

KEY TO THE

CENTER
KEYPORT SENIOR CENTER
NEWSLETTER



110 SECOND STREET, KEYPORT, NJ 07735

Center Supervisor- Chris McManus

Office Staff– Jessi Antenucci & Kathy Beam

Social Worker– Ann Albano

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WWW.KEYPORTONLINE.COM Office Hours 8:30AM-4pm

Supervisor's Corner —Happy 250th!

Summer is here, and I would like to wish everyone a happy, safe, and enjoyable Fourth of July as we celebrate the 250th anniversary of our nation's independence.

Senior Center Updates

The Senior Center continues to stay active with programs, classes, trips, and special events. We are excited to welcome new instructors and expand our programming opportunities throughout the summer months. New classes beginning in July include Chair Beach Ball Volleyball, Cardio & Strength, Cardio Basic, Total Body & Aerobics, and Yoga Sculpt. We encourage everyone to give these new offerings a try and stay active this summer.

Our July 4th/America 250 Celebration will be held on Wednesday, July 1 at 12:00 PM. Join us for hamburgers, hot dogs, sides, dessert, and a fun afternoon as we celebrate our country, our community, and this historic milestone.

On Thursday, July 2, representatives from the New Jersey Division of Taxation will be visiting the Senior Center to provide information and assistance regarding New Jersey's Property Tax Relief Programs, including ANCHOR, Senior Freeze, and Stay NJ. If you have questions about these programs or need assistance understanding your benefits, we encourage you to attend.

We have many wonderful trips planned throughout the year, including casino trips, day trips, and upcoming cruise opportunities. We encourage everyone to take advantage of these exciting travel experiences. As a reminder, if you place a deposit on a trip, the trip must be paid in full at least one month prior to the departure date unless otherwise noted.

Please note that due to the Cornucopia Cruise Lunch Trip on Wednesday, July 29, the Senior Center will be closing early at 12:30 PM that day.

The Skipper Bus remains out of service at this time as we continue our search for a qualified driver. We understand how important this service is to many of our members and will provide updates as they become available.

As the hot summer days are here, there is Frozen Ice Pops in the White Freezer in the Kitchen, Please enjoy an ICE to keep cool.

*Birthdays
of the Month*



Sam Machado, Phoebe Mazzucco,
Jackey Ha, Gail Sonatore,
Patty Worland, Lillian Ledahl,
Marie Salerno, Debbie Muehe,
Debbie Perry, Rema Sherwood,
Florence Hill, Carol Evancho,
Charles Wuth, Belle Kish



Wish list

We Thank you for your generous donations!

• Coffee





KEYPORT SENIOR CITIZENS ADVISORY COMMITTEE

SUPPORTS THE PROGRAMS OF THE SENIOR CENTER

President: Laurie Pamaby Vice-President: Bob Thompsen

Treasurer: Darlene Burgess Secretary: Barbara Gianguzzi

ADVISORY COMMITTEE MEMBERS

Julia Hudson	Patti Mascolino	Elba Moreno
Louis Natarcola	Gail Paris	Susan Pike
Virginia Smith	Dawn Staniforth	Barbara Repp

American History Through Food- BY Susan Pike

As the United States gets ready to celebrate our 250th anniversary, there is a lot of discussion on how to celebrate. One thing we can all agree on is – there must be good food!

I thought it would be fun to look at some events in history that have changed the way Americans eat.

We need to go back to when Christopher Columbus convinced Queen Isabella to fund an expedition to find a new route to get the valuable spices from Asia. He set sail in search of food! His success in discovering America opened the way for other Spaniards and European explorers to bring back corn, turkey, potatoes, tomatoes, string beans, kidney beans, squash, pumpkin, bell peppers, cocoa, vanilla bean, cranberries, wild rice, lima beans, allspice and avocados. Ireland didn't grow potatoes and Italy didn't have tomatoes. Can you imagine the cuisines of these countries without those staples?

Coffee Replaces Tea

We all learned about the Boston Tea Party in school. When Great Britain taxed the colonists' tea, they boycotted drinking tea. Beer was a favorite breakfast drink for a time, but John Smith had brought back coffee in 1607. During the Revolution only Loyalists drank tea. By the end of the war America's coffee obsession had begun. The Civil War cemented coffee's popularity when Union soldiers received coffee in their rations and continued the habit after returning home.

Railroads and Chinese Food

Abraham Lincoln supported the latest technology and favored building the Transcontinental Railroad. Construction began in Omaha and Sacramento. Chinese immigrants, experienced with explosives, were hired to work through the Sierra Nevada. Paid less than Irish workers and given no rations, they relied on food brought from San Francisco and drank only boiled tea. After the railroad was completed, some opened restaurants. To appeal to American tastes, chefs created chop suey and chow mien, dishes unknown in China. Between 1910 and 1930, the number of Chinese restaurants in America quadrupled.

