Keyport Senior Center

January 2018 Newsletter
Editor: Sofie Clark

January
Partially funded under Title III - Older Americans Act by MC Office on Aging

SERVING KEYPORT AND THE BAYSHORE AREA/ See us on www.keyportonline.com

110 Second Street, Keyport, NJ 07735 — mcostello@keyportonline.com

Volume 26 Issue 1

RE-REGISTRATION ONGOING FOR THE YEAR 2018
PLEASE STOP IN:
MONDAY-FRIDAY IN FRONT OFFICE TO PICK UP YOUR PAPERWORK.
KEYPORT RESIDENT-NO CHARGE
NON RESIDENT-$50/YR.
YEAR: 1/1/2018-12/31/18
Starting 2/1/18 Only Registered Members will appear on activity sheets.

“FLAVIAN” MIND READER
JANUARY 17th @ 11 AM
12 O'CLOCK LUNCH FROM BROAD STREET DINER
COST $5 (SIGN UP BY 1/12 IN OFFICE)
All sandwiches are on rye bread; choices:
Roast Beef, Turkey or Chicken Salad

Valentines Day Pizza Party
February 14th
(Sign up with Sofie by February 7th)

15th Annual Black History Program
Date: February 22, 2018 @ 11am
Cost: $5
Followed by Lunch
(Sign up a must with Sofie by February 15th)

ATLANTIC CITY TRIP! - Our Atlantic City trips fill up quickly.....don't wait until the last minute, you could miss out on all the fun!
COST $25 ($30-NON-MEMBER)
NEXT AC TRIP THURSDAY,
January 18th
($25 BACK ON SLOT)

Come Celebrate Our Most recent Centenarian “Dot Poling”
Special 100th Birthday Party Celebration!
February 20th
(Sign up in Dining Room By February 13)

Partially funded under Title III-Older Americans Act by MC Office on Aging
Note from Advisory President - Vickie Snoy

Happy New Year to all of our members! I hope everyone had a wonderful holiday and is managing to stay warm in this frigid weather.

I am delighted and humbled to have been elected president of the Keyport Senior Citizens Advisory Committee at its December meeting. I want to send a ton of thanks to our retiring officers, Joe Carey and Sue Layland, who have done so much for the Advisory Committee and the center not only during the past two years but since they first became members. I also want to welcome our two new officers, Eileen Angrason, who has been elected Vice President of the Advisory Committee, and Lynn Case, who will take up the responsibilities of Treasurer. Susan Pike will continue as Secretary. Please say, “Hi!” to any and all of the new Advisory Committee officers when you run into them in class or the corridors. Future newsletters will include interviews with the officers so you’ll know a bit more about them and things they have already done to support Keyport Senior Center members.

Whether your New Year’s resolutions include losing a little weight, learning something new or turning your hand to volunteering, I hope the programs here at the center will help you be successful. And if you have an idea about a program you would like to see, please respond to Madeline using the form on page 16.

Now that life is back to its normal routine after the frenzy and fun of the holidays, I hope you will incorporate the Center and its programs into your schedule, knowing that you can always find companionship and stimulation here.

Vickie

Passing the “Candy Cane” from Joe Carey to Vickie Snoy during the Holiday Lunch
HAPPY NEW YEAR!

A REMINDER

- Center Parking Lot: Designated spots such as Handicap and Nutrition: -PLEASE DO NOT PARK!!
- PARKING FOR TRIPS: On street or municipal lot
- MEMBERSHIP RENEWAL: Bring in your membership card & update personal information: new prescriptions, doctors, phone numbers, emergency contacts and cell phone numbers
- SCAT INFORMATION PLEASE TAKE NOTE: If you need to cancel a ride to the center, please call SCAT 732-431-6480 as early as possible.
- SHARED RIDE-please call SCAT 732-431-6480

LOOKING AHEAD: Tuesday Speakers– February 2018 @ 11:30
2/6 Tuesday– Miracle Ear– Hearing Health
2/13 Tuesday– Chris McMan’s Presentation on Internship
2/20 Tuesday– No Speaker– Special Birthday Celebration
2/27 Tuesday - Diane West

PLAYERS WANTED.............ALL ARE WELCOME
AMERICAN MAH JONGG, BRIDGE, SCRABBLE, HEARTS, SPADES OR GIN RUMMY.....we have interest but need more players, give us a call and we will put your name on the proper list.

