



July Mayor's Wellness Campaign Events: Eating Healthy on a Budget & Yoga in the Park!



[Click Here for Full Schedule](#)

Eating Healthy on a Budget: Thursday, July 11th at the Tonya Keller Community Center (50 Bray Avenue) from 6:30-7:30 PM

Learn some grocery shopping tips & tricks that will help you save money while still eating healthy. Presented by Vincent Smith of Horizon BCBSNJ.

Yoga in the Park: Saturday, July 20th at Poricy Park (345 Oak Hill Road) at 9:00-10:00 AM

Wake up, stretch and find your inner peace to start your weekend. Presented by Hot & Soul Yoga.

[Click on the picture for more details!](#)

County Dredging Pews Creek Access Channel Through Week of July 8th



Over the last few weeks, the Monmouth County Parks System has been doing maintenance on Pews Creek to ensure safe navigation for boaters docked at its Monmouth Cove Marina. The County must periodically dredge the access channel of Pews Creek from the Port Monmouth Road bridge to 300 feet beyond the end of the stone jetties into Raritan Bay.

All work is being performed in strict accordance with stipulations specified in the current New Jersey Department of Environmental Protection and Army Corps of Engineers permits. There are seasonal restrictions for dredging which is why the work is being done at this time.

Click [HERE](#) to read the press release.

Help Pay Off Library Fines with Food Bank Donations Through August 31st



[Pictured from left: MTPL Trustee Tara Berson, Mayor Tony Perry and Acting Library Director Megan Wianecki](#)

Mayor Tony Perry stopped by the Middletown Township Public Library on Wednesday, June 26th to support its Food for Fines Campaign benefiting local charities.

From now until August 31st you can help pay off your library fines with food bank donations. Each nonperishable food item donated during the program event eliminates a \$1.00 of late fees from the cardholder's account up to a maximum of \$10.00 per card. Donations will be going to local food banks on a weekly basis, including the Town's Pantry, Middletown Helps Its Own, Calico Cat, Project Paul and Lunch Break.

[**CLICK THE PICTURE FOR MORE INFORMATION.**](#)

We Care Adult Care Hosts Inaugural Multigenerational Day



We Care Adult Care celebrated their inaugural Multigenerational Day on Friday, June 28th. Local children joined some of our senior community members for a fun day full of crafts, magicians and a pizza party. Committeewoman Pat Snell attended the event and spoke to the happy group about the value of our seniors and youth sharing stories and learning from each other.

Ideal Beach Community Association Awards "My Neighborhood" Scholarship Contest Winner



IBCA Treasurer Kathy Howard, President Sandra Vazquez, Vice President Jack LeRoy and Committeewoman Pat Snell stand proudly with scholarship recipient Samantha Seminara.

Committeewoman Pat Snell was honored to help members of the Ideal Beach Community Association present Samantha Seminara with the "My Neighborhood" Scholarship.

This is the the third year the scholarship was offered to high school graduates who live in the Ideal Beach community. Samantha was awarded the scholarship in recognition of her moving essay about what living in the community means to her. Congratulations Samantha!

Middletown Welcomes Chase New Monmouth Road Branch





MTPL Launches Summer Reading Program!



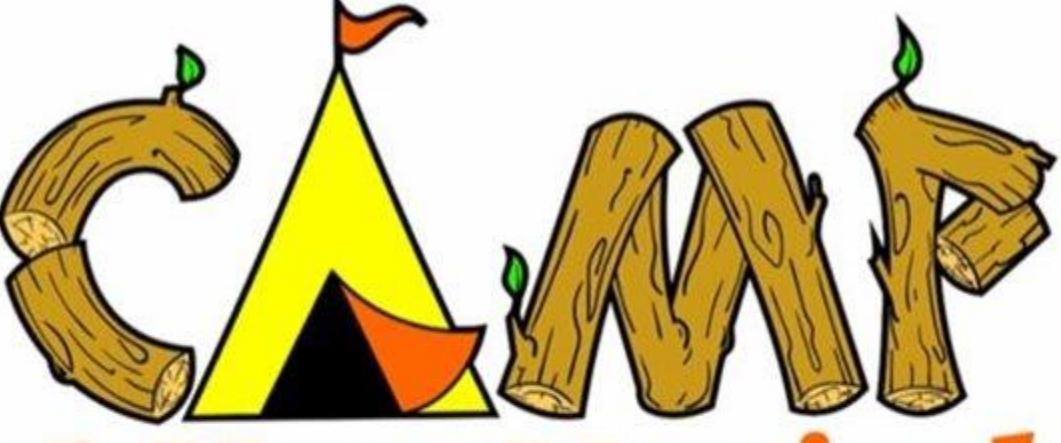
The MTPL is offering summer reading fun at the Middletown Township Public Library (55 New Monmouth Road)! Kids earn incentives and prizes for completing their summer

reading assignments. This year's theme is **A Universe of Stories**, tying in with the 50th anniversary of the Apollo 11 moon landing.

