

**SERVING  
KEYPORT  
AND THE  
BAYSHORE  
AREA**



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

**website: [www.keyportonline.com](http://www.keyportonline.com) VISIT OUR FACEBOOK PAGE "KEYPORT SENIOR CENTER"**

Director: Madeline Costello

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**Volume 32 Issue 7**

**July 2024**



**HAPPENING IN JULY:**

- Mondays starting July 1st at 11:00am– Project Healthy Bones Meet & Greet in the exercise room. Please sign up (First come basis)
- Thursday, July 4th– Center Closed. Happy Independence Day!
- Friday, July 5th 4:30-5:30pm– Alzheimer's Support Group.
- Monday, July 15th 11-12:30– Skin Cancer Prevention and Dermascan
- Thursday, July 18th at 10:00am– COPD & Asthma by Hackensack Meridian
- Tuesday, July 23rd at 7:00am– Cape May Dolphin & Whale Watching Trip.

**LOOKING FORWARD TO AUGUST!**



**Tropical Jungle Summer Party  
Thursday, August 8th  
At Piazza Di Roma  
Cost: \$43 or \$48 non-members**



**WEAR YOUR BEST ANIMAL PRINT OUTFIT!**

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



President: Lynn Case Vice-President : Letty Lombardo

Treasurer: Darlene Burgess Secretary: Dawn Staniforth

Advisor: Madeline Costello

ADVISORY COMMITTEE MEMBERS

Ken Angrason	Joe Carey	Cheryl Christopher
Jean Crone	June Dougherty	Julia Hudson-Stringfellow
Letitia Lombardo	Patti Mascolino	Elba Moreno
Susan Pike	Virginia Smith	Bob Thompson

Notes from Advisory Committee:

Notes from the Advisory Committee President,  
Lynn Case

On June 14, 1777, the Continental Congress passed an act establishing an official flag for the new nation. The resolution stated: "Resolved, that the flag of the United States be thirteen stripes, alternate red and white; that the union be thirteen stars, white in a blue field, representing a new constellation."

The origin of the first American flag is unknown. Some historians believe it was designed by New Jersey Congressman Francis Hopkinson and sewn by Philadelphia seamstress Betsy Ross.

Between 1777 and 1960 Congress passed several acts that changed the shape, design and arrangement of the flag and allowed stars and stripes to be added to reflect the admission of each new state.

Today the flag consists of 13 horizontal stripes, seven red alternating with six white. The stripes represent the original 13 Colonies and the stars represent the 50 states of the Union.

The colors of the flag are symbolic as well; red symbolizes hardiness and valor, white symbolizes purity and innocence, and blue represents vigilance, perseverance and justice.

Have a Happy 4<sup>th</sup> of July

July is bringing in something new at our Senior Center. Mondays at 11AM will begin a "Project Healthy Bones" program that is designed to educate, exercise and empower. This is something I have been working on for seven years and it has finally come to fruition due to Julia Stringfellow and Patti Mascolino. Thank you, ladies, for stepping up and volunteering to educate yourselves and bring this back to us. I can't wait!

Last month we celebrated our Fathers with a BBQ and I want to thank my volunteers: BBQ experts: Bob Thompson, Ken Angrason, and the usual Event committee for all you do at the center particularly for this most amazing BBQ partially sponsored by our Advisory Committee.

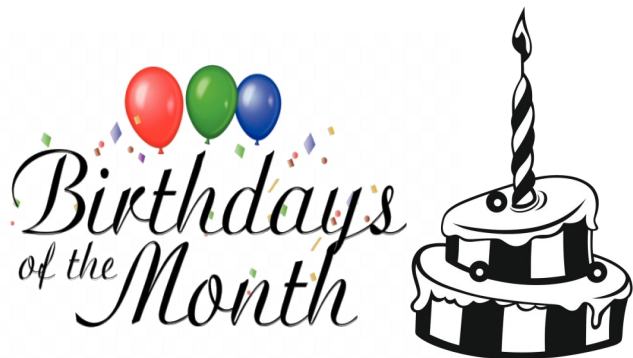
Looking back to our Senior Prom..thank you to Keyport School and the Recreation Department at the Borough of Keyport who worked together to host and sponsor this event. I have heard all fabulous feedback on your experience. Pictures are posted on our Facebook page .... Take a look at what a good time was had by all.