Movie Dates: Jan 18 @ 1pm & Jan 24 @ 10am

LIBRARY NEWS– January, The Coldest Month of the Year
So far in January, 23 books have been cataloged, none are large print. As has been emphasized month after month, the copyright date for accepted books, in good condition, remains 2010 or later. However, a substantial number of books before this date have been left for the library. Once again, please do not donate books before this copyright date. Your cooperation is greatly appreciated.

Your Librarians, Rosemarie and Rudy

Movie: Victoria and Abdul

Abdul Karim arrives from India to participate in Queen Victoria's golden jubilee. The young clerk is surprised to find favor with the queen herself. As Victoria questions the constrictions of her long-held position, the two forge an unlikely and devoted alliance that her household and inner circle try to destroy. As their friendship deepens, the queen begins to see a changing world through new eyes, joyfully reclaiming her humanity. Stars: Judi Dench, Ali Fazal, Tim Pigott Smith

Free Monthly Movie
Wednesday, January 18th @ 1 pm
Thursday, January 24th @ 10 am
Movie: "Victoria and Abdul"

NEW: SOUTH JERSEY LEGAL SERVICES
LEGAL ASSISTANCE
Feb. 13
At Keyport Senior Center (Sign-Up a Must!)

Grandfriends!
Come help us put SMILES on children’s faces Pre-K 4 and 5 years old. If interested call the Center at 732-264-4916

Partially funded under Title III-Older Americans Act by MC Office on Aging
January

**SCAT/SHARED RIDE: 732-431-6480**

| County Office on Aging --- 1-877-222-3737 or 732-431-7450 | Medicare Fraud and Abuse --- 1-800-447-8477 |
| Division of Social Services --- Central Offices... Clients only 1-800-662-3114, Freehold Office ... 732-431-6000 | Meridian Home Care --- 1-800-894-6885 |
| S.C.A.T. --- Special Citizen Area Transportation --- Shared Ride Policy 732-431-6480 | Monmouth County Health Department --- 732-431-7456 |
| Division of Transportation --- (DOT) - Bus/Train Info --- 732-431-6485 or 732-780-1121 | Motor Vehicle Registration Discount --- 1-888-486-3339 / 1-800-792-9745 |
| Health/Disability Services CCPED --- 732-845-2082, (Community Care Program for the Elderly and Disabled) | NJ Commission of Blind and Visually Impaired --- 732-255-0723 |
| Hearing Aid Assistance HAAP: 1-800-792-9745 | NJ Dept. of Disability Services --- 609-292-3717 |
| PAAD -- 1-800-792-9745 | NJ Dept. of Health and Senior Services --- 1-800-792-8820 |
| Homeowners/Tenants/Renters) --- Need Confidential Help?? - 24/7……Call 2-1-1 | Social Security Office --- 1-800-772-1213 |
| Lifeline Assistance Credit Program/PAAD --- 1-800-792-9745 | Statewide Respite Program --- 732-222-9111 |
| Link-Up America (Verizon Phone Assistance) --- 1-800-792-9745 | VNA of Central Jersey --- 1-800-862-3330 - VNHS --- 1-800-717-2273 |
| Medicaid-732-431-6000 or 1-800-662-3114/Press 1 Medicare - 1-800-633-4227 | Monmouth Medical Center (732)-923-5000 |
| Voter Registration Information: Call 1-877-658-6837 | BEREAVEMENT SUPPORT GROUP - Call 732-450-2720 |
| **SOUTH JERSEY LEGAL SERVICES**  
**AT THE KEYPORT SENIOR CENTER**  
Phone: 732-414-6750  
**FOR FURTHER ASSISTANCE** | Direct Deposit for Social Security Checks  
1-800-772-1213 & press 1(Speak to an agent)/Information needed: Social Security number, # from last check rec’d in mail and bank routing # |
| Dr. Lynn Motasis (Podiatrist)  
7 Reddington Dr. Matawan, NJ 07747  
(732) 888-1000/(732)-970-4580 | UNWANTED SOLICITORS/DO NOT DIAL 1-888-382-1222 |
| Food Bank Monmouth/Ocean County 732-918-2600 | SHIP Assistance with Ed at the center Monday see calendar for date |

