

**SERVING  
KEYPORT  
AND THE  
BAYSHORE  
AREA**



**FREE TO  
KEYPORT  
RESIDENTS  
60+  
(UNDER 60  
DISABLED)**

110 Second Street, Keyport, NJ 07735

**website: [www.keyportonline.com](http://www.keyportonline.com) VISIT OUR FACEBOOK PAGE "KEYPORT SENIOR CENTER"**

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**Volume 33 Issue 9**

**September 2025**

**It's time to gather and have lunch  
with friends**

**Thursday September 25**

**12:15pm \$13**

**Choice of Ham or Turkey Sandwich**



### **"Guess That Baby Face"**

We are taking a trip down memory lane!  
We're asking members to bring in a childhood photo— any age from baby to teen.

Can we guess that baby picture is you?  
Find out at our Holiday party.

Drop off photo to the office, pictures will  
be returned after the party.



**2026 Cruise Trip  
Information  
Meeting, Tuesday  
Sept 9 @ 9am**

KSC is joining in on the fun on a 4 Night  
Cruise to Canada April 28-May2,2026

\$815pp dbl occupancy, \$50 pp Deposit

Royal Caribbean Cruise Line

## **Senior Center Buzz**

**9/1 Center Closed**

**9/9– Theater Ticket sale**

**9/19 Volunteer Lunch**

**9/25 Advisory Meeting**



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!

ADELE GRIES	GAIL PARIS	NANCY DEODATO
ANN ALBANO	HELEN DAHLGREN	PHOEBE MAZZUCCO
BARBARA REPP	JESSICA MCGEE-CALLANDRILO	REGINA O'REILLY
BRIDGET BRODERICK	JOAN DEVINO	SUE MILLER
CAROLE GRABOWSKI	JUNE DOUGHERTY	TERRI MAGISTRO
COOKIE PIZZI	LAURIE PARNABY	TONY CALLANDRILLO
DIANA RASMUSSEN	LYNN CASS	VERONA KING-MOTLEY
DONNA ROBICHAUD	MARY ELLEN MURACH	VIRGINIA SMITH
EILEEN DECICCO	MARY PAGIS	WENDY ESANNASON
FRED PIZZI	MATTIE ANDERSON	YOLANDA GORDILLO



#### Tuesday September 23:

Sav on Drugs will be here to give out Flu Shots– Must bring Insurance card, sign up in office

#### Tuesday September 30:

Hackensack Meridian will be here 10-1pm for Wellness Screening. Blood Pressure, Pulse, BMI, Glucose, Cholesterol, Stroke Screening. Sign up in office



We now accept  
All Major credit cards



3% (Min \$3.00)  
processor fee

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

President: Vacant      Vice-President: Bob Thompson

Treasurer: Darlene Burgess      Secretary: Dawn Staniforth

Supervisor: Chris McManus

ADVISORY COMMITTEE MEMBERS

Ken Angrason	Lynn Case	June Dougherty
Mary Lou Faitoute	Yolanda Gordillo	Julia Hudson
Patti Mascolino	Elba Moreno	Louis Natarcola
Laurie Parnaby	Susan Pike	Virginia Smith

Notes from the Advisory Committee  
**Member Laurie Parnaby**

September is believed to be a month of transition, marking the end of summer and the beginning of fall. This is a great time to take advantage of the cooler weather and enjoy being outside. This also is an excellent time to start or refocus on moving more. Even minimal movement can boost your mood and energy levels. Take a short walk around your neighborhood or a local park, breathe in the fresh air and look at the beautiful leaves falling, it's nature at its best!!!

Also, in September we celebrate so many special days, Labor Day, children/grandchildren going back to school, Grandparents Day, Hispanic Heritage, and at the center we will be celebrating all our wonderful volunteers who make the center fun, friendly, happy and make the center flow day to day.

In closing, September is not just a transition month it is also about setting the tone for how you want to end your year and start the year ahead. Activate your awesome you, set the stage for an incredible finish to 2025 and begin to prepare for a wonderful 2026!

*Laurie N. Parnaby*

From  
the desk  
of  
**CHRIS**



As we say goodbye to August, let's take a moment to look back at all the fun we had! We enjoyed a wonderful Summer Beach-themed party with live entertainment from the AJ Duo. We also received an additional 12 Farmers Market Vouchers from Monmouth County, which allowed us to take care of everyone on our waitlist. A big thank-you goes out to Kathy for her hard work and dedication in helping distribute the Farmers Market Vouchers!

