

# 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 **Yoga \*** This class can be done seated or standing. **(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. Last class for summer will be June 8.**  
 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.  
 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)**

## Middletown Senior Center June 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

ReMon	Tue	Wed	Thu	Fri
<p style="text-align: center;">Sign-up Required for Events &amp; Speakers <b>EXCEPT</b> Exercise</p>		<p>1 10:00 Gentle Strength</p> <p>11:00 - 12:15 Mixed Media Art *15 MAX</p>	<p>2 10:00 Yoga 10:30 - 12:00 Pickleball Tindall Park 10:30 Knitting 11:00 Book Club</p>	<p>3 10:00 Tap CANCELLED 11:00 Bowling Hazlet 12:00 - 3:00 Rumikub</p>
<p>6 10:00 Zumba Gold</p> <p>11:15 MTPL iPad Talk</p> <p>12:30 Move 2 Groove/ Chair Cardio</p>	<p>7 10:15 Brain &amp; Body</p> <p>11:15 Yoga</p> <p>11:15 Hand Knitting</p>	<p>8 10:00 Gentle Strength</p> <p>11:00 - 12:15 Mixed Media Art *15 MAX <b>LAST DAY FOR ART DURING SUMMER</b></p>	<p>9 10:00 Yoga 10:30–12:00 Pickleball Tindall Park 10:30 Knitting 11:00 Book Club 1:00 Paint &amp; Sip 1:00 Real Estate Trends</p>	<p>10 10:00 Tap with Brenda 11:00 Bowling Hazlet 12:00 - 3:00 Rumikub</p>
<p>13 10:00 Zumba</p> <p>11:15 Good Nights Sleep with Hack- enssack Meridian</p> <p>12:30 Move 2 Groove/ Chair Cardio</p>	<p>14 10:15 Brain &amp; Body</p> <p>11:15 Yoga</p> <p>11:15 Hand Knitting</p> <p>1:00 Managing the Maze - We Care</p>	<p>15 10:00 Gentle Strength</p> <p>1:00 Visiting Physicians Stress Reduction Tips</p>	<p>16 10:00 Yoga</p> <p>10:30–12:00 Pickleball Tindall Park 10:30 Knitting 11:00 Book Club 1:00 When to Help with EMT Rich Yarczower</p>	<p>17 10:00 Tap with Brenda 11:00 Bowling Hazlet 12:00 - 3:00 Rumikub</p>
<p>20 10:00 Zumba</p> <p>12:30 Move 2 Groove/ Chair Cardio</p>	<p>21 10:00 Ocean Mon- mouth Legal Service Appointments 10:15 Brain &amp; Body 11:15 Hand Knitting 11:15 Yoga</p>	<p>22 10:00 Gentle Strength</p> <p>12:00 Mayor's Wellness Campaign Lunch &amp; Talk Advance Care Planning Talk</p>	<p>23 10:00 Yoga 10:30–12:00 Pickleball Tindall Park 10:30 Knitting 11:00 Book Club 1:00 Medicare Seminar</p>	<p>24 10:00 Tap with Brenda 11:00 Bowling Hazlet 12:00 - 3:00 Rumikub</p>
<p>27 10:00 Zumba</p> <p>12:30 Move 2 Grove/ Chair Cardio</p>	<p>28 9:30- 12 VNA 10:15 Brain &amp; Body 11:15 Yoga 1:00 Pinochle 1:00 Community Engagement Network</p>	<p>29 10:00 Gentle Strength</p> <p>1:00 Bingo with Sue</p>	<p>30 10:00 Yoga 10:30–12:00 Pickleball Tindall Park h 10:30 Knitting 11:00 Book Club 12:00 Movie Afternoon "Funny Girl"</p>	<p><b>JULY 1</b> 10:00 Tap with Brenda 11:00 Bowling Hazlet 12:00 - 3:00 Rumikub <b>The center will be closed Monday July 4,2022</b></p>

## Sign –up for June Happenings...

***June 1, “ I Love Lucy Impersonator” 1:00pm***

*Lucy performs two skits and meet & greet, photos to follow!*

**June 2,9,16,23,30 (Thursdays) 10:30-12:00pm Pickleball –Tindall Park (CLASS IS FULL). Classes will resume in late Summer or Fall.**

Instruction and equipment provided for members of the senior center. Register for the class by calling 732-615-2265. Classes are weather permitting, please dress appropriately, wear sneakers and bring water. Tindall Park , Tindall Road, across from HS North.



***June 2 - NJ Natural Gas is hosting a Bingo at 1:00pm***

***June 3 - Tap Class is Cancelled***

***June 6 - Middletown Public Library will share information about their iPad and hotspot lending program through NJ Health Connect at 11:15am***

***June 7,14,21 - Hand Knitting (3 Classes) with Megan Callus at 11:15am***

When you knit regularly, you force your brain and your hands to work together, maintaining your fine motor skills. It can also improve and maintain dexterity and strength in your hands, which can be great for those who would like to improve their grip. Join Megan in learning how to use your hands instead of needles to knit using a thick chunky yarn, supplies provided.

**June 9 - “Should You Downsize Now Or Should You Stay” 1:00pm**

Ask the Experts... What are the real facts on current real estate trends. Presented by Catherine Difore—Weichert Realtors; Brian Duncan Real Estate Attorney; and Marge Stone Weichert Financial Services. Refreshments and door prizes.

***June 9 - Paint & Sip - “Swan” at 1:00 - 3:00pm in Nutrition***

*Art classes for the rest of the summer are pending. Tresse has summer camps. We are looking to resume Art in the fall please check newsletter. This will be the last class for summer.*

***June 13 - "Good Night's Sleep?" at 11:15am with Hackensack Meridian the importance of sleep for your health and how to get a better nights sleep.***

***June 15 - Visiting Physicians at 1:00pm, Gerry Gavin, learn quick tricks to reduce stress in one minute, 4 tricks you can use to trigger happy feelings, Things we remember that are no longer around and some things that still are that may surprise you, and they are even better then they were!***

***June 16 - When to Help with EMT Rich Yarczower at 1:00pm Join one of our members and EMT for some tips on what to do if you encounter a medical emergency. Rich will also discuss why it is so important for seniors to be hydrated.***

***June 21 - Ocean Monmouth Legal Service appointments available beginning at 10:00am***

***June 22 - Mayor's Wellness Campaign -Boxed lunch from Heavenly Ham & Advance Care Planning Talk from 12:00- 2:00. Choice of: 1. Ham; 2. Turkey (roasted or smoked); 3. Roasted Tomato & Cheddar 4. Ham Salad ; 5.Chicken Salad; 6. Garden Salad /1:00 pm Advance Care Planning & 5 Wishes Booklet with the Quality Care Institute. Sign-up by June 14th. Come enjoy a lunch and learn experience! Please specify what box lunch you would like when signing up .***

***June 23—Medicare Seminar at 1:00pm, tap into programs that lower your prescription drug costs and learn how to find a plan that makes sense to you.***

***June 28 - Community Engagement Network 1:00pm This is a virtual presentation. You can watch from home or at the center zoom meeting number: password:***

***June 29—Bingo with Sue at 1:00pm***

***June 30 - Movie Afternoon at 12:00pm " Funny Girl" with Barbara Streisand***

# 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 6/1/22 Approved: KD /SL or WL (waitlist)**

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

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

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

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

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

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

4. \_\_\_\_\_

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

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

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

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

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

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