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**HOSPITALS**

| Bayshore Community – 732-739-5900/5918  
Outpatient Test Scheduling – 732-739-5982  
Mon-Fri 8am-8pm – Sat. 9am to 1pm.  
Bayshore Wound Care – 732-497-1611  
CentraState Hospital – 732-431-2000  
Jersey Shore Medical Center – 732-775-5500  
Riverview Medical Center – 732-741-2700  
Monmouth Medical Center – 732-222-5200 | Monmouth Medical Center-Geriatric Program-732-923-7550 |

**EMERGENCY CLOSING-CALL CENTER 732-264-4916 AND LET PHONE RING 8 TIMES WAIT FOR DETAILED MESSAGE**

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**S.H.I.P. ASSISTANCE AVAILABLE!**

**ST. BENEDICT SENIOR PROGRAM**

For More Information Please Call  
Lorrie McGee, SHIP counselor at 732-264-4712 ext. 37  
No Medical Transportation  
Insurance Information and Paperwork  
(Assistance with SNAP, Medicare, and Health Ins.)

**SOCIAL WORKER** – Sally Strehl will now be at the Center on Thursdays only from 9:30 – 11:30 am. Please check calendar for any changes. Appointments are appreciated. Please call office so that ample time is scheduled for each member.
Happy & Healthy New Year 2018!

Thank you all for your delicious treats, and Holiday wishes!

We had lots of fun in 2017………………..some pics from Dec….

CALENDAR GIRLS AT DOOLANS

CENTER ELVES: KEN & ELIEEN

NOTE: Sally, Social Worker’s new schedule: Thursdays 9:30-1:30

This year like every other year we all start out with resolutions to change something in our lives. There have already been many changes here at the Center during 2017, myself as the new person in charge, Sofie, new in the front office, Cheryl and Barbara new in the kitchen. With new personnel we always have changes because we are trying to make things better. Many of your concerns are here to be heard. I can say based on my experience so far it has been a pleasure working with all the new personnel in addition our usual volunteer staff.

We are adding in a new Tai-Chi class at 9am on Wednesdays with Al. Try something new as a New Year’s resolution and try our new class, challenge yourself! Also, on Mondays we will now have a new Line Dancing teacher, Ellen Hausmann. She is experienced and is a welcomed instructor. This may mean new steps….again try something new! THANK YOU, Ann Conway for all the years teaching here at the center on a volunteer basis!

Watch for details on all our trips and see what is new this year! Discover something new. In March we will visit a new museum in Philadelphia that opened in 2017, Museum of the American Revolution. We will also visit a new planetarium which opened in Liberty Science Center in Jersey City.

Another area that has made changes is our Advisory Committee. The Advisory Committee works closely with us here at the center and has a large voice on what we do here and actually makes it happen! Thanks to all of their hard work over the years and in future. Welcome our new Executive Committee: president; Vickie Snoy, vice president; Eileen Angrason, treasurer; Lynn Case and our secretary, Susan Pike remains. Thanks to Joe Carey, Sue Layland and Vickie Snoy who are now changing positions as part of the committee.

This month the advisory committee will sponsor the entertainment "Flavian", a mind reader and part of the cost of lunch. You will only be charged $5. When the lunch is delivered at the center, we have a crew that will dish, serve and clean up afterwards. This is just one of the many things our Advisory Committee will help with here at the center.

THANK YOU ADVISORY COMMITTEE!!

Make sure to check out the newsletter for what is happening and dates you need to sign up by for lunches, events and trips. Of course if you have any questions, feel free to call or ask us throughout the day.

Let’s have a peaceful, happy and healthy new year with “something new” in our lives :) This may mean trying a new card game, new games, new exercise class, or a new book or author.

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All classes should be out of room (with no exceptions) 10 minutes prior to the hour. This gives ample time for members to leave the room and have next group enter with enough time to get settled for next class Note: do not enter a class in session!! Please see me if there is an emergency. Thank you all for understanding and respecting each other’s needs.
Many thanks to all of you for your extreme generosity by always keeping our pantry basket full for THE KEYPORT MINISTERIUM FOOD PANTRY. So please, continue to bring in non-perishable food donations to the KEYPORT SENIOR CENTER. YOUR CONTRIBUTIONS ARE ALWAYS GREATLY APPRECIATED!!!

