

# PRESS RELEASE

College Drive • P.O. Box 2001 • Toms River, NJ 08754-2001  
732.255.0326 • [www.ocean.edu](http://www.ocean.edu)



## GET READY TO CELEBRATE THE HOLIDAYS WITH “THE BEST YEARS”

TOMS RIVER – Tired of the same old TV shows? Looking for news and information that relates directly to where you live? Then tune in to “**The Best Years**” every month for all new episodes featuring interesting topics and guests! Produced by Ocean County College, “The Best Years” is original programming for adults, over 55, and their families, living and working in Ocean County.

In **November**, learn how the Ocean County Cultural and Heritage Society preserves and promotes not only the region’s history and culture but also its many programs, museums, events. Then experience “proper” high tea at the historic Victorian Tea Room in Toms River. If you’re looking to stay in shape, KS Fitness will give tips on how to choose the gym that’s right for you. And Chef Tom Yanisko from Community Medical Center shows how to cut the fat and still enjoy delicious holiday cooking. Shows air on **November 5, 6, 11, 15, 18, 22, 26, and 27**.

In **December**, we’ll ring in the holiday season with the sweet harmony of Evolution, a barbershop quartet. Then “all aboard” on the “polar bear express” when we visit the Ocean County Society of Model Railroaders. Meet Bobby Ballack, a local entertainer who found his true artistic calling in his mid-fifties. And more holiday surprises. Shows are on **December 3, 4, 9, 13, 16, 20, 24, and 27**.

Shows air on Thursdays at 7:30 p.m., Fridays at 1:00 p.m., Wednesdays at 6:30 a.m., and Sundays at 6:00 p.m. on OCC’s TV station **OCEAN TV 20**, as seen on **Comcast of Toms River** channel 20, **Comcast of Long Beach Island** channel 20, and in northern Ocean County on **Verizon FiOS** channel 24.

“The Best Years” can also be seen on **Brick Township Television** channel 20. Check local listings for dates and times on the Brick channel.

Tune in and we’ll show you that the best things in life are featured in “The Best Years”! Visit us online at [www.ocean.edu/best.htm](http://www.ocean.edu/best.htm). Email us at [thebestyears@ocean.edu](mailto:thebestyears@ocean.edu). Call “The Best Years” Hotline at 732.255.0445.