



110 SECOND STREET, KEYPORT, NJ 07735

Center Supervisor- Chris McManus

Office Staff– Jessi Antenucci & Kathy Beam

Social Worker– Ann Albano

Contact us at 732-264-4916 Fax # 732-264-8552

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

Supervisor's Corner —Happy June Everyone!

I can't believe it is already June! The warm weather is here and summer is officially right around the corner. We have an exciting month ahead filled with educational programs, activities, trips, and summertime fun at the Senior Center.

First, some happy news — we have baby fishes at the center! Thanks to the kindness of our members, we now have an additional fish tank for the older fish while the baby fishes safely remain in the original tank as they continue to grow. Be sure to stop by and visit our newest little members. If you would like to donate to the fishes, please see me.

Please note that the Senior Center will be closed on Tuesday, June 2 for the Primary Elections.

We also have several informative programs this month:

- Wednesday, June 3 at 12:00pm — Monmouth County Office of Mosquito Control will discuss mosquito and tick safety for Summer 2026. "it's something to bite about"
- Tuesday, June 9 at 10:00am — Monmouth County Sheriff's Office will provide information and IDs for Register Ready. Parker Health will also be visiting that day.
- Wednesday, June 17 from 12:00–1:00pm — Hackensack Meridian Health will present "Stroke Prevention: BE FAST."
- Tuesday June 23- Parker Health 9:30 Health Topic and BP checks

We are also looking forward to our Father's Day Lunch on Thursday, June 18 at 12:00pm.

June is National Great Outdoors Month, and we are excited to begin our Thursday Morning Nature Walks starting June 4 with Chris and Ann. Join us for a relaxing 30-minute walk along the Raritan Bay to enjoy some fresh air, exercise, and great company. Don't forget your sneakers, water bottle, and sunglasses, meet at the center 9:30. We are currently working to get another fitness class soon.

I would also like to thank Julia for stepping up to teach Mah Jong on Fridays at 1:00pm. If you have ever wanted to learn how to play, all are welcome to join and learn together.

We also have several trips planned throughout the summer. Please make sure to sign up early, as some of the trips are already beginning to fill up quickly, reminder if you put a deposit on a trip, it must be paid in full one month before the trip.

Thank you to all of our members, volunteers, and supporters for helping make the Senior Center such a wonderful place each day. We look forward to another great month together and hope to see everyone at the center this June!

-Chris



Birthdays of the Month



**Dorothy DeFilippo, David Cofield,
Tony Sonatore, John Brainard, Frank Martin,
Linda Halligan, Teresa McGraw,
Kathy Cofield, Paula Alkiewicz,
Peggy Bennett Wise, June Dougherty,
Lorna Day, Jessica Magee-Callandrillo,
John Brady, Barry Gutterman,
Nancy Brandine, Terrie Magistro,
Adele Gries**



wish list

**We Thank you for your
generous donations!**

- **Cups Hot Cups for Coffee**
 - **Coffee**



get
-well-
soon

Welcome
to our
New Members

We warmly welcome all our new members to the Senior Center! We are happy you joined our community and look forward to seeing you at our activities and events. Welcome to our Senior Center family!



KEYPORT SENIOR CITIZENS ADVISORY COMMITTEE

SUPPORTS THE PROGRAMS OF THE SENIOR CENTER

President: Laurie Parnaby Vice-President: Bob Thompsen

Treasurer: Darlene Burgess Secretary: Barbara Gianguzzi

ADVISORY COMMITTEE MEMBERS

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

Too Much Sitting Can Affect Your Health

As we get older, it’s natural to spend more time sitting—watching TV, reading, using the computer, or relaxing with family and friends. While rest is important, sitting too long can affect our health more than we realize.

You may have heard the phrase, “sitting is the new smoking.” While dramatic, it highlights an important message: spending too much time seated can increase health risks, especially for older adults.

Too much sitting has been linked to:

- Weight gain
- High blood pressure
- Type 2 diabetes
- Poor circulation
- Increased feelings of anxiety or low mood

After about 30 minutes of sitting, circulation slows, muscles relax, and metabolism becomes less active. Over time, these effects can add up.

The good news is that small amounts of movement can help. Standing up or moving every 30–60 minutes may:

- Improve blood flow
- Wake up muscles and joints
- Support balance and flexibility
- Boost energy and mood

Simple activities throughout the day can make a difference. Try:

- Taking short walks around your home
- Stretching during TV commercials
- Standing while talking on the phone
- Parking a little farther away when safe
- Using stairs with handrails if comfortable
- Enjoying gentle exercises such as walking, chair exercises, or stretching

Always move at a pace that feels safe and comfortable for you.

