



# Wildwood Crest Senior Programs and Directory

## Police Department

Emergency: Dial 911

Non-Emergency: 609-522-2456

Daily Wellness Call Program:

Seniors may sign up for a daily wellness call by completing the online application through the Wildwood Crest Police Department (NJ).

## Emergency Medical Services (EMS)

Emergency: Dial 911

Non-Emergency: 609-522-0844

File of Life Program:

The File of Life is a template form and a magnet that allows seniors to record medications and medical information and place it on their refrigerator for easy access by EMS personnel during emergencies.

Lift Assistance:

Wildwood Crest EMS offers lift assistance to seniors in non-emergency situations. We are here to help you get moved, even if you are not injured or ill.

For more information, call emergency management/EMS: 609-522-0844

## Public Works

Special Trash/Recycling Pickup Assistance: 609-522-7446

Snow and Trash Removal Assistance:

Eligible residents may apply for snow removal assistance. Please complete the online application and mail it to:

Public Works c/o Borough of Wildwood Crest

6101 Pacific Avenue

Wildwood Crest, NJ 08260

## Wildwood Crest Recreation (Crest Pier)



Location: 5800 Ocean Avenue, Wildwood Crest, Phone: 609-523-0202.

The recreation center offers senior fitness classes, social clubs, pickleball, indoor walking, special events, lectures, and much more! The facility features a state-of-the-art basketball court, a fitness room (free to Crest residents) and various meeting rooms to accommodate small to mid-size groups.

**Adult Fitness**-A total body fitness program designed for mature adults. This class features low impact aerobics and light weight sculpting exercises to tone and strengthen muscles.

**Walking Wednesdays** – 30-minute choreographed aerobics dance program designed to burn calories and build endurance. Free program.



**Walk and Talk**- Boost your well-being every week with group indoor walking. Walk through the hallways of the building and gymnasium. Improve your mood, fitness level, and connect with others. Background music provided. Free program.

**(NEW) Crest Care Card Program**-Create a greeting card with a message of kindness for seniors who are shut in and need a word of encouragement. This outreach spreads words of compassion to those that need it the most. The Care Card drop box is located at Crest Pier, 5800 Ocean Avenue.

**Wellness Workshop**- This is a mindfulness class featuring gentle chair and standing yoga, stretching, balance exercises, movement and synchronized breathwork, sound bath meditation and journaling. Seniors, Veterans, those with limited physical abilities.



**Adult Functional Fitness**-Adult exercise program led by NASM personal trainer John Teofilak. This class features a total body strength training program.

**Senior Functional Fitness Training**- Senior exercise program led by NASM personal trainer John Teofilak. This class features exercise that improves strength, flexibility, and coordination. Replicate daily activities like bending, twisting, squatting and reaching. Improve your balance and movement.

**Crest Silver Shells Senior Social Club**- Come out to socialize with others, make friends, and have fun. Free weekly games and activities, light exercise and fun.

**For wellness programs and events, contact:**  
**Laura Farrall, Wellness Coordinator**  
**Phone: 609-523-0202**

**Crest Arts Pavilion (CAP Center)**



Location: 6301 Ocean Avenue, Wildwood Crest  
Phone: 609-522-0221

Activities include Mahjong on Mondays and Fridays (11:00 AM–1:45 PM) and Pinochle on Tuesdays and Thursdays (10:45 AM–1:45 PM). Beginners are welcome.

The CAP Center also serves as an information center, art gallery, merchandise store, and lecture hall. Recycle tags are available. Closed Wednesdays and Sundays.

### **Joseph Von Savage Pool**



Location: 8800 New Jersey Avenue, Wildwood Crest

Phone: 609-522-0084

Patrons may enjoy open swim, swim instruction, and aqua fitness. For general information and senior discount fees, visit the Wildwood Crest Department of Recreation.

### **Wildwood Crest Beach Patrol**

The Beach Patrol offers free handicap transportation when lifeguards are on duty from Memorial Day Weekend through Labor Day Weekend.

Service Hours: Daily, 11:00 AM–4:00 PM

Transportation Phone: 609-522-3825

All beach entrances are ADA accessible.

### **Cape May County Social Assistance Programs**

Cape May County Department of Aging:

Provides Meals on Wheels, information, and services for seniors in need.

Phone 609-886-2784

Fare-Free Transportation Program:

Transportation services for seniors, veterans, and low-income residents.

Phone: 609-889-3700

Cape May County Senior Center – North Wildwood:

Located at 10th & Central Avenue

Phone: 609-522-7611

Cape May County Library – Wildwood Crest Branch:

Location: 6300 Atlantic Avenue