

HAZLET SENIOR CENTER

September

2023



Denise Bucciero
Director

Phone: 732-217-8683

dbucciero@hazletnj.org

8:00 a.m. to 4:00 p.m. M-F

1776 Union Avenue, Hazlet, NJ 07730

HazletTwp.org | Register for programs at MyActiveCenter.com

From the Desk of the Director

Hello Friends,

Wow, I can't believe how quickly summer went by! I hope you all enjoyed the beautiful weather, your families, and I can't wait to hear about all your vacation adventures!

Though we are sad to see summer go, Autumn is right around the corner, and with it comes some beautiful foliage, cooler weather, pumpkins and planning for the holidays to come.

9/10 is National Grandparents Day

To all our Grandparents, have a wonderful Day!

"Grandparents are the footsteps to the future generations."

9/11 is Patriot Day

"To those who courageously gave their lives...and to those who bravely fight today...Thank You"

ALL fitness class times have changed for the Fall, please make a note of them.

Monday, September 4th the Senior Center will be **CLOSED**.

Please remember to register for all programs, classes, and events.

Crisp Air, Cool Breeze, Fall Leaves.

*All the things Autumn brings!
Happy Fall Y'All*

Denise Bucciero



Hackensack
Meridian Health

Stroke Facts

Thursday, September 28th

2:00 p.m.

Speaker: Elena Milano, RN

Join us for a **FREE** presentation to learn about symptoms and treatment options for stroke, as well as what to do if someone is having a stroke.



Health Group
Moving Healthcare Forward

FREE Flu Shots

Thursday, September 28th

10:00 a.m. to 2:00 p.m.

"Let's protect you and your loved ones."

elite Tri-State
Foot Care



FOOT CARE

Thursday, September 14th

2:00 p.m.

Join us for a **FREE** presentation on proper footcare.



Healthy Homes for Seniors

Presented by

Monmouth County Health Dept.

Monday, September 18th

Presentation 12:30-1:00 p.m.

Chair Yoga 1:00-1:30 p.m.

An in-person educational presentation designed for keeping seniors safe at home.

OUR SERVICES:

Home Safety, Contamination Free Homes, Pest-Free Homes, Proper Ventilation, and more!

Please take your time and review the newsletter and the calendar.

Pre-Registration is required - register at MyActiveCenter.com OR call (732) 217- 8683 or (732) 217 - 8641



& Snacks to Share!

Our next meeting will be Thursday, September 28

12:30 pm

In **September** we are reading:

“All Grown Up”

By Jamie Attenberg

Pick up your copy of the book at the Hazlet Library the week of August 28, and bring a snack to share during discussion.



NEW for FALL!

Monday's, starting September 11

12:00 p.m.

\$7.50 for two games

Location: *Bowlero*, 1400 NJ-36 Hazlet



Country Line Dancing

Our instructor will be in Italy for most of September, we will resume class in October!

HAVE FUN ELLEN!



NEW! The Winery Train Trip

October 15, 2023

A Delaware River Railroad Excursion

Phillipsburg, NJ

\$85 per person, includes Bus, Ticket, Tax & Gratuity

Villa Roma Resort – 4 days and 3 nights

October 17 to 20, 2023

Italian Festival!

\$599 per person, double occupancy

Surflight's “A Christmas Story”

Tuesday, December 5, 2023

Come join us for “A Christmas Story” performance and dinner at The Waterfront Restaurant! **Transportation included.**

\$149 per person

Grace Donohue—Cullen Center Seniors Trip Coordinator
(732) 217-8641 (please leave a message, calls are returned within 24-48 hours)



Foundations of Drawing 1 or 2

Monday, September 11 to November 6

1:00 – 2:00 p.m.

8-week program

Hazlet Residents – Free

Non-Residents - \$40 for 8 weeks

Please take your time and review the newsletter and the calendar.

Pre-Registration is required - register at MyActiveCenter.com OR call (732) 217- 8683 or (732) 217- 8641



Chair Yoga

Friday, September 8 to November 3

12:30 – 1:30 p.m.

8-week program – **No class 10/27**

Hazlet Residents – Free

Non-Residents - \$40 for 8 weeks



Poker for Fun

No Money Involved

Thursday, September 7

12:30 to 2:30 p.m.



Rummikub!

Monday, September 11

1:30 to 3:30 p.m.



Latin Groove

Wednesday, September 13 to November 8

10:00 – 11:00 a.m.

8-week program – **No Class 10/25**

Hazlet Residents – Free

Non-Residents - \$40 for 8 weeks



Pickleball Class

Wednesday, September 20 to November 1

8:00 – 10:00 a.m.

8-week program – **No Class 10/25**

Hazlet Residents – \$50 for 6 weeks

Non-Residents - \$60 for 6 weeks

ATTENTION



Starting September

Craft Collective will run 2X's a month on Thursday

Bingo will run 2X's a month on Friday

Please check the calendar for dates.

Please take your time and review the newsletter and the calendar.