PLEASE NOTE:
THE PANTRY CONTINUES TO NEED FOOD – THEY ARE FEEDING MORE PEOPLE THAN EVER
WE DO NOT ACCEPT ANY PET FOOD

---------Freeholders: Lillian G Burry 732-683-8855; Gary J. Rich, Sr.-732-683-8559;
John S. Curley-732-683-8838-Oversees Office on Aging, Transportation
Thomas A. Arnone-732-431-7396; Serena DiMaso-732-431-7411
Congressman Frank Pallone, Jr. -732-571-1140

IF YOU NEED HELP, CALL
Join us for lunch any day – Monday thru Friday – “Your donation” is due by 11:00 and Lunch will be served 12:00. Reservations must be made by 11:00 A.M. the day before to allow us enough time to place our food orders. Always check the menu and center calendar for holiday closings. Cheryl, chef and kitchen manager, and her wonderful kitchen staff will always make you feel welcome and would love to have you join them for lunch. The suggested donation is $2.50.

**PLEASE BRING EXACT CHANGE.**

**Call: CHERYL @ 732-888-4876**

**January Menu**

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<thead>
<tr>
<th>Mon</th>
<th>Jan. 1- CLOSED- New Years Day</th>
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<tr>
<td>Tues</td>
<td>Jan. 2- Roast Turkey</td>
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<tr>
<td>Wed</td>
<td>Jan. 3- Beef Lasagna</td>
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<tr>
<td>Thurs</td>
<td>Jan. 4- Fish/ Macaroni &amp; Cheese</td>
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<tr>
<td>Fri</td>
<td>Jan. 5- Baked Chicken Patty</td>
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<thead>
<tr>
<th>Mon</th>
<th>Jan. 15- CLOSED- Martin Luther King</th>
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<tr>
<td>Tues</td>
<td>Jan. 16- Tuna Salad/ Macaroni Salad</td>
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<tr>
<td>Wed</td>
<td>Jan. 17- Special Lunch</td>
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<tr>
<td>Thurs</td>
<td>Jan. 18- Baked Chicken Patty</td>
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<tr>
<td>Fri</td>
<td>Jan. 19- Fish/ Macaroni &amp; Cheese</td>
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<table>
<thead>
<tr>
<th>Mon</th>
<th>Jan. 22- Meatloaf</th>
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<tbody>
<tr>
<td>Tues</td>
<td>Jan. 23- Pork Chop/ Chopette -HB</td>
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<tr>
<td>Wed</td>
<td>Jan. 24- Fish/Macaroni &amp; Cheese</td>
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<tr>
<td>Thurs</td>
<td>Jan. 25- Chicken/Onions/Peppers</td>
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<tr>
<td>Fri</td>
<td>Jan. 26- Eggplant Parmesan Hoagie</td>
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<table>
<thead>
<tr>
<th>Mon</th>
<th>Jan. 29- Italian Meatballs</th>
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<tr>
<td>Tues</td>
<td>Jan. 30- Baked Chicken Leg</td>
</tr>
<tr>
<td>Wed</td>
<td>Jan. 31- Tuna Salad/ Macaroni Salad</td>
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**NOTE:**

**MENU SUBJECT TO CHANGE**

**LUNCHES ARE HOT UNLESS NOTED (C)* INDICATES COLD LUNCH**

**HB= HOME BOUND**

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**VOLUNTEERS NEEDED FOR HOMEBOUND CLIFFWOOD, MATAWAN AND KEYPORT AREAS AND DELIVERIES ON CALL BASIS ALSO**

- TOUCHING LIVES – LIFTING SPIRITS

(SEE CHERYL FOR INFO.)

**RESERVATION POLICY:** Both lunch and transportation reservations must be made by 11:00 the day before to allow us enough time to place our food order and to reserve a seat on SCAT bus.
Did you realize that our name page is a fun way of donating to our Center? On page 8 of our newsletter each month, we have 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.

