

**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

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Volume 33 Issue 6

June 2025

HAPPY
**Father's
Day**

FARMERS MARKET FOOD VOUCHERS WILL BE COMING SOON!

**PLEASE KEEP AN EYE OUT FOR EMAILS AND FLYER POSTINGS AT THE SENIOR CENTER
FOR UPCOMING DATES AND MORE INFORMATION.**



**SAVE THE DATE!
ANNUAL SUMMER PARTY
FRIDAY, AUGUST 15TH
COST TO BE ANNOUNCED**



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

President: Vacant **Vice-President:** Bob Thompsen

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
Laurie Parnaby	Susan Pike	Virginia Smith

Notes from Advisory Committee Member Julia Hudson

Hello June!!!

I'm thrilled to welcome the month of June. It marks the beginning of summer in our parts of the world, along with the summer solstice, which is the longest day of the year. This year the solstice will occur on Saturday the 21st. day of June.

June is a month jam-packed with excitement and fun! As summer begins, we will not only enjoy the longer days and warmer weather, we are also able to create wonderful opportunities to gather with family & friends for special occasions, holidays, outdoor events, and unique celebrations that makes spending time together memorable.

June Fun Facts

- The June Birthstone is Pearl. Pearls have been sought after for centuries and were once only affordable by the wealthy.
- June Flowers are Roses and Honeysuckles. Roses are deep red, while honeysuckles are light yellow. Both are incredibly fragrant and can often be found growing together in gardens.
- The color for June is PURPLE! Because June is *Alzheimer's and Brain Health Awareness Month* and it's the official color of the Alzheimer's movement.
- June is National Great Outdoors Month in the United States, encouraging outdoor activities.
- Juneteenth, also known as Freedom Day or Juneteenth National Independence Day, is a US holiday commemorating the June 19, 1865, date when Union General Granger announced to enslaved people in Galveston, Texas that they were free, effectively ending slavery in the state
- **Juneteenth Celebration on the 8th. @ Monmouth County Hall of Records**
(1 Main Street, Freehold NJ)
- At the North Pole, the Sun does not set in June; at the South Pole, it does not rise.
- **Men's Mental Health Month**
- **Caribbean-American Heritage Month**
- **Black Music Month**
- **Pride Month**

Cheers to Fun Filled Days & Sunshine Rays
Julia Hudson!



As we welcome June with sunshine and smiles, we'd like to take a moment to reflect, inform, and celebrate the wonderful things happening at our Senior Center!

💎 Thank You, Joan & Team!

A heartfelt thank you goes to Joan and her amazing crew for all their hard work on the Jewelry Boutique Sale. The sales were a success thanks to your dedication and effort!

👉 May Highlights

We had a fantastic turnout for our **Mother's Day Brunch**— thank you to everyone who joined us and helped make it special!

🧘 New Fitness Fun!

We're excited to welcome **Cara**, our new fitness instructor! Join her every **Monday at 11:30 AM** for a fun and energizing **Senior Group Fitness** class.

🚫 Center Closure Notice

Please note: The Senior Center will be **closed from Monday, June 9 through Friday, June 13** for necessary building repairs. We appreciate your patience during this time.

📢 Help Spread the Word!

We're proud of all the joy, activities, and friendship here at the Center! If you have a **Google** or **Facebook** account, we'd love for you to leave a **positive review** and help share the fun with others in the community.

🗳 Upcoming Trip – Reserve Now!

Tickets are now on sale for our **November bus trip to Hunterdon Hills Playhouse** to see "*Christmas at the Playhouse*". A **half-payment option** is available for those who sign up early.

🎤 June Events & Speakers

June 4: Let's Get Fresh – Presented by Hackensack Meridian

June 17: Bingo sponsored by Anchor Care

June 18: Monmouth County Mosquito Commission – Learn about bugs in our backyards

June 20: Celebrate with us at our **Father's Day Lunch**

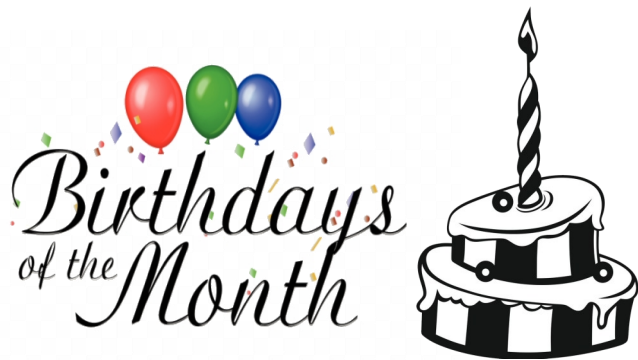
June 24: Wellness Screening from 10:00 AM – 1:00 PM

🌸 A Friendly Reminder

With the warmer weather, we know many are out walking their pets. Please remember that **only service animals are permitted inside the center**. Thank you for your cooperation!