A display on the wall in the Children's Room is dedicated to the program where participating children can leave their name among the stars. Stop by and check it out!

Upcoming Events

THE MAC PRESENTS: CAMP THE MUSICAL!



CAMP
A New Musical

June 28–30

Get your Tickets to CAMP - A New Musical!
June 28 & 29 at 7:30 pm, June 30th at 3 pm

Camp Goody Goody, a summer camp for privileged children of the well-to-do in upstate New York, run by an aging socialite, Madame Tred Faux, is suddenly faced with a dilemma after opening day. With more than twenty songs and a cast of 24, you will be singing long after the curtain closes. Written and Directed by David J.V. Meenan with Musical Direction by Karen Feeney and Orchestration by Jay O'Brien.

[CLICK THE PICTURE TO PURCHASE TICKETS!](#)



The State of New Jersey Beaches Discussion

DATE: MONDAY, JULY 1ST

TIME: 10:30AM

**LOCATION: Stockton Atlantic City Academic Center,
3711 Atlantic Ave., Atlantic City**

This is a public event through Stockton University to report on the status of New Jersey beaches before the July 4th holiday and discuss major ocean and coastal issues facing the State. This event is free and open to the public, but please register in advance.

Click [HERE](#)to register.

MTPD HOSTS COMMUNITY BLOOD DRIVE ON 7/10

SAVE LIVES..DONATE BLOOD

**LINCROFT
COMMUNITY
BLOOD DRIVE**

**DONORS WILL RECEIVE A \$5 DUNKIN'
GIFT CARD AS A THANK YOU!**



**WEDNESDAY,
JULY 10
2:30PM - 8:30PM**

Lincroft Fire Company
601 Newman Springs Rd., Lincroft

To make an appointment,
visit tinyurl.com/GiveBloodNJBS
Sponsor Code: 70286

WALK INS WELCOME!

All 16 year olds must have signed NJBS Parental Consent Form
Remember to eat, drink, & bring your ID

800.933.2566 | nybc.org

New Jersey Blood Services
A Division of New York Blood Center

[CLICK THE PICTURE TO MAKE AN APPOINTMENT!](#)

**Memorial Sloan Kettering Cancer Center to Hold FREE
Head and Neck Cancer Screenings in
Middletown on Thursday, 7/25**

Memorial Sloan Kettering Cancer Center Honors
World Head and Neck Cancer Day

Free Head and Neck Cancer Screenings

Wednesday, July 24, 2019
8:00 AM to 3:00 PM

MSK Bergen
225 Summit Avenue
Montvale, NJ

Please call **201-775-7219**
to schedule an appointment.
Walk-ins are also welcome.

Thursday, July 25, 2019
8:00 AM to 3:00 PM

MSK Monmouth
460 Red Hill Road (Lower Concourse)
Middletown, NJ

Please call **846-225-6535**
to schedule an appointment.
Walk-ins are also welcome.

Friday, July 26, 2019
8:00 AM to 3:00 PM

MSK Basking Ridge
136 Mountain View Boulevard
Basking Ridge, NJ

Please call **908-542-3331**
to schedule an appointment.
Walk-ins are also welcome.

What is head and neck cancer?

This type of cancer can occur in the nasal passages, mouth, throat, or voice box. Thousands of people are newly diagnosed with head and neck cancer each year. Many of them can be cured. The best chance for a cure is when the cancer is found early.

What are the warning signs?

- frequent nose bleeds
- ongoing nasal congestion
- a persistent sore or growth in the mouth or throat
- constant earaches
- a lasting change in the voice
- bloody phlegm lasting several days
- a lump in the neck lasting more than two weeks
- problems swallowing

What does a screening involve?

- In the ten-minute exam, a nurse practitioner will look for signs of head and neck cancer.
- Resources will be provided on quitting tobacco and nutrition.