KEN ANGRASON    KATHERINE MASSEY    Cathy Mietz
SUSAN PIKE     ALICE MCCLEASTER     Pam Murnane
TERRY RENNICK   ANNE CONWAY         Flora Gosha
DIANNE STENECK  Sandy Errickson     Ken Brennan
CAROL ROBINSON  JUlia Shutter       Rosemarie Mikson
MAUREEN ANTONIETTI  Martha Shearer
DIANE SHEPPARD  JOSEPHINE ASCOUGH   Lucy Lovero
BOB THOMPSEN    Eileen Angrason     Paulus Szeto
                      VIRGINIA SMITH     Bottie O'Leary
Rosalina Atchley MADELINE COSTELLO  Andrea Speziale
Lucy Rossi      Francesco Mignosi    Morris Goldman
Lillian Baliff  Dottie Ferris       Diana Rasmussen
FRED PIZZI      Gail Paris          Brigitte Broderick
Tony Saliba     A.M. Chuderski      Terry Rennick
MARLENE KIRBY   Elizabeth Walling   Joyce Taylor
Carol Battista  Lorraine Santora   Mary Jane Smith
Sheila Harmyk   Marge Supples       Sal Speziale
June Dougherty  Joe Carey           Vickie Snoy
Flo “COOKIE” PIZZI MARTHA CEVASCO   Peggy Brackett
LYNN CASE

LET’S PLAY “FIND YOUR NAME” SPONSORED BY THE KEYPORT SENIOR CITIZEN ADVISORY COMMITTEE (KSCAC)—AN EASY WAY TO SUPPORT YOUR CENTER

Note: our Name Page payment period is June 1ST–May 31. Of course, you may join in anytime of the year.
HAPPY NEW YEAR!

HAPPY BIRTHDAY

January

Remember that your BIRTHDAY LUNCH INVITATION can now be picked up at the office. Invitations will no longer be mailed.

If You Registered After This Printing, Please Stop By The Office And Pick Up Your Birthday Invitation Letter.

JANUARY BIRTHDAYS...

Philomena Bongiorno, Rosa Bonilla, Edward Carew, Olga Carr, John Caserta, Betty Chang, Cheryl Christopher,

Nettie Craven, Gerry Davis, Virginia Febo, Marge Gross, Barbara Hendrickson, Anna Josey, Rod Krasnostein,

Rose Longo, Harry Markowitz, Alice McCleaster, Angie Polizzotto, Albert Schramm, Dennis Sherwood, Jim Siciliano, Sal Speziale,

Richard Stewart, Bob Strang, Joyce Taylor, Cathleen Walling, Marlene Yurik, Joyce Zweidinser

BIRTHDAY NEWS

Monthly birthdays will be listed in the newsletter; if we miss you, please notify us in the office. If you would like to take advantage of the free birthday lunch, you can pick up your invitation in the office. All birthday participants must call and make a reservation for lunch (DURING YOUR BIRTHDAY MONTH ONLY) and please bring the invitation on that day!!!

**This invitation is not transferable and cannot be used for “special” lunches**

WELCOME OUR NEAREST MEMBERS... Lore Milione, Ruth Sutter, Viola Diodato, Elizabeth Coward
GET WELL WISHES... Barbara Morrissey, Grace Giumarra, Marie Salerno, Carol Robinson
SYMPATHY WISHES....

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!

We ACCEPT General Sympathy, Get Well, Thinking of You and Birthday cards. We do NOT ACCEPT any Holiday or Specific Occasion Cards. THANK YOU FOR YOUR DONATIONS TO THE CENTER!
January 17th at 11am

Lunch by Broad Street Diner at 12pm

Cost: $5

Lunch choices (All on Rye Bread): Roast beef sandwich, Turkey sandwich, Chicken Salad sandwich
HAPPY NEW YEAR!

“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.

BALANCE WITH THE STABILITY BALL! - Thursdays at 9:00 am) while this class is one of the more challenging, it is taught on multi-levels. Teaches core (mid-section) stability which improves balance and total body strength. Everyone is welcome to come in and challenge themselves. However, if the instructor feels that you are not quite ready for this very challenging class, she may recommend attendance in another class first.

*GENTLE STRENGTH* - This class combines the better of two other classes on the schedule, “Strength” and “Gentle Fitness”. Approximately 1/3 of class time is spent moving joints to relieve stiffness and improve symptoms of arthritis or injury. The balance of the class time is dedicated to building strength through the use of weights, bands, and “weight balls”. Performing weight-bearing exercises will also improve bone strength.

*BODIES IN MOTION! An introduction to “movement with music”. Ideal for the beginner and great for the cardiovascular system. Be heart-healthy and have fun!

*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.

