

Matawan Borough Senior Programs

Since Spring 2025, Recreation has been busy expanding senior programs to include the following;

Three types of Yoga classes Tuesday, Wednesday and Friday mornings

Broadway Dance Wednesday afternoons

Aerobics Thursday afternoons

Sit and Stretch Thursday afternoons

Walking Club – Thursday morning when weather permits

Rummikub and Mahjong Tuesday afternoons

Ping Pong Tuesday late mornings

Tea Talks – Thursday late morning once every two months or so. These are one-hour presentations given by an invited guest to talk about important issues to help make life a bit easier.

These talks are scheduled for Thursdays at 11 am and include light refreshments.

Some of the topics coming up; Senior Scams, Cooking Demonstration for nutritional cooking, Finding a the perfect caregiver for your loved one, StayNJ program information, just to name a few.

In addition to scheduled programs we occasionally take trips to see shows at the Paper Mill Playhouse. *Beautiful*, and *Jersey Boys* were two shows seen earlier this year.

Two to three times a year we hold senior luncheons for a small fee.

These programs are free to Matawan Borough Seniors (exceptions apply) and non-residents are welcome. However, fees do apply to the exercise programs. Trips and luncheons do have fees due to the expense of transportation, tickets, and food.

To register for our senior programs, please go to

<https://parksrec.egov.basgov.com/matawanni>

to access our online Recreation portal.

If you have any questions or concerns, please feel free to call Recreation and speak to Cathy Zavorskas or Melaina Conroy. Our phone number is 732-566-3898 ext. 130