



# Long Branch Senior Center Newsletter

## January 2026

**Happy New Year!**

### **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:**

Thursday, January 1  
New Year's Day

Monday, January 19  
Martin Luther King Jr Day

### **Never Miss A Newsletter!**

To receive all emails, please request to be added to our list & add [senior@longbranch.org](mailto:senior@longbranch.org) to your contacts to ensure receipt.

As we welcome the New Year, it's a wonderful time to reflect on all that our Senior Center accomplished in 2025. This past year truly was a year of change, growth, and renewed energy. Together, we embraced new programming, navigated staffing changes, and proudly brought back beloved traditions that many of you were excited to see return.

We were especially happy to bring back longtime favorites, including our Holiday Bazaar. Seeing the center filled with familiar faces, festive spirit, and community pride, despite the winter weather, reminded us just how special these traditions are and how much they mean to our members.

Another memorable moment was our Holiday Celebration at McLoone's Pier House. This marked the first time we held our holiday party offsite, and it was truly a hit. We would like to extend a heartfelt thank you to everyone who attended and helped make the event such a success. The beautiful setting, delicious food, and joyful atmosphere made for a celebration we won't soon forget—and judging by the smiles and laughter, everyone had a great time.



As we look ahead to 2026, we are excited about what's to come. We will continue to expand our programming and look for new ways to meet the interests and needs of our members. Your ideas matter to us, and we encourage you to share any suggestions for new programs or activities. If you are interested in volunteering or would like to lead a program, please let us know—we would love to hear from you.

Thank you for being such an important part of our Senior Center community. We wish you and your loved ones a happy, healthy, and joyful New Year.

~The Senior Center Team

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

Monday - Friday  
8:30am - 4:30pm

# MEMBERSHIP



Joan Bierbaum

Robin Hurd

Linda Schulz

Marshall Culver

Marie Kilpatrick

Donna Schwartz

Estelle Dushey

William D. Marsella

John Slocombe

Clayde Eick

Penny Myers

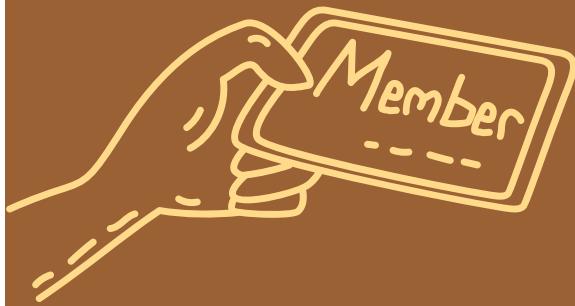
Lori Ann Vendetti

Maurice Foy

Karen Nahem

Arleen Weinman

## 2026 MEMBERSHIP RE-REGISTRATION



We will be starting the re-registration process for 2026 soon. This year's process will look different as we will be transitioning towards new member ID cards and online program registrations. We appreciate your patience and understanding while we work to make these changes as easy as possible for everyone.

## REGISTERING & 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 January 1 and January 19 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, January 13 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.

Joan Crawford

# 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:

#### Unused Crossword, Word Search, or Sudoku Books

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 December!**

Jen Anderson

Carolyn Hogan

Dimitra Pappoulis

Sandra Brown

Lynn Kramer

Ami Parker

Honnie Burkett

Seena Kravet

Domenica Prisciandaro

Carrie Edwards

Lorraine Lagrua

Peg Scavone

Mike Edwards

Marjorie McGeough

Amy Shui

Terry Grell

Peter McGeough

Robert Taylor

## **November 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.

We would like to extend our heartfelt thanks to everyone who volunteered their time, donated items, and came out to support our Holiday Bazaar. Despite the snowy weather, we were truly grateful for everyone who braved the conditions—whether to volunteer, shop, or simply show their support.

Special thanks goes to **Public Works** for their efforts in setting up the event and for clearing the parking lot and sidewalks so that everyone could make it safely into the building. We would also like to extend our sincere appreciation to **Michal** from the Administration Office for her invaluable help leading up to the event and throughout the day, as well as to **Danna** from Special Events for her assistance on the day of the Bazaar. Finally, thank you to **Santa Claus** for stopping by and bringing smiles to so many faces with photos and holiday cheer.

Thanks to all of you, the event was a big success, and we look forward to doing it again next year.

# 2025 HOLIDAY BAZAAR



## EXERCISE CLASSES



### \*Pop-Up Chair Yoga w/Weights

Thursday, January 22 at 12:30

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



### \*Trial Run: Afternoon Zumba Gold

Thursdays, January 8, 15, and 22 at 2:30

After several requests for afternoon exercise classes, we are doing a trial run of Afternoon Zumba Gold. These classes will be taught by our Monday morning Zumba Gold instructor, Flo Holford.

