

BizTurtle:Events in Monmouth



BizTurtle Bulletin



September 25, 2009

Greetings!

STAYING HEALTHY-FLU SHOTS

The CDC recommends that you receive a flu shot if you meet one or more of the following criteria: all persons who want to reduce the risk of becoming ill with influenza or of transmitting influenza to others all children aged 6 months to 18 years old all persons aged 50 years and older children and adolescents (aged 6 months to 18 years) receiving long-term aspirin therapy women who will be pregnant during the influenza season adults and children who have chronic pulmonary (including asthma), cardiovascular (except hypertension), renal, hepatic, hematological, or metabolic disorders (including diabetes mellitus) adults and children who are immuno suppressed people of any age with chronic medical conditions, including heart, kidney, lung or a metabolic disease (such as diabetes), asthma, anemia, weakened immune system due to HIV/AIDS, long-term treatment with drugs such as steroids, cancer treatment with x-rays or drugs and certain muscle or nerve disorders (such as seizure disorders or severe cerebral palsy), people who care for or live with people at high risk for influenza-related complications (see above) including health care providers and out of home caregivers of children less than 6 months of age, and residents of nursing homes and long term care facilities. Influenza vaccine is also recommended for anyone who lives with or cares for people at high risk for flu-related complications, including health care providers, household contacts and caregivers of children from birth to 5 years of age, and household contacts and caregivers of people 50 years and older or with medical conditions that put them at higher risk for severe complications from influenza.

A yearly influenza vaccination should be considered for people who provide essential community services and people living in dormitories or under other crowded conditions.

Help reduce the spread of the seasonal flu by continuing to use some good hygiene habits Be sure that you wash your hands thoroughly to protect yourself from germs and cover your nose and mouth with a tissue or your sleeve when you cough or sneeze. If soap and water are not available and you are using a hand sanitizer, be sure it is at least 60 percent alcohol

Locations

Monmouth County Health Department will be offering flu shots to eligible residents Cost for the vaccine ranges. The seasonal vaccine is free to seniors with Medicare Plan B The county program does not accept or bill insurance companies. They will provide a receipt suitable for submission to a health insurance company upon request
Info: 732-431-7456

Monday, September 28
11:30AM-12:30PM

Community Center
201 Broad Street, Matawan

Monday, September 28
9:30AM--10:30AM
Borough Hall
650 Poole Avenue, Union Beach

Tuesday, September 29
11:30AM--12:30PM
117 Third Avenue, Neptune City
732-776-7224

Wednesday, September 30
10:00AM--12:00PM
Our Lady of Mount Carmel
Asbury Avenue & Pine Street, Asbury Park

Saturday, October 10
10:00AM--1:00PM
The Bradley Beach Public Library will sponsor Flu Vaccine and Health information special event. Flu shots will be given (\$20.00 each and FREE with Medicare). Refreshments are available
Carmen Biase Center
719 Main Street, Bradley Beach

Wednesday, October 21
1:00PM--3:00PM
Carmen Biase Center
719 Main Street, Bradley Beach

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Sponsor: Monmouth County Regional Health Commission
<http://www.mcrhc.org/>
Contact Info: 732-493-9520
Additional Info: Cost: \$23 Flu, \$28 Pneumonia - Cash,
Check or Medicare Part B accepted

Tuesday, September 29
10AM--12PM
Location: Shrewsbury Library
Route 35, Shrewsbury

Wednesday, September 30
10AM--12PM
Location: West Long Branch Community Center
Locust Street, West Long Branch

Thursday, October 1
10AM--12PM
Location: PTAK Towers
215 Shore Drive, Highlands

Friday, October 2
10AM--12PM
Location: Fairway Mews
Locust Way, Spring Lake Heights

Saturday, October 3
9AM--12PM
Location: Long Branch Middle School
350 Indiana Avenue, Long Branch
Long Branch Health Department
732-571-5665

Monday, October 5
11AM--1PM
American Red Cross Building
1540 West Park Avenue, Tinton Falls

Wednesday, October 7
10AM--11:30AM
Keyport Senior Center
2nd Street, Keyport

Thursday, October 8
1PM--2PM

Bayshore Senior Center
100 Main Street, Keansburg

Saturday, October 10
10AM--12PM
Spring Lake Heights Community Center
9th & Ocean Avenue, Spring Lake Heights

Wednesday, October 14
11AM--1PM
Monmouth Beach Borough Hall
22 Beach Road, Monmouth Beach

Thursday, October 15
10:30AM--12PM
Holmdel Senior Center
4 Crawford's Corner Road, Holmdel

Friday, October 16
1PM--3PM
Curtis House
644 Union Lane, Brielle

Saturday, October 17
10AM--12PM
Eatontown Community Center
68 Broad Street, Eatontown

Monday, October 19
9AM--11AM
Red Bank Senior Center
80 Shrewsbury Avenue, Red Bank

Wednesday, October 21
1PM--2PM
West Park Rec. Center
West Park Avenue, Ocean Twp

Friday, October 23
11AM--12PM
Interlaken Borough Hall
100 Grassmere Avenue, Interlaken

Monday, October 26
11AM--12PM
Shrewsbury Twp. Community Center
1979 Crawford Street, Shrewsbury Twp

Wednesday, October 28
12PM--1PM
Sea Bright Borough Hall
1167 Ocean Avenue, Sea Bright