Immigration and Regional Foods

European immigrants changed American food. The Irish settled on the East Coast. Germans brought sausages and pretzels to Ohio and Missouri. Italians adapted their cuisine, turning pasta into a main course and creating American-style pizza. Eastern Europeans gave us deli food and bagels, which became widely available after Harry Lender developed freezing methods.

Soul Food and Barbecue

During the Great Migration, Black Americans brought north a rich culinary tradition developed by enslaved ancestors using African methods and local ingredients. Thomas Jefferson introduced macaroni and cheese after having his chef James trained in France. James later taught his brother Peter, who served the dish in the White House. Another contribution was barbecue—meat cooked low and slow over hot coals, traditionally served with cornbread, rice dishes and greens simmered with ham bone. By the 1960s, these traditions became known as “soul food.”

Tex-Mex Influences

Mexican influence on American food dates to the Spanish missions of the 1600s. Much of what Americans think of as Mexican food is really Tex-Mex cuisine developed by Tejano communities along the Texas-Arizona-Mexico border.

It's difficult to review 250 years of American food, so forgive me if I left out your favorite Middle Eastern or Southeast Asian dishes. Whatever you do, enjoy the fireworks and have something good to eat.

SOCIAL WORKER ANN INFORMATION

Monmouth County Division of Consumer Affairs

The Monmouth County Division of Consumer Affairs is a county agency dedicated to protecting residents from consumer fraud, deceptive business practices, and scams. Located in Freehold, the division investigates consumer complaints and mediates disputes between businesses and consumers. When necessary Consumer Affairs refers complaints to the proper agencies.

Consumer Affairs serves as a source of information for consumers. Consumer Affairs does NOT recommend any businesses. However, the division can provide consumers with a company "complaint history".

A complaint history allows residents to evaluate a company's services and products prior to doing business with that company.

Consumer Affairs can be reached at 732-431-7900 or visit their website at visitmonmouth.com

Movies starting at 11AM.

Snacks and drinks are not provided at all movies, you're welcome to bring snack and drinks.

- **July 2-** No Movie
- **July 9-** Fried Green Tomatoes-a heartwarming Southern comedy-drama about Evelyn Couch, an unhappy, middle-aged housewife. While visiting a nursing home, she befriends an elderly woman named Ninny, who regales her with captivating, Depression-era tales about the Whistle Stop Café and the resilient, unbreakable bond between two women, Idgie and Ruth
- **July 16-** Song Sung Blue- an inspiring and tragic drama based on the true story of Milwaukee musicians Mike and Claire Sardina. To escape their mundane lives, they formed a highly successful Neil Diamond tribute act called "Lightning and Thunder," proving it's never too late to follow your dreams
- **July 23-** Night at Museum- is a 2006 fantasy-comedy following Larry Daley, a well-meaning but down-on-his-luck dreamer. Desperate to prove himself to his son, he takes a night watchman job at the American Museum of Natural History, only to discover that a magical Egyptian artifact brings all the exhibits to life every night.
- **July 30-** "Group Choice"

Do you have a movie you would like to watch with friends? Let us know what movie you would like to see next month.



WHERE IN KEYPORT

AM I? 

*Think you know Keyport?
Put your local knowledge to the test!*



Each month, we'll feature a **mystery photo** from somewhere around town.



Submit your **guess** to the Senior Center.



The first correct answer will

WIN A PRIZE!



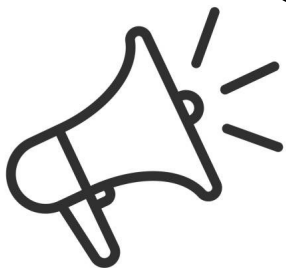
★ The winner and the correct location will be revealed in next month's newsletter! ★

*Look closely...
Where in Keyport am I?*

HELP
FIND
ME



WHERE
AM
I?



**Center will be closing early
on Wednesday July 29
at 12:30pm**

SAVE THE DATE

KSC Holiday Party

Wednesday, December 9, 2026
Jacques Reception Center

Signs up start in September





New



Exercise Schedule

Mondays	Tuesdays	Wednesdays	Thursdays	Fridays
10-11 Beach Ball Volley Ball	1-2 Chair Yoga	10-11 Beach Ball Volley Ball	10-11 Gentle Fitness	10:30-11:30 Latin Groove
11:30-12:15 Cardio Strength		11:30-12:15 Cardio Basic No Weights	11-12 Total Body & Aerobics	12:30-1:30 Yoga Sculpt
2-4 Table Tennis	Stay tune for more in August	2-4 Table Tennis	12:30-1:30 Tai Chi	2-4 Table Tennis

NEW CLASSES STARTING IN JULY

Chair Beach Ball Volleyball- Mondays & Wednesdays

Join us for a fun and social exercise class featuring chair volleyball played with a lightweight beach ball. Improve hand-eye coordination, flexibility, balance, and upper-body movement while enjoying friendly competition and great music. This class is suitable for all fitness levels and can be modified to meet individual needs.

