



Long Branch Senior Center Newsletter

December 2025

Our Mission:

To promote the physical, emotional, educational & spiritual well-being of older adults and to facilitate their participation in all aspects of community life.

Upcoming Center Closures:

Wednesday, December 24
Christmas Eve

Thursday, December 25
Christmas Day

Thursday, January 1
New Year's Day

Never Miss A Newsletter!

To receive all emails, please request to be added to our list & add senior@longbranch.org to your contacts to ensure receipt.

Happy Holidays

As we reflect on the past month at the Senior Center, our hearts are full. November was a time of gratitude and togetherness, beginning with our **Patriot Salute Veterans Celebration**. We extend our warmest thanks to all who donated items for our active-duty troops—your generosity truly makes a difference. We also gathered in the spirit of the season for our **Thanksgiving Celebration**, sharing food, laughter, and the joy of one another's company.



Now we look forward to a festive and vibrant December, filled with opportunities to learn, connect, and celebrate. Throughout the month, we'll offer **art classes**, **legal services**, and much more, continuing our commitment to support and enrich the lives of our members.

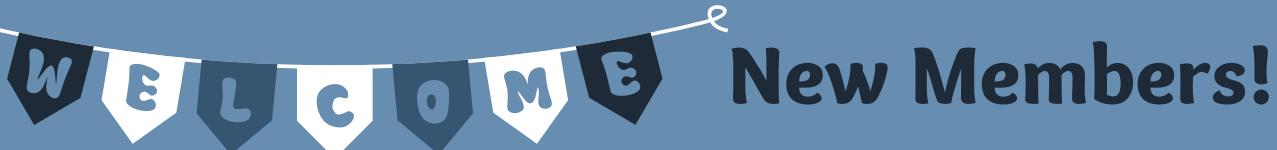
Making a return this year, the **Holiday Bazaar**, will take place on **December 14** and is **open to the public**. We hope you'll join us for a cheerful day of shopping, photos with Santa, and holiday spirit.

Our month will end on a particularly meaningful note with our **Holiday Celebration** on **December 19**. This year's celebration will be extra special: it will be held offsite at **McLoone's Pier House**, offering a beautiful backdrop for an afternoon of joy. We are also honored to welcome back our **outgoing director**, **Pat Krosnicki**, who will join us as she prepares for a well-deserved retirement. Please come and help us celebrate her dedicated service and lasting impact on our community.

Wishing all our members a warm, bright, and joyful holiday season. We hope to see you at the center—and out in the community—this December!

—The Senior Center Team

MEMBERSHIP



Lisa Abatangelo

Maria Theresa Costa

Lea Pinker

Al Artale

Naomi Fruchter

Susan Ribustelli

Karen Bravoco

Nina Gemal

Richard Rice

Oscar Briones

Susan Gloudon

Melissa Sacks

Lucille Briones-Gormaz

Barabara Harris

Jean Shiloach

Diane Bujnowski

Rosemarie Harris

Wendy Slocombe

Thomas Bujnowski

Sean Lennon

Tamara Sokalski

Sonja Cabasso

Denise Levy

Rosario Sottile

Lisa Caprioni

Christine Lombardo

Conover White

Louanne Comerford

Scott Markowitz

Nelson Wollek

Ruby Nazon

REGISTERINIG & CANCELLING CLASSES

When signing up for classes, please register for **one slot only** and keep track of your schedule. **To cancel a class, please call the center before the start of class.** We thank you for your cooperation - your fellow members on the waitlist will appreciate it.





NOTICES



Seeking Instructors

Do you have a skill you'd like to share with your fellow members? The Center is seeking volunteer instructors. Contact us if interested.

New Program Ideas



Have a new idea for an activity, class, event or service? Let us know and we will do our best to make it happen!

Transportation

LBSC Transportation Service



The City of Long Branch now sponsors Uber rides for Senior Center members to help you get to the Senior Center, shopping, pharmacies, and banks. Each member is eligible for one trip per week. You **MUST** call by noon the day before (or Friday for Monday trips) to schedule. Blackout dates for this month are December 19, December 24, December 25, and January 1 as we will not be able to take calls.

