



Don & Marie Curtis Senior Center & West Park Recreation Center

August 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



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1  National Night Out 4-8pm Community Pool	2	3 Open Game Play 9am-12pm	4 Open Game Play 9am-12pm	5
6	7	8	9	10 How a War Changed a Nation** @Eden Woolley House 1-2pm	11 Open Game Play 9am-12pm	12
13	14	15	16 A Musical Interlude: Charlie's Band @OT Library 2pm	17 Open Game Play 9am-12pm	18 Open Game Play 9am-12pm	19
20	21	22	23	24 Take Care Companions Lunch and Learn 1-2 pm VNA Health Screenings 1-2pm	25 Open Game Play 9am-12pm	26
27	28 BINGO*** 1-2:30 pm	29	30	31 Open Game Play 9am-12pm 800 Gambler 1-2pm		
		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 Senior Events listed below.

AFTER WWII: HOW A WAR CHANGED A NATION THURSDAY, AUGUST 10

America emerged from World War II poised for profound change. The middle class ballooned and suburbs sprawled. Historian Peggy Dellinger discusses how the seeds of this transformation of our culture, economy, politics, & technology were sown by the war. Free. Registration required.



TAKE CARE COMPANIONS LUNCH & LEARN THURSDAY, AUGUST 24

Enjoy a complimentary lunch and learn about services provided by **Take Care Companions**, a state-certified health care service firm providing professional, compassionate & dignified care for seniors choosing to remain at home while providing peace of mind to their families.



800 GAMBLING THURSDAY, AUGUST 31

If you or a loved one struggle with a gambling problem, there is hope. Luis Del Orbe, MPA, CSW from the Council on Compulsive Gambling of New Jersey (CCGNJ) will discuss programs, services, and other resources to help people recover from disordered gambling.



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.

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

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

BINGO

1 - 2:30 pm
West Park Rec Center Large Room

August 28 September 18
October 30 November 27

Monthly registration required
Free for Ocean residents
\$10 non-residents
Call 732-531-2600