KEY TO THE CENTER
KEYPORT SENIOR CENTER
NEWSLETTER



110 SECOND STREET, KEYPORT, NJ 07735
Center Supervisor- Chris McManus
Office Staff– Jessi Antenucci & Kathy Beam
Social Worker– Ann Albano
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WWW.KEYPORTONLINE.COM Office Hours 8:30AM-4pm

Supervisor's Corner —Happy June Everyone!

I can't believe it is already June! The warm weather is here and summer is officially right around the corner. We have an exciting month ahead filled with educational programs, activities, trips, and summertime fun at the Senior Center.

First, some happy news — we have baby fishes at the center! Thanks to the kindness of our members, we now have an additional fish tank for the older fish while the baby fishes safely remain in the original tank as they continue to grow. Be sure to stop by and visit our newest little members. If you would like to donate to the fishes, please see me.

Please note that the Senior Center will be closed on Tuesday, June 2 for the Primary Elections.

We also have several informative programs this month:

- Wednesday, June 3 at 12:00pm — Monmouth County Office of Mosquito Control will discuss mosquito and tick safety for Summer 2026. "it's something to bite about"
- Tuesday, June 9 at 10:00am — Monmouth County Sheriff's Office will provide information and IDs for Register Ready. Parker Health will also be visiting that day.
- Wednesday, June 17 from 12:00–1:00pm — Hackensack Meridian Health will present "Stroke Prevention: BE FAST."
- Tuesday June 23- Parker Health 9:30 Health Topic and BP checks

We are also looking forward to our Father's Day Lunch on Thursday, June 18 at 12:00pm.

June is National Great Outdoors Month, and we are excited to begin our Thursday Morning Nature Walks starting June 4 with Chris and Ann. Join us for a relaxing 30-minute walk along the Raritan Bay to enjoy some fresh air, exercise, and great company. Don't forget your sneakers, water bottle, and sunglasses, meet at the center 9:30. We are currently working to get another fitness class soon.

I would also like to thank Julia for stepping up to teach Mah Jong on Fridays at 1:00pm. If you have ever wanted to learn how to play, all are welcome to join and learn together.

We also have several trips planned throughout the summer. Please make sure to sign up early, as some of the trips are already beginning to fill up quickly, reminder if you put a deposit on a trip, it must be paid in full one month before the trip.

Thank you to all of our members, volunteers, and supporters for helping make the Senior Center such a wonderful place each day. We look forward to another great month together and hope to see everyone at the center this June!
-Chris

Birthdays of the Month



Dorothy DeFilippo, David Cofield,
Tony Sonatore, John Brainard, Frank Martin,
Linda Halligan, Teresa McGraw,
Kathy Cofield, Paula Alkiewicz,
Peggy Bennett Wise, June Dougherty,
Lorna Day, Jessica Magee-Callandrillo,
John Brady, Barry Gutterman,
Nancy Brandine, Terrie Magistro,
Adele Gries

wish list



We Thank you for your generous donations!

- **Cups Hot Cups for Coffee**
- **Coffee**



We warmly welcome all our new members to the Senior Center! We are happy you joined our community and look forward to seeing you at our activities and events. Welcome to our Senior Center family!



KEYPORT SENIOR CITIZENS ADVISORY COMMITTEE

SUPPORTS THE PROGRAMS OF THE SENIOR CENTER

President: Laurie Parnaby **Vice-President** :Bob Thompsen

Treasurer: Darlene Burgess **Secretary**: Barbara Gianguzzi

ADVISORY COMMITTEE MEMBERS

Mary Lou Faitoute	Julia Hudson	Patti Mascolino
Elba Moreno	Louis Natarcola	Gail Paris
Susan Pike	Virginia Smith	Dawn Staniforth
Barbara Repp		

Too Much Sitting Can Affect Your Health

As we get older, it's natural to spend more time sitting—watching TV, reading, using the computer, or relaxing with family and friends. While rest is important, sitting too long can affect our health more than we realize.