Ride in Monmouth Transportation Service

Ride in Monmouth is a shared ride transportation service through the Monmouth County Division of Transportation that is available at a first come, first served basis. Transportation is available Monday-Friday from 7:30am-3:30pm. You can book your trip as far as 6 months in advance or as little as 4 days, however, it is strongly encouraged to book as far in advance as possible to secure a ride. Call 732-431-6480 for more information.

Healthy Hop Transportation Service

Healthy Hop is a free transportation service offered by Caregivers Volunteers of NJ and is designed to help seniors aged 60 years and older get to their **medical appointments**. For more information or to register by phone call 732-505-2273. Once registered, you will be eligible for two trips per month (not in the same week.)

NOTICES

Exercise Punch Cards

Each month, registered members receive color-coded cards for four (4) free exercise classes. Cards must be punched for each class attended and can only be picked up by the member.

This card entitles: to 4 free exercise classes at the Long Branch Senior Center in January 2025.

The Senior Center is not responsible for lost/stolen exercise cards. Limit 1 card per member per month. Cards are non-transferable. For free class, a Center staff member or front desk volunteer must punch your card.



Attention

To avoid confusion, members can only register for themselves. Couples may register for each other. Thank you for your cooperation.



Sneakers Required



For health and safety reasons and insurance requirements, all members must wear closed-toe exercise/athletic shoes to attend ANY exercise or dance class and anyone without proper footwear will not be allowed to participate.

Legislative District 11 Mobile Office Hours

Tuesday, December 9 from 10:00-12:00

The Office of Senator Gopal, Assemblywoman Donlon, and Assemblywoman Peterpaul, is coming to you! They will have information on property tax relief, veteran's benefits, disability services, state agencies, and more.



During your birthday month, be sure to stop by and enter your name in our birthday jar for a chance to win a birthday gift from the Senior Center.

HAPPY BIRTHDAY WINNER!

Congratulations to the following winners of the birthday prize drawing! Please give us a call regarding your gift.

Ron Grab

FORGET-ME-NOT

“One of the most important things you can do on this earth is to let people know they are not alone.” – Shannon L. Alder

“Forgot-Me-Not” Homebound Baskets

Throughout the year, our staff collects donations to create and distribute baskets to homebound seniors in Long Branch, bringing cheer and necessities like food and toiletries. Each month, we specify the items needed for this worthy cause. While all non-perishable donations are welcome,

**This month's
request is for:**
**Nutritional Supplements
(Boost, Ensure etc.)**

We ask that all donations be NEW, NOT EXPIRED and UNOPENED. Please drop donations off at the main office with the Social Worker, Kacie.

Reassuring Calling Service

“Telephone Reassurance” is a program for ANY senior living alone. Volunteers will call to check on you, and if they don't reach you, our staff will follow up to ensure your well-being.

All conversations are confidential. Have peace of mind and protect yourself.

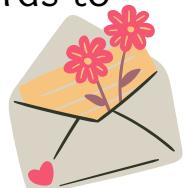
For more information or to join the program, call us. If you'd like to volunteer, please contact Kacie.



Thinking of You

If you know someone who is hospitalized, ill, or grieving, the Senior Center will send cards to offer support.

Please call us so we can send a message of care.



THANK YOU



Many Thanks for all of the wonderful donations in November!

Jen Anderson	Mike Edwards	Peter McGeough
Dee Beattie	Jacqui Eldridge	Dimitra Pappoulis
Edith Borrero	Pat Farley	Ami Parker
Sandra Brown	Liz Foggia	Diane Plumser
Honnie Burkett	Felix Foggia	Patti Ritacco
Marianne Calise	Terry Grell	Patricia Scalpati
Ella Cistaro	Jean Guzzi	Amy Shui
Rita Dohme	Lynn Kramer	Kathryn Tarantino
Carrie Edwards	Patty Mazzone	Robert Taylor
	Marjorie McGeough	

December Donation Wish List:

Please consider donating any of these items:

Plastic Forks & Spoons

Donations can be made in memory of a loved one, to celebrate a birthday, anniversary, graduation, any special occasion, or simply to help make a difference.

Donations to Our Active Duty Troops Overseas



EXERCISE CLASSES



Our instructor-led exercise classes will get you moving & feeling good!
*Suggested donation for classes is \$3.00.

*Zumba Gold with Flo - Mondays at 10:30

Enjoy creative routines with body sculpting moves and dance steps set to Latin and exotic music. No dance experience required. All fitness levels welcome.