The Creative Arts Council from Monmouth County brought in wonderful ideas and brought out our creative side and how important is for good mental health. Some have decided to join our weekly art class!!!

Keyport Senior Center has always been considered a friendly Center, welcoming in new members and encouraging them to join in and try something new, such as cards, games, exercise, art, ceramics, etc.... As you know we have complimentary coffee and tea in the multipurpose room (due to your generous donations to the center). It is great to get together and sit and have a cup of joe and talk and socialize. I am reminding you, when an event or class is in session and the dining room/multipurpose room door is closed (for AARP driving course, bingo, art class, speaking engagements and additional programs) that you are welcome to come in quietly and make a cup of coffee or tea and bring it into the kitchen. We have 2 round tables set up for your enjoyment in our kitchen.

**All are welcome!**

Celebrate our freedom on July 4th!



**Sam Machado, Phoebe Mazzucco, Anne Miceli, Lillian Ledahl, John Mastres, Marie Salerno, Martha Torres, Marie Brooks, Debbie Muehe, Debbie Perry, Rema Sherwood, Abe Caldes, Lucille Molino, Mary Jane Smith, Cynn Spieler, Robert Wegener, Carolyn Ojamaa, Nora Sanborn, Florence Hill, Carol Evancho, Lewis Spieler, Rocco Fanelli, Barbara Gonzalez, Belle Kish, Winnie Holmes, John Impaglia, Patricia Dante, Nancy Femenella, Viola Diodato, Anne Carey, Tom Hendrickson, Judy O'Connor**

**Summer Updates:**

- Writer’s Corner & Book Café will be off July and August. Both programs will resume in September.
- Chair Volleyball will be off in July.
- Line Dance is cancelled for the month of July.



*Welcome*  
to our  
**New Members**

**Kathleen Morris  
Michele Bonner  
Corine McGowan**

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!

Independence Day is celebrated on July 4th each year. In 2024, America will celebrate its 248th birthday as independence was achieved from Great Britain following the Revolutionary War. The founding fathers signed this declaration on July 4, 1776.



**ART SHOW**



Please bring in your ready to hang art work by Wednesday, July 17, 2024. Also, fill out art form and attach to back of painting. Art forms are at the Center. Art Class members, please bring in 2. Artists not in Class and are members of the Center please bring in 1 of your favorite paintings.



**wish list**

We are in need of paper towels and napkins. Thank you for your generous donations!



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 Viola Didato Eileen DeCicco**  
**Joan Devino June Doucherty Laurie Eng Wendy Esannason Mary Faitoute Len Layland**  
**Sue Layland Constance Lefferts Robert Lesniakowski Agnes Leyesa Terrie Magistro Cathy Mietz**  
**Sue Miller Sandy Molon MaryEllen Murach Phil Ocken Gail Paris**  
**COOKIE PIZZI FRED PIZZI Diana Rasmussen Barbara Repp Dan Rosato**  
**DIANE SHEPPARD VIRGINIA SMITH Dawn Staniforth Marianne Tavani Orma Trim**



## PROJECT HEALTHY BONES

Project Healthy Bones is an exercise and educational program designed to prevent and slow the development of osteoporosis. The program is led by trained Peer Leaders. The exercises are designed to improve balance and strength with the use of ankle and hand weights. Participants begin with 1 pound weights and progress as self-determined.

Project Healthy Bones is based on a program developed by the Massachusetts Department of Public Health and Action for Boston Community Development, Inc. in consultation with the Nutrition and Exercise Physiology Laboratory at Tufts University. The program is sponsored by the New Jersey Department of Human Services, Division of Aging Services.

For more information on Project Healthy Bones, please visit [www.aging.nj.gov](http://www.aging.nj.gov)

# “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.**

**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.

**BODIES IN MOTION-** Choreographed “movement with music”. Great for the cardiovascular system. Be heart-healthy and have fun!

**BUILDING STRENGTH-** Designed to strengthen muscles for the whole body using a combination of weights, bands and weighted balls. Improves strength and balance.

**CHAIR YOGA-** Seated/Standing mind body class incorporating principles of yoga and guided imagery. Students perform a series of gentle yoga poses and stretching exercises. Improves strength, flexibility, balance and respiration as well as mental well-being.

