

**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

Kathy Beam KeyportSeniorCenter@keyportonline.com

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Volume 32 Issue 10

October 2024

October Celebrations (Must sign up)

Going Away Celebration
for Instructor Debbie Delosso

Friday, October 11th

At 3:30pm

Come wish our exercise
instructor, Debbie, farewell as
one journey ends and another
begins!



Ruth Bowens 100th
Birthday Celebration

Tuesday, October 15th

At 12:00pm

Join us in the dining room as
we celebrate our beloved
members 100th birthday!



United Nations Celebration-
Thursday, October 24th

Entertainment by

Frank Rosato

At 11:00am

International Buffet Lunch-

Cost: \$12.00



October At a Glance:

- Tuesday, October 1st at 12pm– Do Your Part For Your Heart by Hackensack Meridian
- Thursday, October 3rd at 11am– Wise Program Lesson 5
- Friday, October 5th 4:30-5:30pm– Alzheimer's Support Group
- Tuesday, October 8th at 10am– South Jersey Legal Services (must sign up)
- Wednesday, October 9th at 12:30- "All Things Diabetes"
- Thursday, October 10th at 11am– Wise Program Lesson 6 (includes NJSave)
- Wednesday, October 16th at 11am– Vaping/Smoking by Monmouth County Health Department
- Thursday, October 17th at 11am– Center Movie "Father Stu" popcorn and soda will be served
- Wednesday, October 23rd at 11:00am- "Cholesterol, What You Need to Know" & Cooking Demo with Kathleen Law
- NEW ON THURSDAYS AT 1:30PM!- Guitar Lessons

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 Thompson

Notes from Advisory Committee Treasurer Darlene Burgess

HALLOWEEN

Everyone loves Halloween. Right. No!

Some religions and individuals believe it is a Santanic Observance. The word evolved from "All Hallows Eve" the evening before All Saints Days.

The origin began in the middle ages by Celtics in Europe. They would celebrate the end of harvest with a festival called Samhain. They believed in communicating with the dead.

At the festival a bonfire was lit to guide souls to their afterlife. Costumes and head pieces were wore to confuse evil spirits and avoid being terrorized by ghost. Children and some poor adults also dressed up and would go door to door asking for food or money. In return prayers were said for the dead to appease the nightly spirits.

Thus today we continue to dress up and trick or treat on October 31st.

HAPPY HALLOWEEN!!!

There are many tales and folklores on the origin of Halloween.



From
the desk
of...
Madeline

October is full of very special celebrations....make sure you sign up for all!

As much as I really will miss Debbie Dellosso, I am very happy for her to retire after over 20 years at Keyport Senior Center. Debbie never missed a class; she would always get a sub because she did not want to disappoint the members. Her loyalty to the Center was to always make things better. If attendance began to wane, she changed her program to meet the needs and concerns of the members. Even now, Debbie is working with me to help hire new instructors so we can all keep in shape. Debbie, I will miss your dedication and friendship. The sign up sheet is on the Hallway desk.

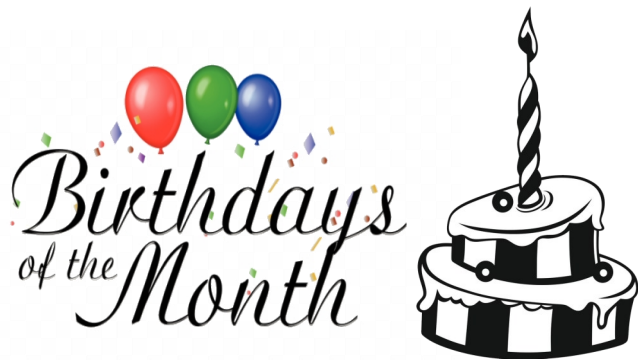
Ruth Bowen a long time member will be 100 on October 5th! Let's show her how much we care and sing Happy Birthday to her on October 15th! Sign up sheet will also be on Hallway desk.

Over the years we have celebrated Halloween, Oktoberfest and Italian American Month. This year we are celebrating United Nations Day which falls on October 24th. Frank Rosato will entertain us with some worldly songs followed by an International Buffet Lunch catered by Jacques and subsidized by our Keyport Senior Center Advisory Committee. Please sign up in the front office with Sofie or Kathy.

We love to share special days with each other. Join us at our Advisory Committee Meetings if you have new ideas to share. Thank you to Karen Heyer for sharing the idea of having the NJ Lighthouse Society come in for a presentation a great day was had by all.

Enjoy all the fun October has to offer!