*Tai Chi/Qigong with Rebekah - Tuesdays at 9:00

Cultivate balance and flexibility through the meditative practice of Tai chi/Qigong. All abilities are welcome to a relaxing hour of slow, healing movement. Loose-fitting clothes and sneakers are suggested.

Mix It Up! with Carole - Tuesdays at 10:30 & Thursdays at 10:00

This energetic class combines cardio, weights, bands, and exercise balls for a fun and dynamic workout to get you moving!



*Chair Yoga with Stacey - Wednesdays at 9:30

This chair yoga class blends traditional poses and breathing to reduce stress, improve flexibility, and calm the mind.

*Broadway Dance with David - Wednesdays at 12:00

Stay in shape while dancing to your favorite Broadway musical numbers! Beginners and seasoned dancers are welcome in this guaranteed fun filled class for everyone!



*Rockin' Rhythms w/Sherri - Fridays at 10:00

This is a fun, low-impact cardio class that gets your heart pumping and your body grooving. Using rhythm sticks, bouncing balls, and light weights, you'll build strength, coordination, and balance while moving to upbeat, feel-good music. Every session blends fitness with fun, turning exercise into a lively celebration. Perfect for anyone who wants to stay strong, energized, and smiling!

EXERCISE CLASSES



Pop-Up Chair Yoga w/Weights

Thursday, December 18 at 12:15

This class combines the traditional poses and breathwork of chair yoga with strength training.



SEWING CLASSES



Open Sewing

Mondays in December from 9:00-1:00

Tuesdays & Thursdays in December from 11:30-2:00

Join open sewing weekly. Up to 10 participants can work on their own projects, with spots available on a first-come, first-served basis. Please call ahead to let us know if you are coming. Otherwise, we can not guarantee Carole will stay for the entire session.



Beginner Sewing Wednesdays in December at 9:30

Join Carole to learn the basics of sewing. Each week you will learn a new skill. All materials included.

In person registration is required as space is limited to 8 people.

PLEASE NOTE: Due to limited storage space in sewing room, all projects must be taken home after each class, whether finished or not.

MONDAY

TUESDAY

WEDNESDAY

1
 *9:00-1:00 Open Sewing
 10:30 Zumba Gold w/Flo
***11:00 Chapter 4 Writers**
 1:00 Open Mah Jongg
 1:00 Open Bridge
 1:30-3:30 Drop-In Table Tennis & Cornhole
 2:00 Spanish Class

8
 *9:00-1:00 Open Sewing
****10:00-12:00 Holiday Celebration Registration**
 10:30 Zumba Gold w/Flo
 1:00 Open Mah Jongg
 1:00 Open Bridge
***1:00 Music Bingo**
 1:30-3:30 Drop-In Table Tennis & Cornhole
 2:00 Spanish Class

15
 *9:00-1:00 Open Sewing
 10:30 Zumba Gold w/Flo
***11:00 Winter Craft**
 1:00 Open Mah Jongg
 1:00 Open Bridge
 1:30-3:30 Drop-In Table Tennis & Cornhole
 2:00 Spanish Class

22
 *9:00-1:00 Open Sewing
 10:30 Zumba Gold w/Flo
 1:00 Open Mah Jongg
 1:00 Open Bridge
 1:30-3:30 Drop-In Table Tennis & Cornhole
 2:00 Spanish Class

29
 *9:00-1:00 Open Sewing
 10:30 Zumba Gold w/Flo
 1:00 Open Mah Jongg
 1:00 Open Bridge
 1:30-3:30 Drop-In Table Tennis & Cornhole
 2:00 Spanish Class

2
 9:00 Tai Chi w/Rebekah
***10:00 Ceramics Class**
 10:30 Mix It Up! w/Carole
 11:30-2:00 Open Sewing
***1:00 Ceramics Class**
 2:00 Choral Group

9
 9:00 Tai Chi w/Rebekah
***10:00 Ceramics Class**
****10:00-12:00 Holiday Celebration Registration**
10:00-12:00 Blood Pressure Screenings
10:00-12:00 D11 Mobile Office Hours
 10:30 Mix It Up! w/Carole
 11:30-2:00 Open Sewing
***1:00 Ceramics Class**
1:30-4:00 SNAP
 2:00 Choral Group

