



# 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	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](http://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