COUNTRY 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: Mondays 12:00pm -12:45

MOVE TO THE GROOVE - is an innovative dancecrise program designed for active adults. The format is similar to Zumba but with more simplified choreography and music from the 60s and 70s.

STRENGTH TRAINING - Designed to strengthen muscles for the whole body using a combination of weights, pilates rings, bands and weighted balls. Concentrates on the “core” muscles (abdominal and back) designed to improve strength and flexibility.

*TAI-CHI QIGONG BALL - This is a combination of the slow movements of Tai-Chi with Qigong (chee chong) meditative deep breathing, while using a weighted ball to improve upper body strength. It is compatible with Gentle Fitness and Strength Training classes. BEGINNERS CAN SIT.

*NEW! TAI CHUAN: Yang Style 24 Movements –Tai Chi leads us to become more calm, aware and relaxed. It also improves flexibility, stability, balance and coordination and increases energy and power. Tai Chi is a low impact physical workout, which can be adjusted to suit anyone of any age in any condition or health.

*YOGA* - Seated/Mat optional mind body class incorporating principles of yoga and guided imagery. Students perform a series of gentle yoga poses and stretching exercises.

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 THEATRE CLUB

Theatre Club News for 2018– Kathy Massey

NOTE: PLEASE PARK IN THE CENTER PARKING LOT WHEN ATTENDING THEATER CLUB SHOWS.

Sorry Gift Certificates are not available for Theatre Club Trips.
Checks make payable to KSCAC and theatre date of trip on your check.
Newcomers, please put your telephone number on your check.

When you add your name on the wait list, make sure to put down your telephone number for us to call you about an opening. Thank you for your support.

For more information, call Patty Worland 732-859-3914

Refund policy fee for all Theater Club Trips
Since we are required to pay in full for trips 30 days before the trip, we will not refund your money if you cancel after the cutoff date, which is a month before the trip.
If we have a wait list and someone takes your ticket, you will receive a refund.

2018

Attention all theater goers!

**Remember we do not take deposits.

It is with regret that we will have to increase prices for ALL TRIPS. Transportation, luncheons, and theatre tickets have all become more expensive. Some venues had to be eliminated.

We are working hard to keep our increases at a minimum. Looking forward to a great 2018 season!

1. Sunday, March 25th- “Ragtime” at the Axelrod in Deal
2. Sunday, April 22nd- “The Sting at Paper Mill Playhouse”, Millburn
3. Sunday, May 20th- “The Nerd” at George St, Playhouse, New Brunswick
4. Sunday, June 24th- “Mystery Trip”

We do not have costs, or luncheon venues at this time. Hopefully, we will have all information in the February newsletter.

If you would like to advertise with us, call the center

732-264-4916

Business Card Ad 2” x 3.5” $100

1/4 Page Ad $175.00

1/2 Page Ad $250.00

Full Page Ad $350.00
HAPPY NEW YEAR!

KEYPORT SENIOR CENTER
732-264-4916

TRIPS AND EVENTS FOR 2018
Now taking Deposits— $20 increments
For Those Trips Not Finalized Add Your Name and Phone Number
Payments and sign up is in front office
Check the upcoming newsletters to see when costs and dates become available!
Non-Members Pay an Additional $5.00 per trip
A Charter Bus or an air-conditioned school buses will be used.

Pick-ups for Helfrich: Senior Center, Bethany Manor, Leisure Bay Apts., and municipal parking lot unless otherwise noted)
Pick-ups for School Bus is at the Center and return trip will drop off at Center, Bethany Manor, Bethany Tower and Leisure Bay Apts. (unless otherwise noted)
FOR EACH TRIP ALWAYS CHECK!!

March

March 22nd Thursday, Museum of the American Revolution & lunch Little Lion. This is a new museum located in Philadelphia. One hour guided tour and approx. 1 hr. on your own with gift shop. Little Lion Restaurant across the street from museum for lunch includes Lion Salad: carrot, radish, cucumber, heirloom cherry tomatoes, white peach balsamic; with a choice of entre: 1. Lion Burger: sharp cheddar, bacon, pickled red onion, pimento cheese, butter lettuce, heirloom tomato and house made pickles or 2. Fried Chicken Salad Sandwich: country fried chicken, pimento cheese, lettuce heirloom tomato, buttermilk ranch, baguette; or 3. Ribeye Cheesesteak: caramelized onion, Swiss, garlic aioli. Dessert is mini pastries. Bus leaves 9am. Arrive for lunch 11. Tour at 1:20 bus leaves museum 3:15 arrives back in Keyport 4:30-5 depending on traffic limited to 40 people.

