



OCEAN
COUNTY
LIBRARY
SENIOR
SERVICES
DEPARTMENT



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THE GOALS OF OUR DEPARTMENT ARE TO:

- Promote inclusion and empower older adults.
- Compliment and amplify branch programs.
- Partner with outside organizations.
- Provide programs and new initiatives.

Manchester Shore Memory Café

First Thursday of Every Month at 10 am

Early-Stage Memory Cafes provide opportunities for concerned persons experiencing early cognitive decline, and for those diagnosed with early-stage memory loss, and their care partner(s) to meet. Join a café to engage with peers in a relaxed, unstructured environment that promotes social engagement and support, through interactions with others experiencing similar changes. Presented by the Alzheimer's Association of Greater New Jersey in partnership with the Ocean County Library.

Walk-ins welcome, registration preferred, to register call the Alzheimer's Association at (800) 272-3900.

alzheimer's  association®

Greater New Jersey Chapter





Caregiver Volunteers of Central Jersey



Caregiver Volunteers of Central Jersey



Funded in part by a grant from the Ocean County Board of Commissioners



The Recharge
Every Fourth Tuesday of the Month
11:00 AM - 12:30 PM



ADULT PROGRAM
PLEASE REGISTER

Caregiver Volunteers of Central Jersey, in partnership with the Ocean County Library, is now offering a support group for caregivers and their loved ones. A monthly support group for caregivers facilitated by a licensed clinical social worker. The group focuses on empowerment, enlightenment and positivity. Caregivers can receive the support they need and can Recharge their minds, spirits and souls while their loved ones are engaged in socialization led by a certified dementia practitioner. For more information or to reserve your spot, call Julia at Caregiver Volunteers of Central Jersey @ 732-505-2273.

TOMS RIVER BRANCH • OCEAN COUNTY LIBRARY • 732-349-6200



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OCL Sound Waves

SCAN Senior Citizens Activities Network

Keeping Seniors Active, Healthy & Connected Since 1988



SENIOR/ADULT PROGRAM

THE ART OF AGING




A lighthearted lecture about what it takes to age gracefully and the importance of remaining social and active as we age.
Registration required.

**2:30 PM
NOVEMBER 30TH**

Plumsted Branch
609-758-7888



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Grief & the Holidays



~~Plumsted Branch~~
609-758-7888
Oct. 19th @ 10 am

Point Pleasant Borough Branch
732-295-1555
Oct. 26th @ 10 am

Island Heights Branch
732-270-6266
Nov. 8th @ 2 pm

Lakewood Branch
732-363-1435
Nov. 15th @ 10 am

The Holidays can be a difficult time for those that have experienced the loss of a loved one.

Join us and learn information on coping, the importance of communication, and self-care tips that can help during your time of grief.



**Adult/Senior Program
Registration Required**



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*FIRST MONDAY OF THE MONTH
BARNEGAT - MOVIE*

*SECOND TUESDAY OF THE MONTH
LBI - LUNCH & LEARN*



CAUSEWAY



FAMILY OF DEALERSHIPS

 **CAUSEWAY CAREs**

Driving change in our community.

*THIRD MONDAY OF THE MONTH
TUCKERTON - GAMES*

*FOURTH TUESDAY OF THE MONTH
STAFFORD - ARTS & CRAFTS*



MEDICARE ENROLLMENT

Toms River Branch
 Ocean County Library
 101 Washington St., Toms River, NJ
October 18th and 20th
 9AM - 3PM

Berkeley Branch
 Ocean County Library
 30 Station Rd., Bayville, NJ
October 27th
 9AM - 3PM

Brick Branch
 Ocean County Library
 301 Chambersbridge Rd., Brick, NJ
November 9th
 9AM - 3PM

Little Egg Harbor Branch
 Ocean County Library
 290 Mathistown Rd., Little Egg Harbor, NJ
November 15th
 9AM - 3PM

Manchester Branch
 Ocean County Library
 21 Colonial Dr., Manchester, NJ
November 18th
 9AM - 3PM

GET FREE, UNBIASED ONE-ON-ONE ASSISTANCE WITH YOUR MEDICARE COVERAGE BEFORE ITS TOO LATE.

A trained SHIP (State Health Insurance Program) counselor can assist with review of your current Medicare plan and compare your options for 2022 coverage.

By Appointment Only

Call **Office of Senior Services** at **732-929-2091** to schedule your appointments.

The O.C. Office of Senior Service will be conducting counseling and enrollment in library Meeting Rooms.

