

# Senior Center Newsletter

## OCTOBER - DECEMBER 2025

116 Jackson Mills Road, Freehold, NJ 07728 / Phone 732-294-2029

Hours: Monday - Friday, 9 a.m. - 4 p.m.

### SENIOR CENTER UPDATES

\*The Freehold Senior Center will be undergoing renovations beginning September 22nd and continuing through mid-October. During this time, adjustments have been made to the schedule of speakers and other planned events. For a complete list of updates, please refer to page 7.

\*The Senior Center will be closed at 1:00PM on Friday, September 12th for an Employee Event

### End of Summer BBQ Social

Thursday, September 18th

\$20 per person

Pulled pork, pulled chicken, baked beans, roasted corn, mac and cheese, coleslaw, garden salad, Hawaiian rolls

### HALLOWEEN SOCIAL

THURSDAY, OCTOBER 30TH

COSTUMES OPTIONAL

\$20.00 per person

Food menu:

TBA



### Meeting Member Date Change

Thursday, September 18

11:00am to 11:45am



Thursday, September 11th from  
1:00pm to 3:00pm  
District 11—PAS-1 Get Help Filing for:  
Senior Freeze, ANCHOR, STAY NJ

Flu Vaccine Clinic  
Tuesday, September 30th  
11:30am-1:30pm at the Freehold Sr Center  
NO RESERVATIONS NEEDED



#### Township Committee

Maureen Fasano, Mayor  
Lester A. Preston, Deputy Mayor  
Anthony J. Ammiano  
Thomas L. Cook  
Alan Walker

#### Superintendent

#### Parks and Recreation

Sue McGough



#### Recreation Commission

Robert Nitti, Chairperson  
John Cerrato, Vice-Chair  
Jennifer Boutote-Patten  
Nick Fasano  
Alissa Keegan  
Linda Jaye Molee, D.M.D.,  
Chris Novella  
Nancy Valente

## Daily Programming

<u>Mondays</u>	<u>Tuesdays</u>	<u>Wednesdays</u>
10:30 am Zumba 12:00 pm Strong Bones 12:00 pm Mexican Train - ( <i>Beginner Group</i> ) 12:00 pm Mexican Train 1:30 pm Card Games	9:30 am Pilates 10 am– 4 pm Mah-Jongg 10:30 am Aerobics 12:00 pm Poker <b>(No \$\$)</b>	10 am–4 pm Mah-Jongg 11:00 am Strong Bones 12:00 pm Poker <b>(No \$\$)</b> 12:00 pm Mexican Train
<u>Thursdays</u>	<u>Fridays</u>	
10 am–4 pm Mah-Jongg 10:00 am Line Dancing 1:45 pm Card Games	10:00 am Support Group (Computer Room) 12:30 pm Movie or Bingo	

## Health Screenings by Parker Family Health & Freehold Area Health Dept.

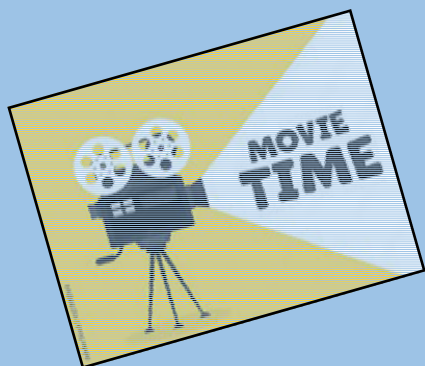
- 11:30 am - 12:30 pm Diabetes & Blood—Every **2nd Friday** of the Month  
Pressure Screenings (FAHD)
- 11:30 am - 2:00 pm Blood Pressure Screenings (Parker Family Health) **9/22/25 & 12/22/25**

## Walking Trips (9:30 a.m.)

Minimum of 10 walkers needed for bus transportation. Open to all members.