Cardio & Strength-Mondays

Get your heart pumping and muscles working in this energizing class designed for older adults. Using light weights and low-impact movements, participants will improve cardiovascular health, strengthen muscles and joints, enhance balance, and increase overall endurance. All fitness levels are welcome.

Cardio Basic-Wednesdays

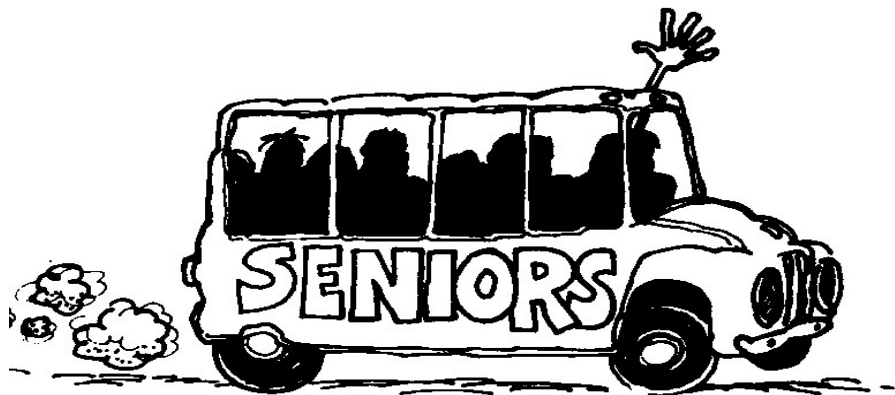
A beginner-friendly cardio class designed to keep you moving at a comfortable pace. Participants will enjoy easy-to-follow movements that help improve heart health, coordination, stamina, and flexibility. Perfect for active adults looking to stay fit and energized.

Total Body & Aerobics-Thursdays

This standing-only fitness class combines aerobic exercise with total-body conditioning. Through a variety of active movements, participants will improve cardiovascular fitness, strength, balance, coordination, and flexibility. A great workout for active older adults looking to stay strong and healthy.

Yoga Sculpt-Fridays

Yoga Sculpt combines traditional yoga poses with the use of light weights, resistance bands, and blocks to build strength, improve flexibility, and enhance balance. Participants will tone muscles, connect breath with movement, and enjoy mindful stretching designed to promote relaxation and overall well-being. Each class concludes with meditation to calm the mind and reduce stress.



We Accept All Major Credit Cards

*A 3% convenience fee will be added to all credit card transactions



July 22– Jersey Shore Blue Claws– Lakewood Members & Non- Members \$40

Celebrate summer with a trip to the Jersey Shore to catch a Jersey Shore BlueClaws baseball game! Enjoy the excitement of minor league baseball, ocean air, and classic ballpark fun. It's a perfect day out filled with sunshine, team spirit, and great company. This is a Rain or Shine event. **Bus pick up 9:30**

July 29– Cornucopia Cruise Lunch SOLD OUT Members \$120 Non-Members \$125

Set sail for an unforgettable afternoon aboard the Cornucopia Cruise Line's Princess! Enjoy a relaxing three-hour cruise along the scenic Raritan waters, departing from Perth Amboy. Boarding begins at 11:30 AM, with the ship setting sail at 12:00 PM and returning at 3:00 PM. Guests will be treated to a delicious lunch buffet, dessert, soda, coffee, tea, and water. Dance the afternoon away on the spacious dance floor with live entertainment from a DJ. Don't miss this perfect blend of dining, music, and waterfront views. **Bus pick up 9:30**

August 27– 1776 at Surf Light Theatre– Beach Heaven

Members \$103 Non-Member \$108

Join us for a special trip to Surf Light Theatre to see "1776," a lively and patriotic production that helps kick off the America 250 celebration. Enjoy an entertaining performance that brings history to life as we come together to honor this milestone in our nation's story. Lunch will be at the Water Front. **Pick up 9am**

September 9– Elvis is in the Building– Riverview Inn (Matamoras (Pike County) PA) Members \$140 Non-Member \$145

Elvises are in the Building! Join us for a bus trip to the Riverview Inn in Pennsylvania for a day of unforgettable fun. Enjoy live Elvis-style entertainment along with a delicious, all-you-can-eat buffet lunch. It's music, memories, and a whole lot of rock 'n' roll! **Bus Pick up 8:15**