Starts **October 15** **Ends** **December 7**

MEDICARE OPEN ENROLLMENT

JOB SEARCHING WORKSHOP for the Mature Worker

Thursdays in September

Sept. 7th
Sept. 14th
Sept. 21th
Sept. 28th
10:00 AM

Adult Program

If you are struggling searching and applying for jobs online, then this four-week workshop is for you. You will learn how to use a computer mouse, the internet, email, and search for and apply to jobs.

Must have a cell phone that can receive text messages to create an email.

Please register

THE STRICTLY 60s BAND

JULY 11
2:00 PM
Stafford Branch
609-597-3381

JULY 26
6:00 PM
Berkley Branch
732-269-2144

AUG. 7
2:00 PM
Little Egg Harbor Branch
609-294-1197

AUG. 3
6:00 PM
Brick Branch
732-477-4513

AUG. 16
2:30 PM
Plumsted Branch
609-758-7888

The Strictly 60s Band will take you on a musical journey with a spectacular playlist in a wide variety of styles including British Invasion, Motown, Rock and Roll, Soul, Surf, and some Doo Wop and R&B. They also incorporate trivia, musical facts, and an interactive sing along into their performance.

Adult Program | Please Register
Sponsored by the Ocean County Library Senior Services Department

Connections Beyond Age:

Embracing Online Dating for Older Adults

August 25th at 11:00 am

Love and companionship are essential aspects of human life, regardless of age. Join us for an empowering and informative program designed to help older adults explore the world of online dating apps. You will gain knowledge, skills, and confidence to navigate online dating platforms safely.

Adult Program | Please Register
Sponsored by the Ocean County Library Senior Services Department

Toms River Branch
732-349-6200
Please register

AIR FRYERS 101

Cooking Demonstration

Adult Program
Please Register

Jackson Branch
732-928-6400
Sept. 22nd
1:00 PM

Lakewood Branch
732-363-1435
Oct. 18th

Join Monmouth Medical Center's Registered Dietitian Nutritionist Jennifer Klein, MS, RDN, to learn how you can use this popular kitchen tool to make a simple healthy meal.

Sponsored by the Ocean County Library Senior Services Department.

Tasty Meals for One or Two

Devon Smith, owner of local business, Devon's Kitchen, will share simple and cost-effective ways to use seasonal herbs and produce to create nourishing meals and snacks for you to enjoy. Join us for a live cooking demo and tasty sampled Go Home empowered and inspired with recipes to recreate at home. Potential allergens.

Sponsored by the Ocean County Library Senior Services Department.
Adults/Seniors 55+ Program • Registration Required

MAY 4th
2:00 PM
Point Pleasant Beach Branch
732-892-4575

MAY 11th
2:00 PM
Upper Shores Branch
732-793-3996

MAY 31st
2:00 PM
Lacey Branch
609-693-8566

Birds of the Pine Barrens

The forests and swamps of the Pine Barrens are home to over a hundred different species of birds, and these forests provide habitats for breeding, feeding, nesting and resting for these resident birds and others that migrate through. Come join the Pinelands Preservation Alliance, Director of Education Allison Battman, to learn about the variety of waterfowl, raptors and songbirds that rely on this important ecosystem.

All Programs are at 2:00 pm

Tuesday, April 9th
Stafford Branch
609-597-3381

Monday, April 15th
Little Egg Harbor Branch
609-294-1197

Wednesday, April 17th
Long Beach Island Branch
609-491-2480

Adult & Seniors • Please Register

LGBTQ+ HISTORY TRIVIA

AGES 55+ AND SENIORS

PLEASE REGISTER

LGBTQ+ History didn't begin or end with Stonewall. Join us and test your knowledge about LGBTQ+ people, places, organizations, books, movies and more from the 1920's to the 2020's.

Oct. 6th Lakewood Branch • 15AM 732-363-1435	Oct. 9th Plumsted Branch • 7PM 609-758-7888	Oct. 10th Lacey Branch • 2PM 609-693-8566
Oct. 16th Island Heights Branch • 3PM 732-276-6346	Oct. 17th Stafford Branch • 10AM 609-597-3381	Oct. 18th Berkley Branch • 6PM 732-269-2144
Oct. 23rd Manchester Branch • 2PM 732-467-7900	Oct. 24th Jackson Branch • 2PM 732-428-4400	Oct. 25th Long Beach Island Branch • 2PM 609-491-2480

Adult Program | Please Register
Sponsored by the Ocean County Library Senior Services Department

MOVING BEYOND TRAUMA:

A Narrative Writing Program to Explore Caregiving Trauma

Join us in taking an in-depth journey toward healing from trauma-related caregiving. Melissa Smith, MA, LMHC, will be guiding us through a psychoeducational and experiential approach to narrative therapy, specific to healing from traumatic experiences through caregiving. We will explore our own narratives through reflective writing and reframing, in order to move through difficult experiences and lean into our resiliency. We will have guided practices throughout that will help build a full narrative that is intended to bring us toward wholeness and healing.

