

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

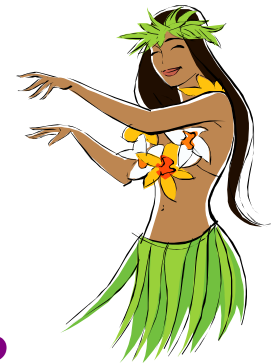
Bus services are available to the center and to shopping locations a minimum of **one business day** is required to secure a seat.
Call 732-928-2313
After hours, leave a message.

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

LUAU 2010!

Do you think you can you hula? Well, everybody get on your grass skirt, swing those hips and get ready to party at our Annual Luau



WEDNESDAY, AUGUST 18TH

12—2

\$7.00



Entertainment is sponsored by Care One of Jackson. You must sign up no later than 1 week in advance. SEE YOU THERE!

PRESENTATIONS

August 19th- Women's Health Q & A
with
Dr. Balwant Chhatwal 1:00

September 21st- Elder Abuse Task Force
Information Session 11:00

YOU MUST REGISTER TO ATTEND!

ZUMBA FITNESS!

**Come join the party and
dance your way to fitness**



**July 30
August 6
August 13
at 10:00**

COST \$ 5

You must register to attend!

SEWING CLASS



**COME TO THE SENIOR CENTER AND
LEARN TO SEW!**

We will be making a "SUMMER DRESS"!
You will need to purchase your own supplies for this project. You may bring your own portable machine if you like. Please see Carol in the office for pattern requirements.

**CLASS IS 12:00 ON
August 4 & 17**



"IT'S A FUN WORKOUT"

Come join us at the Senior Center every MONDAY, TUESDAY and THURSDAY 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!**

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!

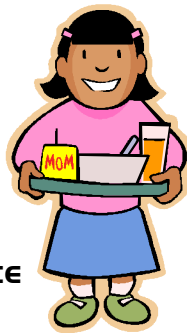


"LUNCH TIME"

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**



CRAFT CORNER

PLEASE REGISTER IN ADVANCE

August 3rd
Chalk Paint Garden Pots



August 5th
Toyland Project

August 10th
Seashell Project



August 12th
Potato Pancake Recipe \$4

August 17th & 19th
Quilling



August 24th
No Bake Chocolate Cookies \$5

August 26th
Clay Pot Lighthouse



OUTDOOR WALKING CLUB



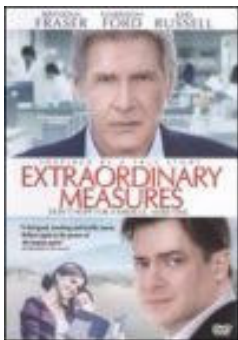
Join us in our Outdoor Walking Club!
We will meet at the Forest Resource
Center located on Don Connor Blvd.

TUESDAYS 11:30

Please dress appropriately, bring water and pack
a snack or lunch to have at one of the picnic
areas. LET'S GET FIT!

MOVIE OF THE MONTH

Showtime 10:00



**WEDNESDAY
August 4th**

**“EXTRAORDINARY
MEASURES”**

John Hadfield presents “UNCLE TONY’S DENTURES”

**Music, Magic, Juggling, Robots and
silly high-spirited comedy**

**Tuesday, August 31st
11:00**

Luncheon to follow

**Event sponsored by Atlantic Coast
Rehabilitation**

**Space is limited so register with the
office early!**





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

**Come by the Senior Center for a piece
of Birthday cake on August 19th and
enjoy your day with your friends!**

****Birthday cakes sponsored by Sunrise Assisted Living****

Ocean County Office of Senior Services Part D Donut Hole Rebate Update

- On June 15, the Department of Health and Human Services will begin sending \$250 rebate checks to Medicare Consumers who have entered the Part D prescription drug coverage gap (donut hole) this year.
- HHS will continue to mail checks approximately every six weeks.
- There is no application process or forms to fill out to receive this rebate.
- No one should be contacting the beneficiary to ask for personal information such as social security number, Medicare number, plan identification number, or bank account information.
- Attempts by anyone to obtain such information suggest potential fraud and should be reported immediately.

"KEY DATES TO REMEMBER"

**August 12th– Columbus Market \$2
August 18th– Summer Luau 12-2 \$7
August 31st- “Uncle Tony’s Dentures” 11:00
September 15th– MIPPA Hoe Down 12-2**

**CHECK YOUR CALENDARS
& NEWSLETTERS!**

Senior Expo 2010

**Thursday, SEPTEMBER 23rd
9 – 2 P.M.**

**Come down to the Senior Center
as over 60 vendors will present you with
unlimited information – from home repair to
extended care!**

**Transportation to and from the
Center is available. Please call ahead to
reserve a ride.**