Pre-Registration is required - register at MyActiveCenter.com OR call (732) 217- 8683 or (732) 217- 8641



Pumpkin Decorating Contest

RULES:

- *Pre-registration required.*
- Pumpkins must be in no later than 9/29
- NO CARVING allowed.
- Pumpkin cannot be pierced/punctured in anyway.
- A number will be assigned to each pumpkin, and the office will keep track of who turned in a pumpkin.
- Pumpkins will be judged the week of Oct. 2



Disco Party!

Come dressed to impress with your Disco attire!

Friday, September 22 at 1:00 p.m.

Pre-registration required.

Includes:

DJ, Lunch & Refreshments

Members - \$20

Non-Members - \$25

Wine Glass Painting Party



Customize your wine glass into a beautiful work of art!

Friday, September 8th at 1:00 p.m.

Pre-registration required

Includes:

Wine glass, paint, supplies, instructor, snacks, and refreshments.

Members - \$20

Non- Members - \$25

We are now on ...



Share this with your friends!

<https://www.facebook.com/HazletSeniorCenter>

Daily Events Hazlet Senior Center

Activities with a * have a fee for non-residents.

Pre-Registration is required for ALL events, programs, and classes.

If you need help registering, please call (732) 217-8641 OR (732) 217-8683

Mondays

9:00 -10:30 a.m. Bocce Ball – *weather permitting*
10:00 – 12:00 p.m. Ping Pong
11:00 – 11:45 a.m. Total Body Strength – fitness
11:30 – 12:00 p.m. Congregate Lunch served – must order a day ahead, no special requests, no takeout.
12:00 p.m. Bowling – Bowlero in Airport Plaza, \$7.50 for 2 games
1:00 – 2:00 p.m. Foundations of Drawing 1 and 2 – art*
1:30 – 3:30 p.m. Indoor Pickleball
1:30 – 3:30 p.m. Rummikub

Tuesdays

8:00 – 9:00 a.m. Walking Club – *weather permitting*
11:00 – 11:45 a.m. Sit & Get Fit – fitness
11:30 – 12:00 p.m. Congregate Lunch served – must order a day ahead, no special requests, no takeout.
1:00 – 2:30 p.m. Crocheting & Knitting Club
1:30 – 3:30 p.m. Indoor Pickleball
1:30 - 3:30 p.m. Games & Cards

Wednesdays

8:00 – 10:00 a.m. Indoor Pickleball Class*
10:00 – 11:00 a.m. Latin Groove Dance Class*
10:00 – 12:00 p.m. Ping Pong
11:00 – 11:45 a.m. Cardio Mix – fitness
11:30 – 12:00 p.m. Congregate Lunch served – must order a day ahead, no special requests, no takeout.
1:30 – 3:30 p.m. Indoor Pickleball


Thursdays

8:00 – 9:00 a.m. Walking Club – *weather permitting*
8:00 – 10:00 a.m. Indoor Pickleball
9:00 – 10:30 a.m. Bocce Ball – *weather permitting*
11:00 – 11:45 a.m. Stretch & Flex – fitness
11:30 – 12:00 p.m. Congregate Lunch served – must order a day ahead, no special requests, no takeout.
12:30 – 2:00 p.m. Craft Collective – arts/crafts (meets 2X a month check calendar for dates)
12:30 – 2:30 p.m. Poker for Fun! (No money involved)

Fridays

8:00 - 10:00 a.m. Indoor Pickleball
10:00 – 12:00 p.m. Ping Pong
11:00 – 11:45 a.m. Strength & Balance – fitness
11:30 – 12:00 p.m. Congregate Lunch served – must order a day ahead, no special requests, no take out
12:30 – 1:30 p.m. Chair Yoga – fitness*
2:00 – 3:30 p.m. Bingo (meets 2X a month check calendar for dates)

