

Senior Center Newsletter

MAY-JUNE 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

America the Beautiful Social

Friday, May 15th—\$20

11:30AM to 3:15PM

MENU: Chicken
(fried/roasted),
Mashed Potatoes, broccoli

Music by:
Jeff Hofstein



Dress "50 and 60's" style!

Thursday June 25th

11:30am to 3:00pm

\$20 per person

Menu: TBD

DJ: Jeff Hofstein

Freehold Township Day will be held on Saturday, July 11th, and the Senior Center will once again have a booth at the event to bolster Senior Center Membership. If you know someone who wants to stop by and get information regarding our Center we will have information/pamphlets and handouts.

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

Quarterly Senior Center Meeting – Thursday, May 14th; 12:30 p.m.

Light lunch provided. Must RSVP by Thursday, May 7th

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 1:30 pm Card Games 2:30 pm Mexican Train - (Beginner Group)	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 pm Strong Bones 12:00 pm Mexican Train 12:00 pm Poker (No \$\$) 2:30 pm Mexican Train - (Beginner Group)
<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) **(WILL BE APRIL 17th)**
- 11:30 am - 2:00 pm Blood Pressure Screenings (Parker Family Health) **6/22/2026**

Walking Trips (9:30 a.m.)

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

- April 15th— Freehold Mall
- April 22nd— Bell Works w/ Lunch (Bus departs at 10:00am)
- April 29th— Freehold Mall
- May 6th— Dorbrook Park

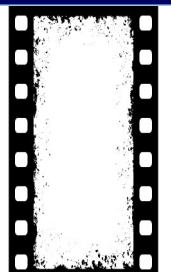
- May 13th— Manasquan Reservoir
- May 20th— Asbury Park w/ Lunch ****NEW****
- May 27th— Belmar Boardwalk
- June 3rd— Dorbrook Park ****NEW****
- June 10th— Long Branch w/ Lunch ****NEW****

Movies (Fridays starting at 12:30pm)



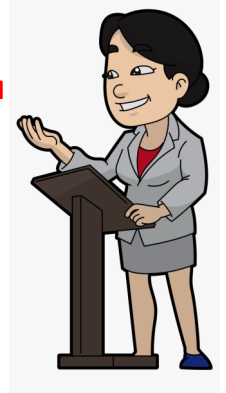
April 24th TBD June 12th TBD

May 8th TBD June 26th TBD



Special Speakers (Wednesdays at 12:30 pm)

Apr 15	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
April 30 **NEW**	Menopause—CentraState w/Lunch THURSDAY @12:30PM
May 5 **NEW**	Provided Services—Monmouth County Office of Aging TUESDAY @ 11:00AM
May 6	Topic TBD - Abbott Medical
May 20	Preventative Care— CentraState/Rutgers RWJ Medical School
May 27	BINGO w/ Prizes and Lunch—Amaryllis Care LIMIT 50
June 3 **NEW**	Brain Health w/ Giveaways—Alzheimer's Association Advocate
June 10 **NEW**	Foot and Ankle Lunch and Learn—Sea View Orthopedic
June 17 **NEW**	TBD w/lunch—Professional Physical Therapy LIMIT 50
June 24 **NEW**	Fraud Prevention w/snacks —Professional Paperwork Services



Bingo (Fridays at 12:30 pm)

April 17th
May 1st
May 29th

June 5th
June 19th



Card Making (FREE)

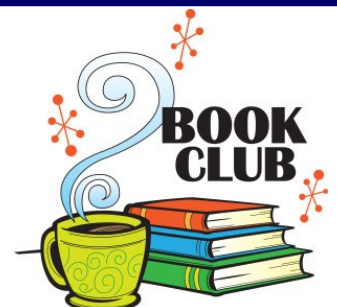


Monday, April 27—1:30
Thursday May 21—12:00
Tuesday June 23—11:00



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

April 28	A Tree Grows in Brooklyn—Betty Smith
May 26	How to Read a Book—Monica Wood
June 23	Captains and the Kings—Taylor Caldwell



Day Trips (20 Person Limit)

Registration for new trips OPENS on April 13th 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 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 PREFERRED \$30.00 (LIMIT 20)	11:30 am	4:00 pm	PAY-AT- DOOR
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	3:30 pm	FREE
Thursday May 7	Roebing Museum—18 minute video, followed by a docent led tour of the museum galleries, and a guided walking tour of the village. Lunch on own at Chickie's & Pete's (LIMIT 20)	10:15 am	4:00 pm	\$13.00
Tuesday May 12	Parx Casino Trip (LIMIT 20)	9:30 am	4:00 pm	\$10.00
Tuesday May 19 **NEW**	Camden Adventure Aquarium— Visit a top 10 aquarium in the US! Features over 15,000 aquatic animals in two million gallons of water. Lunch on own in the aquariums café.	10:00 am	4:00 pm	\$35.00