Remember, you don’t have to do everything at once. Small movement breaks throughout the day can support strength, independence, and overall well-being. A little movement truly goes a long way at any age.

Laurie N. Parnaby

SOCIAL WORKER ANN INFORMATION

Have you filed your property tax rebate form yet?

Be sure to submit your application before the November 2, 2026 deadline.

Eligibility and programs are outlined below.

Additional questions or concerns can be answered by calling New Jersey Division of Taxation at 888-238-1233 or visit the Regional NJ Div of Taxation Office 2 Paragon Way, Suite 1100 (in the back) Freehold, NJ 07728. No appointments



New Jersey Property Tax Relief

For NJ Resident Senior Homeowners and Renters,
Age 65 and Over or Disabled

Three Programs, One Application (PAS-1)

Based on 2025 Residency, Income, and Age or Disability.

SENIOR FREEZE

Born in 1960 or earlier, or received permanent Social Security disability or Railroad Retirement disability payments during 2025.

Met the 2024 and 2025 income limits:

2024 — \$168,268 or less
2025 — \$172,475 or less

Owned and lived in the same home as their main home (or leased a site in a mobile home park and lived in a mobile home) on or before December 31, 2022 through December 31, 2025.

The home was subject to property taxes (on the land and improvements).

ANCHOR

Owned or rented and occupied property as their main home on October 1, 2025.

Met the income limits for 2025:

Homeowners — \$250,000 or less
Renters — \$150,000 or less

Homeowners: The home had to be subject to property taxes on the land and improvements.

Renters: Must be listed on the lease.

STAY NJ

Born in 1960 or earlier.

Met the income limit for 2025:
\$500,000 or less

Owned and lived in a NJ home as their main home for all of 2025.

Stay NJ benefits are calculated after ANCHOR and Senior Freeze benefits are determined.

If you qualify for all three programs, the Stay NJ benefit will be 50% of your property taxes (up to \$6500) minus any payments received through ANCHOR and Senior Freeze.

Availability of These Programs Is Subject to Annual State Budget Appropriations.

FORM PAS-1 WAS ISSUED FEBRUARY 2026

Movies starting at 11AM.

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

- June 4-Yesterday-After a worldwide blackout, an aspiring singer-songwriter discovers he's the only person who remembers The Beatles. Using their iconic songs, he rises to fame while struggling with love, honesty, and the pressures of success.
- June 11-Steel magnolias-In a small Louisiana town, a group of strong and spirited women share life's celebrations and sorrows while supporting one another through family struggles, illness, and loss. The film is both humorous and deeply emotional.
- No movie June 18 due to Lunch Event
- June 25-The greatest showman-Inspired by the life of P.T. Barnum, this colorful musical follows his journey from poverty to creating a spectacular entertainment show featuring unique performers. Filled with energetic songs, it celebrates ambition, imagination, and belonging.

FATHER'S DAY
LUNCH
Thursday
June 18 12PM



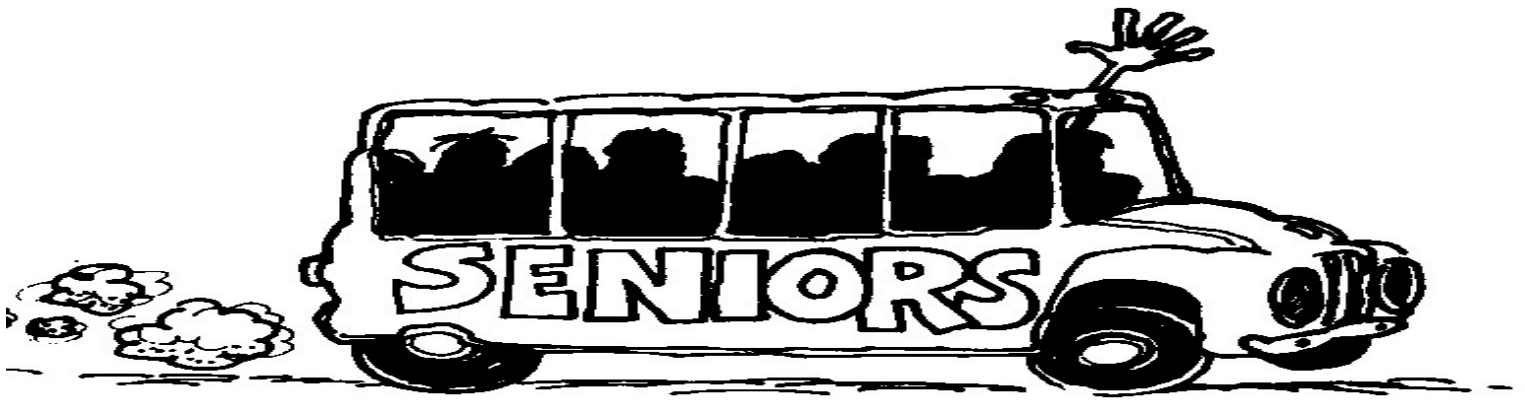
Juneteenth
— CELEBRATION —
in Keyport

Saturday June 20
10-11:30am

Come and support our

Chorus





June 26- Atlantic City- Resort Casino Members \$40 Non- Member \$50 Slot Play \$20

