



Board of Chosen Freeholders

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MEDIA RELEASE

FOR IMMEDIATE RELEASE

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Long Time Senior Fitness Instructor Recognized For Volunteer Service

Elaine Malanga, a 20 year volunteer for Senior Services in Hunterdon County, was honored for her commitment and dedication by Aerobics Class Participants and the County Board of Freeholders at a retirement luncheon at the Senior Center on June 27th.

Freeholder Board Deputy Director John King and Freeholder Suzanne Lagay presented a Proclamation recognizing and thanking Ms. Malanga for her long tenure as a volunteer providing fitness services as a peer leader, helping county seniors to have better health and an improved lifestyle.

It was noted by the Freeholders that volunteers aid and assist the County Government to fulfill its duties and obligations. As stated in the Proclamation, "These volunteer citizens give their time unselfishly by sharing their expertise in all areas which County Government must necessarily function".

According to Laine Nauman, the County's Senior Services Director, Ms. Malanga, a Hunterdon County resident since 1970, started to attend the Senior Health and Fitness Program Low Impact Aerobics classes in 1989. Less than 10 years later Ms. Malanga was certified as a "Healthy Bones" program peer leader. In 2007, the program changed and became the "Getting Stronger" program and, for the past 10 years, Ms. Malanga has been leading others to gain better health and fitness with that program.

Ms. Malanga said, "Exercise has always been an important part of my life. Wanting to make Aerobics available to seniors became a goal of mine so when the opportunity arose I jumped in! Over the years, I have met the most wonderful people; My mantra: stay fit, stay healthy, stay happy".

Ms. Malanga more than fulfilled her quota of volunteering and serves as an exemplary citizen of Hunterdon County and as an example for us all. "Elaine is loved by her students and was given a heart-felt send-off by them recently. Original poems, skits and gifts marked their appreciation for her years of contribution to the class and to the County Senior Center," Freeholder Lagay explained.

If you would like to volunteer, please contact Senior Services: 908-788-1361.