Who should be screened?

- Adults who have a history of smoking, drinking alcohol, chewing tobacco, human papillomavirus, excessive exposure to the sun (sunburns), or radiation to the head and neck area.
- Adults who have noticed any of the warning signs of head and neck cancer.

SPONSORED BY
Memorial Sloan Kettering Cancer Center Head and Neck
Service and Department of Surgery



Memorial Sloan Kettering
Cancer Center

A member of the Memorial Sloan Kettering-
Hackensack Meridian Health Partnership

Sign up to receive additional MSK news for the community
at mskcc.org/CommunityNews

[Click HERE to learn more!](#)

Got Bags?

Help Middletown's recycling efforts
by dropping off your clean plastic
bags at the Plastic Bag Collection Bin
at the Middletown Recycling Center
(52 Kanes Lane).



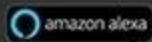
Visit www.middletownnj.org/PlasticBags for more information.

Stay on Top of Summer Events with Burbio.com!

FOLLOW CALENDARS ON
 burbio[®].com

Don't Miss Any of the Fun This Summer

Free to Sign Up and Download



Find out about all of the great events going on in Middletown with
Burbio.com - your free ultimate calendar guide to summertime fun!



2019 Paper Shredding Event in Middletown



**Saturday, July 27th
Middletown High School North (63 Tindall Road)
9:00AM-1:00PM**

Monmouth County has scheduled paper shredding events in local communities so that residents have an opportunity to get rid of old documents and confidential files safely.

County residents may bring up to 100 lbs. to be shredded.

Documents should be free of large binder clips. Staples and paper clips may be left on documents.

MTPD Will Help Keep Your House Safe While You're Away



Going away?

The Middletown Township Police Department has your back!

Officers will periodically check on your house while you are away for extended periods through the MTPD's House Check Program. Call 732-615-2075 or visit www.middletown.org/police for details.



[Click on the picture to learn more.](#)

THE MIDDLETOWN TOWNSHIP FIRE DEPARTMENT IS
SEEKING VOLUNTEERS!

**WE NEED
VOLUNTEERS.**



JOIN TODAY



D. DOHERTY

www.MTFDNJ.org

#MTFDpride

[CLICK HERE TO LEARN MORE!](#)

MIDDLETOWN EMERGENCY MEDICAL SERVICES SEEKS VOLUNTEERS!



ARE YOU INTERESTED IN KEEPING OUR COMMUNITY SAFE AND HELPING YOUR NEIGHBORS IN A TIME OF NEED?

JOIN ONE OF THE 5 VOLUNTEER FIRST AID SQUADS.



[FACEBOOK.COM/MIDDLETONNJEMS](https://www.facebook.com/middletownnjems)

**CALL 732-615-2252 OR EMAIL PUBLICINFO@MIDDLETONEMS.ORG
TO LEARN MORE ABOUT THE SQUAD THAT
SERVES YOUR NEIGHBORHOOD AND HOW TO VOLUNTEER.
NO EXPERIENCE NECESSARY.**



Monmouth & Navesink Avenue Road Closure Through End of July

Gray Supply will be working in the area of Monmouth Avenue and Navesink Avenue replacing gas lines for the next several weeks. They are anticipating the work will be complete near the end of July. While they are working roads will be intermittently closed in the area and detours will be in place.



Middletown-Lincroft Road near West Front Street Closed 7/1 & 7/2

Kiely Construction will be in the area of Middletown-Lincroft Road between West Front Street and Newman Springs Road Monday, 7/1 and Tuesday, 7/2. The road will be closed to through traffic. Please follow posted detours. Local businesses will remain open.

Route 35 Construction Project

Construction work on Route 35 began Monday, May 6th northbound from Cooper's Bridge (Red Bank) to Cherry Tree Farm Road and southbound from Cherry Tree Farm Road to New Monmouth Road.

Road work will be done with temporary lane closures from 9:00 AM to 2:00 PM and from 8:00 PM to 6:00 AM. All work is weather-dependent.

The project, which consists of repairs and replacement of concrete vertical curb, installation of public curb ramps, repairs to drainage structures and resurfacing of the roadway, is estimated to be completed by December 2019.

Please keep an eye out for possible changes to the schedule.

Click [HERE](#) to access hi-res photos from this e-newsletter.



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Middletown Township Channel



@middletownnj



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