It is also with **heavy hearts** that we share the loss of Vinny, our wonderful bus driver, this past August. Vinny was more than just a driver—always a friendly face and a caring presence. Those who rode the Skipper bus weekly will truly miss the kindness, reliability, and warmth Vinny brought each day. Vinny will be deeply missed by all of us at the Center.

Looking ahead to September, we're excited to keep the fun going:

- **Tuesday, September 9 at 9:00 AM** – Join us for an information session to learn more about a possible **2026 cruise!** Just imagine: four nights at sea with friends, relaxing by the pool, listening to the waves, and soaking up the sunshine. No need to sign up—just stop by and hear all about it!
- **Friday, September 19** – Please note, the Center will close to members at **11:00 AM** for our **Annual Volunteer Luncheon**, which begins at 12:00 PM. Invitations have been sent to all our wonderful volunteers.

And don't forget—**Grandparents Day is Sunday, September 7!** If you're lucky enough to have grandchildren, be sure to spend some special time with them this month.

Here's to a fun and memorable September together—let's make new memories, share lots of laughs, and enjoy every moment!

# Birthdays of the Month



# MOVIE THURSDAYS

Each Thursday in the month, we will be showing a Movie starting at 11am. Snacks and drinks are not provided at all movies, you're welcome to bring snack and drinks.

## Greek Mothers Never Die Sept 4

## Come From Away Sept 11

## Wicked Sept 18

## Top Gun Sept 25\* snacks will be provided.



Allan Ferguson	Felicia Troisi	Mary Barnes
Anthony Magistro	Gail Paris	Miriam Menendez
Barbara Gianguzzi	Gilda Cleary	Nancy Weston
Carol Huetter	Jacqueline McGowan	Pat Sheffield
Carolynn Trigg	Joan Noble	Raymond Kondratyk
Catherine Mietz	John Benoit	Rhonda Sabel
Cindy Raymond	Kathryn DeMario	Robert Pollock
Darlene Burgess	Kathy Robinson	Rosemarie Prendergast
Diane Konefal	Maria Cruz	Theresa Rennick
Diane Sheppard	Martha Davis	
Douglas Butler		



We are looking for  
Napkins & Tissue Boxes.  
Thank you for your generous donations!



# 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!

Brian Kleiman	Joseph Johnsen
Florence Hungrecker	Michael Sisko



# SAVE THE DATE



BAPS SWAMINARAYAN  
AKSHARDHAM- North America

Friday Oct 3  
Bus leaves Keyport 9:30AM

\$25 Members  
\$30 Non Members



**WIND CREEK®**  
BETHLEHEM

**Friday**  
**October 17**



**Christmas**  
**at the Playhouse**  
A comedy, Song & Dance Holiday Show  
**HUNTERDON HILLS PLAYHOUSE**

**Ticket \$ 120- KSC Members**  
Payment plan Available for members  
**\$125 Non Members**

**Ticket includes**

- Transportaion
- Show
- Table Served Entree/ Dessert
- Soda/Coffee & Tea

"It's the most wonderful time of the year, come join us! There is something for everyone-Traditional holiday favorite, pop Christmas hits and seasonal spirituals."

**Wednesday November 19,2025**  
Pick Up Locations: Bethany Manor,  
Oyster Bay Apts. and Fireman's Parking Lot  
**Pick up time 10AM Questions?**  
Call: Keyport Senior Center 732-264-4916

JOIN US FOR A  
**Annual**  
**Holiday Party**  
WEDNESDAY **10** DECEMBER  
12PM - 3PM  
Jacques Reception Center  
500 Palmer Ave, Middletown

**\$60 Members \$65 Non Members**  
Payment plan available for members only

**Food Choices:** Champagne Chicken, Prime Rib,  
Poached Salmon  
**Entertainment by:**  
No Limit Entertainment  
RSVP by Nov 14

# Social Worker News

## Get Ready to Review Your Annual Notice of Change,

It is time to get ready for Medicare D Plan changes for 2026.

Open the mail and READ the notices sent by your Part D Drug Plans!

Your notices will describe any changes to your premium, your out of pocket costs like deductibles and co-pays; your pharmacy directory and your formularies.

Be A Smart Medicare Consumer!

