



October 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

Please Note:

The Men's and Women's Bathrooms will be Renovated October through December. During this time, there will be Handicapped – Portable rest areas located in the rear parking lot. ***Please park in the rear of the building during renovations***

Monday, October 8th – Columbus Day - closed

Wednesday, October 10th – Bingo and Lunch at Spring Oak – 12:00pm

Friday, October 12th – Bingo & Lunch at Fountain View – 12:00pm

Tuesday, October 16th – Flu Shots – 10:00am to 12:00pm

Wednesday, October 17th – Paint & Sip at Atlantic Coast –
Art Project & Brunch – 9:45am



Thursday, October 18th - Birthday Cake & Bingo with
Sunrise Assisted Living – 12:30pm



Friday, October 19th – Bingo & Lunch \$15 at Charlie Browns w/Hampton Ridge – 12:00pm

Wednesday, October 24th – Bingo & Lunch at CareOne – 12:00pm

Thursday, October 25th – OCSS Medicare Seminar Q & A – 10:00am

Tuesday, October 30th – Medicare Open Enrollment Appointments 9:00am to 4:00pm

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.