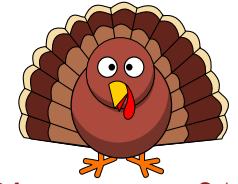




Don & Marie Curtis Senior Center November 2022



SUN MON TUE WED THU FRI SAT

SUN	MON	TUE	WED	THU	FRI	SAT
		1	2	3 Open Game Play 9am-12pm	4 Open Game Play 9am-12pm Knitting 1-3 pm	5
6	7	8	9 Let's Talk** 9:15-10:00 am 10:30-11:15 am 12:00-12:45 pm	10 Open Game Play 9am-12pm	11 Open Game Play 9am-12pm Knitting 1-3 pm	12
13	14 Diabetes Awareness Luncheon** 1-3pm hosted by Beacon of Life	15 Adult Acrylics* 12:30 -2:00pm 3:00-4:30pm	16	17 Open Game Play 9am-12pm VNA Health Screenings 1-2pm	18 Open Game Play 9am-12pm	19
20	21	22 Adult Acrylics* 12:30 -2:00pm 3:00-4:30pm	23	24 Happy Thanksgiving! 	25 Township facilities closed	26
27	28 BINGO** 1-3 pm (large room)	29 Adult Acrylics* 12:30 -2:00pm 3:00-4:30pm	30 Let's Talk** 9:15-10:00 am 10:30-11:15 am 12:00-12:45 pm			

For information about fitness and arts programs for seniors, see the Recreation Brochure. It can be found online at oceantwp.org or at the Department of Human Services, 601 Deal Road.

Don & Marie Curtis Senior 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 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
615 WEST PARK AVE. OAKHURST, NJ**

Join our email list to stay updated about special events for Ocean seniors.

Call 732-531-2600 to add your email address to the list.

FREE COUNSELING IS OFFERED TO TOWNSHIP OF OCEAN RESIDENTS

Our 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.

For information about **Recreation & Fitness** programs for seniors, including Adult Acrylics, see the quarterly Recreation Brochures. They are available at the Department of Human Services, 601 Deal Road or online at oceantwp.org.

VNA of Central Jersey offers **free health screenings** for seniors from 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

BINGO takes place on the **last Monday of the month**. Participation is free, but registration is required. Call 732-531-2600 to reserve your space.

Township of Ocean Department of Human Services

601 Deal Road, Ocean NJ 07712

732-531-2600 oceantwp.org