Non-residents can now register for a NEW bus trip two weeks after
registration is open to residents.
Non-residents can register Monday 4/27

Day Trips Continued

Tuesday June 9 **NEW**	Parx Casino Trip (LIMIT 20)	9:30 am	4:00 pm	\$10.00
Thursday June 11 **NEW**	Neil Diamond and Motown Tribute at PNC Bank Art Center—Program begins with the 60's Tribute to Motown Super Groups and continues with a Neil Diamond tribute, Tommy Lynn & One Hot Night, delivering a powerful must see musical experience. (LIMIT 27)	11:45 am	5:30pm	FREE
Wednesday June 17	Grounds for Sculpture— Explore the 42 acre New Jersey-sculpture park. Lunch on own inside the Grounds.	10:15 am	4:00pm	\$20.00
Thursday June 18	Paper Mill Playhouse— West Side Story— Lunch at La Strada on own. (LIMIT 20) WAITLIST ONLY	10:15 am	4:30 pm	\$54.00
Wednesday June 24 **NEW**	Old Town Village—Explore the Village's historic buildings and take a stroll through Middlesex County's historic past. Meet the historic demonstrators. Wear good walking shoes and weather appropriate clothing. Lunch on own at Chimney Rock Inn (LIMIT 20)	9:15 am	3:30 pm	FREE
Tuesday June 30 **NEW**	Pleasant Valley Lavender Farm— Create your own lavender chaffee wreath. Event comes with lemonade and cookies. Pay at door \$15.00 . Lunch on own at Anthony's Coal Fried Pizza. (LIMIT 20)	9:30 am	2:45 pm	PAY-AT-DOOR
Wednesday July 15 **NEW**	River Queen Cruise—Enjoy a luncheon cruise on the Manasquan River. The River Queen is able to accommodate wheelchairs, but they must be travel or regular size, no electric or oversized chairs. (LIMIT 20)	10:30 am	3:30 pm	\$60.00

Special Events

Wednesday— 4/22, 5/6, 5/20	Special Events Committee Follow Up Meetings WAITLIST ONLY	2:00 pm	3:00 pm	FREE
Thursday Apr 23	Master Gardeners—Tea Cup Garden (LIMIT 25)	1:00 pm	2:00 pm	FREE
Wed May 6 **NEW**	USA 250th craft - Red, White, and Blue front door hat with Robin (LIMIT 12)	2:00 pm	3:30 pm	\$5.00
Wed May 13 **NEW**	USA 250th patriotic sing-along with Sr Center member Jay Wolff on the piano w/snacks	12:30 pm	2:00 pm	FREE
Wednesday—6/3, 6/17, 7/1, 7/15, 7/29, 8/12, 8/26 **NEW**	Special Events Committee and Follow Up Meetings—June, July, August	2:00 pm	3:00 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



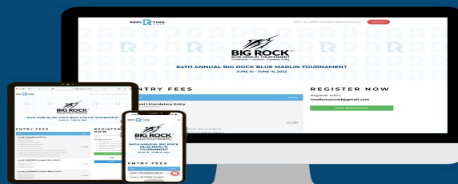
ATTENTION MEMBERS!



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 May-June: 5/7, 6/4
Walmart Apr-June: 4/23, 5/21, 6/18(PM)



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

April 2026

Monday	Tuesday	Wednesday	Thursday	Friday
		1 9:30 Walking Club— 12:30 Card Making 	2 10:30 Paper Mill Playhouse—1776	3 
6 CENTER IS OPEN	7 1:00 USA 250th Sip and Paint with Nancy Pitcher	8 10:00 Walking Trip— Bell Labs 12:30 Speaker—Home Safety Checklist 2:00 Special Events Committee Follow up meeting	9 9:30 Target	10 April Showers Social
13 NO ZUMBA	14 9:30 Parx Casino 	15 9:30 Walking Club Freehold Mall 12:30 Speaker — New York Life	16	17 12:30 BINGO 
20 NO ZUMBA	21 11:30 “Solve it Sherlock” Escape Room w/ lunch in Asbury Park	22 10:00 Walking Bell Works 12:30 Speaker— BINGO w/snacks— Provision Pharmacy 2:00 Special Events Committee Follow up meeting	23 9:30 Walmart 1:00 Master Gardeners - Teacup Garden	24 12:30 Movie—TBD
27 1:30 Card Making MOVED FROM 4/30	28 10:00 Jersey Shore Outlets w/ lunch on own 11:00 Speaker— JCPL 12:30 Book Club	29 9:30 Walking Club Freehold Mall 12:30 Speaker — Sr Medicare Patrol —Fraud w/lunch	30 12:30 Speaker— Menopause w/lunch	1 12:30 BINGO 