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: Chris McManus cmcmanus@keyportonline.com

Social Worker: Ann Albano

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FLIP THE SCRIPT ON AGING: MAY 2025

The 2025 theme, Flip the Script on Aging, focuses on transforming how society perceives, talks about, and approaches aging. It encourages individuals and communities to challenge stereotypes and dispel misconceptions. This year, join us in honoring older adults' contributions, exploring the many opportunities for staying active and engaged as we age, and highlighting the opportunities for purpose, exploration, and connection that come with aging.





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

President: Vacant <u>Vice-President</u>:Bob Thompsen

 $\underline{\textbf{Treasurer}} : \textbf{Darlene Burgess} \ \ \underline{\textbf{Secretary}} : \textbf{Dawn Staniforth}$ 

**Advisor: Chris McManus** 

### **ADVISORY COMMITTEE MEMBERS**

Ken Angrason Joe Carey Lynn Case

June Dougherty Mary Lou Faitoute Yolanda Gordillo

Julia Hudson Patti Mascolino Louis Natarcola

Laurie Parnaby Susan Pike Virginia Smith

### **Notes from Advisory Committee Treasurer Darlene Burgess**

President Woodrow Wilson declared an official recognition of the holiday in 1914. This would be celebrated the second Sunday in May.

How did this come about? Anna Jarvis (1864 to 1948) wanted to honor her mother Ann Reeves Jarvis's legacy who passed in 1905.

Ann organized clubs to improve public health and sanitation during and after the Civil War. These clubs provided help to families and raised funds for medical needs. This supported both Union and Confederate soldiers.

In 1907 Anna held the first Mother's Day celebration at a church in West Virginia where her mother attended.

Although she has been credited for the holiday there have been many like celebrations since the ancient Romans and Greeks.

It is estimated today that 25 billion dollars is spent for Mother's Day.

Anna was not happy with the commercialization of the holiday.

HAPPY MOTHER'S DAY



What a wonderful first month it's been as your Senior Center Supervisor! Thank you all for the warm welcome and to everyone who joined us for the Pizza Party on Friday, April 11 — it was such a fun way to kick things off!

# May is Older Americans Month!

This year's theme is a reminder of the strength, wisdom, and resilience our older adults bring to the community. Let's celebrate all month long with exciting events, engaging activities, and of course, time spent together!

## May Events at the Senior Center

- → Jewelry Boutique: Monday, May 5 Thursday, May 8

  Browse beautiful items and maybe find something special!
- Mother's Day Brunch: Thursday, May 8 Celebrate the wonderful mothers in our community.
- Wednesday, May 7 A speaker from Hackensack Meridian will present "Stroke at Your Own Risk", followed by free blood pressure checks.
- Right at Home Speaker: Sneaky Source of Sodium Wednesday, May 14 at 11:00 AM
- Atlantic City Bus Trip:
  Wednesday, May 21 Try your luck and enjoy the day out!
- Center BBQ Red, White & Blue Day: Thursday, May 23 — Sign up in the office and wear your patriotic colors as we celebrate Older Americans Month with good food and good friends!
- \* Anchor Care Presentation & Activity: Wednesday, May 28 at 11:00 AM

### **Important Notes**

Closed Monday, May 26 for Memorial Day

Center Closure: We will be closed June 9–13 (Monday–Friday) for building maintenance.

Let's make May a month to remember — honoring our seniors and enjoying every moment together. Looking forward to seeing you all!

### **Few Reminders**

- As the weather is changing, please clean up after you eat, we do
  not have a fairy who comes around and cleans up after you. Nice
  weather means ants and bug season. Let's keep them out of the
  building.
- Please do not touch any thermostat on the wall or the window units; ask the staff for help.
- If you have food in the refrigerator in the kitchen, please remember to take it with you, items left each week will be thrown out on Monday mornings.

# Birthdays

Stephen Langan, Loretta Nappi, Kathleen Matejczyk, Daniel Ferrand. Yolanda Gordillo. Stuart Harris. Jeanne Daniel, Idalia Ortega, Martha Galloway, James Minnella, Margaret Hollowood, Ronald Perise, Sharon Ruch, Robert Short, Jean Insley, Diane Vitiello. Gail Young, Ronald Trim, Frances Spafford, Stacy Newfeld, Mary Ann Santopietro, Lisa Vingara, Ruth Hernandez, Marina Dopson, Flora Gosha, Aresenio Leyesa, Danielle Lettieri, Coni Lafferts, Mary Ellen Murach, Claire Patricia Walsh, William Fantini, Susann Miller, Catherine Johnsen, Wendy Esannason, Theresa DiBella, Mary Hart, Maryann Spafford, Guillermo Kauffman, Carol Bach, Nancy Carew, Barbara Pearce, Molly Mandonici





A young Greek woman falls in love with a non-Greek and struggles to get her family to accept him while she comes to terms with her heritage and cultural identity.

Thursday, May 22nd at 11:00am

Free popcorn and soda will be served



Our cabinets are full.

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!