Wishing you a wonderful June full of health, happiness, and community.





Lorna Day, Dorothy DeFilippo, Lybia Ahmad, David Cofield, Janet Gulla, Eva Calero, Jan Clough, Nui Ly, Marie Christopher, Frank Martin, Rosemary Maher, Aita Quinones, Darlene Lozito, Teresa McGraw, John Schiller, Johanna Zachariades, Steven Cape, Kathy Cofield, Paulla Alkiewicz, JoAnn Ochinegro, June Samuels, Peggy Bennett-Wise, Jessica Magee-Callandrillo, Eileen Buonocore, Grace Czech, Daniel Bach, John Brady, Barry Gutterman, Terrie Magistro, Joyce Dubon, Adele Gries, John Ventura

MOVIE

MY BIG FAT GREEK WEDDING II



A Portokalos family secret brings the beloved characters back together for an even bigger and Greeker wedding.

Thursday, June 26th at 11:00am

Free popcorn and soda will be served



To Gail Young for the loss of her brother



Coffee. Kitchen pots and pans.

Thank you for your generous donations!

Welcome
to our
New Members

Anna Rodriaguez
Mary Ann Sullivan



Marie Caden

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, Specific Occasion Cards, or Religious cards. THANK YOU FOR YOUR DONATIONS TO THE CENTER!

Thank you

FOR YOUR SUPPORT

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 **Mattie Anderson** Lynn Case Nancy Deodato June Dougherty **Wendy Esannason**
Yolanda Gordillo Terrie Magistro Mary Ellen Murach **Barbara Repp** **Donna Robichaud**



**Monmouth County
Mosquito Commission**

Presentation
June 18
11-12pm

Learn about
Ticks
& Mosquitoes



PLEASE JOIN US FOR A

**FATHER'S
DAY**
Lunch

**FRIDAY
JUNE 20**

\$8

Sandwiches, Chips,
Dessert, Drinks

12-2PM

SAVE THE DATE



**THURSDAY JULY 17
1PM-4PM**

Boat Tour

\$55

Join us for a relaxing and scenic 3-hour boat tour around the beautiful Raritan Bay aboard the Keyport Princess!

Enjoy the fresh air, lovely views, and great company as we cruise the bay together. This is a special event exclusively for Keyport Senior Center members and friends – don't miss out!

Get your camera ready to take beautiful sights along the way!

Light refreshments will be served onboard. We kindly advise to have lunch prior to boarding the vessel!



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

“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!)

June 2025

Monday	Tuesday	Wednesday	Thursday	Friday
2	3	4	5	6
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	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 2:15- Zumba	10:00-Cards/Poker 10:00-Chair Volleyball 11:00- Speaker: Lets Get Fresh sponsored by Hackensack Meridian 1:00- Senior Circuit 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 1:30- Guitar Lessons	9:00-10:15-Table Tennis 10:00-Cards/Poker 10:30-Latin Groove 12:00-Table Tennis 1:00- Paint, Play, Create!
9	10	11	12	13
CENTER CLOSED	CENTER CLOSED	CENTER CLOSED	CENTER CLOSED	CENTER CLOSED
16	17	18	19	20
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	10:00- Center Meeting 10:00-Cards/Poker 10:30-11:45-Bingo Sponsored by Anchor Care 11:30- Table Tennis 12-1:00- Chorus 12-2-Chess Class 1:00-Chair Yoga 2:15- Zumba	10:00-Cards/Poker 10:00-Chair Volleyball 11-12:00- Speaker: Monmouth County Mosquito Commission 1:00- Senior Circuit 1-3:30-All Medium Art 2:30-Table Tennis	HAPPY JUNETEENTH 8:30- Atlantic City Trip 9:30-1:30-Social Worker 10:00-Gentle Fitness with Oscar 11:00-Canasta 11:30-Table Tennis 12:30-Tai Chi 1:30- Guitar Lessons	9:00-10:15-Table Tennis 10:00-Cards/Poker 10:30-Latin Groove 12-2:00- Fathers Day Lunch 12:00-Table Tennis 1:00- Paint, Play, Create!
23	24	25	26	27
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	10:00- Center Meeting 10:00-Cards/Poker 10:00-1:00- Wellness Screening 10:30-11:45-Bingo 11:30- Table Tennis 12-1:00- Chorus 12-2-Chess Class 1:00-Chair Yoga 2:15- Zumba	10:00-Cards/Poker 10:00-Chair Volleyball 1:00- Senior Circuit 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 "My Big Fat Greek Wedding II" 11:30-Table Tennis 12:30-Tai Chi 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 1:00- Paint, Play, Create!
30				
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	Dr. Lynn Motasis Podiatrist 732-970-4580	South Jersey Legal Services 732-414-6750 (ext. 6505)		