**Jackie VanPelt, Michael Conley, Rosemary DiVilio,
Toni Lynn Rossillo, Ruth Bowen, Bruce King,
Dianne Thomas, Virginia Smith, Jonathan English,
Frances Hayes, Jacqueline Moffett, Ace Vinciguerra,
Kiwhan Song, Louise Thomsen, Debbie Hege,
Elba Moreno, Dennis Magee, Celia Marzano,
Barbara Repp, Dianne Steneck, Ruth Sutter,
Lynn Liebowitz, Adrienne Meggison, Joseph Fischler,
Thomas Grabowski, Roseann Grabowski,
Roseann Guarnaccio, Nancy Jones, Lore Millione,
Joseph Carey, Winifred Plath, Mary Pazos, Alan
Chuntz, Marie Caden, Frank Trano, Maureen Stout
Audrey Voorhees, Julia Stringfellow-Hudson**

**OCTOBER MOVIE
"FATHER STU"**



Father Stu is a 2022 biographical drama film starring Mark Wahlberg as Stuart Long, a boxer-turned-Catholic priest who lives with a progressive muscle disorder. The film is written and directed by Rosalind Ross in her directorial debut.



**TO LISA VINGARA ON THE LOSS OF HER FATHER
TO THE FAMILY OF JOEY SUDYKA**



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



Evelyn Cote

**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!



**Celia Marzano
Joseph Fischler
Maria Bardowell**

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 Len Layland Sue Layland Constance Lefferts Robert Lesniakowski Agnes Leyesa Terrie Magistro Cathy Mietz Sue Miller Sandy Molon MaryEllen Murach Phil Ocken Regina O'Reilly Gail Paris COOKIE PIZZI FRED PIZZI Diana Rasmussen Barbara Repp Dan Rosato DIANE SHEPPARD VIRGINIA SMITH Dawn Staniforth Marianne Tavani Orma Trim



Do Your Part for Your Heart



Join our Community Health Nurse Educator, and learn how to keep your heart healthy, risk factors for heart disease, warning signs & more!

Keyport Senior Center

All are welcome

to attend!

Tuesday

October 1, 2024

12-1 P.M.



South Jersey Legal Services Tuesday 10/8 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.

Welcome

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.

“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.

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)

Ask Sofie for a Table Seating Request Form



**KEYPORT SENIOR CENTER
PRESENTS THE WISE
PROGRAM
THURSDAYS AT 11:00AM**

(SIX WEEK PROGRAM)



**THURSDAY, OCTOBER 3RD
11:00AM**

**Lesson Five: Substance Abuse,
Addiction, and Older Adults
Expected Outcomes**

Increased understanding of addiction as a disease
Improved ability to identify the signs of alcohol abuse among seniors
Expanded knowledge of the effects of alcohol and other drug use and abuse
Greater familiarity with the health risks and treatment options for addiction
Improved ability to identify factors that place older



Have you always wanted to learn to play the guitar? Do you have a guitar in the closet that needs to be dusted off?

We are offering free guitar lessons!
Thursday 1:30PM

Please let us know if you are interested by calling the Center:
732-264-4916
or email: sclark@keyportonline.com
mcostello@keyportonline.com
keyportseniorcenter@keyportonline.com



**KEYPORT SENIOR CENTER
PRESENTS THE WISE
PROGRAM
THURSDAYS AT 11:00AM**

(SIX WEEK PROGRAM)



THURSDAY, OCTOBER 10TH 11:00AM

Lesson Six: An Enhanced Quality of Life

Expected Outcomes
Greater familiarity with strategies for maintaining a healthy lifestyle
Increased awareness of our personal "stress triggers"
Heightened awareness of our personal values and

**AT THIS MEETING WE WILL
DISCUSS NJSAVE SEE ATTACHED
FLYER.**

CASINO TRIPS 2024

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)
- 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

