



# March 2018 Newsletter

Melvin Cottrell Center for Seniors and the Disabled

45 Don Connor Blvd. Jackson NJ, 08527  
TEL (732) 928-2313 www.jacksontwpnj.net



To order a Nutrition Lunch see Calendar for meal selection. Please call 732-928-1200 x-1290 two days in advance to reserve or cancel a spot - Suggested Contribution for meals is \$2.00



Zumba Fitness Sponsored by Atlantic Coast on Tuesdays at 10:30am

Slow Flow Yoga Sponsored by CareOne on Fridays at 11:00am

Wednesday, March 7<sup>th</sup>, – “Minute to Win it” + Lunch & Prizes with Atlantic Coast – 11:00am



Tuesday, March 13<sup>th</sup>, – St. Pat’s Cooking Demo with Bartley Healthcare – 12:30pm



Wednesday, March 14<sup>th</sup>, Bingo & Lunch with Clear Captions – 12:00pm

Thursday, March 15<sup>th</sup>, Columbus Market \$3 – 9:00am

Wednesday, March 21<sup>st</sup> – Trip to CareOne Nutrition Month Breakfast & Bingo – 9:00am

Thursday, March 22<sup>nd</sup> – Bingo & Dessert with Holy Redeemer – 12:45pm

Friday, March 23<sup>rd</sup> – Tour of Hearthstone Estates – 10:00am



Thursday, March 29<sup>th</sup> - Birthday Cake & Bingo with Sunrise Assisted Living – 12:30pm



Tuesday & Thursday are Poker Games – Wednesday’s are Card Games – Afternoons

### ANTI-DISCRIMINATION STATEMENT

The Township of Jackson does not discriminate on the basis of race, color, national origin, sex, religion, age or disability in the provisions of services. All eligible individuals 50+ are entitled to participate in Senior Center sponsored programs. Reasonable accommodations will be made for individuals with disabilities.

### LIABILITY INSURANCE

Patrons must NOT move tables or equipment at the Senior Center. Please contact the office for assistance.

### PROHIBITIVE ACTIVITIES

The consumption of alcohol, use and or display of harassing behavior, smoking and or profane language is NOT permitted on these premises.

### SAFETY POLICY

When workout is in session please do not enter. In the interest of your safety, coats must be hung up in the designated areas. Do NOT hang garments on the back of chairs.

### REPORTING ACCIDENTS AND INCIDENTS

It is your responsibility, as a Patron utilizing the Senior Center and the grounds, to report any and all Incidents/accidents to persons or property that may arise at this site. Please contact the office to report any problems.

### TRANSPORTATION SERVICES

Bus services are available to the center and to shopping locations a minimum of **one business day** is required to secure a seat.

Call 732-928-2313

After hours, leave a message.