

Senior Center Newsletter

APRIL-MAY 2026

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

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

Upcoming Senior Center Closings: Monday, May 25—Memorial Day

April Showers Social

Friday April 10th

11:30am to 3:00pm

\$20 per person

Menu: Chicken Francese,
Garlic and Oil Penne, Sauté
Spinach, Garden Salad, and
Rolls

DJ: Candace V

America

The Beautiful

Social

Friday, May 15th—\$20

11:30AM to 3:15PM

MENU: TBD

Music by:

Jeff Hofstein

**SCANNING YOUR ID CARD
IS A REQUIREMENT!!!**

Township Committee

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

Superintendent

Parks and Recreation

Sue McGough



Recreation Commission

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

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 - (Beginner Group) 12:00 pm Mexican Train 1:30 pm Card Games	9:30 am Strength and Balance 10 am– 4 pm Mah-Jongg 12:00 pm Poker (No \$\$)	10 am–4 pm Mah-Jongg 11:00 am Strong Bones 12:00 pm Poker (No \$\$) 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 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) **3/23/26, 6/22/2026**

Walking Trips (9:30 a.m.)

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

March 11th— Bell Works w/ Lunch (Bus departs at 10:00am) March 18TH— Freehold Mall March 25th— Bell Works w/ Lunch (Bus departs at 10:00am) April 1st— Freehold Mall April 8th— Bell Works w/ Lunch (Bus departs at 10:00am) **NEW**	April 15th— Freehold Mall **NEW** April 22nd— Bell Works w/ Lunch (Bus departs at 10:00am) **NEW** April 29th— Freehold Mall **NEW** May 6th— Dorbrook Park **NEW** May 13th— Manasquan Reservoir **NEW** May 20th— Dorbrook Park **NEW** May 27th— Belmar Boardwalk **NEW**
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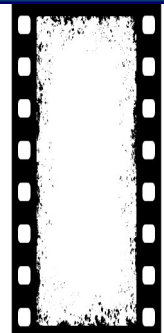
Movies (Fridays starting at 12:30pm)



March 20th TBD

April 24th TBD

May 8th TDB



Special Speakers (Wednesdays at 12:30 pm)

Mar 11	BINGO—The Jewish Home
Mar 18	Q&A Cupcake Social—Belle Terra LIMIT 50
Mar 25	Chiropractor—Community Health Center w/ snacks and giveaways
Apr 8	Home Safety Checklist—Hackensack Meridian w/handouts
Apr 15 **NEW**	What's different about Retirement? - New York Life
Apr 22	Snack and Learn w/ BINGO—Provision Pharmacacy
April 28	Energy Assistance Programs —NJNG TUESDAY @ 11:00AM
April 29	Medicare Fraud and Benefits— Connected Home Health Care and Sr Medicare Patrol w/ Lunch and Giveaways LIMIT 50
May 6 **NEW**	Topic TBD - Abbott Medical
May 20 **NEW**	Preventative Care— CentraState/Rutgers RWJ Medical School
May 27 **NEW**	BINGO w/ Prizes and Lunch—Amaryllis Care LIMIT 50



Bingo (Fridays at 12:30 pm)

March 27 **May 1st**
April 17th **May 29th**



Kickin' it—Arts & Crafts (FREE)

Card Making (FREE)

Friday; 10:30-11:30 a.m.

Spring Craft
March 20

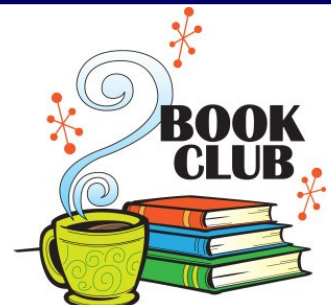


Wednesday, April 1st 12:30
(rescheduled from 3/26)
Thursday, April 30—12:00
Thursday May 21—12:00



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

March 31	Iron Lake—William Kent Krueger
April 28	A Tree Grows in Brooklyn—Betty Smith
May 26	How to Read a Book—Monica Wood



Day Trips (20 Person Limit)

Registration for new trips OPENS on March 9th 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.