## Medicare Part D Open Enrollment starts on October 15th

If you need assistance be sure to contact Ann Albano, Keyport SC Social Worker.

Ann can be reached at 732-264-4916 or Call NJ SHIP at 732-222-9111 Press 7

SHIP Volunteers provide free, objective information about Medicare.

SHIP Volunteers do not sell insurance. Ship Volunteers help you to understand your insurance options so that you can make an informed decision.

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# KSC Theater Group

Saturday  
October 11



Spring Lake  
Theater

## Save the Date

Get ready to hand-jive your way back to Rydell High! Grease is the ultimate rock 'n' roll musical, bursting with high school romance and rebellious fun.

Lunch at Mr. Shrimp

Price includes– Bus, Lunch & Theatre tickets.

KSC members \$75 and will have first priority. If available, non members tickets cost \$80

**New Rules:** Make checks payable to **KSCAC** and include your phone number on check. Put check in the theatre drop box in the hallway, starting Sept 9 for members, Non members starting Sept 22 if available and you must write your name on the clipboard sheet.

Meet at the Center parking lot at 9:45am. Bus leaves at 10am. Return time is approximately 5:30pm.

# Programs That Keep You Smiling

Stay Active, Stay Inspired!



We offer a comprehensive exercise program designed for older adults, focusing on all aspects of healthy movement. All fitness classes are free of charge and led by certified instructors to ensure safety and support at every level.

There's truly something for everyone — come explore, engage, and enjoy all that our center has to offer!

## **All-Medium Art-** Taught by Mary Lou on **Wednesdays at 1:00 PM**

Let your creativity flow! Work with a variety of materials including drawing, painting, and mixed media. Open to all skill levels, this class encourages experimentation and self-expression.

## **Ceramics-** Taught by Beverly on **Mondays at 1:30 PM**

In Ceramics, you'll have the chance to paint and create your own piece. Once finished, you can glaze it and bring your unique artwork to life. A fun and hands-on way to explore your creativity—no experience necessary!

## **Chair Yoga-** Taught by Kim on **Tuesdays at 1:00 PM**

A gentle seated and standing yoga class that includes breathing practices, guided imagery, mindfulness, and meditation. Improve concentration, well-being, flexibility, balance, and muscle tone in a calm, supportive environment.

## **Chorus-** Taught by David on **Tuesdays at 12:00 PM**

Join your voice with others and sing your heart out! No experience necessary—just a love of music and community. Enjoy rehearsing a variety of songs in a fun, welcoming group.

## **Gentle Fitness-** Taught by Oscar on **Thursdays 10 AM**

Build functional strength and work on balance and fall prevention. This class allows you to move at your own pace—whether seated or standing.

## **Latin Groove-** Taught by Oscar on **Fridays 10:30 AM**

Dance to Latin rhythms like Cha Cha, Salsa, Merengue, and Bachata, plus favorite line dances like the Electric Slide and Cupid Shuffle. A great cardio workout and a whole lot of fun—get your groove on!

**Senior Circuit-** Enjoy a full-body workout with interval training that combines strength, balance, and cardiovascular exercises in a circuit format. Work at your own pace to build endurance, strength, and flexibility.

## **Senior Group Fitness-** Taught by Cara on **Mondays at 11:30 AM**

Enhance muscle strength, balance, and mobility using light weights, resistance bands, and exercise balls. This class is fun, safe, and supportive.

## **Spanish-** Taught by Elba on **Mondays at 12:00 PM**

Build your Spanish language skills in a relaxed and social environment. Whether you're a beginner or brushing up, enjoy learning vocabulary, conversation, and culture in an interactive setting.

## **Tai Chi with Bruce King** **Thursdays at 12:30 PM**

Experience the Sun Style short form of Tai Chi—a slow, flowing, meditative movement practice known as “meditation in motion.” Great for balance, coordination, and mind-body wellness.

## **Zumba Gold-** Taught by Sandy on **Tuesdays at 2:15 PM**

A fun fusion of Latin and international music and dance! Zumba Gold is adapted for active older adults and beginners, offering low-impact movement without the pressure of traditional aerobics. Feel the rhythm and move at your own pace.