Leave: 9AM,
Full payment by: 2/22

LISTED ARE TRIPS BY MONTH THAT I AM WAITING ON BUS DATES:

April- Culinary Trip
April – Annual Volunteer Luncheon (by invitation only)
May – Doolan’s “Billion Dollar Trio” Cline, Garland & Diamond - If you love Patsy, Judy and Neil you’ll surely love this show of a lifetime plus All Star Comedian & Dancing
June – Longwood Gardens
July – Monmouth Race Track
August – Spirit of NJ-Two hour cruise, fresh, contemporary lunch buffet, narrated skyline tour with interactive DJ and dancing

Cost: $90

August – Princeton University Art Museum & Lunch
August- Summer Party @ Shore Casino
September- Smithville/Winery/Lunch & Shopping
October – Octoberfest
November – Planetarium at Liberty Science Center
December – Annual Holiday Party at Jacques
December – Holiday Show TBA

SAVE THE DATE: HERE AT THE CENTER
FEB 20 - BIRTHDAY CELEBRATION FOR DOT POLING; FEB 22 - BLACK HIST PROGRAM $5;
MAR TBA - ST PATRICK’S DAY (traditional corned beef and cabbage from Cornucopia) $8
MAY 22 - ANNUAL BBQ with Joey $5; AUG 15 - ANNUAL ART EXHIBIT: DEC 13 ANNUAL CHORUS HOLIDAY SING-A-LONG

ATLANTIC CITY DATES 2018: 1/18-Thursday; 2/13—Tuesday; 3/15—Thursday; 4/18— Wednesday; 5/17—Thursday; 6/12—Tuesday; 7/19—Thursday; 8/14—Tuesday; 9/20—Thursday; 10/16—Tuesday; 11/15—Thursday
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<td><strong>CENTER CLOSED</strong></td>
<td><strong>HAPPY NEW YEAR</strong></td>
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<td>1</td>
<td>10:00 Bodies in motion</td>
<td>10:00 Poker</td>
<td>9:00 Tai Chuan Yang Style</td>
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**SPECIAL NOTE:**

***WE CANNOT ACCEPT ANY MONEY (CASH OR CHECKS) FOR TRIPS, DONATIONS, ETC. AFTER 1:00 PM. YOUR COOPERATION WILL BE GREATLY APPRECIATED***

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*Dr. MOTASIS*
Podiatrist
Appointment
See pg. 19
Must Call:
732-970-4580

Scheduled dates 2018:
1/29, 4/2, 6/4, 8/6, 10/8, 12/10

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January 2018

Partially funded under Title III-Older Americans Act by MC Office on Aging
HAPPY NEW YEAR!

KSC Book Club – Always Room for More Readers

The Keyport Senior Center Book Club will have its first meeting of 2018 on Friday, January 26, beginning at 2PM. The book we will be discussing is Slow Love – How I Lost My Job, Put on My Pajamas, and Found Happiness by Dominique Browning. Ms. Browning is the former editor of House & Garden magazine.

Our book club was originally facilitated by the marketing director of Atrium Health & Senior Living in Matawan. When she left her position, the members of the book club struggled with whether we should continue and, if so, with what ground rules. The January meeting will be our second as a self-sufficient group. For the time being, each of us is purchasing or getting the book selected from the library. Previously, books were provided by the Atrium.

Here are our ground rules:

- We will meet once a month.
- We need at least five members consistently attending our meetings for the club to be viable.
- As a starting point, we will read books that are light and short, with a maximum of 300 pages.
- We will operate without a designated discussion leader. Everyone should come to the meeting having read the book and with observations and comments on the book's contents.

Please consider joining us on January 26 or in the coming months. Every issue of the newsletter will include the date of the book club meeting and the title of the book that will be discussed.

* * * * * * *

We Want Your Suggestions

A suggestion has been made that the senior center have more afternoon programming. Director Madeline Costello wants to hear your ideas about such programming. Please use the space below to describe your ideas and, if you have them, the names of possible instructors or group leaders. Return your suggestions to Madeline. Thank you!

