

## GUEST SPEAKERS

Special Guest Speakers are scheduled almost weekly and can include topics from physical therapy, doctors, senior living, Monmouth County Services and others.

## REGISTRATION

Watch for the monthly newsletters and registration dates. **Whether a FREE program or PAID program, pre-registration is required.**

Members can register in at the Senior Center or online at [www.ftrec.com](http://www.ftrec.com).



## MEMBERSHIP CARD

All members will be issued a photo ID card with a barcode. Members **MUST** scan in any time they enter the Senior Center.



## Township Committee

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

## Recreation Commission

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

## Superintendent of Parks and Recreation

Sue McGough

Freehold Township  
1 Municipal Plaza  
Freehold, NJ 07728  
732-294-2000

Freehold Township  
Recreation Office  
Michael J. Tighe Park  
65 Georgia Road  
Freehold, NJ 07728  
732-294-2190



## Freehold Township Senior Center



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

Hours:

Monday-Friday

9:00 a.m.—4:00 p.m.

## Senior Center Membership

- Open to Adults Age 55 and older.
- Must be a Freehold Township or Freehold Borough Resident.
- Membership Dues is \$36 per year for 2026.
- Membership runs from January 1st to December 31st.

[www.twp.freehold.nj.us](http://www.twp.freehold.nj.us)

The Freehold Township Senior Center offers a variety of diversified programming, services, classes and trips for Freehold Township residents 55 years of age and older. Members are welcome to stop by the Senior Center at anytime!



## ACTIVITIES

- ◆ Bingo
- ◆ Movies
- ◆ Card Games: Canasta, Poker, Hand and Foot, Mexican Train.
- ◆ Games: Mahjong, Trivia
- ◆ Trips: Casinos, Lunch Theaters, Shopping, Museums, Musicals....
- ◆ Exercise Classes: Strong Bones, Pilates, Zumba.
- ◆ Line Dancing
- ◆ Luncheon Socials: Themed and includes lunch, dessert, entertainment & Fun.
- ◆ Crafts: Card Making and other Craft Projects.
- ◆ Book Club: with monthly meetings.
- ◆ Walking Club: Weekly trips to malls, boardwalk, parks, reservoir..



## FREE MONTHLY HEALTH SCREENINGS

### **1st Tuesday of the Month**

Diabetes & Blood Pressure Screenings by the Freehold Area Health Department.

### **4th Monday of the Month**

Blood Pressure Screenings by the Visiting Nurses Assoc.

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## BI-MONTHLY MEMBER MEETINGS

Join us for a discussion and Q&A about what is going on at the Senior Center. We are always interested in what our members have to say.

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## MONTHLY FOCUS GROUPS

Join one of our Focus Groups (Educational, Social and Recreational) to share ideas on new programming