You may have heard the phrase, "sitting is the new smoking." While dramatic, it highlights an important message: spending too much time seated can increase health risks, especially for older adults.

Too much sitting has been linked to:

- Weight gain
- High blood pressure
- Type 2 diabetes
- Poor circulation
- Increased feelings of anxiety or low mood

After about 30 minutes of sitting, circulation slows, muscles relax, and metabolism becomes less active. Over time, these effects can add up.

The good news is that small amounts of movement can help. Standing up or moving every 30–60 minutes may:

- Improve blood flow
- Wake up muscles and joints
- Support balance and flexibility
- Boost energy and mood

Simple activities throughout the day can make a difference. Try:

- Taking short walks around your home
- Stretching during TV commercials
- Standing while talking on the phone
- Parking a little farther away when safe
- Using stairs with handrails if comfortable
- Enjoying gentle exercises such as walking, chair exercises, or stretching

Always move at a pace that feels safe and comfortable for you.

Remember, you don't have to do everything at once. Small movement breaks throughout the day can support strength, independence, and overall well-being. A little movement truly goes a long way at any age.

Laurie N. Parnaby

SOCIAL WORKER ANN INFORMATION

Have you filed your property tax rebate form yet?

Be sure to submit your application before the November 2, 2026 deadline.

Eligibility and programs ae outlined below.

Additional questions or concerns can be answered by calling New Jersey Division of Taxation at 888-238-1233 or visit the Regional NJ Div of Taxation Office 2 Paragon Way, Suite 1100 (in the back) Freehold, NJ 07728. No appointments

New Jersey Property Tax Relief

For NJ Resident Senior Homeowners and Renters, Age 65 and Over or Disabled

Three Programs, One Application (PAS-1)

Based on 2025 Residency, Income, and Age or Disability.

SENIOR FREEZE	ANCHOR	STAY NJ
Born in 1960 or earlier, or received permanent Social Security disability or Railroad Retirement disability payments during 2025.	Owned or rented and occupied property as their main home on October 1, 2025.	Born in 1960 or earlier.
Met the 2024 and 2025 income limits: 2024 — $168,268 or less 2025 — $172,475 or less	Met the income limits for 2025: Homeowners — $250,000 or less Renters — $150,000 or less	Met the income limit for 2025: $500,000 or less
Owned and lived in the same home as their main home (or leased a site in a mobile home park and lived in a mobile home) on or before December 31, 2022 through December 31, 2025.	Homeowners: The home had to be subject to property taxes on the land and improvements.	Owned and lived in a NJ home as their main home for all of 2025.
The home was subject to property taxes (on the land and improvements).	Renters: Must be listed on the lease.	Stay NJ benefits are calculated after ANCHOR and Senior Freeze benefits are determined. If you qualify for all three programs, the Stay NJ benefit will be 50% of your property taxes (up to $6500) minus any payments received through ANCHOR and Senior Freeze.

Availability of These Programs Is Subject to Annual State Budget Appropriations.

FORM PAS-1 WAS ISSUED FEBRUARY 2026

Movies starting at 11AM.
Snacks and drinks are not provided at all movies, you're welcome to bring snack and drinks.

- June 4-Yesterday-After a worldwide blackout, an aspiring singer-songwriter discovers he's the only person who remembers The Beatles. Using their iconic songs, he rises to fame while struggling with love, honesty, and the pressures of success.
- June 11-Steel magnolias-In a small Louisiana town, a group of strong and spirited women share life's celebrations and sorrows while supporting one another through family struggles, illness, and loss. The film is both humorous and deeply emotional.
- No movie June 18 due to Lunch Event
- June 25-The greatest showman-Inspired by the life of P.T. Barnum, this colorful musical follows his journey from poverty to creating a spectacular entertainment show featuring unique performers. Filled with energetic songs, it celebrates ambition, imagination, and belonging.

