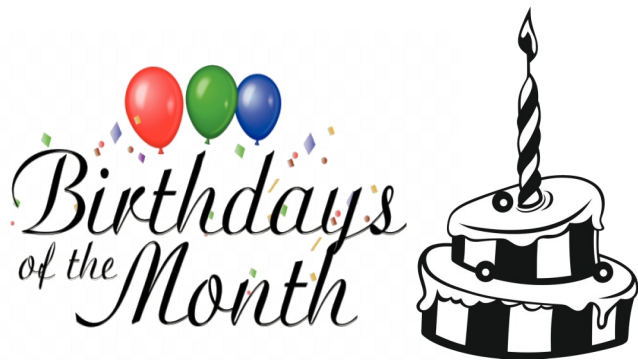
Check out our calendar page for a month of fun and games. Please sign up as seats are limited.

Note: Chorus is on vacation and will return Tuesday, January 7th.

Welcome back our members, new members and those members that took a year or so off and came back to enjoy lunches, physical health, physical activity and educational classes and just good company playing games and sharing cup of coffee/tea socializing with friends.

Please stop in the front office to reregister. If you already have filled out new membership paperwork in 2023 and 2024, just stop in the office to let us know if there are any changes to your paperwork and that you are reregistering for 2025. See you all at the Center for a new beginning and ditto to Dawn Staniforth, Advisory Committee Secretary– well said!

2025
Happy New Year



**Katherine Walling, Joanne Guarracino, Glenn McBride,
 Karen Heyer, Cheryl Christopher, Dawn Brady,
 Carol Johnson, Virginia Febo, Dennis Stack,
 Edward Carew, Eileen King, Angie Polizzotto,
 Anna Josey, Larry Payne, Elena Sapelli,
 Katie Slocum, Olga Carr, Eugene Gesner,
 Dawn Anderson, Dawn Staniforth, Reena Heenan,
 Clifford Mercado, Rosa Bonilla, John Caserta,
 Betty Chang, Joyce Zweidinger, Denise Bellany,
 Mary Lundin, Joan Herrera, Sondra Nino, Netty Craven
 Alice McCleaster, Bonnie Ashmore,
 Barbara Hendrickson**



Condolences



**George Wingender
 Yolanda Gordillo
 Charlene Watson
 Jacqueline McGowan
 Mary Jane Michilak
 Peter Petrocelli**

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
 "Angels"**



Thursday, January 23rd

Paul Taylor, a middle-aged man, is devastated after losing something that meant the world to him. He decides to give up everything and to go and teach at a reform school for young teens in the hope he would come to understand the criminal mind of a child.



wish list

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



**Barry Gutterman
 Yolanda Gordillo**



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

KEYPORT SENIOR CENTER POTTERY CLASSES



WEDNESDAYS 1:00-3:30
JANUARY 8, 15 AND 22ND

The Classes will include 3 types of hand-building with clay to be demonstrated. You will be provided with clay and utensils to make about 3 pieces. The clay will air dry, then be painted and sprayed with a sealer. You can make bowls, plates, figurines, dried flower holder, napkin rings, jewelry, etc.

Please sign up the maximum number of participants is 12 (wait list only)

110 SECOND ST. KEYPORT OPEN HOUSE

THURSDAY,
JANUARY 9, 2025

Come visit our Center to see the activities we offer! Will be serving small bites for your enjoyment.

KEYPORT SENIOR CENTER

732-264-4916

mcostello@keyportonline.com

www.Keyportonline.com



JANUARY GAME DAYS!



Come Join
the FUN!



Wednesday, January 8th at 11:00am

Sponsored by Hackensack Meridian Health

Lunch to follow- Chicken and rice, drink and dessert

Cost: \$5.00



Thursday, January 16th at 11:00am

Sponsored by the Villas



Monday, January 27th at 10:00am

Sponsored by NJ Natural Gas

Lunch to follow- Sausage sandwich, chips,
drink, dessert Cost: \$5.00



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

January 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>	<p>1 CENTER CLOSED HAPPY NEW YEAR!</p>	<p>2 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</p>	<p>3 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</p>
<p>6 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>7 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>8 10:00-Cards/Poker 10:00-Chair Volleyball with Gail 11:00-- Wheel of Wellness Sponsored by Hackensack Meridian Health 1:00– Senior Circuit with Elizabeth 1-3:30-All Medium Art & Pottery Class 2:30-Table Tennis</p>	<p>9 9:30-3:30– Open House 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</p>	<p>10 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</p>
<p>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</p>	<p>14 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>15 10:00-Cards/Poker 10:00-Chair Volleyball with Gail 1:00– Senior Circuit with Elizabeth 1-3:30-All Medium Art & Pottery Class 2:30-Table Tennis</p>	<p>16 9:30-1:30-Social Worker 10:00-Gentle Fitness with Oscar 11:00– Pictionary Sponsored by The Villas 11:00-Canasta 11:30-Table Tennis 1:00-2-Chess Class 1:00-Tai Chi 1:30– Guitar Lessons</p>	<p>17 9:00-10:15-Table Tennis 10:00-Cards/Poker 10:30-Latin Groove 12:00-Table Tennis 1:00– Book Café</p>
<p>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</p>	<p>21 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>22 10:00-Cards/Poker 10:00-Chair Volleyball with Gail 1:00– Senior Circuit with Elizabeth 1-3:30-All Medium Art & Pottery Class 2:30-Table Tennis</p>	<p>23 9:30-1:30-Social Worker 10:00-Gentle Fitness with Oscar 11:00-Canasta 11:00– Movie “Angels” 11:30-Table Tennis 1:00-2-Chess Class 1:00-Tai Chi 1:30– Guitar Lessons</p>	<p>24 9:00-10:15-Table Tennis 10:00-Cards/Poker 10:30-Latin Groove 12:00-Table Tennis 1:00– Writers Corner</p>
<p>27 9:00-10:30 -Table Tennis 10:00 Family Feud Sponsored by NJ Natural Gas 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>28 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>29 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>30 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 2:00– Advisory Committee Mtg.</p>	<p>31 9:00-10:15-Table Tennis 10:00-Cards/Poker 10:30-Latin Groove 12:00-Table Tennis</p>