



## Middletown Senior Center May Daily Activities

Join us virtually by ZOOM for events - [www.zoom.us](http://www.zoom.us)

Exercise classes meeting #230 051 0854/password: senior

Art class meeting# 886 7637 5591/password: 634226

Mon	Tue	Wed	Thu	Fri
2 10:00 Zumba Gold  12:30 Move 2 Groove/ Chair Cardio	3 10:15 Brain & Body  11:15 Yoga  <b>1:00 Stroke Awareness            Talk</b>	4 10:00 Gentle Strength  11:00 - 12:15 Mixed Media Art *15 MAX  <b>1:00 Show &amp; Tell</b>	5 9:30 Daily Meditation 10:00 Yoga <b>10:30 - 12:00 Pickleball            Tindall Park</b> 10:30 Knitting 11:00 Book Club	6 10:00 Tap with Brenda  11:00 Bowling Hazlet  12:00 - 3:00 Rumikub
9 10:00 Zumba Gold  <b>11:15 Stress            Management Talk</b>  12:30 Move 2 Groove/ Chair Cardio	10 10:15 Brain & Body  11:15 Yoga  <b>11:15 Hand Knitting</b>  <b>1:00 Bingo &amp;            Presentation The Villas            Holmdel</b>	11 10:00 Gentle Strength  11:00 - 12:15 Mixed Media Art *15 MAX  <b>1:00 SCAN Benefit            Screening</b>	12 9:30 Daily Meditation 10:00 <b>Yoga VIDEO</b> <b>10:30—12:00 Pickleball            Tindall Park</b> 10:30 Knitting 11:00 Book Club 12:00 Tai Chi Video <b>1:00 Monmouth County            Parks Talk</b>	13 10:00 Tap with Brenda  11:00 Bowling Hazlet  12:00 - 3:00 Rumikub
16 10:00 Zumba  12:30 Move 2 Groove/ Chair Cardio	17 10:15 Brain & Body  11:15 Yoga  <b>11:15 Hand Knitting</b>  1:00 Pinochle	18 10:00 Gentle Strength  11:00 - 12:15 Mixed Media Art*15 MAX Self Portrait  <b>1:00 Signs &amp; Symptoms of            Stroke with Dr. Thomas</b>	19 9:30 Daily Meditation 10:00 Yoga <b>10:30—12:00 Pickleball            Tindall Park</b> 10:30 Knitting <b>11:00 Breathwork Class</b> 1:00 - 3:00 Paint & Sip with Tresse* 15 MAX	20  10:00 Tip Toe Tap  11:00 Bowling Hazlet  12:00 - 3:00 Rumikub
23 10:00 Zumba  12:30 Move 2 Groove/ Chair Cardio	24 9:30—12:00 VNA Nurse 10:15 Brain & Body <b>11:15 Hand Knitting</b> 11:15 Yoga 1:00 Pinochle <b>1:00 Community            Engagement Network</b>	25 10:00 Gentle Strength  Mixed Media Art CANCELLED  11:30 - 2:30 Older Americans Lunch	26 9:30 Daily Meditation 10:00 Yoga <b>10:30—12:00 Pickleball            Tindall Park</b> 10:30 Knitting 11:00 Book Club 12:00 Tai Chi Video <b>1:00 Balance and Agility            Class with Kessler Rehab</b>	27 10:00 Tap with Brenda  11:00 Bowling Hazlet  12:00 - 3:00 Rumikub
30 <b>Memorial Day            Senior Center            Closed</b>	31 10:15 Brain & Body 11:15 Yoga 1:00 Pinochle <b>1:00 Healthy Cooking            Demo</b>	Looking for Bridge & Chess players to teach and to play! Speak to staff if interested.	Sign-up Required for Events & Speakers <b>EXCEPT Exercise</b>	<b>Aging My Way            Events are in bold!</b>

# Daily Events Middletown Senior Center

Activities that are offered virtually are\*

## Mondays

- 10:00am - 4:00pm **Pinochle, Billiards, Mahjong**  
 10:00am **Zumba Gold with Tatianna from Flamingo Fit\* (East Wing)**  
 11:00am **Walking Group** - Outdoors weather permitting or East Wing. The goal is 10,000steps!  
 12:30pm **Move to the Groove\* (East Wing)**  
 Start your Mondays off on the right foot with Brenda Christian. This class is combination of fun dance exercise and chair cardio class will help you start your week on the right note!

## Tuesdays

- 10:00am - 4:00pm **Billiards & Mahjong**  
 10:15am **Brain and Body Class \* (East Wing)**  
 Please join Megan Callus and improve your strength, cognition and breath work. Megan has numerous certifications in Functional Aging and general fitness.  
 11:00am **Walking Group** - Outdoors weather permitting or East Wing. The goal is 10,000 steps!  
 11:15am **NEW TIME Yoga \*** This class can be done seated or standing. **(East Wing)**  
 12:00 - 12:15pm **Daily Calm Meditation Video (East Wing)**  
 1:00pm **Learn to Play Pinochle (Lounge)**  
 1:00pm **Afternoon Event**

## Wednesdays

- 10:00am - 4:00pm **Pinochle, Billiards, Mahjong**  
 10:00am **Gentle Strength \* (East Wing)**  
 Brenda is a retired Physician's Assistant and local senior center legend. Brenda's class can be done seated while using light weights. This class provides a head to toe workout.  
 11:00 **Mixed Media Art\* (East Wing) Maximum 15 people – Registration required.**  
 Our group of senior center artists have enjoyed working on a variety of mediums and will continue to develop their painting and sketching skills. It is amazing what you can accomplish in an hour. Supplies needed: watercolor paints, colored pencils, pencil, thin black marker, and sketch pad or paper.  
 11:00am **Walking Group** - Outdoors weather permitting or East Wing. The goal is 10,000steps!