**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-** Individuals work at their own pace. Exercises are done while seated or standing for short periods of time. Classes help relieve stiffness, joint pain and improve range of motion, flexibility, and endurance. Also improves balance, posture and will help improve symptoms of arthritis. This program is ideal for beginners and all levels of fitness.

**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.

**STRONGER BY THE MINUTE** - (60 Second interval training) - After a brief cardio warm-up, class consists of 60-second intervals of strength and endurance training using weights, weighted balls and soft balls. Students are given seated/standing options and are offered modifications making this class ideal for all participants.

**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.



# Center Trips

**Dolphin & Whale Watching**  
**Cape May, NJ**  
**Tuesday, July 23rd**  
**Bus leaves at 7:00am**  
**Lunch at the Lobster House**  
**Cost: \$115 member**  
***SOLD OUT! WAIT LIST ONLY!***

**“Tropical Jungle”**  
**Themed Summer Party**  
**Dining & Dancing**  
**Thursday, August 8th**  
**12-3pm**  
**At Piazza Di Roma**  
**Rt. 34 Aberdeen**  
**Cost: \$43 member**  
**(\$48 non member)**  
***Paid in full by July 8th***

**Ellis Island**  
**Tuesday, September 24**  
**Lunch on your own**  
**on the Island**  
**Cost: \$55 member**  
**Paid in full by**  
**August 24th**  
**4 Seats Available!**

**Theater Trip**  
**“White Christmas”**  
**Saturday, November 16th**  
**Lunch at**  
**Lambertville Station**  
**Cost: \$90.00**  
**9 Seats Available!**

## **Annual Holiday Party**

**Wednesday, December 11th**

**At Jacques in Middletown**

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

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



# CASINO TRIPS 2024

**RESORTS CASINO, ATLANTIC CITY**

**TUESDAY, AUGUST 20TH**

**Cost: \$35.00**

**(non-members \$40.00)**

**with \$20 back on slot**

**RESORTS CASINO, ATLANTIC CITY**

**THURSDAY, SEPTEMBER 19TH 2024**

**Cost: \$35.00**

**(non-members \$40.00)**

**with \$18.00 back on slot**

**RESORTS CASINO, ATLANTIC CITY**

**THURSDAY NOVEMBER 14TH 2024**

**Cost: \$35.00**

**(non-members \$40.00)**

**with \$20.00 back on slot**

## KEYPORT SKIPPER BUS

Seniors (60+) & Disabled

Transportation "Skipper" Bus Schedule 2024

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

APPROX. 1 HOUR LOOP

- 500 BROAD STREET (BUS ENTRANCE)
- 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