16
 9:00 Tai Chi w/Rebekah
***10:00 Ceramics Class**
 10:30 Mix It Up! w/Carole
 11:30-2:00 Open Sewing
***1:00 Ceramics Class**
 2:00 Choral Group
*****6:00 City Showcase: A Very Vintage Holiday**

23
 9:00 Tai Chi w/Rebekah
***10:00 Ceramics Class**
 10:30 Mix It Up! w/Carole
 11:30-2:00 Open Sewing
***1:00 Ceramics Class**
1:30-4:00 SNAP
 2:00 Choral Group

30
 9:00 Tai Chi w/Rebekah
No Ceramics per instructor
 10:30 Mix It Up! w/Carole
 11:30-2:00 Open Sewing
***1:00 Ceramics Class**
 2:00 Choral Group

3
 9:30 Chair Yoga w/Stacey
***9:30 Beginner Sewing**
 11:00 Open Canasta
 12:00 Broadway Jazz and Dance
 1:00 Unique & Fun History
 1:00 Open Canasta

10
 9:30 Chair Yoga w/Stacey
***9:30 Beginner Sewing**
 11:00 Open Canasta
 12:00 Broadway Jazz and Dance
 1:00 Unique & Fun History
 1:00 Open Canasta

17
 9:30 Chair Yoga w/Stacey
***9:30 Beginner Sewing**
***10:00 Legal Services**
 11:00 Open Canasta
 12:00 Broadway Jazz and Dance
 1:00 Unique & Fun History
 1:00 Open Canasta
*****5:00 Menorah Lighting**

24
Center Closed Christmas Eve

31
 9:30 Chair Yoga w/Stacey
***9:30 Beginner Sewing**
 11:00 Open Canasta
 12:00 Broadway Jazz and Dance
 1:00 Unique & Fun History
 1:00 Open Canasta

THURSDAY

FRIDAY

4
Ceramics rescheduled for 12/5
Mix It Up canceled today
**Ornaments w/Tracey
rescheduled for 12/12**
Open Sewing canceled today

5
10:00 Rockin' Rhythms
w/Sherri
*10:00 Ceramics
10:30 Crochet
1:00 Bingo

11
*10:00 Ceramics Class
10:00 Mix It Up! w/Carole
***11:00 Pinecone Painting
w/Tracey**
11:30-2:00 Open Sewing

12
10:00 Rockin' Rhythms
w/Sherri
10:30 Crochet
***11:00 Ornaments w/Tracey**
1:00 Bingo

18
*10:00 Ceramics Class
10:00 Mix It Up! w/Carole
11:30-2:00 Open Sewing
12:15 Chair Yoga w/Weights
1:30-4:00 SNAP

19
***12:00 Holiday Celebration
at McLoone's Pier House**
*All regularly scheduled
programs offered on this day
are cancelled due to the
Holiday Celebration*

25
**Center Closed
Christmas Day**

26
10:00 Rockin' Rhythms
w/Sherri
10:30 Crochet
1:00 Bingo

Calendar Key:

*denotes a program
that requires advance
registration.

**denotes an in-person
registration.

***denotes a program
that is open to the
public.

Dates of Note

National Day of Giving
Tuesday,
December 2

**Senior Center
Holiday Bazaar**
Sunday,
December 14

Winter Solstice
Sunday,
December 21

New Year's Eve
Wednesday,
December 31

**Don't Leave Someone
Sitting at Home!**
If you are unable to
attend a program, call
(732) 571-6542 to
cancel. Waitlisted
members will
appreciate it!

December 2025

SERVICES & ASSISTANCE

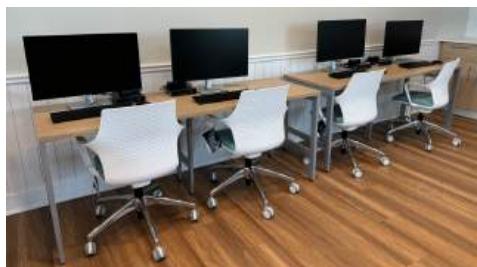


Senior Center Library

Have you taken time to browse our library? It's fully stocked with a variety of genres ranging from Romance to Crime and everything in between, as well as an assortment of non-fiction books. We also have a number of card and board games available for you to grab and play while you are at the Center.