# 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!

MONDAY

TUESDAY

WEDNESDAY

# January 2026

<b>5</b> *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	<b>6</b> 9:00 Tai Chi w/Rebekah <i>No Ceramics this month</i> 10:30 Mix It Up! w/Carole 11:30-2:00 Open Sewing 2:00 Choral Group	<b>7</b> 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
<b>12</b> *9:00-1:00 Open Sewing 10:30 Zumba Gold w/Flo <b>*11:00 Lunch &amp; Learn Elder Abuse &amp; Scams</b> <b>*11:00 Chapter 4 Writers</b> 1:00 Open Mah Jongg 1:00 Open Bridge 1:30-3:30 Drop-In Table Tennis & Cornhole 2:00 Spanish Class	<b>13</b> 9:00 Tai Chi w/Rebekah <i>No Ceramics this month</i> <b>10:00-12:00 Blood Pressure Screenings</b> <b>10:00-12:00 D11 Mobile Office Hours</b> 10:30 Mix It Up! w/Carole 11:30-2:00 Open Sewing 2:00 Choral Group	<b>14</b> 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
<b>19</b> <b><u>Center Closed</u></b> <b>Martin Luther King Jr. Day</b>	<b>20</b> 9:00 Tai Chi w/Rebekah <i>No Ceramics this month</i> 10:30 Mix It Up! w/Carole 11:30-2:00 Open Sewing <b>*11:30 Lunch &amp; Learn Retirement</b> 2:00 Choral Group	<b>21</b> 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
<b>26</b> *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	<b>27</b> 9:00 Tai Chi w/Rebekah <i>No Ceramics this month</i> 10:30 Mix It Up! w/Carole 11:30-2:00 Open Sewing 2:00 Choral Group	<b>28</b> 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

1	<b>Center Closed New Year's Day</b>	2 10:00 Rockin' Rhythms w/Sherri *10:00 Ceramics 10:30 Crochet 1:00 Bingo
8	<i>No Ceramics this month</i> 10:00 Mix It Up! w/Carole 11:30-2:00 Open Sewing <b>*1:00 Art Studio w/Tracey</b> <b>2:30 Afternoon Zumba Trial</b>	9 10:00 Rockin' Rhythms w/Sherri 10:30 Crochet 1:00 Bingo
15	<i>No Ceramics this month</i> 10:00 Mix It Up! w/Carole 11:30-2:00 Open Sewing <b>*1:00 Art Studio w/Tracey</b> 1:00 Book Club <b>2:30 Afternoon Zumba Trial</b>	16 10:00 Rockin' Rhythms w/Sherri 10:30 Crochet 1:00 Bingo
22	<i>No Ceramics this month</i> 10:00 Mix It Up! w/Carole 11:30-2:00 Open Sewing 12:30 Chair Yoga w/Weights <b>*1:00 Art Studio w/Tracey</b> <b>2:30 Afternoon Zumba Trial</b>	23 10:00 Rockin' Rhythms w/Sherri 10:30 Crochet 1:00 Bingo
29	<i>No Ceramics this month</i> 10:00 Mix It Up! w/Carole 11:30-2:00 Open Sewing 12:30 Chair Yoga w/Weights <b>*1:00 Art Studio w/Tracey</b> <b>***6:00 History in Motion: Shipwrecks of the Jersey Shore</b>	30 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



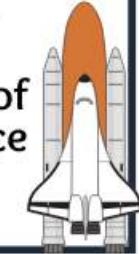
**National Law Enforcement Appreciation Day**  
Friday,  
January 9



**National Compliment Day**  
Saturday,  
January 24



**International Holocaust Remembrance Day**  
Tuesday,  
January 27



**NASA's Day of Remembrance**  
Thursday,  
January 29

**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!

# 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

Twice monthly

January dates/times to be determined

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, January 13 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

TBD

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, January 12 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 Bowl*, 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.



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

## Travel Group Interest

We have had a request for a travel group that can get together to share tips and tricks for traveling domestically and abroad.



If you would be interested in a group like this, please sign our interest sheet.

## Open Canasta

Wednesdays at 11:00 & 1:00

No registration necessary.



## 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.



# LUNCH & LEARNS

## Elder Abuse & Scams

Monday, January 12 at 11:00

This presentation provides an overview of elder abuse, its forms, warning signs, and impacts, along with practical guidance on recognizing and avoiding common scams that target older adults. Participants will learn how to avoid scams that frequently target seniors. This presentation also offers strategies for staying safe, accessing support resources, and empowering older adults to prevent abuse and protect their well-being.

Register in person by January 7. Lunch will be provided.

## Retirement

Tuesday, January 20 at 11:30

Adriane Medeiros is a Financial Services Professional with New York Life who specializes in retirement planning and tax-efficient strategies. Her presentation will address the key financial risks retirees face, including market volatility, inflation, taxes, rising health care costs, and longevity.