FATHER'S DAY LUNCH Thursday June 18 12PM





JUNE 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 11:00-4:00– Canasta 12:00 Spanish 1:30—Ceramics 2:30—Table Tennis	**2** **CENTER IS CLOSED**	**3** 10:00-Cards/Poker **12pm- MC Mosquitos Control Speaker** 1-3:30-All Medium Art 2:30-Table Tennis	**4** **9:30-1:30 Social Worker** 9:30- Nature Walk 10:00-Gentle Fitness with Oscar 11:00– Movie 11:00-Canasta 12:30– Tai Chi	**5** 10:30-Latin Groove **11:30- NO History** 1pm– Writer Corner 1pm- Mah-Jong 2:00-Table Tennis 2:00-4:00– Open Art
8 11:00-4:00– Canasta 12:00 Spanish 1:30—Ceramics 2:30—Table Tennis	**9** **10:00- MC Sheriff Office** 10:00-Cards/Poker 10:30-11:45-Bingo 12-1:00– Chorus 12-2-Chess Class 1:00-Chair Yoga 2:00-4:00– Open Art	**10** 10:00-Cards/Poker 1-3:30-All Medium Art 2:30-Table Tennis	**11** **9:30-1:30 Social Worker** 9:30- Nature Walk 10:00-Gentle Fitness with Oscar 11:00– Movie 11:00-Canasta 12:30– Tai Chi	**12** 10:30-Latin Groove 11:30-History with David 1pm– Writer Corner 1pm- Mah-Jong 2:00-Table Tennis 2:00-4:00– Open Art
15 11:00-4:00– Canasta 12:00 Spanish 1:30—Ceramics 2:30—Table Tennis	**16** 10:00- Center Meeting 10:00-Cards/Poker 10:30-11:45-Bingo 12-1:00– Chorus 12-2-Chess Class 1:00-Chair Yoga 2:00-4:00– Open Art	**17** 10:00-Cards/Poker **12-1 HMH STROKE PREVENTION** **1-3:30-All Medium Art Special Project** 2:30-Table Tennis	**18** **9:30-1:30 Social Worker** 9:30- Nature Walk 10:00-Gentle Fitness with Oscar 11:00– NO Movie **12PM Father's Day Lunch** 11:00-Canasta 12:30– Tai Chi	**19** 10:30-Latin Groove 11:30-History with David 1pm– Writer Corner. 1pm- Mah-Jong 2:00-Table Tennis 2:00-4:00– Open Art
22 11:00-4:00– Canasta 12:00 Spanish 1:30—Ceramics 2:30—Table Tennis	**23** **9:30 Parker Health Speaker** 10:00- Center Meeting 10:00-Cards/Poker 10:30-11:45-Bingo 12-1:00– Chorus 12-2-Chess Class 1:00-Chair Yoga 2:00-4:00– Open Art	**24** 10:00-Cards/Poker 1-3:30-All Medium Art 2:30-Table Tennis	**25** **9:30-1:30 Social Worker** 9:30- Nature Walk 10:00-Gentle Fitness with Oscar 11:00– Movie 11:00-Canasta 12:30– Tai Chi 2pm- Advisory Meeting	**26** 10:30-Latin Groove 11:30-History with David 1pm– Writer Corner 1pm- Mah-Jong 2:00-Table Tennis 2:00-4:00– Open Art
29 11:00-4:00– Canasta 12:00 Spanish 1:30—Ceramics 2:30—Table Tennis	**30** 10:00- Center Meeting 10:00-Cards/Poker 10:30-11:45-Bingo 12-1:00– Chorus 12-2-Chess Class 1:00-Chair Yoga 2:00-4:00– Open Art	**Dr. Lynn Motasis** **Podiatrist** **732-970-4580**	**South Jersey Legal Services** **732-414-6750** **(ext. 6505)**	**July important dates:** **1- 250th BBQ** **3- Center Closed** **22- Blue Claws Trip** **29- Cornucopia Cruise Trip**