__________________________________________________________________________________

Name ______________________________

Idea____________________________________________________________________________________

____________________________________________________________________________________

____________________________________________________________________________________

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- VA Hotline for General Benefits: 800-827-1000
- VA Clinic in Tinton Falls: 732-842-4751
- VA Clinic in Bricktown: 732-206-8900
- East Orange Veterans Facility: 973-676-1000
- Lyons Veterans Facility: 908-647-0180
- VA Clinic Piscataway: 732-981-8193
- NJ Dept. Military & Veterans Affair: 800-624-0508
- Veterans Cemetery (Arneytown): 800-264-0508
- NJ Vets Help Line: 866-838-7654

Request for Military Service Records, Military Personnel Files, Veterans Records, Discharge Papers, Separation Documents

**DD214**

**VETERAN’S NEWS: County to Offer Veteran’s ID Cards**

Governor Christie has authorized all County Clerks to provide Veteran’s ID photo cards to any veteran that registers their DD214 with the County Clerk’s office. The card proves the person is a U.S. Veteran and the card can be used for many discounts made available from the business community. They are available at the County Clerk’s offices in Freehold and in Neptune at the Monmouth County Connection. For information call 732-431-7324

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**VETERANS SERVICE OFFICES**

Monmouth County Veterans Service Office - Freehold: 732-683-8675
NJ Dept. of Military & Veterans Affairs - Asbury Park: 732-775-7009
Vietnam Veterans of America (VVA) - Newark: 973-297-3227
Veterans of Foreign Wars (VFW) - Newark: 973-297-3226
American Legion (AML) - Newark: 973-297-3377
Military Order of Purple Heart - Newark: 973-297-3389
Disabled Amer Veteran - Newark: 973-297-3378
Jewish War Veterans (JWV) - Newark: 973-297-3388
Paralyzed Veterans of America (PVA) - Newark: 732-297-3228

**National Personal Records Center**
- 1 Archives Dr.
- St. Louis, Missouri 63138
- 1-866-272-6272

[www.archives.gov/veterans/military-service-records](http://www.archives.gov/veterans/military-service-records)

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**VETERANS HONORARY DESIGNATION**

NEW JERSEY is thanking its military who proudly served to protect our freedom. To honor you, the NJ Motor Vehicle Commission (MVC) has begun imprinting the word “VETERAN” on the driver’s license of all who serve. Those wishing to receive this designation at no cost should visit their nearest MVC Agency. The only documentation needed is your present valid drivers license and your DD214. Those who are close to license renewal should wait till it’s due to avoid a double visit in a short time period. The wait time to accomplish this has been on the order of 15-20 minutes.
HAPPY NEW YEAR!

Happy New Year

Find and circle all of the words that are hidden in the grid.
The remaining letters spell the name of a popular location for celebrating
New Years Eve.

Hidden message from Decembers “Christmas” word find: TIS THE SEASON TO BE JOLLY

Appetizers    Dance    Festivities    Midnight    Punch
Babies        Day One  Fireworks      Music       Resolutions
Balloons      Decorations Fireworks      Music       Resolutions
Banners       End of December Friends    New Years Eve Streamers
Buffet        Events    Hats         Noisemakers Thirty First
Celebrate      Family    Holidays     Occasion    Tiaras
Champagne     Father Time Horns       Parades     Wine
Confetti      Feast      Kiss          Party       Year in Review
Are your nails too thick or too long?
Corns and Calluses bothering you?
Pain in the foot, ankle, or leg?

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Nails will be smoothed down for Free every visit

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732-888-1000

Please feel free to call if you have any questions and to schedule for an appointment.

If you have a high deductible, high copay or are not covered by Medicare for Podiatry Services and need to have your nails trimmed or corns and callouses removed consider Second Option. Membership for Second Option is free for Keyport Senior Citizen Members. Second Option makes you eligible for trimming of nails, and removal of corns and callouses at a reduced rate.

SHE ALSO TREATS THE FOLLOWING: Hot Burning Feet, Ankle Sprains, Deformed Feet, Trouble Walking, Crooked Toes, Restless Leg, Numbness, Ingrown nails, Infection, Pinched Nerves, Broken Bones, Cramps and Cold Feet
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cheese, then roll them into this
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tender slow-cooked USDA Choice
beef pot roast with caramelized
onions in rich beef and mushroom
gravy, topped with melted Swiss
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sourdough bread.

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January

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