September 10—Ocean Grove w/ Lunch September 17—Manasquan Reservoir September 24—Bell Works w/ Lunch (Bus departs at 10:00am) October 1— Manasquan Reservoir October 8—Bell Works w/ Lunch (Bus departs at 10:00am)	October 22—Allaire State Park October 29—Freehold Mall November 5—Bell Works w/ Lunch (Bus departs at 10:00am) November 12— Freehold Mall November 19— Bell Works w/ Lunch (Bus de- parts at 10:00am)
--	---

## Movies (Fridays starting at 12:30pm)



**ALL MOVIES ARE CANCELED  
UNTIL FURTHER NOTICE**



## Special Speakers (Wednesdays at 12:30 pm)

Sept 10	Breathe Easy with Respiratory Therapist, Joseline Garcia (The Jewish Home) w/lunch <b>LIMIT 50</b>
Sept 15 <b>MON</b>	Skincare —RX Wound <b>Monday—1:30pm</b>
Sept 17	Fraud Prevention Monmouth County – Consumer Affairs
Sept 24	Pelvic Floor— CentraState w/light lunch <b>LIMIT 70 Michael Tight Park 65 Georgia Road</b>
Sept 25 <b>THURS</b>	Fire Safety —Freehold Fire Department <b>LIMIT 50 Michael Tight Park 65 Georgia Road</b>
Oct 1	Service Options for Seniors over 55— AT&T w/light lunch
Oct 8	The Risk of Stroke w/giveaways—Hackensack Meridian Health
Oct 15 <b>NEW</b>	Club Monarch Membership —Bella Terra w/desserts <b>LIMIT 50</b>
Oct 22	Common Sleep Disorders and Why?— CentraState
Oct 29	Q&A session w/refreshments —Waypoint Legal
Nov 5	Senior Patrol Medicare—Open Enrollment
Nov 12	Trivia and Lunch— Brandywine and Waypoint Legal
Nov 19 <b>NEW</b>	Aging Hip and Knee w/Lunch —Adv Orthopedics <b>LIMIT 50</b>
Dec 3 <b>NEW</b>	Bingo w/lunch —Belle Terra <b>LIMIT 40</b>



## Bingo (Fridays at 12:30 pm)

October 10

November 7

October 24

**Sept. 12 and Sept 26 CANCELED**



Kickin' it—Arts & Crafts (FREE)

Card Making (FREE)

**Fridays; 10:30-11:30 a.m.**

**September 26th**

(Location at 65 Georgia Rd)

**October 24th**

Supplies  
Included

**September 19**

**10:00 am**

**October 17**

**11:00 am**



## Book Club (Tuesday's at 12:30 p.m.)

September 23

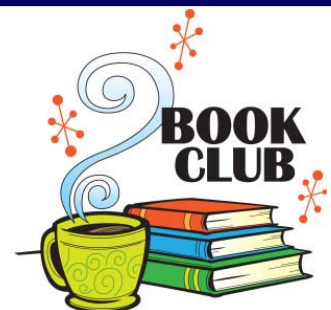
The Briar Club - *Kate Quinn*

October 28

The Reading List - *Sara Nisha Adams*

November 25

The Girl In His Shadow - *Audrey Blake*



## Day Trips (20 Person Limit)

Registration for new trips OPENS on September 8th for Freehold Residents.  
Registration MUST be done IN-PERSON ONLY for these trips.

### **NEW FREE TRIP CANCELLATION POLICY!!**

You MUST give 24 hours notice if canceling a FREE trip.  
Penalty: No FREE trip registration for the following month.

Tues. September 9	Parx Casino Trip	9:30 am	4:00 pm	\$10.00
Tues. September 16	New Hope PA —A fun day of shopping, eating, and exploring <b>(Limit 20)</b>	10:00 am	4:00 pm	FREE
Tues September 23	Popcorn Zoo—Walk around the Popcorn zoo to see over 200 animals. Pay-at-Door \$5.00. Lunch on own at Water Street Bar and Grille <b>(Limit 20)</b>	9:30 am	3:00 pm	PAY AT DOOR
Mon September 29 <b>**NEW**</b>	PNC Bank Art Center - Music and Memories with performances by: John Scupelliti and The Reactions, Vito Picone and The Elegants, and Bob Miranda & The Happenings. Backed by the Coda Band and hosted by singer Rhett J <b>(Limit 20)</b>	12:00 pm	5:30 pm	FREE
Tues. September 30	Grape Escape— Tour of winery and make a bottle of EVOO. Lunch and wine samples <b>(Limit 20)</b>	10:30 am	3:00 pm	\$81.00
Tues. October 7	Cracker Barrel - Lunch on your own <b>(Limit 20)</b>	9:30 am	2:30 pm	FREE
Tues. October 14	Parx Casino Trip	9:30 am	4:00 pm	\$10.00
Wed. October 15	Brownstone—Tribute to Tina Turner w/ Lunch <b>(Limit 27)</b>	9:30 am	5:00 pm	\$73.00