October 2024

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Dr. Lynn Motasis Podiatrist 732-970-4580</p>	<p>1</p> <p>10:00- Center Meeting 10:00-Bodies in Motion 10:00-Cards/Poker 10:30-11:45-Bingo 11:30- Table Tennis 12:00 Do Your Part For Your Heart By Hackensack Meridian 12-1:00- Chorus 12-2-Chess Class 1:00-Chair Yoga</p>	<p>2</p> <p>10:00-Cards/Poker 10:00-Advanced Line Dance (Cancelled) 11:00 Basic Line Dance (Cancelled) 1:00-Stronger by the Minute 1-3:30-All Medium Art 2:30-Table Tennis</p>	<p>3</p> <p>9-10-Chair Yoga 9:30-1:30-Social Worker 10:00-Gentle Fitness 11:00- Wise Program Lesson 5 11:00-Canasta 11:30-Table Tennis 1:00-2-Chess Class 1:00-Tai Chi 1:30 Guitar Lessons</p>	<p>4</p> <p>9:00-10:15-Table Tennis 10:00-Cards/Poker 10:30-Latin Groove 12:30 - American Mah Jong 1:00-Table Tennis 4:30-5:30 Alzheimer's Support Group</p>
<p>7</p> <p>9:00-10:30 -Table Tennis 10:30- Project Healthy Bones 12-12:45 - Spanish Class 1:00 -Building Strength 1:30-Ceramics 2:30-Table Tennis</p>	<p>8</p> <p>10:00 South Jersey Legal Services 10:00- Center Meeting 10:00-Bodies in Motion 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</p>	<p>9</p> <p>10:00-Cards/Poker 10:00-Advanced Line Dance (Cancelled) 11:00 Basic Line Dance (Cancelled) 11:00 Nutrition & Cooking Demo with Kathleen Law " All Things Diabetes" 1:00-Stronger by the Minute 1-3:30-All Medium Art 2:30-Table Tennis</p>	<p>10</p> <p>9-10-Chair Yoga 9:30-1:30-Social Worker (Cancelled) 10:00-Gentle Fitness 11:00-Canasta 11:00- Wise Program Lesson 6 (includes NJSave) 11:30-Table Tennis 1:00-2-Chess Class 1:00-Tai Chi 1:30- Guitar Lessons</p>	<p>11</p> <p>9:00-10:15-Table Tennis 10:00-Cards/Poker 10:00- VNA Nurse 10:30-Latin Groove 12:30 - American Mah Jong 1:00-Writers Corner 1:00-Table Tennis 3:30- Going Away Party Celebration Debbie Dellosso</p>
<p>14</p> <p>CENTER CLOSED COLUMBUS DAY</p>	<p>15</p> <p>10:00- Center Meeting 10:00-Bodies in Motion 10:00-Cards/Poker 10:30-11:45-Bingo 11:30- Table Tennis 12:00- 100th Birthday Celebration for Ruth Bowen 12-1:00- Chorus 12-2-Chess Class 1:00-Chair Yoga</p>	<p>16</p> <p>10:00-Cards/Poker 10:00-Advanced Line Dance (Cancelled) 11:00 Basic Line Dance (Cancelled) 11:00 Vaping/Smoking Monmouth County Health Dept. 1:00-Stronger by the Minute 1-3:30-All Medium Art 2:30-Table Tennis</p>	<p>17</p> <p>9-10-Chair Yoga 9:30-1:30-Social Worker (Cancelled) 10:00-Gentle Fitness 11:00- Movie "Father Stu" 11:00-Canasta 11:30-Table Tennis 1:00-2-Chess Class 1:00-Tai Chi 1:30- Guitar Lessons</p>	<p>18</p> <p>9:00-10:15-Table Tennis 10:00-Cards/Poker 10:30-Latin Groove 12:30 - American Mah Jong 1:00- Book Café 1:00-Table Tennis</p>
<p>21</p> <p>9:00-10:30 -Table Tennis 10:30- Project Healthy Bones 12-12:45 - Spanish Class 1:00 -Building Strength 1:30-Ceramics 2:30-Table Tennis</p>	<p>22</p> <p>10:00- Center Meeting 10:00-Bodies in Motion 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</p>	<p>23</p> <p>10:00-Cards/Poker 10:00-Advanced Line Dance (Cancelled) 11:00 Basic Line Dance (Cancelled) 11:00 Nutrition & Cooking Demo with Kathleen Law "Cholesterol, What You Need to Know" 1:00-Stronger by the Minute 1-3:30-All Medium Art 2:30-Table Tennis</p>	<p>24</p> <p>9-10-Chair Yoga 9:30-1:30-Social Worker 10:00-Gentle Fitness 11:00 United Nations Celebration- Entertainment & International Lunch Buffet 11:00-Canasta 11:30-Table Tennis 1:00-2-Chess Class 1:00-Tai Chi 1:30- Guitar Lessons</p>	<p>25</p> <p>9:00-10:15-Table Tennis 10:00-Cards/Poker 10:30-Latin Groove 12:30 - American Mah Jong 1:00- Writers Corner 1:00-Table Tennis</p>
<p>28</p> <p>9:00-10:30 -Table Tennis 10:30-Project Healthy Bones 12-12:45 - Spanish Class 1:00 -Building Strength 1:30-Ceramics 2:30-Table Tennis</p>	<p>29</p> <p>10:00- Center Meeting 10:00-Bodies in Motion 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</p>	<p>30</p> <p>10:00-Cards/Poker 10:00-Advanced Line Dance (Cancelled) 11:00 Basic Line Dance (Cancelled) 1:00-Stronger by the Minute 1-3:30-All Medium Art 2:30-Table Tennis</p>	<p>31</p> <p>9-10-Chair Yoga 9:30-1:30-Social Worker 10:00-Gentle Fitness 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>South Jersey Legal Services 732-414-6750 (ext. 6505)</p>