## Thursdays

- 10:00am - 4:00pm **Billiards & Mahjong**  
 10:00am **Yoga \* (East Wing)**  
 Join Amy for this 45 minute chair yoga class. Use the time to increase your flexibility and peace of mind. This class is sponsored by Care One King James.  
 10:30am **Loose Stiches Knitting Group** -Come have a cup of coffee and knit with friends. **(Library)**  
 Projects can be donated to several worth while charities if you would like to knit for a cause. Knitting supplies are available and donations accepted.  
 11:00am **Book Club with Sue\***  
 See Sue or email slicht@middletownnj.org for information about book selection and chapters being read. Book club meets once a week for an hour.  
 12:00pm **Tai Chi Video**  
 1:00pm **Afternoon Event (see calendar)**

## Fridays

- 10:00am - 4:00pm **Pinochle, Billiards, Mahjong**  
 10:00am **Senior Shape Up Video (Nutrition Center)**  
 10:00am **Tap with Brenda (East Wing)**  
 Join Brenda for this fun tap dance class! Flat sole shoe needed (no running shoes). Taps available for the first twenty people.  
 11:00am **Bowling at Bolero in Hazlet** -\$6.50 for two games come play with the Senior Center group.  
 12:00pm -3:00pm **Rumikub (Lounge)**

**Events continued from cover page... (\*Sign-up required)**



**Paint & Sip Class**

**May 4,11,18 (Wednesdays) 11:00am - Mixed Media Art\***

**Maximum 15 participants for in-person classes. Supplies needed: sketch book, sharpie marker, watercolors, brushes, pencil, & colored pencils, oil pastels. NO CLASS on MAY 25.**

5/4: Mother's Day Tea Party, marker or colored pencil

5/11: Portrait, watercolor (bring photo reference)

5/18: Lily, pencil

**May 9 (Monday) 11:15am - Stress Management Talk with Hackensack Meridian**

**May 10 (Tuesday) 1:00pm - Presentation & Bingo sponsored by the Villas at Holmdel!**

Come and learn about this new deluxe senior community. Light refreshments served.

**May 11 (Wednesday) 1:00pm -Benefit Screening sponsored by SCAN**

If your income is less then \$38,769 (single) or \$45,270 (married) you may be eligible for significant monthly savings. You will be asked to fill out an application to see what benefits and programs you may qualify for.

**May 12 (Thursday)1:00pm - Monmouth County Parks with Karen Livingston**

Come learn about the beautiful parks and programs the county park system offers.

**May 18 (Wednesday) 1:00pm - Stroke Awareness Month with Hackensack Meridian**

Join Dr. Thomas Clark as he discusses signs, symptoms and treatment options for stroke and what to do if someone you know is having a stroke.

**May 19 (Thursday) 11:00am - Breathwork Class with Boundless Breath instructor Megan Callus**

Megan specializes in teaching clients how to use their breath to reduce stress and heal their bodies.

**May 19 (Thursday) 1:00pm - 3:00pm Paint & Sip "Spring flowers" acrylic paint**

**May 24 (Tuesday) 1:00pm Community Engagement Network**

Come learn about a new initiative from Monmouth County and Monmouth County Acts, focused on connecting programs and services to Monmouth County residents.

Presentation will be on ZOOM if you would like to watch from home. Link will be emailed.

**May 25 (Wednesday) Older Americans Lunch at Yesterdays in Hazlet 11:30 - 2:30**

**May 26 (Thursday) 1:00pm - Balance and Agility Class and Talk with Ryan from Kessler Rehab**

**May 31 (Tuesday) 1:00pm - Healthy Cooking Demo sponsored by Care One**

# Senior Center Event Sign-up List

If there is an event at the senior center that you would like to attend, that is highlight on the attached calendar and involves refreshments, supplies, or a maximum number of participants like Art Class & Paint and Sip Classes. Please provide a complete list of events you would like to attend to Kourtney or Sue.

Staff will approve and initial the form if there is enough space for the event. **Please do not remove sheet from newsletter, we will photocopy the sheet.** Then you will have a record of what you are signed up for. If there isn't space available for an event, staff will write "WL" for anything that has a waitlist. If space becomes available for the event staff will contact you.

**EMAIL REGISTRATION FOR EVENTS WILL NOT BE ACCEPTED, IF YOU CANNOT MAKE IT INTO THE CENTER CALL 732-615-2265 TO SIGN-UP WITH A STAFF MEMBER BY PHONE.**

**IT IS NOT NECESSARY TO REGISTER FOR EXERCISE CLASSES AT THIS TIME.**

We hope this is helpful to our members with keeping track of events that you have signed up for. If you have questions or need additional clarification please ask Kourtney or Sue.

Name: \_\_\_\_\_ Phone: \_\_\_\_\_

**Example- - Event on 5/4/22 Approved: KD /SL or WL (waitlist)**

1. \_\_\_\_\_

Approved: \_\_\_\_\_

2. \_\_\_\_\_

Approved: \_\_\_\_\_

3. \_\_\_\_\_

Approved: \_\_\_\_\_

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Approved: \_\_\_\_\_

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Approved: \_\_\_\_\_

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8. \_\_\_\_\_

Approved: \_\_\_\_\_