September 2023

Monday	Tuesday	Wednesday	Thursday	Friday
				1 8:00 - Pickleball - Indoor 10:00 – Ping Pong 11:00 - Strength and Balance <i>11:30 to 12:00 - Lunch</i> 12:30 - Chair Yoga 2:30 - Bingo
 CLOSED	4 8:00 - Walking Club 9:30 - Country Line Dancing <i>11:30 to 12:00 - Lunch</i> 1:00 - Crochet and Knitting 1:30 – Cards & Games 1:30 - Pickleball - Indoor	5 8:00 - Pickleball Beginner Class 10:00 - Latin Groove Dance 10:00 – Ping Pong 11:00 - Cardio Mix <i>11:30 to 12:00 - Lunch</i> 1:30 - Pickleball – Indoor	6 8:00 - Pickleball - Indoor 8:00 - Walking Club 9:00 - Bocce Ball 11:00 - Stretch and Flex <i>11:30 to 12:00 - Lunch</i> 12:30 – Craft Collective 12:30 – Poker for Fun!	7 8 10:00 – Ping Pong <i>11:30 to 12:00 - Lunch</i> 12:30 - Chair Yoga 1:00 – Wine Glass Painting Party
11 9:00 - Bocce Ball 10:00 – Ping Pong 11:00 - Total Body Strength <i>11:30 to 12:00 – Lunch</i> 12:00 – Bowling at Bowlero! 1:00 - Foundations of Drawing 1:30 - Pickleball – Indoor 1:30 – Rummikub 2:00 – Caregivers Support Group	12 8:00 - Walking Club 11:00 - Sit and Get Fit <i>11:30 to 12:00 - Lunch</i> 1:00 - Crochet and Knitting 1:30 - Pickleball - Indoor 2:00 – Parkinson Support Group	13 8:00 - Pickleball Beginner Class 10:00 - Latin Groove Dance 10:00 – Ping Pong 11:00 - Cardio Mix <i>11:30 to 12:00 - Lunch</i> 1:30 - Pickleball – Indoor	14 8:00 - Walking Club 9:00 - Bocce Ball <i>11:30 to 12:00 - Lunch</i> 12:00 – Cullen Senior Club 12:30 – Poker for Fun! 2:00 – Elite Tri-State Foot Presentation	15 8:00 - Pickleball - Indoor 10:00 – Ping Pong 11:00 - Strength and Balance <i>11:30 to 12:00 - Lunch</i> 12:30 - Chair Yoga 2:30 - Bingo
18 9:00 - Bocce Ball 10:00 – Ping Pong 11:00 - Total Body Strength <i>11:30 to 12:00 – Lunch</i> 12:00 – Bowling at Bowlero! 12:30 – Healthy Homes Presentation 1:00 - Foundations of Drawing 1:30 - Pickleball – Indoor 1:30 – Rummikub	19 8:00 - Walking Club 11:00 - Sit and Get Fit <i>11:30 to 12:00 - Lunch</i> 1:00 - Crochet and Knitting 1:30 – Cards & Games 1:30 - Pickleball - Indoor	20 8:00 - Pickleball Beginner Class 10:00 - Latin Groove Dance 10:00 – Ping Pong <i>11:30 to 12:00 - Lunch</i> 1:30 - Pickleball – Indoor	21 8:00 - Pickleball - Indoor 8:00 - Walking Club 9:00 - Bocce Ball 11:00 - Stretch and Flex <i>11:30 to 12:00 - Lunch</i> 12:30 – Craft Collective 12:30 – Poker for Fun!	22 10:00 – Ping Pong <i>11:30 to 12:00 - Lunch</i> 12:30 - Chair Yoga 1:00 – Disco Party
25 9:00 - Bocce Ball 10:00 – Ping Pong 11:00 - Total Body Strength <i>11:30 to 12:00 – Lunch</i> 12:00 – Bowling at Bowlero! 1:00 - Foundations of Drawing 1:30 - Pickleball – Indoor 1:30 – Rummikub	26 8:00 - Walking Club 11:00 - Sit and Get Fit <i>11:30 to 12:00 - Lunch</i> 1:00 - Crochet and Knitting 1:30 – Cards & Games 1:30 - Pickleball - Indoor	27 8:00 - Pickleball Beginner Class 10:00 - Latin Groove Dance 10:00 – Ping Pong 11:00 - Cardio Mix <i>11:30 to 12:00 - Lunch</i> 1:30 - Pickleball – Indoor	28 8:00 - Walking Club 9:00 - Bocce Ball 10:00 – Flu Shots - FREE <i>11:30 to 12:00 - Lunch</i> 12:00 – Cullen Senior Club 12:30 – Book Club 2:00 – Stroke Facts Presentation	29 8:00 - Pickleball - Indoor 10:00 – Ping Pong 11:00 - Strength and Balance <i>11:30 to 12:00 - Lunch</i> 12:30 - Chair Yoga



Interfaith Neighbors
 Meals on Wheels Program
 (732) 888 - 4876
 8:00am-1:00pm

September MENU

Mon	Tue	Wed	Thu	Fri
				1 Meatloaf
4 Holiday	5 Beef Lasagna	6 SPECIAL- order 7 days in advance Submarine Sandwich	7 Chicken Parm	8 Swedish Meatballs
11 SPECIAL- order 7 days in advance Cheeseburger	12 Fish and Mac & Cheese	13 Spinach & Cheese Omelet	14 Pork Chops	15 Grilled Chicken
18 Salisbury Steak	19 Grilled Chicken and Peppers & Onions	20 Ham & Cheese	21 Beef Lasagna	22 SPECIAL- order 7 days in advance Tuna Melt
25 Chicken Patty	26 Pork Chops	27 Meatloaf	28 SPECIAL- order 7 days in advance Italian Meatballs	29 Turkey & Cheese

Daily Lunch \$3.00 Donation, order by 11:00 a.m. the day before.
SPECIALS \$4.00, ORDER 7 DAYS IN ADVANCE
Menu is subject to change.
All lunches come with a drink, vegetable, starch, and dessert.
Congregate lunches are served promptly at 12:00 p.m.