**NO COST!**

# July 2024

Monday	Tuesday	Wednesday	Thursday	Friday
<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>
9:00-10:30 -Table Tennis <b>11:00- Project Healthy Bones Meet &amp; Greet</b> 12-12:45 - Spanish Class 1:00 - Building Strength 1:30-Ceramics 2:30—Table Tennis	10:00- Center Meeting 10:00-Bodies in Motion 10:00-Cards/Poker 10:30-11:45-Bingo 11:30– Table Tennis 12-2-Chess Class 1:00-Chair Yoga 2:15– Zumba	10:00-Cards/Poker <b>10:00-Advanced Line Dance (Canceled)</b> <b>11:00 Basic Line Dance (Canceled)</b> 1:00-Stronger by the Minute 1-3:30-All Medium Art 2:30-Table Tennis	<b>CENTER CLOSED FOURTH OF JULY</b>	9:00-10:15-Table Tennis 10:00-Cards/Poker 10:30-Latin Groove 12:30 - American Mah Jong 1:00-Table Tennis <b>4:30-5:30 Alzheimer's Support Group</b>
<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>
9:00-10:30 -Table Tennis 12-12:45 - Spanish Class 1:00 - Building Strength 1:30-Ceramics 2:30—Table Tennis	10:00- Center Meeting 10:00-Bodies in Motion 10:00-Cards/Poker 10:30-11:45-Bingo 11:30– Table Tennis 12-2-Chess Class 1:00-Chair Yoga 2:15– Zumba	10:00-Cards/Poker <b>10:00-Advanced Line Dance (Canceled)</b> <b>11:00 Basic Line Dance (Canceled)</b> <b>1:00-Stronger by the Minute (Canceled)</b> 1-3:30-All Medium Art 2:30-Table Tennis	9-10-Chair Yoga <b>9:30-1:30-Social Worker (Canceled)</b> 10:00-Gentle Fitness 11:00-Canasta 11:30-Table Tennis 1:00-2-Chess Class 1:00– Wii Games 2:00-Tai Chi	9:00-10:15-Table Tennis 10:00-Cards/Poker 10:30-Latin Groove <b>10:30-12- VNA Nurse</b> 12:30 - American Mah Jong <b>1:00-Writers Corner (Canceled)</b> 1:00-Table Tennis
<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>
9:00-10:30 -Table Tennis <b>11:00- Skin Cancer &amp; Dermascan Presentation</b> 12-12:45 - Spanish Class 1:00 - Building Strength 1:30-Ceramics 2:30—Table Tennis	10:00- Center Meeting 10:00-Bodies in Motion 10:00-Cards/Poker 10:30-11:45-Bingo 11:30– Table Tennis 12-2-Chess Class 1:00-Chair Yoga 2:15– Zumba	10:00-Cards/Poker <b>10:00- Advanced Line Dance (Canceled)</b> <b>11:00-Basic Line Dance (Canceled)</b> 1:00-Stronger by the Minute 1-3:30-All Medium Art	9-10-Chair Yoga <b>9:30-1:30-Social Worker</b> <b>10:00-COPD &amp; Asthma by Hackensack Meridian</b> 10:00-Gentle Fitness 11:00-Canasta 11:30-Table Tennis 1:00-2-Chess Class 1:00– Wii Games 2:00-Tai Chi	9:00-10:15-Table Tennis 10:00-Cards/Poker 10:30-Latin Groove <b>12:30 - American Mah Jong</b> <b>1:00- Book Café (Canceled)</b> 1:00-Table Tennis
<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>
9:00-10:30 -Table Tennis <b>11:00- Project Healthy Bones</b> 12-12:45 - Spanish Class 1:00 - Building Strength 1:30—Ceramics 2:30—Table Tennis	<b>7:00- Cape May Whale Watching Trip</b> 10:00- Center Meeting 10:00-Bodies in Motion 10:00-Cards/Poker 10:30-11:45-Bingo 11:30– Table Tennis 12-2-Chess Class 1:00-Chair Yoga 2:15– Zumba	10:00-Cards/Poker <b>10:00-Advanced Line Dance (Canceled)</b> <b>11:00 Basic Line Dance (Canceled)</b> 1:00-Stronger by the Minute 1-3:30-All Medium Art	<b>NO SKIPPER BUS TODAY</b> 9-10-Chair Yoga <b>9:30-1:30-Social Worker</b> 10:00-Gentle Fitness <b>11:00-Movie TBA</b> 11:00-Canasta 11:30-Table Tennis 1:00-2-Chess Class <b>1:00- Wii Games (Canceled)</b> 2:00-Tai Chi <b>2:00-Advisory Committee Mtg.</b>	9:00-10:15-Table Tennis 10:00-Cards/Poker 10:30-Latin Groove 12:30 - American Mah Jong <b>1:00- Writers Corner (Canceled)</b> 1:00-Table Tennis
<b>29</b>	<b>30</b>	<b>31</b>		
9:00-10:30 -Table Tennis <b>9:30-Dr. Motasis</b> <b>11:00-Project Healthy Bones</b> 12-12:45 - Spanish Class 1:00 - Building Strength 1:30—Ceramics 2:30—Table Tennis	<b>NO SKIPPER BUS TODAY</b> 10:00-Bodies in Motion 10:00-Cards/Poker 10:30-11:45-Bingo 11:30– Table Tennis 12-2-Chess Class 1:00-Chair Yoga 2:15– Zumba	10:00-Cards/Poker <b>10:00-Advanced Line Dance (Canceled)</b> <b>11:00 Basic Line Dance (Canceled)</b> 1:00-Stronger by the Minute 1-3:30-All Medium Art	<b>Dr. Lynn Motasis</b>  <b>Podiatrist</b>  <b>732-970-4580</b>	<b>South Jersey Legal Services</b>  <b>732-414-6750 (ext. 6505)</b>