

**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

Part time clerical staff: Sofie Clark sclark@keyportonline.com

Kathy Beam KeyportSeniorCenter@keyportonline.com

Contact us: cmcmanus@keyportonline.com

Phone: 732-264-4916

Fax: 732-264-8552

Volume 33 Issue 4

April 2025



"Never doubt that a small group of thoughtful, committed citizens can change the world: indeed, it's the only thing that ever has." -Margaret Mead

April is Volunteer Appreciation Month. Thank you to our dedicated Volunteers.

Looking forward to May:

- Annual Jewelry Boutique Monday, May 5th–Thursday, May 8th. Please bring in any jewelry donations by Friday, April 25th.
 - Mothers Day Brunch Thursday, May 8th. COST TBA
 - Atlantic City Trip Wednesday, May 21st.
- Memorial Day BBQ on Friday, May 23rd. Wear your Red, White and Blue and Jeans
COST TBA

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

President: Vacant Vice-President: Bob Thompson

Treasurer: Darlene Burgess Secretary: 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
Laure Parnaby	Susan Pike	Virginia Smith

Notes from Advisory Committee Member Lynn Case

Do April Showers Bring May Flowers?

Have you ever wondered about the meaning behind the phrase, "April showers bring May flowers"? The phrase originated in the United Kingdom and is actually a shortened version of a longer weather lore. The original version is "March winds and April showers bring forth May flowers and June bugs."

April is the time when increased rain shower activity sparks the beginning of flowers and plants starting to bloom, which is why April is known as the start of the growing season. You may be surprised to know, however, that April is not the wettest month in the United States, the month of June is. The phrase does still hold true because the rains in April provide the spring-flowering plants with the nutrients needed to survive the months ahead. So now that we are beginning the month of April, let's enjoy what the April showers bring us, including alliums, columbine, bleeding heart, lilacs, lily of the valley, pansies, primrose and many others.



From the desk of...
CHRIS

Dear Keyport Senior Center Members,

I am excited to introduce myself as the new Supervisor of Senior Activities. Returning to this center feels like coming home, as I had the pleasure of completing my internship here in 2018 alongside Madeline. She was a dedicated leader who cared deeply for this community, and I know I have big shoes to fill. Thankfully, Madeline has ensured a smooth transition, and I appreciate all the hard work she has put into making this center a special place. We wish her the very best in her well-deserved retirement!

Before joining Keyport, I served as the Recreation Director for Hazlet Township, where I worked to develop programs and events that brought people together. I hold a Bachelor's degree in Recreation Administration from Kean University and have always been passionate about creating engaging and meaningful opportunities for all ages.

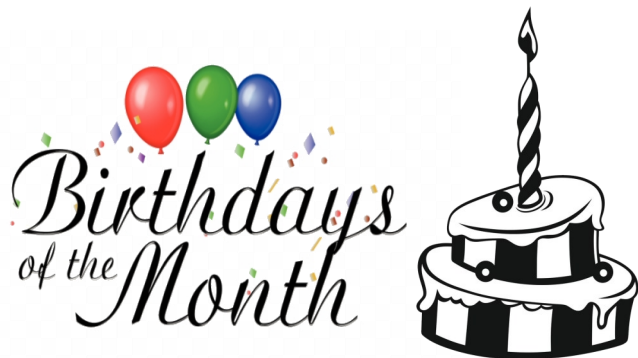
I look forward to getting to know each of you and working together to ensure that the Keyport Senior Center remains a welcoming, vibrant, and enriching place. My door is always open, and I encourage you to share your thoughts, ideas, and suggestions.

Looking forward to meeting you all soon!

***Farmers Market Food Vouchers are back this summer!
Keep a look out for dates in our upcoming newsletters.**

***Attention: Current and Former Keyport Chorus Members,
Please check to see if you have any music books at home.
Kindly return the books to the center.**

Thank you!



Mary Liu, Sheri Catullo, Elaine Greene, Lynne Wilson, Camille Moss, Carol Stack, John Montgomery, Isaiah Cooper, Anatoly Dragomeretsky, Laila Mereab, Melissa Nieves, Donald Gashi, Kathleen Manzo, Carmen Quinones, Joan Berry, Peter Henning, Mark Horvath, Diane Hrdina, Donna Jones, Donna Robichaud, Barbara Stahley, June Sullivan, Donald Cameron, Bobbie Carey, Maxine Harris, Victoria Mariocca, William Hudson, John McCarthy, Vincent Riggio, David Kennedy, Mary Schwedock, Lila Wayte



To Sue Layland for the loss of her husband Len
To Elba Moreno for the loss of her sister



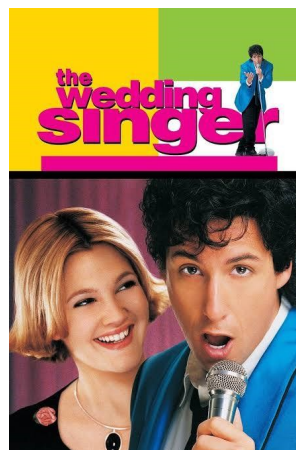
Lila Wayte

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!