OTHER LOCATIONS CALL FOR DETAILS

Friday, October 23=3PM--7PM
A&P
2101 Hwy 35, Holmdel
732-671-3362

Friday, October 30=2PM--7PM
BJ's Wholesale Supermarkets, Inc.
1904 Route 35 South, Ocean
732-493-8999

Friday, October 30=3PM--7PM
Saturday, November 14=10AM--4PM
Costco
2835 Hwy 35, Hazlet
732-335-3850

Saturday, October 10=10AM--4PM
Wednesday, October 21=3PM--7PM
Saturday, October 24=10AM--4PM
Thursday, November 5=3PM--7PM
Costco

2361 Hwy 66, Ocean
732-481-0022

Friday, November 6=3PM--7PM
CVS
4000 Asbury Avenue, Neptune
732-922-7950

Friday, November 6=10AM--2PM
CVS
2390 Highway 36, East Point Plaza, Atlantic Highlands
732-872-1051

Thursday, October 22=3PM--7PM
Saturday, November 21=10AM--2PM
CVS
510 Prospect Avenue, Little Silver
732-219-5777

Tuesday, November 3=3PM--7PM
CVS
233 East Main Street, Manasquan
732-223-6360

Friday, October 9=10AM--2PM
Tuesday, October 20=3PM--7PM
CVS
4000 Asbury Avenue, Neptune
732-922-7950

Friday, October 23=10AM--2PM
Saturday, November 21=10AM--2PM
CVS
246 Norwood Avenue, Oakhurst
732-502-3154

Tuesday, November 3=10AM--2PM
CVS
200 Shrewsbury Plaza, Shrewsbury
732-542-7333

Wednesday, October 28=10AM--2PM
CVS
14 Highway #36, West Keansburg
732-787-6227

Wednesday, October 21=2PM--6PM
Wednesday, November 18=2PM--6PM
Rite Aid
901 Main Street, Asbury Park
732-774-5100

Wednesday, October 21=2PM--6PM
Wednesday, November 18=2PM--6PM
Rite Aid
78 Leonardville Road, Belford
732-471-9044

Thursday, October 22=2PM--6PM
Thursday, November 19=2PM--6PM
Rite Aid
Airport Plaza, Hazlet
732-264-3114

Wednesday, October 21=2PM--6PM
Wednesday, November 18=2PM--6PM
Rite Aid
205 Morris Avenue, Long Branch
732-222-6400

Thursday, October 22=2PM--6PM
November 19=2PM--6PM
Rite Aid
107 North Main Street, Marlboro
732-972-2309

Tuesday, November 17=2PM--6PM
Rite Aid
149 Main Street, Manasquan
732-223-3900

Tuesday, November 17=2PM--6PM
Rite Aid
1447 Hwy 35, Middletown
732-671-4234

Thursday, October 8=2PM--6PM
Thursday, October 22=2PM--6PM
Thursday, November 19=2PM--6PM
Rite Aid
4057 Asbury Avenue, Neptune
732-493-0669

Tuesday, October 20=2PM--6PM
Tuesday, November 17=2PM--6PM
Rite Aid
75 South Main Street, Neptune
732-775-9083

Wednesday, November 18=2PM--6PM
Rite Aid
2000 Hwy 35, Oakhurst
732-695-0961

Thursday, October 22=2PM--6PM
Thursday, November 19=2PM--6PM
Rite Aid
200 Wilson Avenue, Port Monmouth
732-495-0156

Wednesday, October 21=2PM--6PM
Wednesday, November 18=2PM--6PM
Rite Aid
596 Shrewsbury Avenue, Red Bank
732-741-7904

Tuesday, November 17=2PM--6PM
Rite Aid
140 Water Street, Red Bank
732-747-3727

Thursday, October 22=2PM--6PM
Thursday, November 19=2PM--6PM
Rite Aid
2006 Hwy 35, Spring Lake
732-282-0719

Monday, October 26=10AM--2PM
Tuesday, November 3=10AM--2PM
ShopRite
318 Lloyd Road, Aberdeen
732-566-9111

Thursday, October 22=10AM--2PM
Monday, November 2=4PM--8PM
ShopRite
South Street & Rte 9, Freehold
732-462-3120

Monday, November 2=10AM--2PM
ShopRite
2433 Hwy 34, Manasquan
732-292-9780

Saturday, November 7=10AM--2PM
Stop and Shop
4861 US Highway 9, Howell
732-901-8882

Thursday, October 22=10AM--2PM
Monday, November 2=3PM--7PM
Stop and Shop

100 Route 36, Keyport
732-335-4281

Thursday, November 5=3PM--7PM
Stop and Shop
1129 Route 34, Matawan
732-583-9500

Thursday, October 29=3PM--7PM
Thursday, November 20=10AM--2PM
Stop and Shop
Hwy 35 & Twin Brooks Avenue, Middletown
732-957-9355

Saturday, October 31=12:00PM--4PM
Target
4955 US Highway 9, Howell
732-363-7707

Saturday, October 24=12PM--4PM
Target
2105 Route 35, Middletown
732-706-5321

Saturday, October 10=12PM--4PM
Saturday, October 31=12PM--4PM
Target
2331 State Rte 66, Ocean
732-918-7812

Love, Peace, Happiness & Good Health
LYNN

