



Spirit Month July 2017

Enjoy the little things in life...

for one day you'll look back and realize they were the big things.
Robert Brault



Amenities:

Billiard and Table Tennis
Daily Fitness
YMCA Swim
Computer Room
Arts and Crafts
Wii Bowling

IMPORTANT INFORMATION IN CASE OF AN EMERGENCY

ONE CALL: In the event of the center closing, program change or cancellation, you will receive a phone call from our messaging system. In case of a city wide emergency the center would remain open as a relief station for the public during business hours.

Lunch Reservation

Contact Morty Wall

732-502-5745 8:30 am -12:30 pm

Lunch Served: 11:30 am- 12:30 pm

MONDAY thru FRIDAY

RESERVE YOUR MEAL A DAY IN ADVANCE

MEALS ARE SUBJECT TO CHANGE.

Interfaith Neighbors Lunch Menu

Monday

8/7 Beef Steakette

8/14 Roast Turkey

8/21 Meatloaf and Broccoli

8/28 BBQ Beef Spare Ribs/ Broccoli

Tuesday

8/1 Baked Chicken Patty

8/8 tuna Salad

8/15 Chicken, Onions, Peppers

8/22 Turkey and Cheese with Potato
Salad

8/29 Baked Pork Chop

Suggested Donation

\$2.50

Wednesday

8/2 Fish with Macaroni and Cheese

8/9 Beef Lasagna

8/16 Ham and Cheese with Potato
Salad

8/23 Beef Steakette

8/30 Beef Lasagna

Thursday

8/3 Roast Turkey and Broccoli

8/1- Baked Pork Chop

8/17 Breakfast and Lunch

8/24 Baked Chicken Legs

8/ 31 Tuna Salad

Friday

8/4 Meatloaf

8/11 Baked Chicken Patty with
Broccoli

8/18 BBQ Beef Spare Ribs

8/25 Special Lunch

Senior Center Transportation

Please call and sign up for any trips or transportation to Center.

All Shopping Trips are 2 hours or less.

Pick up Times

9:15am Early Bird

11:00am Lunch

12:30pm Shopping



Drop Off

1:00pm

3:00pm

4:00pm

Asbury Park Senior Center

Partially funded through a grant from the Monmouth County Office on Aging under Title III of the Older Americans Act



ASBURY PARK SENIOR CENTER STAFF

Supervisor: Karen Murphy

Program Development Aide:

Jennifer Rice, Brenna Barker and Tiena Morgan

Driver: Maurice Newsome

Receptionist: Paralee Simmons, Nadra Dixon and Omelia Holmes

Location & Office Hours

1201 Springwood Ave

2nd floor Suite 102

Asbury Park, NJ 07712

Monday thru Friday 9:00am - 4:30pm

CONTACT INFORMATION

Email: seniorcenter@cityofasburypark.com

Office: 732-988-5252

GUEST SPEAKERS FOR THE MONTH

August 3, 2017

Assembly District 11

Topic: State and Local Issues

August 8, 2017

Optimal Pharmacy

Topic: Optical Care for All Your Pharmacy Needs

August 10, 2017

Child Break Presentation

Topic: Substance Abuse Awareness

August 14, 2017

EZ Ride

Topic: Ryde 4 Life- Transportation for Seniors

If you are not a Registered Member of the Senior Center, you are missing out on so much Fun & Excitement. Call us, registration can be done over the phone. Then get ready for the time of your Life!

August 2017

Dates to Remember

Yoga Class

Tuesdays at 10:30 am

August 1, 2017

August 8, 2017

August 15, 2017

August 22, 2017

August 29, 2017

Shore Lanes Bowling

Wednesday, August 9, 2017

12:30 Pickup

Please Sign Up In Advance

Atlantic City

Friday, August 18, 2017

9:00 Pickup

Coral Harbor Rehab

Bingo, Pizza and Prizes

Wednesday, August 16, 2017

Breakfast and Lunch Special

Thursday, August 17, 2017

9:00 Pickup

Sign Up In Advance

Fee: \$4.00

Relay for Life Kickoff Party and

Chinese Auction

Friday, August 25, 2017

Please Reserve a Seat

\$5.00 Donation Required

Includes:

5 Raffle Tickets

Lunch & Dessert

Additional Raffle Tickets are 2/\$1

Deadline August 20, 2017

Manasquan Reservoir

Boat Tour

Tuesday, August 29, 2017

11:00 Pickup

Please Sign Up in Advance

Fee \$5.25