Open Computer Room

The Computer Room is now open for member use, except when in use for a class. All computers are connected to a black and white printer.



To use a computer, please sign in on the clipboard.

Open Piano Time

Do you play the piano?

Our baby grand is ready for you! Just call ahead to reserve the piano.



SNAP - Supplemental Nutrition Assistance Program

Tuesday, December 9 from 1:30-4:00

Thursday, December 18 from 1:30-4:00

Thursday, December 23 from 1:30-4:00

In conjunction with Monmouth Medical and the Long Branch Senior Center, RWJBH has offered a SNAP navigator to assist local residents with signing up for SNAP and facilitating the process from start to finish with assistance. Our navigator is bilingual (Spanish/English.)



No appointment necessary.

SERVICES & ASSISTANCE



Blood Pressure Screenings

Monmouth Medical: Tuesday, December 9 from 10:00-12:00

Monitoring your blood pressure is an important part of maintaining your health, so we are happy to be offering FREE blood pressure screenings conducted by a certified Healthcare Professional once again.

South Jersey Legal Services

Wednesday, December 17 by appointment

South Jersey Legal Services visits us on a quarterly basis, offering free private consultations on legal matters, including housing, estate, family, and consumer issues. This service is free, thanks to a special grant provided by The Monmouth County Division on Aging to SJLS.

Call or see Anna for an appointment.

MEMBER-RUN PROGRAMS



Chapter 4 Writers

Monday, December 1 at 11:00

Everyone has a story to tell—what's yours?

Whether you're working on a novel, memoir, short story, essay, or poem, come join **Chapter 4 Writers**, a writing group for storytellers of all kinds.

Led by local author **Wendy Lynn Decker**, the group will meet to share work, exchange feedback, and spark creativity through thoughtful prompts and supportive critique. Wendy holds an MA in Creative Writing from Wilkes University and is the author of the novel *Sweet Tea*, *The Bedazzling Bomb* and numerous essays and short stories. **Writers of all levels welcome.**

Register in person for this program.

JUST FOR FUN

Drop In Table Tennis & Cornhole

Mondays from 1:30-3:30

Come play with friends & discover the benefits of these popular sports.

All levels welcome.



Open Bridge

Mondays at 1:00

Come join us for a friendly game of bridge! It's a great way to challenge your mind and enjoy good company in a relaxed, social setting.



Open Mah Jongg

Mondays at 1:00

No registration necessary.



Open Canasta

Wednesdays at
11:00 & 1:00

No registration necessary.



Please note: as with all of our programs, only registered LBSC members are eligible for any open play games.

Music Bingo

w/ DJ Tara

Monday, December 8
at 1:00



DJ Tara is back! Join us for another fun afternoon singing along and trying to win!



Register in person
by December 3.

Lunch will be provided.

Choral Group

Tuesdays at 2:00

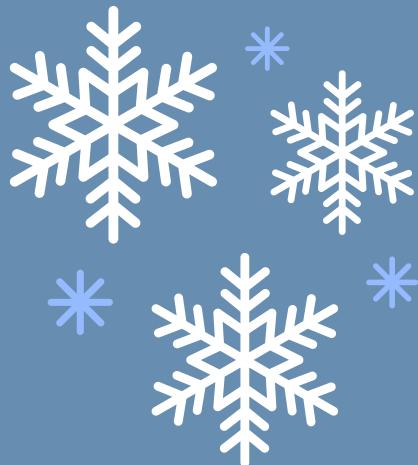


Join our exciting choral program—no experience needed! Learn to sing, explore musical styles, and express yourself through music, all led by David Meenan on the piano.





CELEBRATE THE HOLIDAYS



Annual Holiday Celebration

Friday, December 19 at 12:00

This year, we are excited to announce that the annual Holiday Celebration will be held at **McLoone's Pier House**. Please join us on **Friday, December 19 at 12:00 PM** as we gather to celebrate the holiday season with good friends, delicious food, and live entertainment.

This year's celebration will be especially meaningful as we welcome a very special guest: **our outgoing Director, Pat Krosnicki**. After an extraordinary 45 years of dedicated service to the Long Branch Senior Center, Pat will be officially retiring in January. We invite all members to join us in expressing our gratitude, sharing memories, and giving Pat a warm and heartfelt send-off.