To Susan Pike for the loss of her husband David

To Dawn Staniforth for the loss of her mother



**Paul Richtmyer** 

Joanne Snover

**Maureen McLane** 

**Elena Drumm** 



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!

May



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 Brighte Broderick Darlene Burgess

Tony Callandrillo Jessica Magee Callandrillo ELIZABETH CARTER Lynn Case
Madeline Costello Helen Dahlgren Satish Daniel Viola Didato Eileen Decicco Joan Devino

June Dougherty Laurie Eng Wendy Esannason Mary Faitoute Yolanda Gordillo Debbie Hege
Constance Lefferts Robert Lesniakowski Agnes Leyesa Terrie Magistro Sue Miller Sandy Molon

Mary Ellen Murach Regina O'Reilly Gail Paris Cathy Mietz COOKIE PIZZI

FRED PIZZI Diana Rasmussen Barbara Renn Dan Rosato DIANE SHEPPARD

VIRGINIA SMITH Dawn Staniforth Marianne Tavani Orma Trim







June Father's Day Lunch Sandwhich, Salad, Dessert Cost \$8

Aug Summer Party

More infomation to come

Sept | Volunteer Luncheon | More infomation to come

Bus Trip
Hunterdon Hill Play House
Show: Christmas at the
Playhouse \*show with a Lunch More information to come

Dec | Center Holiday Party Jacques 12-3PM

More information to come

Dates are Subject to Change

# "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.

<u>CHAIR YOGA-</u> 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

<u>LINE DANCING-</u> 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

<u>LATIN GROOVE</u>—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.

<u>SENIOR CIRCUIT</u>-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!)

May 2025

May 2025	Tural	Madaaday	Thursday	Friday.	
Monday	Tuesday	Wednesday	Thursday	Friday	
Dr. Lynn Motasis Podiatrist 732-970-4580	South Jersey Legal Services 732-414-6750 (ext. 6505)		9:30-1:30-Social Worker 10:00-Gentle Fitness with Oscar 11:00-Canasta 11:30-Table Tennis 12:30-Tai Chi	9:00-10:15-Table Tennis 10:00-Cards/Poker 10:30-Latin Groove 12:00-Table Tennis	2
9:00-2:00- Jewelry Boutique 9:00-10:30 - Table Tennis 11:00-4:00- Canasta 12-12:45 - Spanish Class 1:00 - Senior Strength 1:30—Ceramics 2:30—Table Tennis	9:00-2:00- Jewelry Boutique 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 2:15- Zumba	9:00-2:00- Jewelry Boutique 10:00-Cards/Poker 10:00- Speaker: Stroke! Are You At Risk? 10:00- Blood Pressure Screening 10:00-Chair Volleyball 1:00- Senior Circuit 1-3:30-All Medium Art 2:30-Table Tennis	9:00-2:00– Jewelry Boutique 9:00-1:00-Social Worker 10:00-Gentle Fitness with Oscar 11:00-Mothers Day Brunch 11:00-Canasta 11:30-Table Tennis 12:30-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- Paint, Play, Create!	9
12	13	14	15		16
9:00-10:30 -Table Tennis 11:00-4:00– Canasta 12-12:45 - Spanish Class 1:00 - Senior Strength 1:30—Ceramics 2:30—Table Tennis	9:30-1:30-Social Worker 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 2:15- Zumba	10:00-Cards/Poker 10:00-Chair Volleyball 11:00- Speaker: Sneaky Source of Sodium 1:00- Senior Circuit 1-3:30-All Medium Art 2:30-Table Tennis	10:00-Gentle Fitness with Oscar 11:00-Canasta 11:30-Table Tennis 12:30-Tai Chi	9:00-10:15-Table Tennis 10:00-Cards/Poker 10:30-Latin Groove 12:00-Table Tennis 1:00- Paint, Play, Create!	
19	20	21	22		23
9:00-10:30 -Table Tennis 11:00-4:00- Canasta 12-12:45 - Spanish Class 1:00 - Senior Strength 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 2:15- Zumba	8:30– Atlantic City Trip 10:00-Cards/Poker 10:00-Chair Volleyball 1:00– Senior Circuit 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 11:00- Movie "My Big Fat Greek Wedding" 11:30-Table Tennis 12:30-Tai Chi 1:30- Guitar Lessons	9:00-10:15-Table Tennis 10:00-Cards/Poker 10:30-Latin Groove 11:00- Memorial Day BBQ 12:00-Table Tennis 1:00- Paint, Play, Create! (Canceled)	
26	27	28	29		30
CENTER CLOSED HAPPY MEMORIAL DAY	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	10:00-Cards/Poker 10:00-Chair Volleyball 11:00- Speaker: <i>Anchor</i> <i>Care</i> 1:00- Senior Circuit 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 12:30-Tai Chi 1:30- Guitar Lessons 2:00- Advisory Committee	9:00-10:15-Table Tennis 10:00-Cards/Poker 10:30-Latin Groove 12:00-Table Tennis 1:00- Paint, Play, Create!	