July 22– Jersey Shore Blue Claws– Lakewood Members \$40 Non-Member \$45

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.

July 29– Cornucopia Cruise Lunch 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.

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.

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!

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.

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.

JUNE 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 11:00-4:00- Canasta 12:00 Spanish 1:30—Ceramics 2:30—Table Tennis	2 CENTER IS CLOSED	3 10:00-Cards/Poker 12pm- MC Mosquitos Control Speaker 1-3:30-All Medium Art 2:30-Table Tennis	4 9:30-1:30 Social Worker 9:30- Nature Walk 10:00-Gentle Fitness with Oscar 11:00- Movie 11:00-Canasta 12:30- Tai Chi	5 10:30-Latin Groove 11:30- NO History 1pm- Writer Corner 1pm- Mah-Jong 2:00-Table Tennis 2:00-4:00- Open Art
8 11:00-4:00- Canasta 12:00 Spanish 1:30—Ceramics 2:30—Table Tennis	9 10:00- MC Sheriff Of- fice 10:00-Cards/Poker 10:30-11:45-Bingo 12-1:00- Chorus 12-2-Chess Class 1:00-Chair Yoga 2:00-4:00- Open Art	10 10:00-Cards/Poker 1-3:30-All Medium Art 2:30-Table Tennis	11 9:30-1:30 Social Worker 9:30- Nature Walk 10:00-Gentle Fitness with Oscar 11:00- Movie 11:00-Canasta 12:30- Tai Chi	12 10:30-Latin Groove 11:30-History with David 1pm- Writer Corner 1pm- Mah-Jong 2:00-Table Tennis 2:00-4:00- Open Art
15 11:00-4:00- Canasta 12:00 Spanish 1:30—Ceramics 2:30—Table Tennis	16 10:00- Center Meeting 10:00-Cards/Poker 10:30-11:45-Bingo 12-1:00- Chorus 12-2-Chess Class 1:00-Chair Yoga 2:00-4:00- Open Art	17 10:00-Cards/Poker 12-1 HMM STROKE PREVENTION 1-3:30-All Medium Art Special Project 2:30-Table Tennis	18 9:30-1:30 Social Worker 9:30- Nature Walk 10:00-Gentle Fitness with Oscar 11:00- NO Movie 12PM Father’s Day Lunch 11:00-Canasta 12:30- Tai Chi	19 10:30-Latin Groove 11:30-History with David 1pm- Writer Corner. 1pm- Mah-Jong 2:00-Table Tennis 2:00-4:00- Open Art
22 11:00-4:00- Canasta 12:00 Spanish 1:30—Ceramics 2:30—Table Tennis	23 9:30 Parker Health Speaker 10:00- Center Meeting 10:00-Cards/Poker 10:30-11:45-Bingo 12-1:00- Chorus 12-2-Chess Class 1:00-Chair Yoga 2:00-4:00- Open Art	24 10:00-Cards/Poker 1-3:30-All Medium Art 2:30-Table Tennis	25 9:30-1:30 Social Worker 9:30- Nature Walk 10:00-Gentle Fitness with Oscar 11:00- Movie 11:00-Canasta 12:30- Tai Chi 2pm- Advisory Meeting	26 10:30-Latin Groove 11:30-History with David 1pm- Writer Corner 1pm- Mah-Jong 2:00-Table Tennis 2:00-4:00- Open Art
29 11:00-4:00- Canasta 12:00 Spanish 1:30—Ceramics 2:30—Table Tennis	30 10:00- Center Meeting 10:00-Cards/Poker 10:30-11:45-Bingo 12-1:00- Chorus 12-2-Chess Class 1:00-Chair Yoga 2:00-4:00- Open Art	Dr. Lynn Motasis Podiatrist 732-970-4580	South Jersey Legal Services 732-414-6750 (ext. 6505)	July important dates: 1- 250th BBQ 3- Center Closed 22- Blue Claws Trip 29- Cornucopia Cruise Trip