



# 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.

### STROKE PREVENTION MONDAY, MAY 1

Michelle McElduff of Excelsior Care Group will discuss how to recognize the symptoms of stroke and how to prevent a stroke through healthy lifestyle choices. Light refreshments will be served. Free. Registration required.



### POSITIVE AGING TUESDAY, MAY 2

Learn how to thrive at any age. Cultivate a positive approach to your future years and see the new possibilities that this stage of life can bring. Presented by educator and positive psychology coach Diane Lang



### LUNCH & LEARN MONDAY, MAY 8

**LUNCH:** provided by All American Senior Living and WAWA.

**LEARN:** Fraud, Abuse and Senior Scams presented by Archer Brogan Law Group. Veteran Benefit Eligibility presented by Veterans Care Services. Free. Registration required.



### SENIOR SPRING FLING MONDAY, MAY 15

Calling all Ocean Seniors! Join us for a casual afternoon to welcome Spring. Mix and mingle with old and new friends. Enjoy light refreshments and entertainment. Bring a dessert to share. Sponsored by Beacon of



Life. 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  
May 22  
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