

NEWS TOWNSHIP OF WOODBRIDGE



MAYOR JOHN E. McCORMAC
1 Main Street, Woodbridge, NJ 07095
Phone: (732) 634-4500 ♦ Fax: (732) 602-6016
Web: www.twp.woodbridge.nj.us

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FOR FURTHER INFORMATION:
John R. Hagerty
Mayor's Office of Communications
732-602-6039

Woodbridge Announces **Senior Month 2010**

Free and Challenging Health, Education & Fitness Events & Activities for Senior Residents Scheduled Throughout May

Mayor McCormac to Host 4th Annual Senior Summit

Woodbridge – Mayor John E. McCormac and the Municipal Council today announced May as “Senior Month 2010” throughout Woodbridge Township. “Senior Month 2010” offers educational, recreational, and entertainment activities specially designed for senior and adult members of the community. “Senior Month 2010” encourages senior residents to engage in health and fitness programs and competition, mind-stimulating activities such as jeopardy, Sudoku, art and music classes, various types of entertainment events, senior receptions and community engagements.

“Senior residents throughout the community are encouraged to take advantage of the many activities at the Community Center at the YMCA and the Evergreen Center, as well as events sponsored by the Department of Health and Human Services and the Township Recreation Department,” Mayor McCormac said. “Senior Month 2010 allows us the opportunity to recognize and challenge senior residents and to provide services and activities that stimulate educate and encourage an active and challenging lifestyle.”

Throughout “Senior Month 2010,” the Community Center, YMCA, Evergreen Center, and the Township Health and Recreation Departments will sponsor many free programs, events and educational and informational sessions and opportunities, including:

- Senior Week at the YMCA (May 3-7)
- Active Older Adults Lifestyle Day and the Mayor's Senior Summit at the Community Center on May 5
- Senior Prom at the Evergreen Center ~ May 7 (Sponsored by the Colonia High School Kids for Kindness)

- Ready to Retire Seminar at the Health Center on May 10 (Presented by the Division on Aging)
- Evergreen Center Open House on May 12 (400 Inman Ave., Colonia)
- Evergreen Senior Art Show ~ May 18-24 at The Barron Art Center
- Senior Health & Fitness Day on May 19 at the Club at Woodbridge
- Senior Idol Finals on May 29 at the Community Center (7:00 P.M.)

The Mayor's Senior Summit stands as a significant part of "Senior Month 2010." The Senior Summit engages Senior residents in a lively exchange of ideas in an open discussion on topics ranging from expanding and improving services, programs and facilities at the Community Center, Evergreen Center and other Township facilities and venues... to improving communications with senior residents on emergency preparedness, weather-related alerts and consumer safety... to suggestions on improving public safety such as cracking down on speeding in residential areas to "Quality of Life" issues such as home maintenance and repair and expanded physical fitness, educational programs and seminars for senior residents.

Woodbridge Township will again host the New Jersey Senior Olympics on Sept. 10, 11 & 12. The 2010 New Jersey Senior Olympics feature 16 sporting events geared to Senior competition – amateur athletes age 50 and up. Woodbridge is able to offer Senior athletes a true, world-class competition venue that includes the Woodbridge Community Center & YMCA, The Club at Woodbridge and municipal recreation fields and sporting facilities, including a full-size gymnasium, Olympic-size swimming pool, roller skating rink, NHL-size ice skating and hockey rink, a wellness center, walking track, meeting rooms, and recreational and lounge areas.

Representatives from the Woodbridge Township Department of Health & Human Services, the Division on Aging & Senior Services, the Multi-Service Program on Aging, the Department of Recreation & Resident Services, the Woodbridge Police Department, the Department of Public Works, the Evergreen Senior & Community Center, the YMCA at the Woodbridge Community Center, The Club at Woodbridge, the Woodbridge Township Library, and many senior organizations and associations are slated to participate in "Senior Month 2010."

Log-on to the Woodbridge Township Web Page at: www.twp.woodbridge.nj.us for a complete listing of "Senior Month 2010" events and activities.

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