<u>Date</u>	<u>Trip</u>	<u>Departs</u>	<u>Returns</u>	<u>Price</u>
Tues. October 21	Peddlers Village — Enjoy the over 150 Scarecrows that line the brick pathways of Peddlers Village. Shopping and lunch on your own <b>(Limit 27)</b>	9:30 am	4:30 pm	FREE
Tues. October 28	Midnight Candle— Make your own candle! Pick your scent and create your own label. PAY FOR YOUR OWN CANDLE \$20 for 1 and \$40 for 2. Lunch on own at Anchor Tavern <b>(Limit 20)</b>	10:30am	3:30 pm	PAY-AT-DOOR
Tues. November 18	Parx Casino Trip	9:30 am	4:00 pm	\$10.00
Fri. December 5 <b>**NEW**</b>	Hunterdon Hills Playhouse—Holiday Specular. Timeless music, breathtaking dance numbers, heartfelt comedy, and dazzling costumes to get all in the holiday spirit. Lunch included. <b>(Limit 50)</b>	9:30 am	5:00 pm	\$134.00
Tues. December 9 <b>**NEW**</b>	Parx Casino Trip	9:30 am	4:00 pm	\$10.00

## Special Events

Tues. September 16 <b>**NEW**</b>	Watercolor Painting w/ Nancy Pitcher Create 1 Canvas Painting \$12.00 (Limit 20) MUST PREREGISTER	10:30 am	12:30 pm	PAY-AT-DOOR
Thursdays. 10/2, 10/9, 10/16, 10/23, 11/6, 11/13, 11/20 <b>**NEW**</b>	Creative expression—Explore the tools and techniques of watercolor painting, collage, textile art, and more. All supplies are provided. YOU ARE SIGNING UP FOR ALL 7 SESSIONS	12:00 pm	1:30 pm	FREE
Monday October 27 <b>**NEW**</b>	Pumpkin Painting—Supplies Included	1:30 PM	2:30 PM	\$5.00

## WHAT'S NEW???

Non-residents can now register for a bus trip two weeks after registration is open to residents. Non-residents can register Monday 9/18

## Upcoming Group Meetings

Thurs., Sept 18	Quarterly Senior Center Meeting Location will be at Freehold Senior Center.	11:00 am	11:45 am	FREE
Tues., Oct 14	Focus Group Meeting at 12:30pm Location—Michael J. Tighe Park : 65 Georgia Rd, Freehold , NJ 07728 <b>Limit 10</b>	12:30 pm	1:30 pm	FREE



### **SENIOR CENTER GROUP SUPPORT SESSIONS**

***Every Friday from 10:00 am to 12:00 pm.***

Offering emotional support, grief support & the opportunity to discuss 1 on 1 with a provider for less severe mental health issues. Group support sessions are open to any member of the senior center.

Walk-ins welcome! Location: **Computer Room**

***Provided by: CPC Integrated Health & the Freehold Township Health Dept.***



### **ATTENTION MEMBERS!**



**Please keep track of what you register for!**  
*Members have been turning in duplicate & triplicate registration forms for programs that they have already signed up for.*

*It causes unnecessary work for the already busy office staff.*

## **NOW OPEN** **ONLINE REGISTRATION**

[www.ftrec.com](http://www.ftrec.com)



[www.ftrec.com](http://www.ftrec.com)

# Shopping Transportation

Transportation is round-trip. The bus will transport members who are unable to drive to Shoprite & Walmart. This is a free service.