We look forward to ringing in the season together, enjoying music and honoring Pat's remarkable legacy. We hope to see you there!

We request a \$10 donation at the time of registration.

Register in person:

Monday, December 8 from 10:00-12:00

Tuesday, December 9 from 10:00-12:00

We hope to see you there!

Please let us know at the time of registration whether you would like to opt for a vegetarian meal

EDUCATIONAL CLASSES



Crochet Fridays at 10:30

Whether you are looking to learn a new skill or just want to work on your projects in the company of others, this casual and fun group is for you.

EDUCATIONAL CLASSES

Spanish Class with Isabelle

Mondays at 2:00

Each week, former language teacher Isabelle Ferreira, creates an engaging, themed lesson that makes learning Spanish both fun and practical.



Unique & Fun History

Wednesdays at 1:00

Join us as we discover the hidden secrets of our incredible History.

Each week, a new topic will come to life as we rediscover topics such as the Titanic, Lizzie Borden, the Morro Castle, the Triangle Factory Fire, Long Branch history, and so much more! Enjoy this action-packed hour as David helps bring it all to life with artifacts and visuals too.



Book Club Thursday, January 15 at 1:00

Join us for another chapter of friendship, fun, and great books at our Senior Center Book Club! Volunteer, Carolyn Hogan, will lead the group in a discussion of *The Lions of Fifth Avenue* by Fiona Davis. Members are requested to place their own holds at the Library.

Pinecone Painting on Canvas

Thursday, December 11 at 11:00

Create a beautiful winter artwork featuring pinecones with instructor Tracey Witter.

Register in person.
16 Limited to 16 people.

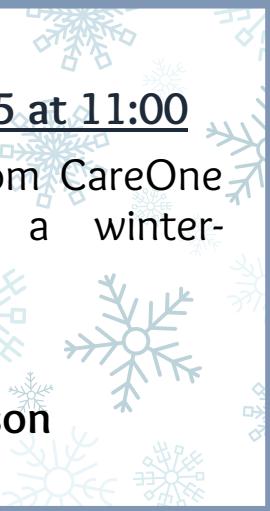


Winter Craft

Monday, December 15 at 11:00

Join Katrina Regen from CareOne at Middletown for a winter-themed craft.

Register in person by December 8.



LONG BRANCH
SENIOR CENTER

HOLIDAY Barzaar

Senior-made crafts to purchase, photos
with Santa, crafting fun, and more.

Bring the whole family!

Sunday, December 14th
12:00pm - 4:00pm

Photos with Santa
2:00pm - 4:00pm

Free
Parking

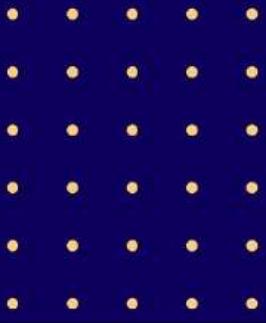
Open
to the
Public

SAVE
THE
DATE



85 Second Avenue
Long Branch, NJ 07740
(732)571-6542

*Shop for the holidays
& support our
Senior Center!*



IMPORTANT ANNOUNCEMENT



Sign up for Long Branch Alerts

powered by
 everbridge™

**The City of Long Branch
will now use Everbridge as
the official notification system!
Stay informed, stay prepared
and stay connected!**

NOTIFICATIONS CAN INCLUDE:

- Emergency Alerts
- Severe Weather Warning
- Traffic Disruptions
- Road Closures
- Public Safety Advisories
- Details about Upcoming Community Events





CITY WIDE EVENTS

***All events are free
& open to the public***



City of Long Branch

HOLIDAY BEACH BADGES

Special Pricing!

Holiday Beach Badges are HERE!

On Sale at a Discounted Price!