Register in person by January 13. Lunch will be provided.

## Medicare/Medicaid Fraud

Monday, February 2 at 11:00

Join Joel Schneider, SMP Outreach Specialist at Senior Medicare Patrol of NJ to learn how to protect yourself from becoming a victim of identity theft. Don't get scammed! Joel will also discuss Medicare/Medicaid fraud, waste, and abuse and how it affects your health care.

Register in person by January 26. Lunch will be provided.

## SNAP & Medicaid

Monday, February 9 at 11:00

Join staff from the Monmouth County Office on Aging to learn about various benefits you may qualify for and how to apply including SNAP and Medicaid.

Register in person by February 2. Lunch will be provided.

# 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

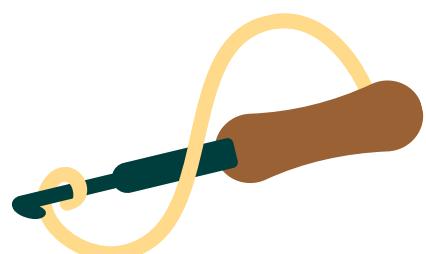
Thursday, January 15 at 1:00

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.

## 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



## Open Sewing

Mondays in January from 9:00-1:00

Tuesdays & Thursdays in January 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 January 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.**

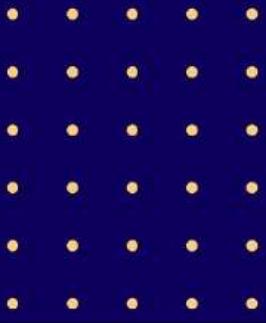
## Art Studio w/Tracey

Thursdays January 8, 15, 22, and 29 at 1:00



Tracey is back for another 4-week session. Learn different techniques for using acrylic paints on canvas. You must commit to all 4 weeks. No experience necessary. All levels welcome.

**In-person registration required.  
Limited to 16 people.**



# 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



 **everbridge™**



# 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\*\*

SOLD WEEKDAYS 9AM-4PM AT:

Long Branch Recreation Office  
231 Wilbur Ray Ave.  
(cash or credit)

Long Branch Tax Office  
344 Broadway  
(cash ONLY)

NOT FOR USE AT SEVEN  
PRESIDENTS OCEANFRONT PARK



Join us at the LBACC for an informative session with Long Branch resident **Alice Kessler**.

- Obtain valuable insight into adopting a plant-based diet.
- Learn simple & affordable recipes.
- Discover simple ways to incorporate plant-based choices into your everyday life.

**TUESDAY  
JAN. 13<sup>TH</sup> 6 PM**

The Long Branch  
Arts & Cultural Center



## For the Sake of Art

An art exhibition celebrating the opening of  
The Branchport Gallery  
A new extension of The Long Branch Arts & Cultural Center



art work in photo by Jason Stumpf

Opening Reception  
Jan 15<sup>th</sup> 6 PM  
On View Jan 9<sup>th</sup> - Jan 29th

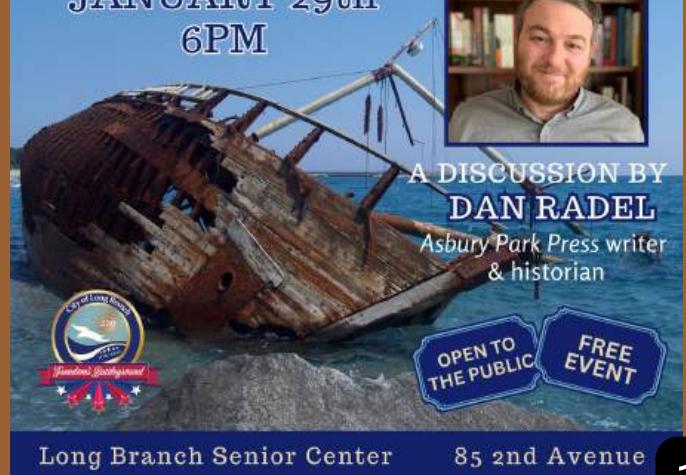


577 BROADWAY  
LONG BRANCH NJ 07740  
WWW.LONGBRANCH.ORG

"HISTORY IN MOTION" SERIES  
PRESENTS  
**Shipwrecks of the Jersey Shore:**  
Secrets Buried Beneath the Sand and the Sea

Join Asbury Park Press writer and historian Dan Radel for a discussion on shipwrecks at the Jersey Shore, including ones off the coast of Long Branch. Drawing upon interviews with divers, descendants, and people working on boats that regularly fish the wrecks, Radel will share his collection of watery secrets.

**JANUARY 29th  
6PM**





# HELPFUL INFORMATION

## SENIOR CENTER

Main...732-571-6542

Anna Tobia - 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](http://www.longbranch.org).



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



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