# SEPTEMBER 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1  <b>Center Closed Labor Day</b>	2  10:00- Center Meeting 10:00-Cards/Poker 10:30-11:45-Bingo 11:30- Table Tennis <b>12-1:00- No Chorus</b> 12-2-Chess Class 1:00-Chair Yoga 2:00-4:00- Open Art 2:15- Zumba	3  10:00-Cards/Poker 1:00- Senior Circuit 1-3:30-All Medium Art 2:30-Table Tennis	4  9:30-1:30-Social Worker 10:00-Gentle Fitness with Oscar 11:00-Canasta 11:00- Movie 11:30-Table Tennis 12:30-Tai Chi	5  9:00-10:15-Table Tennis 10:00-Cards/Poker 10:30-Latin Groove 12:00-Table Tennis 2:00-4:00- Open Art
8  9:00-10:30 -Table Tennis 11:00-4:00- Canasta 11:30- Senior Group Fitness 12-12:45 - Spanish Class 1:30-Ceramics 2:30-Table Tennis	9  <b>9:00- 2026 Cruise Meeting</b> <b>9:00 Theater Group ticket sale starts</b> 10:00- Center Meeting 10:00-Cards/Poker 10:30-11:45-Bingo 11:30- Table Tennis 12-1:00- Chorus Class 12-2-Chess Class 1:00-Chair Yoga 2:00-4:00- Open Art 2:15- Zumba	10  10:00-Cards/Poker 1:00- Senior Circuit 1-3:30-All Medium Art 2:30-Table Tennis	11  9:30-1:30-Social Worker 10:00-Gentle Fitness with Oscar 11:00-Canasta 11:00- Movie 11:30-Table Tennis <b>12:30- No Tai Chi</b>	12  9:00-10:15-Table Tennis 10:00-Cards/Poker 10:30-Latin Groove 12:00-Table Tennis 2:00-4:00- Open Art
15  9:00-10:30 -Table Tennis 11:00-4:00- Canasta 11:30- Senior Group Fitness 12-12:45 - Spanish Class 1:30-Ceramics 2:30-Table Tennis	16  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 2:00-4:00- Open Art 2:15- Zumba	17  10:00-Cards/Poker 1:00- Senior Circuit 1-3:3-All Medium Art 2:30-Table Tennis	18  9:30-1:30-Social Worker 10:00-Gentle Fitness with Oscar 11:00-Canasta 11:00- Movie 11:30-Table Tennis <b>12:30-NoTai Chi</b>	19  9:00-10:15-Table Tennis 10:00-Cards/Poker 10:30-Latin Groove <b>No Open Art Today</b>  <b>Volunteer Luncheon - Center will be closed at 11am for the Event</b>
22  9:00-10:30 -Table Tennis 11:00-4:00- Canasta 11:30- Senior Group Fitness 12-12:45 - Spanish Class 1:30-Ceramics 2:30-Table Tennis	23  <b>9:00 Flu Shots</b> 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 2:00-4:00- Open Art 2:15- Zumba	24  10:00-Cards/Poker 1:00- Senior Circuit 1-3:30-All Medium Art <b>Poured Paint on Canvas</b> 2:30-Table Tennis	25  9:30-1:30-Social Worker 10:00-Gentle Fitness with Oscar 11:00-Canasta 11:00- Movie 11:30-Table Tennis <b>12:15 Lunch w/ Friends</b> 12:30-Tai Chi <b>2pm Advisory Meeting</b>	26  9:00-10:15-Table Tennis 10:00-Cards/Poker 10:30-Latin Groove 12:00-Table Tennis 2:00-4:00- Open Art
29  9:00-10:30 -Table Tennis 11:00-4:00- Canasta 11:30- Senior Group Fitness 12-12:45 - Spanish Class 1:30-Ceramics 2:30-Table Tennis	30  10:00- Center Meeting 10:00-Cards/Poker <b>10:00 -1pm Wellness Screening</b> 10:30-11:45-Bingo 11:30- Table Tennis 12-1:00- Chorus 12-2-Chess Class 1:00-Chair Yoga 2:00-4:00- Open Art 2:15- Zumba	<b>Change of Rooms</b>  <b>9/23 &amp; 9/30</b> <b>Poker</b> will be in Kitchen,  <b>Chorus</b> will be in the Dining room.		<b>South Jersey Legal Services</b>  <b>732-414-6750</b> (ext. 6505)
				<b>Dr. Lynn Motasis</b>  <b>Podiatrist</b>  <b>732-970-4580</b>