



Don & Marie Curtis Senior Center & West Park Recreation Center

June 2023



**DON & MARIE CURTIS
SENIOR CENTER
&
WEST PARK
RECREATION CENTER**
615 West Park Ave.

**TOWNSHIP OF OCEAN
DEPARTMENT OF
HUMAN SERVICES**
601 Deal Road
732-531-2600
OceanTwp.org

*Fee Program
To register call
732-531-2600

** Free Program
Registration
required

***Free for Ocean
residents. \$10 fee for
non-residents



SUN	MON	TUE	WED	THU	FRI	SAT
				1 Open Game Play 9am-12pm	2 Open Game Play 9am-12pm	3 Donate gently used books to OT Friends of Library 9:30 am-1:30 pm
4	5 Brain Games** 1-2 pm	6	7 Let's Talk** 9:15-10:00 am 10:30-11:15 am 12:00-12:45 pm	8 Open Game Play 9am-12pm	9 Open Game Play 9am-12pm	10
11	12 Fraud Prevention** 1-2pm	13	14 Let's Talk** 9:15-10:00 am 10:30-11:15 am 12:00-12:45 pm	15 Health & Resource Fair 1-3pm VNA Health Screenings 1-3pm	16 Township offices closed in observance of Juneteenth	17
18 HAPPY FATHER'S Day	19	20 Ocean Seniors Barbecue** 1-2:30 pm	21	22	23 Open Game Play 9am-12pm	24
25	26 BINGO*** 1-2:30 pm	27	28 Let's Talk** 9:15-10:00 am 10:30-11:15 am 12:00-12:45 pm	29	30	

For information about fitness and arts programs for seniors, see the Recreation Brochure online at oceantwp.org. Copies are available at the Department of Human Services, 601 Deal Road.

Free transportation for local shopping and medical appointments is available for Ocean Township residents age 60+. Call 732-531-2600 to register.



DON & MARIE CURTIS SENIOR CENTER & WEST PARK RECREATION CENTER

615 WEST PARK AVE. OAKHURST, NJ



Call 732-531-2600 to register for any of our Senior Events listed below.

BRAIN GAMES MONDAY, JUNE 5

A strongly exercised brain can help keep our memory strong! Sandra Vega of Horizon Blue Cross/Blue Shield discusses brain health. Learn routine maintenance activities, games & exercises for a healthy brain. Free. Registration required.



FRAUD PREVENTION MONDAY, JUNE 12

Learn how to protect yourself from banking fraud with Caroline Glynn, vice president/retail branch manager of Manasquan Bank. Free. Registration required



SENIOR HEALTH & RESOURCE FAIR THURSDAY, JUNE 15

Learn about ways to lead a happier and healthier life! Vendors will be on hand to discuss programs and valuable resources that benefit seniors. FREE health screenings plus raffles and prizes. Sponsored by All American Assisted Living of Tinton Falls. Free admission

OCEAN SENIORS SUMMER BARBECUE TUESDAY, JUNE 20

Let's Party! Mix & mingle with old and new friends and enjoy a casual summer afternoon. Entertainment by THE RAGTIMERS. Bring a dessert to share! Ocean Seniors only. Free. Registration required.



FREE COUNSELING FOR OCEAN RESIDENTS

Licensed practitioners provide services including individual, couples and family counseling, grief counseling and substance abuse assessments and referrals. Call 732-531-2600 for information and to schedule an appointment.

FREE HEALTH SCREENINGS

VNA of Central Jersey offers free health screenings for seniors. 1-2 pm on the third Thursday of the month. No appointment is needed.

Services include:

- Monitoring of vital signs
- Medication review
- Patient education
- Disease prevention

OPEN GAME PLAY

Every Thursday & Friday the Don & Marie Curtis Senior Center will be open from 9am-12pm. Senior residents are encouraged to stop in and enjoy social activities such as card and board games. Gaming supplies are provided.

BINGO

1 - 2:30 pm
West Park Rec Center
Large Room
June 26
July 31 August 28
September 18
October 30 November 27
Monthly registration required
Free for Ocean residents
\$10 non-residents
Call 732-531-2600