

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

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.

Melvin Cottrell Center for Seniors and the Disabled
45 Don Connor Blvd. Jackson NJ. 08527
TEL(732) 928-2313 (732) 928-1200 Ext. 254
www.jacksontwpnj.net

What's Happening

MEMORIAL DAY CEREMONY
 The Senior Center will hold a Memorial Ceremony on **FRIDAY, MAY 25TH** at **11:00** to honor the Veterans who gave their lives in service to our country.
LUNCH WILL BE SERVED (Sponsored by Care One)
 Anyone interested in attending must register with the office no later than May 18th.

"Senior" Prom 2012



FRIDAY, JUNE 22ND

Mark the date on your calendar....get your dress and suit ready....it's PROM TIME! Care One will be sponsoring this lovely event at their facility ...more details to follow!

"PRESENTATIONS"

Thursday, May 3 11:30
Aging in Place-Part 2

Thursday, May 10 11:30
Medicaid & Nursing Home
Information Session



Need Information on PAAD, Medicare or other Senior Services?

Please contact the Senior Center
Office Monday through
Thursday
between 1:30 and 4:00.
Someone will be happy
to assist you!



"IT'S A FUN WORKOUT"

Come join us at the Senior Center every **MONDAY, TUESDAY and WEDNESDAY** to have fun and feel good! This class involves a warm up and stretching, followed by alternating low impact aerobic and muscle toning exercises. Finish off with a stretch cool down and relaxation. Please wear loose, comfortable clothing and bring water with you. Let's get fit!!

**PLEASE CHECK YOUR CALENDAR FOR
ANY CLASS SCHEDULE CHANGES!**



...AND THEIR OFF TO THE RACES!

MONMOUTH PARK RACE TRACK
FRIDAY, JUNE 8TH
\$35

Hop on the bus for a day at the races...trip includes admission to Monmouth Park Race Track and buffet luncheon!

Bus leaves the Center at 11:00 and will be leaving Monmouth Park at 4:00 (no exceptions) If you would like to stay for the last races, please provide your own transportation!
Seating is limited...so register early

"KEY DATES TO REMEMBER"

Thursday, May 3—Aging in Place Part 2 11:30
Thursday, May 10—Medicaid & Nursing Home Information Session 11:30
Monday, May 14—Tropicana “Steven Sorrentino—Voices in My Head” \$22 plus \$15 coin
Monday, May 21—Lunch & Shopping “Pretzels” in Hamilton
Friday, May 25—11:00 Memorial Day Service
Monday, May 28—CLOSED
Friday, June 8—Off to the Races! Monmouth Park Trip \$35
Thursday, June 14—“How to Make Your Money Last” Information Session 12:45

**CHECK YOUR CALENDARS
& NEWSLETTERS!**

MOVIE'S OF THE MONTH SHOWTIME 10:00

WEDNESDAY
May 2nd
“Contagion”



WEDNESDAY
May 16th
“War Horse”

WEDNESDAY
May 30th
“Hugo”




CRAFT CORNER

PLEASE REGISTER IN ADVANCE

<p>May 8 Quick & Easy Cheese Bread \$4</p>	
	<p>May 15 Bacon, Cheese & Egg Brunch Ring Demo</p>
<p>May 17 & May 31 QUILLING</p>	
	<p>May 15 & 22 Fabric Circle Wreath (See Calendar)</p>

**BLOOD PRESSURE
CHECKUP**
Thursday, May 17th
@ **9:00**
at the Senior Center
MARK YOUR CALENDAR!



LEGAL FORUM



Tuesday, May 29th @ 12:30

This forum is held in a group setting. Bring your questions and concerns regarding legal problems and issues, including wills, living wills, powers of attorney, trusts, probate, long-term care planning, etc.

Empower yourself with knowledge and learn from the experience of others.



**PLEASE REGISTER
IN THE OFFICE TO
ATTEND!**

MEDICARE PART B ASSISTANCE PROGRAMS

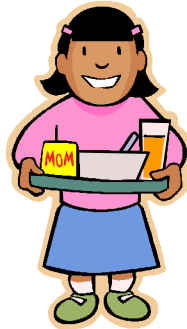
If you are struggling with Medicare Part B payments, we may be able to help you save at least \$1,158 each year. The **MEDICARE SAVINGS PROGRAM** is here to help by providing huge Medicare Part B savings. Call the Senior Center for more information about available programs.

"LUNCH TIME"

The Senior Center will be serving lunch thanks to Community Services, Inc.

To assure a meal you must:

1. Make a reservation 24 hours in advance
Call (732) 928-1200 ext. 290
2. Sign in before NOON on day of meal.
Meals are served at approximately 12:15 each day.
3. Cancellations must be made by 11 a.m. at least one day in advance of your planned attendance.



SEE CALENDAR FOR MEAL SELECTION
SUGGESTED CONTRIBUTION—\$2.00
If Item Is not available, substitution
will be made



A very special
HAPPY BIRTHDAY
to all our patrons with a
birthday in **May!**

Come by the Senior Center for a piece
of Birthday cake on May 17th and
enjoy your day with your friends!

"THE BREAKFAST CLUB"



Good Morning....

Join us for breakfast at 9 a.m. at the
"Senior Center Diner" for \$4!

****MENU****

May 4....Western/Plain Fluffy Eggs

May 11....Quiche

May 18....French Toast Casserole

SEATING IS LIMITED TO 20!
YOU MUST REGISTER IN ADVANCE