Freehold Shoprite: Every Tuesday & Friday

Freehold Walmart OR  
Howell Target: Thursdays - Twice a Month



**Walmart Sept: 9/4**

**Target Sept: 9/11**



Pick-ups begin at 9:30am (REGULAR SCHEDULE). You have approximately 1.5 hours to shop.

To make a reservation, please call 732-294-2029.

**\*MUST RESERVE YOUR SPOT BY 3:00PM THE DAY BEFORE\***



## PROGRAMMING CHANGES FOR SEPT/OCT

- Tuesday, September 30 Member has a date change. Meeting will now take place on Tuesday September 9th at 1:15pm. Focus Group has been canceled and will be incorporated on 9/9 meeting.
- Wednesday, September 24 Speaker CentraState Pelvic Floor will have a location change to 65 Georgia Road MUST BE REGISTERED NO WALKINS ALLOWED
- Thursday, September 25 Speaker Freehold Fire Department Hazards in the House will have a location change to 65 Georgia Road MUST BE REGISTERED NO WALKINS ALLOWED
- Friday, September 26 Kickin' It Craft will have a location change to 65 Georgia Road MUST BE REGISTERED NO WALKINS ALLOWED
- Friday, September 26 BINGO CANCELED
- All October Movies will be canceled (10/3, 10/17, 10/31)
- All Exercise Classes and Blood Pressure Clinics will remain in Sr Center
- Friday Mental Health Support Sessions will be moved to the computer room until further notice

# Freehold Township Senior Center

## SEPTEMBER 2025

Monday	Tuesday	Wednesday	Thursday	Friday
<p>1</p> <p><b>CENTER CLOSED</b></p> 	<p>2</p> <p>No Pilates</p>	<p>3</p> <p>9:30 Walking Club Bradley Beach</p> <p>12:30 Speaker— New You-Vein Dis- ease w/light lunch</p>	<p>4</p> <p>Line Dancing 10:00- 11:30</p>	<p>5</p> <p>12:30 Movie</p>
<p>8</p>	<p>9</p> <p>9:30 Parx Trip (\$10)</p>	<p>10</p> <p>9:30 Walking Club Ocean Grove w/ lunch on Own</p> <p>12:30 Speaker – Breathe Easy Lunch</p>	<p>11</p> <p>District 11 Work- shop—Sr Freeze, ANCHOR, Stay NJ 1:00-3:00pm</p>	<p>12</p> <p>Center Closed at 1:00PM Employee Picnic</p>
<p>15</p> <p>1:30 Speaker—RX Wound—Skincare</p>	<p>16</p> <p>9:30—New Hope w/ lunch on own</p> <p>10:30 Watercolor w/ Nancy Pitcher</p> <p>12:45—Member</p>	<p>17</p> <p>9:30 Walking Club Manasquan Reservoir</p> <p>12:30 Speaker— Fraud Prevention</p>	<p>18</p> <p><b>END OF SUMMER BBQ SOCIAL</b></p> 	<p>19</p> <p>10:00 Card Making</p>
<p>22</p> <p>11:30 Blood Pressure Screening</p>	<p>23</p> <p>9:30 Popcorn Zoo w/ lunch on own</p>	<p>24</p> <p>9:30 Walking Club Bell Works w/lunch</p> <p>12:30 Speaker— CentraState Pelvic Floor (Michael Tighe 65 Georgia Rd)</p>	<p>25</p> <p>12:30 Speaker— Hazards in the House w/ Freehold Fire Department (Michael Tighe 65 Georgia Rd)</p>	<p>26</p> <p>10:30 Kickin-It Crafts (Michael Tighe 65 Georgia Rd)</p> <p><b>BINGO CANCELED</b></p>
<p>29</p> <p>12:00 PNC Bank Art Center Music and Memories</p>	<p>30</p> <p>11:30 Flu Vaccine No registration needed</p> <p>11:30 Grape Escape</p>			