Friday
NOV. 3rd, 10th, 17th
2:00 pm - 3:30 pm

All participants must register to receive the Zoom link.
732-349-6200
Adult Program
zoom

Melissa Smith, MA, Master of Arts, LMHC (Licensed Clinical Mental Health Counselor), is the founder of Caregiver Wellness Resources and is dedicated to the well-being of caregivers of Alzheimer's and other dementias.

CAREGIVER RESOURCES FOR ALZHEIMERS AND OTHER DEMENTIAS

Sound Bowl Chakra Meditation

Registration Required • Adult Program

Join yoga instructor Belle Burns in this hour long meditation that focuses on the 7 seven chakras. As we focus on each chakra, you will be guided through word of mouth, visualization and healing via crystal sound bowls that matches that chakra. Sound healing via crystal bowls is medically studied to help with a better mood, stress, tension, and overall wellbeing. At the end of the meditation, there will be a time of complete meditation listening to all seven sound bowls being played. Please bring a mat to lie down, or we can provide a chair for you to sit upright.

Disclaimer: if you have sensitive hearing, have a tendency for anxiety, or have any other health issues, please be aware that, though the sound bowls are healing, they can also be loud and may create feelings of discomfort if you are unfamiliar with it. There will be periods of silence and talking where there is no sound played to give everyone breaks from it. Sponsored by the Ocean County Library Senior Services Department.

Barnegat Branch
609-698-3331
September 14th
6:30 PM

Toms River Branch
732-349-6200
September 25th
6:30 PM

Upper Shores Branch
732-793-3996
September 30th
2:00 PM

Create a Fall Flower Arrangement

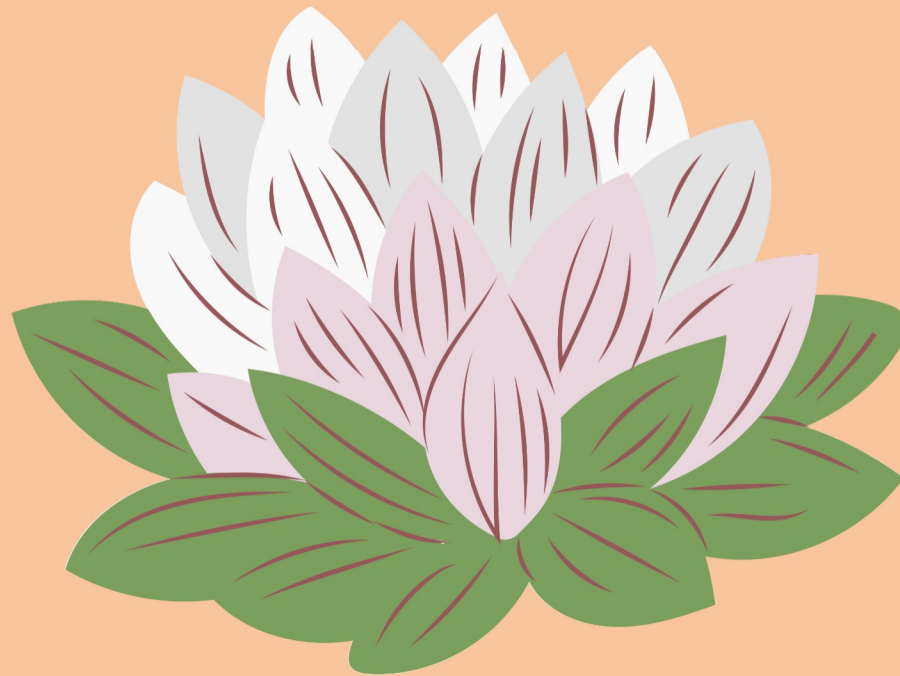
Tracy Vincent from Whiting Flower Shoppe will teach you some basic techniques of flower arranging as she helps you build a fall floral arrangement with real flowers to take home.

Please bring your own clippers to this program.

September 6th • 2pm • Berkley Branch • 732-269-2144
September 13th • 2pm • Beachwood Branch • 732-244-4573
November 6th • 2pm • Island Heights Branch • 732-270-6266

Please register as space is limited. Adults 55+ welcome.
Sponsored by the Ocean County Library Senior Services Department.

Ocean County Library



*THANK YOU
ANY QUESTIONS?*