Tuesday Mar 10	Parx Casino Trip (LIMIT 20)	9:30 am	4:00 pm	\$10.00
Thursday Mar 19	BAPS Swaminarayan Akshardham— Go on a guided tour and learn about the largest Hindu Temple in the USA. (LIMIT 20)	9:15 am	2:30 pm	FREE
Thursday Apr 2	1776 at Paper Mill Playhouse—History comes to life in 1776, with the story behind the creation of the Declaration of Independence to the stage with witty satire, compelling drama, and a thrilling score. (LIMIT 19)	10:15 am	4:30 pm	\$73.00
Tuesday Apr 14	Parx Casino Trip (LIMIT 20)	9:30 am	4:00 pm	\$10.00
Tuesday Apr 21	“Solve It Sherlock” Escape Room w/ Lunch in Asbury Park. Put on your thinking cap and find all the clues to escape the before time runs out. Lunch on own in Asbury Park. CASH PREFERED \$30.00 (LIMIT 20)	11:30 am	4:00 pm	PAY-AT- DOOR

Non-residents can now register for a NEW bus trip two weeks after
registration is open to residents.
Non-residents can register Monday 3/23

Day Trips Continued

Tuesday Apr 28	Jersey Shore Outlets Tinton Falls— Enjoy a day of shopping with over 100 stores w/lunch at Brickhouse Tavern on your own (LIMIT 20)	10:00 am	2:30 pm	FREE
Thursday May 7 **NEW**	Roebing Museum—18 minute introductory video, followed by a docent led tour of the museum galleries, and a guided walking tour of the village. Some of the most important technological achievements of the industrial age such as big bridges, telegraphs and telephones, electrification, deep mines, big ships, elevators and airplanes as well as everyday objects were built in Roebing. With Lunch on own (LIMIT 20)	10:15 am	4:00 pm	\$13.00
Tuesday May 12 **NEW**	Parx Casino Trip (LIMIT 20)	9:30 am	4:00 pm	\$10.00
Wednesday June 17 **NEW**	Grounds for Sculpture— Explore the 42 acre New Jersey-sculpture park that invites you to unwind, explore and connect in ever-changing art-filled gardens. Outdoors, over 300 contemporary sculptures are sited across the park, while temporary exhibitions from established and emerging artists are featured in six indoor galleries.	10:15 am	4:00pm	\$20.00
Thursday June 18 **NEW**	Paper Mill Playhouse— West Side Story—reimagines Romeo and Juliet in 1950s New York, where young lovers Tony and Maria dare to dream of a future together as rival gangs the Jets and the Sharks clash for control of the streets. (LIMIT 19)	10:15 am	4:30 pm	\$54.00

Special Events

Tuesday Apr 7 **NEW**	Bring a bottle of wine for a USA 250th “Sip and Paint” Watercolor Painting w/ Nancy Pitcher. Create 1 American Themed Canvas Painting \$12.00 . (MUST REGISTER) (LIMIT 20)	1:00 pm	3:00 pm	\$12.00 PAY -AT-DOOR
Wednesday— 3/11, 3/25, 4/8, 4/22, 5/6, 5/20	Special Events Committee Follow-Up Meetings (3 month commitment) - FULL WAITLIST ONLY	2:00 pm	3:00 pm	FREE
Thursday Apr 23 **NEW**	Master Gardeners—Tea Cup Garden (LIMIT 25)	1:00 pm	2:00 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. Group support sessions are open to any member of the senior center. Walk-ins welcome!

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.



NOW OPEN ONLINE REGISTRATION

www.ftrec.com



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

Manalapan Target OR
Freehold Walmart : Thursdays - Twice a Month



Target Apr-May: 4/9, 5/7
Walmart Mar-May: 3/26, 4/23, 5/21



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****



**Please be courteous to others
when taking bread and pastries.**

Let's make sure everyone gets a fair share!

**All trip/program cancellations and bus
reservations must be made by 3:00 PM the day
before the event**

**Failure to cancel in a timely manner will result in
a one (1) month suspension from trips/programs**

Freehold Township Senior Center

March 2026

Monday	Tuesday	Wednesday	Thursday	Friday
2	3 9:15 NJ Museum w/ Lunch	4 9:30 Walking Club Freehold Mall 12:30 Speaker Propel Rehab and Wellness	5 9:30 Target	6 12:30 BINGO
9 NO ZUMBA 2:00 Special Events Follow Up Meeting	10 9:30 PARX Casino 	11 10:00 Walking Trip—Bell Works 12:30 Speaker BINGO—Jewish Home	12	13 St Patrick's Day Year Social 11:30—3:00
16	17 	18 9:30 Walking Club Freehold Mall 12:30 Speaker— Belle Terra Cupcake Social Q&A	19 10:00 BAPS Hindu Temple	20 12:30 Movie TBD
23 11 2:00 Special Events Follow Up Meeting	24	25 10:00 Walking Trip—Bell Works 12:30 Speaker— Community Health – Chiropractor	26 9:30 Walmart	27 12:30 BINGO 
30	31	1 12:00 Card Making (Make up class from 3/26)	2 10:15 Paper Mill Playhouse—1776 w/ lunch on own	3