From November 3, 2025 – January 31, 2026

\$45 for Adults 18 - 61 Years

\$25 for Students 14 - 17 Years

****Prices Increase February 1, 2026:**

\$70 for Adults 18 - 61 Years

\$30 for Students 14 - 17 Years**

OLD : IEEE/ND-AUG-04M - 4PM AT

231 Wilbur Bay Ave

(cash or credit)

Long Branch Tax Office

344 Broadw.

NOT FOR USE AT SEVEN
PRESIDENTS OCEANFRONT PARK



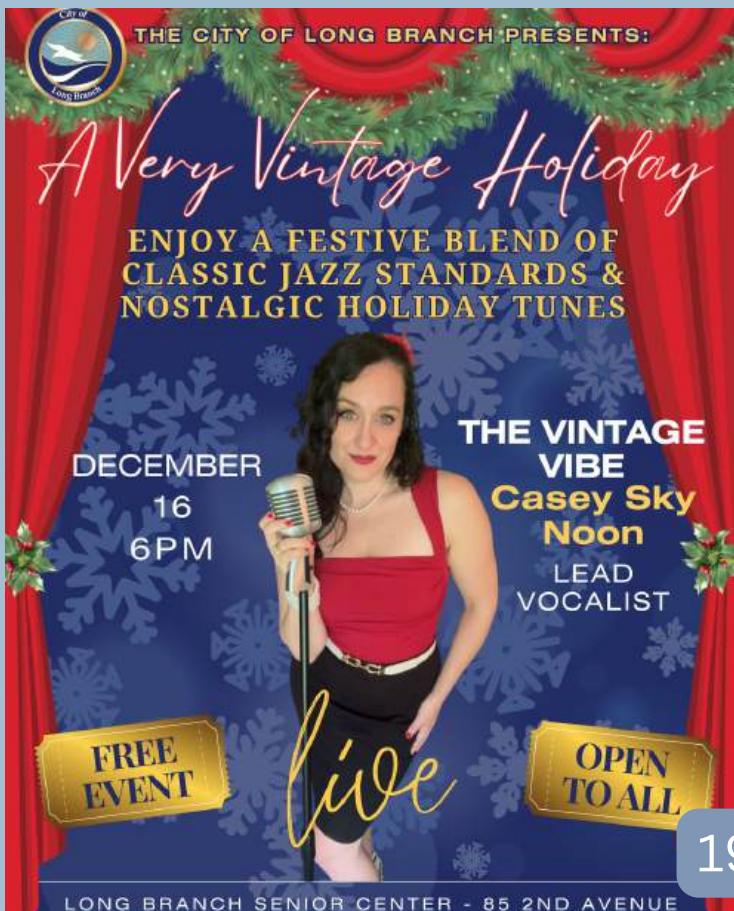
**The Long Branch
Arts & Cultural Center Presents**

The Long Branch Elementary & Early Education Art Exhibition



On Display
Dec. 8th - Dec. 23rd

577 BROADWAY
LONG BRANCH NJ 07740
LONGBRANCH.ORG





HELPFUL INFORMATION

SENIOR CENTER

Main...732-571-6542

Anna Tobia - Acting Director...ext. 3002

Kacie Mees - Social Worker...ext. 3001



Phone Numbers



CITY

Long Branch City Hall...732-222-7000

Long Branch Administration & Mayor...732-571-5645

Long Branch Police Department...732-222-1000

Long Branch Housing Authority...732-222-3747

Long Branch Library (Main)...732-222-3900 / (Elberon)...732-870-1776

Monmouth Medical Center (MMC)...732-222-5200

Monmouth Family Health Center...732-923-7100

COUNTY/STATE/FEDERAL

NJ E.A.S.E. (Info & Referral)...1-877-222-3737

M.C. Office on Aging...732-431-7450

M.C. Department of Human Services (Main)...732-431-6000

M.C. Department of Transportation (Ride in Monmouth)...732-431-6480

M.C. Medicaid...1-800-356-1561

Protective Services for the Elderly & Disabled...732-531-9191

State Healthcare Insurance Program (SHIP)...732-728-1331 or 732-542-1326

South Jersey Legal Services (Central Intake Unit)...1-800-496-4570

(Monmouth County Office)...856-964-2010

P.A.A.D. / Senior Gold...1-800-792-9745

Social Security...1-800-772-1213

Find Us Online!

For information on our monthly programs, visit our Center's Calendar on the City of Long Branch's website at: www.longbranch.org.



For updates on programs, photos, membership, and weather notices, follow us on Facebook: www.facebook.com/LongBranchSeniorCenter.



For general city information and updates, follow the City of Long Branch's Facebook page at: www.facebook.com/LongBranchCity.