October 1– Doo Wop to Disco– Shore Club, Spring Lake

Members \$103 Non-Members \$108

Step back in time with a trip to the Shore Club in Spring Lake to enjoy a classic Doo Wop show! Relive the golden hits and smooth harmonies of this beloved era in a lively, nostalgic setting that's sure to have you smiling and singing along. **Pick up 9:30**

December 4– Hunterdon Hills Playhouse– Hampton Members \$125 Non-Member \$130

Get into the holiday spirit with a trip to Hunterdon Hills Playhouse to enjoy their beloved Christmas show. Delight in seasonal music, laughter, and cheer, all paired with a warm, festive atmosphere that makes this a perfect way to celebrate the season. **Bus Pick up 9:30**

JULY 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Dr. Lynn Motasis Podiatrist 732-970-4580	South Jersey Legal Services 732-414-6750 (ext. 6505)	1 10:00-Cards/Poker 12-1pm- 250- Lunch 1-3:30-Imagine & Create 2:30-Table Tennis	2 9-1- NJ TAX RELIEF 9:30-1:30 Social Worker 10:00-Gentle Fitness with Oscar 11:00– No Movie 11:00-Canasta 12:30– Tai Chi	Center is Closed Happy 4 of July
6 10- Beach Volley Ball 11:00-4:00– Canasta 11- Podiatrist 11:30- Cardio Strength 12:00 Spanish 1:30—Ceramics 2:30—Table Tennis	7 10:00-Cards/Poker 10:30-11:45-Bingo 11:45- Ice Cream Social 12pm– Chorus 12pm-Chess Class 1pm-Chair Yoga 2pm– Open Art	8 10:00-Cards/Poker 10- Beach Volley Ball 11:30- Cardio Basic 1-3:30-Imagine & Create 2:30-Table Tennis	9 9:30-1:30 Social Worker 10:00-Gentle Fitness 11- Total Body & Aerobics 11:00– Movie 11:00-Canasta 12:30– Tai Chi	10 10:30-Latin Groove 11:30-History 12:30- Yoga Sculpt 1pm– Writer Corner 1pm- Mah-Jong 2:00-Table Tennis 2:00- Open Art
13 10- Beach Volley Ball 11:00-4:00– Canasta 11:30- Cardio Strength 12:00 Spanish 1:30—Ceramics 2:30—Table Tennis	14 10:00-Cards/Poker 10:30-11:45-Bingo 11- Health Screening 12pm– Chorus 12pm-Chess Class 1pm-Chair Yoga 2pm– Open Art	15 10:00-Cards/Poker 10- Beach Volley Ball 11:30- Cardio Basic 1-3:30-Imagine & Create 2:30-Table Tennis	16 9:30-1:30 Social Worker 10:00-Gentle Fitness 11- Total Body & Aerobics 11:00– Movie 11:00-Canasta 12:30– Tai Chi	17 10:30-Latin Groove 11:30-History 12:30- Yoga Sculpt 1pm– Writer Corner 1pm- Mah-Jong 2:00-Table Tennis 2:00- Open Art
20 10- Beach Volley Ball 11:00-4:00– Canasta 11:30- Cardio Strength 12:00 Spanish 1:30—Ceramics 2:30—Table Tennis	21 10:00-Cards/Poker 10:30-11:45-Bingo 12pm– Chorus 12pm-Chess Class 1pm-Chair Yoga 2pm– Open Art	22 9:30 Blue Claw Trip 10:00-Cards/Poker 10- Beach Volley Ball 11:30- Cardio Basic 1-3:30-Imagine & Create 2:30-Table Tennis	23 9:30-1:30 Social Worker 10:00-Gentle Fitness 11- Total Body & Aerobics 11:00– Movie 11:00-Canasta 12:30– Tai Chi	24 10:30-Latin Groove 11:30-History 12:30- Yoga Sculpt 1pm– Book Club 1pm- Mah-Jong 2:00-Table Tennis 2:00- Open Art
27 10- Beach Volley Ball 11:00-4:00– Canasta 11:30- Cardio Strength 12:00 Spanish 1:30—Ceramics 2:30—Table Tennis	28 10:00-Cards/Poker 10:30-11:45-Bingo 12pm– Chorus 12pm-Chess Class 1pm-Chair Yoga 2pm– Open Art	29 9:30 Cornucopia Cruise Trip 10:00-Cards/Poker 10- Beach Volley Ball 11:30- Cardio Basic <div style="text-align: center; font-size: 1.5em;"> Closing today @ 12:30 </div>	9 9:30-1:30 Social Worker 10:00-Gentle Fitness 11- Total Body & Aerobics 11:00– Movie 11:00-Canasta 12:30– Tai Chi	10 10:30-Latin Groove 11:30-History 12:30- Yoga Sculpt 1pm– Writer Corner 1pm- Mah-Jong 2:00-Table Tennis 2:00- Open Art