MOVIE

THE WEDDING SINGER



Robbie, a singer, and Julia, a waitress, are both engaged, but to the wrong people. Fortune intervenes to help them discover each other.

Thursday, April 24th at 11:00am

Free popcorn and soda will be served



Coffee cups, napkins and plates.

Thank you for your generous donations!



Gail Young

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!**



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
Madeline Costello Helen Dahlgren Satish Daniel Viola Didato Eileen DeCicco Joan Devino
June Dougherty Laurie Eng Wendy Esannason Mary Faltoute Yolanda Gordillo Debbie Hege
Constance Lefferts Robert Lesniakowski Agnes Leyesa Terrie Magistro Sue Miller Sandy Molon
MaryEllen Murach Regina O'Reilly Gail Paris Cathy Mietz COOKIE PIZZI
FRED PIZZI Diana Rasmussen Barbara Repp Dan Rosato DIANE SHEPPARD
VIRGINIA SMITH Dawn Staniforth Marianne Tavani Orma Trim

South Jersey Legal Services

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.

Friday, April 4th

9:00-11:00

Sign-Up:

Call 732-264-4916

Email: sclark@keyportonline.com

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.



Visiting Nurse Association Health Group
Senior Wellness Nurse
KEYPORT SENIOR CENTER
SECOND FRIDAY OF EACH MONTH
APRIL 11th: 10:30-12:00 NOON
Free-No Cost

The VNA Health Group nurse performs a nursing assessment which includes:

- Blood pressure screenings
- Cardio vascular assessment
- Medication Review
- Disease Specific Education
- Nutrition and Diet
- Depression Screenings

This free program focuses on health promotion to assist seniors in achieving and maintaining an optimal level of functioning.

*Acrylics on
canvas
with Mary Lou*

WEDNESDAY APRIL 2
1PM
SIGN UP IN THE OFFICE



PIZZA WITH CHRIS

★ COME GET TO KNOW ★
OUR NEW CENTER SUPERVISOR



SIGN UP BY TUES. APRIL 8

FREE SPONSORED BY OUR ADVISORY COMMITTEE

“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.

CHAIR YOGA- 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

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. **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

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.

SENIOR CIRCUIT- 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!)

April 2025

Monday	Tuesday	Wednesday	Thursday	Friday
	1	2	3	4
	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 with Kim 2:15- Zumba	10:00-Cards/Poker 10:00-Chair Volleyball with Gail 1:00- Senior Circuit with Elizabeth 1-3:30-All Medium Art 'Acrylics on Canvas' 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 (New time)	8:30- Atlantic City Trip 9:00-11:00- South Jersey Legal 9:00-10:15-Table Tennis 10:00-Cards/Poker 10:30-Latin Groove 12:00-Table Tennis 4:30-5:30 Alzheimer's Support Group
7	8	9	10	11
9:00-10:30 -Table Tennis 10:00- Dr. Motasis Podiatrist 11:00-4:00- Canasta 12-12:45 - Spanish Class 1:00 - Senior Strength with Elizabeth 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 with Kim 2:15- Zumba	10:00-Cards/Poker 10:00-Chair Volleyball with Gail 11:00 "Laughter Therapy" By Right at Home 1:00- Senior Circuit with Elizabeth 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 (New time) 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 12:00- Pizza Party with Chris "Get to know our new Center Supervisor"
14	15	16	17	18
9:00-10:30 -Table Tennis 11:00-4:00- Canasta 12-12:45 - Spanish Class 1:00 - Senior Strength with Elizabeth 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 with Kim 2:15- Zumba	10:00-Cards/Poker 10:00-Chair Volleyball with Gail 1:00- Senior Circuit with Elizabeth 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 (New time)	CENTER CLOSED GOOD FRIDAY
21	22	23	24	25
9:00-10:30 -Table Tennis 11:00-4:00- Canasta 12-12:45 - Spanish Class 1:00 - Senior Strength with Elizabeth 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 with Kim 2:15- Zumba	10:00-Cards/Poker 10:00-Chair Volleyball with Gail 1:00- Senior Circuit with Elizabeth 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 "The Wedding Singer" 11:30-Table Tennis 12:30-Tai Chi (New time) 1:30- Guitar Lessons 2:00- Advisory Committee Mtg.	9:00-10:15-Table Tennis 10:00-Cards/Poker 10:30-Latin Groove 12:00-Table Tennis
28	29	30		
9:00-10:30 -Table Tennis 11:00-4:00- Canasta 12-12:45 - Spanish Class 1:00 - Senior Strength with Elizabeth 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 with Kim 2:15- Zumba	10:00-Cards/Poker 10:00-Chair Volleyball with Gail 1:00- Senior Circuit with Elizabeth 1-3:30-All Medium Art 2:30-Table Tennis	Dr. Lynn Motasis Podiatrist 732-970-4580	South Jersey Legal Services 732-414-6750 (ext. 6505)